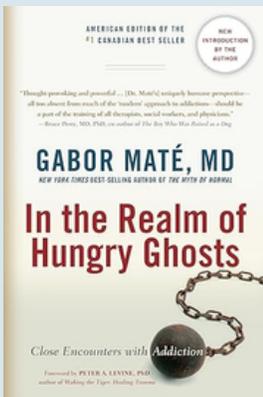




## LINKS



[In The Realm of Hungry Ghosts](#)

## RESOURCES

[Moving Mountains Recovery](#)

[St. John's Recovery Place \(Florida\)](#)

# UNDERSTANDING AUTISM PODCAST

## SEASON 2 EPISODE 38 AUTISM AND MENTAL HEALTH: IN THE REALM OF HUNGRY GHOSTS BOOK REVIEW(PART 1)

In this episode we continue our mini series on autism and mental health by reviewing Gabor Maté's book, *In The Realm of Hungry Ghosts*. While Maté looks at addiction and recovery through the lens of substance abuse, we examine what behavioral addictions and recovery could look like from an autistic person's point of view.

### EPISODE 38: HUNGRY GHOSTS PART 1

#### INTRODUCTION

0:00-2:34

#### WHAT IS ADDICTION?

2:34-40:45

- Definition of addiction
- Addiction vs. a special interest
- When can a special interest turn into an addiction?
- What are some signs of addiction vs. the healthy pursuit of a special interest?
- Advice on how to balance special interest indulgence with adulting responsibilities
- Understanding how short term discomfort (in adulting responsibilities) can lead to long term benefit in adult independence

#### THE ROLE OF STRESS AND ADDICTION

40:45-1:38:09

- Four factors that exacerbate stress
- The impact of stress on the autistic person's ability to self regulate
- The importance of being able to self-regulate
- The importance of being able to encounter another's emotional state while managing your own emotional state (differentiation)
- Good stimulation and bad stimulation and their impact on stress
- Learning to manage your impulse control

#### GOOD STIMULATION VS. BAD STIMULATION

1:38:09-1:55:17

- When can stimulation interfere with adult independence?
- Parent's role in encouraging readiness with adult independence
- Identifying good stimulation vs. bad stimulation
- Viewing adulting tasks through good and bad sensory experiences and making adjustments to get the unpleasant tasks done

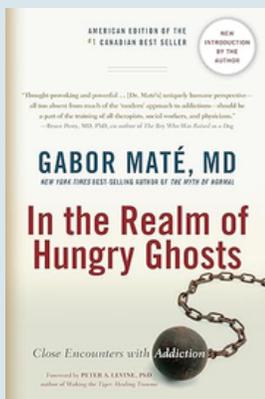


# UNDERSTANDING AUTISM PODCAST

## SEASON 2 EPISODE 39 AUTISM AND MENTAL HEALTH: IN THE REALM OF HUNGRY GHOSTS BOOK REVIEW(PART 2)

In this episode we continue our analysis of Gabor Mate's book, *In The Realm of Hungry Ghosts*. We examine what behavioral addictions could look like from an autistic person's point of view when trying to achieving adult independence.

### LINKS



[In The Realm of Hungry Ghosts](#)

### RESOURCES

[Moving Mountains Recovery](#)  
(New Jersey)

[St. John's Recovery Place](#) (Florida)

### EPISODE 38 PART 1

#### UNDERSTANDING THE EMOTIONAL STATE OF THOSE AROUND US: ATTUNEMENT

1:55:17-2:31:19

- Are parents and adult autistic children emotionally attuned with each other and their views of adult independence?
- Creating “an island of relief” that encourages esteem, acceptance, and love
- The drive for autonomy and allowing choice in the pursuit of adult independence
- Understanding that adulting causes stress and learning ways to manage this stress especially in terms with a parent’s timeline of the adult child living independently
- Using curiosity to identify and address behaviors leading to addictive impulses or dependency

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### EPISODE 39: IN THE REALM OF HUNGRY GHOSTS (PART 2)

#### RECOMMENDATIONS FOR ADDRESSING ADDICTION

0:00-44:25

- Re-Label: Giving up the language around “I need this”
- Re-Attribute: Understanding the cause as an unsatisfied emotional need
- Re-Focus: Replacing the craving with another activity
- Re-Value: Understanding the natural consequences of the addictive behavior and choosing something else
- Re-Create: Giving yourself a fresh start and autonomy outside of addiction

#### UNDERSTANDING RELAPSE: THE DESIRE TO MOVE BACK HOME

44:25-1:05:39

- Understanding the difference between “lapse” and “relapse”
- Emotional relapse
- Mental relapse
- Physical relapse

#### CREATING AN ADULT INDEPENDENCE RELAPSE PREVENTION PLAN

1:05:39-1:15:30

#### OUR FINAL REFLECTIONS FOR EPISODES 38-39

1:15:30-1:25:15