

## PERSONAL CRAZINESS INDEX -PCI

### Principles:

- 1- Routines
- 2- Behaviours

- 1-Routines: What are the routines which support lifestyle balance
- 2- Behaviours : What behaviours appear in patterns in different parts of life

### Example

**1- Physical-Personal-Interpersonal domains** - I tend to binge after a long day at work, then lie on the couch to watch television and if my partner tells me to help out in the house, I get irritable.

Give yourself a rating out of 1-7 on the three ways which your life is becoming unmanageable (7 being highest-least manageable and 1 being a balanced routine)

Behaviour patterns in the above are overeating, overworking, ignoring house and then feeling entitled, playing victim and overreacting.

### Exercise

Examine routine in a domain you want to improve and then fill in the blanks.

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### 2- Examining domains

#### 1- Physical

eg- eating, exercise, sleep, cleanliness,

#### 2- Personal relationships (intimate)

eg- emotional, physical, enmeshed, oversharing

#### 3- Personal relationships (general)

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eg- family, friends, community,

#### **4- Spiritual relationships ( Faith community)**

eg. Church, Service, Scripture

#### **5- Spiritual relationships (fellowship)**

eg. Sponsor, Sponsee, Trusted fellow, Meetings

#### **6- Work**

Eg- timeliness in work, skill development, work community relations, industry aims

#### **7- Finances**

Eg- short term day to day life, long term assets, bills, credit cards, other instruments

#### **8- Other- you can list any area**

Eg...social life, any important institutional relationships (eg. Military/Medical/Fashion/LGBTQ rights/ Housing/ Environment)

#### **Example:**

I started examining the course of my intimate relationships by looking at the start of my current relationship and seeing how much time I spend with him/her and how it is affecting my other life areas. When we get intimate I started getting into fantasies of my previous relationship.

The above scenario helps one see the routine of getting together, talking, getting intimate and when looking at the behaviour pattern one can see the way we get the setting, communicate, get into desire, arousal, act, orgasm and how these patterns affect my relationship, self esteem, pride, future vision.

#### **Exercise**

Go granular on any one scenario and use the routines and the behaviour pattern principles to see whether you are off track or on track. Give yourself a rating from 1 to 7. (7 being absolutely crazy)

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After having Understood this principle, (step 1 of PCI) and done some jottings and recordings of thoughts, feelings, sensations, memories (TFSM) around key areas one wants to focus upon, one can see the Routines in that setting and the behaviour patterns.

### **This leads us to Step 2- Measuring the PCI**

List 7 areas of your life in next 7 days you would like to focus upon- Give a score of 1-7

|       |   |   |   |   |   |   |   |   |   |    |    |    |
|-------|---|---|---|---|---|---|---|---|---|----|----|----|
| PCI   |   |   |   |   |   |   |   |   |   |    |    |    |
| Week  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Sun   |   |   |   |   |   |   |   |   |   |    |    |    |
| Mon   |   |   |   |   |   |   |   |   |   |    |    |    |
| Tue   |   |   |   |   |   |   |   |   |   |    |    |    |
| Wed   |   |   |   |   |   |   |   |   |   |    |    |    |
| Thu   |   |   |   |   |   |   |   |   |   |    |    |    |
| Fri   |   |   |   |   |   |   |   |   |   |    |    |    |
| Sat   |   |   |   |   |   |   |   |   |   |    |    |    |
|       |   |   |   |   |   |   |   |   |   |    |    |    |
| Total |   |   |   |   |   |   |   |   |   |    |    |    |
|       |   |   |   |   |   |   |   |   |   |    |    |    |
|       |   |   |   |   |   |   |   |   |   |    |    |    |

#### **For example-**

Monday- I binged after work- gave myself 7

Tuesday- I was careful half an hour before getting home, did not binge but overate- gave 5

Wednesday- started planning by mid afternoon- and seeing the binge cycle coming- gave 3

Or- Finances

Thu- could not say no to a friend's circle who were going for a ferry ride which will cost 55\$ - 6

