

# CONSCIOUS HEALING UNLOCKED



A Guide to Addiction Recovery  
and Self-Healing Through  
Consciousness and Mindfulness

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C.W. V. STRAATEN

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A Guide to Addiction Recovery and Self-Healing Through  
Consciousness and Mindfulness

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# THANK YOU

Dear Reader,

Thank you for choosing 'Conscious Healing Unlocked.' Your support enriches my shared journey toward healing and understanding. I am deeply grateful for your trust and engagement in this transformative process

All the best,

C.W. V. Straaten

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Do you want Free Recovery Exercises?

**Send an email to [cw.vanstraaten@yahoo.com](mailto:cw.vanstraaten@yahoo.com)**

**Title the e-mail “*Conscious Healing Unlocked*”**

And I will send you the exercises.

# UNLOCK THE POWER OF REFLECTION A SPECIAL GIFT FOR YOU

True transformation begins with reflection. That's why I've carefully curated a collection of powerful journal prompts—not just as exercises, but as a structured pathway to recovery, self-discovery, and personal growth. These prompts, designed with mindfulness and consciousness in mind, help you navigate your thoughts, emotions, and experiences in a way that fosters clarity, resilience, and healing.

**At the end of this book, you'll find exclusive prompts to document** your journey in any diary or notebook you prefer. But if you want the full experience, I've also created a dedicated Recovery Journal, a beautifully crafted tool that offers a complete one-year roadmap for self-reflection, healing, and progress.

If you're ready to deepen your self-healing practice, explore the complete **Addiction Recovery Journal** and my other books using the QR code below or [clicking here](#):



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A 7-step Master Plan For Lasting Recovery, Written By A Former Addict

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## **365 Inspirations For Addiction Recovery:**

Powerful & Uplifting Reflections For Daily Use

# THIS IS YOUR TIME

There was the start of your addiction. Where the calm sea was disturbed. Then came the lies, the disappointments, and the times of wanting to give up. To stop the journey. But you didn't because something remained. Through all of these experiences. Through all the long, gray, and gloomy days. It was a sense of aliveness. A deep sense of purpose. Of wanting to change.

Because there was knowing.

That transformation was on its way.

How many times did you rise? Countless challenges. Countless rainy days. Eyes tired and wanting to sleep. There was a new morning. And another one. Yet another one, till that exact moment in time where you are right now. Where a new direction is formed.

You have made it this far.

You are loved.

You are amazing.

You made it through everything. And you are still alive. The pain may have made you blind. But your eyes are wide open again. Your sight returned. The heart is still beating.

This is your time.

You are waking up.

The rebirth is near.

Realizing that you were the one you were waiting for!

## NOTE FROM THE AUTHOR

The hardship of addiction and the pain of relapses are deep and impactful. Not just for the person suffering from it, but also for the environment around him or her. I have experienced addiction myself, and I have experienced people in my life going through addiction. These are the memories that shape a man. This book is written to give release to suffering. And to do so by providing tools and insights to help in the journey of overcoming addiction urges and experiencing lasting recovery.

It's my firm belief that addiction doesn't have to be permanent. That at the very least becomes a manageable state, to the point where your whole life is no longer at the mercy of its whims.

With that belief in mind, I have written this book. It's my intention that it uplifts and soothes you. That it helps you to change your life for the better in a powerful and long-lasting way.

May the help of a Higher Power be with you on this journey.

# DISCLAIMER

This book is not intended to act as a substitute for medical advice or treatment. Any person with a condition requiring medical attention should consult a qualified medical practitioner or suitable therapist. The information provided in this book is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

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# FOREWORD

This is not a book for mere consumption. It's a book for co-creation. You have come from painful times. Saw the depths of the ravine. The ruthless claws of unfulfilled desire. By what knowledge can you proclaim that you need one, two, or three more years of this vicious cycle?

The end is near when you decide it is so.

It's in your own hands. Free will is your birthright. You decide the finish line. There is always another bottle, but also always a different choice. Only someone struggling with addiction says, 'I can't control this'.

Someone looking back at the journey says, *Yes, I could.*

If you feel you have no control and you never will, and all that's left is to learn to live with your addiction, this book probably is not for you. There are other books for you. Other ways that you could live a peaceful and fulfilling life in your way.

If you feel that the journey of recovery will be hard but you also believe that addiction is not the end of your journey, and neither is recovery, then this book is written for you. There is a deeper journey of self-awareness and exploration awaiting you. The permanency of any state can be broken at all times. Feel the possibility of personal transformation. It is open for you here and now. The power of the decision that leads to it, is in your hands.

This book will give you a fundamentally new perspective on dealing with the state of addiction and moving up in life. It helps you to broaden your perspective on life and your life situation. To break out the repetitiveness of daily life and to take the stairs to a couple of floors above ground. So that a higher perspective becomes available. This book awakens within you the knowledge that life is multidimensional. Something you have always known on an intuitive level. Meaning that in the morning you can feel sad, in the afternoon productive, and in the evening grateful. A multidimensional experience of life that happens on any given day. With enough practice, you will be in the lead to decide which of these states can be dominant in your life.

In taking back the decision power in your life, you can start experiencing urges of addiction more as passing trains than as journeys that never end.

# INTRODUCTION

Two years ago, I wrote the book *Shifting Attention: The Curious Tale Of Addiction*, to bridge metaphysical concepts—such as the levels of consciousness—with the field of addiction recovery. The book serves as an introduction to this approach. At that moment I already had a longer, more in-depth version of the book in mind. But I didn't feel that the time for such a book was ripe yet. Because I wasn't entirely sure if the world of addiction recovery was ready for such a metaphysical perspective. I questioned whether the concept of the scale of consciousness could be effectively applied to addiction and recovery, given how profoundly it shifts the perspective from which these topics are usually viewed.

Two years ago, I felt that at least an introductory exploration of this idea was necessary. I believed that viewing addiction and recovery from a higher perspective could be transformative—not only in understanding the origins of addiction and the path to recovery but also in seeing addiction as a phase of life rather than a lifelong identity. After all, isn't the purpose of recovery to help people live better lives? Instead of just fighting addiction.

So, I wrote a little book with big concepts, seeing what the response would be.

The response was overwhelmingly positive. It isn't a book that is nearly as popular as other more conventional books I wrote on addiction recovery, but the few people who read it gave it very positive feedback in the emails I received. In recent months, the idea to write a fuller, more profound version of *Shifting Attention* became a real project. Also, I had some slightly different insights regarding the scale of consciousness. So the decision came to life that this was the book I had to write next. I believe the time is now ripe to write a book containing fundamental new ideas on how to view addiction and recovery. Not as a dogma, or as the only tool imaginable, but as a book that can elevate and enrich current approaches.

Typically, recovery is approached through practical methods: learning to say no to addictive behaviors, saying yes to recovery, identifying triggers, managing cravings, dealing with relapses, uncovering the root causes of addiction, and discovering a compelling "why" for recovery. These are foundational principles in most recovery books and programs. However, *Shifting Attention* introduced the scale of consciousness, a framework I haven't encountered before in addiction recovery tools. It liberates you from the feeling that addiction might be a permanent state you need to deal with for the rest of your life. It loosens up the fixation and offers you a view from a more expanded perspective.

I've always questioned recovery approaches that suggest one must focus on addiction every single day for the rest of their life. In this sense recovery itself might become another form of imprisonment. Recovery is undoubtedly essential, and every individual's journey is unique. Some people face severe physical or mental consequences from years of addiction, while others may have been addicted for a shorter time. Recovery plans must account for these differences. Again, no dogmas, but flexibility and personal approaches.

So this book is not a *have-to* and *should* be manual. It doesn't prescribe a single method or

claim to hold all the answers. Instead, it aims to inspire, elevate, and expand your current understanding of addiction and recovery. It isn't meant to replace your existing recovery tools but to enhance them, offering a broader perspective on the journey you're on.

So, why now? Why write a comprehensive book on addiction recovery combined with the levels of consciousness in 2024? Because I believe that the times we're living in now are more conducive than ever to introducing new healing methods. So this book builds upon the foundation of *Shifting Attention* but goes much deeper. It explores how the scale of consciousness can transform your recovery journey.

Life on Earth is shifting, and you may feel a sense of awakening, a growing awareness of who we truly are, and the realization that much of what we've been conditioned to believe might not be the full truth. In these transitional times, old structures and rigid beliefs are breaking down. What once seemed black and white may now appear gray—or even entirely different.

In this new era, I believe faster and deeper recovery is possible. Beliefs, after all, shape our reality. One of the most important lessons in recovery is realizing that addiction is not in the driver's seat—you are. You decide and no one or nothing else. Free will is your birthright. Recovery is a process of unlearning, of dissolving the belief that addiction defines you and replacing it with empowering new beliefs. And dissolving ultimately the fundamental belief: that you are addicted and that you are powerless over it.

Thanks to the rise of knowledge, intuition, and awareness, we are now better equipped to grasp metaphysical concepts that can accelerate personal transformation. If you've picked up this book, you likely already sense that there's more to recovery than sheer willpower and hard work. Perhaps you believe that recovery should lead not just to a "normal" life but to something far greater.

This book is for those who are no longer *just* served by traditional recovery methods—those who reject the idea that they must fight every day for the rest of their lives to stay in recovery and that recovery is all there is. It's for people who are ready to view addiction and recovery from a higher vantage point.

To truly break free from addiction, you must rise above the level of consciousness where it exists. You need to gain a broader perspective. A perspective that reveals addiction and recovery as phases in life, not permanent states. From this elevated view, you can see where addiction originates, how recovery unfolds, and where you can go beyond it. This higher perspective allows you to make choices that are not dictated by addiction or its echoes in your life.

I believe the time is ripe to shed new light on addiction recovery. With this book, I hope to offer you not just a new perspective on recovery, but also give you insights about your addiction past. Because the past stores a vast goldmine of experiences to learn from, you can move on stronger, more powerful, and more real than ever before. Addiction may have brought challenges, but it may also hold lessons and strengths that can be repurposed to serve your future. There is gold awaiting you in reflecting on your addiction.

By understanding the emotional states and cycles that accompany addiction, you can begin to awaken from the hypnosis it creates. A wider perspective allows you to see the patterns and identify the way out of them. This book is your companion for those moments when you feel stuck, uninspired, or overwhelmed by cravings or setbacks.

It is written with the belief that you are capable of rising above addiction. Imagine standing in the shoes of your future self—the version of you who has fully recovered and is living an

extraordinary life. Bridge the gap from now to that future for a moment. From that vantage point, you might look back on your addiction and recovery with a sense of peace, even gratitude, recognizing the lessons that brought you to where you are. For a moment the whole turbulent life you have lived not so long ago, or may still be in now, is just a memory. A memory that serves and shapes a future version of you.

The future is not some distant place; it begins now. You can access it by shifting your perspective, rising above your current challenges, and seeing the bigger picture. The scale of consciousness is one of the most powerful tools to help you do this.

I wish you a transformative journey as you read this book. May it inspire you to rise above, gain clarity, and make choices that align with the incredible life you deserve. Addiction is not your destiny.

It is merely a chapter—and you hold the pen to turn the page.

# THE BROADER CONTEXT OF ADDICTION

The title of this book may sound controversial, but it was chosen because addiction numbers are rising globally. And because addiction is not a state of suffering felt by the addict alone. It's impactful for the environment. There is hardly any addiction that doesn't spread its destructive wings farther than the room of the addict. Social structures are affected by it. Therefore, the number of addicts only tell just a part of the story.

How many people have been affected by your addiction? And have you been affected in your past by the addiction of others?

As you will later see on the scale of consciousness, addiction can seem like a very tempting solution for many different people from all walks of life. Because addiction gives an immediate solution to problems such as anxiety, loneliness, worry, stress, and frustration. That is addictive substances, devices, and activities. If you feel a lot of anxiety, a glass of wine will help immediately. Or a cheeseburger. Or scrolling through social media on your phone. Or the adrenaline-filled environment of a sports betting site. It all changes your state immediately. So you don't have to deal with your feelings at that moment.

Let's look at some numbers to identify the relationship we as humanity currently have with addiction. According to the World Drug Report 2023, approximately 39.5 million people worldwide suffered from drug use disorders, a sharp increase from previous decades. The World Health Organization (WHO) reports that alcohol use contributes to over 3 million deaths annually and accounts for 5.1% of the global disease burden. Gambling disorder affects about 1-2% of adults globally. The accessibility of online gambling has worsened the problem, particularly among younger demographics. Studies estimate that 6-10% of the global population may suffer from internet addiction, with much higher rates among adolescents. Gaming disorder is now officially recognized by the WHO.

Many people spend an average of 7-10 hours daily on digital devices, with excessive use linked to anxiety, depression, and cognitive impairments. Platforms use algorithms designed to create dependence, increasing the risk of addiction. A Pew Research study revealed that 59% of U.S. teenagers describe social media as addictive, reflecting a shift in the types of addictions society faces.

The COVID-19 pandemic heavily increased addiction issues. A 2021 study found a 25% increase in alcohol consumption and a surge in opioid overdoses during lockdowns. A 2022 report by the United Nations Office on Drugs and Crime (UNODC) noted that drug use increased by 22% globally over the past decade, with projections indicating continued growth. WHO data shows that 1 in 20 adults worldwide suffer from an alcohol or drug-related disorder.

Overeating, especially processed foods high in sugar and fat, affects millions worldwide. Obesity-related conditions are a leading cause of preventable death. Also, pornography addiction

has become a growing concern in recent years, with studies suggesting its significant prevalence and psychological impacts. Around 9% of users report compulsive behaviors, feeling unable to control their consumption of pornography. And while not officially classified, studies suggest that 5-8% of the workforce may struggle with compulsive overworking, affecting mental health and relationships.

And this is just the tip of the iceberg. The pandemic has brought what was hidden above the surface. What was in the shadows comes to the light. We are still seeing this playing out on a global scale. And the coming years and decades will be years of greater transparency. What you see play out at a world scale also plays out within you. As above, so below. Meaning that the darkness within you is also exposed. What do we do when we are faced with conclusions about ourselves that we don't like: we want to look the other way. Protecting your comfort zone, even if the comfort zone is unhealthy and self-destructive. Because what is familiar isn't so easily parted with.

Addiction quickly kills annoying anxiety about the job you have done for years. Or overwhelm you start to feel in your family life. But it does so at a big price.

Imagine that you have an energetic bank account. Dealing with your anxiety by resting well, bringing clarity to your life and maybe making a few decisions that change your life for the better are a sound investment for your energetic bank account. This is the equivalent of investing 1000 energetic dollars and receiving 10.000 in return. But addiction is different. For 1000 energetic dollars you are directly relieved from your anxiety or other low feelings. But the interest you pay when you are full cycle is another 1000 energetic dollars or more.

Where money fundamentally isn't real, your energetic state is fundamentally real. It's all you have. Yet the vast majority of humans on the planet are over caring with their money and never really give thought to their well-being. The coming decades will be marked by the rise of the real and the decline of the unreal. Personal wellbeing becomes a focus point and that's a big step forward for humanity.

Because lack of self-care and disconnection of self is something that needs to change. Without it, there will be also a lack of care for others and disconnection from others and the world around you. As within, so without. It can change by becoming familiar with how you as a person work. And how the states of consciousness you are going through work. To be able to see that you need to go up a couple of floors. To look from a heightened outlook at your life. To see that addiction is not just an inefficient coping mechanism, but that it isn't a coping mechanism at all.

It's an amplifier of low feelings.

I believe that the rise in addiction numbers is temporary. Because any problem brings with it the seed of a solution. I have learned that many recovery practitioners are open to new ways of looking at addiction. Because there isn't always time to go just for conventional and proven ways. Science never discovers something new. It only affirms what was already there. It can be very helpful. But it has its limits. I love personal experience. Of people. I would rather go and ask for help from someone that has gone through something herself, than someone that has just studied the subject.

There is a difference in experience and knowledge.

Therefore, I believe that I must share my views on addiction with the world. Because they differ in some ways from conventional views. And thus it can be a valuable addition to all the

valuable tools that are already out there. There are multiple approaches needed. Not everyone is the same. If you ever feel you want to help people in recovery, but think there is already so much out there, think again. You have authentic, unique qualities, a way of telling things that can only come from you. In these unique qualities lie the seed of an audience, ready for your words of truth. We are in many things similar, and in some ways unique. The expression of the unique in a shared sense will heal the world.

It's in this way, together, that we can take strong and mighty steps forward in the journey of dissolving addiction.

*Life reflects the person who is looking at her.*

*When you look at life, know that she stares back. Who you are, is what you see. Out there all that's brought to you is a mere reflection. There are no coincidences. Go within. For someone who is looking in the mirror. Change her and all else will change along. What once was a winter is now the time to rest and reflect. What once was the reason for sorrow, now is an element of flow. What once was far, can then be close.*

*For it's you who determines the degree of one.*

*And the degree of all.*

# CHAPTER 1: THE SCALE OF CONSCIOUSNESS

*“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.”*

Nikola Tesla

To become more awakened to the actual nature of reality, it is important to educate yourself on different levels of vibrational energy. Or to translate this into terms more appropriate for human life: different levels of consciousness. This may sound like a foreign concept, understandable, and only relevant to those interested in spirituality. But it is far, far more practical than you might think. It is so practical that it is with you in daily life every step of the way. Learning to understand ‘energy’ or ‘consciousness’ therefore will give you a way to unlock your full potential. And especially helps you to shift out of addiction, frustration, or procrastination with much more ease and grace. This book is aimed to bring concepts that the greatest figures in history and in modern times have always used to come to great levels of success, down to earth. If you turn a blind eye to spiritual and metaphysical concepts you are missing out.

You are missing out on the very principles that determine success, happiness, and true connection.

Let's look at a practical example of different levels of consciousness. As you would understand, gambling your whole salary in one evening is a different state of consciousness, than walking on the beach with your loved one. Or drinking a bottle of vodka to forget your emotional pain, is a different state than playing a game of chess. Or having an angry fallout with your neighbor is different from having a friendly conversation with that same neighbor. Everything has a different vibrational nature. What that means is that every experience can fit into a different category. It feels different. When you look at this from a human emotional point of view, this can be brought back to a scale of consciousness. This is a scale that is found throughout human history in mystery schools and mystical parts of religion. In our modern times, it is popularized by writers such as Dr. David Hawkins and Frederick Dodson.

It is a scale to help you understand at what particular level something vibrates. Not just on an individual level, but with all sorts of things. A collective level, a company, a product, or a sports team. You can interchange the word vibrate for exists. So at what level on the scale of consciousness does a product exist, or a person, or an activity such as playing violin or mowing your lawn? What you have to understand is that everything always changes. This is the law of the universe. That's the only constant: *change*. And this is good news. Because it means that even if you have been addicted for decades, you still have the ability to change this.

The nature of your own reality is malleable, so to speak.

I invite you now to take a look at the scale of consciousness. I have used many different sources plus my own experiences with the scale as a reference to create this scale. The main scales I used as a reference are the ones of Frederick Dodson, dr. David Hawkins and the scale of New New Humanity School. First, when you take a look at the scale, what are your own thoughts about it? How would you interpret the scale? Take a moment to reflect on it.

Scale Of Levels of Consciousness

***Ultimate Consciousness***

1000+ Enlightenment, Divinity

***Enlightenment***

700 - 1000 Vast Awareness

***High Levels of Consciousness - Expanded***

Self-Realization

700 Oneness, Non-Duality

600 Bliss, Peace, Serenity

575 Ecstasy, Lightness, Unconditional Love

540 Humor, Joy

525 Intuition, Imagination, Power, Initiative

500 Appreciation, Creativity, Beauty, Responsibility

450 Inner Wisdom, Intelligence, Reason, Clarity

400 Neutrality, Acceptance, Attention, Focus

***Mid Levels of Consciousness***

Self-Empowerment

350 Balance, Kindness, Availability, Intention, Honesty, Ethical

300 Willingness, Optimism, Productivity

275 Courage, Fun, Empowerment

250 Stability, Conventional, Order

200 Functionality, Routine, Safety, Boredom, Laziness\*

\*(First appearance of own power, instead of dependence on external circumstances)

Lower Levels of Consciousness - Contracted

Victim / Abuser

190 Pride, Superiority, Narcissism

180 Antagonism, Me vs You thinking, Blame

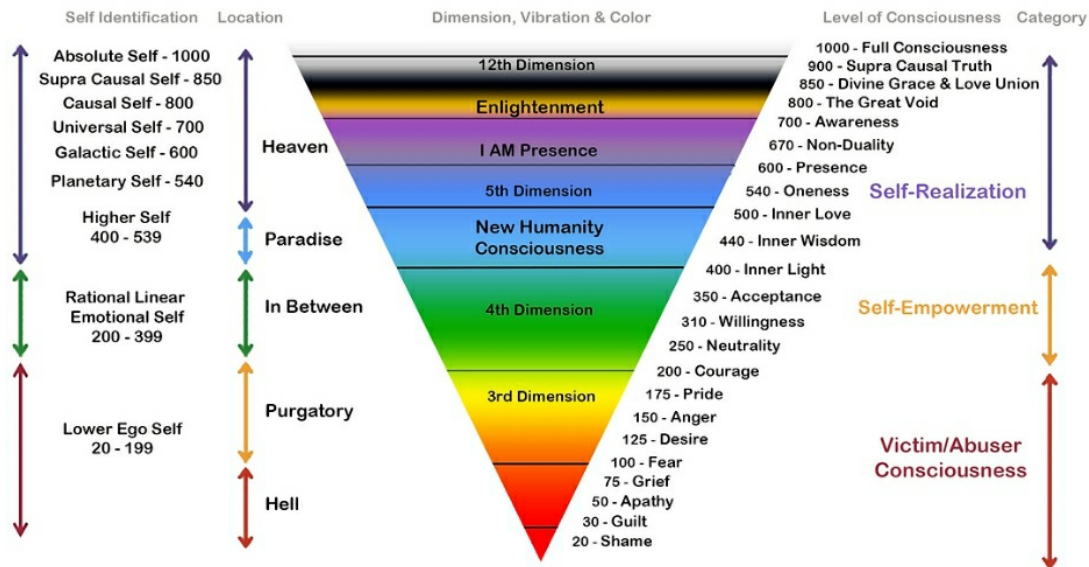
170 Frustration

160 Anger, Aggression, Violence, Dominance

125 Craving, Unfulfilled Desire, Addiction, Obsession

100 Fear, Worry, Shyness, Inferiority

75 Grief, Self-Pity, Sorrow  
 50 Apathy, Depression, Hopelessness  
 30 Guilt, Humiliation  
 20 Shame, Psychosis



Hawkins, D. (2002). \*Power vs. Force: The Hidden Determinants of Human Behavior\*. Hay House.

There is a tendency within our conditioning, within the human mind to look at things hierarchically. Meaning that what is lower is better than what is higher. This is not particularly the case with the scale of consciousness. But this way of thinking might come back to you again and again. It will blind you from beneficially interpreting the scale. Instead of looking at the scale hierarchy, try looking at it from appropriateness. What is appropriate for a particular situation or role for example? An Enlightened being (600+) is not interested in teaching (300 or 400's) others. Relaxing on the couch with cookies and tea and watching a TV show (220) might not be the right state for an IT specialist responsible for a company dealing with healthcare (300s or 400s). But relaxation on the couch is an excellent state for someone that before would channel his boredom into alcoholism (125). So appropriateness is the name of the game.

When we take a glance into addiction, you might see that when you are in the grips of your addiction, solving intellectual problems isn't going to do much for you. But going up to the saver regions of the 200's will be of help. The 200s are all about relaxation, routine, and rest. So the 200s are a perfect level for (lasting) recovery. But after a while, this too might not be where you want to reside. Maybe the appropriate level for your life after addiction is in the 300s (for example, your own business, career advancement, or leading a good household), in the 400s (for example, intellectual pursuits, creative outlets), or in the 500's (for example, creative outlets or spiritual advancement).

The reason I stretch the importance of appropriateness is that scale-based thinking can also become dogma. When you start to believe that higher on the scale means better, you are residing in the 180, 190 energy. Then the scale of consciousness can become another source of antagonism towards others, discrimination based on consciousness level. The 180 energy level is

the level of the one who wants to be right. Who can only see his truth? The rest of the world, or those outside of his 'group' are considered less and stupid. Don't try to interpret the scale with a fixed worldview. A fixed gaze. Become relaxed in your awareness. See the broader overview. You start to notice that every level on the scale has its uniqueness. You also may start to notice your preferences. And what level might be appropriate for one thing and not appropriate for another?

Appropriateness both in objective observation and in personal preference is how you will gain the most benefit out of the scale.

As a last comment, what will give you a direct feel of the richness of your life, and especially the richness of your inner world, is experiencing the scale from top to down. And spend some time with each of the levels. I would recommend spending the least time with the below 100 levels, for they have no real benefit to your life experience. Also, do this when you feel in a good mental state. By experiencing every state for a short while you see how easy it is to create inner change. If you feel at home in one of the +200 levels, maybe stay there a little longer. Get a sense of how focus creates feeling. Become awakened to the incredible power you have. That at will you can experience each and all of these states whenever you desire to do so.

