

PRIMARY PROGRAMMERS

WHO WERE YOUR PRIMARY PROGRAMMERS? WHO TAUGHT YOU ABOUT BUFFERING (THE ACTIVITY YOU USE TO BUFFER WITH)?

WHAT DID YOU HEAR FROM THEM?

(EXAMPLES: YOU'RE MORE FUN WHEN YOU'RE DRINKING. YOU NEED TO DRINK TO RELAX. ALL THINGS IN MODERATION, INCLUDING MODERATION. WATCHING PORNOGRAPHY IS HOW YOU LEARN TO HAVE SEX. SMOKING IS SOPHISTICATED.)

WHAT DID THEY MODEL?

(EXAMPLES: DAD ALWAYS GOT DRINKS WHEN MAKING BUSINESS DEALS. YOUR OLDER SIBLING ALWAYS BONDED OVER BEER. ALL THE COOL KIDS WERE GETTING HIGH. PARENTS MADE BETS ON BIG SPORTING EVENTS LIKE THE SUPER BOWL.)

WHAT DID YOU EXPERIENCE?

(EXAMPLES: REWARDED WITH DESSERT – SUGAR – FOR EATING ALL YOUR DINNER. EXTERNAL VALIDATION FOR HAVING SEX LIKE A PORN STAR. DRINKING CREATES ‘LIQUID COURAGE’.)

FOR THE FOLLOWING SIX (6) QUESTIONS, INSERT THE BUFFER YOU ARE REMOVING FROM YOUR LIFE.

EXAMPLES: DRINKING ALCOHOL, GAMBLING, WATCHING PORNOGRAPHY, USING DRUGS, EATING SUGAR/FLOUR, VIDEO GAMES, SOCIAL MEDIA, TELEVISION, ETC.

1. {INSERT BUFFER} ALWAYS WAS: _____

2. NOT {INSERT BUFFER} ALWAYS WAS: _____

3. I ALWAYS WAS: _____

4. FUN/JOY MEANT: _____

5. SOCIAL CONFIDENCE/MAKING FRIENDS MEANT: _____

6. NOT {INSERT BUFFER} MEANT: _____
