

Understanding Addiction And what to do about it

This is not a complicated Psychological discussion.

This is “*Street Simple*” language with diagrams to help you see

1. How you got there
2. The mess in your life
3. How to get out of the mess

Most of the time your problem will be you don't know what the problem is.

If you see it clearly you can begin to solve it.

Up until now you have been living with the symptoms.

“When you kill one symptom, three comes to it's funeral.

We will show you the problem

- How it is formed
- What it is doing now

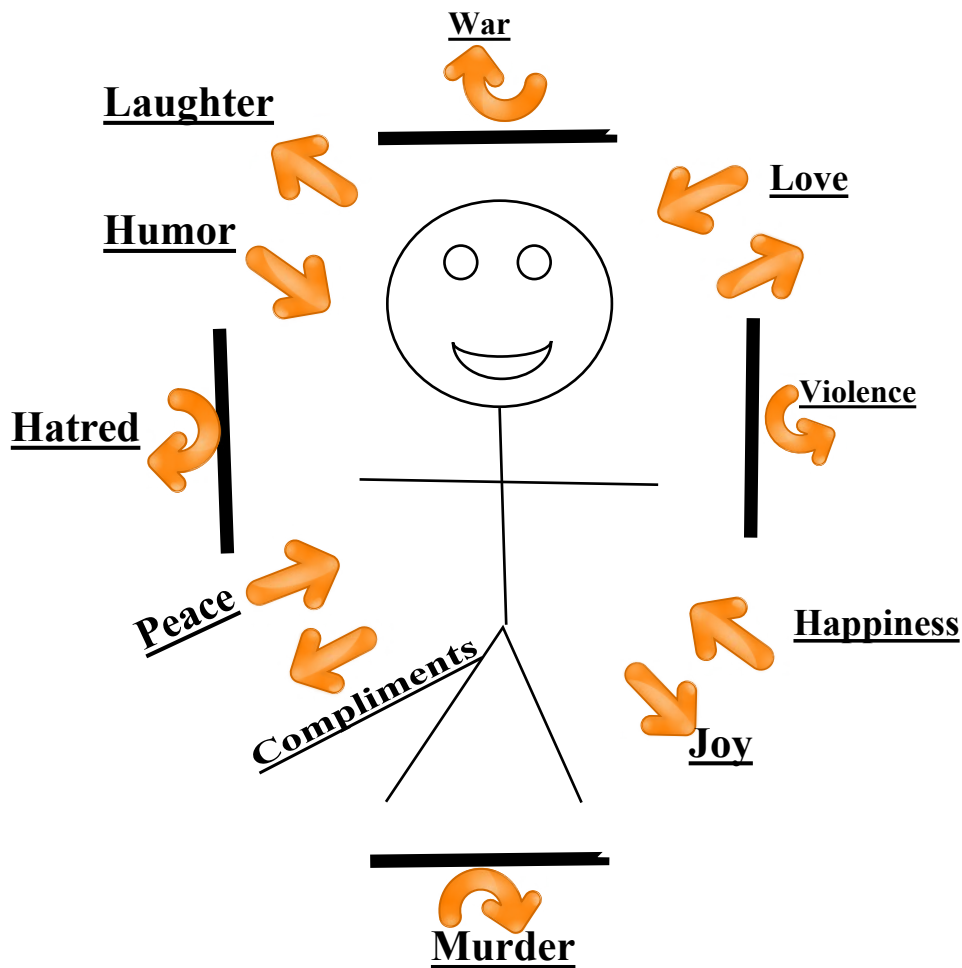
All in easy to understand diagrams.

Let's Get Started!

In order to save time and frustration I'll start by showing you a couple of diagrams which will give you and I a "Common Language" about things that matter in your life

So Here We Go.....

First lets look at what a normal, happy persons life looks like.



See the dark walls that stop the feelings that our emotions do not want to deal with?

Then see all the good feelings and emotions coming in and going out to others.

This is what a happy, successful life looks like in a diagram.