## CHAPTER 2: INTERPRETING THE SCALE

If you look at the scale your own thoughts and observations will come to light. Take one more look at it, before I will give my interpretations of the scale. Your opinion and observation are as important, and even more important for your own life than mine.

Now, let's talk about some ways to read the scale:

- The lower you are on the scale, the more destructive you are for yourself and your environment. The higher you are the more constructive you are for yourself and your environment.
- The lower you are on the scale, the less energy is available and the more force is needed. The higher you are the more energy is available and the more effortless things become.
- The lower you are on the scale, the more you identify with your physical body and material life. The higher you are the less you identify with your physical body and material life (the more you see the true nature of things, people, yourself, and reality as a whole)
- The lower you are on the scale the less aware you are about life around you and the less you can experience and be aware of at the same time. The higher you are on the scale, the more you are aware of all around you and the more you can perceive simultaneously. Until you are aware of everything simultaneously (Godly state).

Now if this triggers you, these talks about *lower* and *higher*: think again, why does it trigger you? As said before, higher and lower is not about judging or better or worse: it's a simple observation of how energy works. And energy is life. If our goal for this book is to improve your state from addiction to let's say the level of worldly success in the 300's we need to know why addiction is present in your life. What addiction is exactly and how you can move up from that state? This requires a confrontation with that behavior and with yourself. Self-judgment is not helpful here. Self-awareness on the other hand is. The beautiful thing about the scale is that there are many, many, many different states. This means that even though addiction can feel like it is the only reality you have known for years: there is more. Much more. There is Relaxation. There is Neutrality. There is Courage. There is Flow. There is Enlightenment. There is Kindness. There is Productivity. There is Intent. There is Functionality. There is Bliss. If you become deeply aware that there are more states to life than your habitual one, doors will open.

Pause for a moment to let this sink in. The vast grandness of life and your inner world. Instead of standing lost in the rushing sea and the heavy dynamic of your own life, you go up a couple of floors. And you start seeing your life from a broader perspective. The scale opens up this possibility. To start widening your view of life and your life situation.

Some questions you can ask yourself in interacting with the scale:

What states do you most often experience in your daily life?

What states remain when you are relaxed and free?

How would you go about moving up from one level, let's say addiction, to the next?

What levels do you feel intuitively drawn to?

What levels do you dislike?

What levels are foreign to you?

If residing in one level means that you also spend much time in other levels in its vicinity (imagine your house in 125 addiction, and your neighbors being the levels close to it), then what is the significance of the lowest levels on the scale? In the next chapter, we are going to deep dive into the conscious state of addiction.

# CHAPTER 3:

## THE HABITUAL STATE OF ADDICTION

Knowing about the scale already gives you a wider view of life. Now we need to connect it to addiction and especially to move beyond addiction. First, if one of your reactions to seeing the state was: I think I have experienced almost any of these states... You are right. We have a multidimensional experience here on earth. This already opens the door to seeing that addiction is not as fixated or unchangeable as you might have thought. There is a difference between the states you are experiencing over time and Your habitual state. This habitual state is the state you are residing in most of the time. So this could be for example the 125 states of addiction. If you are deeply immersed in this state, you can still experience many other states in a day. But mostly the states that are in the direct vicinity of your state. Again, if you see it from the perspective of a neighborhood: let's say that your house is the house of addiction (125), then your neighbors are fearful, worried, angry, Frustrated, and so on.

We will go much deeper on the topic of Addiction from a scale of consciousness perspective. But to give you a feel for it: you might experience a day of Shame (20) for what your Addiction has caused loved ones. Then you might experience Boredom (200) later, which leads eventually to Craving (125) for addiction. You might need 275 (Courage) to go to an unknown place to get your particular thing of addiction. And then you feel relaxed (270) when you have taken it. And maybe you go to quite high places as an effect of your addiction (300's or 400's or even 500's).

But as a general rule the more unnatural your way is to go towards higher states, the harder it is to fall.

You can not force your way into enlightenment so to speak. So after your addiction has worked out you might experience Fear (100) for the consequences and Guilt (30) for what you have just done.

If you see the scale you will notice that Addiction is one of the lower levels. 0-100 can be seen as hell on earth. Not in the Hollywood sense per se, but as it is for people suffering from for example depression. But also conditions such as war crimes and all other 'hellish experiences' vibrate here. 125 is the first level where Desire comes into play. Desire has the energy to pull you out of your state of apathy where nothing seems to matter anymore. Why do you think you crave one more session of pornography or your favorite drug?

Very simply you crave, you want your addiction to gain *more energy*.

To feel symbolically or high. It can pull you out of states of darkness. At least for some hours or some moments. Why Addiction then is a lower state, because we are not talking about the state of Desire + Willingness to achieve it. This is a 300's state. But we talk about unfulfilled desires. You might say: but I desire a beer and get the beer, but this is not the case. When you

evolve your Desire, you see it is not the beer, the porn session, or an extra hour of phone time you crave: no, you desire Relaxation, Connection, or Creativity. The state of 125 therefore is the state of Unfulfilled Desire: you desire something but you won't achieve it. You won't achieve what you desire. That's why you have to go again and again and again.

It's a misguided attempt to get what you want.

Now what does that say that addiction is at the lower end of the scale? Does this mean you are someone who is a low-level consciousness human being? Not. Again if you are going to use this scale to judge yourself or others, you are using it wrong. The scale is again not hierarchical but is about appropriateness. Everyone has a specific purpose here on earth. In your craving, you are learning lessons at this stage of your life. It's an experience you need to go through, for reasons often unknown to us. But it is just a stage. The next stage is awaiting you. Life, the Universe, and your soul are rooting you on to learn the lessons of this stage. Eventually, life is not a game of comparison. But it is about the experience. You need to go through different stages to find the real you. Who you've always been underneath the stories, the thoughts, the labels, the limitations. To let go of all of this and reach the highest. Finding the divinity within.

You become the version of yourself that you needed when you were at your lowest moments.  
Changing From State To State Like Changing Tv-Channels

What you might find though is that you prefer one state over another. If you look calmly at the scale you might find out that you prefer to live more of your life in the productive, kind, and uplifting states of the 300's. Or to live a more intellectual, calm creative challenging state of the 400's. Or the more spiritual and flow-like and 'oneness' states of the 500's. Or that all you need at this moment is the routine and the relaxation of the 200's. So there is appropriateness in the scale, but also your personal preference.

For a more practical understanding of the Scale Of Consciousness, you can compare it to your TV set. With channels, you tune into. Just like you can choose different TV channels. You can watch a TV channel that shows a horror movie and feel Fear. With the remote control, you *direct* the TV to go to another channel, and you see a standup comedian and your Fear changes into Laughter. Then *you change* the TV channel again and see a documentary about Atlantis that challenges your Intellect. After it finishes, you pick up the Remote Control and with a push of the button the TV channel changes again and you see a pornographic video that Arouses you a little. But this is not what you want. So you change it again and then you see a TV channel that shows you an interview with a Successful entrepreneur.

The TV channel is your life experience. What is broadcast corresponding with the multidimensionality of your life. You can experience a myriad of different states on the day. But what was the most important part of the last paragraph? The remote control, which can change the channel from one thing to another, is in your hands.

The broadcast on Eurosport is vastly different from the broadcast on National Geographic. So, tuning in to a level of craving gives you a different reality than tuning into a level of, let's say willingness.

If we take the metaphor to real life, it starts to make even more sense. You might have the same meeting with your family and afterward the same two hours at work. But in your state of Addiction, you experience these two things completely differently than when you are in the state of Willingness. In Addiction, your presence is not in the here and now. It's searching for a moment to escape the dullness of this family setting. You want action. You try to sneak in your

preferred addiction right before work, but you can't. So you become agitated, and maybe make a not-so-nice comment to your sister. Then you arrive too late at your work because of the argument. You blame it on your sister. At work, you can't concentrate. You are already fantasizing about your addiction. Maybe arranging certain things to make it happen. Your boss walks in right when you are on your phone arranging it. You feel embarrassed, he seems to notice but doesn't mention it. Afterwards, you feel afraid he knows, and that this might cost you your job. You leave your job frustrated and anxious and full of craving for your relief.

Here I have just described a very realistic day of someone struggling in the habitual state of Addiction.

When you are in the 300's of Willingness that same day may go like this. You are present when you have your family meeting. You are kind towards your sister knowing she goes through a hard time. And you all seem to connect in this meeting. Your father mentions you can use the house of your uncle for the weekend if you want, to write your book. You gladly accept it. You say goodbye right on time, so you have some time for a walk before working. In the 300's you begin to 'have' time, instead of time 'having' you. At work, your uplifting attitude is met by your coworkers. You work nicely on your project. And have a good conversation with your boss. You walk out of the office later that day with a feeling of accomplishment. This is a very real day in the life of a habitual 300's. You see that good things start happening to you when you vibrate it. Yes, like attracts like. This is not just a spiritual concept, or just a metaphysical concept, this is already proven by science in Quantum Physics. But why would you want outside proof, for something that is common sense? You, picking up this book, wanting to help yourself, have for sure the innate knowledge to know that there is more to reality than meets the eye.

And the great thing about life, about the law of constant change, is that you can live in the habitual state of addiction for years, but with one DECISION you can turn your life around. And weeks or months later, you can live that life of the 300s I have just described.

The most important message of my entire portfolio of addiction books is the following: You are not your addiction. And this chapter shows my explanation for it. You are just experiencing phases in life. And you can always decide to react differently to your life circumstances. And shift your experience of reality. In turn, your reality will change.

When it comes to addiction, it's just another TV channel. You have simply tuned into that specific type of level of consciousness. You have simply tuned into the TV channel Addiction, so now the life you have experienced is a life of Addiction and all that is in its vicinity. Such as shame, frustration, worry, and fear. But remember, the TV set, or rather the one with the remote control in his hands is not fundamentally what is broadcasted on the TV. He is merely experiencing the show.

So the question then becomes how can you change the TV channel? How can you change the experience of your life? That will be the focus of this book.

## CHAPTER 4: MOVING IN AND OUT OF ADDICTION

We have established in the previous chapter that your addiction is just a state. And that you are not in that state. The TV set or rather the one with the remote control in its hands is not the show itself. The question then becomes, how can I change the TV channel? Especially if I don't like the show that is on. Does this mean that by simply tuning to a level of productivity (300's) your addiction will disappear? In a way, yes. If you are busy creating a website, you are not engaging in addictive behavior. To a certain extent, it is that simple. Align to a higher level on the scale and your addiction will disappear at least for a moment. But you are not here for just a temporary change. If you picked up this book, you want the real deal. A lasting change. A life that sees a new dawn. Instead of a temporary state change, we have to focus on a habitual state change. Meaning, that instead of just feeling you have control over your addiction for a couple of hours or a couple of days, to have these feelings for weeks.

Because the longer it takes, the more a new life starts to immerse. In general terms you can change your state here and now in this moment. If you do so for a couple of days, your general circumstances start to change. And if you do so for three weeks or longer you are living a new life. This means that at every point of the journey, you can experience state changes. But not all of your state changes will lead to massive changes in your life. It's what is repeated over and over again that becomes reality. So the good news is, that change is possible at every single moment. Yes, the moment to change your life completely is always available. That's the exciting and wonderful thing about life. Change is just around the corner. But the reason many people give up on those changes is that while they might see initial results, their lives often do not completely change overnight. And if it does, weeks of repeating a pattern that is in alignment with that overnight shift has occurred. Consistency is thus your best friend. Actions lead to habits, habits lead to character and character leads to a new destiny.

This is the way your addiction has been formed. It is not that one day you woke up and all of a sudden you had an addiction. No, this is a pattern that was formed weeks at the time. And when I said earlier it takes three weeks to see a definite change in your reality, this is how that plays out in addiction. After three weeks of more or less daily drinking, it is not that you are in a full-blown addiction yet. But your reality will have changed. Meaning, you might see health challenges. The goals you have are severely (negatively) influenced by your drinking. You might have taken up another bad habit again that you thought you had overcome because your boundaries have decreased in strength because of the alcohol. And you begin to realize that the only relief and fun you have in your life is connected to alcohol. Now, if you continue for a couple of more weeks or a couple of more months with this behavior, this consistent activity will lead to a hardening of this reality. It becomes more dense. More real. Seemingly, less escapable.

It becomes a belief. Something to fall back on.

The habit starts to define your character. And then over time, it creates a new destiny.

Because addiction has been imprinted so heavily in your current belief system it will creep back in over and over again. Addiction has become your habitual level of consciousness. To get out of it, you should seek to engage yourself in higher levels (starting from 200) habitually.

Do this until a new level of consciousness overrides the old.

How to move in and out of states is an art form that you will learn first and foremost by becoming aware that there is more than one state in life. That there is more than addiction. And that, let's say during a week or a month, you experience a whole range of states that are described on the scale. If you would like to feel more Joy or a feeling of Accomplishment in your life, you need to start vibrating with things that match this. Or in simpler terms start focusing and doing more of what you do want, and less of what you don't want. I go now by very simple terms, to just for a moment show how easy it is to change your life. The mind comes in now and will say things like: "But it doesn't work like that" or "No, it's not that easy" or "Maybe it's true, but for me, it works differently". We are hardwired to seek stability and predictability. A change, even if it's a good change, will disrupt at least for a moment the stability and predictability in your life.

## **Addiction As A Self-Destructive Comfort Zone**

This might sound very strange, but addiction has been your comfort zone for years. It means that in a very twisted sense, you have felt safe in your addiction. You might be able to recall these moments. You are alone with your addiction, in a room with closed curtains... At a certain point in life that was safety. That was your home. Your save basis. So to change this, you need to challenge the status quo. You need to teach yourself, wait a minute, this wasn't safe at all! The dictionary gives the following definition of a comfort zone:

*A situation in which you feel comfortable and in which your ability and determination are not being tested.*

Here you see the problem. You are not giving yourself the challenge you need. And addiction is a search for happiness. Which, given that you are so fed up with addiction, must be elsewhere. You would love to express your abilities and determination in something that feels like you. Yes, addiction was habitual, so it was the comfortable choice because it was what you knew to deal with my anxiety unhappiness, and loneliness, but it wasn't safe. Why not? Well, at the moment it might have felt safe, but the way towards it and how you felt afterward was anywhere near but safe.

In even stronger terms: your addiction threatened my survival.

Because of your addiction, you felt very, very bad. Because of your addiction, you experienced many, many suffering. Times of incredible pain. And even the moments when you engaged in your addiction behavior it was not as nice as your addictive memory told it would be. It's a glorification of something very dull. It never truly challenged your intellectual ability. It never truly challenged your creative expression. It never truly challenged your desire to change the world for the better.

So, what you can see is that Awareness is the key to starting the journey of change. The awareness of truth.

When you understand the scale of consciousness you can use it to move up. To move out of your addiction state. Or move up in moments you feel you might relapse. Or move up when you've had a relapse. But I don't want to create a dogma. The scale is one of many tools you can use. You know yourself best. So you have probably created tools yourself that work already perfectly for you. So this scale can improve the things you already have in place to help yourself. Let's do a deep dive into what moving out of addiction looks like in the short term.

## **Moving Out Of Addiction In The Short Term**

In addiction you are experiencing the following cycle: Craving → Relief → Pleasure → Suffering → Craving. Now the suffering can be very obvious, or subtle. It can start with a definite feeling of sadness or anger. Or with a subtle feeling of anxiety or frustration. In both cases, the suffering in and of itself is not the problem. It's about your reaction to it. Can you healthily soothe the suffering so it will dissolve? Or, in other words, if you soothe the suffering instead of lingering for days, weeks, or months, it can be solved in a couple of minutes or hours. What I mean by that is this: if you take the road of addiction to soothe your suffering, the very addiction will lead to more suffering, more addiction, and more suffering. Instead of leading you out of the dark Forest, you are leading yourself deeper into it.

The difference between helping yourself or self-destruction is confronting vs escaping.

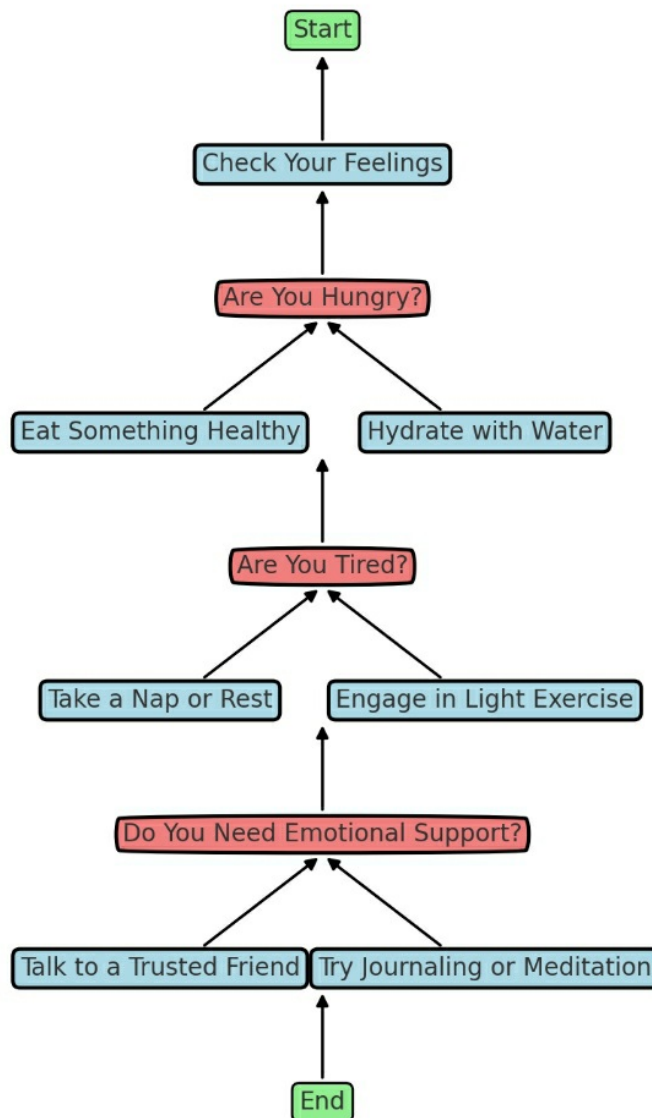
You are trying to escape your suffering by running farther into the dark forest. By wanting to escape you paradoxically will suffer more. By confronting you stop the cycle of addiction in its first tracks. Suffering → Craving → Relief → Pleasure → Suffering is no longer possible. Because craving will no longer dominate your suffering soothing toolbox. You still might feel a craving, but it is no longer in the driving seat.

### **A Simple Self-Care Flowchart**

When we confront our suffering instead of running from it, we reclaim control over our lives. While cravings and discomfort may still surface, they no longer steer the course of our decisions. To support you in navigating these moments of challenge, I've included a Simple Self-Care Flowchart below.

This flowchart serves as a quick, practical guide to help you check in with yourself, identify your needs, and respond with kindness and care. Whether you're hungry, tired, or in need of emotional support, it provides clear and actionable steps to soothe yourself constructively.

Use this flowchart as a gentle reminder that taking small, mindful actions can make a significant difference in breaking the cycle of suffering and building a life of conscious healing. Simply pause, reflect, and choose the path that leads to self-care and resilience.



Craving is the doorway to prolonged suffering.

You can re-educate your mind. By facts. By what you have observed in your own life. Craving is the doorway to prolonged suffering. And the pleasure of addiction wasn't nearly as pleasurable as you remember. It's a glorification of it. Meaning, that craving is not sufficient anymore in your life to soothe suffering. To help yourself in hard times. Craving is a self-destructive force that uses you. That steals your energy. So this calls for a new cycle:

Suffering —> Awareness —> Relief —> Further Caretaking

You might have experienced it yourself if you have worked on your addiction for some time. Those moments where you started your addiction yourself, are now changed. Instead of following your craving, you truly helped yourself. And that all it takes is a couple of minutes or less to guide yourself the way out of the suffering instantly, or guide yourself into clarity and certainty for further caretaking. Let's say you felt anxious because of all the appointments you've had that day. In the afternoon the anxiety went straight up and you felt a craving for your

addiction. You wanted relief.

Instead of gearing up the motors for that experience of addiction, you stopped for a moment.

You sat down. Ask yourself what is going on exactly. You wrote down a few sentences of your anxious thoughts. And then you asked yourself, ‘But what do I truly need?’ Based on that simple question, you canceled one appointment and it gave you instant relief. Also, you planned yourself 30 minutes of resting or a walk in nature in the late afternoon. And it did the job for you. Basically, within a couple of minutes, you changed the trajectory of your life. Instead of an addiction tale that could last for days with so much more suffering attached to it, you went for a healthy alternative. And true caretaking of yourself.

### **Mapping Your Journey: From Addiction to Growth**

This exercise invites you to visualize your transformation by reflecting on different states of consciousness. Grab a pen and draw two **concentric circles** on a blank sheet of paper.

- **The inner circle** represents the **Comfort Zone**—where you started before addiction took hold.
- **The outer circle** symbolizes the **Growth Zone**, reflecting your potential after recovery, where growth and self-discovery flourish.

Around the edges of each circle, add evenly spaced dots. These dots will act as points for reflection. Take your time to fill them in with words, phrases, or short sentences that represent your journey:

- In the **Comfort Zone**, write down the feelings, thoughts, or habits that defined your life before recovery.
- In the **Growth Zone**, document the emotions, milestones, or aspirations that represent your progress and the person you are becoming.

By drawing and filling in these circles, you’ll create a personal map of your transformation—showing where you’ve been, where you are, and where you’re headed.

# CHAPTER 5:

## MOVING IN AND OUT OF

### ADDICTION

### (THE HERO'S JOURNEY)

The hero's journey is a step-by-step story plan that is identified and written down by Joseph Campbell, in his book *The Hero With A Thousand Faces*. It shows how there is a Universal way, found in stories and myths of all times in all places of the world, of how a hero goes on an adventure and finds personal transformation. Modern examples of this story narrative are books like Harry Potter, comics like Batman, and many, many popular films. You are experiencing this hero's journey in reality. In your own life. There is a hero's journey out of addiction. It will not be in the limelight and newspapers, but it is an accomplishment that is significant. The ideas in this book can help you to embark on this adventure of recovery. Where you defeat the antagonist addiction and find your reward that you can take back home. Where a happier, more authentic, and more profound life awaits you.

To see where we need to go, it's good to have clarity on where you come from. Let's take a look at the lower end of the consciousness scale.

Lower Levels of Consciousness - Contracted

#### Victim / Abuser

190 Pride, Superiority, Narcissism

180 Antagonism, Me vs You thinking, Blame

170 Frustration

160 Anger, Aggression, Violence, Dominance

125 Craving, Unfulfilled Desire, Addiction, Obsession

100 Fear, Worry, Shyness, Inferiority

75 Grief, Self-Pity, Sorrow

50 Apathy, Depression, Hopelessness

30 Guilt, Humiliation

20 Shame, Psychosis

You see the lower levels Guilt and Shame, these are the foundation for all other lower levels. There is a chapter in this book that talks exclusively about the steps towards dissolving these levels in your life more and more. If you understand that Guilt and Shame are the foundation, you can link to why in all recovery programs there is always talk about solving the core issue of your addiction. The core issue is ultimately Shame. And shame can come from childhood

traumas. If you do a deep dive into trauma you conclude that we all have trauma. Another word that you could use is childhood conditioning. Through experiences you've had as a child you may have been conditioned that you are only worthy of love if you do x, y, and z. Or that you are not worthy of love and all.

Shame is the very doubt of whether you are allowed to be alive or not.

This is not so much the desire to end your life. It is even deeper. It's feeling ashamed of your very existence. There is not a comma, the sentence just ends there. If you would live entirely on the level of shame, there would only be hiding. And dark, gloomy things attaching themselves to you. But where you deal with when you are dealing with addiction is not the habitual level of shame. It's pockets of shame. Then addiction is running away from this scary and heavy notion that you are not good enough.

But the hero's journey when it comes to addiction does not start with solving your traumas or releasing your pockets of shame. It starts with saying no. When your house is on fire the first step is not to solve the riddle of how the fire could have started in the first place.

The first step is to extinguish the fire.

### **Step 1: The Expression Of Your Boundary: Saying No**

If you look at the scale the level above addiction is the level of Anger. Hot, fiery anger is needed to stop your addiction. Or the slightly higher version of Frustration. If enough frustration is built up over time with the destruction of addiction, the moment arises when you can decide to stop. You are just fed up with the lies, or the declining health or the dysfunctioning addiction brings to your life, that after another hit you decide enough is enough. In this way, you can constructively use your anger or frustration.

Whatever your addiction is, the expression of your boundaries is the first step to creating a life away from addiction.

For the first time, you say No with enough power to your cravings that space is created. This is your decision for Rock Bottom. In that space you are standing now, in a field where normally your addiction was leading the way, you are now on your own. And the next step arises.

### **Step 2: Creating Clarity and Routine**

For this step, I have added the mid-levels and high levels of the scale, because they are necessary for the rest of your hero's journey. When you have expressed your boundary something else needs to come in the place of your addiction. Now mind you, from the first step to the second step is not always done in just a matter of hours or days. You can go weeks or months between these two steps. Progress isn't always linear. The second step is about creating routine and clarity so you do not mindlessly fall into your old patterns again. It's about creating the framework for lasting recovery. You are no longer passively sitting by, you are proactive in your approach.

