

Underlying Drivers Guide

Connecting the dots between relationships, trauma, mood, anxiety, and your use

A walkthrough of the four Mental Health Support pages in the New Mexico 5-Actions Program™: Relationships, Trauma, Depression & Mood, and Anxiety.

These pages are organized differently from the rest of the program. This guide maps what is on each page, suggests an order, and gives you reflection prompts that link what you find there to your alcohol, drug, or compulsive behavior.

www.nm5actions.com

Free program, paid for by the New Mexico Health Care Authority.

This program is not a substitute for professional medical or health care advice, which should be obtained directly from your healthcare provider.

Why These Four Pages Matter Most

Most addiction programs focus on the behavior: the drinking, the drug, the gambling. This program does that too, but it is built on a different premise. Addictions don't happen in a vacuum. They are usually ways of coping with pain, stress, or disconnection, and if the pain is left alone the behavior tends to come back, or another behavior takes its place. What sets the program apart is that it helps you identify and address the underlying drivers of your behavior.

The program names four drivers, and gives each its own page under Mental Health Support (Action 3, "Work Through What Keeps You Stuck"):

Driver	How the program describes it	How addiction tends to "help"
Relationships	Attachment templates formed early in life, developmental stuckness, isolation, abusive relationships, worry for a loved one	Addiction becomes a substitute for relationships with people; it soothes loneliness and shame, and avoids the risk of connection
Trauma	Not the event but your response to it; a survival system left "locked and loaded," memories stored as fragments, the body stuck in survival mode	Addiction lowers anxiety and fear, manages flashbacks, numbs the body, and creates a sense of normalcy
Depression & Mood	A spectrum from unipolar depression to mood swings with elevated energy; low energy, poor sleep, loss of pleasure, often driven by relationships, trauma, grief, or loss	Substances and behaviors offer quick relief or a jolt of energy, followed by a crash that deepens the low
Anxiety	The body's alarm system; worry, tension, a self-feeding loop where avoidance strengthens anxiety	Alcohol, drugs, or a compulsive behavior calm the alarm for a while, then intensify it later

How these pages are organized (and why it can feel confusing)

The rest of the program is made of modules: a page with seven to nineteen videos in a row. The four Mental Health Support pages are different. Each is a hub that combines several kinds of material:

- **Program videos** by the program's author (some are repeated from earlier modules on purpose, because they explain the science behind that driver).
- **Brief self-assessment tools** linked from outside sites (attachment style, ACE score, PTSD screen, and others).
- **Recommended books**, shown as covers, and additional book lists tied to individual videos.
- **Outside videos and articles:** TED talks, a seven-part YouTube series on depression by psychiatrist Dr. Jim Phelps, and scientific summaries.
- **Webinars** related to that driver.

Nothing on these pages is required, and the pages are meant to be explored rather than completed. This guide gives each page the same structure so you always know where you are: a map of what is there, a suggested path, a tracker, and a "connect the dots" worksheet.

Before You Start

1. **Take the Full Assessment** (Assessment → Full Assessment, 47 questions). Its first four sections score these exact four drivers. Record your results in the Participant Workbook (Tool 1) and below.

2. **Watch the foundation videos in "Why Addiction Starts"** (Attachment, ACE Study, Trauma 101, Fight/Flight/Freeze, Co-Occurring Disorders). They explain why these drivers create addiction; the Mental Health Support pages assume you know that.
3. **Pick one driver to start with.** The program's advice: "You don't have to do everything at once. Pick one area and take the next small step." Usually that is the driver with the highest assessment score, or the one that felt most true when you read the table above.
4. **Line up support.** Especially for the Trauma page, have a trusted person or the program's phone support available. If you are having suicidal thoughts, call or text 988.

Driver	My Full Assessment result	Order I plan to work through them (1-4)	Why
Relationships			
Trauma			
Depression & Mood			
Anxiety			

Relationships

Mental Health Support • nm5actions.com/relationships/

The page in a sentence

"Addictions often become substitutes for relationships with people." Everyone struggles with relationships, but for some the result is isolation, shame, and loneliness that lead to substance use or compulsive behavior. Decades of research say a good life is built on good relationships, so this driver is the heart of the program.

