

Transforming Shame

A NEW APPROACH FOR AN OLD PROBLEM



ABOUT ME

Husband and father of three 😊

PhD in Psychology – UCLA

Author of The Abstinence Myth





"Educational... eye-opening... transformational for anyone struggling with addiction."
 — Annie Grace, author of *This Naked Mind*

THE

A NEW APPROACH FOR

ABSTINENCE

OVERCOMING ADDICTION WITHOUT

MYTH

SHAME, JUDGMENT, OR RULES

ADI JAFFE, PHD

AN INTRODUCTION TO **IGNTD** RECOVERY

A LITTLE DIFFERENT

THE OLD RULES SIMPLY DON'T WORK

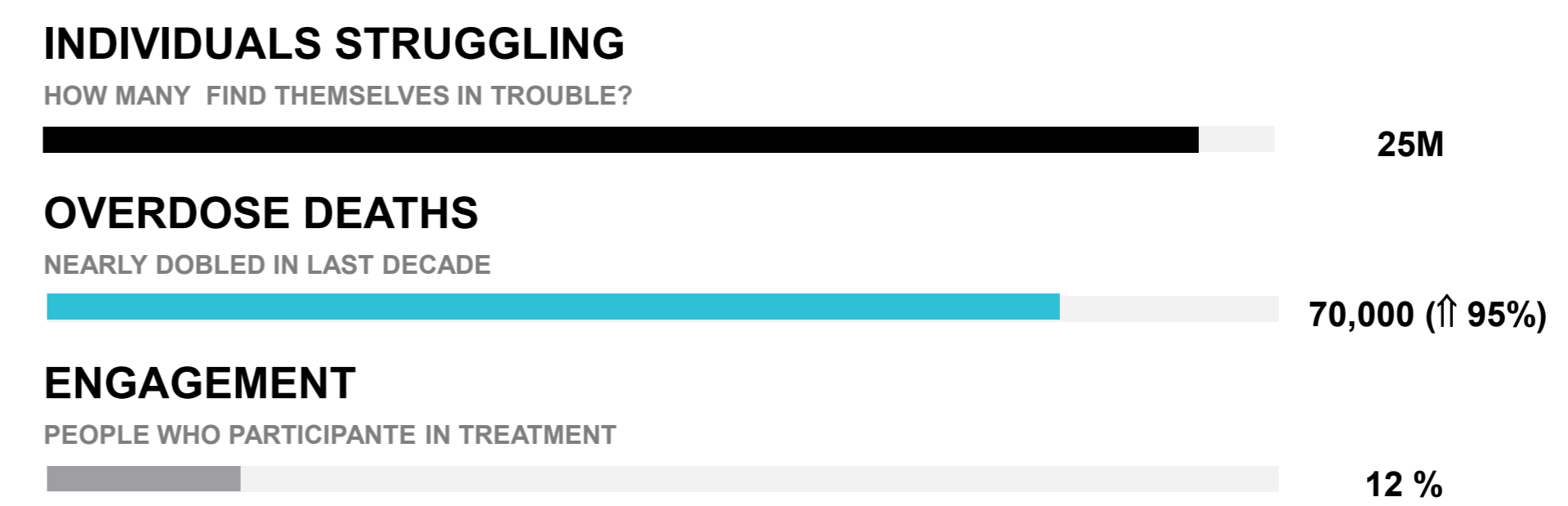
I have found that, in order to create real change, sometimes you have to throw out the old recipe.

When the old scripts aren't working, we have to set out on a new path and write a different story.



Our Solutions Are Failing Us

The need for a different approach is clear, and the only people who don't see it are either blinded by their own experience or driven by their own interests. But we deserve better.



Today's Special Guest

IGNTD

- Struggled in school (ADHD)
 - Barely Graduated
 - Started drinking by 14
 - Marijuana by 16
 - Heavy drugs by 18
 - Addicted to meth by 22
- Nine time convicted felon

The definition of a round peg trying to fit in a square hole... He'll help us understand how to make the best of life even when you're different from everyone else...



IGNITD

IGNTD

Logistics

Cost

Abstinence

Shame



IGNTD

Logistics

Abstinence

Shame





IGNTTD

Abstinence

Shame



IGNTTD

Shame



Sham
e

Shame = Core

WE CANNOT OVERCOME THAT WHICH WE CANNOT FACE

Our society is loaded with shame and feeling of inadequacy.

Many of us are buried in our own internal storms – not smart enough, not pretty enough, not successful enough, not popular enough, not...

We imagine the goal is to become those things that we are not...

Because then we'll be whole...

But that is a lie...

Be Yourself

But Who?



