

INSTRUCTIONS FOR MERRY-GO-ROUND EXERCISE

Group participants discuss both Merry-Go-Rounds and compare/contrast similarities and differences. People in treatment use addiction diagram first; those in domestic violence programs use abuse diagram first.

Merry-Go-Round of Addiction: Provide Merry-Go-Round diagram to group participants and draw copy on white board or flip chart. Discuss Craving, Use and Sick and Sorry with group participants. Brainstorm group responses to the questions below and write answers down on the board. Discuss role rationalizing, minimizing and denial plays to keep the merry-go-round in motion. (When discussing “Use,” it’s okay to be brief, look for initial feeling and move on to “Sick and Sorry” to avoid euphoric recall.)

When I am craving:	When I am using:	When I am sick and sorry:
How do I feel emotionally?	How do I feel emotionally?	How do I feel emotionally?
What are my thoughts?		What are my thoughts?
What do I say?		What do I say?
How do I act?		How do I act?
What do I do?		What do I do?
Where am I spiritually?		Where am I spiritually?
Where am I economically?		Where am I economically?
Where am I socially?		Where am I socially?
Where am I sexually?		Where am I sexually?

Merry-Go-Round of Abuse: Provide diagram to group participants and draw copy on board. Discuss Atmosphere of Abuse, Acute Episode and Aftermath with group. Brainstorm group responses to the questions below and record answers on the board. Discuss role rationalizing, minimizing and denial plays to keep the merry-go-round in motion. (When discussing “acute episode,” it’s okay to be brief. Graphic details may re-traumatize.)

When I live in an atmosphere of abuse:	When I experience an acute episode of abuse: Note: Abuse is pervasive. Acute abusive incident may be physical, emotional or verbal, sexual, economic or any other form of harm, coercion or threat to gain or maintain power and control.	When I live in the aftermath of violence:
How do I feel emotionally?	How do I feel emotionally?	How do I feel emotionally?
What are my thoughts?		What are my thoughts?
What do I say?		What do I say?
How do I act?		How do I act?
What do I do?		What do I do?
Where am I spiritually?		Where am I spiritually?
Where am I economically?		Where am I economically?
Where am I socially?		Where am I socially?
Where am I sexually?		Where am I sexually?