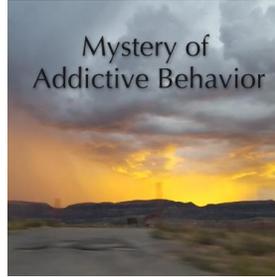


The Mystery of Addictive Behavior

Facilitator's Guide



Purpose

The Mystery of Addictive Behavior is a 6 week Genesis Process class for those who are in early recovery or just beginning to think about addressing an addictive behavior. For either case this class will help motivate them toward change through:

1. **Self-discovery questions**
2. **Genesis Seed thoughts**
3. **Basic Genesis tools and skills**
4. **Experiencing a support team**

For recovery programs, *The Mystery of Addictive Behavior* can be a **screening tool** for staff to assess an applicant's willingness and ability to change.

Design

1. The MAB class is based on Michael Dye's ***Genesis Process Relapse Prevention Workbook*** and ***Genesis Counselor's Manual***. It will be most effective if facilitators have been trained in Genesis.
2. Each session is a **self-contained** unit; therefore, new members can join at any week. Once they complete the 6 week cycle, they complete the course.
3. It is **discussion oriented** with an **experiential assignment** to encourage self-discovery, change, and hope. Prodigals learn by experience rather than information. Lecture should be used minimally, and only to help participants understand the themes.
4. **The Facilitator's Guide** contains suggested self-discovery questions and key points to make. There is plenty of room in the margins to add your own

questions, making it your own presentation.

5. **Key themes** presented in this class: Understanding the limbic system, environmental roots of addiction, Double Bind worksheet, using support, and changing the belief system.
6. Each session **ends with a question** that leads to next week's theme. The tension of the unanswered question will increase learning by promoting discussion and self-discovery throughout the week. This helps participants wean off of a lifestyle of immediate gratification.

Suggested Format

Classes are designed to be an hour, but actual time may vary depending on class size, participants and facilitators. You have the freedom to modify it however best suits your group, but generally:

1. **First 10 minutes:** Introduce newcomers and report on the past week's assignment. Use the ice breakers exercises from the Participant Workbook.
2. **Next 40 minutes:** Work through PowerPoint, worksheets, and discussions.
3. **Last 10:** Participants find a partner to share an action item for the week.

You may find that the lesson needs to be continued the following week. No problem. Your group may need more time to understand the themes. Look for the 'light bulbs' of understanding to turn on. You've done your job

if participants leave with new hope and steps of faith to take for change.

Prepare for each session in advance by looking through the facilitator's guide (add your own teaching points in the margins!), looking through the corresponding participant workbook pages, and practicing with the powerpoint..

Keep the Group safe and productive

Safe and productive groups are critical for laying the foundation of trust in early recovery. Refer to the **Genesis Process for Change Groups Facilitator's Guides**, pages 1-2 for a list of skills for this. Remember, this self-discovery discussion class. Your instruction should lead to participants understanding themselves better. Seek to be the person of understanding in Proverbs 20:5 -

"The purposes of a man's heart are deep waters, but a man of understanding draws them out."

Here's a helpful exercise that models the way Jesus often taught: When you are asked a question, answer with a question! This will keep the class **productive**. It will stay **safe** as you treat each person's answer with respect.

Other helpful ideas:

1. Allow each person equal time to answer the questions, but keep them to the point. There's usually someone in the class who wants to make it about them.
2. Allow participants the freedom to pass if they are uncomfortable answering the question.

CLASS OUTLINE:

Page 3 - Session 1: *Is There Hope for Me?*
Why is it that people who want to change aren't able to? This session explores the question of why humans will continue to do self-destructive behaviors in spite of the negative consequences. Participants gain hope that they can change by understanding where self-sabotaging behaviors come from.

Page 7 - Session 2: *What is an Addiction?*
This session answers the question of whether an addiction is a sin or a disease. Participants

will learn what's broken spiritually, physically, and where cravings come from.

HANDOUT: *30 Craving Busters*

Page 10 - Session 3: *What's Broken in the Brain? (2 Weeks)*

Participants are introduced to limbic system, its functioning, and how it takes over decision making. Genesis tools are presented as therapy to retrain the brain (heart). The first tool introduced is the Double Bind.

HANDOUT: *Double Bind Worksheet*

Page 15 - Session 4: *Origins of Addictive Behavior*

The environmental roots of addiction are presented in this session. If relationships and people are at the root of addictive behaviors, then the solution will be learning to trust God and others again. This presents another Double Bind.

The TRUST FALL explained

This exercise in trust pits the limbic fear against cognitive truth. A volunteer stands on the edge of a table blindfolded with his or her back turned. The others are lined up behind with forearms alternately up, like a basket. The 'faller' falls backwards, trusting others to keep him or her up. This works fine unless the person gives in to fear and balls up. Then, all the weight will fall on one person, who will be unable to support them.

Page 22 – Session 5: *Healing what Drives Addictive Behavior*

How do we heal and change our hearts? This session explores key beliefs in addiction and recovery. Participants will have an opportunity to make a new commitment to faith in God.
HANDOUT: *The Deep Limbic System*

NEW! Participant Workbook

This edition includes a workbook of handouts for participants to use for their own notes and action points. Included are 'ice breaker' exercises, key teaching points, self-discovery questions, and personalized applications. At the end is a Self Evaluation for participants to summarize what they have discovered from the course about their recovery work. Teaching points are matched in the facilitator's guide with a box around the worksheet number. For example, the second point on the Session 1 worksheet is marked "W.1.2" in the guide.