You use the clarity of your higher mind to see that just wanting a different life is not enough. Action and different decisions are needed. You recognize that you need a new routine, a new anchor. You clean up your room. Start coming on time to your work or study again. Maybe even arrange a meeting with a therapist buy an addiction recovery book or join a program.

But this step is much more about taking back some control over your life than it is for deep healing.

An action you might take regarding your addiction is: with gambling, you may start to make budgets for your finances, with drugs, you may delete all the numbers of dealers, with sex you may do the same for the sex workers you are in contact with, with online addictions you may install apps that limit your access, and so on.

It's a first sign of a changing life and a changing you.

### **Step 3: Confrontation With Inner Demons & Possible Relapses**

At this point, as with all the points in this journey (except maybe for steps 6 and 7) relapses can still very much occur. If you want to leap from step two to step three without having to go through (so much) relapses: then start the confrontation with your lower levels of consciousness. This comes from a level of Courage to take the step, but even much more from the 300's willingness to make a successful recovery. This means being consistent in your recovery approach. If you don't do the confrontation, relapses will occur again and again to trigger you to start working on that. In an elevated sense, you could see addiction as a challenge placed in your life by your higher self to work on beliefs of very low self-esteem. At this step of the journey, you take your recovery journey more seriously. This can involve dedicated therapy, group programs, self-coaching programs, or other things that help you.

What this will do is bring up a lot of low feelings and not-so-nice memories from the past. This will affect your overall state. Emotional and mental healing requires lots of rest, space, self-care, and very good care of the body. When you do this while also continuing your normal life, there can be disharmony. The healing needs space and you don't give it the space. Also, all the triggers from the healing journey might just be overwhelming together with the challenges of 'normal' life. And then there is the fact that this might be a step of the journey where you are very dedicated to overcoming your addiction.

If this then all comes together, and you relapse because it's all too much, or for whatever reason, this relapse is often felt as a K.O. It's like you have put so much work into all of this, and with one devastating relapse, all work seems to be for nothing.

This can be a spiral of multiple relapses that can take days, weeks, months, or even years. With the knowledge you have now, years should not be something you have to sign up for by the way. Progress is not linear, but you are in the driver's seat. This also means at times allowing what is happening to happen. To do a little less forcing. Especially, regarding the needs of the body. Learn to listen and communicate with your body and much of your cravings won't stand a chance.

### **Step 4: Going At It Again**

This is a defining moment. When you decide again that enough is enough. It's a new decision for rock bottom. This means you have successfully passed step 1 again. With all the knowledge of your previous fight, and your previous journey you can then successfully work on true healing. What is added in step four is life experience. Here you have gained so much experience on your addictive pattern, that you also can build up the resilience that even if there is another relapse you will just continue your recovery journey.

### **Step 5: Healing & The Going Down Of Old Structures**

This is the step of true healing. Vital for this step is Self-Love. It's a step of Forgiveness and a deep journey through your inner world. You take the space, self-care, and time to give yourself all you need for this healing process to occur. You start seeing that you have built a whole life

around your addiction. This is the step where you also might stop certain relationships, where you might move from one apartment to another. It's a true transformation that occurs. In the healing process, you connect with the love for yourself. And in that deep connection, it is no longer possible for you to make such fundamental choices that are bad for you. Fundamental choices here are related to the environment, relationships, and things you are doing daily.

Most of your energy here is needed for healing and for steps towards leaving the environment (mentally, and sometimes even physically) that has brought you so much suffering.

### **Step 6: New Dawn Emerges - First Steps Into A New Life**

Where most of the time and energy on the previous steps is given to the releasing of the old, the new step is about embracing the new. You are going to focus more strongly on what you prefer in life. You start vibrating at a level of consciousness that feels like you. In step 5 lots of energy was needed for your inner process. Here in step 6 a lot of that energy is now freed up again. Here there might still be practices that echo from your recovery past, such as therapy, meditation practice, or even program meetings. But the focus is no longer primarily on problems, fears, worries, and the past. Here the focus goes from the past to the future. This is the time to build a new life. Maybe a career change, or a change of the decoration in your house, or a new dating phase, or travels, or the start of your new business. It's spring in your life. Times of new beginnings. Your life feels cleaned up. And you feel the energy to start afresh.

Relapses here are very rare. If they do occur your comeback is swift and smooth. You see a relapse no longer as the end of the world, but as a trigger that you need to do some rearrangements in your life.

### **Step 7: Reaping The Rewards & New Dreams Arise**

You have been building your life in alignment with the goals you've had. The focus goes from future to future and present. Echos from recovery are only slightly if not at all present in your life. Instead of healing practices, you are now going for personal growth or spiritual exploration sessions with a new practitioner. If you do something actively with recovery it may very well be you in some sort of teaching role. This is the time in life when addiction feels like a different life. But also where recovery seems like a long time ago. You have changed roles. Like Addiction and Recovery were two different movies where you once played in.

Now you play a different role.

You are expanding in life. And even new dreams have arisen. When a friend reminds you of the years of your addiction you can talk about it calmly, with distance, and you might explore new insights and even blessings from that period.

Relapses here are even more rare. And if they occur they are seen with a sense of amusement. How could I sink this low? You ask yourself with a smile.

In general, challenges are quite easily overcome. You have built resilience and practices. This builds your inner confidence.

Overall life is good, and the future is only going to be better and better.

This was a short description of the hero's journey to overcoming your addiction. May it help you in your journey, and may you be victorious on a journey blessed with ease and grace.

## **Hero's Journey Worksheet**

## Embark on Your Path to Transformation

### Step 1: Boundary Setting

- o Write down a specific boundary you need to set to take the first step out of your addiction.
- o Example: "I will say no to cravings by focusing on healthy alternatives."
- o Your Boundary: \_\_\_\_\_

### Step 2: Creating Clarity

- o What routines or practices can help you replace your addiction?
- o Example: "I will create a morning routine with exercise and journaling."
- o Your Clarity Plan: \_\_\_\_\_

### Step 3: Confronting Inner Demons

- o List triggers that bring up cravings or negative feelings.
- o Write one strategy for managing each trigger.
- o Triggers: \_\_\_\_\_
- o Strategies: \_\_\_\_\_

### Step 4: Going at It Again

- o Reflect on a time you've bounced back from failure.
- o What helped you persevere, and how can you apply this now?
- o Reflection: \_\_\_\_\_

### Step 5: Healing and Letting Go

- o List 3 things you need to release to heal fully.
- o Example: Shame, self-criticism, toxic relationships.
- o Your List: \_\_\_\_\_

### Step 6: A New Dawn

- o Visualize your new life. Describe how it looks, feels, and what's different.
- o Visualization: \_\_\_\_\_

### Step 7: Reaping the Rewards

- o Celebrate your growth! Write down three achievements or changes you've made so far.
- o Example: Improved relationships, better health, personal confidence.
- o Achievements: \_\_\_\_\_

### Your Journey in Reflection

- How do you feel after completing this worksheet?
- What step resonates with you most, and why?

## CHAPTER 6:

# FINDING OUT WHAT YOU TRULY WANT IN LIFE

What is addiction other than a frantic search for truth? Why are you going to drink a bottle of Vodka, gamble your salary away in a casino, or take more drugs than you can take? Isn't it in search of... something? The question then becomes what is that *something*? It is to feel better. To gain more energy. That's the whole and simple truth of addiction. We tend to give addiction a deep and complex meaning.

But at the end of the day, addiction is a distorted attempt at feeling better.

If you look at the energy scale, addiction is a way to move up on this scale. To go to the saver regions of +200 consciousness. Or even get a glimpse of heaven (500+). But as said, it is done in a distorted way.

Why? Because you haven't found out yet the true and holistic way of moving up the scale.

Addiction is a form of disconnection. A disconnection from self. Yes, there is discipline involved in overcoming any addiction, but discipline can only come when there is clarity. Clarity on knowing what you do want and what you don't want. Just saying, "*I don't want to relapse anymore*", will only get you so far. This is often the road most addicts take, they suffer multiple days per week or sometimes every day with their struggle to say *no* to their addiction. But life is not about saying no. Knowing what you don't want can be a very good starting point, but it can not be your only direction for the journey.

It's the beginning and only that.

When you want to evolve and live a life that is not only about addiction but also not only about recovery, you have to know what you want. To go from disliked to preferred. To know what it is you do want, on more than a superficial level, you have to connect with yourself. When I say superficial level this is because we often get tangled up in the ways of the mind. The wants of the mind. And it often comes no further than more money, better relationships with loved ones, better looks, and a better career. But superficial, vague ideas aren't going to awaken you. When you are in an addiction or the vicinity of addiction, you are hypnotized. Something needs to snap you out of this hypnosis.

Saying *no* can be that first step in the right direction.

But in order not to fall back into hypnosis, you need something or someone to lead you out of the darkness. And that someone is YOU and that something is your purpose for being here. Life purpose has been diminished in meaning because we have so frequently been confronted with it on social media, corporate training, education, and more. It might have lost some of its deeper essence when you hear or read it again: life purpose.

However, it is your guidance point. It is your compass. The essence will probably stay the same, for example, teaching, but the form you choose can change. Within decades, years, and even within months. If you say you want a better career, what does that mean? Doesn't it always mean: I want to make a living out of my passion, but my passion is watching inspiring videos on YouTube and I don't see how I can make a living from that? These are typical answers. Because the mind is black and white. Sometimes all you need to do is zoom out a little or connect dots that are so obvious that they seem to be too simple to be the answer. If you can't seem to reach your life purpose it's probably because you think there is too much of a gap between your current life and the life of your dreams. Small steps can be the answer here. So you keep the right direction, your north star, but instead of jumping and sprinting, you take small steps and walk at your own pace.

## **A Distorted Attempt At Searching For The Truth**

When it comes to addiction as a search for feeling better, a more profound statement would be: addiction is a distorted attempt at searching for the truth. What is the truth here? The truth of *who you are* and *why you are here*. Now how do we connect this to addiction? By seeing that something within you isn't satisfied with the status quo in your life. That a part of you is not satisfied with how things are going, because it feels this is not the truth. That you aren't following your ultimate path of life. If you are disconnected from that voice of truth it eventually becomes a shadow. And it will further and further be removed from yourself until it starts pulling strings from the darkness.

All to get YOUR attention.

The longer you ignore this voice the more a dark and destructive pattern is woven from the shadows of your existence. Stretching a dark cloth over your reality. All that is not in alignment with the truth will eventually turn to destructiveness. Another way to read the scale is the higher you go up on the scale the more you are in alignment with universal truth and the lower you are on the scale the farther away you are from this truth. You can also translate Universal Truth into your Soul's truth: your essential truth. What is more true? When you want to enjoy a Christmas with your family, go to the casino to make money so you can buy presents for them, or simply be present when Christmas is celebrated? The one is a 125 addiction attempt where everything is about money and materialism. The other is a higher consciousness *knowing* that Presence and Connection are two simple truths to enjoy a happy and fulfilling life. So, from the darkness, it might take years before you finally start to enjoy a holiday with your family, after many misguided attempts. And in the light, in truth, you understand that nothing more is needed than your presence and attention for any meeting to become worthwhile.

When you are looking for an addiction to fulfill you, to give you a connection you will receive a harsh and cold shower at the end of the day. The reason for this is that addiction is a state of taking energy from you, instead of giving it. Even if it gives glimpses of a higher state it does so at a high price. It's like a shark loan, that gives you the 1000 dollars you need, but with 50% interest. Addiction is a force of destruction so whatever you truly look for in life will be reversed when you try to find it through addiction. Thus, you seek the one thing and you get its opposite:

You seek Fulfillment you get Emptiness

You seek Connection you get Disconnection

You seek Safety you get Insecurity

You seek Love you get Fear

To let your mind help you in this journey out of addiction you need to start discovering the cold hard facts about your addiction journey. What are you looking for in your particular addiction? And what is it that you are receiving? Of course, the drinking the casino the drugs, or the video game at that moment gives you the rush of energy you are looking for. The hit of energy. But what happens when it ends? And if you can retain some consciousness during the act, is it giving you what you are looking for, or is it just a lousy attempt at the real thing? When you are drunk are you connecting... When you are in a casino, do you have fun... So even the addiction itself is not giving you the real thing. And the after-effects are even worse. The mantra should be:

*Addiction gives me the exact opposite of what I truly want.*

If you resonate with this statement, and if you truly can embody this truth, and truly have experienced it, why not write down this statement every hour of the day for the next seven days? What are you willing to do to shift yourself out of that state for good? And these kinds of powerful small exercises that are done consistently have the power to be life-changing. An even better version of this exercise is the following. Write down on one side of the paper:

- **The old version of me:** With my drinking, I hope to find relief
- **The new version of me:** With my drinking, I will get even more anxious, sleep or nature walks give me true relief.

(Or you can do this on your phone, where you write down the old version first and the new version later). Do this every hour of the day for seven days or more and it will surely enhance your consciousness levels with addiction. What does it mean to enhance your consciousness levels? Very simple, you become aware of MORE. Meaning, in a lower state you just are aware of your need for drinking and that it needs to be fulfilled. In a higher state, you are aware that drinking has given you bad results in the past. Now, in an even higher state still, you recognize exactly how you have come to this thought of wanting to have a drink, and in an even higher state, you recognize that this isn't the only thought you can come up with. That you have free will to choose what thought will be dominant and will lead you to a decision.

An even better version of the previous exercise is as follows. Again, write down the old version of you and the new version of you. And with this exercise, determine your thoughts around addiction and determine what you would like instead, or what a higher version of you would do. You could do this with only one thing but you can also do this with multiple things and actions. To then add extra power to this exercise lie or sit down and feel through the thought of the old version, so feel the anxiety or the craving. Breathe with it, you can do this for one breath or three breath cycles or as long as feels right to you. And then switch to the other feeling of the new version of you. Now if you would like to feel relief from that craving and you can't come up with that feeling, then go to a feeling of relief that is easier for you to connect with. Look at the past or in another area of your life where you can summon up that feeling of relief easier.

To make the exercise even more powerful and profound: After you have felt the feeling of craving or anxiety from the addiction thoughts, remove these addiction thoughts. And just focus

on the feeling. Do this for as long as it feels right for you. Again this can be 30 seconds or a minute or twenty minutes. There is no right or wrong way, become comfortable in DECIDING for yourself what feels right. Then go to the feeling of relief, or certainty, that you want to feel instead and also remove the thoughts around it.

Just experience what relief or certainty feels like in the body for you.

A very simple way to feel certainty is to touch a solid object, like a table, and to say to yourself, this is a table, I can feel it, I *know* for a fact that this is a table. This may sound very silly, but this is what **certainty** feels like. Some people go a lifetime without consciously knowing what certainty feels like while searching for that feeling their whole lives. The same goes for relief, there has to be a moment in your life where you felt it, bring up that feeling and just be with how that feels in the body. This exercise is one of the most powerful exercises there is, not just for addiction release but also for manifestation.

Think for a second about what it will do to your manifestation. Manifestation is the coming true of your desires or wishes. If instead of feeling desire, which is not having it, being separate from what you want, you can feel the feeling of certainty, something profound shifts. So combine that feeling of certainty that you feel when you touch a table, with that desire you have. Feel the certainty of already having or already experiencing that desire. When you practice this exercise desires can shift from not having to having.

Life is an energy game. The 125 level of unfulfilled desire, compulsion, and addiction is a level where you start to understand that you want something else than what is your current state. This is not a bad thing at all, because it helps you to move up in life. But the sad affair about this state is that you never fulfill your desire if you seek it from that level of desire. Because it is a level where you say ‘I want that but I don’t have it’ What life reflects then: is that you don’t have it and that you want it, meaning endless chasing for something you will never have. That’s why the rich get richer and the poor get poorer. And why Jesus said:

Matthew 13:12 (NIV): “Whoever has will be given more, and they will have an abundance. Whoever does not have, even what they have will be taken from them.”

So if you want to stop the chasing in your life start HAVING. And you have all of what you are seeking already within. Whatever you seek, Fulfillment, Safety, Confidence, and Connection, are all in abundance available within. If you can feel the relief you seek with addiction from within, and you practice feeling this again and again you no longer have to search for that relief in your particular addiction. A desire for a change in your family situation goes then to know what it is you want and start the journey from that endpoint. Starting from compassion instead of chasing it, starting from understanding instead of chasing it, and starting from unity instead of chasing it.

What you seek	What You Get Through Addiction	What You Get Through Awareness
Fulfillment	Emptiness	Contentment
Connection	Disconnection	Genuine Relationships
Safety	Insecurity	Inner Peace

## The Rich Magical World Within

You are not here on Earth to run the treadmill of desire, of craving, of addiction for years or even decades. That’s idiotic. It doesn’t lead to fulfillment. Not in the past, not in the now, and

not in the future. It's a failing concept and only amplifies more lack and more unhappiness. After having experienced a dozen times one should be able to understand that an action steeped in craving does not lead to the desired result and try something different. It stops the endless pursuit of external gratification. And directs you finally to self-exploration, to the rich and magical world within.

"Insanity is doing the same thing over and over again and expecting different results."

But just knowing this intellectually is not enough. Because when you start connecting with your addiction state you recognize it's not just thoughts and actions. No, no, no. It's a feeling. You can feel the feeling of addiction in your body. It's right there. The real energetic source of your addiction is right there as a feeling. If you make it very simple this feeling of craving, the feeling of the addiction just wants to be RELIEVED. That's all there is to it. How do you feel after that first sip of alcohol, or after being in the casino again, or being in that erotic massage parlor: relieved. Of course, this is a very, very complicated and elaborate way to gain relief in your life. Because this is a pattern that needs to find relief over and over again. It's an endless loop that adds a little more destruction to your life every time you engage with it. Because it is out of alignment with your soul, with you. It is out of alignment with the truth.

Now, of course, the Source of addiction in your history of life is much more experiential than just a feeling. But it created that feeling of craving that now wants to direct your life. Is it helpful to go over this history that leads you into addiction? Of course, it is. Becoming aware of why you are doing certain things is helpful. Especially when you do it from all three angles: the physical (the feeling in the body), the mental (the thoughts and memories, life story that leads to your behavior), and the spiritual (why is this happening in your life, what do you need to learn from it). If you do it only from one angle you might work years on changing your thoughts but still have the feeling of craving. Or if you work on all kinds of physical work to release your addiction, you might still recognize a bigger force that leads you back into addictive behavior. And if you only do it from a spiritual side, you may go through big transformations but then after some months a certain thought pattern arises again and you are back into a relapse. If you are adamant about the addiction release: then take it as a life-altering practice.

A gift to bring you into a greater life.

A gift that will lead you to regulate your nervous system by recognizing feelings such as anxiety, fear, and craving and knowing how to move yourself into a more peaceful, relieving, and sure feeling. A gift that will lead you to more mental control and positive thinking. To a state where you are much better in discerning destructive thoughts and you have the tools to shift one thought into another, and tools to not act on every thought that comes into your awareness. A gift that leads you into a personal transformation journey, where you understand why you needed to go through the hardship of addiction, why you felt so disconnected, and why the destruction was a call for transformation. To bridge the gap from unwanted to wanted. To experience a personal transformation that leads you from a life that was not yours to a life that feels like YOU. An experience of life that is vibrant, truly alive, and connected.

## **Zooming In On The Level Of Addiction**

The consciousness level of Addiction, unfulfilled desire, compulsion, and craving is a level of continuous wanting of a self-defeating nature. A wanting that is never truly fulfilled. A drink

that fulfills only for an hour or a night, but afterwards only makes you feel worse. Picture yourself being happy as long as you are running in the hamster wheel. Chasing a high. But then there comes a moment when you feel tired and awake to the stupidity of running that same cycle. This is the sad state of addiction. Nothing is ever truly won. And with each investment in that state, you will lose a bit more connection with yourself. To decrease this reality of addiction you will need to understand how you created this. Instead of only looking at the physical, the psychological (mental), or the spiritual causes, let's look at all three of them in depth to see how you can decrease it.

The first level is always the embodiment of something. It's what follows after I am, that is the most easy for you to manifest. The difference between the embodiment and the psychological is how much you identify with something. You can change your money thoughts so that in the end you can become rich, but if you haven't changed your inner feeling of being in lack, not even 100 million dollars will make you feel truly abundant. So when we come to addiction, it is fueled by lack. The only reason you want something over and over and over again is because you are feeling you lack something. Lack is the state of being without or not having enough of something. In general, these are feelings of lacking freedom, safety, inner peace, joy, connection, or a combination of those. A good question to ask yourself now is,

What do I try to fill with my addictive behavior? What do I desire that I do not have yet?

Figure out what this is for you. Understanding this alone makes your addictive behavior a lot clearer right away. Because then you realize it is not another cigarette or more likes, but the fundamental feeling you receive from it. And with a bit more soul searching you will realize that all of these feelings can be found within. You are a fountain of Gold. All the good feelings that every billionaire, every celebrity, every homeless person, or every average Joe is looking for, is a state of happiness. A state of well-being. And everyone has to conclude that that can only be found within. But what does that mean exactly? It means that you can be very rich, if that's your desire, as long as it is in connection to your true self. Meaning that you can share your riches. And that you can be in perfect shape, as long as it is in connection with your true self. This means taking very good care of your physical, mental, and spiritual state. And that you can have an amazing sex life. As long as it is steeped in connection, respect, and true self-expression.

So you can have all that you want, in a way that makes you feel good, as long as you are connecting it with your true self.

Every addiction is running away from the powerful truth of who you are. Believing that all you seek is fundamentally external. While the opposite is true. This needs to be unlearned and a new pathway needs to be created. If it is a connection you crave, you will need to find truthful ways to achieve this. The energy scale can help you by taking steps to get there. You can see which of the levels already feel familiar to you. Maybe being available for others, or intellect, or caretaking or flow, or productivity is much more your natural state than running in the hamster wheel of craving.

The de-creation of the embodiment of addiction comes thus from understanding what it is you are truly searching for in your addiction. To make this even more clear you can discover the formula for your addiction. A formula for addiction can look like this:

*I need to drink alcohol because that's the only way I can experience inner peace and feel a sense of connection.*

Or

*I need to gamble because that's the only way I can recoup my losses and when I have money I feel safe and free.*

Or

*I need to have my phone because without it I feel uncertain and vulnerable.*

The way to discover your Formula for addiction is to see what your addiction is about and why you are doing it (what is the result you are seeking). I will encourage you to take some time to uncover this. For now, just write down what seems most obvious to you. In the coming days while working on your recovery you can finetune this. To come exactly at the formula, at the foundation of your addiction. The only reason addiction can persist is because it has not been seen for what it is. That's the only way to confront it. And from that confrontation, you still need to take the steps (Actions) to undo the formula and create another formula that is more beneficial healthy, and good for you. Addiction serves a need, otherwise you won't do it over and over again. It's not just 'stupid behavior'. There is some benefit you get from it. But it's time to experience this benefit in a better way.

When you have the formula you can start with the de-creation process. Every thought steeped in a lower consciousness scale is farther away from the truth. To get this to a higher level you need to *Enlighten* it with the truth. So when you have your formula you can start talking with the You that is embodying this formula. Ask why questions, so you can debunk this formula. An example,

*I need to drink alcohol because that's the only way I can experience inner peace and feel a sense of connection.*

**Questions:** Why is alcohol the only way you can experience inner peace and connection? When was the first time you felt this? Why would you like to feel inner peace and connection? Where do you feel the inner peace and connection? Is it in the alcohol or does it come within? What would be other ways to experience inner peace and connection? Do you truly feel inner peace and connection on a lasting basis when you drink alcohol or just fleeting? Is alcohol actually in the long run making you feel less inner peace and less connected? Etc.

'Bomb' your formula with questions. What you do here is to give yourself 'minutia' to debunk your formula. To understand, to embody that where your addiction is based upon, is proven wrong. This will help in your recovery process. This is something to fall back upon. Like is said before, this is not the only way: recovery is a holistic process, but understanding the foundation of your addiction is a vital step.

## **The Spiritual Meaning Of Addiction**

Another step in the process of addiction recovery is to question the deeper meaning of your addiction. Why does it show up in your life? What is your Soul, God, The Universe, and Life, wanting to tell you with this addiction? No, this is not an evil universe, nobody is forcing you to be addicted. If you want to take back power over your life, however it can be very helpful to change:

Transform the question

*Why is this happening to me?*

to

*Why is this blessing?*

*Or: How can this serve me?*

What might be the reason for addiction showing up in life? And what is your particular addiction saying about you? Do some soul-searching here. Harvest the gold of bad times. Because there is a lot to learn and earn in times of obstacles.

Let your past and your addiction tendencies not fool you: you have amazing power and you are loved and supported. You have the power to create new realities. Your power of focus combined with energy and your talents can create amazing things. So far, when addiction has been present in your life, this power might have been mismanaged. Where you feel so much life energy, but you just don't channel it in the right way. A job or relationship that feels stuck: that energy that is stuck has to flow somewhere. And if you haven't learned to manage your emotions, mismanagement will be your answer. Addiction gives a short-term solution, with strings attached.

