

The Answer Model



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SOURCE PAIN ADDICTION

will most likely be related to your most traumatic experience as a child

- Often in the moment of trauma, we may become addicted to the trauma**
- Repetition Compulsion**
- Payoffs of the specific emotion that they become addicted to**
- Source Pain addictions have several potential sources that may not appear to be very traumatic**

COMPENSATORY ADDICTION

will typically be a behavior that seemingly pulled you from survival mode or greatly diminished your pain

- A physically abused child tried different strategies to cope with the abuse. Typically the one that is most effective will be the one that they are now addicted to**
- Can adopt more than one Compensatory Addiction**
- These two addictions trigger each other into self-perpetuating *downward spiral***