

The Craving Mind



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Luna



Welcome Agenda

- Judson Brewer – “Craving Mind”
 - Stopped addiction to smoking
 - Beat Gold Standard
 - Applies to Eating, Checking Email, Ruminating thoughts.
- Operant Conditioning
- His solution - Meditation– RAIN
 - Recognize – Allow – Investigate – Nurture
- Craving Challenge



Training Wheels Guided Meditation

- 1. Long slow breath
- 2. Counting and long slow breath
 - Count on the in-breath
 - Count on the out-breath
- 3. Counting and felt sense and long slow breath
 - Continue counting
 - Focus on nostrils as you breathe in
 - Focus on your lips as you breathe out.
- 4. Felt sense and long slow breath
 - Stop counting
- 5. Just Felt sense – Training wheels are gone!
 - Stop long slow breath

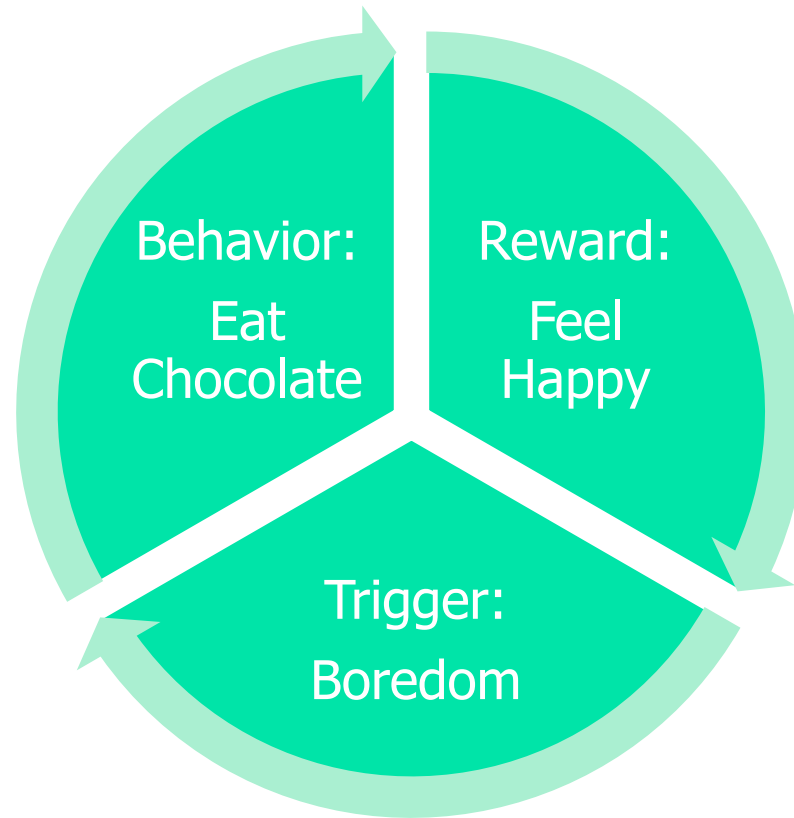


Intellectual Understanding The Addiction Problem

Operant Conditioning



Negative conditioning

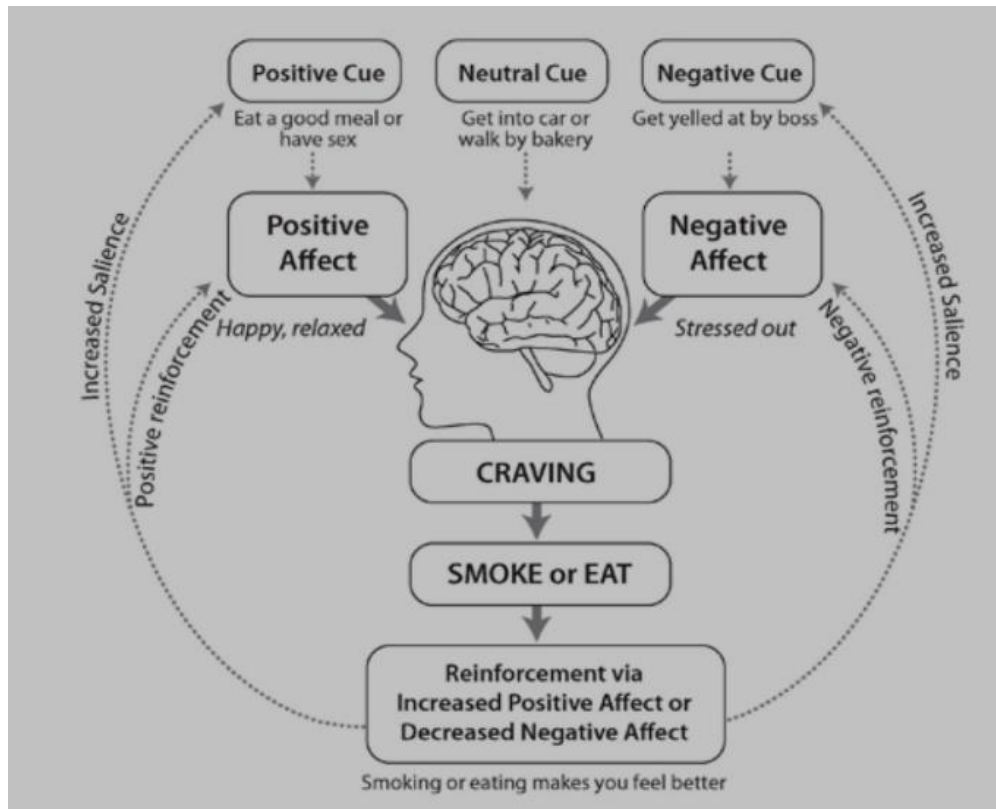




Positive conditioning



The more I eat The more I want





The Ah Ha! Moment

From the craving mind

- “My head felt like it would explode if I didn’t have a cigarette”...
- Then I asked whether there ever had been times when he couldn’t smoke—on an airplane or a bus, for example.
- Yes, he replied.
- “What happened then?” I asked.
- He pondered for a few moments and said something to the effect of, “I guess it went away.”
- “Let me make sure I understand,” I said. “If you don’t smoke, your cravings go away on their own?”
- I was leading the witness, but to be fair, I did want to make sure I understood him. We had to be on the same page in order to proceed.
- He nodded. ... Judson Brewer



Negative Reinforcement

