

ADDICTION



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The purpose of this presentation is to convey information. It is not intended to diagnose, treat, or cure your condition.

You CAN Rewire Your Brain!



Julie Valenti



- Julie Valenti
- *Knowing How*
- Wisdom & Recovery Program

“Recovery and the Wisdom and Recovery Program is recovering the authentic self, that lost self that never really had a chance because things were so confusing.”



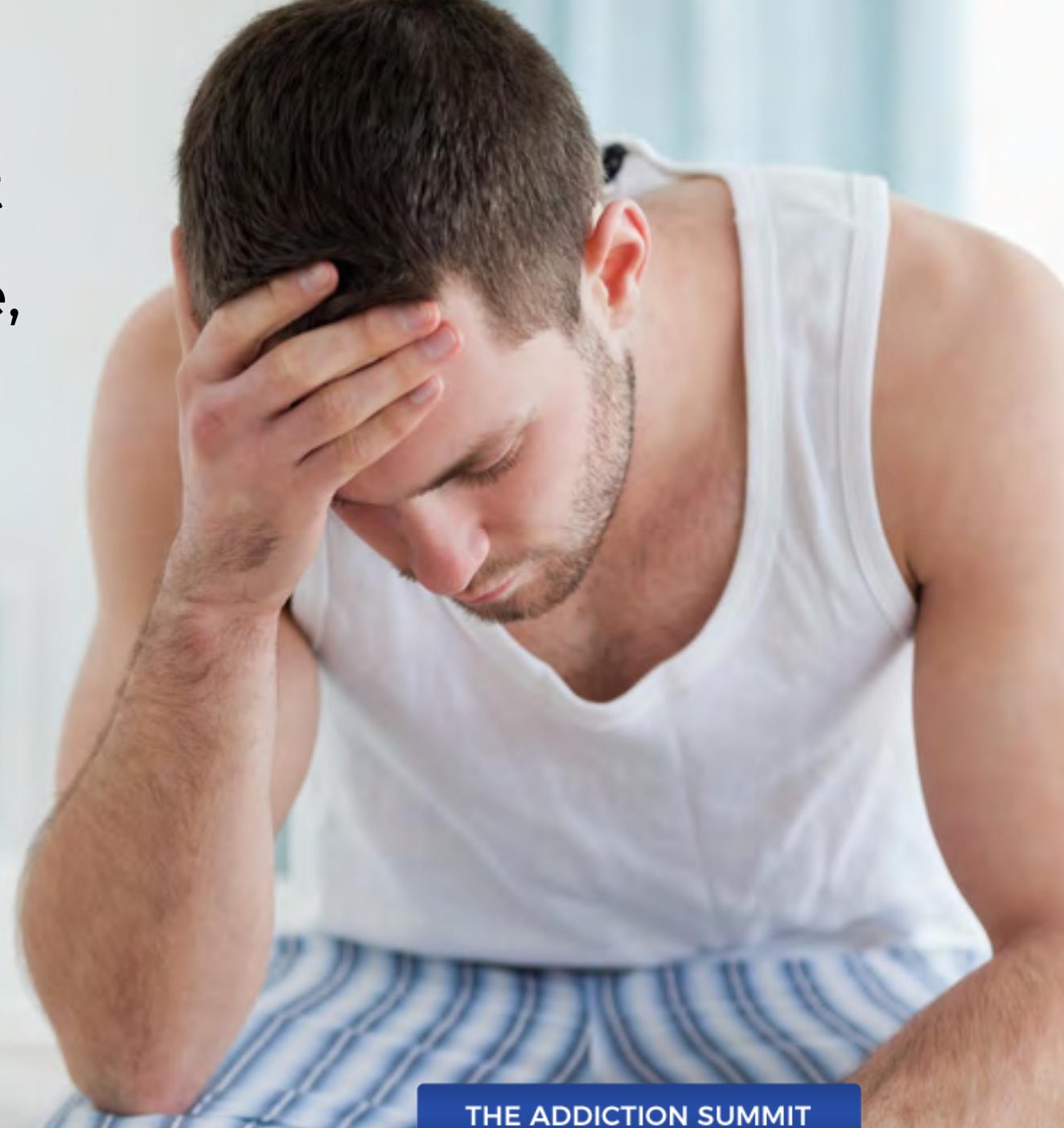
“I believe that I have a responsibility to be my kids’ friend so that we can talk deeply and passionately about the world and our wants and our needs, and still be that guiding parent.”



