

Welcome

18th Annual Mississippi Addiction Conference

The Paradigm of Addiction

February 18-20, 2026

Dr. Chip Dodd

**Human beings need to belong
and matter, seek safety and
care, and desire life to the full.**

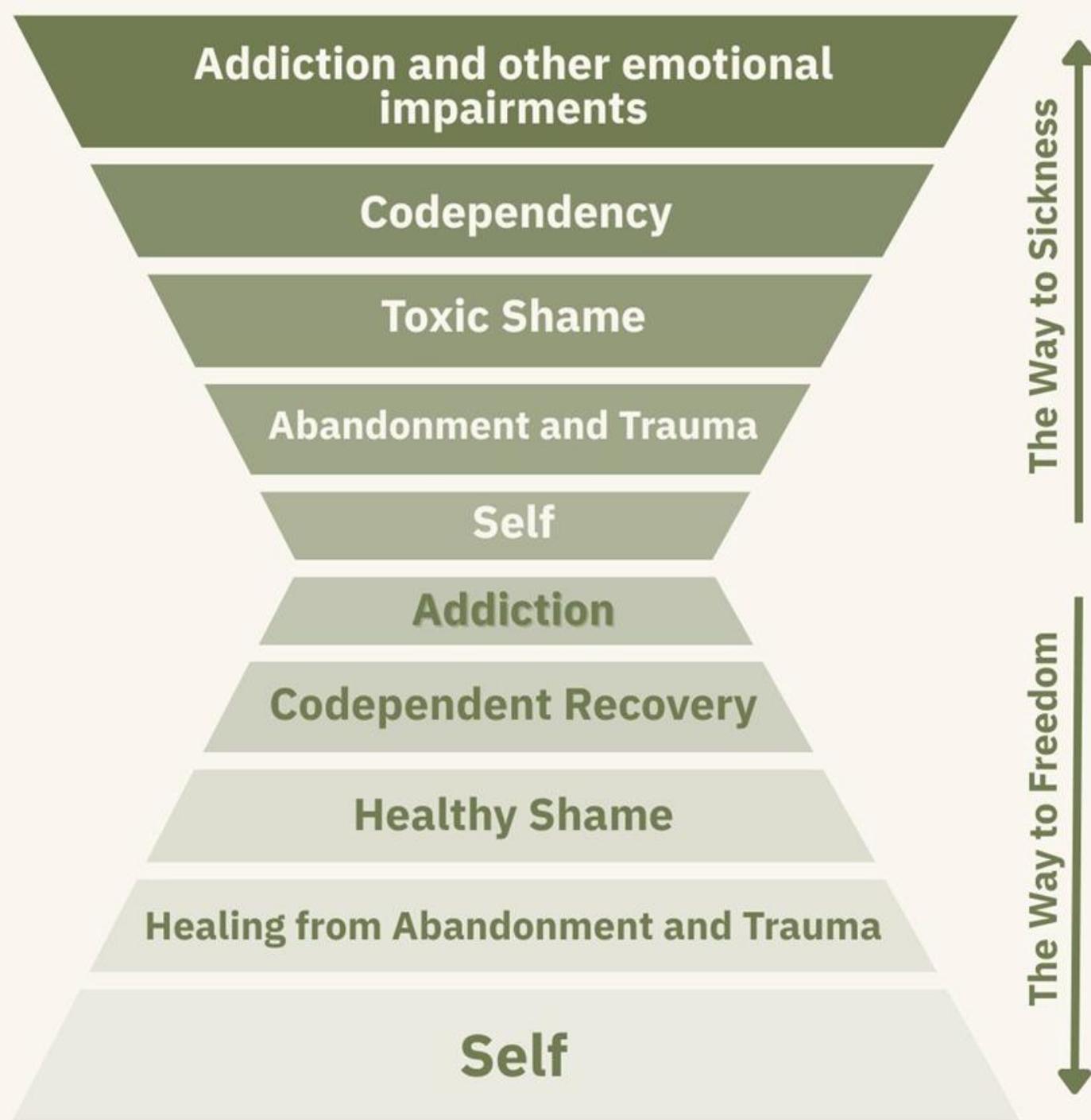
We are created as emotional and spiritual creatures - created to live fully in relationship with ourselves, others, and God.



