

# **Eliminating Behavioral and Substance Addictions, Obsessions, Co-Dependence, Anger Management issues, and Self-Harming Behavior Utilizing the Feeling-State Addiction Protocol**

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Substance and behavioral addictions such as gambling compulsion, sex addiction, binge eating, bulimia, as well as alcohol, methamphetamine, cocaine, and smoking addictions have been notoriously resistant to treatment. The Feeling-State Theory (FST) of Addiction presents a new understanding of the etiology of addiction. FST hypothesizes that addictions are caused by a fixation of a positive feeling event. Afterwards, whenever the person wants to feel that desired feeling, the urge to do the addictive behavior is triggered.

With this new understanding of addictive behavior, the Feeling-State Addiction Protocol (FSAP) uses a modified form of Eye Movement Desensitization (EMDR) to break the fixation, resulting in a complete resolution of behavioral addictions and the elimination of the urges and cravings of substance addictions. The resolution for behavioral addictions is so complete that, for example, a gambler can actually return to gambling without activating the compulsion.

In addition to addictions, the FSAP is also useful for eliminating other hard-to-treat behaviors such as co-dependence, anger management issues, cutting, and obsessions because they often have a positive feeling fixated with the behavior.

The presentation will explicate the FST hypothesis, present research data, case histories, describe the process of utilizing the FSAP and show videos of the use of the FSAP.