“Most therapy is just one hour, once a week. That’s just not enough.”



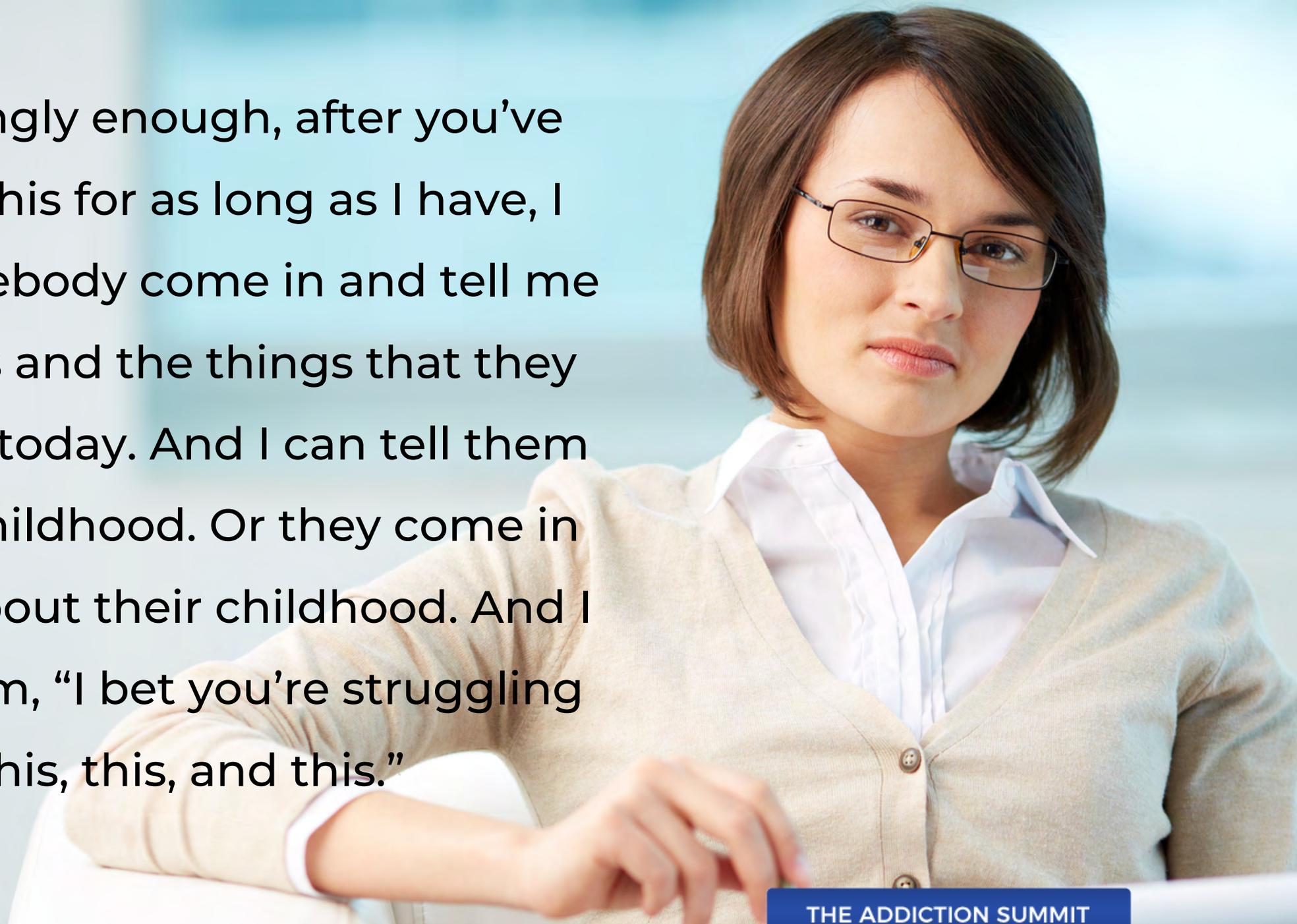
“When the body is afraid that it’s not going to be able to live, it sets off a whole series of reactions and systems. Fight or flight are two big ones. Freeze is another one.”



