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**Growing insight and deepening connection at every stage of the extreme**

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**Learning Goal:**

Participants will learn to differentiate between multiple stages of cycling into and out of extreme states.  
Participants will gain skills to implement curiosity around identifying and discussing symptom changes.  
Participants will learn to incorporate family members reactions into self-awareness as a benefit to insight.

**Abstract Text:**

Terms like relapse prevention, self-monitoring, and communicating with your support network are important descriptions but can tend to come across as detached at times. We are really talking about a beautifully deep interest in the subtle shifts in our own lives and what they mean. Basically, how do we identify our experience accurately at any point in time and then what to do with that information.

This talk is about how to notice the intricate pieces of each increasing moment as we elevate into extremes, even if that elevation eventually makes us out of touch with the ability to monitor it or communicate to others. And how to do that respectfully and with curiosity, not fear.

We will focus on the initial stages, increases towards extreme states, awareness during such, and the time period following the experience. Each provide so much opportunity for growing insight, chances for compassion, and ability to communicate what we choose to share. Also how to take the reactions of others as feedback to incorporate for our own decision making instead of the potential to feel controlled or shamed by those around us.

Noticing the breadth of the detail among increasing symptoms can be greatly overlooked as onlookers often react out of the fear of escalation. This can lead to missing out on awareness of how intricate our own personal experience truly is.

Self-curiosity is an important aspect of strengthening our recovery because it helps others understand that we are present and deserve to be understood and heard at all levels, not just those times when so called symptoms are absent. It is at the very heart of whether we share our experience with those around us and if we believe in ourselves enough to seek the hidden nuances of change.

**ON THE HEALING POWER  
OF HUMAN RECONNECTION**