

1 ☐ **Substance Use Disordered Clients and The Secrets They Hide**

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2 ☐ **Secrets**

- 1. Things we don't tell others
- 2. Some secrets are big and bad in the eyes of the person keeping secrets
- 3. Keeping secrets can be harmful both physically and psychologically
- 4. Clients will ruminate those secrets over and over again
- 5. Males or females that have a substance use disorder believe that something awful will happen to them if they tell their secrets.
- 6. Their secrets are housed in fear and shame
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3 ☐ **Our Sexual Skeletons**

- According to Justin Lehmler, Ph.D. men hide different things for different reasons.
- The most common things women hide from partners:
 - History of sexual victimization; emotionally cheating on a partner; interest in bondage; pornography use; enjoyment of sex toys
- The most common things men hide from their partners:
 - Pornography use; had a threesome; emotionally cheating on a partner.
- What are your thoughts about these behaviors?
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4 ☐

- According to research the real problem about keeping secrets is that you have to live with them, and think about them
- It is common for people to ruminate on their secrets
- It can be cathartic and relieving to share a secret with another person but what it actually does is reduce their mind from wandering towards the secret in irrelevant moments
- Across several studies and a survey of 5,000 people found that people have an average of 13 secrets, which include desires, issues around relationships and sex, cheating, infidelity and preferences.
- Michael Slepian, Author

5 ☐ **The Danger Of Keeping Secrets And Addictions**

- Addiction is a disease that thrives on denial, deception and dishonesty. Keeping secrets and substance abuse go hand in hand.
- Having secrets can open a door to have addiction come back into you live.
- Keeping secrets means holding on to shame.
- Having a sense of shame results in poor self esteem and feelings of worthlessness.
- Keeping secrets require a lot of negative energy.

6 ☐ **Keeping Secrets During Recovery Can Become A Dangerous Obsession**

- One of the most dangerous secrets is a renewed craving for drugs and alcohol.
- Keeping that information to yourself can impact your sobriety.

- When you have secrets you continually worry about how to keep that secret.
- You must lie even more to preserve the secret.
- You continually REPLAY the secret over and over in your mind as you obsess about being discovered.
- These secrets can lead to an ongoing relapse of self-medicating.
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7 **Secrets Make You Sick**

- The emotional, mental, physical and spiritual impact of secrets are well documented.
- Research suggests that keeping secrets can significantly boost hormones, impact blood pressure, inhibit sleep, contribute to mental health and substance use disorder and even increase chronic pain.
- Secrets also heighten anxiety and depression.
- Ben Franklin observed that three people could keep a secret if two of them were dead.
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- The constant vigilance creates a secrecy spiral.
- When secrets are repressed shame and guilt accompanies the memory that is being hidden.
- Anxiety causes the secret keeper to self-medicate with tobacco or alcohol, leading to overall health risks.
- Anxiety can cause digestive problems
- The secret keeper may also experience depression

9 **What Secrets Do To Your Brain**

- These are the two biggest problems: Damages your well being and damages you focus and decision making.
- Damages your well-being: The energy it takes to resist, to self-censor, the rumination, the anxiety and depression in anticipating what could happen if the secret was revealed. This takes an enormous toll on someone.
- Damages your focus and decision making: When distracted by a secret someone is not fully present.
- This is what is happening to your brain:

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- Your amygdala is on overdrive (irritability, quick to drop into fight/flight/freeze.
- Your hippocampus is compromised due to the stress of excessive cortisol which then causes cytokines, so that learning, memory and the immune system are compromised.
- Lastly the pre-frontal cortex is likely offline a great deal since your in critter state so your ability to communicate, collaborate, innovate-basically to be your personal best-is down the tubes
- When a secret is revealed it loses it's power over a person.
- Secrets cause isolation and huts emotionally.

11 **Shame**

- Shame can be defined as a feeling of embarrassment or humiliation that come from having done something that is dishonorable, immoral or improper.

- Shame can be problematic when it becomes internalized and results in an overly harsh evaluation of oneself as a who person. The inner critic is telling the person that they are worthless and have no value.
- These are some samples of shame: Worried about what people think of you, feeling rejected, regretful or inadequate, feeling used and unappreciated, afraid you may look stupid.

