

Criminal and Addictive Thinking Patterns

As noted earlier, criminal and addictive thinking patterns are linked. Each criminal thinking pattern is closely related to an addictive thinking pattern. They are defined below.

Criminal Thinking Patterns

- victim stance
- “good person” stance
- “unique person” stance
- fear of exposure
- lack-of-time perspective
- selective effort
- use of power to control
- seek excitement first
- ownership stance

Addictive Thinking Patterns

- self-pity stance
 - “good person” stance
 - “unique person” stance
 - fear of exposure
 - lack-of-time perspective
 - selective effort
 - use of deceit to control
 - seek pleasure first
 - ownership stance
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Now we’ll take a closer look at those patterns.

1. **Victim stance.** This *criminal* thinking pattern allows you to blame others for situations you usually created for yourself. You make excuses and point your finger at others, claiming you were the one who was really wronged. You try to justify your behavior. **Self-pity stance.** This *addictive* thinking pattern makes you think the world is just out to get you. You claim that your life is so miserable and screwed up, why shouldn’t you drink or use drugs?
2. **“Good person” stance.** When you adopt this *criminal* thinking pattern, you consider yourself to be a good person, no matter what. You work hard to present that image to others. In fact, you may not only consider yourself a good person, but may think you’re better than others! As a

“good person” stance addictive thinker, you focus on the good things you’ve done and ignore the harm.

3. **“Unique person” stance.** This *criminal* thinking pattern allows you to think no one in the whole world is like you or has experienced what you have. Rules don’t apply to you. You commit crimes because you never think you’ll get caught. You believe that if you think it, then it must be that way. You also use “*unique person*” stance to feed your addiction. Maybe you think your alcohol or other drug use makes you especially cool.
4. **Fear of exposure.** You act like you are fearless, yet you’re full of fear. You fear that you’re nobody and that you’ll be found out; you’re afraid that you’ll be exposed as being full of fear. One of your biggest fears is the fear of fear! *Fear of exposure* addictive thinking is fear of self-knowledge, excessive or inappropriate trust, addict pride, and zero state. Zero state is a fear that you cannot change.
5. **Lack-of-time perspective.** When you use this *criminal* thinking pattern, you do not learn from past experiences or plan for the future. You see behaviors as isolated events. Your philosophy is “I want it, and I want it *now*.” You expect to be a big success with little or no effort. You make choices based on what you *want* to be true, rather than what *is* true. When you adopt this *addictive* thinking pattern, getting high is the most important thing in your life; you live only in the present when you are high and only in the near future (“How can I get more soon?”) when you are not high. *Lack-of-time perspective* addictive thinking helps you do that.

The zero state consists of these beliefs:

- You are nothing.
- Everyone else also believes you are worthless.
- Your “worthlessness” will last forever and can never be changed.