

## *Applying Emotional Intelligence to Recovery*

Presenter: Brenda Greig

**Is there a particular self –mindfulness intervention or exercise that is more likely to engage the precontemplative person to become more self- aware?**

A: I do an imaginative exercise where they investigate what it would be like to have long-term sobriety. I offer to let them talk to others who have sobriety and explore their reservations with others. Most of the time they are able to visualize or even create a vision board that illustrates what it would be like to have freedom from the drugs or alcohol.

**Alcohol users' and drug users' retroactive inhibition, disassociation, repression, and emotional pain may not allow them to get to the reason underneath the emotion. Owning the emotion and providing another response seems to be more important than the origin. Do you think that allowing them to experience the emotion without re-traumatizing them by the origin would be better?**

A: I believe going towards the origin is outside of the LADC's scope of practice. I agree with you that owning the emotion and providing another response is more important than diving deep into the origin. When I said, "what's underneath it?" I was referring to asking basic probing questions to determine what the true message is that they are telling themselves. Do they think they are not smart enough, worthy enough, talented enough, etc.? What's really driving the apathy?