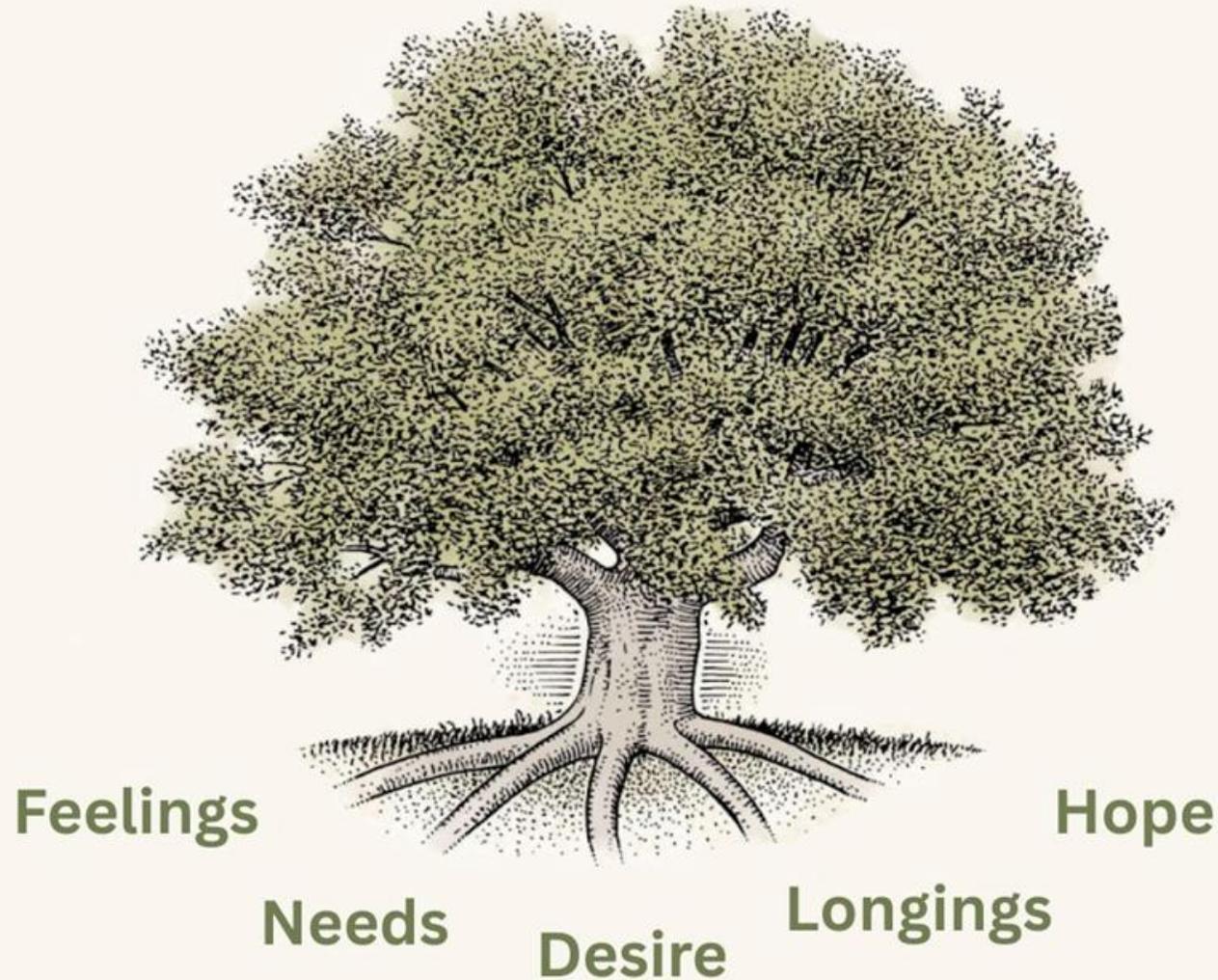
END RESULTS ←	IMPAIRMENTS ←	FEELINGS	→	NEEDS	→	GIFTS
Manipulative and Demanding	Self-Pity	SAD		Comfort and Grief		Acceptance
Dominated by Self-Will	Depression & Pride	ANGER		Accomplishment and Support		Passion
Controlling and Rageful	Anxiety	FEAR		Guidance and Security		Faith/Wisdom
Bitter and Vengeful	Resentment	HURT		Attention		Healing/Courage
Cruel	Apathy	LONELY		Belonging and Mattering		Being Known (Into-Me-See)
Shameless	Toxic Shame	SHAME		Listening and Trust		Humility
Chronically Remorseful	Toxic Shame	GUILT		Unburdened Freedom		Forgiveness
Acutely Miserable	Sensuous Experiences without Heart	GLAD		Fun and Freedom		Joy with Sadness



