

# ACT for Addiction: Inside and Out—It's Not Just About Substances

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evolution....  
this time it's  
personal



"We can do something about  
it....we don't have to wait for a  
genetic mutation!" Eva  
Jablonka #ACBS2013



Clues  
from  
Animal  
models?

both physical and  
mental health



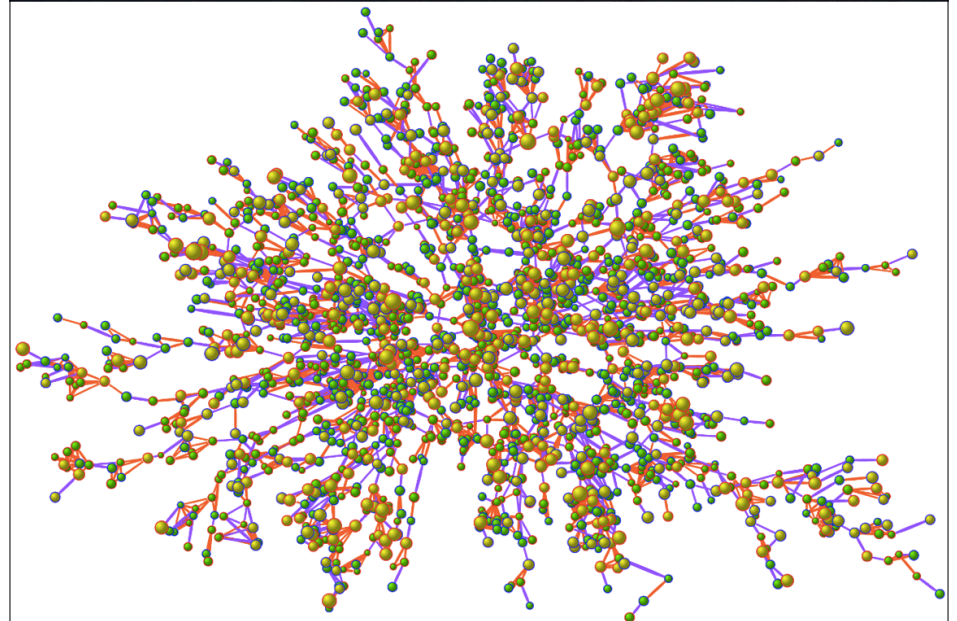
At minimum be  
cautious

## A Place to start: Baked-In Human Needs

1. Avoid things used to model disease
2. Eat Real Food
3. Move Your Body
4. More Sleep/Rest Opportunity
5. Cultivate Your Social Environment
6. Mindfulness as a Modern World Antidote

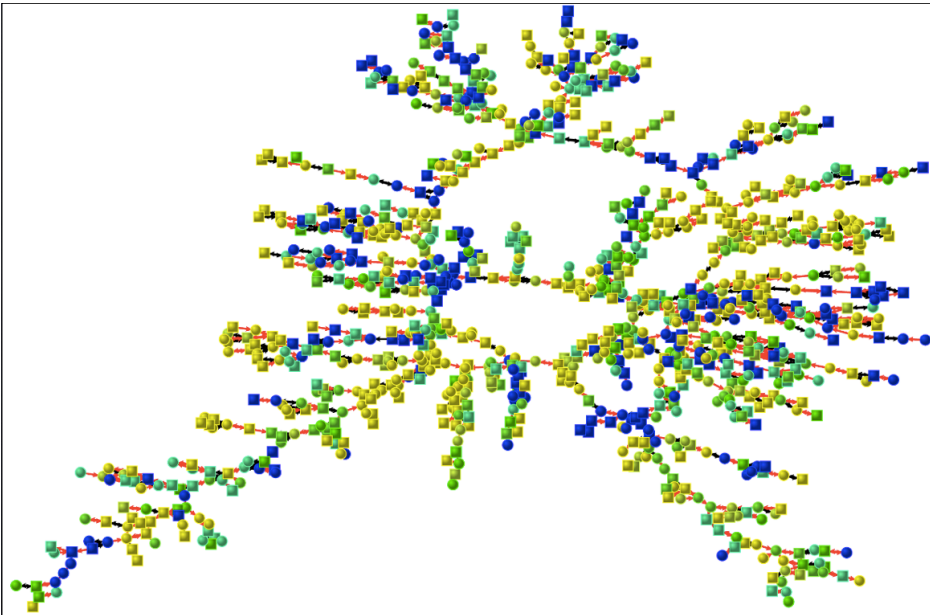


Social inclusion  
game



Christakis obesity network, 2007

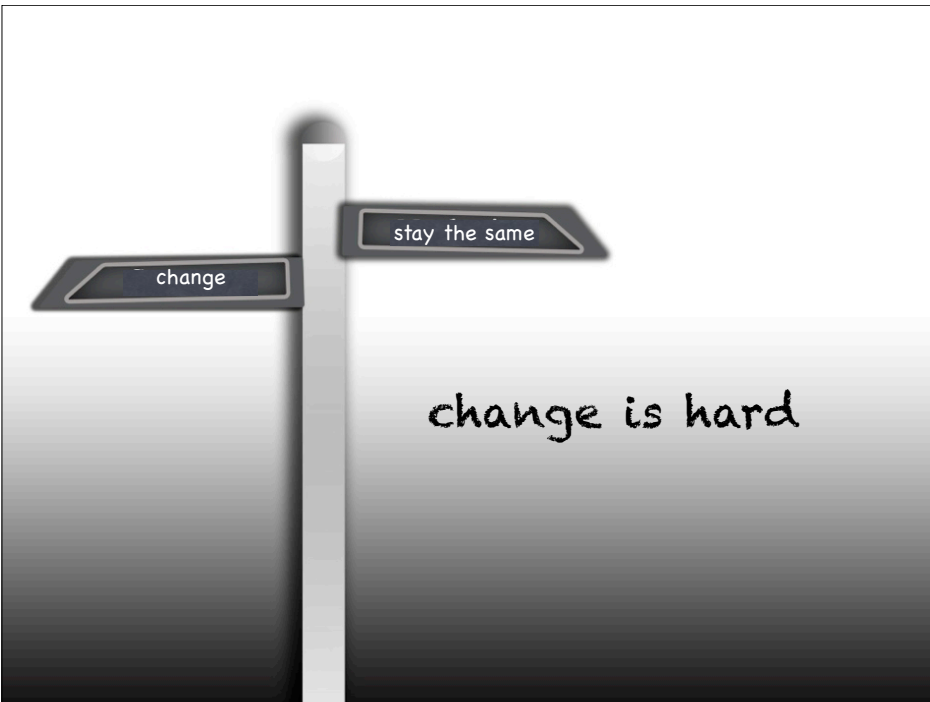




Christakis happiness network, 2008

## Two Questions


1. What are you doing for your network?
2. What are you putting into it?



**5-senses**  
Anyone could see these  
taste, touch, see, hear, smell

Away	Towards
<p>3. Write down how you cope when you have these thoughts, feelings, urges, and/or bodily sensations (e.g., eat, drink, watch tv, withdraw, argue)</p> <p>2. Write down what gets in the way of acting towards this value (thoughts, emotions, urges, bodily sensations)?</p>	<p>4. Write down some small acts you could do that would move you towards this value you chose. Don't forget to think small.</p> <p>1. Write down the value you chose here and briefly say why this value matters to you.</p>

**Mental Experience** (only we can see these)  
thoughts, emotions, motivations, concerns



“How wonderful it is that  
nobody need wait a single  
moment before starting to  
improve the world.”

— Anne Frank