



IN BUDDHIST TRADITION, HUNGRY GHOSTS REPRESENT BEINGS WITH CRAVINGS THAT ARE NEVER SATISFIED, WHICH CREATES ATTACHMENT AND SUFFERING. DR. GABOR MATÉ, IN THE BOOK "IN THE REALM OF HUNGRY GHOSTS", USES THIS IMAGE AS A METAPHOR FOR ADDICTION AND THE ENDLESS SEARCH FOR FULFILLMENT OUTSIDE OURSELVES. IN RECOVERY, HUNGRY GHOSTS SYMBOLIZE CRAVINGS, UNMET NEEDS, AND WOUNDS FROM OUR PAST. BUT THROUGH AWARENESS, HEALING, AND COMPASSION FOR OURSELVES, WE CAN FEED OUR INNER CHILD WITH WHAT IT TRULY NEEDS INSTEAD OF STAYING TRAPPED IN CYCLES OF HUNGER AND NEEDS THAT WE SEEK OUTSIDE OF OURSELVES TO MEET.

REFLECTION: NAMING MY HUNGRY GHOSTS

1. WHAT CRAVINGS OR 'HUNGERS' DO I NOTICE SHOWING UP IN MY RECOVERY?
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2. WHAT FEELINGS OR UNMET NEEDS MIGHT BE HIDING UNDERNEATH THESE CRAVINGS?
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3. WHAT TRIGGERS WAKE UP MY HUNGRY GHOST?
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INNER CHILD SHADOW WORK

1. THINK OF YOURSELF AS A CHILD. WHAT WAS SOMETHING YOU LONGED FOR BUT DIDN'T GET ENOUGH OF?
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2. HOW DO YOU STILL LOOK FOR THIS TODAY IN UNHEALTHY WAYS?
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3. IF YOUR INNER CHILD COULD SPEAK RIGHT NOW, WHAT WOULD THEY SAY THEY NEED?
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4. WRITE DOWN A FEW GENTLE THINGS YOU CAN DO THIS WEEK TO GIVE YOUR INNER CHILD COMFORT AND SAFETY. KEEP IN MIND: YOUR INNER CHILD IS LOOKING TO YOU TO FULFILL YOUR NEEDS, NOT ANYTHING WE CAN GET FROM THE EXTERNAL, MATERIAL WORLD.
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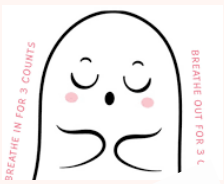
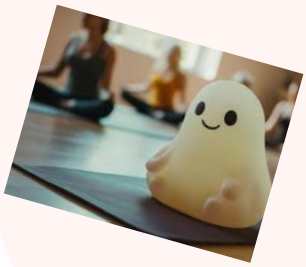
HEALING GHOSTS







PLANTING NEW SKILLS:
FEEDING THE SPIRIT INSTEAD OF FEEDING THE GHOST WITH CRAVINGS, WE CAN GIVE IT SOMETHING NOURISHING.

EXAMPLES OF POSITIVE LIFE SKILLS:

- DEEP BREATHING
- JOURNALING
- TALKING TO A SAFE FRIEND
- ATTENDING A MEETING
- PRACTICING GRATITUDE
- TAKING A WALK
- PRAYER OR MEDITATION
- CREATIVE EXPRESSION (DRAWING, SINGING, WRITING)

WHAT ARE SOME SKILLS TO FEED MY SPIRIT INSTEAD OF MY GHOST:
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CREATIVE ACTIVITY: FLYING GHOST CRAFT

1. TAKE A STYROFOAM BALL FOR THE GHOST'S HEAD.
2. COVER IT WITH A WHITE CLOTH OR TISSUE TO CREATE THE GHOST SHAPE.
3. **ON THE GHOST'S HEAD, WRITE POSITIVE LIFE SKILL OR COPING TOOLS YOU CAN USE WHEN CRAVINGS COME UP.**
4. ADD EYES OR DESIGNS IF YOU LIKE.
5. WHEN FINISHED, WE'LL HANG OUR GHOSTS FROM THE TREES TOGETHER AS SYMBOLS OF RELEASING CRAVINGS AND CHOOSING HEALING.

RESOURCES -

*IN THE REALM OF HUNGRY GHOSTS BY DR. GABOR MATÉ
*TARA BRACH: GUIDED MEDITATIONS ON COMPASSION & MINDFULNESS
*INNER CHILD HEALING RESOURCES (E.G., JOHN BRADSHAW'S HOMECOMING)
*ROOTS RECOVERY HOUSING SUPPORT COMMUNITY

REMEMBER: HUNGRY GHOSTS WILL ALWAYS WHISPER FOR ATTENTION. BUT YOU HAVE THE POWER TO NOTICE THEM, HONOR YOUR NEEDS, AND FEED YOURSELF WITH HEALING INSTEAD OF HUNGER.