“For the vast majority of my patients, the reward came from making something unpleasant go away (negative reinforcement). Rarely did one of them say that it felt great to go on a three-day cocaine binge, blow hundreds of dollars or more a day, and sleep it off for the next few days. They described their reward-based learning as a way to avoid situations, numb their pain, mask unpleasant emotions, and, most often, succumb to their cravings. Scratching that damn itch.” ..Judson Brewer



Don't Scratch the itch

“When we scratch the wound and give into our addictions, we do not allow the wound to heal. But when we **instead experience the raw quality of the itch or pain of the wound and do not scratch it**, we actually allow the wound to heal. So not giving in to our addictions is about healing at a very basic level.”

—Pema Chödrön



RAIN

Most effective part of the program

“The winner: RAIN. While formal meditation practices were positively correlated with outcomes, the **informal practice** of RAIN was the only one that passed statistical muster—showing a direct relationship to breaking the craving-smoking link. This story was coming together nicely” ... Judson Brewer



Rain

Getting Grounded

- First Step - **R**ecognize
 - Realize there is emotion and content.
- Second Step - **A**llow
 - Don't reject the content.
 - Accept your emotions and thoughts. You are human.
 - **What does it cause you to do?**
 - Anger can be a call to needed action.
 - Anxiety can be a helpful trigger.
 - **We are human and need self-compassion in spite of our frailties.**
 - **Positive attitude - "I can handle that"**
- Third Step - **I**nvestigate
 - Get out of your "content" – thinking mind.
 - **Get into the felt sense of your body.**
- Fourth Step – **N**urture – **N**on-Identify
 - When you Don't identify with your emotions
 - Nurture yourself.



