

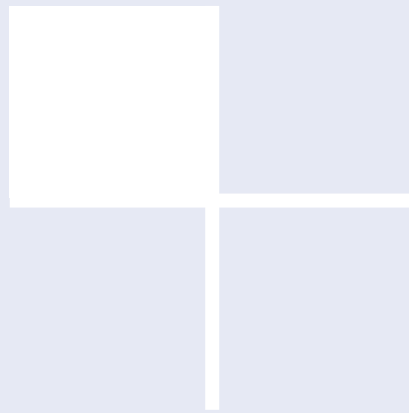


# REACT

## Curriculum

PHASE 1

### CORPORATE DIRECTORY



THRIVING BEYOND™  
COMPLEX TRAUMA

# Contents

## PHASE ONE

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### Week 1 (5 Days)

Intro Into the Brain

60 Characteristics of Complex Trauma

Complex Trauma and the 12 Basic Needs

Anger & Emotions

Relapse Warning Signs

### Week 2 (5 Days)

The Brain and Complex Trauma

60 Characteristics of Complex Trauma

Stages of Changes and Marks of Addiction

Conflict

Triggers, Mindfulness and Grounding

### Week 3 (5 Days)

Mental Health Issues

60 Characteristics of Complex Trauma

Resentments

Shame

Self-Care and Time Management

### Week 4 (5 Days)

Grief

Relationships, Red Flags, and Friendships

Relationships, Trust, and Respect

Boundaries

Healthy Supports

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\_\_\_\_\_  
DATE

\_\_\_\_\_  
CLIENT NAME (please print)

\_\_\_\_\_  
CLIENT SIGNATURE

# Welcome!

*RE/ACT is an independent organization which provides recovery education for addictions and Complex Trauma under the guidance of Tim Fletcher Co.. RE/ACT licences its Intellectual Property from Tim Fletcher Co. and thereby uses this IP under the regulations set forth by Tim Fletcher Co. in all of its endeavours.*

*Our primary goal in all efforts is to help clients successfully Thrive Beyond Complex Trauma™, and effectively employ tools provided by our various programs in order to achieve real, lasting healing. We therefore offer a loving, safe, comfortable environment to anyone who joins or becomes involved with our programs. The documents in following represent how we as an organization aim to outline and further respect the rights and the responsibilities that each person has in order for everyone to work successfully together!*

*The enclosed curriculum has been adopted and implemented by RE/ACT to ensure adherence to the true essence of our brand, our beliefs, our values, and to keep everyone safe, healthy, and growing in all aspects of life.*

*I wish you the best in implementing this Curriculum into your organization. I encourage you to reach out with questions, comments and encouragement as you and your community continue to grow.*

*With Love,*

*Tim Fletcher*

# COMPLEX TRAUMA AND THE 12 NEEDS

## INTRODUCTION

The '12 Basic Needs is a derivative of Maslow's pyramid of human needs. Clients learn they had the right to have these needs met in childhood. Many of these needs may not seem necessary initially, and many of them may not be realized. Allow the clients to discuss how mild or severe their unmet needs are. They will learn about the "5 Love Languages" and the importance of knowing them.

## GOALS

Learn how unmet needs and the lack of love feeds a sense of low self worth and pain. Many addictions and mental health disorders stem from unmet needs and a lack of receiving love in a language that we understand.

## OUTCOMES

Finding better tools to take away the pain is a critical key to overcoming addiction and mental health disorders.

# WHAT IS COMPLEX TRAUMA?

Complex Trauma is a long-term series of events that a person perceives as both scary and dangerous, beyond their resources to deal with. They fear they might get hurt, die or go crazy.

