

THE FOUR PILLARS

## ***B.A.R.E.***

The Break · Align · Reclaim · Empower curriculum is the clinical spine of the programme. It draws from CBT, DBT, and behavioural recovery science, and is delivered across all ninety days of the residential programme and all twelve weeks of the outpatient programme.

It runs in sequence. Each pillar takes three weeks. Each carries a defined behavioural domain and a corresponding set of tools.

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**PILLAR 01 · WEEKS 1 – 3**

### ***Break.***

*Disrupting destructive patterns.*

The patient names the pattern, the cost, and the cycle. Trigger mapping. The habit loop — cue, routine, reward. The denial stories that protect the behaviour. The HALT vulnerabilities (Hungry, Angry, Lonely, Tired). The urge-surfing protocol. The shame work.

The pillar closes with a Pattern Profile — one page, written by the patient. Their top triggers. Their habit loop. Their most-used denial story. Their HALT vulnerability. Their urge response plan. Their shame pattern. Three replacement coping tools.

The Pattern Profile is the map. Without it, nothing that follows holds.

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**PILLAR 02 · WEEKS 4 – 6**

### ***Align.***

*Reconnecting with values and purpose.*

The patient establishes alignment between stated values and daily action. Values clarification. The cost inventory — what the dependence has taken. Identity work — who the patient was before, and who they are choosing to become. Relationship repair. Living to a stated integrity standard. Purpose and meaning. Forgiveness.

The pillar closes with an Alignment Summary — values, integrity statement, purpose, the future self the patient is moving toward.

The daily-anchor tool is introduced here. A patient who does not anchor the day cannot hold the week.

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**PILLAR 03 · WEEKS 7 – 9*****Reclaim.***

*Restoring control and self-agency.*

The patient reclaims ground. Boundaries — with family, with work, with old contacts. The RAIN technique (Recognise, Allow, Investigate, Nurture). Building resilience. Emotional regulation.

The pillar closes with the Skills Toolkit on a single reference card — urge surfing, HALT, the thought chain, RAIN, boundaries, the bounce-back protocol, STOP, micro-commitments. Written in the patient's own words.

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**PILLAR 04 · WEEKS 10 – 12*****Empower.***

*Building a future beyond dependence.*

The patient builds the operating system that carries the work after discharge. The Fulfilment Inventory. The Relapse Prevention Plan. The Daily Recovery Practice — morning, midday, evening. Identity Anchors. Accountability after treatment. Growth habits.

The pillar closes with the Recovery Roadmap — the consolidation of every document from every pillar. Pattern Profile (BREAK), Alignment Summary (ALIGN), Skills Toolkit (RECLAIM), Relapse Prevention Plan (EMPOWER), Daily Recovery Practice, Identity Anchors, and the Bounce-Back Protocol card.

*It is the patient's. Nobody else's roadmap looks like theirs.*

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**THE EIGHT TOOLS****What the patient leaves the room holding.**

Eight tools, accumulated across the four pillars. Each tool is taught, practised in session, applied between sessions, and consolidated at the pillar close.

**0 1 The Pattern Profile** · B R E A K

Triggers, loop, denial story, HALT, urge plan, shame pattern, replacement tools.

**0 2 The Urge-Surfing Protocol** · B R E A K

Notice, observe, breathe, ride, decide. The urge as a wave.

**0 3 The Daily Anchor** · A L I G N

A small daily practice held without negotiation. The first thing the day asks for.

**0 4 The Alignment Summary** · A L I G N

Values, integrity statement, purpose, future-self description.

**0 5 The Skills Toolkit** · R E C L A I M

Urge surfing, HALT, thought chain, RAIN, boundaries, bounce-back, STOP, micro-commitments.

**0 6 The High-Risk Plan** · E M P O W E R

Named situations. Named responses. Named contacts. Named exits.

**0 7 The Continuing-Care Protocol** · E M P O W E R

The discharge plan — alumni group, mentor contact, clinical review, family check-in.

**0 8 The Recovery Roadmap** · E M P O W E R

The final consolidation. Everything in one place. Nobody else's looks the same.

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**BEYOND THE WORKBOOKS****Why the work *holds*.**

The BARE curriculum holds because three things sit underneath it.

1. **Sequence** — Each pillar prepares the next. A patient who skips Break — who tries to start at Align — has no map to work from. The order is not editorial; it is structural.
2. **Repetition** — Every session runs the same five-block architecture: open, frame, work, process, close. The same shape, week after week, frees the patient to do the harder work inside it.
3. **Consolidation** — Every pillar ends with a single document the patient owns. By week twelve, the patient is holding a Recovery Roadmap they wrote themselves.

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