

A Critical Strategy in Creating Change in Long Term Treatment

Patrick J. Carnes, Ph.D.

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Why there is no change:

- ✦ Can see clearly there is a problem
- ✦ Knows what will have to be done
- ✦ But will not do it

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Made a decision

- ✦ Act as if
- ✦ Take action
- ✦ Works if you work it
- ✦ Go to any lengths
- ✦ Living in the problem versus living in the solution
- ✦ Half measures availed us nothing

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Essential One – You have to
decide.

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Resisting to decide:

- ✦ Decision means to cut – we access our grief
- ✦ Decision means we confront our misplaced loyalties, our self perceptions, and dysfunctional beliefs about worthiness
- ✦ Decision means we no longer keep the issue on a “deferred living plan.”

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Culture of deferred living:

- ✦ Pay later
- ✦ Retire later
- ✦ Relationships later
- ✦ No absolutes
- ✦ Defer pain
- ✦ Escape the laws of absolutes
- ✦ The denial of death

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The Decision Table

- ✦ What decisions should be made?
- ✦ What should you start? Putting off?
- ✦ What should you finish?
- ✦ What is necessary to improve your life?
- ✦ What are the current sources of unhappiness?
- ✦ What life goals have you not realized?

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Essential Two – The most critical decisions are made without knowing what the outcome will be.

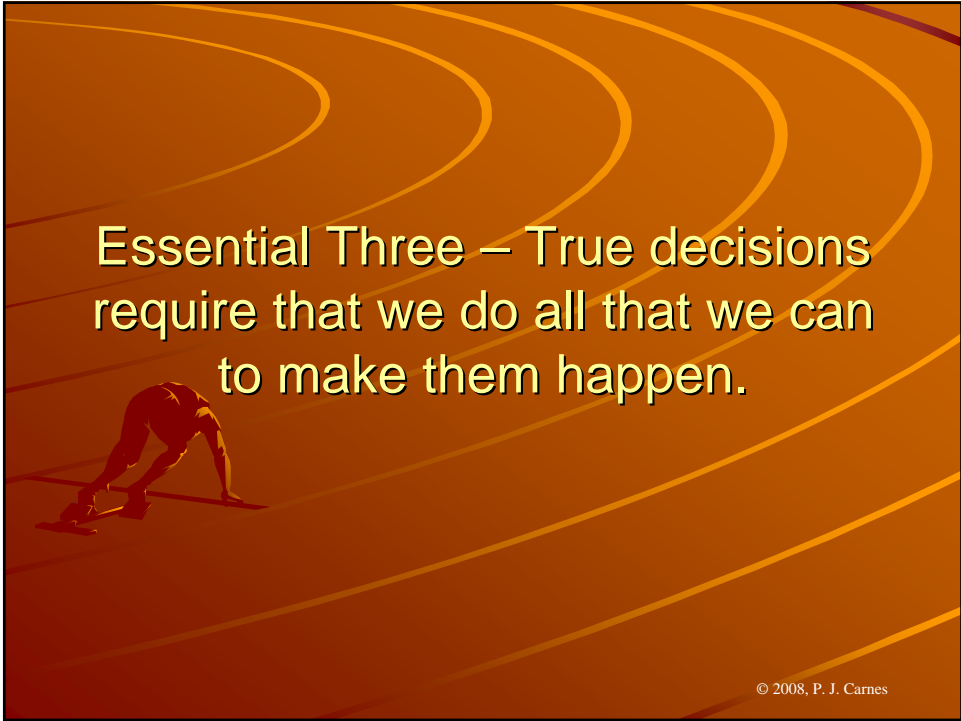
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A runner in a starting block on a track, with a quote overlaid. The background is a warm orange-brown color with curved lines suggesting a track.

“I take the ring though I do not know the way.”

~ Frodo Baggins,
The Lord of the Rings

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Essential Three – True decisions require that we do all that we can to make them happen.