What is on the page

- An explanation of five common relationship challenges: early life experiences (attachment), trauma including historical trauma, being in an abusive relationship, mental or physical health issues (your own or a loved one's), and worry or concern for a loved one.
- A link to the Experiences of Close Relationships quiz to identify your attachment style, and to the Full Assessment.
- Seven program videos, six of which are also found elsewhere in the program (Attachment; Life of Parts; Developmental Stuckness; Love; Earning Secure Attachment; Developmental Catch-Up; and the webinar Growing Up Emotionally).
- Six featured books, plus additional titles listed under individual videos.
- Outside resources: Dr. Chris Fraley's attachment theory summary, an overview of Internal Family Systems, a paper on manager and firefighter polarizations in addiction, TED talks by Robert Waldinger (Harvard Study) and John Gottman, the Longevity Project, and Greenspan's six stages of development.
- An introduction to CRAFT (Community Reinforcement and Family Training) for people worried about a loved one, with a link to Get Help for a Loved One.

Self-check tools linked from the page

Tool	What it tells you	Date	My result
Experiences of Close Relationships (ECR)	Your adult attachment style: secure, anxious, avoidant, or both		
Full Assessment, Relationships section	Level of emotional and social support in the past month		
Attachment screen (Library of Free Screening Tools)	A second look at attachment patterns		

A suggested path through the page

1. Take the ECR attachment quiz first. Knowing whether your template is secure, anxious, avoidant, or both makes every video on this page personal.
2. Watch "Attachment" (if you have not) and then "Earning Secure Attachment." The first explains the template; the second shows it can change, in months rather than years.

3. Watch "Developmental Stuckness" and "Developmental Catch-Up" together. They explain why relationship skills may never have been taught to you, and how to close the gap between your emotional age and your chronological age.
4. Watch "Life of Parts" and read the IFS overview if the idea that "a part of me" acts out speaks to you.
5. Watch "Love" when you are ready to work on a committed relationship; pair it with Gottman's TED talk.
6. If you are worried about someone else, read the CRAFT section and watch the webinar "How the CRAFT Approach Helps Families" (Tool 4).
7. Choose one book. "Attached" is the easiest entry point on attachment; "The Relationship Cure" for day-to-day skills; "No Bad Parts" for parts work.

Video tracker

#	Video	Presenter	Date watched	Notes / key takeaway
1	Attachment	John Fitzgerald, PhD, LPC, CAS		
2	Life of Parts	John Fitzgerald, PhD, LPC, CAS		
3	Developmental Stuckness	John Fitzgerald, PhD, LPC, CAS		
4	Love	John Fitzgerald, PhD, LPC, CAS		
5	Earning Secure Attachment	John Fitzgerald, PhD, LPC, CAS		
6	Developmental Catch-Up	John Fitzgerald, PhD, LPC, CAS		
7	Growing Up Emotionally: Learning to Live From Your Head and Heart (webinar)	John Fitzgerald, PhD, LPC, CAS		
8	What Makes a Good Life? (TED)	Robert Waldinger, MD		
9	The Science of Love (TED)	John Gottman, PhD		

Recommended reading

Books shown on the page. Check any you read or listen to; even one chapter can help. Your library may have them, and many are available as audiobooks.

☐	Book	Author(s)	Notes
☐	Attached	Amir Levine, MD; Rachel Heller, MA	

☐	Book	Author(s)	Notes
☐	Secure Relating	Sue Marriott, LCSW, CGP; Ann Kelly, PhD	
☐	The Relationship Cure	John M. Gottman, PhD	
☐	No Bad Parts	Richard Schwartz, PhD	
☐	The Power of Discord	Claudia M. Gold, MD; Ed Tronick, PhD	
☐	All About Love	bell hooks	
☐	The Attachment Theory Workbook (under "Attachment")		
☐	Parts Work: An Illustrated Guide to Your Inner Life (under "Life of Parts")		
☐	The Growth of the Mind; The Boy Who Was Raised as a Dog; The Developing Mind (under "Developmental Stuckness")	Greenspan; Perry & Szalavitz; Siegel	
☐	Eight Dates; The Seven Principles That Make Marriage Work; What Makes Love Last? (under "Love")	Gottman	
☐	Overcoming Anxiety, Depression, and Other Mental Health Disorders in Children and Adults; Mindsight (under "Developmental Catch-Up")	Greenspan; Siegel	

