



TALKING POINTS



Ep.12: Abuse, Addiction, and a Bright-Light Moment

I invite you to take a look at abuse and addiction. Answer the following questions for yourself only or discuss them with friends and family.

Abuse is defined as “a pattern of behavior used by one person or group of people to gain and maintain power and control over others.” Abuse is not just one incident, but a pattern of behavior. Place a check mark by each mistreatment you have suffered.

- PUNCHED
- HIT
- SLAPPED
- KICKED
- STRANGLED
- PHYSICALLY RESTRAINED
- BULLIED
- PASSENGER IN A RECKLESS DRIVING SITUATION
- FELT PHYSICALLY UNSAFE
- RAPED
- FORCED TO PERFORM A SEXUAL ACT
- SEX USED AS A WEAPON IN ANY WAY
- TOLD YOU WERE WORTHLESS, STUPID, OR THAT NO ONE WOULD EVER WANT YOU
- CALLED CRAZY
- NOT ALLOWED TO EARN YOUR OWN MONEY
- NOT GIVEN CONTROL OF OR ACCESS TO THE HOUSEHOLD BUDGET
- NOT GIVEN ACCESS TO CREDIT OR BANK ACCOUNTS
- NOT ALLOWED TO OBSERVE THE DIETARY CUSTOMS OF RELIGIOUS FAITH
- RACIAL SLURS
- THREATS OF BEING “OUTED” IF YOU ARE LGBTQ+
- RELIGIOUS PERSECUTION
- BEING TOLD TO ACT “WHITE” WHEN YOU ARE NOT
- WORKPLACE HARASSMENT
- SOCIAL OR JUDICIAL INJUSTICE
- _____

The word “addiction” makes us think of dependence on a substance, such as drugs or alcohol. But when we substitute the word “substance” with “behavior,” we open up the definition of addiction. Circle each “substance” you have a strong and harmful need to regularly use and each addictive “behavior” you do.

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|--------------|-------------------------|-----------------|-----------------------|-------------------|
| OVEREATING | COMPUTER/INTERNET | CUTTING | LYING | TROLLING |
| SEX | VIDEO GAMES | GAMBLING | BLAMING | THRILL SEEKING |
| PORNOGRAPHY | WORK | SHOPPING | SEEKING NEGATIVE NEWS | TV BINGE-WATCHING |
| SOCIAL MEDIA | EXERCISE/WEIGHT LIFTING | PLASTIC SURGERY | AVOIDANCE | _____ |
| CELL PHONE | SEEKING PAIN | ONLINE GAMING | GOSSIP | _____ |

Describe what you consider to be a “bright-light” moment.

For more on addiction and healing, please begin with this article: “Healing from Addiction: 6 Steps on the Road to Recovery,” a Good Therapy blog post by marriage and family therapist Wendy Salazar.

<https://www.goodtherapy.org/blog/healing-from-addiction-6-steps-on-the-road-to-recovery-0608155>