Hope Rehab was founded in 2013 by Simon Mott and Alon Kumsawad. This workbook is the result of 20 years experience working in the Substance misuse and the addiction treatment sector. We have brought together the most effective and accessible psychological tools and concepts as a means to addressing addiction and related issues.

The introduction includes a brief explanation ‘what is addiction?’ Our Approach is based on addiction science and the ‘American Society of Addiction Medicine’ (ASAM) brain disease model. We also use the ‘National Institute on Drug Abuse’ (NIDA) treatment guidelines and UK training standards (DANOS). Hope’s Counselling and group therapy model includes, CBT, Mindfulness, some 12 step techniques, and many other useful psychological concepts such as affirmation and visualization.

The program does not just address substance-use issues, we also address the human condition. Many clients self-medicate underlying struggles such as Depression, Anxiety and histories of trauma. The program is designed to improve general mental health and enhance all areas of life.

Although we prefer not to use the term Luxury, however we are definitely a 5 star treatment program which is a different kind of luxury. All the experts agree that Counselling and Group work are the most important considerations when selecting a rehab program. This is why we have focused on creating the optimum program and workbook for solving your problems.

HOPE Rehab is a modern and exciting Center with an international team offering an holistic program, which includes proven treatment methods from both eastern and western models, it is also in a beautiful place on the coast of Thailand. We use evidence-based treatments that have been robustly tested to measure their effectiveness.

Discipline and structure are seen as transferable from our rehab program into our clients new lives in recovery. Many clients have lost all self control so need rehabilitalizing in positive and healthy behaviour patterns. This is why we also have a strong emphasis on physical fitness and provide a wide range of fitness activities.

Substance-use, depression and anxiety can create chaos and unhappiness in many peoples lives, including loved ones. This workbook address’s all the key issues clients are facing and will give them the best chance at a sustained recovery. It is a voyage of self discovery, healing and growth.

We named our Rehab HOPE because Hope is the seed of a positive belief system that will start to grow as you begin your journey. Psychologists emphasize the development of a positive belief system as a necessary foundation for healthy change.

Simon Mott has dealt with addiction from both sides of the fence. When he eventually got the right help, he was able to break free from his own addiction and now helps others do the same with this program.
Assignment 19 – King Baby Syndrome

The original King Baby was written by Tom Cunningham from the Hazelden Foundation, Minnesota. He wrote the pamphlet for recovering addicts and alcoholics to explore dry drunk syndrome. This term is obviously an oxymoron as it implies that a person is drunk without ingesting alcohol. This is because Addiction is not about the substance; it is an illness that results in characteristics and behaviours that the substance medicates.

The term “His Majesty, King Baby,” originated from Freud’s paper “On narcissism” (1914) using the myth of Narcissus as a synonym for egomania or fixation with oneself.

The story

Narcissus is a young man, who seeing his reflection in a pool of water is unable to tear himself away and finally dies of self-obsession. His name is derived from the Greek word “narke” meaning sleep or numbness.

Narcissistic stage of development

We are all born narcissists in order to survive: Imagine returning to the womb, here we feel warmth, security, and comfort. All our primary needs are taken care of and we are the center of our universe. During our infancy we demand food, attention, care and expect to get it. Through the natural maturing processes of childhood and adulthood, most of our “Baby” mentality is discarded and replaced by more appropriate life skills. However some of us advanced through the stages of physical growth without shedding this so called “King Baby” attitude.

When addicts suffer from “King Baby syndrome” they want the same level of self-centered gratification that babies and young children need. Addicts must be especially aware of King Baby drives and characteristics, for these attitudes and behaviours can continue to show up after we achieve abstinence.

Traditionally narcissism is seen as a result of setbacks in early development. Known as the “Narcissistic wound”, it’s usually due to unmet needs, hurts and threats to self-esteem.
**Nature vs. Nurture**

Narcissism in relation to addiction may be caused by dopamine deficiency and therefore feelings of deprivation and dissatisfaction, caused by either a genetic condition or neglect. Whatever the cause, it leads to anxiety and triggers defense mechanisms and defective character traits to compensate. Narcissistic Personality Disorder is listed in the DSM as a classifiable clinical diagnosis.

**Inner struggle**

There are two prime motivating factors for adult-baby behaviour: first, the scared lonely child who does not want to be hurt and second the adult baby who is never satisfied. Sometimes when our inner-child hears the word NO, an inner message hears the word BAD.

**Narcissistic Core Beliefs**

- I am special and different
- I must be admired by all
- I can’t get enough
- I must be the best
- I must get my way
- No one understands me
- Others envy me
- No one cares about me

The objective is to compensate for inferiority by being right and important in order to fulfill ones needs.

**Narcissistic Character Traits**

<table>
<thead>
<tr>
<th>Self-Obsession</th>
<th>Vanity</th>
<th>Arrogant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shame</td>
<td>Greed</td>
<td>Grandiosity</td>
</tr>
<tr>
<td>Superiority</td>
<td>Entitlement</td>
<td>Self-pity</td>
</tr>
</tbody>
</table>

“It’s ok to be the center of your universe; however it’s not ok to expect to be the center of everyone else’s universe!”
“King baby” Personality Traits

This exercise is very general and meant to stimulate reflection and awareness

“Ego maniac with inferiority complex”