Rain

Guided Meditation



Rain

Guided Meditation

- Think about your favorite snack food.
- Picture it. Remember how it feels to eat it
- Think about the texture. Think about the smell.
- Remember how good you feel when you eat it.
- Smile. How do you feel.
- Just the thought of the food makes you feel good.
- Think about how enjoyable it is to have that special food.
- **R in Rain** is for recognize
- Recognize that feeling of craving for that food.



Rain

Guided Meditation

- Feel the craving and notice the craving.
- **A in Rain is for Allowing.**
- Allow the feeling
- It is normal to have craving. It is OK.
- It is normal to have anxiety, fear and anger. It is OK.
- Treat that feeling of craving like it is a guest.
- Treat all thoughts, emotions, sounds and sensations as honored guests
- Be kind to them.
- Allow them.
- **I in Rain is for Investigate it.**
- Investigate your immediate **physical sensations**
- Where in your body do you feel it most vividly?



Rain

Guided Meditation

- If you don't notice anything that is OK.
- Get in touch with your body.
- Be really **curious** about the details of the sensation
- Do you feel a tingling on the skin on your face.
- Can you feel the air touching your face.
- Go through the body with great **curiosity** and **interest**.
- Any tingling in any part of your body?
- If you notice a particularly strong sensation, notice if it changes.
- Notice is the craving still there?
- Is it stronger or weaker?
- Where do you experience craving?



Rain

Guided Meditation

- Are there thoughts arising?
- Bring your attention back to your felt sense of the body.
- **The N in Rain is for non-identified.**
- If you are in your body, if you are grounded you may stop identifying with the craving
- If you are in your body, sometimes you have a nurturing feeling a sense of well-being.
- The more connected you are to your bodily sensations the tranquil you will become.



Insight Meditation

- **Recognition:** *Awareness* - we notice when we are triggered and what we are thinking. This gives us *Insights* into our behaviors
- **Regulation:** We have the *Mental discipline* to change.
- **Insights:** Just being aware, conscious and observing our thoughts and behaviors leads to insights.
 - Example for me of ruminating.
- **Practice at home:** what triggers eating between meals or checking email.



Questions?



Optional Homework

The Craving Challenge



- Instructions on the website
 - Resources -> Handouts -> Luna
- Daily Challenge
 - Daily Meditation practice – 2 -5 minutes
 - Each day a different challenge. Examples:
 - Notice the triggers for eating snacks
 - Notice the triggers for checking email
 - Practice RAIN before doing the behavior
 - Take a long slow breath between being triggered and before you do the behavior

BeingMindful.com

The screenshot shows the website's navigation bar with the following items: Home, Learn More, The Mindful Corporation, Teacher, Blog, Newsletter, Resources (circled in yellow), Members, and Login. A dropdown menu is open under 'Resources', listing: Why Meditate, 4 Week Program, Guided Meditations, Sleep, Links, Quotes and Prayers, and Handouts (circled in yellow). Below the navigation bar, a blue banner reads 'HANDOUTS'. Underneath, a list of resources is shown with links to download PDFs: Luna Recovery, Mindfulness, Compassion, Lovingkindness, Body Scan - Sleep, and Gratitude.

- Go to BeingMindful.com
- Resources -> Handouts -> Luna Recovery
 - PDF of Slides, Craving Challenge, Feedback link



Feedback

- There will be a link to provide feedback for today's class.



Ben Zoma

- Who are the wise, those that learn from everyone.
- Who are the mighty, those that can subdue their desires.
- Who are the rich, those that are content with their portions.
- Who are to be honored, those that honor everyone.