Leveraging Applied Positive Psychology to Prevent Substance Use Disorder and Relapse

GARRETT BISS

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Who am I?

One Million Goal

Educate ★ Inspire ★ Make a Difference
realize
The Campus of Hope

Multi-year Residential Recovery Program
Serving Eastern North Carolina
“I’m hoping someone will steal my identity. I’m tired of taking responsibility for my own life!”
Why Applied Positive Psychology?

Can effectively help people:

1. Develop Resilience Against
2. Escape The Grasp of addiction,
3. Live Into Their Higher Potential,
4. Survive Thrive In Their Recovery.
“Addiction is manifested in any behavior that a person craves, finds temporary relief or pleasure in but suffers negative consequences as a result of, and yet has difficulty giving up.”

- Dr. Gabor Maté, *In the Realm of Hungry Ghosts*
Background: What I see?

- Addiction in America
- Reality of "Addiction": Human Condition
- Trends: Future of Addiction
- What Other Approaches Often Lack
- APP Unleashes Tremendous Potential
Applied Positive Psychology

- Positivity
- Engagement
- Relationships
- Meaning
- Achievement
- Vitality
Applied Positive Psychology

- Positivity
- Engagement
- Achievement
**POSITIVITY** (EXAMPLE)

**CONTENT FOCUS:**
- HAPPINESS AND SETPOINT
- FIXED VS. GROWTH MINDSET
- REALITY (PERCEPTION) BIASES
- PHYSIOLOGY OF HAPPINESS (BRAIN CHEM)

**PP INTERVENTIONS:**
- PERSON-ACTIVITY FIT DIAGNOSIS
- DAILY DOZEN AND GRATITUDE PRACTICE
- DESIGNING KINDNESS/CHARITY PRACTICE
POSITIVITY

PHYSIOLOGY OF HAPPINESS

(BRAIN CHEM)

KNOWLEDGE IS EMPOWERMENT
POSITIVITY

- Self-actualization
  - morality, creativity, spontaneity, problem solving, lack of prejudice, acceptance of facts
- Esteem
  - self-esteem, confidence, achievement, respect of others, respect by others
- Love/Belonging
  - friendship, family, sexual intimacy
- Safety
  - security of body, of employment, of resources, of morality, of the family, of health, of property
- Physiological
  - breathing, food, water, sex, sleep, homeostasis, excretion
Training The Brain for Survival:
- Dopamine
- Habits
- Triggers

Safety
Physiological

security of body, of employment, of resources, of morality, of the family, of health, of property
breathing, food, water, sex, sleep, homeostasis, excretion
Safety

Physiological

security of body, of employment, of resources, of morality, of the family, of health, of property

breathing, food, water, sex, sleep, homeostasis, excretion
Salty Food - Sweets - Work
Retail Therapy - Exercise
Television - Social Media - Sleep
Caffeine – Nicotine - Adventure

Opioids - Alcohol - Porn
Gambling - Prescript. Meds
Drugs - Binging - Porn
P OsitivitY

Triggers
- -> Thoughts
- -> Visions
- -> Actions
POSITIVITY

Interventions
Gratitude
Connection (Hugs)
Service/Charity
(oxytocin, serotonin, dopamine)
POSITIVITY

PP INTERVENTIONS

1. GRATITUDE
2. CULTIVATING OPTIMISM
3. AVOIDING OVERTHINKING
4. ACTS OF KINDNESS
5. NURTURING RELATIONSHIPS
6. DEVELOPING COPING
7. FORGIVENESS
8. FLOW EXPERIENCES
9. SAVORING LIFE’S JOYS
10. COMMITMENT TO GOALS
11. PRACTICING RELIGION
12. BODY SELF-CARE
Adapted from work of Lyubormisky and Sheldon, See The How of Happiness by Sonja Lyubormisky (2007)
### Person-Activity-Fit

1. **Gratitude**
2. **Cultivating Optimism**
3. **Avoiding Overthinking**
4. **Acts of Kindness**
5. **Nurturing Relationships**
6. **Developing Coping**
7. **Forgiveness**
8. **Flow Experiences**
9. **Savoring Life’s Joys**
10. **Commitment to Goals**
11. **Practicing Religion**
12. **Body Self-Care**

#### Quiz

| Natural: I’ll keep doing this activity because it will feel “natural” to me, and I’ll be able to stick with it. |
| Enjoyment: I’ll keep doing this activity because I’ll enjoy doing it; I’ll find it to be interesting and challenging. |
| Value: I’ll keep doing this activity because I’ll value and identify with doing it; I’ll do it freely even when it’s not enjoyable. |
| Guilt: I’ll keep doing this activity because I would feel guilty, ashamed or anxious if I didn’t do it; I’ll force myself to do it. |
| Situation: I’ll keep doing this activity because my particular situation will compel me to or because somebody else will want me to. |