E moe kōpū
E oho wai up
Pākōpōki dōp
Kōrero tāk
A E I O U



Please indicate your race/ethnicity:

White, Non-Hispanic

Asian/Asian-American

African-American, Non-Hispanic

Other


Hispanic





Be Yourself

How Do I Know?



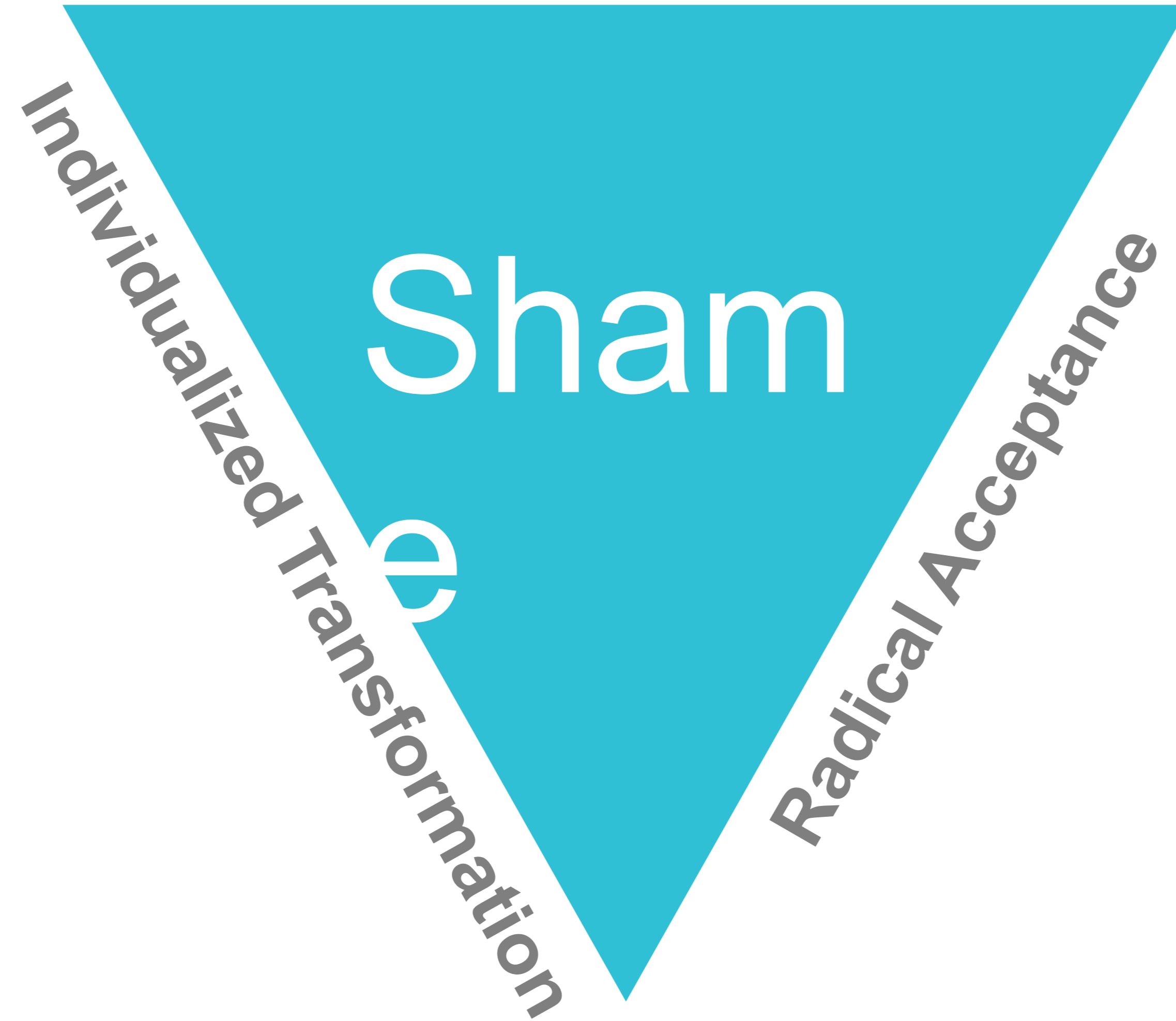
“Change the way you look at things
and the things you look at change.”

Wayne Dyer

A silhouette of a person in a dynamic, athletic pose, possibly a dancer or performer, set against a dark blue background. The person is captured in a side profile, leaning forward with one leg raised and arms extended, suggesting movement and energy. The lighting is dramatic, highlighting the contours of the body.

