

coping mechanisms

Posted by obormottel - 18 Aug 2011 19:07

Does anyone have any idea at what stage in recovery we start working on and developing coping mechanisms? Is it part of recovery altogether?

Let me expand it a bit:

I'm told that we act out on our inability to cope with resentment, or anger, or dejection etc. So acting out is our current coping mechanism (can I relate....remember, in Monsters' Ball: "Make me feel good"?; I know someone who confessed to me that on the day of his mother's funeral he m*****ed 3 times and could not stop himself from thinking lustful thoughts the entire day, also at the cemetery; so inability to cope with grief is right there with the others).

Hence my question: are coping mechanisms acquired thru therapy, do they kick in memeyle at a certain stage in recovery, or what?

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Re: coping mechanisms

Posted by JackAbbey - 18 Aug 2011 23:09

have you ever read the book "when panic attacks" or "feeling good"?

they wont teach you to cope, they will change you, that you wont have to COPE!

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Re: coping mechanisms

Posted by obormottel - 19 Aug 2011 22:52

this is a second time I asked the question and Noone but Jack has a suggestion? Is this a Jewish forum? A bunch of opinionated Jews and only one wants to venture an idea? I want laymen's opinion, guys, if I wanted a psychologist I would call my mother. She's Jewish too, and has a professional opinion on everything.

1. Do you think there is truth to the assertion?

2. If yes, then do you have an opinion on "when learning to cope in a proper, constructive manner is introduced into addiction recovery"? Must you go into therapy to learn it, for instance, or is it an automatic consequence of other steps?

Does anyone have any personal experience with realizing one's lack of coping ability and re-acquiring it thru.....?

Thanks for considering the question.

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Re: coping mechanisms

Posted by Back on Track - 22 Aug 2011 00:16

. I think recovery IS about learning to cope. Its not a by product. Learning how to develop integrity through the challenges we face as opposed to turning them into opportunities to lustalize is recovering.

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Re: coping mechanisms

Posted by obormottel - 22 Aug 2011 07:44

I think that our emotional response to negative experiences is not a product of our integrity.

Integrity I'chood, and proper reaction to grief or anger I'chood.

I love the word "lustalize". :D But I think that our desire to "feel good" comes not from lack of integrity but from our human nature; we just never learnt how to do it in a positive way. I'm not opinionated but that's exactly why I'm usually right about what I say

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That's my 2 cents. And since I'm a professional addict its worth a lot more.

Re: coping mechanisms
Posted by kidushashem - 22 Aug 2011 22:08

I would lean towards saying something in the middle: I think that you gain a lot of coping mechanisms and personal development through fighting the addiction and all the time that's spent clean. But I also believe that you have to do a lot of personal "extra curricular" work to gain more emotional intelligence and clarity. Personally, I had an amazing experience doing Rabbi Yom Tov Glazer's seminar, "The Possible You" which is incredible. Beyond words. I recommend it to anyone and everyone.

Anyone reading this who's familiar with what I'm talking about?

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