- Become angry with or afraid of authority figures
- Seek approval losing my identity in the process
- Good first impression, problems completing things
- Have difficulty accepting criticism
- Hypersensitive
- Have difficulty sustaining healthy relationships
- Have addictive personality and driven to extremes
- Have been immobilized by anger and frustration
- Am rarely satisfied
- Given to exaggerations and showing off
- Feel lonely even when surrounded by people
- Need people around me to feel ok
- Say “I know” alot
- Complain and blame others for what is going wrong
- Feel like I don’t fit in
- See things as a catastrophe, all or nothing thinking
- Feeling of dependence, fears of abandonment
- Have taken advantage of others for your own ends
- Are concerned with money and material things
- Fantasize, dream big plans & schemes
- Charm superiors and intimidate subordinates
- Believe rules and laws are for others
- Attracted to excitement, life in the fast lane
- Lose touch with own feelings

“Humility is not thinking less of yourself; it is thinking of yourself less.”
Assignment 20 – Personality

Distortions in a person’s connection with self and with others – ASAM

Carl Jung used the term ‘Personas’ in his book Psychological types (1921) to describe our personality. Persona is the Latin word for mask, which protects our Ego. Jung identified two main personality groups:

“Don’t you know who I think I am?”

The Extravert attitude that responds to the external world
The Introvert attitude that responds to the inner world
These two opposing attitudes are both present in the personality, but ordinarily one of them is dominant.

The 4 parts of SELF
- Thinking
- Feeling
- Sensing
- Intuiting

Masks hide our vulnerability
Throughout our lives and over the years of our active addiction we develop certain character traits or habitual patterns of behaviour to help us function in the world and meet our needs.
However, this persona or mask is a psychological defense mechanism and is to a greater or lesser degree hiding our true or real self.
In recovery, we understand that appropriately showing vulnerability is not weak but in fact connects us to others and promotes intimacy, growth, and strength.

What Persona’s do you have?
Exercise: Read through the list of personas on the next page and choose the ones that you recognize you use.
### The Chameleon
**Behaviour:** People pleasing, dishonest.
**Impaired thinking:** If I am charming and pleasing you will like me.
**Core Belief:** My happiness depends on others liking and accepting me.
**Dispute:** By being all things to all people, we lose own identity.

### Control Freak
**Behaviour:** Ordering people around, demanding.
**Impaired thinking:** I need to be in control to be safe and get my needs met.
**Core Belief:** If you want a job done properly, do it yourself.
**Dispute:** By controlling others, we cause resentment and attract dependent types.

### Special and different
**Behaviour:** Arrogant, isolating.
**Impaired thinking:** No one understands me, I am unique and I should have special treatment.
**Core Belief:** No one understands me.
**Dispute:** In recovery we look for the similarities not the differences.

### I’m a Princess/ little lord
**Behaviour:** Selfish, grandiose and entitled.
**Impaired thinking:** Don’t you know who I think I am? I want the best of everything and you must provide it.
**Core Belief:** People should always do what I want.
**Dispute:** You can’t function as an adult with this attitude.

### Sex addict/flirt
**Behaviour:** Sexually acting out, flirting, sleazy.
**Impaired thinking:** Sex is my most important need and is the only way I feel satisfied. Sex gets me what I want.
**Core Belief:** Sex is the most important sign of love.
**Dispute:** Healthy boundaries are needed to maintain healthy relationships.

### The Perfectionist
**Behaviour:** Workaholism, obsessive, competitive, high expectations.
**Impaired thinking:** I am not worthwhile unless I am the best and come first at everything I do.
**Core Belief:** If I am intelligent and successful, I will be approved and accepted.
**Dispute:** Such high expectations usually result in disappointment and the price paid for being the best or right is often unhappiness.
| **The Rebel** | Behaviour: Oppositional, difficult, and resistant.  
Impaired thinking: If I don’t get my way, I will refuse to take part. Telling me not to do something is like waving a red flag in my face.  
Core Belief: No one can tell me what to do.  
Dispute: For a teenager this is a healthy stage of development; however, rebels are usually the only ones missing out. |
|---|---|
| **The Clown** | Behaviour: Attention seeking, entertaining.  
Impaired thinking: I use humor to deflect when I am not comfortable. I need to be noticed.  
Core Belief: We must be happy all the time.  
Dispute: What are you avoiding with this defense mechanism? |
| **Rage-a-holic** | Behaviour: Explosive anger, outbursts.  
Impaired thinking: If I scream loud enough, show my anger, people will avoid upsetting me and challenging me.  
Core Belief: The world is a difficult place.  
Dispute: The anger of entitlement is a very lonely place and pushes people away. |
| **The Victim/Martyr** | Behaviour: Helplessness, blaming, self-pity.  
Impaired thinking: I deserve to suffer; nobody understands me; poor me. I am not responsible.  
Core Belief: People are generally hurtful or the world is a dangerous place. Bad things happen to me.  
Dispute: As a victim, I have no power and cannot make changes. |
| **Shy and retiring** | Behaviour: Avoidant, introvert, lack of confidence, anxious.  
Impaired thinking: If I don’t show my true thoughts and feelings, I will avoid pain and attention.  
Core Belief: External forces including other people control my happiness. The world is a hurtful place.  
Dispute: Passively avoiding responsibility will result being at the mercy of others and/or losing your identity and isolating. |
### Hardman
**Behaviour:** Plastic gangster, macho, intimidating, aggressive, bullying.
**Impaired thinking:** Earning respect and control of others.
**Core Belief:** Showing vulnerability is a weakness.
**Dispute:** “The harder they come, the harder they fall.”

### Show off
**Behaviour:** Exaggeration, attention seeking, bragging.
**Impaired thinking:** “Don’t you know who I think I am?” I will keep you away with my superiority by exerting my financial, physical or social power.
**Core Belief:** No one would love me if they really knew me.
**Dispute:** I am not worthy, so I compensate for my feelings of social impotence and low self-esteem.

### Other