Other resources on the page

- Dr. R. Chris Fraley, summary of adult attachment theory and research.
- Internal Family Systems Therapy overview, and the article "Manager and Firefighter Polarizations: An IFS View of an Addiction Cycle."
- The Longevity Project, and the "Six Stages of Development" handout (Greenspan).
- If you suspect you are in an abusive relationship (a partner working to gain power and control over you), the page encourages contacting a trained clinician: Call a Professional.

Connect the dots

Write briefly. There are no right answers; the point is to see the link between this driver and your behavior clearly enough to do something about it.

My attachment style (from the ECR quiz) is _____. Where do I see it in how I start, keep, or lose relationships?

When I am lonely, ashamed, or afraid of being close to someone, what do I reach for? What does it give me that people don't, and what does it cost me?

What did my parents or caregivers do well, and what was missing (safety, attunement to my feelings, feeling like "the gleam in their eye," having my talents noticed)?

Which relationship skill did no one teach me (reading emotions, repairing after conflict, asking for help, tolerating closeness)? Which video or book on this page speaks to it?

Who are the two or three people, groups, or places where I feel safe enough to take a relational risk? What is one small step this week?

Trauma

Mental Health Support • nm5actions.com/trauma/

The page in a sentence

"Unlike other challenges in this program, trauma needs to be approached with care." Trauma is defined by your response to an event, not the event itself, and understanding it explains the origin, progression, and impact of addiction, with recovery possible through trauma resolution. Exploring it may resurface buried memories and intense emotions, so have a trusted person or phone support available.

What is on the page

- A definition of trauma and its many forms (abuse, neglect, medical trauma, disasters, domestic violence, traumatic loss), and an explanation of why two people can respond to the same event differently.
- Three self-check tools: a "Types of Trauma" checklist (PDF), the ACE score calculator, and a PTSD screen.
- Fifteen videos, the largest collection on any Mental Health Support page: six from "Why Addiction Starts" (Attachment, ACE Study, Trauma 101, Fight/Flight/Freeze, Your Brain on Trauma, What You Can't Remember), six healing videos (Healing ACEs and Trauma, Four Tools to Self-Treat Trauma, Parts Work, Mental Health One-Stop Shop, Developmental Catch-Up, Grief Work), and three webinars.
- A large set of books and resources organized under each video, including the four self-treatment tools (Focusing, TRE, mindfulness, yoga) with their own books, websites, and demonstration videos.
- Six featured books in the Recommended Reading sidebar.

Self-check tools linked from the page

Tool	What it tells you	Date	My result
Assessing Types of Trauma (checklist)	Which kinds of trauma have touched your life and how they affect you		
ACE score (acestoohigh.com)	Number of adverse childhood experiences out of 10		
PTSD screen (Mental Health America)	Whether your symptoms suggest post-traumatic stress; a positive screen is not a diagnosis		
Full Assessment, Trauma section	Post-traumatic stress symptoms over the past month		
VA trauma screening tool (under "Trauma 101")	An additional brief screen		

A suggested path through the page

1. Read the caution at the top of the page and decide who you will call if the material stirs things up. Keep this guide's "connect the dots" questions light at first; you can come back.
2. Complete the ACE score and the PTSD screen. Note your ACE number; the videos will make sense of it.

