

## **Feeling State Addiction Protocol (FSAP) Overview**

1. The Feeling-State Theory of Addiction states that addictions are caused by a fixated memory called a feeling-state (FS). The FS is created when a positive event is so intense that the memory of that event becomes fixated in the mind. Composed of the memory of the sensations, emotions, thoughts, and behavior of that event, the addiction is the result of the urges and cravings to do that behavior whenever the FS is triggered.
2. For example, a 25-year-old man tries methamphetamine at a party one night and finds the experience to be very rewarding (i.e. feeling invincible, increase of confidence, believing he is more attractive). This experience of this “high” is so intense for him that a FS was created consisting of the feeling of excitement and the thoughts that he is “Invincible”, “Confident”, and “Attractive”. From that point on, he became a compulsive user of methamphetamine. Even though he spent thousands of dollars on methamphetamine over a ten year time period, the fixated memory, the FS did not change. He kept chasing the feeling of euphoria and the thoughts of being “Invincible”, “Confident”, and “Attractive” even though he had spent so much money, had health problems, and lost important relationships in his life.
3. The Feeling-State Addiction Protocol (FSAP) eliminates addictions by eliminating the FS. Once the FS is gone, there is nothing left to cause the urges and cravings of the addiction.
4. A linkage between feelings and behavior causes addiction. The feelings you are seeking through the addictive behavior are actually normal and healthy feelings that everyone wants. For example, someone addicted to alcohol may want to feel socially connected with other people, or a heavy cocaine user may want to feel “Attractive”. Whatever the underlying feeling is, it is healthy and normal desire that has just become fixated with a behavior that has become destructive. The good news for treatment is that it appears that once this feeling-state is broken, the person then starts generating and seeking more appropriate ways to obtain what he/she desires. Learning new social skills or other developments may then become the necessary focus of therapy.