Paradigm of Recovery



Spiritual Root System



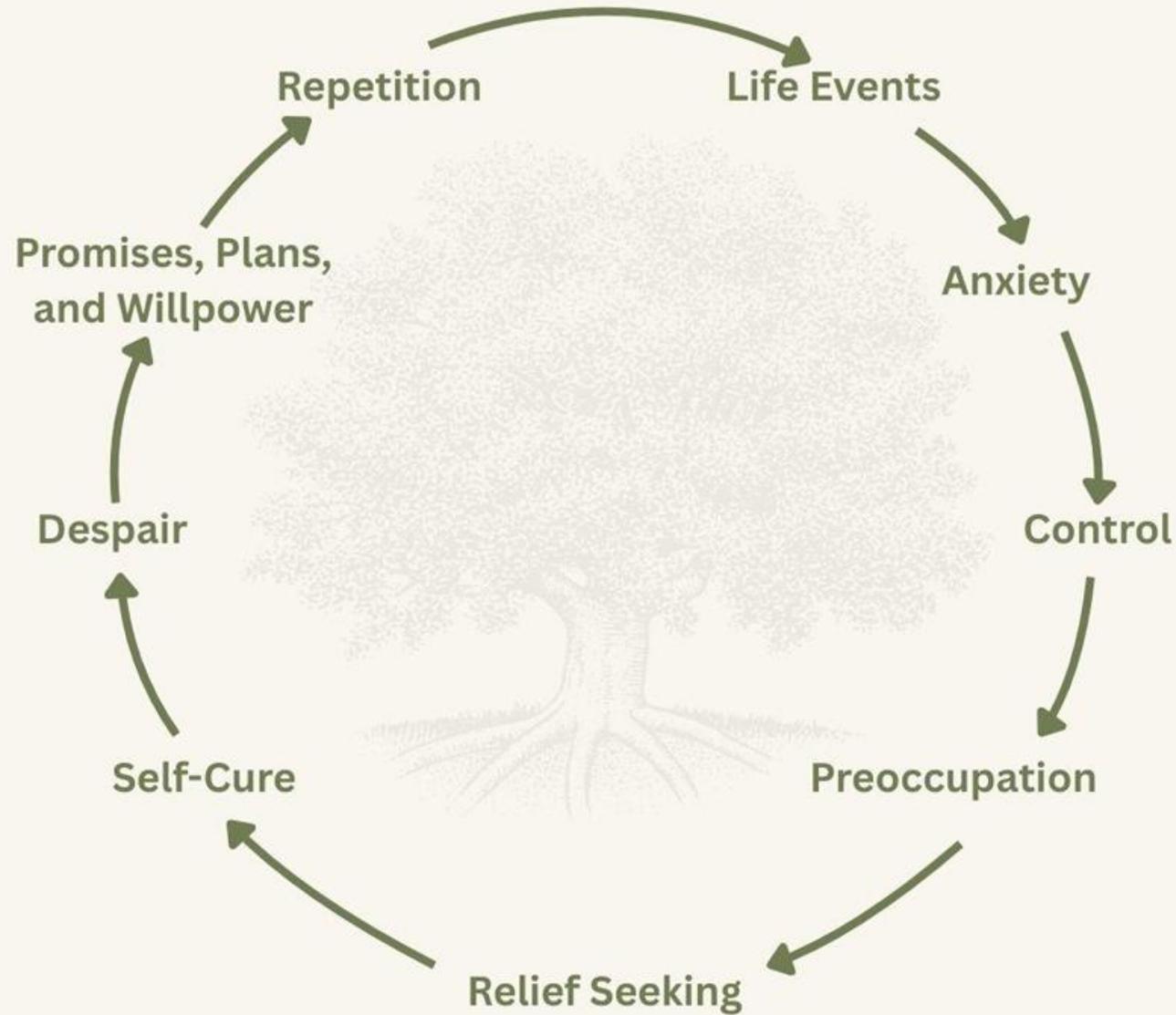
You and I are created as emotional and spiritual creatures, created to do one thing - live fully.