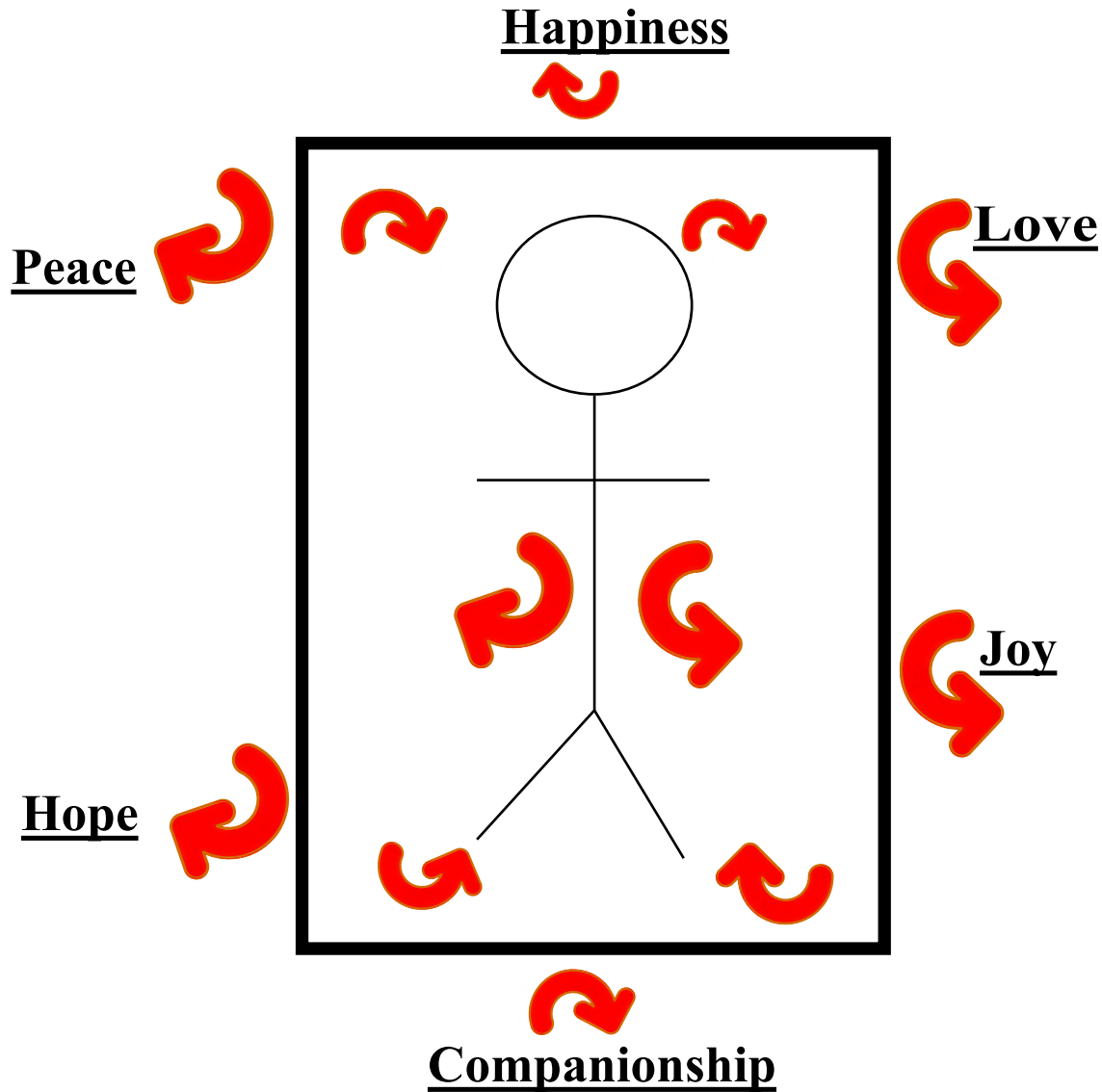
These walls Are the defenses our minds put in place to protect our sanity and emotions.

But in the happy, successful life they are controlled by the person whose life it is.

Like a warrior with his shield that moves it around to protect his life, while letting all the good feelings and joys of life be part of him and create his happiness.