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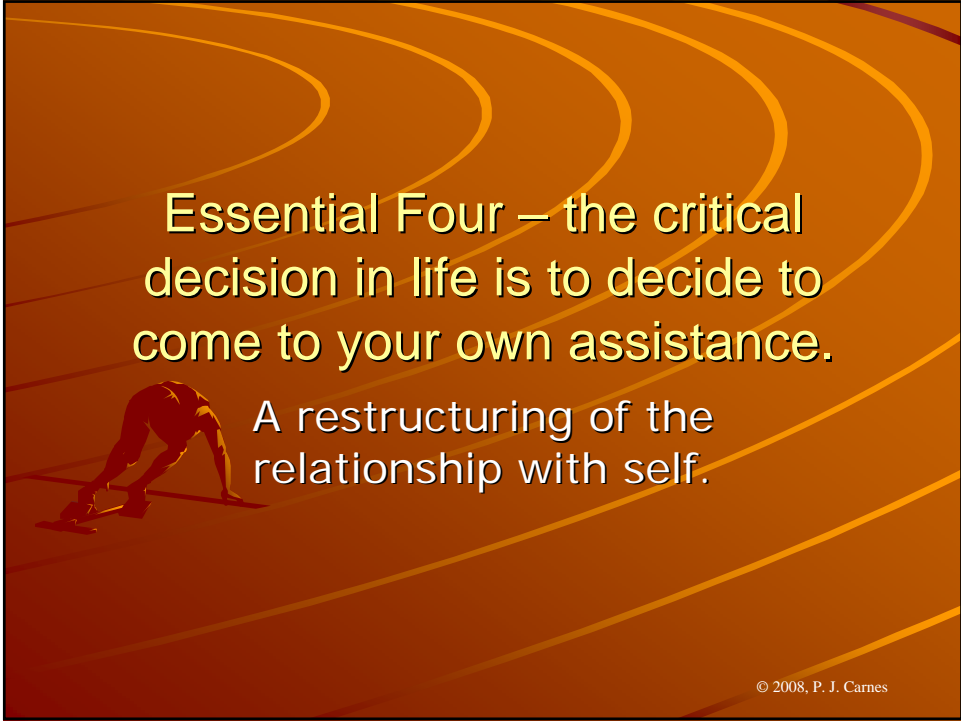
The Courage Index

- ✦ Hoping
- ✦ Wishing
- ✦ Wanting
- ✦ Whethering
- ✦ Going to any lengths
- ✦ "Do or not do – there is no try"
- ✦ Shoulds transformed to musts

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Key Question: what would be the impact if the decision was made and implemented.

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Essential Four – the critical decision in life is to decide to come to your own assistance.

A restructuring of the relationship with self.

Decision Motivation

- ✦ Because what you are doing is not working for self or others
- ✦ Because what you are doing works but is not honorable – inconsistent with who you are
- ✦ Because you want to be the best you can be – optimum performance
- ✦ Because of others who matter to you
- ✦ Because of connection and meaning

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Change = A+B+C

- ✦ A = A model of the world
- ✦ B = Commitment
- ✦ C = Plan



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Model of the World

- ✦ Core Values – living up to what you say
- ✦ Recovery of innocence (Dolly the Sheep)
- ✦ Paradigm shift
- ✦ Functional adult
- ✦ The proactive adult
- ✦ Possibility models
- ✦ Living in a zone

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Commitment

- ◆ Do not have to know how – Frodo
- ◆ The process of whethering
- ◆ Be prepared to go places you never imagined
- ◆ Relationship with self
- ◆ Ability to come to your own assistance consistently
- ◆ Loneliness into solitude
- ◆ There is no try
- ◆ Children

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Plan

- ◆ All creativity requires planning and preparation
- ◆ Component parts versus overwhelming vision – the essence of the creative process
- ◆ Accountability and understanding chaos
- ◆ Seeing what is real
- ◆ Plan for loss

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Remember:

- ✦ Rarely does the quality of life just happen.
- ✦ We become attached to solutions which do not work.
- ✦ Notice what you actually are doing – a clue to our intention or our avoidance.
- ✦ Knowing you have to do something is not enough – success comes to those who commit. Shoulds become musts.

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Not deciding:

- ✦ Creates suffering
- ✦ Prolongs agony
- ✦ Squanders opportunity and talent
- ✦ Makes us vulnerable to depression and addiction solutions
- ✦ Hides in our own “hybris”

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Legitimate Suffering

- ✦ Ben Franklin
- ✦ Change and Loss
- ✦ Betrayal
- ✦ Chaos – stuff happens
- ✦ The Furies and the Eumenides

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Additional Information:

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