

Track 1: Module 2

# Suburban Shift

## Breaking the Pattern

## Module 2:

# Breaking the Pattern

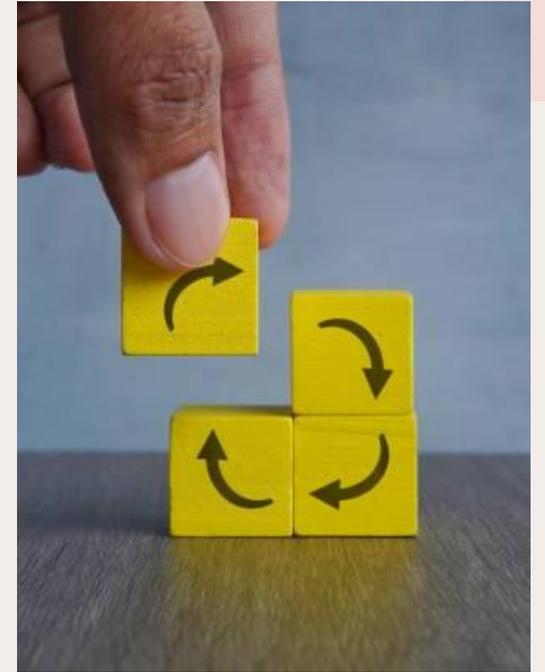
- Spotting the loops you keep repeating
- The triggers that set you off
- Why “just trying harder” always fails
- How shame and guilt drag you right back
- What it takes to finally break free



# Recognizing the Loops

- Addiction feels unpredictable, but it's not – it follows a script.
- Trigger → Craving → Use → Relief → Shame → Repeat
- The loop always tightens, what once took weeks now takes hours
- If you're stuck, it's not because you're weak – it's because you're still feeding the loop.

**Fact: Brains scans show craving lights up the same survival circuits as hunger and thirst – the loop feels like life-or-death, even when it isn't.**

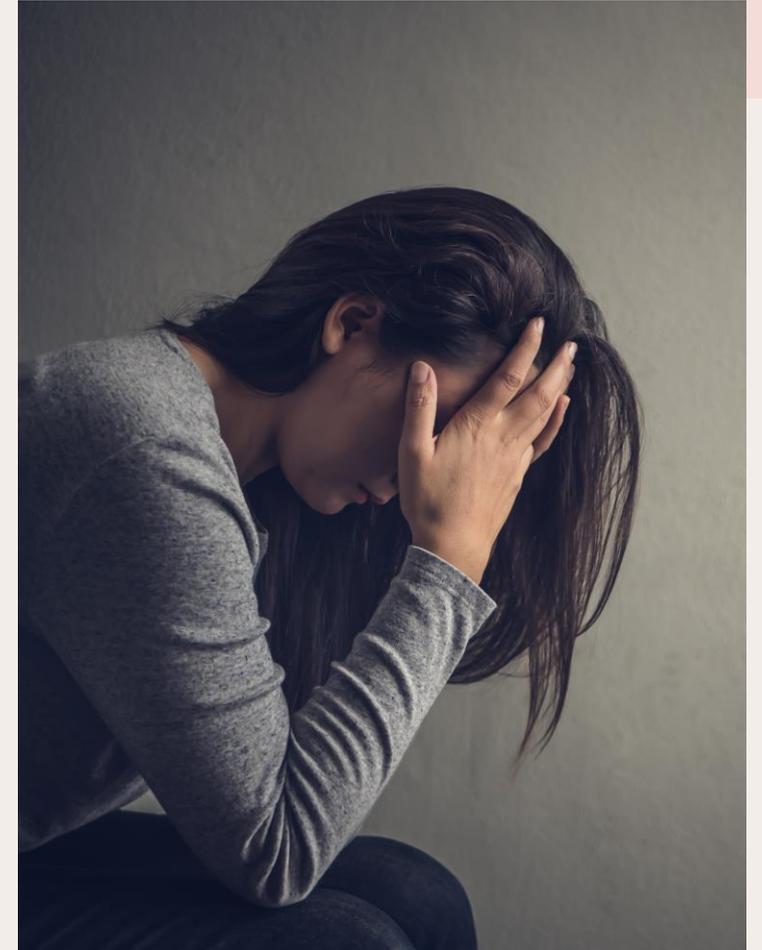


**“You can’t outthink a cycle you refuse to see.”**

# The Triggers You Keep Missing

- External Triggers: old friends, bars, payday, certain songs, even driving past certain streets.
- Internal Triggers: stress, loneliness, boredom, anger, success (“I deserve it”).
- False confidence is deadly: “I can handle being around it now”, is the thought that sets up the fall.
- Most relapses don’t start at the point of use – they start hours (or days) earlier, in the first lie you tell yourself.

