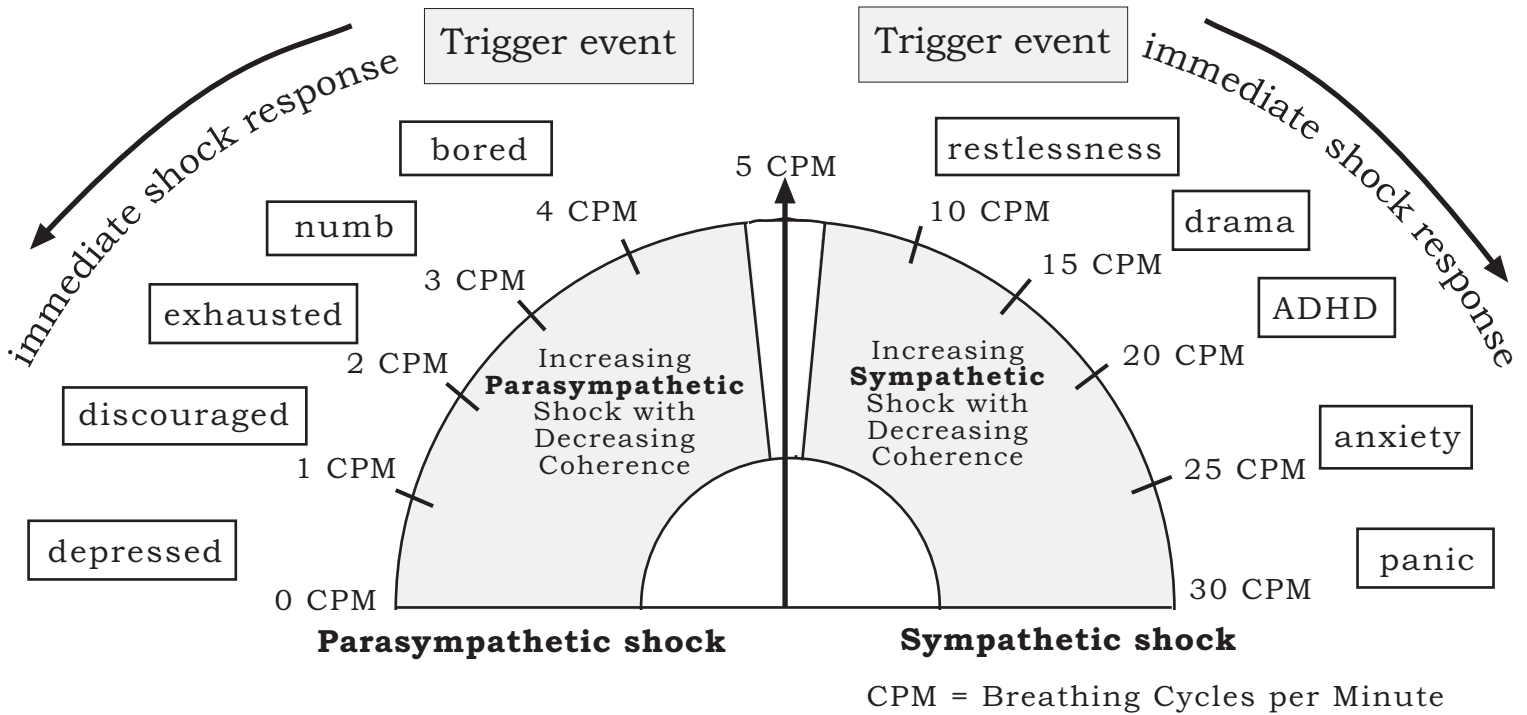


Shock in the Addiction Cycle

Trigger event
 activates our customary immediate shock response
Parasympathetic or Sympathetic



Self-medicating
 when the the immediate shock response becomes unbearable,
 we attempt to use the compensating addictive substance or behavior.

Parasympathetic Shock
 self-medicates by activating
 the Sympathetic system

Compensating Addiction:
Sympathetic Shock
 shopping, coffee, sex,
 bingeing, uppers

Sympathetic Shock
 self-medicates by activating
 the Parasympathetic system

Compensating Addiction:
Parasympathetic Shock
 food, alcohol, sleep, sex,
 technology, downers

Shame
 attempt abstinence from the compensating addiction,
 which triggers the immediate shock response again