Toxic Shame Cycle

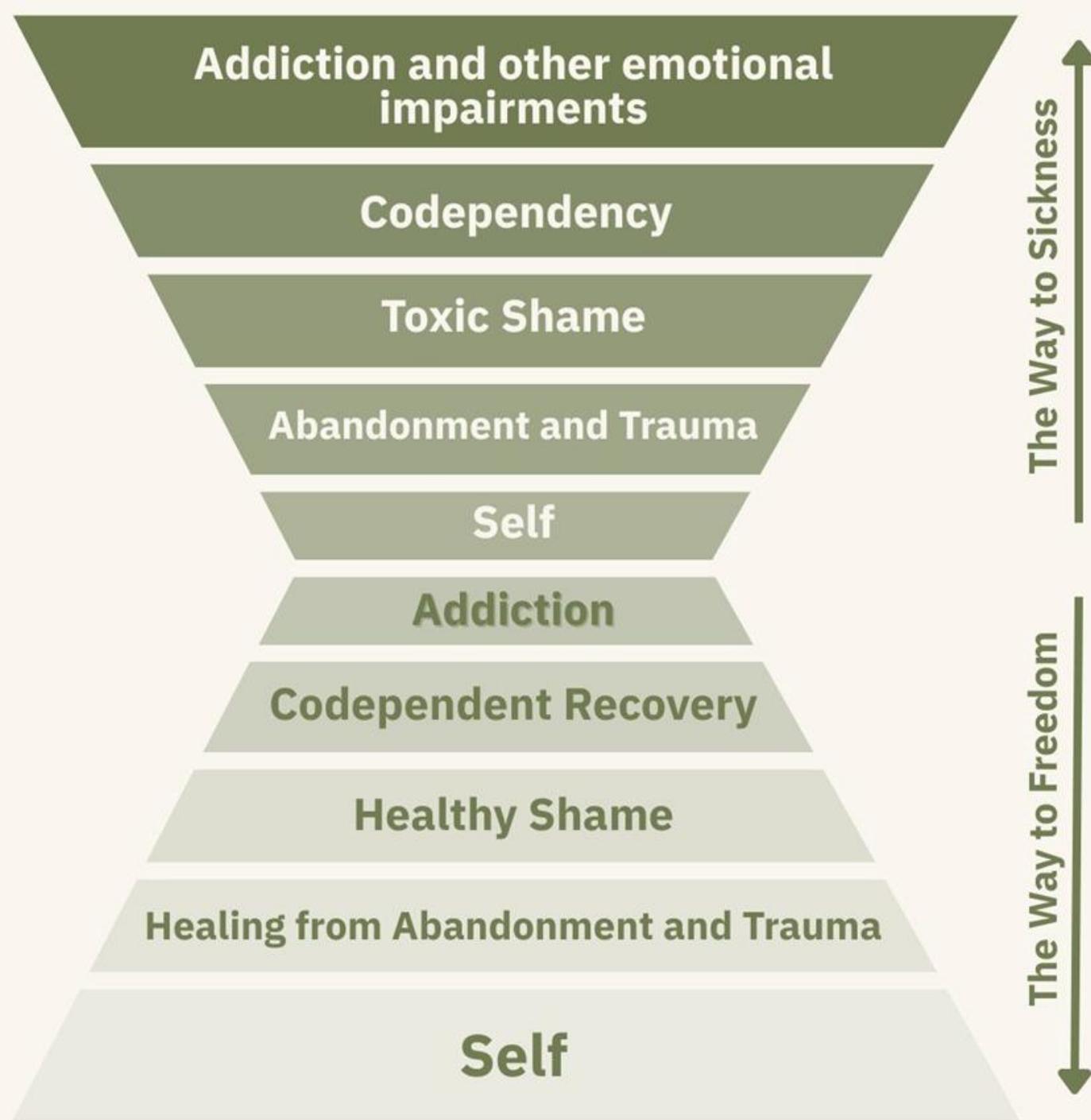
Born with inherent worth, then...



Addiction Cycle



Paradigm of Recovery



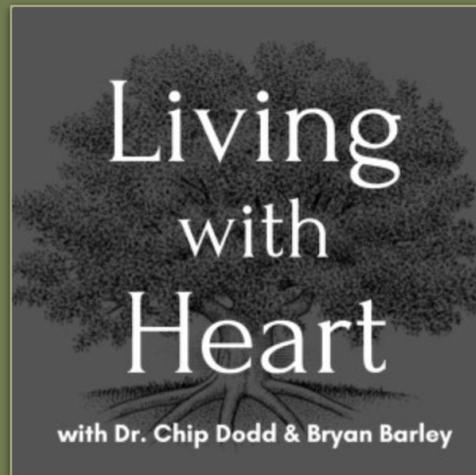
Feel your feelings.

Tell the truth.

Give it to the process.