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- Behaviors that people do when they feel shame: Looking down instead of at you; slumping their shoulders not standing up straight; not being able to act spontaneously; stuttering when they are trying to speak just to name a few behaviors.
- There are four categories of shame behavior:
 1. The hot response
 2. Behaviors to cope with to conceal shame
 3. Safety behaviors to avoid shame of being discovered
 4. Behaviors to repair shame

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1. The hot response: things you do when feeling ashamed and defensive, such as lashing out in anger or attaching the other person to deflect attention from yourself. An impulsive reaction.
2. Behaviors to cope with or conceal shame: doing things to make yourself feel small, avoiding being the center of attention, not sharing you thoughts or feelings. This is a method of self protection.
3. Safety behaviors to avoid shame or being discovered: Things like apologizing, crying, avoiding conflict, people who have a tendency toward being emotional or avoiding conflict.
4. Behaviors to repair shame: Telling yourself that you had a lot on your mind and that is why you forgot to do a major project that was needed for your job.

14  **Types Of Shame**

- Transient shame: A fleeting feeling you get when you make a mistake, perhaps in a social setting.
- Humiliation: most intense forms of shame and comes about when you critically embarrassed about something that happens in front of other people.
- Defeat: Feeling shame when you experience failure of defeat such as a promotion you thought you were going to get but another co-worker got it.
- Shame around strangers: concern that these people will discover that there is something wrong with you.

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- In front of others: being embarrassed in front of others that can cause humiliation.
- Performance shame: Feeling self-conscious about one's performance, such as public speaking or doing a presentation.
- Shame about self: feeling that you are an inferior person. This is a chronic type of shame with long lasting effects,
- Unrequited love: A feeling that you are not good enough for another person.
- Unwanted Exposure: Making a mistake in public and having someone point it out.

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- Exclusion: feeling like you are being excluded from a group, not liked by the group or that you don't belong.
- Internalized shame: Shame that is turned inward as in child abuse.
- Toxic shame: shame that makes people feel like there is something inherently wrong with them on the inside, part of your core identity.
- Healthy shame: This is shame that causes you to have humility, allows you to laugh at yourself, makes you humble or teaches you about boundaries.

17  **Causes of Shame**

- Childhood trauma or neglect
- Any mental disorder that involves self-criticism or judgment
- Not living up to a overly high standard that you set for yourself
- Feeling as though your flaws or inadequacy will be revealed.
- Being the victim of bullying.
- Experiencing failure.
- Rejection from others

18  **Shame and Mental Illness**

- Anxiety
- Depression
- Eating disorders
- Low- self esteem
- Process addictions
- Substance abuse
- Co-Occurring disorders
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19  **Shame vs. Guilt**

- Guilt is generally about something that you have done. It refers to something you did wrong or a behavior that you feel bad about.
- Shame refers to something about you character or who you are as a person that you believe is unacceptable. It is not about doing something wrong it is about you perception that you are not good enough in some way.
- Shame is associated with avoiding failure and its consequences while guilt is connected with forgiving and improving ones self, along with making amends. Learning how to separate your guilt from your shame is one of the first steps to feeling less shame in general.

20  **Coping With Shame**

- Explore your shame, it is the first step in understanding what it is about.
- It is impossible to heal from shame if you cannot identify it.
- Pay attention to the different emotions you have in various situations.
- Start paying attention to your shame triggers and your reactions.
- Writing in a journal can help can help with healing and being honest with yourself.
- Aim for acceptance not being judged by others but mostly by yourself.

deal with in treatment with a client?

- What techniques did you use to help your client move forward?
- How did it work out for the client and you?
- Did you feel that the client made progress sharing their secrets?
- What ideas do you have that you can share in this workshop to help clients find their own self-forgiveness for their past behaviors.
- If a client asks you to pray with him/her what would you do?

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- Get into groups and share the experiences you have had with a client that was troublesome.
- What ideas did the group offer to you that could be helpful?
- What were some of the secrets that were shared with you, that you found were disturbing and what did you do?
- Do you have a theory and technique that you utilize the most?
- Do you consider yourself an eclectic counselor?

30  **Thank You For Attending My Workshop**

- My hope is that it added another dimension to your skills and you found the workshop helpful and interesting
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- Thank you for attending and have a wonderful day !!!!!