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Proposal: Healing Affirmations For Lasting Addiction Recovery

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To: Capt. Karic, SOLID

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This is a follow up to the brief presentation I gave in OMR on 1/2/25. This proposal is a variation of Christian Fairbanks' "BASE Jump Therapy for Addiction Recovery." (See my 9/28/24 Daily piece by that title at IndComing.org.) His methodology has been done by nearly 4,000 people, ages 11 to 103, with an 82% recovery rate, which is twice as good as the next best methodology. Zero injuries. (All alleged. Supposedly can be viewed on Instagram: "Zero Dark Devils Demo".)

In his scenario, the customer is strapped to Chris, who is a professional BASE jumper. As they're about to jump e.g. from the Twin Falls bridge, in a state of adrenaline (the subconscious paying rapt attention), they do their brief affirmation. Then they jump. When the canopy opens, the fear is replaced with thrill. At the landing zone is the person's family/friends who come to congratulate them. This provides a natural dopamine reward. The whole event is recorded on video.

Later, when the person might feel a tug to backslide, they pull out the video (e.g. on their phone/tablet), and when they watch the few-second video, they emotionally re-live the jump experience and are empowered/uplifted, to walk away from the tug.

Though doing that BASE jump therapy is not very practical here in prison, I propose a variation that doesn't involve jumping but still includes the key emotional elements.

Rather than doing the affirmation before jumping, it's done via shouting from the balcony when most everyone is in the section, e.g. 4 pm (not during pill line or chow). The adrenaline comes from the fear of disrupting the section of inmates. Some are on the phone, others are in conversation, watching TV, taking a nap.

When J.R. let me introduce this idea to section 1 a couple of weeks ago, the near unanimous sentiment was "hell no!" Their objections were mostly petty. The disruption is only for a few seconds. One legitimate objection was from a guy who has PTSD, who would be triggered by this. We'd want to give people like him a heads up, to not catch them by surprise.

After the affirmation, the person will go to a small group of supporters (e.g. section leader, CPSS, Friends), who will congratulate him.

The person doing the videotaping will scan the section to show the context of the affirmation, then video the affirmation, followed by the support group congratulations. That video can then be uploaded to the tablet to a folder where all such videos will be located/accessed.

The person can then view that video again when desired, prison-wide, e.g. when they are feeling a tug to revert.

This method might not achieve the 82% success rate that Chris' BASE Jump Therapy has documented. It wouldn't have as high a level of adrenalin, overall; it lacks the "thrill" portion. But I would guess that it could be at least half that successful, which is still very good. Its cost-benefit ratio would be very favorable.

A video crew is being developed already, from what I understand, so that is already under way.

If I understand correctly, the affirmations should be brief, first person, present tense, and easily relatable by the person making the affirmation. (PP. 68-71 Captain Your Story, ©2024, "Principle 4: Words Matter.")

While I'm willing to do this myself, I need to say I'm not inclined to be the one who promotes it to others. I don't have charisma with other inmates. Someone else, e.g. a CPSS, would be better to do this.