“There’s lots of ways of recoiling. You could use drugs and alcohol too much. You could work all the time. You could sabotage the relationship. There’s lots of ways to recoil besides just pulling back and pushing away. So it can be very, very covert, this recoil.”



“So interestingly enough, after you’ve been doing this for as long as I have, I can have somebody come in and tell me the situations and the things that they struggle with today. And I can tell them about their childhood. Or they come in and tell me about their childhood. And I could tell them, “I bet you’re struggling with this, this, and this.”



“Children have a belief that they make everything happen. They’re magical thinkers. ‘And so if something bad is happening, I probably caused it. And so I probably need to fix it.’”

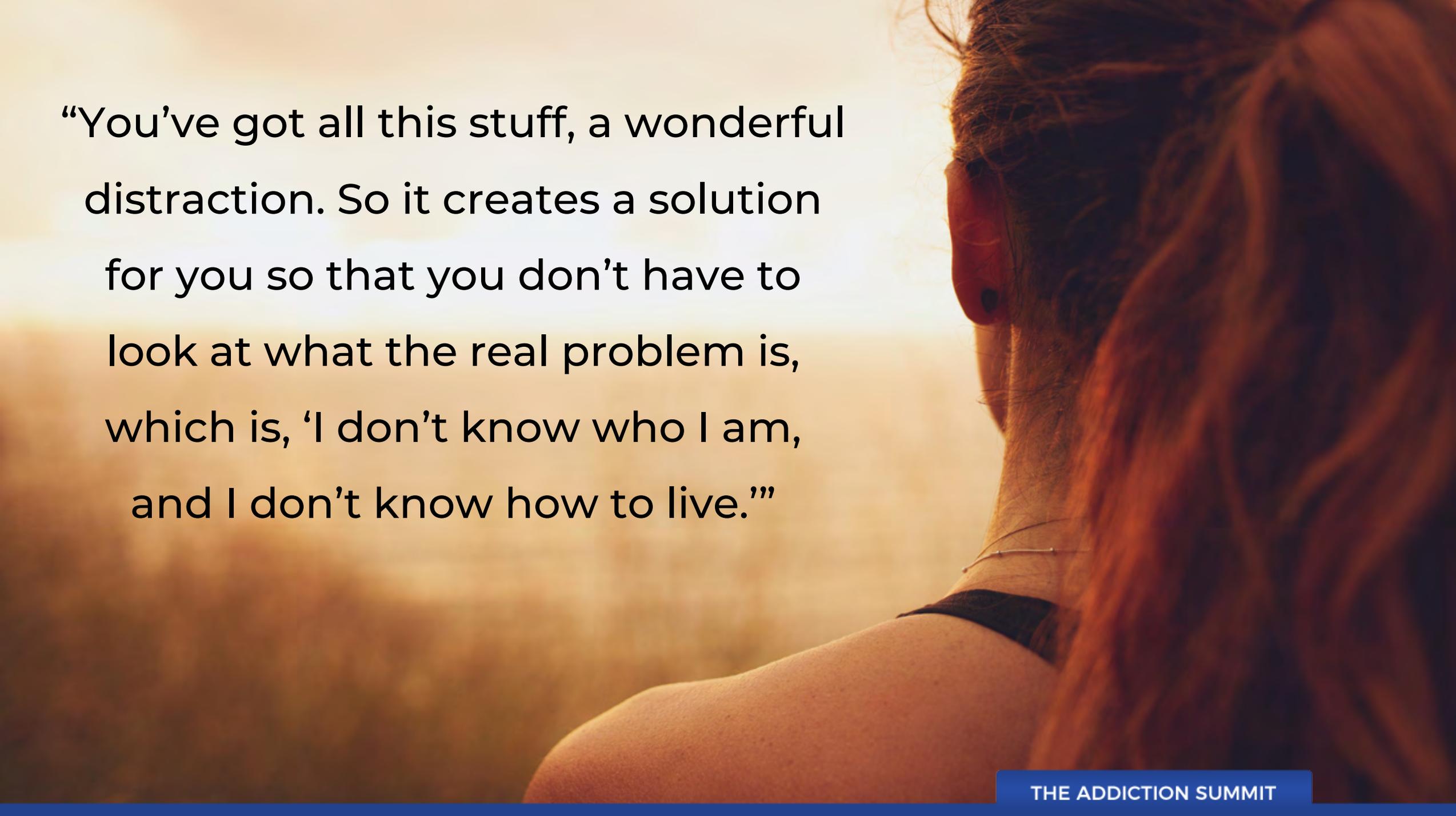


“Through my addiction process and through my working in the 12-step recovery groups, I began to put pieces together.”



