

The Answer Model



www.theanswermodel.com

ADDICTION = PAIN

- **Vast majority of chronic pain:**

- **Emotional**
- **Physical**
- **Psychological**

***Driven by ADDICTION**

- **The amount of pain is directly correlated to the severity of addiction**

- **Broaden the definition of Addiction:**

- **Substance**
- **Behavior**
- **Emotion**
- **Thought**
- **Identity**

THERAPEUTIC PROCESSES FOR CREATING REVERSE TRAUMAS

INTERVENTIONS

- 4 stages to healing
 1. knowing/understanding
 2. love/validation
 3. accountability/truth
 4. hope, faith/something new
- Powerful Motivators - pain, fear, hope, something new and different
- Working with enablers and co-dependent relationships
- Dealing with real-life pressing issues