



EDM-Experiential Decision Making - Consequential Feeling

The Fire Extinguisher

The Fire Extinguisher

"When the Fire of Desire gets Higher & Higher use EDM to put out the Fire"

Experiential Decision Making for Relapse Prevention

There are 2 Primary motivations or driving factors for relapse:

Cravings/thoughts/urges to return to drug and alcohol are normal and expectable in the recovery processes resulting from:

1. Emotional Desire For Pleasure
2. Emotional Desire for Escape/Relief from Pain (Physical, Emotional, Psychological).

Experiential Decision Making utilizes:

- Experience
- Feelings\Emotions - Corresponding to Experience
- Decision Making Process

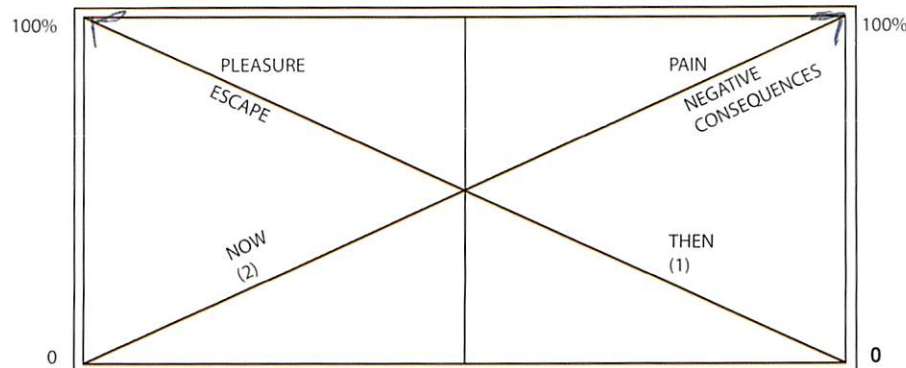


STEP ONE: Experience

- When cravings/thoughts/urges occur recall past experience with substance use.

Line 1 - Substance use during Social or Recreational phase

Line 2 - Substance use during Abuse or Addictive phase



STEP ONE: Experience

Use your Fire Extinguisher (EDM) to put out the Fire

- (1) Cravings/Urges/Thoughts for Pleasure/Escape occur creating STRONG emotional desire.



- (2) Go to PAUSE MODE and RELIVE, REPLAY, RE-EXPERIENCE the PAINFUL EVENTS AND EMOTIONS OF YOUR ADDICTION OR SUBSTANCE ABUSE.

Pause for the Cause - Preventing Further Pain



STEP THREE: DECISION MAKING PROCESS

Ask yourself this question.....

Is the pleasure/relief that I can get from a relapse worth the pain/suffering that I know will happen if I do?

Would you say? -" I never want to feel that way again!!!"

Make your decision based on the answer to the above question

If your answer is NO.... Then use your other Relapse Prevention Tools (Calling Support Group and Family, Exercise, Go to a Meeting, Distraction, Gratitude List) to avoid the painful feelings of the relapse. Experience the satisfaction successfully avoiding a relapse. **GOOD JOB!!!**

EDM is "Fighting Fire with Fire"

It will help you make the best decision the avoid further pain and suffering

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