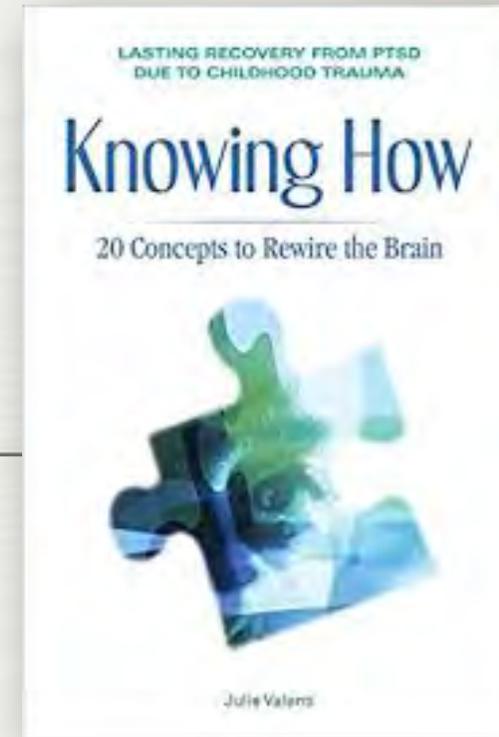
“Behaviors are addictions. And at first, it was only drugs and alcohol that were an addiction. But starting to understand that when we use people, places, and things to mood alter, meaning to change chemistry in our brain, then those are really powerful chemicals. And the brain loves nothing more than being all dialed up on adrenaline and norepinephrine and not so much cortisol.”



A woman with long, wavy red hair is shown from the back, looking out over a vast, hazy landscape at sunset. The sky is a warm, golden-orange color, and the ground is covered in tall grasses. The woman is wearing a black strap over her shoulder and a thin necklace. The overall mood is contemplative and serene.

“You’ve got all this stuff, a wonderful distraction. So it creates a solution for you so that you don’t have to look at what the real problem is, which is, ‘I don’t know who I am, and I don’t know how to live.’”

“These 20 concepts, I believe, are the tools that we’re missing. You should’ve known all of this when you walked out your parents’ door as a young adult. So these are missing pieces.”