Fri- felt resentful, ashamed, found myself giving justifications - score 6

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Sat-Went to the costly ferry anyway, and after that-they started eating in a costly restaurant-could not say no...ended up spending another 45 \$...Total 100\$...Score 7

By next week 3- I had seen the routine and the behaviour pattern and the moment Wednesday came I was mindful of any such Deals and Offers

Thu- Phone rang...I said I had other plans and quietly said no...Score 2

Frid- Arranged my week around Church service or Fellowship Step work Score 2

Sat- Was mindful of not overspending time after meetings in fellowship and ignoring my wife's calls of "Where are you" and spending time in coffee bars.....Score 2

### **Exercise**

Do listing of areas of your life you would like to see Routines and Behaviour Patterns

Make notes and share with an experienced fellow or trusted peer or mentor or therapist

### **Use the LLSRD format to further refine**

1-Step 1- Make a movie of 6 hours before the emotional/physical craziness relapse

Eg from above- could not say no to the costly outing

2- Step 2- LLSRD is Lies, Lessons, Share, Refine, Do Different

L Lies- What lies did I tell myself to justify spending money which I did not have, or could have been used for better purpose

L Lessons- What lessons I drew from making this "movie"

S- Share- Share with a trusted fellow/therapist/sponsor

R-Refine- Further refine one's routines and behaviour patterns to stop getting into the "Barber's chair and getting a haircut" the next time

D- Do different- List what you would do differently next time

### **STEP 3- OF PCI EXERCISE- Interpretation**

Scores 0-9- Optimal health

10-19-Stable

20-29-Medium risk

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30-39-High Risk  
40-49- Very High Risk

After listings, observing routines and patterns- Habits of the Head and Heart- one can then interpret and further see what one needs to work upon.

**STEP 4- MEDITATE on Habits of the Head and Heart**, list your character traits which are making me fall into the same patterns, create a toolbox to deal with them, and have a weekly meeting to discuss the PCI

Example- In week 1- I saw how I was avoiding my partner, getting irritated at him/her and blaming her. After measuring, interpreting how I was going nearer to the 49 mark (7 is highest score for craziness) I started meditating on this traits of acting innocent victim, participating in high risk behaviours (closing phone and going out with acting out partner-this could be in first weeks of recovery), having cravings, denying harms, feeling entitled

(These are the ABCDE of the Relapse pattern-Acting in/out, Behaviours which are high risk, Craving, Denial, Entitled- which will lead us to the Barber's Chair and get a haircut)

On meditating on the patterns, one can further refine by keeping a Meditation Journal using the

8 Ps-

Presentation, Precipitation, Predisposing factors, Protective Factors, Perpetuating factors, Pattern, Plan, Progress to Track

Presentation- What is the problem, write how it developed, when is it the most

Precipitation- Who or what increases it

Predisposing- Any family history/physical ailments (Factors and Forces)

Protective- Who helps you process, what you do to keep track,

Perpetuating- Any seasons, events, persons, memories which worsen

Pattern- What are the routines (habits of head and heart) which set up the patterns

Plan- When I will see the storm coming, what will I do

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Progress- The storm came, and I did this which was better than before..or did not shame myself for missing the cues ...saw my self sabotaging patterns and became more alert.

### **Record for 12 weeks and see what has changed in your life**

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**Exercise:** Meditate on any one aspect and then keep a journal to record how review and refinement (After Steps 1/2/3) were further enhanced after 10/20 minutes of meditation.

### **Suggestion:**

If one is not used to sitting quietly for meditation, one can do a walking meditation or a eating meditation..

**Walking meditation-** When in your walk do you become one with the natural surrounding

**Eating Meditation-** See in your eating the taste of the apple the sight, scent, smell, taste, feel of chewing make the experience....Become mindful of when in this process does the apple become part of your body-...when you have swallowed it, or when digested, or when its ingredients have been absorbed..

**Any other...**

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