Then, there is the other extreme.....

The other extreme is the person who has put up so many “Walls”
To protect themselves from possible hurt that they are
“Walled Off” From the good feelings of a clear mind.



No feelings getting in so you feel lonesome , a prisoner
Inside yourself.

Worse you cannot get your feeling out like you wish to which is frustration to the point of anger and fear.

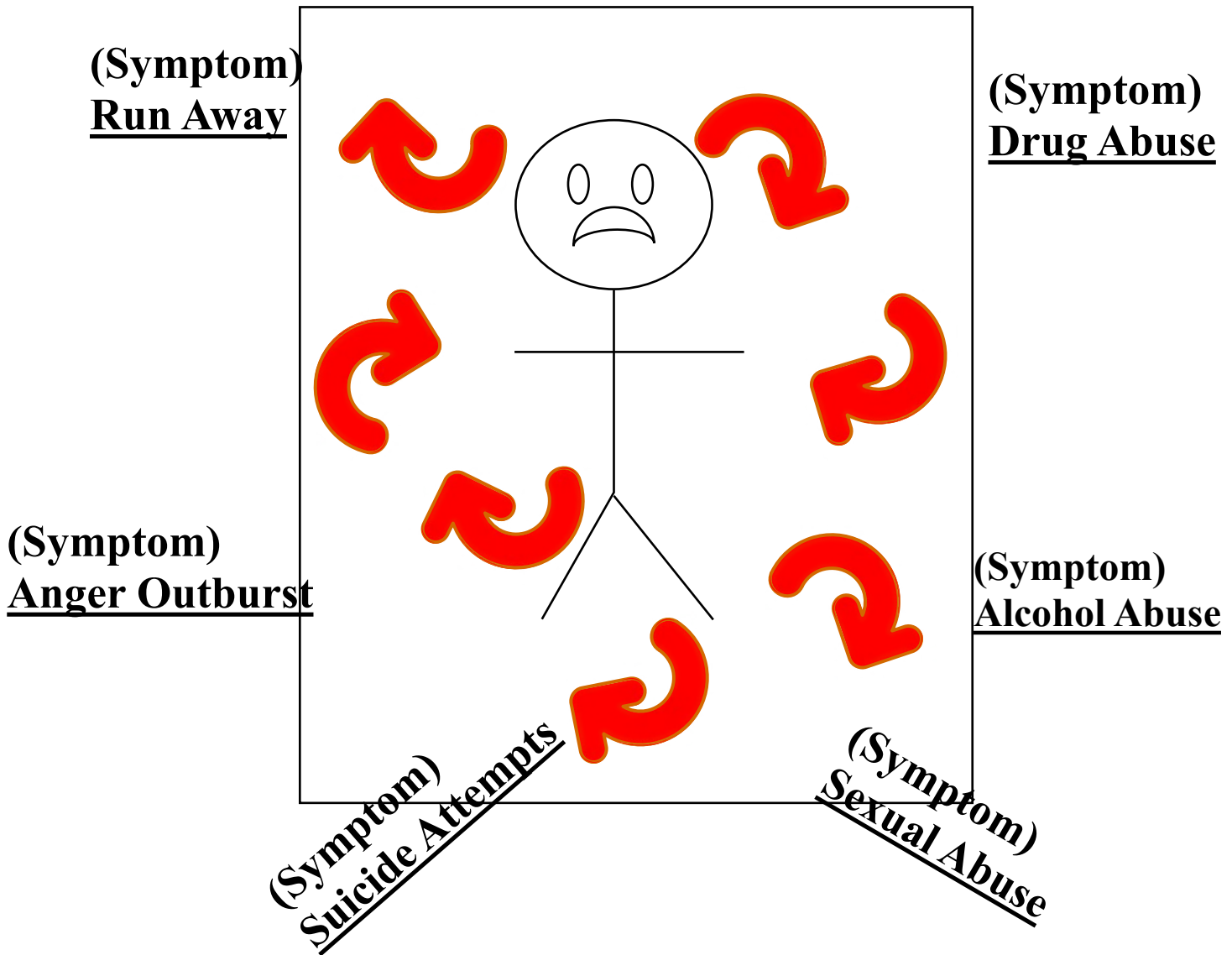
So now you are like a knight , alone in his castle which he built to keep the enemy out, now running to defend all his walls of the Castle at once from the enemy he sees outside of every wall.

