

How *Else* Can I Help Myself Meet My Needs, Wants, and Preferences?

<i>Being human</i>	<i>Types of thoughts</i>	<i>Results of thoughts</i>	<i>Types of behaviors</i>	<i>Results of behaviors</i>	<i>Patterns (sets and sequences of behaviors that cause results)</i>	<i>Results of patterns of behavior</i>
Feelings* Thoughts Physical sensations Experiences	Facts	Reality-based behaviors	Conscious (Autonomy)	Benefits (Needs, wants, preferences are met)	Positive response pattern to self, others, situations: Feel → Pause → Think → Act	Strong, short-term benefits <i>or</i> Delayed short-term benefits <i>and</i> Long-term positive or neutral consequences
Learnings Memories Needs Wants Preferences Wishes	Beliefs (about self, others, & how the world works)	Belief-based behaviors	Unconscious (Automaticity)	Costs	Negative response pattern to self, others, situations: Believe → Feel → Act → What was I thinking?!	Strong, short-term benefits <i>and</i> Long-term negative consequences

- *The problem* is in the bottom right-hand corner.
- *The reality* is that I need to do and say things to get my very human needs, wants, and preferences met and to receive the benefits of having them met.
- *The solution* is in the top line. If I can become aware of “top-line” skills and implement them, I can find ways to help myself get my wants, needs, and preferences met other than with automatic, negative response patterns that result in negative, long-term consequences for me. Using skills frees me to pursue my wishes and aspirations.

*Feelings may be so intense that “flooding” occurs, overpowering the executive functions of the brain. The intensity creates a perception that the feelings will be forever and never end. Even simply becoming aware that one is feeling flooded can cause the “pause” that reengages the “thinking” functions of the brain.

The content of this handout is a synthesis by Anne Giles, M.A., M.S., L.P.C. of work by Judith Beck, Ph.D., Marsha Linehan, Ph.D., Patricia Resick, Ph.D., Eric L. Garland, Ph.D., Warren Bickel, Ph.D., Lisa Najavits, Ph.D., Daniel J. Fox, Ph.D., and others. It is intended as a supplement to Help That Helps: A Kind, Research-Informed, Field-Tested Guide for People with Substance Use Concerns, by Anne Giles, M.A., M.S., L.P.C. and Sanjay Kishore, M.D. Help That Helps is an online, self-guided program for people with substance use challenges to use in tandem with medical care. Self-help is not an evidence-based treatment for substance use disorder. This content is for informational purposes only and is not a substitute for medical or professional advice. Consult a qualified health care professional for personalized medical and professional advice.

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