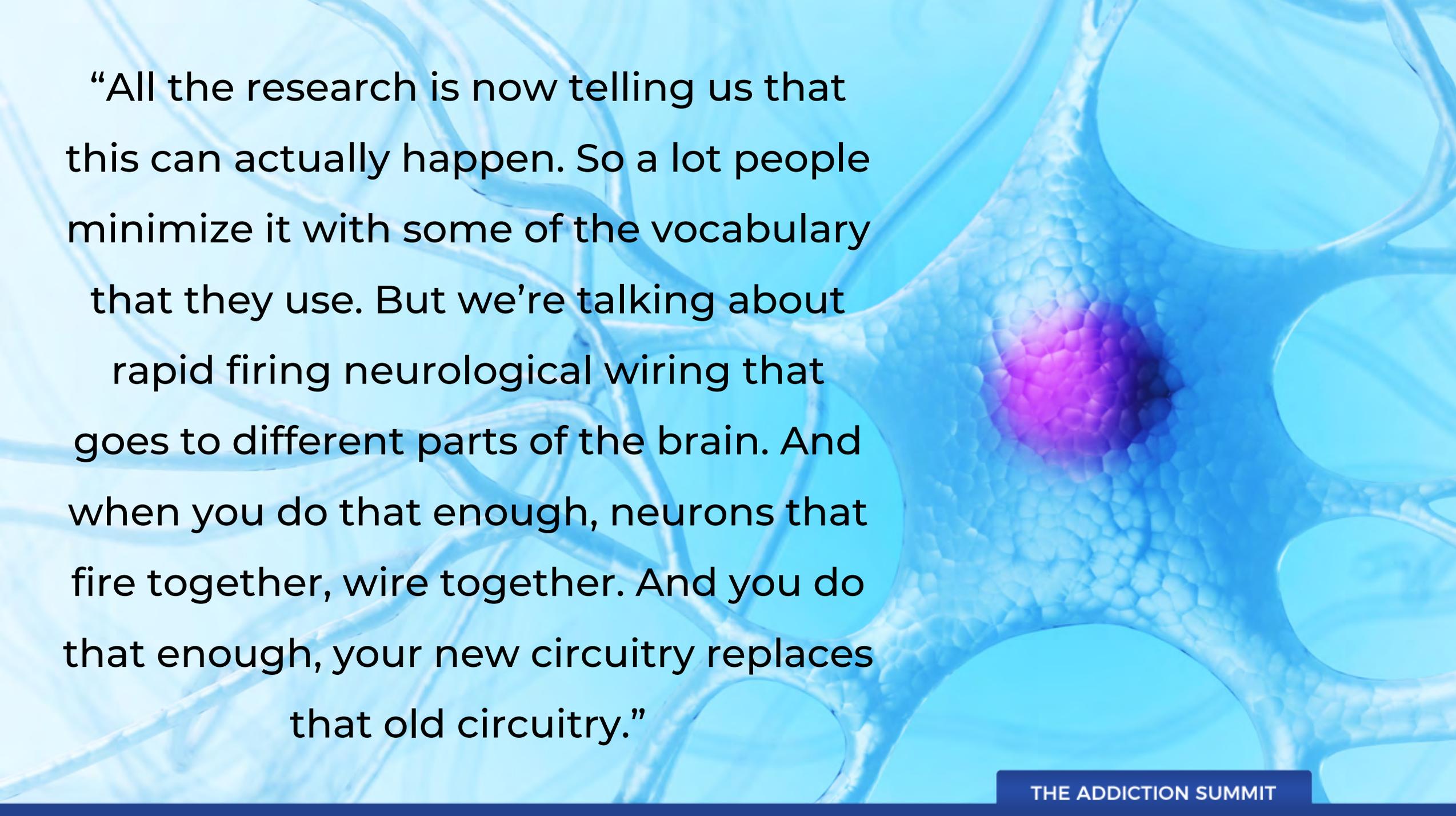


“Because the survival part of the brain is so important and has so many crucial jobs, it typically is running about 80% of everything you do. And about 20% of everything you do is actually a logical thought.”



“Dependent attachment style typically comes from people that are neglected. And so once they get those arms around them and that person calling them baby, which activates that memory part of the brain, they’re going to hold on for dear life. They are not going anywhere. You can lie to them, cheat on them, abuse them.”



A blue-tinted background image of a neuron. The neuron has a central nucleus that is glowing with a purple-to-pink gradient. The cell body is surrounded by a network of branching processes, likely dendrites and axons, which are rendered in a light blue, semi-transparent style. The overall aesthetic is clean and scientific.

“All the research is now telling us that this can actually happen. So a lot people minimize it with some of the vocabulary that they use. But we’re talking about rapid firing neurological wiring that goes to different parts of the brain. And when you do that enough, neurons that fire together, wire together. And you do that enough, your new circuitry replaces that old circuitry.”

“Anything that makes
me feel better is a
rescuer.”



“If you are living in a reality where things are confusing, unpredictable, unreliable, that magical thinking can stay in place. You don’t evolve. You don’t grow. You don’t mature in some of the ways that you could if you had consistent, reliable, attentive parenting.”





“Triggers are extremely powerful. And basically, when I say it’s a science, it’s a science of human organisms and the systems that work together. So hear, smell, all the senses are informing the brain and going straight to memory.”

“Loyalty to the perpetrator basically is when someone is doing something similar, doing something abusive to them self that is similar to an original abuse.”



“Hiding feelings is beginning to learn that when we were children, we were told not to feel.”