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PITFALLS!!
(Where people often get it wrong)
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• Doing “wrong one” → Guilty
• Not doing in the Good Times
• Surrounjdng with Negative People
ENGAGEMENT

CONTENT FOCUS:
- STRENGTHS FOCUS
- SELF-REGULATION, LOCUS OF CONTROL
- WILLPOWER, EGO DEPLETION/REPLETION
- RELEASING GUILT & RESENTMENTS

PP INTERVENTIONS:
- STRENGTHS VIA ASSESSMENT
- WILLPOWER/ACTIVATION ENERGY ASSESSMENT
- GUILT/RESENTMENTS PROCESSING EXERCISE
ENGAGEMENT

RELEASING

GUILT & RESENTMENTS

PPI: GUilt/RESENTMENTS PROCESSING EXERCISE

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Behavior

The thing I did

Belief

Good people don’t X
- **Engagement**
- **Guilt**

**Knowledge**: morality, creativity, spontaneity, problem solving, lack of prejudice, acceptance of facts

**Skills**: self-esteem, confidence, achievement, respect of others, respect by others

**Resources**: friendship, family, sexual intimacy

**Safety**: security of body, of employment, of resources, of morality, of the family, of health, of property

**Physiological**: breathing, food, water, sex, sleep, homeostasis, excretion

**Love/Belonging**: self-actualization

**Esteem**: esteem

**Safety**: safety
1. What action/non-action do you feel guilty about?
2. What belief or “should” does that violate?
3. How can you get rid of the guilt?
4. Can you undo the past behavior?
5. What is unrealistic about that belief or “should”? 

Adapted from: “The Work” by Byron Katie and Self-Esteem Seminars by Canfield Training Group
Behavior

The thing I did

Resentment

Belief

Good people don't X
ENGAGEMENT

1. Who do you resent?
2. What action/non-action do you resent them for?
3. What belief or “should” does that violate?
4. Can you change them or their past action?
5. What is unrealistic about your belief or expectation?
6. How does keeping that belief make you feel?
7. Is it worth it?
8. How can you get rid of the resentment?

Adapted from: “The Work” by Byron Katie and Self-Esteem Seminars by Canfield Training Group
ENGAGEMENT

Guilt and Resentment

PITFALLS!!
(Where people often get it wrong)

- Impossible Standard
- But I knew Better
- Don’t Process it
ACHIEVEMENT

CONTENT FOCUS:
- GOAL SETTING (SMART+)
- VISUALIZATION (OUTCOME VS. PROCESS)
- LIMITING BELIEFS
- THE POWER OF FEEDBACK

PP INTERVENTIONS:
- GOALS WORKSHEET
- VISUALIZATION MARKERS
- EXERCISE: USING FEEDBACK TO ADVANTAGE
ACHIEVEMENT

USING FEEDBACK TO OUR ADVANTAGE

PPI: FEEDBACK WORKSHEET
ACHIEVEMENT FEEDBACK

Positive & Negative

Internal & External
$2^\circ = 100\text{ mi}$
A CHIEVEMENT PPI

SEEKING FEEDBACK

Dos
- Ask for it
- Be Grateful
- Use it

Don’ts
- Quit
- Argue
- Ignore
Feedback in Personal Life (Health, financial, purpose, etc.):
An area if my life I would like feedback is: __.
To get feedback, I could look at:
The Feedback suggests I am: On Track or Off Track
Things I am doing well are:
Things I could do to improve are:
Feedback with Others (Spouse, Friends, Children, Job, Customers):
I want feedback about:_____.
I will ask: _______.

“On a scale of 1 to 10, how would you rate [__]?”
“What did I do that made the score that high?”
(Anything < 10) “What would it take to get to a 10?”
Feedback for Growth (Ask of trusted friend, mentor, sponsor, etc.):
To help with my personal growth, I will seek feedback from:

- How do you see me limiting myself?
- What so you see as the habits or behaviors that limit me the most?
- What habits or behaviors that most contribute to my success?
- What should I make sure I continue to do or do more often?
REVIEW: Benefits of App Pos. Psych

- Developed on Wellness
- Empowers the “Addict”
- Customizable Program
- Fuels Compassion
APPLICATrNS FOR Teaching APP for Recovery

- PRESENTATIONS
- WORKSHOPS
- RECOVERY COACHING
- ONLINE COURSES
THANK YOU!!