

Order and Chaos Group - Melissa Lecik, M.Ed, NCC

The world functions on two opposing forces that can create **BALANCE**.

- ▶ **Order** is defined as a pattern that has a particular direction or rule set to follow
- ▶ **Chaos** is defined as disorder, dysfunction, and lacking the ability to control the outcome

Order and Chaos – Opening Discussion:

As a group, list some things verbally (or on the board) as examples of each (Order and Chaos)

- ▶ Examples of Order: Routine, habit, paying the bills, planning meal time, family time, showering
- ▶ Examples of Chaos: Losing a job, addiction, trauma, untreated mental illness, losing a close friend or family member

People can live their life under one or the other, or a balance of both. When substance use gets out of control (e.g. addiction), people usually live more of their lives under the CHAOS label than they do the ORDER label.

**If you want to make the transition from addiction to recovery,
you need to be able to bring order to chaos.**

“Normal” is subjective - meaning my normal is different than yours and your normal is different than the person to your left.

Most people identify ORDER as their rule set for a normal everyday life. So if we switch the labels from ORDER to SOBRIETY and CHOAS to ADDICTION, the examples become a little easier. Questions for discussion:

- ▶ Who are you when you are using? (Or as an “addict”)?
- ▶ Who are you in recovery?
- ▶ Why is order important to recovery?
- ▶ What does a meaningful life look like?

Looking at the small parts of order such as:

Eating a balanced diet, practicing good hygiene, getting regular exercise, getting enough sleep, and so on.

Consider bringing order by joining support groups, repairing relationships, making new friendships, and taking care of business: your income, your job, your home.

Taking a look at Maslow's Hierarchy of Needs:

Abraham Maslow was an American Psychologist who created the **5-stage model for motivation and happiness**.

- Self-actualization:** After reaching the other levels and achieving self-esteem, a person will be motivated by truth, justice, wisdom and meaning.
- Esteem:** After feeling they "belong" internal motivators are self-esteem, accomplishment and self-respect. External motivators can be reputation, attention, social status or recognition.
- Love and affection:** Once basic physiological and safety needs are met the first higher level needs that are motivators are friendship, belonging to a group, and giving and receiving love.
- Safety and security:** Once the basic needs to life are met, wanting to live in a safe area, medical insurance, job security, and savings become motivators. Maslow's theorized that if a person feels threatened, needs further up the pyramid will not receive attention until the safety need has been resolved.
- Physiological needs:** People need to sustain their life and are motivated by the very basic needs of air, water, food, and sleep. These needs are so highly motivated that they have to happen before moving up the pyramid.

Activity:

Write on board: Imagine you have been travelling with our entire treatment facility by boat and we have crashed. It was a small ship and only this group has survived and washed up on a deserted island. All we have is what we are wearing.

What would your first thoughts be about?

What would be your survival plan? Make your plan short and simple. Each table has to select someone to write down the plan. You have 10 minutes to develop and write up your plan.

What would you need? Discuss similarities and start to group and categorize by need. (You can work this out on the whiteboard if you choose, using different colors of dry erase markers to categorize) Most needs will probably be in the physiological or safety level of Maslow's Hierarchy.

How do you move up the Hierarchy?