## THE TWO TYPES OF TRAUMA:

**SIMPLE** – a one-time event



House Fire

**COMPLEX** – ongoing danger over a period of time



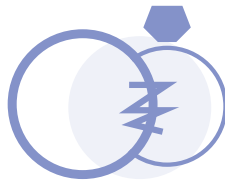
Sexual Abuse

## THE CAUSES OF TRAUMA:

1. Abuse – emotional, spiritual, sexual, physical
2. Abandonment – adoption, CFS involvement, workaholic parent, divorce, death of a parent, constant moving
3. Neglect – emotional or physical
4. Basic needs not being met (mild to severe)



Physical Abuse



Parental Separation



Emotional Neglect



Mental Illness

# THE 12 BASIC NEEDS

## PHYSICAL:

- 1. Pleasure** - past-times, hobbies, entertainment. This guides our lives and choices (how we spend money)
- 2. Food & Water** - essentials for physical survival
- 3. Sex** - a desire to procreate

## EMOTIONAL:

- 4. Acceptance, Respect, Nurture, Love, Comfort, Tenderness** - despite different personalities, physical appearance or limitations
- 5. Relationships/ Belonging** - Intimacy, deeper and meaningful friendships, inclusion
- 6. Security, Safety, Justice** - "That's not fair". Parents give consistent boundaries
- 7. Purpose, significance**- A sense of value, truth about what I'm good at
- 8. Rest** - I learn to plan it into my day
- 9. Beauty**
- 10. Awe** - Something that takes us out of ourselves (music, sports, travel)
- 11. God or Spirituality** - Blaise Pascal, a 17th century philosopher and mathematician said "there's a God-shaped vacuum in the heart of each man which cannot be satisfied by any created thing but only by God the Creator, made known through Jesus Christ". A contentment must be found in understanding that we as humans are not able to control everything that happens, and that we all have a purpose.
- 12. Happy, Content, Satisfied, Whole** - This happens when all of our needs are met.

**Note: Addiction - is a drive to feel whole.**

The human brain continually looks for ways to relieve the pain from the trauma of not having needs met consistently. Drugs and alcohol are seen as the solution as they numb the pain.



# PROBLEMS

1. We have been deeply wounded in childhood because needs #4 - 7 were not met consistently. It leaves a massive emotional hole in our hearts.

- 90% of addicts have Complex Trauma. (Dr. Gabor Maté would say 100%)
- Abuse leaves us even more wounded
- Our lack of coping skills leads to more trauma (with abuse, children learn to put up walls to protect themselves, but as adults that makes intimate relationships with spouses or children impossible.)

2. We get wires crossed in our brains.

- If we're lonely for a relationship and we find food, it brings a release of dopamine (the pleasure chemical). But the solution is hurtful!
- We have the desire to feel love and long for intimacy. We may use sex to meet those needs but discover it creates an emptiness and more emotional needs. When we need attention or comfort, we continue to use sex or porn and the problem is compounded.

3. One common way we can have a "hole in our heart" is to avoid the God need. We think we don't need to get connected spiritually and it leads us to feel empty and discontent!

4. We may think we don't need to connect with God or a Higher Power spiritually. If you feel empty, discontent or like you have a "Hole in your heart", reconsider. A spiritual connection may be the key to wholeness.

# WHAT DO WE DO NOW?

1. We need to reconnect with:

- Self – regularly check with our feelings, needs and relationships
- Others – be authentic, spend time, be honest about how we're doing
- God or Higher Power – be open to connecting with spirituality

2. Heal from our wounds – we learn the information but we won't get better until we start to deal with our past

3. Learn how to cope in healthier ways (reach out to a friend instead of eating a gallon of ice cream)

4. Learn our Love Language!

# THE 5 LOVE LANGUAGES

By Dr. Gary Chapman

Learning our love language will help us learn:

HOW WE FEEL LOVE AND CONNECTION

HOW TO HAVE OUR NEEDS MET

THE 5 LOVE LANGUAGES ARE:



**Words of Affirmation**



**Receiving Gifts**



**Physical Touch**



**Quality Time**



**Acts of Service**

## READ EACH PAIR OF STATEMENTS AND CIRCLE THE ONE THAT BEST DESCRIBES YOU

- \_\_\_\_\_ 1. A. I like to receive notes of affirmation from you.  
E. I like it when you hug me.
- \_\_\_\_\_ 2. B. I like to spend one-on-one time with you.  
D. I feel loved when you give me practical help.
- \_\_\_\_\_ 3. C. I like it when you give me gifts.  
B. I like taking long walks with you.
- \_\_\_\_\_ 4. D. I feel loved when you do things to help me.  
E. I feel loved when you hug or touch me.
- \_\_\_\_\_ 5. E. I feel loved when you hold me in your arms.  
C. I feel loved when I receive a gift from you.
- \_\_\_\_\_ 6. B. I like to go places with you.  
E. I like to hold hands with you.
- \_\_\_\_\_ 7. A. I feel loved when you acknowledge me.  
C. Visible symbols of love (gifts) are very important to me.
- \_\_\_\_\_ 8. E. I like to sit close to you.  
A. I like it when you tell me that I am attractive.
- \_\_\_\_\_ 9. B. I like to spend time with you.  
C. I like to receive little gifts from you.
- \_\_\_\_\_ 10. D. I know you love me when you help me.  
A. Your words of acceptance are important to me.
- \_\_\_\_\_ 11. B. I like to be together when we do things.  
A. I like the kind words you say to me.
- \_\_\_\_\_ 12. E. I feel whole when we hug.  
D. What you do affects me more than what you say.

- \_\_\_\_\_ 13. A. I value your praise and try to avoid your criticism.  
C. Several inexpensive gifts mean more to me than one large expensive gift.
- \_\_\_\_\_ 14. E. I feel closer to you when you touch me.  
B. I feel close when we are talking or doing something together.
- \_\_\_\_\_ 15. A. I like you to compliment my achievements.  
D. I know you love me when you do things for me that you don't enjoy doing.
- \_\_\_\_\_ 16. E. I like for you to touch me when you walk by.  
B. I like when you listen to me sympathetically.
- \_\_\_\_\_ 17. C. I really enjoy receiving gifts from you.  
D. I feel loved when you help me with my home projects.
- \_\_\_\_\_ 18. A. I like when you compliment my appearance.  
B. I feel loved when you take the time to understand my feelings.
- \_\_\_\_\_ 19. E. I feel secure when you are touching me.  
D. Your acts of service make me feel loved.
- \_\_\_\_\_ 20. D. I appreciate the many things you do for me.  
C. I like receiving gifts that you make.
- \_\_\_\_\_ 21. B. I really enjoy the feeling I get when you give me your undivided attention.  
D. I really enjoy the feeling I get when you do some act of service for me.
- \_\_\_\_\_ 22. C. I feel loved when you celebrate my birthday with a gift.  
A. I feel loved when you celebrate my birthday with meaningful words (written or spoken.)
- \_\_\_\_\_ 23. D. I feel loved when you help me out with my chores.  
C. I know you are thinking of me when you give me a gift.
- \_\_\_\_\_ 24. C. I appreciate it when you remember special days with a gift.  
B. I appreciate it when you listen patiently and don't interrupt me.
- \_\_\_\_\_ 25. B. I enjoy extended trips with you.  
D. I like to know that you are concerned enough to help me with my daily task.

- \_\_\_\_\_ 26. E. Kissing me unexpectedly makes me feel loved.  
C. Giving me a gift for no occasion makes me feel loved.
  
- \_\_\_\_\_ 27. A. I like to be told that you appreciate me.  
B. I like for you to look at me when we are talking.
  
- \_\_\_\_\_ 28. C. Your gifts are always special to me.  
E. I feel loved when you kiss me.
  
- \_\_\_\_\_ 29. A. I feel loved when you tell me how much you appreciate me.  
D. I feel loved when you enthusiastically do a task I have requested.
  
- \_\_\_\_\_ 30. E. I need to be hugged by you every day.  
A. I need your words of affirmation daily.



- A. \_\_ WORDS OF AFFIRMATION
- B. \_\_ QUALITY TIME
- C. \_\_ RECEIVING GIFTS
- D. \_\_ ACTS OF SERVICE
- E. \_\_ PHYSICAL TOUCH

**NOTES:**

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