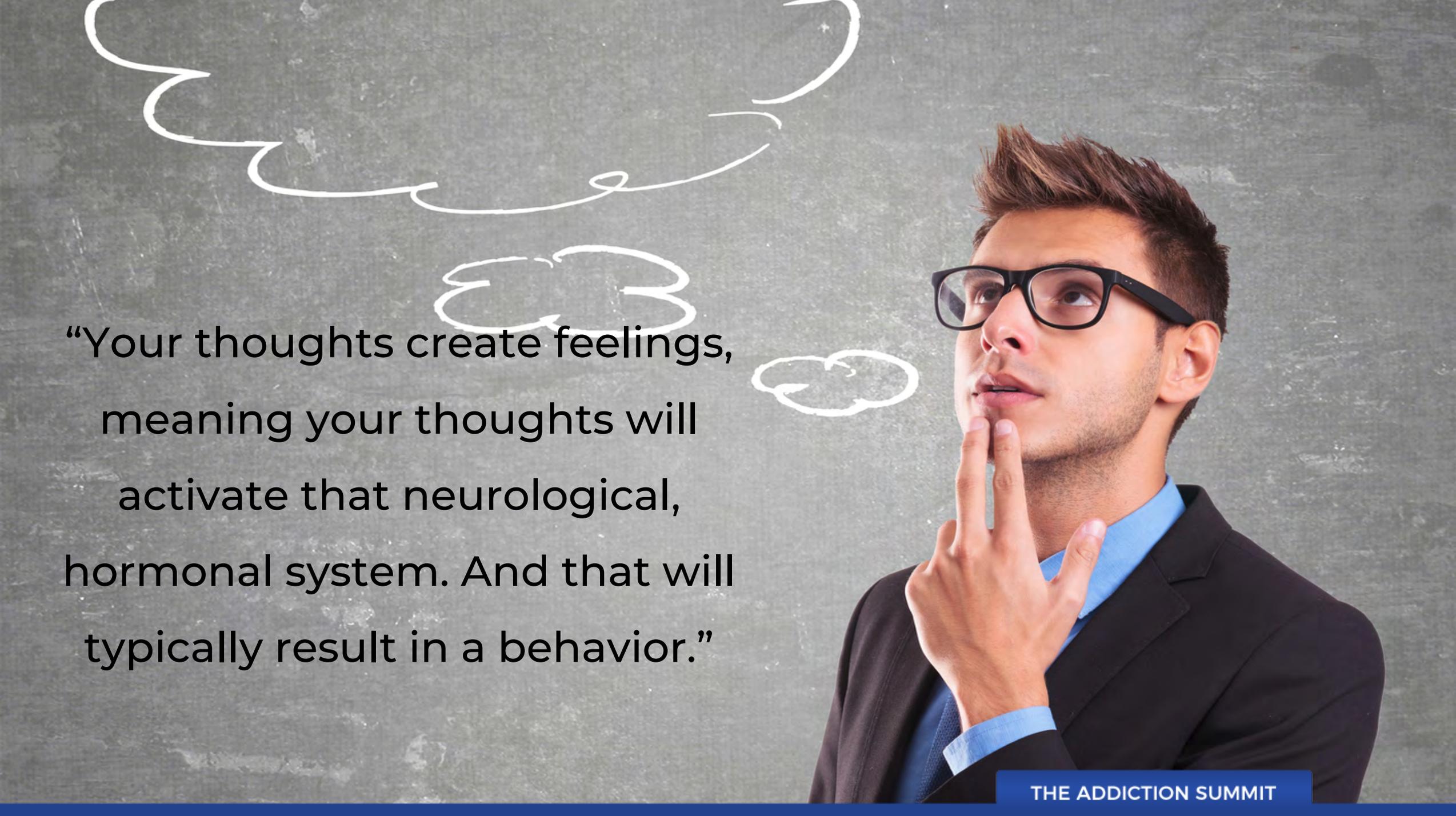


“These are feelings. They’re not a bunch of pictures on a piece of paper that you’re going to identify. Those aren’t feelings. These are feelings. There’s only four of them: fear, anger, sadness, and joy.”



“I call it E-motion—energy in motion. And when that energy gets in motion, you’re going to feel that. Nerves, neurological, you feel it. So when that’s going on in your body. You’re supposed to feel it, meaning you’re supposed to do something about what’s happening.”