3. Foundation: watch (or rewatch) ACE Study, Trauma 101, Fight/Flight/Freeze, Your Brain on Trauma, and What You Can't Remember. These explain what trauma does to the body, the brain, and memory, and why addiction becomes an adaptive response.
4. Turn toward healing: watch Healing ACEs and Trauma. Its core rule is that you should never be made to relive trauma or be asked to do anything you don't want to do; you are in control.
5. Watch Four Tools to Self-Treat Trauma and choose one tool to try this week: Focusing (10–15 minutes, six steps), TRE (watch the veteran's demonstration video first), a mindfulness practice, or trauma-sensitive yoga (go slowly, with an instructor who understands).
6. Watch Parts Work, then the webinar Embracing Your Internal Family. Identify which of your parts are managers, which are exiles carrying hurt, and which are firefighters that use your addiction to put out the fire.
7. If losses are part of your story, watch Grief Work and one of the three TED talks on grief listed under it.
8. Mental Health One-Stop Shop introduces the Unified Protocol workbook, a way to build emotional skills across anxiety, depression, and trauma at once. Consider it if several drivers are active for you.
9. If you can, find a trained trauma therapist. The page and the videos are clear that self-help tools work, but the healing support of another person is what they cannot provide. Phone support can help you find one.

Video tracker

#	Video	Presenter	Date watched	Notes / key takeaway
1	Attachment	John Fitzgerald, PhD, LPC, CAS		
2	ACE Study	John Fitzgerald, PhD, LPC, CAS		
3	Trauma 101	John Fitzgerald, PhD, LPC, CAS		
4	Fight, Flight, Freeze	John Fitzgerald, PhD, LPC, CAS		
5	Your Brain on Trauma	John Fitzgerald, PhD, LPC, CAS		
6	What You Can't Remember	John Fitzgerald, PhD, LPC, CAS		
7	Healing ACEs and Trauma	John Fitzgerald, PhD, LPC, CAS		
8	Four Tools to Self-Treat Trauma	John Fitzgerald, PhD, LPC, CAS		
9	Parts Work	John Fitzgerald, PhD, LPC, CAS		
10	Mental Health One-Stop Shop	John Fitzgerald, PhD, LPC, CAS		

#	Video	Presenter	Date watched	Notes / key takeaway
11	Developmental Catch-Up	John Fitzgerald, PhD, LPC, CAS		
12	Grief Work	John Fitzgerald, PhD, LPC, CAS		
13	Growing Up Emotionally: Learning to Live From Your Head and Heart (webinar)	John Fitzgerald, PhD, LPC, CAS		
14	Embracing Your Internal Family (webinar)	John Fitzgerald, PhD, LPC, CAS		
15	Addressing Trauma & Addiction (Community) (webinar)	John Fitzgerald, PhD, LPC, CAS		
16	Nadine Burke Harris: How Childhood Trauma Affects Health Across a Lifetime (TED)	linked under ACE Study		
17	Bessel van der Kolk on The Body Keeps the Score	linked under Trauma 101		
18	Army veteran demonstrating TRE	linked under Four Tools		
19	Judson Brewer: A Simple Way to Break a Bad Habit (TED)	linked under Four Tools		

Recommended reading

Books shown on the page. Check any you read or listen to; even one chapter can help. Your library may have them, and many are available as audiobooks.

☐	Book	Author(s)	Notes
☐	The Body Keeps the Score	Bessel van der Kolk, MD	
☐	The Boy Who Was Raised as a Dog	Bruce D. Perry, MD, PhD; Maia Szalavitz	
☐	Transforming Trauma	James S. Gordon, MD	
☐	It Didn't Start With You	Mark Wolynn	
☐	No Bad Parts	Richard Schwartz, PhD	
☐	An Autobiography of Trauma	Peter A. Levine, PhD	
☐	Waking the Tiger: Healing Trauma (under the trauma videos)	Peter A. Levine, PhD	

☐	Book	Author(s)	Notes
☐	Focusing; The Power of Focusing (Focusing tool)	Eugene Gendlin; Ann Weiser Cornell	
☐	Shake It Off Naturally (TRE tool)	David Berceli, PhD	
☐	The Mindfulness Workbook for Addiction; Mindfulness and the 12 Steps; Addicted to Monkey Mind (mindfulness tool)	various	
☐	Overcoming Trauma Through Yoga (yoga tool)	David Emerson; Elizabeth Hopper	
☐	Self-Therapy Workbook; Parts Work: An Illustrated Guide (under "Parts Work")	IFS resources	
☐	Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Workbook, 2nd ed. (under "One-Stop Shop")	Barlow et al.	
☐	The Wild Edge of Sorrow (under "Grief Work")	Francis Weller	