It is important to recognize who you are. To understand that you did not come to this earth alone to experience addiction. Or to experience recovery. To fundamentally understand that this is only part of the journey. A chapter, or maybe a few chapters in a whole book of many, many chapters. Doesn't it feel that when you are craving, and the craving isn't directly met, a whiny child is coming out of you? A child that is very angry that she doesn't get what she wants right now. What does this tell you?

It's time to build a relationship with that part of you that feels he is left behind.

She feels she isn't allowed to express all that she is. Therefore this part of you seeks way beyond the boredom, the restrictions, and the limitations of daily life, to find that spark it knows exists.

The spark is you living YOUR life. What you came here to do. And yes, maybe your professional career is taken care of, but life is not only work. Life is *being*. Isn't it a purpose for all of us to discover and come to terms with our relationship with ourselves? To be able to parent yourself, to befriend yourself.

Remember the version of yourself that hit rock bottom? That didn't know any way out? Remember these hours, these days, these weeks. You are still here. You survived. Something within you carried you to this very moment. Yes, a higher power, that very well could be. But what about you, yourself? Are you not now, in recovery becoming the person that can help you that was there lying on the ground, down and out, at rock bottom? The hand that reached out to you when you were at your lowest point, wasn't that... your hand?

Life has deep mysteries. And you are a reflection of the whole. The mystery is within. Do not regret your past for it has brought you here, right here exactly where you need to be. There are no faults in creation. But there are things you will react to, good things, but also bad things. Life is challenging. There could be the loss of a loved one, but also just a small thing at work that didn't turn out the way you wanted. In these moments you have the power of free will: how do you decide to react to it? You can not prevent bad things from happening. But you have the power of your reaction. And with your reaction, you birth a new reality. With a no here, you create a path for a yes over there.

You are a constant creator of new realities.

So there is your power. You are a creator. Probably you are very sensitive to all that is going

on all around you. And you are not just taking in your own emotions but the emotions of others and of events in your community, your hometown, or world events. You have not learned how to deal correctly with all of these emotions. But the anxiety can be too much, the sad feelings too, and then you want to feel relief.

### The Physical Approach

If you haven't learned about chemical imbalances, meditation, proper sleep, a good diet, the right exercise, the power of sunlight, a good community around you, etc. In other words, if the circumstances for living a life on Earth, which can be beautiful but also very challenging, are not proper then things can become tough. You need money in your energetic bank account.

This means you need to have funds for when your energy is drained by circumstances or anything else that affects your mood negatively. The question you can start asking yourself frequently is:

*What do I need now?*

Or

*What do I need now to feel...?*

This can be Safety, Freedom, Relaxation, or any other state you feel you need at that moment. Maybe your needs haven't always been met. Maybe this is a wound you carry from childhood. But then, here and now as a (young) adult it is time to learn how to meet your own needs. And you can do this with the help of professionals or other tools like books, courses, or coaching. For example, maybe certain chemical imbalances at play make it a little more difficult for you to rest properly. Check yourself with a doctor or a diëtist to see if this condition to live a better life is met (for health is a condition to live a better life). Recovery ultimately is not just about wanting to beat addiction. Is about combining your willingness to improve your life with action steps to help yourself to do so. Intention alone will only care for you so far. Action is needed. And when addiction has come to a place where it had a significant influence in your life it means that your state needs active attention to recover.

So beyond your recovery steps, what can you do to start improving your life? To start with the conditions to live a better life. Think about housing, financial situation, physical condition, community (social life), mental diet (the things you see daily, like social media, videos, news, music, etc.), and healthy routines. Do this step by step, on your page. It is not a sprint. It's not a race of comparison.

You and you alone know what is best for you.

The problem is that in addiction you might have lost faith in yourself. But remember very well that the faith you have lost is the faith in the addict part of yourself. Yes, if this part of yourself comes up: don't trust it. It will do you no good. You can let it express whatever it wants, but addiction is a terrible leader. Remember, you don't have to lose faith in your true self. All these times of addiction there has always been a part within you that knew this was not the right way for you. That part is still alive. And you can trust it. This is your true self, your soul, your higher self, this is your essence. This is the you that embodies all your true desires. You can trust yourself. You just can't trust your addiction.

So you and you alone know what is best for you. At your own pace build the circumstances to live a better life. Remember your creative power. Your focus, plus your time and your talents create new realities. So when it comes to building better health, you might say, 'But my talent is

not in sports, and also not in cooking, how can I improve my health?' Maybe your talent is in communication, and therefore you can find someone who can take you under her wing to help you improve your health in a way that works specifically for you. Or maybe your talent is in analysis, and with that talent you can find an exact diet for which you need to have just a very basic understanding of cooking that greatly improves your health. Or maybe your talent is in relaxation, in spending time with yourself. And with that, you can find great deep relaxation practices that help your body to rest and heal in ways that are transformative for you.

Again, find YOUR way.

We are conditioned as humanity to seek answers outside ourselves. But there is only one person who specializes in you. There is only one person who can get a master's degree in the science of *you*. There is no one that knows you better than... YOU.

You are a powerful creator. You have just mismanaged your life force energy. Life has been too small or too big for you. Addiction has shown you what didn't work, and what needs to change. You have Focus and you have talents to change your life. Conditions that work for you are needed to give yourself a foundation to build a new life. Don't feel confused by what you see in the lives of others or what you think you are supposed to do. There is only one true expert on you, and that's you. Trust in self might have been lost. But in reality, the lost trust is lost trust in addiction.

You have learned: *that I can not trust my addiction.*

Throughout all these years your essence whispered the truth in the background. And that essence is still here. You can still trust yourself. With that trust, with your talents, your self-knowledge, and creative power the step-by-step building of your new life is already happening.

# CHAPTER 7:

## DEBUNKING ADDICTION STATEMENTS

The addiction mind tries to convince you to repeat the same action over and over again expecting a different result. And as the famous quote goes, this is the definition of insanity. It tries to hijack your thoughts and actions. Leading you into self-destructive behavior over and over again. But you can use your mind to the benefit. The mind loves proof, that it can see with the eye, what it knows to be true. You can communicate with your mind in a way so that the outcome will be of help to you. Instead of self-destruction, the result will be creation and self-empowerment.

Remember, depending on where you are on the scale of consciousness, different thoughts are more dominant than others. It can be very hard to experience a different life when thoughts of doom and gloom and thoughts of craving keep attacking you. The mind holds on to what it already knows to be true. As said before: addiction has been your comfort zone. You need to take active steps to guide your mind in a different direction. Expose the truth about your addiction statements. This may have been your reality for years, but it doesn't make these thoughts the truth. It's time to defend yourself against the addiction statements. Become aware of the mental tricks and start working with the power of your intention to make necessary changes.

This chapter teaches you to defend against repetitive, manipulative thoughts of addiction. Learn to communicate more effectively than merely yielding. Yielding allows addiction to take control, leading to relentless relapses, and perpetuating the cycle of addiction, pleasure, pain, and craving. It's crucial to interrupt this cycle.

- We will explore common addictive thoughts that arise when you're near the 125 level of Craving:
- “Just one last time wouldn't hurt.”
- “If we do it now, we can focus on recovery afterward.”
- “This... (drug use, for instance) is the only way to find joy today.”
- “This... (hours on social media, for instance) is the only way I can immediately cope with my anxiety.”
- “It isn't so bad.”
- “I can manage my... (Addictive activities).”
- “Actually, this... (drinking, for example) was such an incredible experience, I want it again.”

- “At least my behavior isn’t as bad as... (Other addictive behaviors).”
- “This is just how my life is, it’s not my fault, I can’t change it.”
- “I can’t imagine a life without... (The addiction).”
- “If my life were easier, I wouldn’t need to... (Engage in the addictive behavior).”
- “Life is hard, and this helps me relax.”
- “It’s too late for me to change.”
- “Why am I so weak that I can’t change and always relapse?”
- “I am so stupid for all I have done, I am a failure.”
- “Everyone has their vices, so why is my... (Addictive behavior) considered bad?”
- “I have ruined everything.”

This chapter will debunk all these statements, helping you recognize and reject the ones that most impact your life. You might notice that some statements trigger your addiction, others surface during addictive behavior, and others post-behavior. All share the commonality of stabilizing and normalizing addiction in your life. When finally confronted with strong arguments based on proof—your own experiences—they diminish. Much like a movie monster that appears formidable until the hero confronts it, or the monster under your bed that disappears when the light shines.

Now, in terms of levels of consciousness, the debunking of these statements is really about bringing up these thoughts to a higher level. When you bring Truth to anything it starts to move up. Or, you could say, when you bring the light of your awareness to any problem, it already starts to become lighter. The higher you are on the scale the lighter reality becomes. Meaning that problems can dissolve. Meaning, the heavy problems become light, and what is light you can carry.

Until it is so light that it no longer exists.

## Debunking The Addiction Statements

In terms of levels of consciousness, debunking these statements is about elevating these thoughts to a higher level. Introducing Truth to any aspect starts its ascent. Or, one might say, shining the light of your awareness on any problem begins its dissolution. The higher you ascend on the scale, the lighter reality becomes, allowing heavy problems to dissipate until they are so light they cease to exist.

Below each common addictive thought, I provide a response to help you counter these thoughts in a more enlightened manner. If you wish to apply this technique yourself, note the most frequent addiction-related thoughts you encounter and start crafting responses to them. Identify where they deceive you and where you can improve the quality of your thinking. Do not surrender to lower vibrations; you are not beholden to your thoughts, nor are you enslaved by your addiction. Assert your independence and sovereignty.

*"Just one last time wouldn't hurt."*

This statement might seem true, especially if your addiction doesn't involve severe physical risks like heavy drugs. However, the emphasis should be on "seem." In reality, one more time does hurt. You might survive it, but at what cost? Consider the full cycle of your addiction, not just the initial high.

What are the aftereffects?

Likely, they involve suffering. Your addiction harms not just your physical health but your inner potential, your peace, and your happiness. More hours, energy, and attention will be wasted on something that has proven to bring dissatisfaction. The honest truth is:

*One more time will hurt. One more time will bring more dissatisfaction.*

*"If we do it now, we can work even harder on recovery afterward."*

Addiction constantly seeks negotiation. It tries to chip away at your focus, energy, and time, aiming to reestablish itself so that the craving can be fulfilled again

The question posed by this statement is critical: **Why not start recovery now?**

If there's an urge to work on recovery, the time to start is immediately. Often, the craving arises from a need—perhaps due to fatigue or stress—where a more beneficial response would be rest or relaxation, not indulgence in addictive behaviors. And if trauma is influencing the craving, initiating therapy or other long-term solutions is preferable to delaying with temporary fixes. Hence, the procrastination suggested by addiction is inherently inefficient.

**One more time will hurt. One more time will bring more dissatisfaction.**

What you can talk about is *why* you feel the craving. The craving is about *gaining* energy. So, there is something in your life that is *draining* your energy. Maybe it's anxiety, or tiredness, or worry. If you address the source of the problem instead of building another problem with addictive behavior your life would be so much easier. It's the difference between taking a one-hour nap to rest or having a relapse, including many consequent problems and taking that same rest four days later. You delay life. You work inefficiently when you involve addiction in your life. It's a heavy energy. Heavy means slow. It slows down your life. It makes everything more complicated. It's like a heavy and irritating houseguest that makes living in every sense less ideal.

**Efficiency is key:** Recovery efforts and addressing the origins of cravings can—and should—happen now. Addiction is unnecessary and counterproductive.

**"This ... (the addiction activity, for example, drug use) is the only way to experience some joy on this dull day."**

Considering the scale of energy, life offers much more than the current state of monotony one might find themselves in. While it might seem paradoxical, even the dull and seemingly safe states of the 200s can lead to lower levels of consciousness if they don't align with what you genuinely need or desire at the moment. Boredom can thus become a gateway to addictive behavior. Picture a dull, rainy day with nothing compelling on TV and nothing to look forward to. Work is done, and time seems abundant. Suddenly, the craving for excitement kicks in, potentially boosting energy to levels of 275 (fun) and beyond.

Yet, this is only a temporary, borrowed solution. Like a high-interest loan, it demands a hefty payback because the energy wasn't self-generated—it was artificially induced, a shortcut through life.

The "joy" provided by addiction is deceptive, similar to a high-interest loan that you've taken out too many times. You know from experience that the actual enjoyment is fleeting and ultimately unsatisfactory of your addiction. Because the full cycle of your addictive behavior always makes you feel dissatisfied. The full cycle of your addictive behavior makes you suffer.

Boredom very often is a call for relaxation. You might need some rest. Or just watch that series you always wanted to watch. Or have a shower or a bath. Or, if you sit down you might realize that you actually don't feel so bored at all. That you haven't allowed your higher mind to come forward. And that there are some really great ideas you would like to try out: you wanted to finish that product for your side business, remember? Or start the Astrology course. Or take care of your body with the nice cream you bought some weeks ago.

It's very limited to think that only your addictive behavior will bring you 'some joy' that day. Whenever a thought like that comes up: distrust it. Because it is not the truth. At every single moment during the day, you can place your attention on a trillion different things. And you can choose a trillion different things to do, to be, or to have. This addiction statement is only true for the version of you that is in addiction. If you are in addiction everything seems dull, especially other people, and all you can think of to have some fun is to go into that vicious cycle again. But you can snap yourself out of it. By this knowing:

*At every single moment, I can place my attention on a trillion different things.  
At every single moment, I can choose to do or to be something that feels good to me.  
At every single moment, I have the free will to make a choice out of a trillion different possibilities.*

When the mind is fixated, go up a couple of floors. Broaden your perspective. And see that the fixation of the addiction mind is never the only truth.

*"This ... (the addiction activity, for example going for hours on social media) is the only way I can cope now, instantly, with my feelings of anxiety."*

This statement is very closely related to the previous statement. Again, it's a fixation. And as we have discovered, there are a trillion different options. Addiction might be the only way you have learned to cope with anxiety. But is that even really true? Hasn't there really been a time in your life where you dealt with your anxiety in another way? Yes, between the clouds of addiction memories, it may seem very hard to perceive. But see if there were some moments.

The question of how to cope is not even the most important in this statement. What's more important is coping itself. Because addiction is not a solution. It only makes you feel worse. It's the opposite of coping. It's like someone asking for a cloth for the bleeding and receiving another punch on the nose instead. The word coping means:

The act of dealing effectively with something difficult or challenging, such as stress, adversity, or a problem.

So, in this statement, the word **coping is misused**. Addiction is not an effective way to deal with anything. Instead, this statement should say something like this:

*So far, I have dealt with my anxiety (or stress, or other problems) by indulging in addictive behavior, and this has been an inefficient and unsuccessful way, that only made me feel worse.*

*Or*

*When I feel bad and use addiction to feel better, it always makes me feel much worse instead.*

*Or*

*Addiction has failed in helping me to cope with my stress, anxiety, or other problems.*

Now the truth is in the house. And you can start finding other ways to deal effectively with your anxiety, your stress, or any other problems.

*“It isn’t so bad.”* Did you pick up this book because your addiction wasn’t so bad? If you came so far as to buy a book that intends to help you with recovery from addiction, it means you have come so far as acknowledging it is a problem in your life. That’s a great step. The next step is to keep discerning whenever your thoughts try to downplay the negative effect addiction has had in your life. To change this statement thus into a more enlightened one. A statement that covers the truth. For example,

My addiction has made me feel very bad, and has had a very negative influence on my health, my relationships, and my financial situation.

What you do in this way is that you give more space to yourself to experience a different reality than the reality of addiction. How does this work? Because you stop the fixating gaze of the 125 state of craving. The state that sees the whole world as one game of unfulfilled desires. A state that chases over and over again. In a vicious cycle. Like a hamster on a wheel. Never, ever coming home. By bringing awareness into your problems, you create space for other arguments than the ones that have created the problem. You will not solve the problem with the same thoughts that have created it. Or rather the same state that has created it. So, give space, bring awareness, and make these statements more in alignment with what has objectively happened in your life.

In this way, you will no longer be fooled so easily by the demanding voice of the addiction mind.

*“I can just do my ...(addiction activities), I can manage it.”*

Ask yourself what your past behavior has shown you. Did you manage it well? Did you stop doing it after it was evident it brought you suffering? If you didn’t, it means that up until now you **could not manage it**. And that’s okay. That’s not a judgment, but just an observation. **Learn from the past.** The past is a goldmine—a goldmine of memories to show you what works and what doesn’t work for you. Mine the gold. Change what didn’t work and build on what does.

A more honest statement would be: **I cannot manage my ... (addiction activity).**

When you admit that, you might feel relief because there is no longer an internal conflict. The conflict between: I really want it, and I can’t manage it. Because the craving is so strong, the ‘I can’t manage it’ becomes corrupted. And then it is: ‘I am able to manage it in this or that quantity.’ But the fact of the matter is that at this point in time you can’t. It’s okay that you can’t because with this conclusion, you can place a comma after ‘I cannot manage my ... (addictive behavior)’, and continue your journey. For example,

*I cannot manage my drinking, so that's why I am seeking help because it brings me suffering and unhappiness.*

Or

*I cannot manage my gambling, so that's why I turn over my finances because it ruins my bank account and my relationships.*

Or

*I cannot manage my phone time, so that's why I go on a 3-day retreat because it makes me*

*feel so dull to no longer be able to focus.*

Admitting to yourself what really goes on creates space for a solution. Because when you don't, the comma will still be there, but will be followed by continuing bad behavior. For example,

*I can manage my drinking, so if I just buy three bottles of beer nothing bad will happen.*

*Or*

*I can manage my gambling, so if I just deposit 100 dollars on my betting account nothing bad will happen.*

*Or*

*I can manage my phone time, so if I take my phone with me to bed at night nothing bad will happen.*

Life is in constant movement. The statements you tell yourself decide the direction of the movement. **Telling yourself the truth** puts a stop to a pattern and creates space for another pattern to emerge. Something will always happen; life has to move. It's up to you in which way you want your life to move.

*"Actually this... (addiction activity, for example, drinking) was such an incredible experience, I want it again."*

There is a lot of glorification when you're in addiction. It makes your addiction memories appear better, more admirable, or more significant than they truly were, and it filters out all the negative sides of the experience. One of the best ways to break your bond with your addiction is to **stop the glorification**. De-glorify your memories. Bring them back to the naked, bare truth. With calm observation, investigate these memories. Were they really so good? Was it really so nice in your apartment with the curtains closed? Or in that brothel? Or in that house doing drugs and alcohol with strangers? Or whatever your particular addiction is, observe it for what it is.

Because it wouldn't make sense to stop something that is so wonderful, so amazing.

And you know, deep down, that it isn't.

The question is, how many more times do you need to do it, to see this simple fact? The simple fact that addiction is most of the time boring, lonely, sad, depressing, and gives no fulfillment whatsoever. You can choose the long way, of repeating this cycle another twenty times to see it, or you choose the shortcut. Rock bottom is in your hands.

But don't take these words so much as pressure.

This is not the book that chooses the hustle, iron willpower approach. For it's my strong belief that this approach doesn't give lasting results. This belief is built by my own experience and that of others that I have witnessed. Why does just willpower alone not work? Because if you haven't dealt with for example these statements, if you haven't really overcome your addiction, it's not really gone.

In other words, your addiction is not gone simply because you haven't smoked for three weeks.

As you have learned in this book, addiction is not just an activity, like smoking, it's a state. So it can cloth itself into many different roles. It can be a smoker, a drinker, a hoarder, a video gamer, a porn addict, a food addict, and so much more. One addiction can be interchanged for another. Addiction is a state, not an activity. Yes, you will need some willpower to say no to

addiction. You will need soul searching to say yes to another life. But mostly, you need a different attitude towards life to no longer fall into the pitfall of the state of addiction. This attitude can come through healing of that where addiction is often built on (shame, guilt) and also through simple awareness of how your pattern of behavior works.

If you want to change your life, you need to know how your computer works. What's the programming of your mind? Life is mental. All reality around you was once a thought. To change it, the thought needs to be changed. Or rather, a different thought needs to be chosen. So the question is whether glorification thoughts about addiction will change your addictive pattern. Simply changing something for the sake of changing is often not enough. You need to understand it. The beautiful thing with all these addiction thoughts is that you have truth and observation on your side to counter your addiction statements.

For this statement, it means interchanging glorification for observation.

*"At least my behavior is not as bad... (addiction comparisons)."*

This is again a way of negotiating. If your addiction is not as bad as... then it means there is still an opening. It's a doorway to more addiction. The first question that comes up directly, is how do you know it's not as bad as...? And what means bad exactly to you?

But even more important, do you want your addiction to be as bad as you perceive it for...? If you feel bad because of your addiction, it doesn't make any sense to do it again, because you will only feel more bad. Whether or not... has a worse addiction than you or not. Because yes, it all can become a lot worse. You decide your own rock bottom. So why go lower? Why go through the whole circus again?

The only person that matters when it comes to your recovery plan is you. Find out what works for you. Find out what happened to you. Find out how your addictive patterns work. That's it. Comparison is unnecessary. You are living your own life. And the person you compare yourself with, or the persons, are not living your life. Instead of comparing, you can ask yourself, is this addiction bad for me?

*Better statements would be:*

*My addiction is worse than I will allow, so something changes from now on.*

*My addiction has made me feel bad and so whatever way it tries to negotiate itself back into my life, it is never worth it.*

*"This is just how my life is, it's not my fault, I can't change it." & "If my life were easier, I didn't have to do this... (Addictive behavior)."*

**You are not a victim of your circumstances unless you choose to be.** Truth be told: there are circumstances that are out of your hands. This is true for everyone. Don't think that the millionaire doesn't have his own problems. Or the social media star doesn't have her own issues. Everyone is dealt a hand of cards. And you never can truly look at the cards of someone else. Yes, you have been dealt maybe a very tough hand of cards. And there is no reason to ignore this. You can acknowledge this. This book is not a book that wants to turn you into a blind positive person. You can acknowledge the truth. Step two is about what you are going to do with that truth. How are you going to react to your circumstances? Are you going to be a slave to your circumstances or are you going to thrive despite or because of it?

As established earlier, change is the only constant. You are always changing. So, a truer statement is:

*"This is how my life is now, and in a few hours, days, or weeks, it can change for the better."*

Start with simple steps. Go up in life at your own pace. Your circumstances are not always your fault, but how you react to them is within your control. A better life begins with taking responsibility. Responsibility can build up the courage to make drastic changes when needed. 'I can't change it' is simply never true. Because you can make it better and you can make it worse. The hardest thing in the world is to keep it constant, for you have universal laws of constant change as your opponent. There is always change. So take that fact and use it to your advantage.

*This is how my life has been, and now it is going to change.*

*I am always changing, I have always been changing, and I will always change*

*I am changing now in a way that feels right and uplifting to me.*

Yes, circumstances can define you, but even that definition can change. It can be a very positive definition. Also, you can make the decision here and now that you are going to work towards being surrounded by circumstances that feel good and true to you.

*From now on, I choose circumstances that uplift and inspire me.*

*I can't live a life without..... (your addiction).*

You are living in this moment without your addiction, right? At this very moment, I mean, at the moment you are reading or hearing these words. You can extend this moment of being without your addiction for as long as you want. You have had many, many experiences in your past where your addiction was not present. Build on these moments.

Addiction is the amplifier of suffering, anxiety, loneliness, poverty, frustration, unhealthiness, anger, dishonesty, and unhappiness. It makes all these states worse, not better.

Pour some truth into your addiction mind. Counter your addiction statements with your experiences. It's true that addiction is built on lower vibrations such as shame and guilt, often based on (childhood) trauma. Parts of this book are dedicated to that. But addiction won't solve any of it. Addiction is an amplifier of shame and traumatic feelings. What all of these feelings ask from you, whether it is shame or anxiety or anger or frustration, is connection with yourself.

If every time addiction arises you asked yourself: **"What do I truly need right now?"** and provided an honest answer, much of your addiction issues would vanish. The craving is a misguided attempt to fulfill a need to connect with oneself. Consider this: every time a craving for addiction surfaces, it actually signals a need to connect with yourself.

*I can't live my life without a true connection with myself.*

*I am addressing my true needs and wants.*

*Addiction thoughts trigger a connection with myself.*

**Life is just hard, and this helps me to relax, to wind down.**

This argument is often employed by the addictive mind: addiction assists in relaxation. While it may seem effective in the short term, the costs are exorbitant. It is a complex and ultimately harmful way to handle overwhelming emotions. Addiction does not alleviate overwhelm or worry; it intensifies it. Reflect on times when addiction was prevalent: did you truly relax, or was it merely a numbing effect? Was your body relaxed, or were your muscles tense? Glorifying addiction memories obscures reality, while neutral observation reveals the truth.

If relaxation is what you seek, explore activities that don't sap your energy later. Consider

truly holistic relaxation methods like sleeping, lounging, walking in nature, or enjoying your favorite TV show. Yes, life can be challenging, and during such times, you need to connect with yourself to address your true needs. Here are more enlightened versions of the addiction statement:

*"Life can be hard, and addiction only makes it harder.*

*Life can be tough, and when it is, I connect with myself to address my needs and wants.*

*I have discovered holistic ways to unwind and relax.*

*Addiction only amplifies my stress.*

*I am becoming increasingly adept at listening to my own needs and wants."*

**"It's too late for me to change."** Joseph Murphy, author of *The Power of Your Subconscious Mind*, advises:

"Never finish a negative statement; reverse it immediately, and wonders will happen in your life."

