

Robert Miller's Feeling-State Addiction Protocol Cheat Sheet

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Useful with behavioral and substance addictions, co-dependence, anger, paraphilias, paranoia

Goal of FSAP Therapy is not to quit the addictive behavior, but to no longer want to do it.

Feelings = sensations + emotions + cognitions

Intense desire + positive event → feeling state

Feeling state + triggering event → desired feeling + compulsive behavior

Phase 3: Processing the FS

1. Imagine doing the specific behavior.
2. Identify the specific aspect of the behavior that is most intense (positive/ pleasurable).
3. Identify the positive feeling (sensation + emotion + cognition) associated with that behavior and its Positive Feeling State (PFS) level [1-10 where 10 is most intense].
4. Identify and locate any physical sensations created by the positive feelings.
5. Combine visualizing performing the behavior, the positive feeling, and the physical sensations.
6. Use BLS sets to process until PFS = 0
7. Body scan for any physical sensations related to FS.
8. Process the need for the wanted feeling by obtaining a SUD level of the feeling as a general feeling NOT connected with the behavior.
9. Use BLS sets to process until SUD = 0 or 1

Phase 4: Process the NC underlying the FS

1. Identify NC that underlies the feeling.
2. Use float back method to identify a touchstone event related to that feeling. If no event is identified, target the NC.
3. Process with standard EMDR protocol (Phases 3-7)
4. Install future templates of how the person will obtain the needed feeling in the future without using the addictive behavior.
5. Reevaluate the FS. Use BLS sets to process until PFS = 0

Phase 8: Reevaluation

1. Between sessions, give homework to evaluate the progress of therapy and elicit any other feelings related to the addictive behavior.
2. In next session reevaluate the addictive behavior for both the feeling identified in the last session, as well as identifying other positive feelings associated with the behavior.
3. Repeat Phases 3 & 4 as needed.

Process the NC caused by the FS

1. Using **Standard EMDR protocol**, when FSs and addictive behavior(s) have been eliminated, determine negative belief and install the positive beliefs.
2. Install future templates of adaptive replacement behaviors.

Questions to help identify the PFs

1. *How do you feel when you are just about to (name the client's addictive behavior) but haven't started yet?*
2. *When did you feel euphoric doing this behavior?*