Other resources on the page

- CDC ACEs website and Dr. Vincent Felitti's paper "The Origins of Addiction: Evidence from the ACE Study."
- David Baldwin's Trauma Information Pages; the International Focusing Institute; traumaprevention.com (TRE); the Unified Protocol Institute.
- Articles on mindfulness-based treatment of addiction and on yoga for addiction recovery.
- TED talks on grief by BJ Miller, Nora McInerny, and Jason Rosenthal (under "Grief Work").
- Greenspan's "Six Stages of Development" (under "Developmental Catch-Up").

Connect the dots

Write briefly. There are no right answers; the point is to see the link between this driver and your behavior clearly enough to do something about it.

My ACE score is _____. Which experiences on the list were mine, and roughly how old was I when my use or behavior began? Do the timelines touch?

When my body goes on "auto-pilot" (fight, flight, freeze), what does it look like today: explosive anger, leaving, shutting down, going numb? What do I use to get through those moments?

What does my addiction do for the trauma? (Lowers fear, quiets the body, blocks flashbacks, helps me sleep, lets me be around people.) Which of the four self-treatment tools could do part of that job instead?

Which of my parts is the firefighter? What exile is it protecting? What might that young part need to hear?

Losses I have never fully grieved, and one safe way I could give one of them attention (a person to tell, a ritual, a therapist, a grief group):

Who is my support while I work on this (person, therapist, phone support)? Have I told them I am doing it?

Depression & Mood

Mental Health Support • nm5actions.com/depression-mood/

The page in a sentence

If you are having suicidal thoughts, call 988. Mood challenges run along a spectrum from unipolar depression to depression with periods of elevated energy, and they commonly come from relationship challenges, trauma, grief, job loss, or the consequences of addiction itself. Low mood invites quick relief; harmful coping habits worsen the crash; supporting mood restores the motivation to change.

What is on the page

- An explanation of the mood spectrum and common symptoms (sleep disruption, appetite changes, poor concentration, low energy, loss of pleasure).
- A seven-part YouTube series, "What Kind of Depression Do You Have?", by Dr. Jim Phelps (PsychEducation.org). These are the only videos in the program not made for it; they are recommended because they explain, plainly, that depression comes in types, that many people sit in a "middle ground" between unipolar and bipolar, and that treatment is "not just pills."
- Five program videos: Begin With the End in Mind, Healing Relationships (webinar), Expectations, Psychiatric Medications, and Mental Health One-Stop Shop.
- Eight featured books covering cognitive-behavioral approaches, mindfulness, and the bipolar spectrum.
- Resources on what makes psychotherapy work (Dr. Bruce Wampold), on the importance of the relationship with your therapist, on self-fulfilling prophecies, on psychiatric medications (NIMH), and on drug-gene testing (Mayo Clinic, Harvard).

Self-check tools linked from the page

Tool	What it tells you	Date	My result
Full Assessment, Mood section (9 items)	Depressive symptoms over the past 7 days		
Depression screen: PHQ-9 (Library of Free Screening Tools)	Severity of depression symptoms		
Bipolar screen (Library of Free Screening Tools)	Whether elevated-energy periods are part of your picture		
Sleep screen (Library of Free Screening Tools)	Whether sleep is driving mood		

A suggested path through the page

1. Check the safety line first. If suicidal thoughts are present, call or text 988 now; the rest can wait.
2. Watch the Phelps series in order, starting with the Intro and Part 1 (The Middle Ground). Ask yourself as you watch: which kind of depression sounds like mine? Does the "middle ground" (depression with agitation, irritability, or periods of high energy) fit? Parts 3 through 6 are most useful if you are considering, or already taking, medication.