**Reflection: List three triggers that always trip you up. Which one do you lie to yourself about the most?**



**“He thought his relapse happened when he took the first drink. The truth? It started three hours earlier when he drove to the liquor store ‘just to look.’”**

# Why Willpower Isn't Enough



- Addiction rewires survival instincts – cravings scream louder than logic.
- You've said "never again" before – and meant it. That proves it's not about weakness.
- Willpower is like a match: it burns bright but burns out fast without structure.
- The cycle wins when you rely on force alone – it's like bringing a knife to a gunfight.

**Fact: Without support systems, relapse rates can hit 85% in the first year. Structure is survival.**

**If willpower alone worked, you wouldn't be here.**

# The Future Snapshot



## Where The Pattern Leads

**6 Months from now: Still cycling, the same excuses, the same crash.**

**2 Years from now: Your loved ones have given up, health is worse, opportunities are gone.**

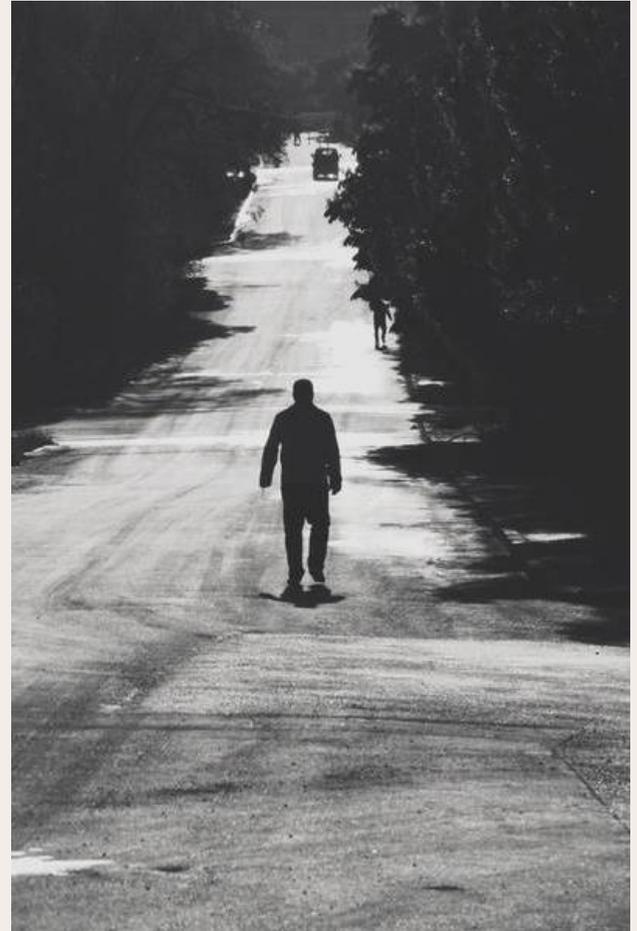
**5 Years from now: Jail. Hospital. Grave. Or Change.**

The biggest illusion is you have more time and when you stop, you'll go back to "life before addiction".

# Shame, Guilt, and the Cycle of Return

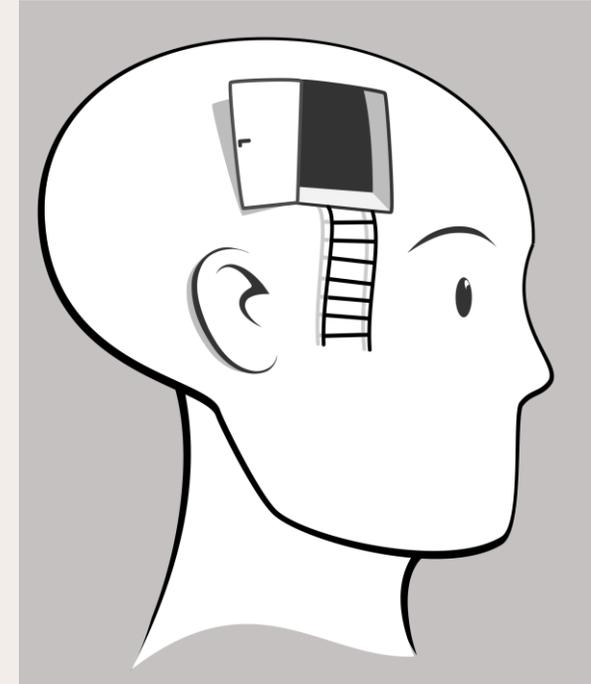
- After using comes shame: “I’m worthless. I blew it. I’ll never change.”
- Shame breeds secrecy, and secrecy sets up the next relapse.
- Guilt can be fuel if it pushes change; shame convinces you you’re doomed.
- This cycle is emotional quicksand – the harder you thrash, the deeper you sink.