Tired, frustrated, angry, ready to attack anyone who he sees as an enemy. **Tired, oh so tired!**

This is the best description of a person “Walled In” by their own walls.

So how does this person attempt to find relief from the pressure building within?

The “Walled In”



These are all artificial attempts to find relief from the frustration within.

The problem is you cannot maintain these symptoms continuously so you end up back inside the walls and the frustration gets even worse.

Now if we manage to stop one symptom (eliminate drugs or alcohol) Then another of those symptoms will take its place.

Like a balloon - **“Step down here, it pops up over there”**

THE ONLY WAY OUT IS TO UNDERSTAND THIS PROBLEM AND TO THEN REPROGRAM YOUR MIND.

Why do I say that? Because many of the “Bricks” that built that wall are “Lies” and “Untruths” that have been “Programmed into your mind as “Truth”.

These Untruths, “Bricks” include “I’m not OK”, “I;m not as good as others”, “I am a borne loser” “nobody loves me”, I’m a Failure”, My “Father/Mother never Loved Me”.

“I have nothing to live for”, “Nothing ever gets better”, Everyone is just out to get something from me”, “I never had a Chance”, “God hates me”, “my body is ugly”, “I’m not as smart as others”, “I’m dumb”

And the list goes on.....

But these are all Untruths your mind has to work with.

Here is the truth.

When they built the computer they studied the human mind. One thing they discovered right away about the computer and the human mind is it will accept what ever is entered into it as the truth, whether it is or not.

Think about that for a second!

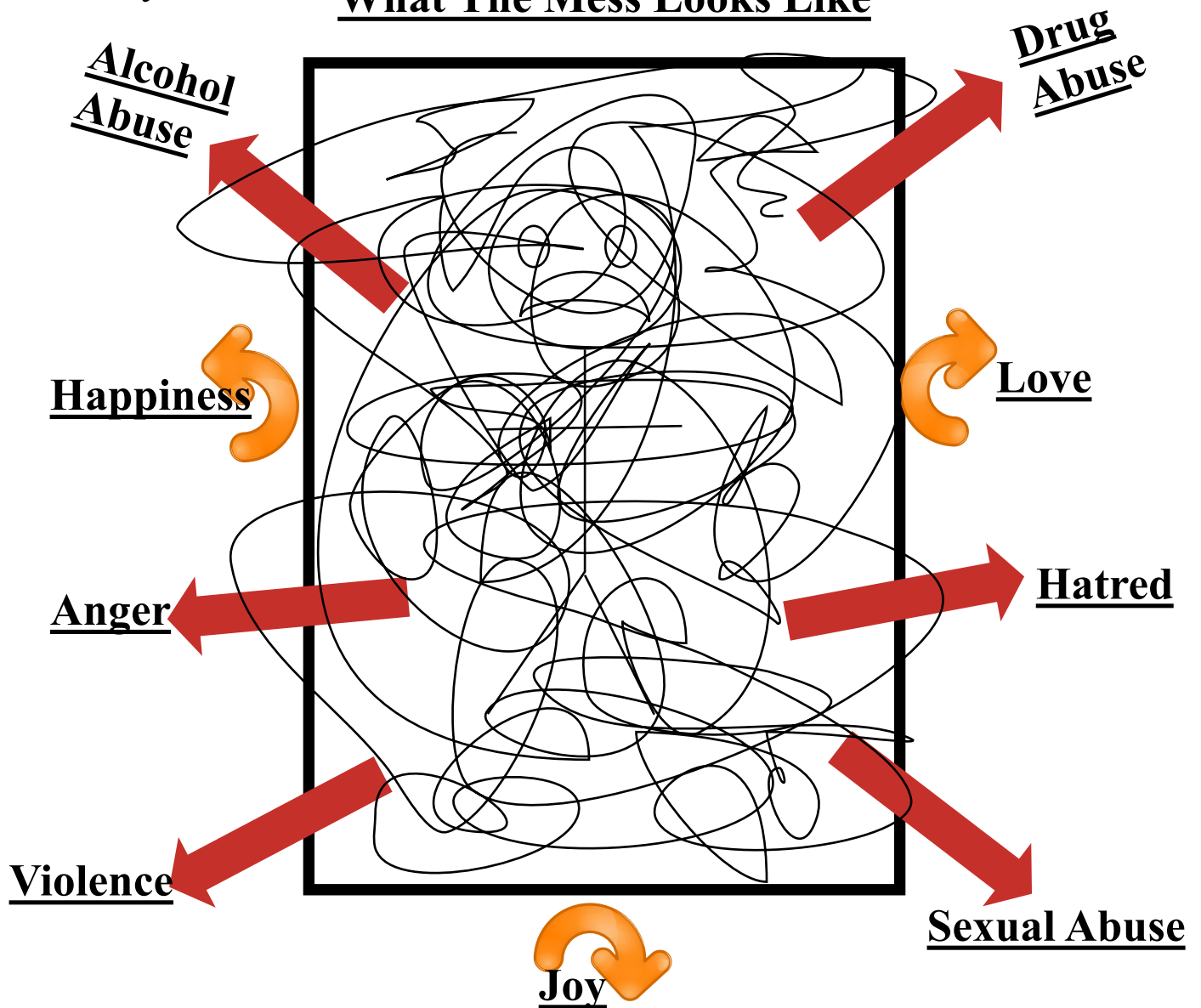
Here are some more lies some people try to enter into your mind.