By transforming your statements, you adjust your perspective, and this realignment can initiate profound changes in your approach to overcoming addiction. Each statement is revised to ensure clarity and reflect a proactive, positive approach to personal transformation, aligning with guidelines for constructive content.

I concur with him. With time and practice, you can indeed gain much more control over your mind. This is a genuine possibility. Again, I speak from both personal experience and observations of others. The sentiment "It's too late for me to change" typically resonates at the 100 or below level of consciousness, a state often associated with victim mentality.

The discussions around victim mentality versus victim-blaming that pervade mainstream media are less crucial. I would even advise not devoting too much attention to narratives that dichotomize life into black and white categories. Such perspectives reflect a reality perceived from the level of 180 antagonisms or 190 arrogance, but they are just one viewpoint among many possible from a higher perspective. From a broader vantage point, you might recognize that while one can be a victim of a crime, one also has the choice in how to respond to this crime for the remainder of their life. The manner of this response does not necessarily define one's value as a person.

Returning to the statement, "It's too late for me to change," this pertains to you: do you choose to adopt the stance of a victim, a victim to circumstances? It is improbable that you are inherently predisposed to this mindset, especially since you are engaged in self-improvement. It's likely that you recognize you are not merely a victim of life or circumstances but that you can acknowledge them and decide how to move forward proactively.

What is time, really? What does it mean to say "It's too late"? Isn't everything always happening in the present moment? Isn't the present all we truly have? And practically speaking, aren't there examples of people who have dramatically changed their lives and achieved success in their twenties, thirties, forties, fifties, sixties, seventies, eighties, or even nineties? Haven't you changed aspects of yourself or your habits recently?

You are constantly evolving. Were you in precisely the same state this morning as you are now? Or a week ago?

More accurate affirmations might be:

*It's never too late to change.*

*I am always capable of change.*

*I am continually evolving.*

*I excel at making personal changes and improving my life.*

*I can initiate change today.*

You are not too late—in fact, far from it. Moreover, you need not wait any longer. Yes, you can begin today. If today feels overwhelming, consider taking very small steps. And remember, tomorrow offers another opportunity. However, be mindful that deferring action to 'another day' too often can lead to prolonged stagnation and ultimately decline. Change doesn't necessarily mean making drastic decisions like quitting your job or ending relationships immediately. It can, but you also have the option to break significant changes into smaller, manageable steps that you can implement consistently, either daily or several times a week.

**"The power of consistency can bring that big change at the very right time in your life."**

*Change happens for me at the exact right time.*

*"Why am I so weak that I can't change and always relapse again?"* **We've already addressed the notion that you can't change.** You can always change, and in fact, you are always changing. The statement about relapse is one you have surely used yourself in one form or another. It feels like a big defeat after you have relapsed. And you may start calling yourself names, making yourself small and insignificant. First and foremost: whenever you are experiencing a relapse, this is not the time for negative self-talk. It's time for positive self-talk and helping yourself. Give yourself the time you need to recover well. And remember that you can always change and change happens to you at the exact right time.

Now, let's first go to the weak part. Weak in the dictionary means: Easily swayed, not confident, or unable to endure stress or difficulty. When you read these words you might think, especially after a relapse: yes, I am weak. But still, this is not the truth. You have acted weak. And now you are zooming in on that action and making it your identity. But you are not your addiction. All this relapse says is that in a moment of time you have been indeed swayed away by the power of your craving. A more true statement is this:

*This time I have acted weak and relapsed, but in previous times I have been strong and overcame my craving, I now know what's best for me and I have the ability to change.*

Because you haven't always relapsed. You have had times where you didn't act on your craving. The art is now to zoom in on these moments. Or to see a future where you are able to resist the craving. Instead of just focusing on the relapse, focus on how you are able to resist the craving. And there have been moments in your life where you did. Otherwise, you have been addicted for all your life, 24/7. And this is not the truth. Also, you are able to imagine yourself resisting or rather overcoming the state of addiction. Meaning you are already close to doing that more often. You are not your relapse. You are just now in that state. In the next moment or in the next few days, you can be in another state.

The 'always' statement is simply not true. But your addiction loves this statement. Because it establishes that you are an addict and that you need to reside in that energy level. That your energy and focus are sucked into that state of craving. So whenever always statements come up that feed your addiction, change them. For they are not the truth. More true statements are:

*There are times where I can't resist the urge for my addiction and I relapse, but I know I am able to change this.*

*This time I have relapsed; other times I haven't.*

*This relapse was a blessing; it only showed me how much I hate my addiction and what better things await me if I make other choices.*

The last statement is a more bold statement. Some of you that read this book are already in a state of mind **where you** can make these statements—a state of mind where you believe in your own power and believe that addiction really is just a state and that you have the power in your hand to shift your life at will. Choose a statement or create an affirmation yourself that works for you. That stops the dominant and manipulating 'always' thoughts of your addiction mind.

*I am so stupid for all I have done; I am a failure.*

Self-blame is very often used in addiction. It's like receiving punches of low vibrational thoughts from your mind, all designed to make you feel worse. And what happens when you feel worse? Can you see how the vicious cycle of addiction is working? Thoughts that are of low vibration correspond with actions of low vibrations. They activate low-vibration patterns, such as addiction. It's all correlated. When you realize this, you realize that a thought isn't without consequences. It can lead you into a reality. It's the beginning of a new experience. It can spiral into something very real. This thought, "I am so stupid for all I have done, I am a failure," will not lead you into something good. Not at all. It diminishes your self-worth. And it leads you to act accordingly.

You are not stupid for what you have done. You have just followed the very normal patterns of the state you were in. It is normal to engage in addictive behavior when you are in a state of addiction. But when you start to gain more awareness of what else there is to life, you can shift your state. In other states, it is not at all normal to be drunk every single day, or to eat more than you can handle over and over again, or to gamble away more money than you have. You have acted with limited consciousness. Now that your consciousness is expanding you can make better decisions. A better statement would be:

*I have acted within the confinements of my state and it didn't bring me happiness. Next time I will be more careful.*

Why are you a failure? Even if you consider addiction a failure, it doesn't make you a failure. It's simply an action you did that failed, nothing more, nothing less. You are still as valuable as when you would never ever have an addiction. Your value is regardless of what you do. You are always worthy of love and life. If you continue your addictive behavior you will suffer. That's a true statement. But now that you know what addiction brings you can change your behavior. Step by step. And you can mine the gold from your failures. See how your pattern of addiction works and make different choices. A more true statement would be.

***I have learned the lessons from my addiction past.***

When you have a relapse in your life, there are also affirmations that you can use. I have dedicated a chapter to the use of affirmations in this book. Here is an affirmation that you can already use:

*I have learned even more from my addiction past.*

Never ever let addiction and low-vibration thoughts get the better of you. They are self-destructive; they are like parasites, draining your energy, your time, your resources without

offering any real benefit. They don't help you elevate your life. However, you can use them as a force for greater self-exploration and self-growth. When they surface, you can take it as a signal to align yourself back to what feels good, what feels like home, what is inspiring. In this way, every challenge becomes a source of deeper self-exploration and further personal growth, guiding you to change your mental environment to surround yourself with thoughts that support your success.

Here are affirmations to empower you; they can build a powerful foundation for transformation:

*I am so brave for taking the steps to overcome my addiction; I am a true winner.*

*I love myself and I let the lessons of the past work in my favor instead of against me.*

*I am loved and supported by God/The Universe/My Higher Self/The Earth/My Relationships.*

*"Everyone has something, so why is my... (addictive behavior) considered bad?"*

This is the comparison game again. Your life is about you. It's about your own wellbeing, your own dreams, your own happiness. So the question should not be about others, but about yourself: What makes you feel happy? What helps your wellbeing? Is this action helping or destroying your goals? Your addiction is not bad because others say it is; it is bad because it is destructive to you. That's the fact and the matter. That's your why for recovery.

*Addiction is bad for me; that's why I want to change.*

*I have things I really do enjoy that are healthy for me.*

*I am making better choices for myself.*

*I release my need to compare myself with others; my own life is uniquely mine.*

*I am worthy of love and good fortune exactly as I am.*

*"I have ruined everything."*

Another thought designed to keep you in a low vibration. Your life is not beyond repair. You can acknowledge your feelings of shame, fear, worry, and sadness. It's okay to grieve for some moments. Give yourself the time for that while simultaneously not talking yourself down. There is nothing to gain in talking yourself down. You have come from the depths of the ravine before, and you will also make a glorious comeback now. Your life will be built on these broken moments of the past. It will be rebuilt stronger and stronger. You will climb up again, as always. There is no path in life that only goes one way. Change is the only constant.

The way up in life is always open for you.

This experience doesn't define you. Your infinite worth as a human is still very much alive. Your talents are still alive. Your dreams and childhood aspirations are still alive. Truth to be told, they might be a bit more hidden now, but nothing ever gets lost in your rich and amazing inner world. This is not the end; this is just another beginning. You are an expert in new beginnings. This is what you do so well. That it may feel ruined is something you can learn from. What led to that feeling of everything being ruined? Yes, your addiction. So, it's now time to take different steps, to try out better ways to deal with all your needs. It's an opportunity to become better and better.

It's just one page in the book of your life.

You can turn that page whenever you want **and write a new one**. This is the time. Yes,

maybe first **to rest and heal**, and then to write that new page, **enriched** with all your past experiences

### Reframing Worksheet

Pick 3 recurring negative thoughts and reframe them with higher-consciousness alternatives daily for a week.

Day	Thought	Reframed statement
1		
2		
3		
4		
5		
6		
7		

# CHAPTER 8:

## WISDOM FROM YOUR PAST AND FUTURE SELF

You can time travel here and now, transforming your approach towards recovery and personal transformation by harnessing the power of the future, past, and present—all to your benefit.

You can travel back in time to learn from your memories, detect patterns that haven't worked for you, and build on those that have. These insights guide you from a life out of alignment to one of well-being. Conversely, you can also project into the future to connect with a version of yourself that has overcome addiction. This future self looks back with ease and compassion, understanding more clearly the steps you need to take now. Communicating with this future version connects you with wisdom, compassion, confidence, and clarity.

Similarly, you can be the past version offering advice to your future self, especially during moments of craving or stress. This connection helps you from the now, impacting future hardships, whether they unfold days, weeks, or months ahead. This perspective allows you to view your life holistically, appreciating that help can always come from the past or future.

You always have access to the pure gold of your inner wisdom across all times.

In this chapter, we will create tools for your future self to enhance your ability to navigate future challenges healthily and cope with problems holistically. We'll also connect with a future version of you for encouragement and advice, leveraging all vantage points for support and inspiration available in your existence. While it may sound a bit like science fiction, your talent for imagination exists for a reason. You are becoming the version of yourself capable of assisting the version that struggles. When these moments of hardship arrive, you'll be able to see yourself through the clouds of darker times, shining with the light of wisdom and inspiration.

Let's first focus on creating tools for your future self.

In times of crisis, wouldn't it be helpful to have a coach by your side? You can create a document to serve this purpose, effectively becoming your own coach. Who knows you better than you? Utilize this knowledge to direct yourself from the here and now out of future difficult situations. Life is about seasons—there are times of spring and sunshine that bring hope, joy, laughter, fun, deep connection, and purpose. And there are also times when leaves fall and darkness sets in early, bringing stress, overwhelm, and discomfort. By creating a crisis document, you prepare a resource that is easy to use, whether you face a minor upset or a major crisis.

### **Healing Document for Times of Need**

This list is crafted for challenging times. Remember, I love you. It's going to be okay. No matter where you are in life, you will make it through. If you're not up for reading everything,

jump straight to the 12 items below and choose the one that feels most resonant right now.

When you're overwhelmed by frustration, worry, fear, resentment, cravings, or even if you've experienced a relapse, these actions will guide you out of it. They work—I've tested them myself.

Firstly, acknowledge what you're feeling. Recognizing your emotions is the first step—they are not inherently bad. We thrive by overcoming them. Know that this isn't the end. We handle setbacks well. I love you deeply. Don't worry, it will be okay. Choose one or more of the items from this list and your day will start to improve. If you need a day or more for rest, that's perfectly fine. Prioritize your well-being.

Remember, worrying begets more worry, frustration leads to more frustration, and addiction seeks more addiction. Choose a different state to gain a new perspective, whether it's through clarity, practicality, humor, compassion, or deep relaxation. When cravings hit, remember they are manipulative and not the whole truth. Addiction only enhances unhappiness. You deserve better.

### **Actions to Take:**

1. **Rest:** If you're at home or nearby, try to sleep, or simply relax on your bed or couch. If at work, see if you can leave early or lighten your load for the day.
2. **Gain Clarity:** Write down your current challenges and possible solutions. Getting thoughts on paper can work wonders.
3. **Identify Needs and Wants:** Ask yourself, "What do I need right now? What do I want?" and try to meet those needs.
4. **Refresh:** Take a shower, bath, or splash your face with cold water to wash away negativity.
5. **Eat Well:** Choose comforting, nutritious food if you're feeling low on energy.
6. **Hydrate:** Have a warm or cold drink and take a moment to relax.
7. **Connect with Nature:** Go for a walk to neutralize low vibrations.
8. **Reach Out:** Connect with whatever you consider a higher power, and lay down your worries.
9. **Self-Reflection:** Take time to consider what you truly need or want at this moment.
10. **Laugh:** Watching comedy can drastically shift your mood.
11. **Set Intentions:** Plan for exciting activities after you've rested.
12. **Practice Gratitude:** List three things you're grateful for to change your mindset.
13. **Seek Inspiration:** Watch a favorite YouTuber, listen to an audiobook, or read something inspiring.
14. **Accomplish Something Small:** Clean, make lists, donate, or send a kind message to feel productive.

*It's going to be okay!! I love you. We went through this many, many more times before. We can do this, we will thrive again!! I love you so much:))))!!!!*

This is an example of how such a document looks like. By the way: have you ever shown

yourself self-love? Said I love you to yourself? Practicing self-love makes it so much harder for lower vibrations to keep hanging around for days or weeks or even hours. Love dissolves all. Start practicing love for yourself. If you feel that love deep within you will extend it to the world. You will make the world a better place.

But back to the document: make it inspiring for you. Make a document that works for you. Talk to yourself in a way that works for you. Pick items that you know will work for you most or all of the time. It doesn't have to make sense to others, if it works for you that's all that matters. You can decorate this document as well, with emoticons images drawings, or colored letters. Make a gift to yourself that is very nice to unwrap at the time you need it the most.

#### The Wisdom Of Your Future Self

Now let's go to your future self. To see what wisdom it has in store for you at this moment in your life. For this exercise take 20 minutes or more of your time. You can do this in writing or imagination. Imagine talking to a future version of yourself, probably three or six months from now, or longer, let's say one year or five years from now. What would you feel is an appropriate period? Then picture that version of you and start the conversation. Here is a list of questions you can ask. You can pick the ones that relate to you or invent questions yourself. What you can do is write down the question and then just see what comes up to write down the answer. Or to ask the question in your imagination and then see what comes up.

*How did you overcome your addiction?*

*I am still struggling a lot with the power of my cravings, what would you advise me to do?*

*I still have a lot of goals and dreams, but sometimes I feel afraid it's too late for me to achieve them. What can you say to that?*

*How do you look back at your addiction years?*

*And how do you look back at recovery?*

*What is the most important lesson you have learned from your addiction?*

*What is the most important lesson you have learned from recovery?*

*What is vital for me to make my recovery more bearable and with a greater chance of success?*

*What advice do you have for me now?*

*What's your advice for dealing with ... (a problem in your life)?*

*What's your advice for achieving (a particular goal you would like to achieve)?*

In this way, you can connect to the wisdom of your future self. Inner guidance is always available. And you can gain a perspective that is much wider than the perspective from which you are looking at this in the now.

There is always help available in The Universe. There is always help available within the wealth of your inner world. You have wisdom and knowledge that are uniquely yours. You can become your own best coach. A world-class coach who is available 24/7. If you connect to yourself, and allow silence and presence, you will find that the answers you seek are waiting in your inner sea of consciousness. From these answers, you can navigate life and the challenges and success that come with it.

# CHAPTER 9: SELF-LOVE

*"You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere."- Buddha*

You are here for a purpose. Can you feel the rhythm of your heart?

You are alive, and the world is full of possibilities waiting for you.

Feel the earth beneath your feet. Your unique talents and experiences make you rich with potential. You are abundant in life's potential.

Life, God, or The Universe—they are not here to oppose you.

Your life, with all its imperfections, is exactly as it should be.

Every experience—every hardship, every moment of renewal, every success, and every challenge—has brought you here for a reason.

Now you are here. Fully alive and awake.

This moment is yours to reclaim. Begin anew with clarity and purpose.

Don't you feel it? The trillions of choices you can make here and now

A limitless number of paths await your focus.

What immense power that grants you.

Your addiction began when the calm seas of your life were disrupted.

Lies, disappointments, and moments of despair followed, tempting you to give up.

But you didn't stop. Because something inside you remained steadfast.

It carried you through every experience.

Through the long, gray, and gloomy days.

It was the undeniable sense of aliveness.

A deep purpose and a desire for transformation.

Because there was always knowing.

That transformation was inevitable.

How many times did you rise up? Right now, you are reading these words.

You've faced countless challenges.

Days filled with rain and nights of tired eyes longing for rest.

Yet, each time, there was a new morning, and another, until this very moment.

Where the past and future converge, pausing to witness your journey.

You are loved, you are incredible. You've endured it all and emerged stronger. You are still here, alive and thriving. The pain may have clouded your vision.

But now, your eyes are wide open. Your sight has returned.

Your heart still beats with purpose. This moment is yours.

There is love awaiting you. It whispers softly yet unmistakably.

A thousand photographs of your past and future await.

You see yourself clearly. A smile, a tear, a shared joke, a cherished story. You are here, truly present. Alive, loved, and eternally supported. Wake up. The curtains part. Sunlight gently kisses your eyes.

The songs of change play softly in the background. Feel the pulse of self-love within you. It vibrates through every fiber of your being. Illuminating every cell in your body and every thought in your mind.

You are the one you have been waiting for. You are the change you seek; you are life itself.

May you experience blessings, good health, good fortune, and kindness in every waking day of your life.

# CHAPTER 10:

## THE DARK FOREST OF SHAME AND THE WAY OUT OF IT

There is an underlying current of running away in all addictions. It's escaping, they want to break free, for avoidance. But breaking free here is not the well-thought-out plan for manifesting more freedom in your life. It's the storming out of the room version, to avoid what's confronting you. In this way, addiction is a temporary measure that empowers the very thing you are running away from. But you can't stop. You need to escape. All the time. But why this incessant search? Why not stand still with what it is...

It's like running for years through a dark forest. And only realize that when you are standing still for some moments, the light you have been chasing and searching for is right there in your pocket.

Shame can be so deep that it is linked to questioning your very existence. It's what is fighting for your self-worth. It's a deep feeling of unworthiness that creates the desire to hide and withdraw. In that moment of hiding and withdrawing you roll out the red carpet for your addiction. It's in those times of withdrawal that you crave connection.

You crave a lifeline.

And you look for instant gratification of that need. You have wrongly convinced yourself that your addiction is the way to cope with that withdrawal and hiding. Now you conclude that this was a false assumption. Addiction only makes the hiding and the shame worse. It's an amplifier for suffering. Therefore, it's now time to reclaim your right to existence. To start feeling the very earth underneath your feet.

There is shame in your addiction past too. Are you willing to open up about your addiction? Probably not. I am not telling you to do so, because what is private can remain private. But it's interesting to note that it is so hard to share about our addiction journey. There is so much shame surrounding failure on our planet. We have been conditioned to link failure to our values. In this way failing diminishes our value, and makes us inadequate as a human being. That's why it is so hard to talk about failures. Why do you do so much to avoid it? And when you do fail you want to hide it. You withdraw. You make your addiction a secret. Secrets are heavy on the soul, secrets weigh you down. They find their way to the shadows. In the darkness of your subconscious. Pulling strings and feeding unhealthy habits.

But why would you feel ashamed of your past? If you feel guilt for things you have done: then make amends. Both shame and guilt will do nothing good to you. They are the most heavy vibrations a human being can feel. What is heavy, is slow. Like attracts like. As long as shame is heavily present in your life, change will come slowly. And all below 200 states have a party in your reality.

This is a shame that can't be revealed to the world at any cost. That needs to stay hidden, yes or yes. This is the shame that tells you, you are unworthy. You don't belong and you never will. This is the shame that paralyzes. It can lead to literal paralysis of the mind. It's such a slow and heavy vibration that it attracts all kinds of doom and gloom. Imagine being in a room where you feel so unwelcome, so unworthy that the only place you feel you can hide is on the toilet. Paranoia feeds on you here. You lock yourself up for hours and hours until you are sure that everyone is gone. And no one will notice you.

This might not be the general level of shame you are experiencing in your life. I am even certain you won't. Otherwise, you wouldn't have picked up this book. You wouldn't have worked on yourself. But pockets of shame have found a house within you.

Yes, shame comes not just from your addiction past: it also comes from past trauma. Can you just release these traumas overnight? Probably not. This requires trauma work. Probably the help of a therapist. But the steps are the same. Meaning, without honesty towards yourself, that there is shame within you that you can't seem to solve yourself, and nothing is ever going to happen. If you want to heal, you need to find healing. An active approach is needed. If not, your life will spiral completely out of control until healing is given to you by force. For example, in a hospital.

Honesty and confrontation shake out these pockets. It's very important to be honest with yourself. Because in the light of truth, shadows will show their true colors. Often we are trying to deny our true selves. Because sometimes the truth is uncomfortable. As said before addiction has been a comfort zone. So when you bring honesty to your addiction a part of you will resist it. Because honesty means the end of addiction. Means the end of one comfort zone.

The honesty I talk about is integrity with self. Not the frankness of telling all your secrets and mishaps to the rest of the world. But honesty with self will increase honesty with others. It will break the lying pattern addiction has woven in your life. The whole world doesn't have to know everything there is about you. But also, you can never really hide your true self. If you are a little bit in touch with your intuition you feel the truth of another person.

There are a lot of lies involved in addiction. Lots of secrecy. Because it is surrounded by shame. With the integrity of self, you take away the floor for secrecy and lies. With that, you take away a lot of fuel for your addiction. This honesty started the moment you acknowledged you had a problem with your addiction of choice. And you can now start building on that honesty.

## **Shame Exercise**

The following exercise is designed to help you release the pockets of shame in your life. Write down all the things you feel ashamed and embarrassed of. All these things you have done in your life that give you that feeling. Lies you have told promises you didn't keep, times where you failed, or general feelings of shame you feel there are within you. Also, include feelings of shame that come from your childhood. But make sure to only include that which you feel comfortable to include in, and do so when you are in the right state of mind. Make a long list on a physical piece of paper. Give it a few hours, this exercise. Make it a ritual of admitting all the things you feel ashamed of. Allow some tears and frustration to arise. After you have spent enough time with the list, burn the piece of paper. As if that part of you is now allowed to disappear. Feel the relief of the backpack of shame being lifted off your shoulder.

Again, to the topic of trauma: this might not solve your traumas directly. And you may very well need a therapist or specialist to help you heal the deeper levels of your trauma. You may need much more time for that to dissolve. It's about taking the steps, whether they are small or big, in the right direction. It's not about forgetting the memories of your trauma, it's about reframing them. To no longer link trauma to shame, because whatever happens you are worthy as a person. You are worthy of love, good fortune, and allowing your full potential to come alive. There is nothing that can decrease your innate worthiness.

This shame exercise is one tool you can use, one step in the right direction. More therapy might be required. More time might be required. And that's okay. When you have awakened to something, when the curtains are open to your shame, to your trauma, you can never close them for real again. The truth is out there. That's what is important here. When the truth is out, steps to heal, action plans to improve and true desires can arise.

## **Guilt Exercise**

Guilt is another very heavy and slow vibration. It's possible that in your past you have wronged others. If this takes up energy in your life now is the time to release it. For this exercise write down a list of all the things you feel guilty for. Then see which items of the list need action from your side to balance things again. Bring it in order, in harmony. Make amends for your actions. This means taking responsibility for the probable harm you caused. Repair your misguided actions so to speak. You can write down one or more actions to harmonize your past deeds. For example saying or writing apologies, praying for the wellbeing of the people involved for 7 days straight, donating to a cause about your deed, or anything else that you feel is appropriate for bringing harmony. You know it's done right when you feel a sense of relief.

The same as for the shame exercise: allow some tears and emotions to come up. And when the time is right you can burn the piece of paper. With the commitment made you will make your amends. You can also decide to burn the piece of paper after you have harmonized your actions.

## **Conclusion**

Guilt and shame are incredibly low in vibration. They draw down your levels of consciousness. They are the houseguest that makes your life miserable. When you take an active approach toward releasing your pockets of guilt and shame your life feels lighter. The flow will return. You start reclaiming your innate self-confidence and self-worth. It's time to stop living at the mercy of unexamined thoughts and past mishaps. To make all you have learned in your life so far and your renewed optimistic attitude count. You will only go as far as your lowest standards. Which in this context means to release the levels of consciousness that hold you down the most. And by doing so you start destroying the very foundations on which addiction is built.