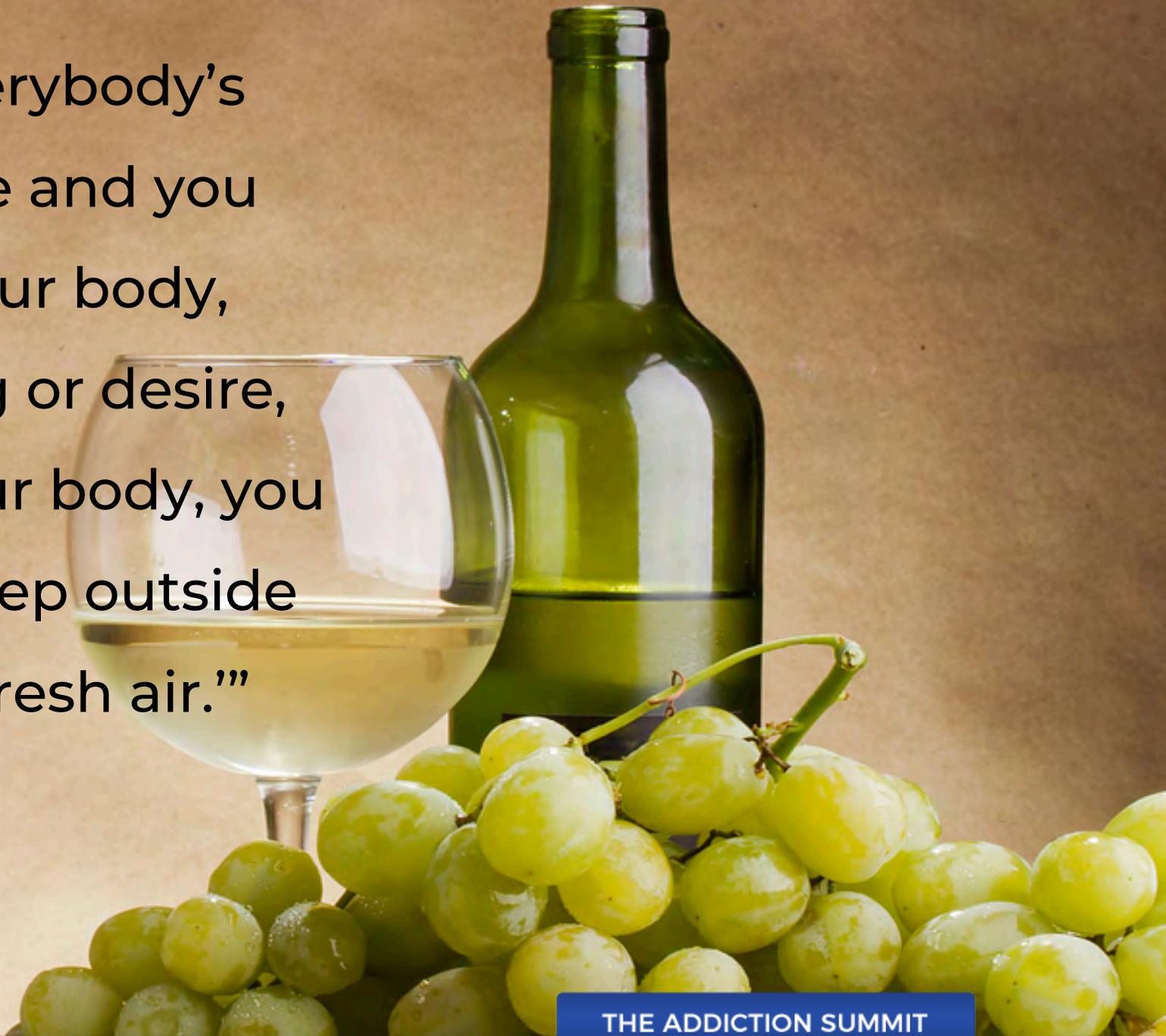


A young man with short brown hair, wearing black-rimmed glasses, a light blue shirt, and a dark suit jacket, is shown in profile, looking upwards and to the right. He has his hand to his chin in a thoughtful pose. Above him are three white, hand-drawn thought bubbles of varying sizes against a dark grey, chalkboard-like background. The text is overlaid on the left side of the image.

“Your thoughts create feelings,
meaning your thoughts will
activate that neurological,
hormonal system. And that will
typically result in a behavior.”



“If you go out and everybody’s having a glass of wine and you start to feel this in your body, whether it be a longing or desire, you have a feeling in your body, you can say, ‘I’m going to step outside and take a breath of fresh air.’”



A young woman with long, wavy blonde hair is smiling warmly, looking slightly to her left. She is wearing a plaid shirt. The background is a bright, sunlit field of sunflowers, with the sun low on the horizon, creating a soft, golden glow and lens flare effects. The overall mood is positive and optimistic.

“The next big player is integration. And that is the ability to see two things happening at the same time. That integration means bringing things together. So when we are integrated, we no longer see us and them. We no longer see then and now. That becomes part.”

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