“Drugs and or Alcohol are fun”

“Drugs and or Alcohol are not harmful”

“Drugs and or Alcohol make me smarter, stronger, happier”

These are some dangerous lies if programmed into your mind as truth will translate in conscience responses and actions that create a mess in your life. What The Mess Looks Like



Results.....Ulcers, sick stomach, confused mind, a need to get out, frustration

If that's your mess and you want out, let's go!

O.K. Your mind is a precious, powerful creation when it's clear it delivers the power for a happy, successful life.

You have untruths in your mind. We could go back and address each one but that takes way to long for me.

So let's just walk out and reprogram your mind with what it needs to give you a happy successful life.

The mind is so powerful. It's hard to believe.

Example - They had two groups of golfers practice. One just sitting going over all their shots and putts in their mind (Which of course they did perfect every time)

The second group went out on the course and practiced live.

Who do you think improved the most?

Right - The group who did it right every time in their minds.

They reprogrammed their minds for success.

So let's get to work and show you how you reprogram your mind.

Let's get started! **You need to do this right away!**

- Write down how you would like love to feel.
- Write down how you think it will feel to be part of a successful life.
- Write down why you want a clear mind and how it will feel. (My friend Pam says the first thing she saw was her eyes- They sparkled)
- Write down how you will live free and successful for the rest of your life.

You can and should add to this as you proceed to a clear mind.

NOW, You must read this into your mind several times a day (**about 10 times a day to start**) until it becomes your reality and you feel it happening and your mind becomes clear.

This is part of the reprogramming.

Now for the rest of the story. The beginning of the fun part.

Take time to envision what you want your life to look like, what you want to be like and do. See yourself being successful. (Make it a video in your mind)

Convince yourself that you can do it.

What will your family look like, where will you live, How will you treat your partner and children.

Don't look back- You can't drive a car, or your life, looking in the rear view mirror or you will crash, keep looking forward to the successful future you will have. Don't fear failure, sometimes it's lessons are the fastest way to success.

You will need to write this down and review it daily at least once a day, everyday.

Soon this positive program will override the negatives and will become your truth and reality.

It will be your New
Successful Life!

- **Footnote - If you are a steady user of drugs and alcohol until now - Check with a medical doctor or detox center to monitor your health as you detox to a clear mind.**