"Stages of Addiction, Stages of Untreated Trauma"

Feels Uncomfortable
Use to feel good
Use not to feel
CD Harmful to health
Rationalization
Lies about use
Lack of self respect
Withdrawals
Isolation
Feels Useless
Full of Shame
High Risk Behavior
Using Relationships
Overdoses
Feels Unsafe
Emotional Numbing begins
Restricted Emotions
Self Harm Behaviors
Fantasy thinking
Learns to Lie
Blames Self
Physical Reactivity
Disconnects
Apathy
Self Degradation
Sexual Dysfunction
Unhealthy relationships
Suicide Attempts

POWERLESS
HOPELESS
ALONE
DEATH

Continued Recovery
Self Worth
Trust in self
Freedom of choice
Acceptance
3D Coping Skills
Connection with others
Integrated 3D Treatment
Recognition
Feeling overwhelmed
One dimensional TX
Emotional Immaturity

Feeling emerging
Begins Treatment Plan
Substance Free
Willingness to change
Detoxification

Emotional numbing dissipates
Begins counseling
In a safe environment
Seeks Help
Hospitalization

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Alaska Network on Domestic Violence and Sexual Assault
I created this “dip chart” or “Likert scale” to show the parallel paths that untreated trauma and untreated addictions follow. In early recovery feelings begin to emerge and emotional numbing dissipates. If the multidimensional issues are not addressed concurrently there is a high risk of relapse because the emerging overwhelming emotions push the person back to the bottom of the vicious cycle.

On the upside is how healing on multiple dimensions, body, mind, spirit, and emotional levels can help survivors get beyond the vicious cycle of pain.

The three dimensional treatment originally addressed with this scale was the combined strengths of providing integrated Traditional healing, mental health services and addiction treatment. The three dimensional coping skills are mental, physical and spiritual.

– Tia M. Holley