

The Answer Model



www.theanswermodel.com

THE ADDICTION PERSONA

VOICE/INTERNAL DIALOGUE

- Any repetitive dialogue that causes you pain is addiction voice. It is false and untrue
- Addiction voice has to trick or manipulate you into believing some untruth before it can get you to take the drug

STORY

- Our most significant justification process for repeating painful, destructive behavior

THE ADDICTION PERSONA

EGO/FALSE SELF

- Find where your ego is invested and you will find false self and addiction persona
- Find where ego is hiding and say, “I see you” and tell the truth