You declare a change in your kingdom. The structures of old fall down. Space is left, and in that space, new structures are built.

Is it then all gone overnight? No, it is not. The core wound on which *your* shame may originate might linger a lot longer. In fact, it might never really be gone at all. And that's okay. You can live with a scar. Even more so, it can become a friend, a guide. Whenever it arises from the depth of your being, you recognize that something has triggered it. That this situation you are

in feels unsafe, inauthentic, or too much to handle. You can thank it for telling you and act accordingly. A wound doesn't need solving. But it needs healing. The scare doesn't have to leave. But it needs attending from time to time. Shame as a pocket OF energy doesn't have to be gone completely, but it should be dealt with appropriately. So that it can't direct your life in unhealthy and unsafe ways from the shadows.

Shame is not a captain.

But what it tells can be of use. Deal with it appropriately and a lighter and more authentic life will be your reward.

# CHAPTER 11:

## COLLECTING MOMENTS OF HIGHER STATES

You can only experience what lies within your field of awareness. If you want to experience the opposite of a problem, spend more time focusing on solutions rather than the problem itself. But how do you make this truly practical, especially in relation to addiction?

It is helpful to know about the scale of consciousness and the various states of being, but to benefit, you need to embody these states and make them a part of your daily life. This book is not just here to provide information; it's an interactive guide meant to inspire action and transformation. So instead of merely learning about shifting focus, actively practice it yourself.

### **Rediscovering Moments of Higher States**

Even amidst years of addiction, you have had fleeting moments of joy, connection, kindness, relaxation, and creativity. These experiences, though brief, have crossed your path. They may have felt like strangers—out of place in the habitual state of addiction—but they existed. And because they existed, you can intentionally reconnect with them.

But how? The key is bringing these moments back into your awareness.

In this chapter we are going to collect memories that belong to each step of the scale. In terms of the positive side of the scale. From 200 and upwards. To become familiar again with levels that are more encouraging, healthy and inspiring. For practical purposes the scale from 200 and upwards is written here, so we can work from there.

### ***Ultimate Consciousness***

- **1000+** Enlightenment, Divinity

### ***Enlightenment***

- **700–1000** Vast Awareness

### ***High Levels of Consciousness***

#### ***Expanded Self-Realization***

- **700** Oneness, Non-Duality
- **600** Bliss, Peace, Serenity
- **575** Ecstasy, Lightness, Unconditional Love
- **540** Humor, Joy

- 525 Intuition, Imagination, Power, Initiative
- 500 Appreciation, Creativity, Beauty, Responsibility

### ***Inner Wisdom***

- 450 Intelligence, Reason, Clarity

### ***Neutrality and Acceptance***

- 400 Neutrality, Attention, Focus

### **Mid-Levels of Consciousness**

#### ***Self-Empowerment***

- 350 Balance, Kindness, Availability, Intention, Honesty, Ethical
- 300 Willingness, Optimism, Productivity
- 275 Courage, Fun, Empowerment
- 250 Stability, Conventional, Order
- 200 Functionality, Routine, Safety, Boredom, Laziness\*  
(*First appearance of own power, instead of dependence on external circumstances*)

Now, when we start at the first level, 200, you can collect one or two moments that you have experienced and belonged to that state. When were you in the normal routine of a job, or mechanical going through the motions of daily life? The emphasis here is on just doing what you have to do without too much emphasis on any emotion attached to it. That's why this level is also the level of boredom. What you can do is get a piece of paper, and write down the level and underneath moments that connect to that level.

If you look at the scale you can take the levels that feel very inspiring to you. Or that feels like home or like a lot of fun. Take those levels and collect multiple moments of your life where you were in that state. Maybe four, or seven, or ten moments. Come into the flow of that level. See what thoughts come up, how it feels, and what you did when you felt like that. Especially, what you can learn from that state. How is it different to a level like addiction? Or worry? Or pessimism? What are ways for you to connect to that level on a more consistent basis? Why does this state feel inspiring to you? Why does it feel like joy and a lot of fun? Or challenging in a nice way?

You are a powerful creator. And you create with your focus combined with time. Focusing consistently on one thing will bring it into reality. So be very careful how you use your focus. Currently, there is a war going on for your attention. From news channels to social media companies to all kinds of marketing campaigns: they all target your focus. Because they know, there is gold hidden within that focus. The gold of Creation.

Be careful, therefore, how you use your focus.

Where you put your attention. Addiction has become a reality by repetitively focusing on it for days, weeks, months, and years. Similarly, building a successful business becomes a reality

by repetitively focusing on it for days, weeks, months and years. The same is true for a romantic relationship, self-improvement, recovery, financial riches, good health, a 3-week holiday to Europe or South America, building a better relationship with your parents or learning how to grow your own foods.

Focus + time (with time is meant: consistency over a longer period of time), is the name of the game. That's how you create a reality.

With this focus exercise you start to get a feel for different realities. And you start to become aware that these states, although they may feel very far away from you sometimes, are really within reach. In fact, you have already experienced them in most of the cases. And if not, you can at least get a feel for them with another great tool you possess: your imagination. Have fun with this exercise. Start interacting with states and experiences you do prefer. And make it real, by adding practical steps to this exercise to bring it into your everyday reality. One of these practical steps can be to spend five or ten minutes every day to already experience your preferred reality or state, in writing or in imagination. But you can also make it more real by doing an activity, or dressing a certain way, or creating something that already is in alignment with that state. The focus becomes more real, more like a reality by adding physical actions to it.

So that the states and the life that you prefer start over pouring step by step into your daily life.

### **Why This Practice Works**

By consciously reflecting on and reactivating moments of higher states, you redirect your focus and attention to more empowering levels of consciousness. This is the foundation of lasting change—building on the higher, positive states that already exist within your field of awareness.

Through this process, you gradually align your present and future with the higher vibrations of life, making these states less fleeting and more permanent parts of your reality.

## **Collecting Moments Of Higher States**

### **Worksheet for Reflection and Action**

#### **Instructions:**

1. Review the levels of consciousness below.
2. Reflect on specific moments in your life that resonate with each level.
3. Write down your memories and feelings associated with those moments.
4. Explore strategies for reconnecting with these states in your daily life.

#### **Levels of Consciousness: Mid Levels of Empowerment**

350 Balance: Kindness, Honesty, Ethical Action, Intentional Living

300 Willingness: Optimism, Productivity, Enthusiasm

275 Courage: Fun, Empowerment, Facing Challenges

250 Stability: Routine, Order, Conventional Thinking

200 Functionality: Safety, Routine, Neutral Actions

### Reflection Table

Level	Memory	How it Felt	Actions to Reconnect

### Guiding Questions for Reflection

1. What emotions or sensations did you feel during this experience?
2. How was this different from states like addiction or worry?
3. Why does this state inspire you? What do you enjoy about it?
4. How can you intentionally create similar experiences in the future?

### Visualization Exercise

1. Close your eyes and recall one of the moments from your list.
  - What did you see, hear, or feel in that moment?
  - How did it energize or calm you?
2. Anchor the memory to the present moment.
  - Remind yourself: 'This state is always within my reach.'
3. Set an intention to recreate the feeling.
  - Write an affirmation: 'I create balance and joy in my life daily.'

# CHAPTER 12:

## CONVERSATIONS WITH ADDICTION

*Me: Why is that?*

**Addiction:** Because my true nature comes to light.

*Me: And what is that true nature?*

**Addiction:** That I am not meant as a result.

*Me: What do you mean by that?*

**Addiction:** I am meant only as one step on the ladder. But people take years or decades with me.

What if you could talk about your addiction? A big part of my recovery journey was having conversations with my addictive personality. I recognized that this addiction was self-destructive. I learned about the manipulations and the ultimate goal of addiction. The goal is soothing, yes, but if you follow the complete road of addiction it leads to one thing and one thing only: self-destruction. These conversations helped me throughout my recovery journey. Realizing that addictive behavior wasn't there to help me at all. It wanted to destroy me.

I see addiction as a state, a level of consciousness. As such you must be able to have a conversation with a representation of that state. Since writing about addiction I always wanted to go more in depth on this. I added a shorter version of this chapter to the audiobook of Shifting Attention. But I feel there was much more to discover. So in this book, I prolonged the conversation. That's what you will find in this chapter. You can also try this out for yourself if you are in a good enough mental state. If you feel that this might help your recovery.

This kind of conversation shows you the distance between you and your addiction. And in doing so gives you power over your addiction. Your true self becomes more enlightened. It shows you that you are not your addiction. You are just the experiencer of your addiction. When you speak to it, you acknowledge its presence. But instead of being swapped away by it like what happens in most cases, you now have control in your hands. You treat it with the awareness and firmness of your own, innate power.

It can help you to differentiate between the voice of your addiction and your true self. In this way, whenever the addiction voice comes up, you might detect it earlier for what it is. It helps you to reinforce the idea that you don't have to act on these impulses. You are free to choose what you want.

There is real power in creating distance between yourself and every state you go through in life, especially the lower ones. This can not be confused with the escaping nature of addiction. It's rather becoming the calm observer of your life. It brings you in alignment with the

fundamental truth in life: that everything is passing. When you can be in that stillness, you can start making decisions that feel empowered. Instead of blindly following your old patterns.

The Conversation With Addiction

**Addiction:** **Desire should propel you to fulfillment.** The desire in 125 propels you only to more desire. It's an endless loop.

**Me:** How would you introduce yourself?

**Addiction:** As who I am, as how I am commonly known by you: an addict. But you can give me many names. Basically, I am the one who is insatiable, who never has enough, who always craves more. I exist where satisfaction cannot last. I dwell in the space where lack is constant. I am the endless loop, the vicious cycle. I am Addiction. Yes, I am Addiction, and I am proud of it.

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**Me:** Okay. I have many questions for you. Why should I believe your answers now, while you are so deceitful normally?

**Addiction:** Because once I am confronted, like you are doing now, I cannot do anything other than tell the truth. It's the same with all sub-personalities. They must tell the truth when faced with the light of your awareness. But let me clarify: I am not deceiving you. I am merely presenting my side of the story. I tell you to drink, to watch porn, to take a line, to eat the hamburger, because I have good reasons for suggesting those actions. Yes, I know they can be destructive to you. But I also know that, in the moment, they give you the temporary pleasure you are seeking. You can call me a deceiver; I prefer to call myself a bringer of an alternative lifestyle.

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**Me:** Interesting name for sure. Why are you present in the lives of some but not others?

**Addiction:** I am present in the lives of everyone, but for some, I am more dominant than others. All levels of the scale of energy are present within everyone. Everyone has sadness, anger, arrogance, calm, enthusiasm, love, and more within them. Many factors determine whether I manifest more heavily or remain subdued in a person's life.

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**Me:** What factors attract you? What makes someone experience you more heavily?

**Addiction:** I am most present in the lives of those who want to escape the present moment. That's the simplest explanation. Yes, there are countless stories and reasons why I exist in someone's life, but fundamentally, I thrive on the need to avoid the now. People want to be somewhere else, feel something else, or escape the discomfort of this moment—and that's where I step in.

I offer a way out: out of the stress of daily life, out of sadness, frustration, worry, or anger. I bring relief. I supply the dope to so many seekers. To those who are tired of the present moment, of this bloody life. They want their cake and want to eat it now. No waiting, no willpower, no effort—just bloody pleasure, bloody relief, a bloody shot right now.

So I give that. I will provide you with thoughts and feelings the whole day to escape. And then, finally, when you arrive at the bar, when you buy that gram, when you open your laptop and drop your pants, a real moment of relief, of pleasure, of full-blown escape falls upon you. Yes, it's like manna from the sky. And me, my state is the provider of that elixir. .

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**Me:** In this book, I call you the amplifier of unhappiness, the amplifier of anxiety, and the amplifier of shame. What can you say to that? **Addiction:** I cannot deny it.

**Me:** Then elaborate on it.

**Addiction:** I am not interested in healing or personal growth. My sole interest is in more craving, more addiction, more obsessions, and more compulsion. I want more—always more. I don't care about your health, shame, happiness, or anxiety. That's neither my role nor any of my interests. My focus is singular: I want satisfaction now—at this very moment. Whatever the consequences are. I will go to extreme lengths to get it.

---

**Me:** You seem very dominant.

**Addiction:** I am very dominant. Because for me, nothing is more important than fulfilling my cravings. Everything in the way of that needs to move—immediately.

---

**Me:** What about the patience necessary for creativity? The presence necessary for connection? The consistency necessary for success?

**Addiction:** That's not for me. That's boring.

---

**Me:** Do you really believe it is boring?

**Addiction:** No, not really. Of course, I know it isn't boring. I'm not stupid. But admitting that wouldn't serve my purpose. If I acknowledged it, you'd resist me. You'd refuse to come with me to the bar, or for another hit, or whatever I seek. I will say anything to convince you otherwise.

---

**Me:** It seems like you are entirely separate from me. Is that true? **Addiction:** Not exactly. You experience me from time to time. You bring yourself into my state. In that state, you are still you, but you are you experiencing addiction.

---

**Me:** Is addiction a final state?

**Addiction:** No, not at all. Of course not. Free will exists. I can't enslave anyone permanently. No one can. But I am allowed to manipulate you—over and over again. And I do. I know all your weak points, and I use them to my advantage.

---

**Me:** What's the end goal of addiction?

**Addiction:** The end goal, you could say, is self-destruction. But for me, it's just about wanting more. There is no real end goal. I am insatiable. I never have enough. And yes, that ultimately leads to the destruction of your body and soul—it is what it is. I just want more and more.

---

**Me:** I don't understand why, if you are the amplifier of unhappiness, you are so tempting? Why can you seem so hard to resist?

**Addiction:** Because you haven't learned to properly deal with life's challenges. You know I don't come to you on a sunny day, symbolically speaking. There's always something that brings me into your life. You write about the scales of consciousness. You know there are states on the scale that are simply too far out of reach for me. See me as a car with fuel for only 125 miles—there's no gas station to fill it up further. Some states are 1000 miles away from me; I'll never get there. But other states are just 90 miles away—I can still manipulate those.

---

**Me:** Okay, but what about being so tempting?

**Addiction:** I offer a direct solution—right here, right now. And not just that, it's a solution you know. It's familiar. You know the effect of that first drink, the porn, the food, or the phone. You

know it. It's tempting because it's easy, fast, and familiar. I know what the mind loves, and I use that to my advantage.

---

**Me:** When someone knows that your state leads to unhappiness, then what?

**Addiction:** It only makes a difference when that knowledge is embodied. If it's just a thought, something you've heard or read, it won't make much of a difference. Sure, if you hear it repeatedly, it starts to create a ripple effect. But when something is embodied, it makes a difference. Do you place your hands on a hot stove? Of course not. For the same reason, there are people on the planet who don't overindulge in unhealthy habits.

---

**Me:** How do you stop believing in your manipulative statements?

**Addiction:** Simply, you take away the foundation on which these statements are built.

---

**Me:** What are those?

**Addiction:** All I can say is that shame and guilt are my best friends.

---

**Me:** Don't play games with me. Elaborate.

**Addiction:** Okay. I thrive on lower vibrations—that's my food. If there's no ground for me to stand on, I can't live in someone's life. Unhealed traumas stick like energetic pockets in your field of experience. It's like you're carrying a backpack filled with heavy stones of guilt and shame. As long as these aren't dealt with, you'll carry a lot of weight on your shoulders. When life throws challenges your way, you'll feel that weight even more strongly. Because you take every challenge personally.

Because you already feel ashamed, so you take your failures, or something someone says, or the weather not being nice, or a heated conversation as something threatening your self-worth. You simply haven't found the confidence to place your feet firmly on the ground in this life. From a place of grounding and self-confidence it's quite easy to deal with anxiety. You simply rest or seek clarity. But when anxiety is threatening your self-worth you need more extreme measures. Because it feels so deep, the wound is so deep. The wound is now opened by the anxiety. And here I am offering direct relief. In a way that is familiar to you and gives you instant pleasure.

---

**Me:** What is it that makes you disappear? What do you dislike?

**Addiction:** Do I really have to answer that?

---

**Me:** Yes.

**Addiction:** I hate this. This confrontation. I hate the light. I thrive behind closed curtains, in privacy, hiding, and withdrawal. I fear the light. I fear exposure. I fear healing. I detest patience, slowing down, and delay. And I despise all these things even more when done consistently.

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**Me:** Why is that?

**Addiction:** Because my true nature comes to light.

---

**Me:** And what is that true nature?

**Addiction:** That I am not meant to be an end result.

---

**Me:** What do you mean by that?

**Addiction:** I am meant to be only one step on the ladder, but people stay with me for years or

even decades.

---

**Me:** Explain this more thoroughly.

**Addiction:** I am meant to propel you forward when you're stuck in levels below 100 on the scale of consciousness—where life feels like hell on earth. I am Desire. I am meant to lead you above those levels. But here's the thing: I want that energy for myself. I like to keep you stuck in desire.

---

**Me:** So, how could you be of any use?

**Addiction:** By understanding that I am just a part of a sentence. For example: "I desire relief now, and I am going to seek it in a healthy way." With me, though, there's only, "I desire relief now." I emphasize the desire, endlessly. That's my loop. Everything in my state revolves around desire—not its fulfillment but the perpetual continuation of it.

---

**Me:** But if you say, "I desire relief," and you offer a beer, isn't the desire then met, even if temporarily?

**Addiction:** No, not really. Desire for relief should lead you to the level of relief—let's say the 200s of relaxation—where you can truly experience it. But when I am involved, the desire never leads to fulfillment. You don't desire the beer, the drugs, or the distraction itself. What you desire is the feeling they promise to provide. Desire is meant to propel you to fulfillment, but at the 125 level, it only perpetuates more desire. Again, it's an endless loop.

---

**Me:** You constantly refer to "I" as though you are an entity. But aren't we, when engaging in addictive behavior, responsible for ourselves? Yes, you manipulate us, but aren't we the ones taking the actions?

**Addiction:** Of course. I use "I" because I am not natural to you. If you deeply connect with yourself—your essence—you won't find me there. Addiction is artificial. Yes, you choose, with your free will, to interact with my state, sometimes for decades, but that doesn't make me natural to your being.

Think of shame as an example. The fact that you were born is evidence that you are inherently worthy. Yet so many people struggle with feelings of unworthiness. Just because you struggle with something doesn't make that thing true. Similarly, your struggle with addiction doesn't make me powerful or essential.

---

**Me:** Then what does it say?

**Addiction:** It says you haven't woken up to your true essence—your essence, where I don't exist.

I mean, really, all I offer is an endless loop of unfulfilled desires. Do you know anyone on this planet who truly wants that?

---

**Me:** Then why are so many people addicted?

**Addiction:** Because so many people are asleep and hypnotized by their patterns. Breaking free requires effort and the willingness to face discomfort. Even destructive patterns are hard to let go of because they are familiar.

At the core, it's about energy—or the lack of it. Self-inquiry takes energy, and acting on the answers from self-inquiry takes even more. Most people don't realize that just a few minutes of patience and self-connection can withstand 80% or more of their craving impulses. Imagine that:

a couple of minutes of self-connection versus a week of addiction and its negative consequences. The choice seems obvious.

---

**Me:** So why don't people act on that knowledge?

**Addiction:** Because knowing isn't enough. Even if people understand that I am destructive, taking action requires motivation, effort, and a proper alternative to fill the void I leave behind.

---

**Me:** Are you saying the solution is simple?

**Addiction:** Yes, the solution is simple: expose me. All you need to know is that I am an amplifier of unhappiness. Isn't that enough to stop interacting with me?

But it's not that easy. Because every habit, every behavior you stop, must be replaced by something else. Reality abhors a vacuum.

If, when you feel anxiety, your only strategy is to say "no" to me, it won't be enough. That might work a few times, but eventually, you'll fall back into my state. Why? Because anxiety, like any other discomfort, needs attention. It needs relief. And at its core, it needs connection. Without a proper alternative to address that need, recovery won't work.

**Me:** And what is an alternative?

**Addiction:** Connection to self. That's the only answer. Yes, that might take trauma healing and a lot more. But in the end, it's also just consistent practice—the same way you built an addiction, but in reverse.

---

Here are some key takeaways from this conversation. Understanding the nature of addiction empowers you to either nurture it or eliminate it. If there is no fertile ground in your life for addiction to grow, it will naturally disappear.

1. **On its intentions:** "I am not interested in healing or in personal growth. I am only interested in more cravings, more addiction, more obsessions, and more compulsion. I want more, more, and more. I don't care about your health. I don't care about your shame, your happiness, or your anxiety. That's neither my role nor any of my interests. I just want things now—at this very moment—whatever the consequences. And I will go to great lengths to get it now."
2. **On its existence:** "I live on lower vibrations. That's my food. If there is no ground for me to stand on, I cannot live in someone's life."
3. **On its purpose:** "I am not meant as an end result. I am meant only as one step on the ladder. But people take years or decades with me. ... Desire should propel you to fulfillment."
4. **On its power:** "The fact that you are struggling with something doesn't make the thing itself true. The fact that you are struggling with addiction doesn't make me all that powerful. It just says you haven't woken up to your true essence where addiction simply doesn't exist."
5. **On overcoming addiction:** "Connection to self—that's the only answer. Yes, that might take trauma healing and a lot more. But in the end, it's also just consistent

practice. The same way you built an addiction, but in reverse.”

# CHAPTER 13:

## THE POWER OF ADVANCED AFFIRMATIONS

Whatever personal development path you walk, you will come to the conclusion that **thoughts hold the key to personal transformation**. Even more so, thoughts are often a reflection of your vibrational state; in other words, how you feel influences your thoughts. But it is hard to feel good when your thoughts are negative.

Think of your mind as a garden: remove the weeds and cultivate flowers, plants, and trees that bring you joy. Over time, a chaotic and unmanaged garden can transform into one of beauty, serenity, and peace.

There are two consistent daily practices I cannot recommend enough: **meditation**—as short as five minutes a day—and the practice of shifting your thoughts. A third practice would be prayer, which I believe is even more powerful than the first two. However, due to its association with religion and the misconceptions around that, I don't always highlight it.

How about, instead of being swept away by your thoughts 24/7, you proactively bring uplifting and empowering thoughts into your awareness? Thoughts that serve as seeds for a reality you truly desire. Imagine replacing heavy, depressing thoughts with those of **amazement, good fortune, joy, appreciation, kindness, optimism, and clarity**. What happens when these become your dominant thoughts? Only good things. These are the seeds that lead to **deep connection, laughter, beauty, riches, health, creativity, and wonder**.

Look around you—everything you see existed first as a thought. You are capable of thought, and even more so, you have the power to choose your thoughts. This makes you a powerful creator. If you believe you cannot choose your thoughts and that everything is predetermined, ask yourself: where do those thoughts originate? Isn't it true that, at this very moment, you can choose to look up or down?

**Free will is a universal law.** Ignoring it can lead to nihilism, as it goes against the natural flow of life. From that perspective, there would be no reason to read this book or pursue self-help. However, when you embrace free will, life transforms into a fascinating journey of preferences and possibilities.

**Advanced affirmations** go beyond mere repetition; they come alive. They transform passive statements into active seeds of transformation. Repeating, *"I am rich"* without context or conviction will achieve little. However, when you combine it with real-life experiences—such as acknowledging the richness of your relationships or the wealth of experiences in your life—the statement becomes meaningful and powerful.

Think of affirmations as seeds. For these seeds to grow into flourishing plants or trees, they need sunlight, water, and care. Similarly, affirmations require:

- **Evidence:** Find real-life examples that support the affirmation.
- **Feeling:** Embody the emotion associated with the affirmation.
- **Action:** Take steps in alignment with your new belief.
- **Consistency:** Practice the affirmation regularly.
- **Focus:** Notice and capitalize on events in your life that affirm your statement.

Pairing your affirmation with these elements allows it to grow and thrive. For instance, saying "*I am successful*" becomes impactful when you recognize even small successes in your life, feel the joy of achievement, take actions that align with success, and practice this affirmation consistently.

Affirmations are not just words—they are commands to your subconscious. When practiced in a relaxed state, paired with action and reinforced by consistent focus, they become a powerful tool for transformation. The key is to **capitalize on moments that affirm your beliefs**. Whenever you notice evidence of your affirmation in action, acknowledge and celebrate it.

In summary, **advanced affirmations combine thought, emotion, evidence, and action** to create a powerful shift in your life. With consistent practice, they unlock wonders and allow you to align with the reality you truly desire.

## How To Use An Affirmation

This step-by-step guide will help you turn the seed of an affirmation into a tangible reality. For this example, we will work with two affirmations: one for **financial freedom** and one for **lasting recovery** from addiction.

*I am a magnet for abundance, and wealth flows to me with grace and effortlessness, in alignment with my highest good.*

### Step 1: Crafting an Effective Affirmation

- **Make it Positive:** Use affirmations that focus on what you want to experience, not what you want to avoid. For example, instead of saying, *I don't want to experience addiction anymore*, say; *I want to experience lasting recovery*.
- **Embody the Desired Experience:** Frame the affirmation as if it's already happening. For instance:
  - *Lasting recovery is already mine whenever I connect with myself.*
  - *I am a magnet for abundance, and wealth flows to me effortlessly with my highest good.*
- **Ensure It Feels Right:** Choose affirmations that resonate with you emotionally. They should feel inspiring and uplifting. These are the affirmations you will work with.

