

The Star Matrix

For the Intensive we have developed the Star matrix as a of assessment. The Star Matrix takes the black or white question “Am I an addict?” and breaks it down into a more usable and informative format. The one question becomes:

“Is there a genetic predisposition for addictive use?”

“Do I have a go or stop button when I ingest chemicals?”

“Do I get an euphoria when I use?”

“What is the frequency, duration and intensity of my use?”

“ Are there co-existing mental issues, traumas, physical issues, etc that complicate my use/recovery?”

“What are the external factors that have happened? Traumas? Divorce? Legal Issues? Job Issues? etc”

By looking at the above factors at the Intensive we know that each person’s use/misuse is different in complexity ad there is a different solution for each person because of this complexity.