Resources

Living with Heart Podcast



**Chip Dodd
Resources**

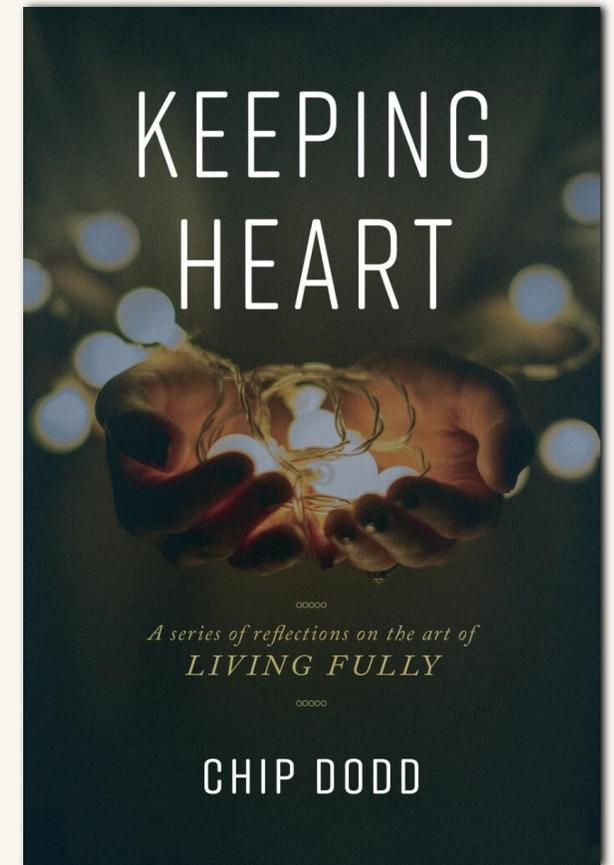
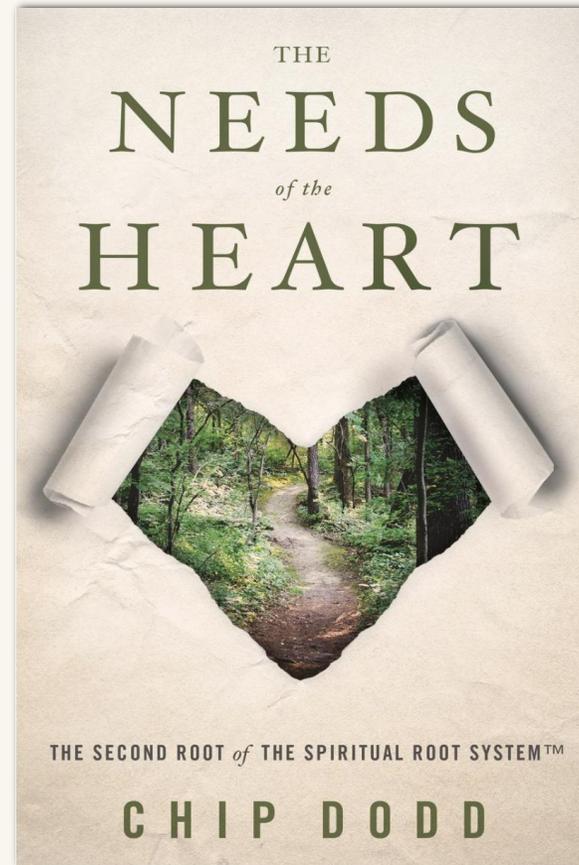
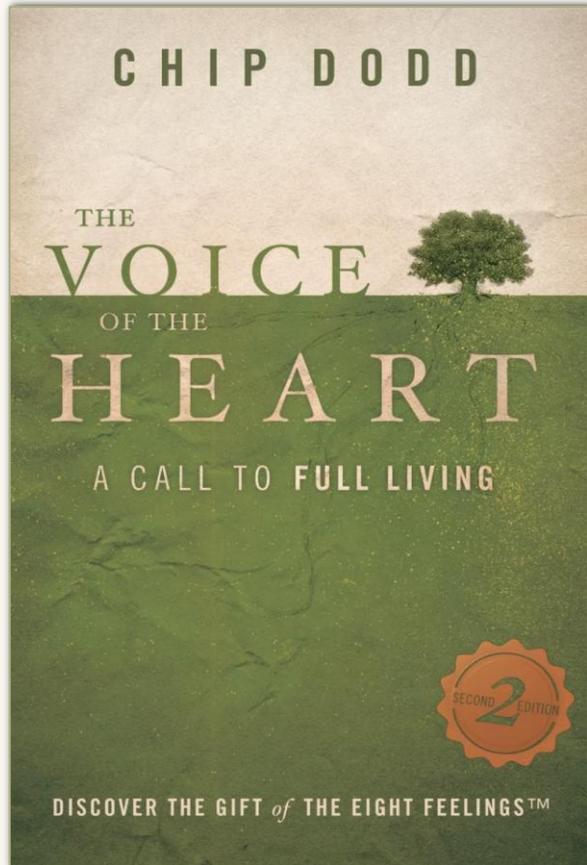
chipdodd.com



Voice of the Heart

CENTER

Books by Dr. Chip Dodd



“Discover the gift of the eight feelings.”