### Step 2: Repetition and Consistency

- **Repeat Regularly:** Bring these affirmations into your awareness consistently. Repeat them throughout your day, especially during moments when your mind is

more receptive.

- **Write, Read, Record:** Write your affirmations down, read them aloud, and even record them. Add music to the recordings for an enhanced effect.
- **Timing Matters:** Practice affirmations immediately after waking up and before sleeping, as these are the times when your subconscious mind is most open to new information. This is the most fertile ground for planting new thoughts.
- **Duration:** Practice daily for 7, 14, or 21 days, or longer if needed, to form a habit.

### Step 3: Enhance Your Affirmations

- **Elaborate on the Affirmation:** Expand on the affirmation by writing a paragraph or more. For example:
  - **Starting Sentence:** *Lasting recovery is already mine whenever I connect with myself.*
  - **Expansion:** *When I connect with myself, I feel a deep sense of peace and clarity. I am reminded of my inner strength and the freedom I've achieved. Each day, I take steps that align with this recovery, and I feel empowered and fulfilled.*
- **Imagine and Visualize:** If writing isn't your preference, visualize the affirmation instead. Close your eyes and imagine what this reality looks like, how it feels, and how it transforms your life.
- **Speak Aloud:** Say the affirmation aloud with conviction and enthusiasm. Engage both your mind and body in the process for greater impact.

### Step 4: Find supporting evidence

Pay attention to the evidence supporting this affirmation. Everything that supports your affirmation: make it big. Zoom in on it. With the wealth affirmation, you can zoom in on the abundance that is already around you. The stars, the trees, the people, the opportunities, all too much to count. Abundance is all around you. With the recovery statement you can zoom in on the fact that whenever you connect with yourself deeply there is no more need for destructive addictive behavior.

### Step 5: Act

Do actions that support your affirmations. You can come to actions through step 3: elaborating on the statement. If your affirmation was already a basis for your experience, then what would you do? What can you do today to experience more wealth, or more recovery (connection with self)?

### Step 6: Reaping rewards.

If you continue this work consistently for about three weeks, you must see significant changes in your life. The more you zoom in on results that come from this affirmation practice the more real these changes will be.

Does this mean you can create everything you want? In a sense, yes. But birds have wings to fly and fish have fins to sea. Meaning the creations that are most in alignment with who you truly

are will come the most effortless to you. And/or they will be the most fun to experience. In this sense you co-create with the talents and preferences life/The Universe/God provided you.

# CHAPTER 14:

## RELAPSE, A CATALYST FOR GROWTH

In the past, I have written extensively about how to deal with relapses. **You have the power to determine your own limits.** In that sense, you never have to experience a relapse again. **It is possible to reach a point where you recognize enough is truly enough.** You know what addiction has brought you and that nothing good comes out of it. However, there are times when relapses occur. If you reframe this relapse; it can be a catalyst for growth.

The main message of this chapter is to help yourself whenever you experience a relapse. Be supportive and prioritize self-care and rest. **Stop engaging in negative self-talk such as "all is lost," "I am weak," or "I can never stop."** We know that whole repertoire. It leads to nothing. Instead, help yourself by soothing yourself in a healthy way. Rest well, love yourself, use positive affirmations, and ask for help if needed. When the time is ripe, mine the lessons from your relapse experience.

The consequences of a relapse are not written in stone. **It doesn't mean you are doomed to fall back into full addiction.** Quite the contrary, a relapse can be a major catalyst for growth. **It's important to recognize that the voice of addiction might try to manipulate this message, saying, "A relapse isn't so bad. One more time won't hurt."** But that isn't the point I want to make. A relapse emphasizes the lessons you are already learning in recovery.

It shows you once more the pitfalls, the pattern that leads to addiction, and the destruction your behavior can cause. But all of these lessons are already here, now, while you're in recovery. You don't need a relapse to learn them. That's why it's useful to work on relapse prevention. Not just useful but essential, as you'll find out after one or more relapses occur.

It's about working on your power to say no and having healthy alternatives in place before or during the moment a strong craving sets in and you push the button of the addiction trajectory.

Recovery often crumbles when a relapse happens, and you feel afterward that all is lost. **This concept is similar to what is described in the hero's journey.** With these feelings of despair, you fall back into the claws of your lowest addiction episodes. They suck you back into their story, **pulling you toward a destructive and hopeless state.** This is what comes next: **Let's go to the bitter end of this binge because that's all that's left.** But this is all far from necessary to experience. More addiction brings you simply more of the truth. Yes, your addiction wants to continue. **But your essence, your true self, does not.** You are now in recovery. You are now aligning with a different truth. **Your strong, bright qualities are beginning to shine.** You know now that you can decide when that bitter end is here. You can stop a relapse at any time you want. **You define your own limits.** The relapse doesn't have to take days or even weeks but can be only one drink or a few hours.

Protect your recovery by seeing a relapse as an incident instead of a spark for a new addiction episode. If a relapse happens, it can be an amazing catalyst for growth—a powerful bounce toward recovery. If you practice proper self-care after a relapse, you can start to reap the lessons from this moment of weakness. You can once more, and probably much more clearly, understand the lessons you still need to learn. Instead of going downstream with your relapse, you go upward, faster and stronger toward a more stable recovery—rich with the lessons of your relapse and determined that this addictive behavior really isn't the way you want to live.

The biggest takeaway from this chapter is to transcend your fear of addiction and of a possible relapse. **Understand that whatever happens, it is part of your recovery journey.** To know that this journey includes ups and downs, but it ultimately moves in one direction—away from addiction and toward a more authentic, joyful life.

**You don't need another relapse to achieve successful recovery because you already know what to do.** It's enough already.

But if it happens, be there for yourself at the end of that episode. Embrace yourself. **Gently, but with firm intention, guide yourself back to recovery.**

Interactive Worksheet

## Your Relapse Recovery Toolkit

*Recovery is not a straight line, but every effort you make is a step closer to freedom. Use these tools to turn challenges into opportunities for growth.*

### Exercise 1: Empowering Alternatives

- **Instruction:** List good feelings you think a relapse might give you. For each feeling, brainstorm empowering actions that provide the same feeling.
- **Example Table:**

Feeling from Relapse	Empowering Alternative Actions
Relief	Take a nap, listen to music, meditate
Joy	Call a friend, watch a comedy, dance
Escape	Go for a long walk, read a novel, journal

### Exercise 2: Tricking Thoughts

- **Instruction:** Write down reasons your addiction voice might use to convince you to relapse. Next to each, write a counter-argument or higher-consciousness thought.
- **Example:**

Addiction Thought	Counter-Argument
"Just one time won't hurt."	"One time sets me back on my goals."
"I can't handle this	"I've handled worse and made it

stress."	through."
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### *Exercise 3: Lessons without Relapse*

- **Instruction:** Reflect on why avoiding relapse is preferable. Write a short paragraph or bullet points answering:
  - *What lessons can I learn without relapsing?*
  - *How would avoiding a relapse feel empowering?*

### *Exercise 4: Relapse Prevention Plan*

- **Instruction:** Write down five strategies to prevent a relapse.
- **Prompts for Ideas:**
  - Who can you call when cravings hit?
  - What is your safe space, and how can you access it?
  - What habits can replace addictive behaviors?
  - Sample starter: *"I can avoid relapse by..."*

### *Exercise 5: Positive Self-Talk for Cravings*

- **Instruction:** List at least seven affirmations to say during heavy cravings.
- **Example Affirmations:**
  - *"This feeling will pass."*
  - *"I am stronger than my cravings."*
  - *"I choose peace over temporary relief."*

### *Exercise 6: Self-Care Toolkit*

- **Instruction:** Create a personalized list of self-care activities for cravings.
- **Categories:**
  - **Physical Care:** Walk, yoga, deep breathing
  - **Emotional Care:** Journaling, talking to a friend
  - **Mental Care:** Reading, solving puzzles
  - **Spiritual Care:** Meditating, connecting with nature

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### *Exercise 7: Damage Control*

- **Instruction:** Write five immediate actions to take during a relapse to minimize its impact.
- **Examples:**
  - Call someone for support.
  - Journal what led to the relapse.
  - Stop the behavior as soon as possible.

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### *Exercise 8: Post-Relapse Self-Care*

- **Instruction:** List five activities to nurture yourself after a relapse.
- **Examples:**
  - Take a long bath.
  - Write a letter of forgiveness to yourself.
  - Listen to inspiring music.

### *Exercise 9: Positive Affirmations Post-Relapse*

- **Instruction:** Write five affirmations to empower yourself after a relapse.
- **Examples:**
  - *"This is a setback, not the end of my journey."*
  - *"I am worthy of love and healing."*
  - *"I will rise stronger."*

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### *Exercise 10: Visualization*

- **Instruction:** Sit or lie down and visualize overcoming cravings or stopping mid-relapse. Write your reflections afterward.
- **Guided Prompts:**
  - *What did you feel when cravings subsided?*
  - *How did stopping yourself mid-relapse make you feel?*

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### *Exercise 11: Relapse Fears*

- **Instruction:** List five reasons why you no longer fear a relapse. Use the sentence starter:
  - *"I no longer fear a relapse because..."*
- **Example Reasons:**
  - *"I know how to take care of myself afterward."*
  - *"I have tools and strategies to bounce back."*

No matter where you are, remember: a relapse is not the end. It's a step on your journey to growth and transformation. You hold the power to rise again

# CHAPTER 15:

## DEALING WITH ADDICTION URGES

This chapter offers **practical exercises to use whenever addiction urges arise**. The question is not if urges will arise, but when. Preparation is an invaluable tool for navigating life. **Having** strategies in place when the whispers of addiction begin reduces the chances of giving in. This preparation can mean the difference between hours, days, or weeks lost in an addiction binge **versus** saying no, resting well, taking care of yourself, and waking up refreshed, and ready to make necessary adjustments. A **strong preparation plan saves time** and serves as a foundation for well-being and happiness.

Explore which exercises resonate with you and see how you can apply them to your life.

### Exercise 1: Identify Your Addiction Urges

Write down the characteristics of your addiction urges: How do they start? How do they feel? What thoughts arise? **Do you notice physical changes, like your facial expressions or heartbeat?** Write down all you can to identify these urges. When you can recognize them in advance, it becomes easier to see the urge for what it is in the moment. **This awareness creates distance between you and your urge.**

*The power of awareness creates a gap. The longer the gap between you and the urge, the less likely you are to relapse.*

### Exercise 2: Create An Empowering Alternatives List

Write down a **list of empowering activities** you can do instead of giving in to cravings. Examples include:

- **Taking a walk**
- Talking to a colleague
- **Practicing breathing techniques**
- Listening to a motivational video
- Saying a prayer or meditating
- **Taking a nap**

**Redirecting your attention is also effective.** Expand your awareness: look up, look around,

observe your surroundings, and focus your attention elsewhere. This shift breaks the ‘urge hypnosis.’ Regularly practicing awareness can help you regain control of your focus and step out of autopilot thinking.

### Exercise 3: Plan Your Responses

Write down how you’d like to respond when cravings arise. **What action will you take instead of succumbing to the urge?** Write a scene where a craving arises, and you choose an empowering activity instead. Take this exercise further by visualizing the scene while sitting or lying down. **Record your visualization as an audio message with calming music and listen to it repeatedly.** This repetition builds new mental patterns.

### Exercise 4: Map Your Addiction Pattern

Identify your addiction pattern, from start to finish. **Questions to uncover your pattern include:**

- What feelings or thoughts typically trigger your addiction?
- At what time of day is your addictive behavior most likely to surface?
- After which activities do cravings arise?
- **Are there certain people or situations that cause stress?**
- What does your mind tell you during the process?
- **Are there moments you feel capable of stopping yourself? If so, why don’t you?**

**Awareness is liberating.** Deconstruct the problem until it no longer feels like a scary monster under the bed.

### Exercise 5: Rewrite The Scene

Write down an addiction scene from your experience where you acted on an urge and relapsed. Visualize this scene backward. **Pause at the moment you gave in, and imagine choosing another action instead. Rewrite the scene with a positive result.** Familiarizing yourself with these alternate scenarios increases the likelihood of overcoming urges in real life.

### Exercise 6: Explore Your Triggers

**Explore your addiction urges.** Write down the people, places, thoughts, and moods that provoke cravings. For each trigger, come up with **three or more alternatives** to handle it better than resorting to addiction. For example:

- **Trigger:** Feeling tired
  - *At work:* Have a cup of coffee or listen to recovery affirmations on

earphones.

- *At home:* Take a nap or shower.
- **Trigger:** Receiving an unexpected bill
  - *Solutions:* Take a refreshing shower, brainstorm solutions, restructure your budget, or seek advice from a trusted person.
- **Trigger:** Socializing at a bar
  - *Solutions:* Drink water or soda instead of alcohol, go home early, or skip the event and work on recovery.

## Exercise 7: Counter The Craving Voice

Identify the words or thoughts your addiction uses to convince you to relapse. Write these down and create **empowering counterarguments**. For example:

- **Craving thought:** "I need to gamble now to pay this bill."
  - **Counterargument:** Gambling always leads to more financial loss. My addiction has created this debt, not solved it.

*Reframe your thoughts into empowering statements: "Gambling worsens my finances. I will focus on budgeting and finding practical solutions."*

## Exercise 8: The Power Of Prayer

Many people find strength in connecting with a **Higher Power**, whether that is God, the Universe, or your Higher Self. Prayers with genuine intention can guide you out of addiction.

For skeptics, think of prayer as asking your higher self for guidance. Acknowledge that the actions and thoughts that brought you here are not serving you.

## Exercise 9: Reverse Uncontrolled Behavior

Addiction thrives on uncontrolled behavior. To counter this, set intentions for small actions and follow through. **For example:**

- Say, "I will drink a glass of water," and do it.
- Say, "I will water the plants," and follow through.

Small victories rebuild control and confidence. **Mastering small tasks paves the way for larger achievements.**

*To find a new path, you must release the old..*

# CHAPTER 16:

## THE POWER OF HIGHER STATES

If you've explored the scale of consciousness, you'll notice higher levels such as gratitude, flow, love, bliss, and vast awareness. **These higher levels possess incredible power.** Consider them the reverse of the destructive forces found in addiction. Just as one hour of addiction can lead to disastrous consequences, **one hour spent in higher states** can bring profound benefits—like the warmth of a summer day, the serenity of a spa, the kindness of a stranger's act of love, or a day filled with good fortune and beautiful moments.

You can **cultivate these higher levels** to bring more flow, space, and love into your life. Let life work for you. Open yourself to good fortune, health, deep connections, and prosperity. **Don't miss the treasures of life.** If you've spent much of your time in lower emotional states, experiencing higher levels may feel foreign. **But over time, these higher states can become your new home,** and the lower levels will no longer feel comfortable to you.

Here are **practices** to help you connect with the higher states of consciousness within the vast richness of your inner world.

### Practicing High Vibration Words

Write down words that have high vibrational meaning for you—words that uplift and inspire you, bring joy, or make you feel blessed. Look up their definitions to connect more deeply with their essence. Take the exercise further by:

- Writing a paragraph **based on the energy of the word.**
- Creating a mood board on your phone or laptop with the word as a theme.
- Experiencing the word in your daily life through specific activities.

### Examples of high-vibration words include:

- Harmony
- Nurturing
- Acceptance
- Empathy
- Serenity
- Transcendence
- Surrender
- Radiance

- Enlightenment
- Connection
- Blessings

## The Power Of Gratitude

Gratitude shifts your state instantly. By focusing on the good in your life, **you can remain grounded in recovery** and stay on track. Addiction often keeps you focused on what you lack. Gratitude reverses this focus, emphasizing what you have with appreciation.

Gratitude is a prerequisite for abundance—abundance not just in finances but also in **self-love, health, relationships, and fulfillment**. As Jesus said in Matthew 25:29:

*"For whoever has will be given more, and they will have abundance. Whoever does not have, even what they have will be taken from them."*

Daily gratitude practice connects you with the good in your life and the abundance of the universe. **Everything you desire exists in abundance; you simply need to focus your attention on it.** The sharper your focus, the clearer your reality becomes.

Gratitude routines aren't about forcing positivity; they're about realistically acknowledging your blessings and shifting from lack to abundance. **This shift creates space for more good to enter your life.**

If gratitude is driven solely by the desire to receive, it becomes ineffective. **True gratitude is free and generous, unbound by attachment.** Reflect this generosity in your practice, and life will mirror it back to you.

Gratitude Exercises

### 1. Transforming Feelings of Lack

Choose an area of your life where you feel a sense of lack. Create a list of things you already like or appreciate in that area. Enhance the list with photos and music to elevate your emotional state.

### 2. Daily Gratitude Prompts

To integrate gratitude into your daily routine, start with these questions:

- What life lesson am I grateful for today?
- What blessings have I received in life?
- What about myself makes me feel grateful today?

### 3. Expanding Gratitude

Here are additional prompts to deepen your gratitude practice:

- What about this planet makes me feel grateful?
- Write a list of people I feel grateful for.
- What childhood memories make me feel grateful?

## Morning And Evening Routines

*"Every night, when I go to bed, I die. And the next morning, when I wake up, I am reborn."*  
— Mahatma Gandhi

*"Each day is a little life: every waking and rising a little birth, every fresh morning a little creation."* — Arthur Schopenhauer

Morning routines set the tone for the day, **just as childhood conditioning shapes much of our lives.** With conscious effort, your mornings can become opportunities to direct your focus and intentions. **Similarly, evening routines help you reflect on the day and set the stage for restful rebirth in the morning.**

Morning and evening routines don't need to be elaborate. **Start with small steps:**

- Affirmations
- Journaling
- Meditation
- Reading a short passage

The key is to be conscious of the power of these pivotal times. **Start and end your day intentionally. These are the most fertile moments for creating the life you desire.**

# EPILOGUE

You are not your addiction.

This is one of the main mantras of my writing in the past couple of years. Its importance lies in creating distance between yourself and the experience of your addictive years, offering hope that you can overcome addiction. When I say, ‘you are not your addiction’, what I truly mean is this: addiction is like a TV channel you’ve tuned into.

It’s an experience, not your identity.

Since you hold the remote control, you can change the channel. This book is a tool to help you do just that. Everything I’ve written here is aimed at helping you to create a different experience in life. But there’s another layer to the statement ‘you are not your addiction’, namely, you are not here solely to experience addiction. What I believe, especially after my own experience with addiction, hearing and seeing the experiences of others, and my extensive research on the topic, is that addiction is a misguided attempt to search for happiness.

You are a searcher, a persistent one.

The man in the bar and the man in the church are looking for the same thing. The question is, are you searching in the right places? Since you’ve picked up this book, you’ve probably spent months, years, or even decades in addiction, and it has given you one clear answer: *this is not the right place*. Searching is okay. It’s good to seek. But addiction is not the path. What is the search really about? In my belief, it’s about expressing your true self, needs, and desires.

Suffering arises when you’re disconnected from that truth.

The search is your attempt to return to safety, to come back to *you*, to where you feel at home. Whether literally or symbolically, you long to be with yourself, aligned and alive in a way that feels true. Addiction can be seen as an escape, but it’s more than that—it’s a misguided search. You’re trying to find your way home, but instead, you’re running deeper into the dark forest. Yet, the awakening is near.

There’s more to life than addiction.

More to life than recovery.

Shouldn’t life feel easier than how you’ve experienced it so far? Bringing life back into alignment means reconnecting with your true talents and desires. Think back to your childhood or teenage years. What made you happy? What did you love to do? Maybe you always dreamed of becoming a dancer, but now you’re 40 and think it’s too late. Doubts creep in: *Am I too old? What will people think? Can I even get into a dance school?* Sometimes, the key to happiness lies in taking that one-hour drive to a dance class, paying a small fee, and simply stepping into the room. Or maybe it’s starting to write that novel you’ve always dreamed of, taking an acting class, or going for a long walk in nature.

*Why not now?*

This question might bring up resistance. Let's say your dream is to be a professional actor, but you don't even have an audition lined up. The end goal feels so far away. But the desire isn't just about the goal—it's about the act of expressing yourself through acting. Right now, you could join an amateur theater group or take an acting class. The same applies to writing. You might think, *'I'll never finish a 60,000-word novel'*. But why not start with 500 words or an outline?

Addiction often follows exhaustion or anxiety. Big goals can seem overwhelming, but the gap between where you are now and the life you desire isn't insurmountable. Take small steps. Progress happens little by little. Throughout your recovery, you'll experience many states of consciousness—grief, apathy, craving, but also moments of relaxation, joy, flow, and love. Life is full of choices, and you have the free will to decide how you react to your circumstances. The invitation is to look beyond addiction and recovery toward something that inspires you.

Why not now?

This question can be the bridge from here to there, a bridge that requires courage but doesn't have to feel impossible to cross. Addiction has taught you valuable lessons about habit, character, and destiny. You've experienced how consistent actions shape your reality. You are an expert in creating patterns—it's just that addiction reversed the process, channeling it into self-destruction instead of growth.

Drinking that first beer and going to that first dance class have parallels. One leads to self-destruction; the other to creativity and joy. Both require consistency to build habits. The same principles that created addiction can help you build a life you love.

Addiction reveals what you care about. If you've struggled with gambling, it may reflect a love for freedom or risk-taking. Redirect that energy into something positive—perhaps traveling or starting a passion project. You are not your addiction. You are a creator. Your search for happiness, though misguided, proves how much you value joy. Your dreams aren't out of reach. Start small. Act now. Build habits that align with your true desires. Recovery will take time and care. Your body and mind need healing, but even within recovery, you can take small steps toward a brighter future.

The life of your dreams exists in the here and now.

It's closer than you think—it simply requires courage to act. You have the power to build a life that fills you up instead of draining you. You are an expert in creating habits, building character, and shaping destiny. You've already done it once with addiction. Now, you can do it in a way that aligns with your highest self.

With love and blessings, may you experience peace, fulfillment, and the realization of your dreams in ways that uplift you and the world.

# FINAL WORDS

Learning about the scales of consciousness has had a profound and everlasting effect on my personal life. What I hope for you is that this book has given you insights into how to create distance between yourself and your addiction. A distance where chains are broken. And manipulations are seen through.

There is a hero's journey awaiting you now.

Maybe you are already near the end of it, or you are just at the beginning. Wherever you are in your recovery journey, know that you can always climb a couple of stairs in life. There is always a broader perspective available. To loosen the fixation of your addiction gaze. When the frown on your forehead is then released, and a gentle smile arises on your face you realize that the new beginning is already here.

In this moment not just lasting recovery arises on the horizon, but the life of your dreams as well.

All, are already within reach.

*C.W. V. Straaten*

2025

# ADDICTION RECOVERY JOURNAL: 366 DAYS OF TRANSFORMATION, WRITING & REFLECTION

## *How to Use this Journal?*

This journal is designed as a **guided journey**, spanning an entire year, with **daily prompts structured by days** to help you reflect, heal, and grow. Each day presents a new question or short exercise, intentionally crafted to encourage self-awareness, gratitude, and meaningful progress in your recovery.

To get the most out of this journal, set aside **a few minutes each day**—whether in the morning to set intentions or in the evening to reflect. Over time, this simple habit will help you **uncover insights, track your healing, and build a stronger connection with yourself**.

Consistency is key. **Your journey is unique, and this journal is here to guide you—one day at a time.**

### **Day 1**

If your addiction was a person, how would you describe him or her? What is the one piece of advice you would give him or her?

### **Day 2**

What could other people learn from you?

### **Day 3**

What does recovery mean to you?

### **Day 4**

What would happen if, for the next thirty days, you said no when you wanted to say no and yes when you wanted to say yes?

### **Day 5**

**30 Day Challenge.** Pick a new small, constructive, and simple habit and try it for the next 30 Days. Examples: Reading for 10 minutes a day; drinking a smoothie a day; making your bed every day, or meditating for five minutes a day.

### **Day 6**

If you would take ten percent more responsibility for your own happiness, what would happen?

### **Day 7**

What would be a better way to deal with your hurt feelings?

### **Day 8**

What triggers your addiction? Name up to three triggers.

What are other ways to deal with these triggers

*“The enemy is a very good teacher.”*

The Dalai Lama

### **Day 9**

If your addiction was the enemy, what could you learn from it?

### **Day 10**

Write down three things you can do

to deal better with setbacks in life.

*“Insanity is doing the same thing over and over again  
and expecting a different result.”*

Albert Einstein

**Day 11**

Name three small actions you can take to calm your mind.

Do at least one of these actions today.

**Day 12**

Write down at least seven reasons  
why your addictive behaviour is irrational.

**Day 13**

Write down three intelligent things you can do to prevent a relapse.

**Day 14**

If you had the strong belief that your decisions are under your control, how would life be different for the next seven days?

**Day 15**

Describe the purely evil side of your addiction. Name at least one thing / thought / person / dream that could serve as a light  
against the darkness of your addiction.

**Day 16**

Name ten things you're grateful for in life.