**Reflection: Write down the harshest line shame whispers in your head. Now rewrite it in your own words, as if you were talking to your best friend instead.**



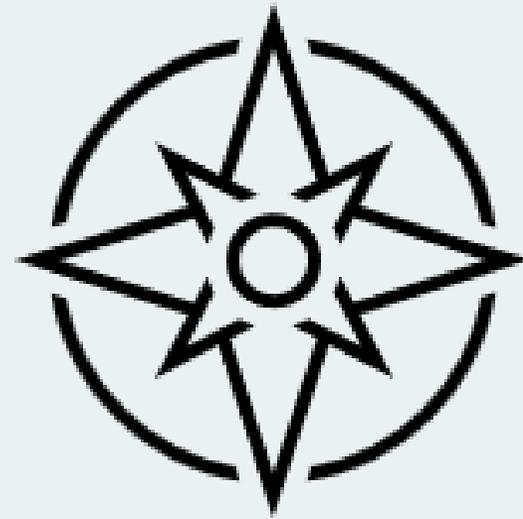
# Breaking Free – What It Really Looks Like

- Breaking the pattern isn't about flipping a switch – it's about breaking one link at a time.
- Small interruptions matter; calling instead of using, walking instead of sitting in it, journaling instead of reaching.
- Every interruption = distance. Distance = clarity. Clarity = strength.
- You don't need a perfect streak to win – you need consistent cracks in the loop until it breaks.



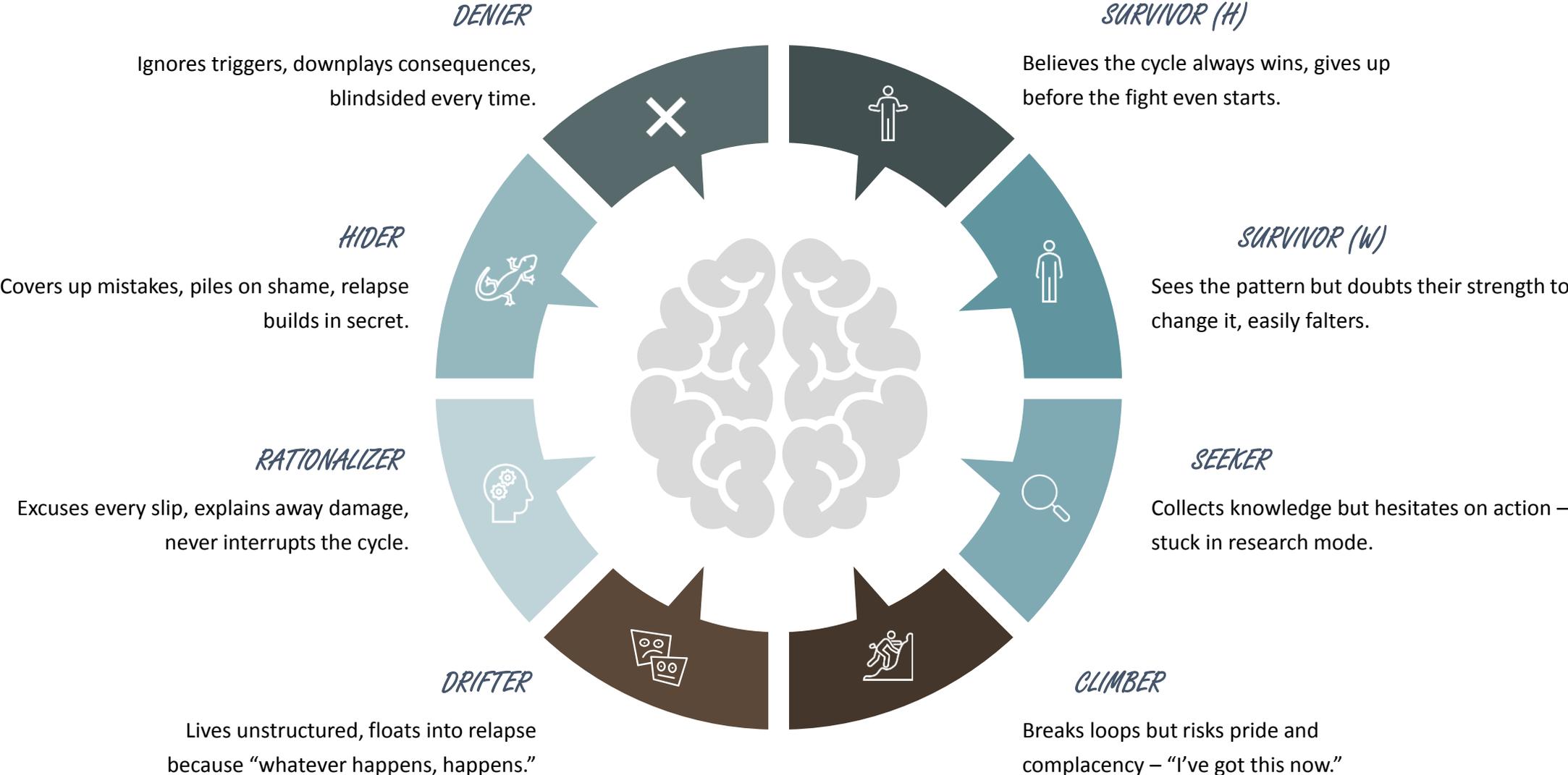
**The pattern only has power if you keep playing it.**