3. Watch Psychiatric Medications and read the NIMH overview. Decide what questions you would want to ask a prescriber, including about drug-gene testing.
4. Watch Expectations and read the pieces on self-fulfilling prophecies and on the therapy relationship (Wampold). The message: what you expect from treatment, and the fit with the person treating you, shape the outcome.
5. Watch Begin With the End in Mind (Covey's second habit): picture the life you want on the far side of this low period, and write it down.
6. Watch the webinar Healing Relationships. Relationship challenges are one of the most common sources of low mood, and the two pages overlap.
7. Choose one book. "Feeling Great" (Burns) or "Retrain Your Brain" (Gillihan) for practical cognitive tools; "The Mindful Way Through Depression" for a mindfulness approach; "Bipolar, Not So Much" (Aiken and Phelps) if the middle ground fits you.
8. Pair this page with the Calm Energy video (Action 4): sleep, exercise, and stress reduction move mood out of "tense tiredness," where relapse and overeating live.

Video tracker

#	Video	Presenter	Date watched	Notes / key takeaway
1	Intro: What Kind of Depression Do You Have?	Jim Phelps, MD (YouTube)		
2	Part 1: The Middle Ground	Jim Phelps, MD (YouTube)		
3	Part 2: Other Ways to Assess Depression Type	Jim Phelps, MD (YouTube)		
4	Part 3: Depression, Anxiety, Agitation, Irritability	Jim Phelps, MD (YouTube)		
5	Part 4: Treatments Are Not Just Pills	Jim Phelps, MD (YouTube)		
6	Part 5: Medications for the Middle of the Mood Spectrum	Jim Phelps, MD (YouTube)		
7	Part 6: Antidepressants	Jim Phelps, MD (YouTube)		
8	Begin With the End in Mind	John Fitzgerald, PhD, LPC, CAS		
9	Expectations	John Fitzgerald, PhD, LPC, CAS		
10	Psychiatric Medications	John Fitzgerald, PhD, LPC, CAS		

#	Video	Presenter	Date watched	Notes / key takeaway
11	Mental Health One-Stop Shop	John Fitzgerald, PhD, LPC, CAS		
12	Healing Relationships (<i>webinar</i>)	John Fitzgerald, PhD, LPC, CAS		
13	What Makes Psychotherapy Work (YouTube)	Bruce Wampold, PhD		

Recommended reading

Books shown on the page. Check any you read or listen to; even one chapter can help. Your library may have them, and many are available as audiobooks.

☐	Book	Author(s)	Notes
☐	Feeling Great	David D. Burns, MD	
☐	The Mindful Way Through Depression	Williams, Teasdale, Segal, Kabat-Zinn	
☐	The Cognitive Behavioral Workbook for Depression	William J. Knaus, EdD	
☐	Retrain Your Brain	Seth J. Gillihan, PhD	
☐	The Bipolar Disorder Survival Guide	David J. Miklowitz, PhD	
☐	Brain Storm	Sara Schley	
☐	Bipolar, Not So Much	Chris Aiken, MD; James Phelps, MD	
☐	The Social Rhythm Therapy Workbook for Bipolar	Holly A. Swartz, MD	
☐	The 7 Habits of Highly Effective People (under "Begin With the End in Mind")	Stephen Covey	
☐	Effective Psychotherapists: Clinical Skills that Improve Client Outcomes	William Miller; Theresa Moyers	
☐	Unified Protocol Workbook, 2nd ed. (under "One-Stop Shop")	Barlow et al.	

Other resources on the page

- Dr. Jim Phelps' PsychEducation website (Depression Education).
- NIMH: Mental Health Medications overview; Mayo Clinic and Harvard Medical School pieces on drug-gene testing.

- Dr. Bruce Wampold: "Who are effective therapists?", "How important are the common factors in psychotherapy?", and "Qualities and Actions of Effective Therapists."
- Articles on self-fulfilling prophecies (Positive Psychology) and on the importance of the relationship with your therapist (Psychology Today; The Family Institute).
- Unified Protocol Institute: training and patient resources.

Connect the dots

Write briefly. There are no right answers; the point is to see the link between this driver and your behavior clearly enough to do something about it.

After the Phelps series: which type of depression sounds most like me (unipolar, middle ground, elevated-energy periods)? What evidence from my own life supports that?

