

## UNDERSTANDING AND TREATING ADDICTIONS

In the treatment of addictions, it is helpful to understand the following cycle of addictive behavior.

### THE CYCLE OF ADDICTION

Hierarchical thought patterns lead to ->

A competitive society which lead to ->

Feelings of inadequacy and fear which lead to->

A need for perfection which leads to ->

Dishonesty which leads to ->

Confusion which leads to ->

Addiction which again increases ->

Feelings of inadequacy and fear and then reinforces ->

The need to appear better than we are (perfectionism) which contributes to ->

Dishonesty which creates ->

Confusion which contributes to ->

Addiction ->

And so on and so on.....

**In a system that demands perfection, we cannot learn from our mistakes because we cannot admit them.**

Revised from Anne Wilson Schaef, *The Addictive Society*