# Recovery Compass



# PATTERN TRAPS

BY PROFILE



# INTERRUPTION MOVES

How to Break YOUR Loop



*DENIER*

Write down your 3 excuses on paper. When you hear one in your head, rip it up.

*HIDER*

Tell one secret to someone you trust. Expose it before it festers and gets discovered.

*RATIONALIZER*

When you hear yourself explain a slip, ask: "Would anyone else believe this?"

*DRIFTER*

Anchor your day with one morning routine and one afternoon commitment.

Write down 3 times you survived what should've broken you. Proof you're not done.

*SURVIVOR (H)*

Pick one small win this week (call, boundary, journal) and prove you can act.

*SURVIVOR (W)*

Stop searching, commit to using two tools on alternate days of the week.

*SEEKER*

Write your last slip in detail. Pride hides patterns – humility breaks them.

*CLIMBER*

*You already know your profile, now it's time to interrupt the exact loops that keep you stuck. Breaking patterns means breaking habits that have owned you for too long.*

# Recovery Compass

## Profile Actions – Module 2

<i>The Denier</i>	<i>The Hider</i>	<i>The Rationalizer</i>	<i>The Drifter</i>
<b>Track your last three relapses on paper.</b> See the same loop you've been pretending doesn't exist.	<b>Expose one secret before it festers.</b> Break the silence that fuels the loop.	<b>Write down your next excuse before you use.</b> Watch how weak it looks on paper.	<b>Set one non-negotiable daily anchor.</b> A call, a walk, a journal — something that stops the slide into “whatever.”
<b>Call out the “not that bad” lie when it shows up.</b> That phrase is the ignition switch to your cycle.	<b>Tell someone where you're most likely to relapse.</b> Secrets grow in the dark, patterns break in the light.	<b>Say “this is a relapse” instead of “just a slip.”</b> Naming it strips away the spin.	<b>Plan tomorrow before you go to bed.</b> Drifting happens when you let the day decide for you.
<b>Say one consequence out loud.</b> Remind yourself of what this pattern already cost you.	<b>Stop cleaning up one mess.</b> Let the fallout happen instead of hiding the evidence.	<b>Replace one excuse with the truth.</b> Catch yourself mid-pattern and rewrite the script.	<b>Interrupt one lazy “I’ll deal with it later” moment.</b> Do something now — even tiny — to break the float.

<i>The Survivor (Hopeless)</i>	<i>The Survivor (Willing)</i>	<i>The Seeker</i>	<i>The Climber</i>
<b>List three patterns you've already lived through.</b> Proof you're stronger than the cycle tells you.	<b>Pick one pattern you know by heart — and block it once.</b> Break the sequence, even if you can't stop the whole loop.	<b>Stop searching, test one tool today.</b> Don't add more theory — put something into practice.	<b>Write down your last relapse in detail.</b> Pride makes you forget the slip — humility forces you to learn from it.
<b>Reach out once this week before the spiral hits.</b> Don't wait until you're already convinced it's hopeless.	<b>Tell someone what part of the cycle destroys you most.</b> Naming it gives you leverage.	<b>Document the results tomorrow.</b> Did it help or not? Either way, you learned by doing.	<b>Tell someone how you almost relapsed this week.</b> Sharing the “almost” breaks complacency.
<b>Take one micro-win seriously.</b> Even delaying a relapse by an hour is evidence the pattern can be cracked.	<b>Stack one small win.</b> Prove you can interrupt the loop, even if it's messy.	<b>Ask one brutal question about your pattern.</b> Example: “What lie do I tell myself right before I relapse?”	<b>Reinforce one boundary you've already built.</b> Keep the wall strong instead of adding new weak ones.

# Coming Next: Rebuilding Life

- Learn how to rebuild routines, trust, and self-worth piece by piece.
- See why recovery isn't just about "not using" – it's about building something stronger to replace it, and a life you're not willing to sacrifice.
- Discover the tools and structures that make long-term recovery possible (not just streaks of willpower).



# Thank You

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