When my mood drops, what do I reach for first, and how long does the relief last before the crash? What does the crash cost me the next day?

What is usually underneath my low mood: a relationship, an old loss, trauma, work, the consequences of my use? Which other page in this guide does that point to?

Sleep, movement, and stress this past week (Calm Energy): which quadrant have I mostly been in, and what is one change I can make?

Begin with the end in mind: a few sentences describing my life a year from now if my mood were supported and my use were no longer running things.

Questions I want to ask a prescriber or counselor (medication, drug-gene testing, therapy fit):

Anxiety

Mental Health Support • nm5actions.com/anxiety/

The page in a sentence

"Anxiety is not a sign that something is wrong with you." It is the body's protective alarm system, and it shows up as constant worry, trouble sleeping, or a tight, uneasy feeling in the chest or stomach. Anxiety keeps itself alive through avoidance; substances and compulsive behaviors are a form of avoidance that calms the alarm briefly and turns it up later. "Anxiety is uncomfortable, but it is not dangerous."

What is on the page

- This page is written as a short self-help guide rather than a video collection; it has no videos of its own. The related program videos are listed in the tracker below.
- A "Your Path Forward" sequence: Notice the pattern (use the Assessment); Understand the alarm (anxiety affects thoughts, body, emotions, and behavior); Interrupt the cycle (avoidance strengthens anxiety; the goal is to change your response, not eliminate anxiety).
- "Tools You Can Use Right Now": build emotional awareness (name it, locate it in the body, notice it rise and fall); change the story in your head (question thoughts, look for alternatives, practice balanced thinking); reduce avoidance gently and gradually; practice willingness (allow anxiety, keep breathing, focus on what matters); care for your body (sleep, gentle movement, less caffeine, steady meals).
- "When to Reach Out": call phone support if anxiety feels overwhelming, you are stuck in panic, or you are tempted to use; seek professional treatment if anxiety interferes with work, relationships, or daily life, panic attacks are frequent, avoidance is shrinking your life, or anxiety is tied to depression, substance use, or thoughts of self-harm.
- Six recommended books, several shared with the Depression & Mood page.

Self-check tools linked from the page

Tool	What it tells you	Date	My result
Full Assessment, Anxiety section (7 items)	Anxiety symptoms over the past 7 days		
Anxiety screen: Hamilton scale (Library of Free Screening Tools)	Severity across worry, tension, and body symptoms		
OCD screen (Library of Free Screening Tools)	Whether obsessions and compulsions are part of the picture		

A suggested path through the page

1. Read the page top to bottom; it takes about ten minutes. Underline the sentence that describes your anxiety most accurately.
2. Do the "Notice the pattern" step in writing: how does anxiety show up in my thoughts, my emotions, my body, and what I do (or avoid)?
3. Pick one tool from "Tools You Can Use Right Now" and practice it daily for a week. Emotional awareness (name it, locate it, watch it rise and fall) is the easiest place to start.

4. Watch Reversing Helplessness (Why Addiction Gets Harder to Stop). It tells the story of Sam, whose drinking "fixed" anxiety in seconds, and explains why: expectation, not alcohol.
5. Watch The 4-Step Solution (Action 2). Relabel, reframe, refocus, revalue is a direct way to interrupt the anxiety-then-use cycle.
6. Watch Mental Health One-Stop Shop and consider the Unified Protocol workbook, which was designed for panic, generalized anxiety, social anxiety, and OCD as much as for depression and trauma.
7. Revisit Four Tools to Self-Treat Trauma (Trauma page): Focusing, TRE, mindfulness, and yoga all reduce tension, whether or not trauma is part of your anxiety.
8. Choose one book. "Unwinding Anxiety" (Brewer) explains the habit loop of worry; "Rewire Your Anxious Brain" for the neuroscience; "The Anxiety and Phobia Workbook" for structured exercises.
9. If the "seek professional treatment" list describes you, use phone support to find a counselor.