**How do we dig through
the shame to change the
way we see ourselves +
others?**

Honest Exploration



A group of hands are shown holding each other in a supportive grip. The hands are adorned with various bracelets, including one with a coin that says 'SHAME' and 'FUCK'. In the center of the image, there is a graphic consisting of two overlapping triangles, one pointing up and one pointing down, forming a six-pointed star shape. The background is a soft-focus outdoor setting.

Honest Exploration



Radical Acceptance

A close-up photograph of several hands clasped together in a supportive grip. The hands are adorned with various bracelets, including one with a coin that says 'SHAME' and 'FUCK'. In the center of the image, there is a graphic consisting of two overlapping triangles, one pointing up and one pointing down, forming a six-pointed star shape. The background is a textured, light-colored surface.

Individualized Transformation



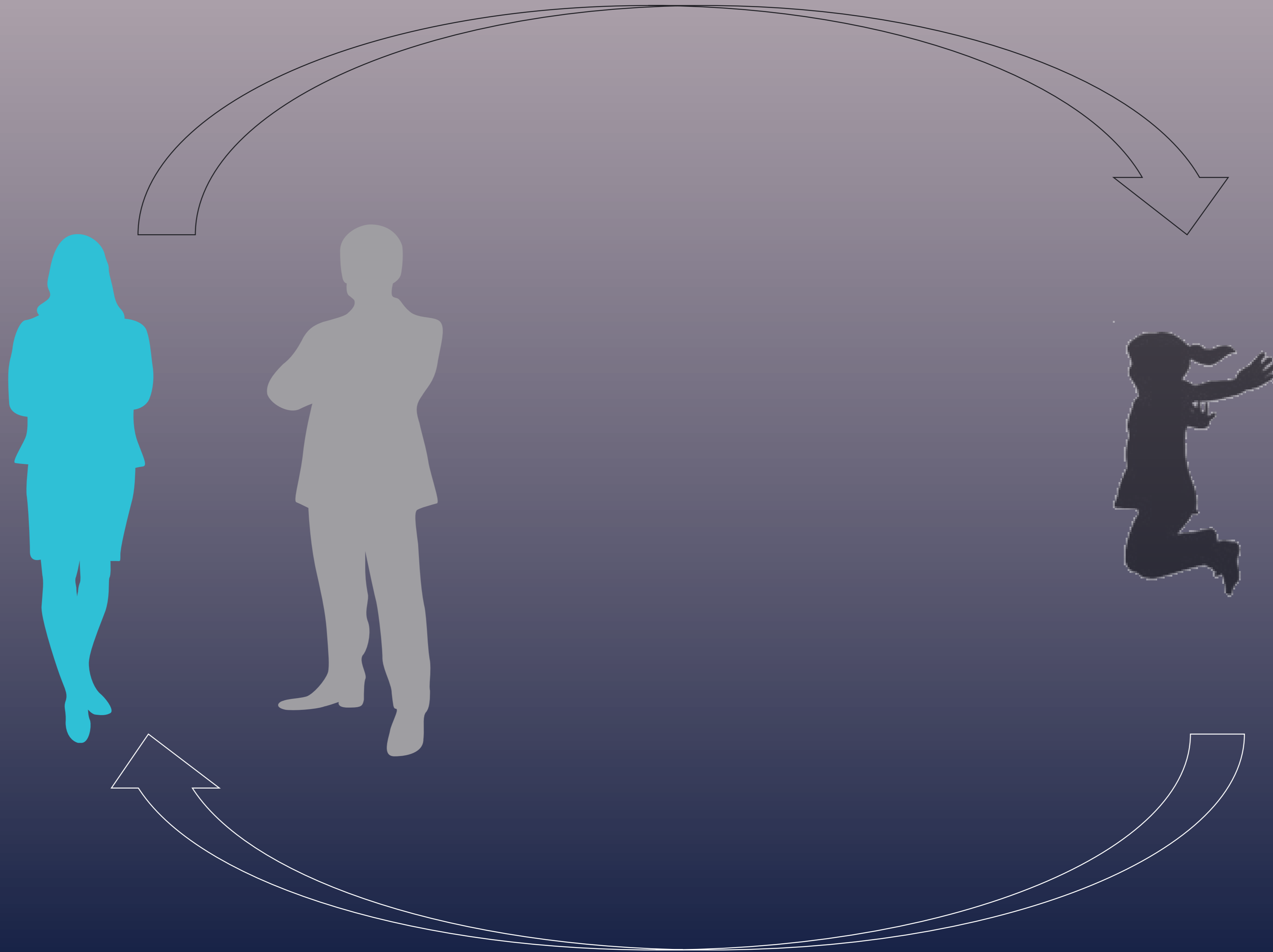
HE

RA

IT

Time To Fly





A Look Inside

Are U Ready?



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