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How did my problem spread?: Social Responsibility Therapy: Understanding Harmful Behavior Workbook 3

James M. Yokley Ph.D.

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This Social Responsibility Therapy workbook was designed to help individuals who are struggling with unhealthy, harmful behaviors such as problem eating, drinking, drugs and physical or sexual aggression. The focus is on understanding, "How did my problem spread?" and learning what it takes to stop it from growing and going further. The present workbook describes ten Harmful Behavior Anatomy components that contribute to the growth and spread of unhealthy, harmful behavior. Mental health professionals and clients can work together to build brief skills-based treatment plans by focusing on the specific components that contribute most to their unhealthy, harmful behavior. "No one plans to spread their problem." After getting trapped in a cycle of unhealthy, harmful behavior, people usually feel anxious or depressed and try to make things better not worse. We don't typically tell ourselves, “This is getting boring, I need to spread out and try some new forms of unhealthy, harmful behavior”. In reality, problems developed over time in three areas: behavior acquisition; behavior maintenance and; behavior generalization. In other words, there were risk factors that got the behavior started, a cycle that kept it going and an anatomy of components that allowed it to grow and spread to other life areas. In Social Responsibility Therapy, this is referred to as "The Problem Development Triad" and is addressed in three harmful behavior workbooks. "Structured Discovery for solid recovery." The "Structured Discovery" approach of this workbook utilizes questions that are structured to help us discover how The Harmful Behavior Anatomy supports multiple forms of unhealthy, harmful behavior, allows it to grow and spread to other areas or bounce back and forth between problems. "Knowledge is power." The more we know about our present behavior patterns, the more confident we can be in understanding ourselves, understanding others, achieving positive life goals and maintaining positive behavior change. Put another way, self-understanding builds the self-confidence needed for self-control. "A healthy, positive life is simple." Less unhealthy, harmful behavior results in less negative consequences and a more healthy, positive life. Since positive lifestyle change involves positive lifestyle actions, healthy behavior success skills are provided in Awareness Training, Responsibility Training and Tolerance Training exercises to help change The Harmful Behavior Anatomy that supports the growth and spread of unhealthy, harmful behavior.

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Linda Gabriel:

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