Video tracker

#	Video	Presenter	Date watched	Notes / key takeaway
1	Reversing Helplessness (Why Addiction Gets Harder to Stop)	John Fitzgerald, PhD, LPC, CAS		
2	Co-Occurring Disorders (Why Addiction Starts)	John Fitzgerald, PhD, LPC, CAS		
3	The 4-Step Solution (Action 2)	John Fitzgerald, PhD, LPC, CAS		
4	Mental Health One-Stop Shop (Trauma / Depression & Mood pages)	John Fitzgerald, PhD, LPC, CAS		
5	Four Tools to Self-Treat Trauma (Trauma page)	John Fitzgerald, PhD, LPC, CAS		
6	The Power of Now (Action 1)	John Fitzgerald, PhD, LPC, CAS		
7	Calm Energy (Action 4)	John Fitzgerald, PhD, LPC, CAS		
8	Judson Brewer: A Simple Way to Break a Bad Habit (TED, linked on Trauma page)	Judson Brewer, MD, PhD		

Recommended reading

Books shown on the page. Check any you read or listen to; even one chapter can help. Your library may have them, and many are available as audiobooks.

☐	Book	Author(s)	Notes
☐	Unified Protocol for Transdiagnostic Treatment of Emotional Disorders (workbook)	Barlow et al.	
☐	The Anxiety and Phobia Workbook	Edmund J. Bourne, PhD	
☐	Rewire Your Anxious Brain	Catherine M. Pittman, PhD; Elizabeth M. Karle, MLIS	
☐	Retrain Your Brain	Seth J. Gillihan, PhD	
☐	Unwinding Anxiety	Judson Brewer, MD, PhD	
☐	Feeling Great	David D. Burns, MD	

Connect the dots

Write briefly. There are no right answers; the point is to see the link between this driver and your behavior clearly enough to do something about it.

My anxiety shows up as (thoughts / feelings / body sensations / what I avoid):

What do I use to turn the alarm down, and how quickly does it turn back up? Is the use itself now a source of anxiety (hangovers, money, secrecy, health)?

The situations I avoid because of anxiety, and what the avoidance is costing me:

Reversing helplessness: the problem underneath my anxiety that I have never solved (a relationship, a skill, a memory, a situation). What would solving it, rather than numbing it, look like?

One small, gradual step toward something I avoid, and the tool I will use while I do it (name it, breathe, relabel, refocus):

Putting It Together • My Drivers Map

Once you have worked through one or more pages, use this page to see the whole picture. The drivers rarely act alone: insecure attachment makes trauma more likely and harder to heal; unhealed trauma shows up as anxiety and low mood; anxiety and depression push people away from relationships. And each of them, in its own way, gets "treated" by your use. Seeing the pattern is what makes it possible to change it.

Driver	Evidence it is active for me (assessment, history, what I noticed)	What my use or behavior does for it	What I will try instead (tool, video, book, person)	Support I will use
Relationships				
Trauma				
Depression & Mood				
Anxiety				

How my drivers connect to each other (draw arrows or write a few sentences):

The one driver where a change would make the biggest difference to my use, and my next small step:

My Plan for the Next 90 Days

The program describes addiction as a chronic condition that needs long-term care, and describes the drivers as things you work on over months, not days. A 90-day plan is a realistic first stretch; keep it small enough that you will actually do it.

Area	What I will do	How often	Who supports it
Videos and pages still to explore			
A self-treatment tool I will practice (Focusing, TRE, mindfulness, yoga, 4-Step, emotional awareness)			
Professional help (therapist, prescriber, phone support, treatment)			
Relationships and community (groups, classes, people, CRAFT)			
Body and mood basics (sleep, movement, food, caffeine)			
A book I will read or listen to			
How I will know it is working (what I will notice, and when I will retake the Full Assessment)			

Plan start date	Check-in date (30 days)	Review date (90 days)

Reaching out

Program phone support: see Call a Professional on the website, available 24/7. New Mexico Crisis and Access Line: (855) NMCRISIS (662-7474). Peer-to-Peer Warmline: (855) 466-7100. Suicide and Crisis Lifeline: call or text 988.

This program is not a substitute for professional medical or health care advice, which should be obtained directly from your healthcare provider.