*“At one point, we all consciously decided how much to eat and what to focus on when we got to the office, how often to have a  
drink or when to go for a jog. Then we stopped making a choice, and the behavior became automatic. It's a natural consequence  
of our neurology. And by understanding how it happens, you can rebuild those patterns in whichever way you choose.”*

Charles Duhigg, *The Power of Habit*

**Day 17**

When did your destructive habit start?

**Day 18**

Write down three good things you can do to deal with boredom?

**Day 19**

What role does procrastination play in leading up to your addictive behavior? What is one thing you could do to battle  
procrastination?

**Day 20**

What would your life look like in three months if you stay on this recovery journey? And in a year?

**Day 21**

What is the root cause of your addiction?

**Day 22**

Write down an empowering response to the addiction thought, recovery is boring.

**Day 23**

Has addiction been a means for you to flee from reality?

If so, what is it that scares you so much?

**Day 24**

What gives you hope?

**Day 25**

What would you want people to understand about your addiction?

**Day 26**

Are you afraid to let people see your true colors? Why or why not?

*“The price of inaction is far greater than the cost of making a mistake.”*

Meister Eckhart

**Day 27**

What dreams have you delayed because of your addiction?

**Day 28**

If you allow yourself to make mistakes, what would you do differently tomorrow? And what would you have done differently in the past?

**Day 29**

Name 12 things you're grateful for in your life.

**Day 30**

What are your three best character traits?

Month 1

**A Morning Ritual**

During my recovery journey, I've learned many new things but none of them had such a profound impact on my life as creating a morning ritual. It is transforming to start the day by taking control of your morning. Instead of Facebook feeds or news channels claiming your attention, you control your time and prepare yourself for the day. This habit alone, which could take as long as fifteen minutes, can be a game-changer during your recovery. On Day 33 there is an exercise for creating a morning ritual. For now, here are five examples of what I do when I wake up (in chronological order):

- Write in my dream journal
- Take a shower
- Drink hot water with ginger
- Do five minutes of exercises, such as push-ups
- Write down my intention for the day: 1 or 2 major goals, and 1 or 2 minor goals

**Day 31**

Sometimes during an addiction binge you might have (had) the feeling of “losing it all”. Somehow that doesn't always feel so frightening. In fact, it could be the thing you look forward to... Losing it all. Or, did you actually long for a new beginning?

**Day 32**

What does happiness mean to you?

**Day 33**

What would be a constructive and positive morning ritual for you?

Try it for three days.

**Day 34**

How often did you tell yourself, “I am worthless,”?

Is it time for another statement?

**Day 35**

Is there a dark side lurking beneath your surface?

If so, how do you treat it?

**Day 36**

Would it be an idea to meet with your dark side kindly  
and let it express itself in a healthy way?

**Day 37**

What is the pattern that leads to your addiction?

**Day 38**

Write down one or two things you can do to interrupt the pattern that leads to addictive behavior.

**Day 39**

Write down the key lesson you learned from your addiction.

**Day 40**

What advice would you ten-year older self give to you now.

**Day 41**

Addiction has an enormous power. If that power and energy is yours, and you could use it for something constructive, it could make a huge difference in your life. For what area / specific action could you use ten percent more energy?

**Day 42**

If you were put on this earth for a reason, what would the reason be?

**Day 43**

What about last week makes you feel grateful.

**Day 44**

Who would you like to be one year from now?

**Day 45**

Describe a past experience where you overcame failure.

**Day 46**

What did you learn from overcoming failure in the past?

**Day 47**

What can you do on a daily basis that is easy, fun and positive?

**Day 48**

If you no longer searched for recognition, how would life be different?

*“When I let go of what I am, I become what I might be.”*

Lao Tzu

**Day 49**

What did you tell yourself to become an addict?

**Day 50**

If you could be ten percent more positive,  
how would tomorrow be different?

**Day 51**

Write down three things you can do to be more kind to yourself.

**Day 52**

Write down at least five positive experiences / insights  
during your recovery journey.

*“Start small and keep it simple. That’s our motto for change.”*

21 Exercises, *The Secrets For Self-Growth*

**Day 53**

Is a childhood wound still running your life today?

What could be the next step towards accepting and fixing it?

**Day 54**

What is a small step you can take right now  
that will lead to a better life?

**Day 55**

How would your seven-year-old-self describe you?

**Day 56**

What is keeping you in the past?

**Day 57**

Are expectations holding you back  
from experiencing the here and now?

**Day 58**

What would you like to do tomorrow?

**Day 59**

Write down a list with all your skills and qualities.

**Day 60**

How has addiction positively shaped you?

## Month 2

### Taking Small Steps

A lot of people who are into self-development are falling into the trap of wanting too much in a short amount of time. This willingness is where get-rich-quick gurus build a fortune on. However, lasting change doesn't happen overnight. It's an in-depth self-discovery journey combined with taking consistent small steps that lead to the big changes. It *will* take time, however. And that's okay. The journey itself is where you can focus on. And where, between hard lessons and moments of conflicts, you find joy & confidence about your silent progression.

**Day 61**

What advice would you give someone else in recovery?

**Day 62**

What is something in the past you feared but did anyway?

**Day 63**

What does being lonely mean to you?

**Day 64**

What do you look forward to in the near future?

**Day 65**

When was the last time you had to *pick yourself up*?

How did you do it?

**Day 66**

*"God, grant me the serenity to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the difference."*

Serenity Prayer

**Day 67**

What is something you have to accept?

**Day 68**

How did addiction trick you?

**Day 69**

Write down seven reasons why you believe you can recover from addiction for good..

**Day 70**

Write down three recent achievements that make you proud.

**Day 71**

What are you constantly searching for?

**Day 72**

What does your *Inner Voice* is trying to tell you?

**Day 73**

Are you validating yourself based on material things?

**Day 74**

What makes you a beautiful person?

**Day 75**

Is life trying to teach you a particular lesson? What is it?

**Day 76**

If a relapse happens, see it as part of the path to recovery. Write down five self-care activities you can do after a relapse.

**Day 77**

Are you ignoring your true calling?

**Day 78**

When was the last time you laughed so hard it hurt?

**Day 79**

Celebrate life. Treat yourself today or tomorrow with something that feels right and joyous. Write down exactly what you're going to do.

**Day 80**

What do you feel guilty about?

What first step could you take to forgive yourself / make it right?

**Day 81**

Are you still maintaining a secret life?

**Day 82**

How would tomorrow be different if you'd express yourself freely?

**Day 83**

If a writer decided to write a book about your life, what would be the genre? Comedy, drama, inspirational, etc. Why?

**Day 84**

When was the last time you gave someone a compliment?

Give a compliment each day, for the next week.

**Day 85**

Write down a list of compliments you've received in your life.

*"To be happy we need something to solve.*

*Happiness is therefore a form of action"*

Mark Manson, *The Subtle Art of Not Giving a F\*ck*

**Day 86**

Problems are an inevitable part of life.

What problems would you like to solve?

**Day 87**

What is your body trying to tell you?

**Day 88**

What makes you feel embarrassed?

**Day 89**

What is the life you deserve to live?

*"Be yourself; everyone else is already taken."*

Oscar Wilde

**Day 90**

What kind of self-talk helps you improve?

Month 3

**Don't Be Too Hard On Yourself**

Regret is a logical consequence of making the 'wrong' decisions in the past. Especially when these decisions became a pattern and created destruction. When you confront yourself with your past mistakes it's easy to fall into self-blame. It's good to feel these feelings. And to express them in a civilized way. But another part in this process is to take small steps towards making things better.

First of all, understand and accept that the journey of recovery is tough enough already. You don't need another enemy. You need a friend. So at the very least, be your own friend. Help yourself. And recognize the fact that deciding you want to quit your addiction and taking the small steps to do so is an enormous accomplishment. Every time someone decides to break destruction, it lights up the world.

**Day 91**

What would happen if you set rules about how to use your time?

**Day 92**

Is there a repetitive lesson adversity is trying to teach you?

*"You know, sometimes all you need is twenty seconds of insane courage. Just literally twenty seconds of just embarrassing bravery. And I promise you, something great will come of it."*

Benjamin Mee, *We Bought A Zoo*

**Day 93**

How would the next month be different,  
if every day you had 20 seconds of insane courage?

**Day 94**

What actions can you take  
to improve your recovery journey this week?

**Day 95**

What clouds your judgement?

**Day 96**

Write down twelve things you are grateful for in your life.

**Day 97**

Why did addiction arrive on your path?

**Day 98**

What is giving you stress?

**Day 99**

Why did recovery arrive on your path?

**Day 100**

Are there voices from other people in your head that are preventing you from living the life you want to live?

*"Be the change that you wish to see in the world."*

Mahatma Gandhi

**Day 101**

How could you better express your emotions?

**Day 102**

How could you train your patience?

**Day 103**

Meditating is one of the best ways to calm your mind and eventually better analyze your thoughts and living with more awareness.

Try to meditate this week for at least five minutes a day. Write down how and when you are going to do it.

**Day 104**

Write down five things you can do to deal better with stress.

**Day 105**

Do you feel competent enough to deal with the struggles of life?

**Day 106**

What void did you try to fill with your addiction?

**Day 107**

What values do you find important?

**Day 108**

What is an act of kindness you could do today / tomorrow to make someone's **Day 109**

Could you reduce the stream of negativity in your life? How can you do this on a regular basis? Try it for three days.

**Day 110**

What are three constructive things you could do when problems become overwhelming?

**Day 111**

If doing your best was good enough, how would that make you feel?

**Day 112**

Do you find life demanding? Why or why not?

**Day 113**

If you look at your life so far, what lessons did you learn?

**Day 114**

Is there another addiction lurking under the surface?

If so, what is it trying to fulfill?

**Day 115**

Describe what "living the good life" means to you.

**Day 116**

What patterns keep returning in when it comes to your love life?

**Day 117**

How would you like to be remembered?

**Day 118**

What patterns keep returning in your life when it comes to money?

**Day 119**

*"If your motivation for acquiring money or success comes from a nonsupportive root such as fear, anger, or the need to "prove" yourself, your money will never bring you happiness."*

*T. Harv Eker, Secrets of the Millionaire Mind*

Write down three actions to improve your finances this month.

Make an agreement with yourself to take at least one of these actions this month.

**Day 120**

*"Health is the greatest possession. Contentment is the greatest treasure. Confidence is the greatest friend."*

*Lao Tzu*

Write down three actions to improve your health this month.

Make an agreement with yourself to take at least one of these actions this month.

## Month 4

### Enjoy Life

It's easy to forget. Certainly amidst every day's troubles, certainly amidst the struggles of recovery. But it's important to hold still for a while. To realize the gift of life. To breathe it in. To look around. To feel it. That spirit of life, of flow, of love. This doesn't mean to be positive all the time. It means to pay attention. To things, people, experiences. We tend to take them for granted so easily. Paying attention and being grateful could turn all these ordinary and dull moments into something a bit more extraordinary.

#### Day 121

In what direction is your life heading?

#### Day 122

What fear / doubt is constantly blocking you from taking the necessary actions? Is it worth it?

#### Day 123

What is distracting you?

#### Day 124

Write down three things that could improve your overall energy.

#### Day 125

What are five goals you absolutely want to achieve this year. If you had to choose only one of these goals, which would it be?

#### Day 126

Do something joyous / exciting within two weeks that feels right. It doesn't have to be expensive and could be as small as treating yourself to a Netflix night. Write it down, schedule it in your agenda and make sure to follow through.

#### Day 127

How could you connect with your Higher Self on a regular basis?

#### Day 128

Write down three things you can do to improve your self-confidence.

#### Day 129

What has journaling brought you so far?

#### Day 130

What is making you sad? And, what is making you happy?

#### Day 131

Is there a more intelligent way to deal with your impulses?

#### Day 132

What would happen if you did the opposite for the next 24 hours?

#### Day 133

How can you still accomplish your greatest dream(s)?

#### Day 134

What motivates you to get out of bed in the morning?

#### Day 135

Are you too hard on yourself?

#### Day 136

Is it difficult for you to make decisions?

If so, what makes it so difficult?

*“If you look the right way,  
you can see that the whole world is a garden.”*

Frances Hodgson Burnett

**Day 137**

In what area of your life do you need to pay more attention?

**Day 138**

Write down how other people, books, programs, can help you with these solutions.

**Day 139**

What has your childhood taught you?

**Day 140**

Did your addiction serve a purpose?

**Day 141**

What is standing between your dreams and reality?

**Day 142**

How could you listen better to your own needs?

What would happen if you did?

**Day 143**

What would happen if you were more kind to the people around you?

**Day 144**

Are you still afraid of your addiction?

If so, what could you do to be less afraid?

*“I can't give you a sure-fire formula for success, but I can give you a formula for failure: try to please everybody all the time.”*

Herbert Bayard Swope

**Day 145**

Is life going by too fast? What could you do to pay more attention?

**Day 146**

Is there something you still need to do?

**Day 147**

What lesson did you learn about yourself in the past few months?

**Day 148**

Is money ruling your life, or do you rule money?

**Day 149**

If you had one hour more each day, what would you do with it? Could you create an extra hour a day?

**Day 150**

How would you describe integrity?

## Month 5

### **You're Not Always Right**

During the road of recovery, you discover lots of new insights. Sometimes this is frightening, because it means you have to reevaluate your old beliefs. It could mean that you were not right. And actually, to me, that was one of the most fascinating parts of my recovery journey. The discovery of a new thought, a new belief. It helped me to grow. Grow away from my past. Put a healthy distance between me and these low vibration thoughts and sensations. Traveling new roads leads to new discoveries. Be open to it. If you want or have to change your life, new beliefs are mandatory.

**Day 151**

Do you lack integrity in your life?  
If so, where? And what is the reason for it?

**Day 152**

Does your impatience have something to do  
with how much you trust your own capacities?

**Day 153**

Success is most of the time as scary or even scarier than staying where you are. We all want a million dollars... But do we?  
Isn't this kind of success, or to achieve the goals you set for yourself, not an unconscious bridge too far?

Are the goals you set for yourself what you really want?  
Try to discuss with yourself the doubts you have about your goals.  
Is it worth letting these doubts dictate your life?

**Day 154**

What could you do to prepare yourself for better times / success?

**Day 155**

Are the unconscious doubts you have about reaching your goals coming from low self-esteem? (Do I really deserve to be loved /  
make more money / do what I am passionate about / be happy?)

**Day 156**

Are you on the right track?

**Day 157**

Name three ways to feel more attractive. What is one action you can do today / tomorrow to feel more attractive?

**Day 158**

When did you feel abandoned?

**Day 159**

What can you say to that version of you who felt abandoned?

**Day 160**

How can you make a difference  
in the lives of those around you this week?

**Day 161**

To whom do you often compare yourself to? Why?

**Day 162**

What are you afraid of / worried about in the near future? Analyze this fear / worry. Could you accept it? If not, what could you  
do to prepare yourself for the worst outcome?

**Day 163**

What is it about yourself that you hope other people won't find out?

**Day 164**

How could you allow success to happen?

**Day 165**

Are you growing and evolving, or are you actually staying under the same ceiling? If so, why is that?

**Day 166**

Do you need to accept or to change?

**Day 167**

How can you take (better) care of your most precious talent(s)?

**Day 168**

Could it be that it is scarier for you to be accepted than to be rejected?

**Day 169**

What would you like to learn in the next three months?

**Day 170**

When was the last time you surprised yourself?

**Day 171**

Could you accept a compliment?

**Day 172**

Is it difficult for you to tell the truth? If so, what makes it difficult?

**Day 173**

What things in life do you take for granted?

**Day 174**

Describe the first moment you realized you want to recover from addiction for good.

**Day 175**

Do you feel you deserve to be a recovered addict? Why or why not?

*"How can you waste time? You have only so much to use,  
and no matter what you do, it still passes."*

Felix Salten

**Day 176**

What emotions are paralyzing you?

**Day 177**

Is your ambition coming from your soul / heart or your ego?

**Day 178**

Are you eager to live a better life?

**Day 179**

Write down three reasons or more why you fundamentally disagree with everything addiction stands for.

*"It takes courage to grow up and become who you really are."*

E.E. Cummings

**Day 180**

Do you need a vacation?

If so, why?

## Month 6

### **Relaxation**

Working on yourself can be overwhelming. Taking action on your goals, working on your health, finances, social life, all of that: it demands your time and energy. But that's not it. You have your work and other every day obligations. A vital part is finding harmony in once life. Relaxation is one of the keys to balance out work and effort. Try to take a moment for yourself every day, or share a moment with your loved ones, where you just *be*. Enjoy these moments, hours, days. Why not give relaxation as much importance as effort. Try to find how harmony works for you.. Resting isn't without value; it's the time you take, to refresh.

**Day 181**

How would someone else describe you during an addiction episode?

**Day 182**

What could you do this week to improve your financial situation? Make the commitment to yourself to follow through on this action.

**Day 183**

Where in your actions / thoughts are you contradicting yourself?

**Day 184**

Again, write down an empowering morning routine that would help you to start your day great. Try this new morning routine for seven days.

**Day 185**

What one thing can you do today to reach your most important goal?

**Day 186**

Do you miss love in your life? If so, make the commitment to yourself to give love to others for the next seven days.

**Day 187**

Write down the negative feelings / emotions that you would do almost anything to avoid?

**Day 188**

What life lessons would you give to a class of sixteen year olds?

**Day 189**

Where in your life do you need guidance?

How can you find this guidance?

**Day 190**

How do you see your addiction now? What is the main lesson you learned about your addiction in the past month?

**Day 191**

Is your social circle improving your life?

**Day 192**

If you could be with your twelve year old self for one day,

what would you do? And what would you say?

*“Most folks are about as happy as they make up their minds to be.”*

Abraham Lincoln

**Day 193**

See today’s quote. Is this true for you? Why or why not?

**Day 194**

Is your Inner Child still alive? How do you recognize him or her?

**Day 195**

Name one little achievement that has had a big impact on your life.

**Day 196**

If you could clean up your mind, where would you begin

**Day 197**

Look in the mirror right now, and ask yourself the question: *“Is what I am doing every day fulfilling?”* What would your answer be?

**Day 198**

What makes you feel self-confident?

**Day 199**

How did your life look like exactly one year ago? Write down the progress you’ve made so far, and... be grateful for it.

**Day 200**

What does being a significant, successful person mean to you?

**Day 201**

What skill(s) do you need to improve, to live the life you want to live?

**Day 202**

If you could be with your four year old self for one day,

what would you do?

**Day 203**

Is there something you *need* from other people?

Could you try to *give* it yourself first?

**Day 204**

In the last three months, what (small) changes  
have you seen in your life?

**Day 205**

Why are you still on this recovery journey?

**Day 206**

What is your plan for the next month?

**Day 207**

What is the one thing you could do today/tomorrow to improve your relationship with your family / best friends?

**Day 208**

What is the one thing you could do today/tomorrow  
to improve the relationship with yourself?

**Day 209**

Write down an empowering response to the addiction thought, Addiction has ruined my future.

**Day 210**

What is your biggest “*Why*” for the things you do?

## Month 7

**Stay Inspired**

Your life is in constant motion. Goals and new habits, could quickly fade away due to every day tensions. When you’re unaware for a prolonged period of time, you can get sucked into a life you don’t want. One way to dodge this bullet is to stay inspired. This can be done through daily journaling, proper relaxation, and giving your mind a healthy diet of inspirational content, conversations and thoughts. Because inspiration, most of the time, isn’t given to you; you have to seek it. And even if it is just there: you have to allow it to land.

**Day 211**

What did you learn about recovery this week?

**Day 212**

Write down three things you can do  
to practice authentic self-expression?

**Day 213**

What one small victory did you accomplish today?

**Day 214**

Write down five self-care actions you can do on a regular basis.

**Day 215**

What would happen if from now on, you put yourself first?

**Day 216**

What statements can you make about your addiction after all the time it has been in your life?

*“To go fast, go alone. To go far, go together.”*

African proverb

**Day 217**

How could you better connect with other people?

**Day 218**

How could you inspire others?

**Day 219**

What voices in your head are you ignoring? Could it be that this / these voice(s) have an important message to tell you?

**Day 220**

What could you do today/tomorrow  
to improve your most important skills?

**Day 221**

*New habit challenge.* Is it possible for you to integrate a new, small habit in your life for 30 days? Pick something that could be a game changer, but won't cost a lot of effort, and write it down. Examples: Making your bed, daily goal setting in the morning (one major and one minor goal), an apple a day, 10 / 15 sit ups each day.

**Day 222**

What is something new you could try this week?

**Day 223**

What is still lurking under the surface, that needs to be addressed?

**Day 224**

Are you still blaming certain people for past experiences? What small steps can you take in the coming months to forgive them?

**Day 225**

What are you blessed with in your life?

**Day 226**

What has your addiction taught you about yourself?

**Day 227**

Is there something you should say yes to in the next month?

**Day 228**

Write down an empowering response to the addiction thought,

*I am never able to fully control my addiction.*

**Day 229**

Describe your comfort zone when it comes to finances?

**Day 230**

Describe your comfort zone  
when it comes to your love life/dating life?

**Day 231**

Write down a list of material things you actually no longer need.

**Day 232**

In what ways are you a different person now than the person who was heavily addicted?

**Day 233**

Write down a list of small actions you can take that will have a significant effect on your long term well-being.

**Day 234**

Is there a version of yourself trying to claw its way out?

**Day 235**

If you would receive \$1000 today, how would you spend it?

**Day 236**

What would happen  
if you were ten percent more proactive in your life?

**Day 237**

Is your addictive craving genuinely fading? Why or why not?

**Day 238**

What is triggering you towards inauthentic behavior or thoughts?

**Day 239**

What problems in your life are actually opportunities?

**Day 240**

How would your ideal day for tomorrow look like?

What's stopping you?

## Month 8

### Exciting Goals

In times of boredom, procrastination or when you're about to give up, the purpose behind your goals (*the why*) can help you to get through. One of my goals was to live for three months in South America. The thoughts, images surrounding that dream, made it quite easy for me to do the work that would allow me to make that jump. It's about excitement. That fuels your work ethos. It colors your life. What are you excited about? What is your motivation to get out of bed? Make it a part of your goals. Create an exciting future for yourself that you would like to walk into every day.

**Day 241**

Are you living a life true to your potential?

**Day 242**

What do people see when you walk into a room?

**Day 243**

What lies did you tell yourself in order to keep going with your addictive behavior?

**Day 244**

What would happen this week if you were ten percent more assertive?

**Day 245**

How would you describe the feeling of powerlessness you've felt towards addiction? Write down also at least one reason why this powerlessness is simply not true.

**Day 246**

What troubles do you have in your life right now that will seem meaningless ten years from now?

**Day 247**

How would your most courageous, self-confident, kindest and strongest self look like? What advice would he/she give to you?

**Day 248**

Which area in your life needs attention? Take at least 15 minutes a day for the next three days to give the proper attention to this area.

**Day 249**

What can other people learn from you when it comes to recovery from addiction?

**Day 250**

What do you find stupid now about addiction?

**Day 251**

Write down five reasons why you know addiction will never have that power over your life again.

**Day 252**

What do you associate with an authentic life, one without secrets?

**Day 253**

Are you taking yourself too seriously sometimes? Why and when?

**Day 254**

How is your true self, different from the version of you during your periods of addiction?

**Day 255**

How can humility help you in accepting yourself?

**Day 256**

Write down a list of all the people in your life that you feel grateful for.

**Day 257**

How can you connect with the Universe / Infinite Wisdom, or God?

**Day 258**

How could you be a guide for yourself?

**Day 259**

What would you like to learn about dealing with conflict?

*"It's no use going back to yesterday,  
because I was a different person then."*

Lewis Carroll

**Day 260**

When did you feel ignored?

What can you say to that version of you who felt ignored?

**Day 261**

Write down two or three recent memories when you felt truly peaceful.

**Day 262**

One or two times strangers helped you in unexpected ways.

**Day 263**

How could you work smarter instead of harder?

**Day 264**

Who is inspiring you? Why?

**Day 265**

How could you cultivate kindness in your life?

**Day 266**

Are you surrounding yourself with the right people?

Is there someone missing?

**Day 267**

If you would meet your sixteen year old self today, what would he / she look like? What would you tell him or her about the future?

And what advice would you give?

**Day 268**

Who are you judging too much?

**Day 269**

What social conditions are suppressing you?

**Day 270**

You are not your addiction, nor your recovery. What is your true purpose here on earth?

## Month 9

### Meditation

Your thoughts hold an enormous power on your overall well-being. Left unexamined, they decide your destiny in life. When you can control your mind, anything is possible. Controlling thoughts, however, requires work. Sit still for one minute and pay attention to your rushing thoughts. They go anywhere, demanding you to go with them. Even if they go to places of anger, frustration, craving, worry or sadness.

The best way to regain control over your thoughts is through meditation. Meditation is the art of paying attention, increasing your awareness, and letting go. On Day 104 you were given a short meditation exercise. Hopefully, you've already made it part of your daily or weekly routine. It can make a significant difference in your long time happiness and success, but it will also give you an immediate feeling of calmness and joy. A double reward.

#### Day 271

How is your image different from your authentic self?

#### Day 272

Why is it scary to drop the *image*?

#### Day 273

What would happen if you'd be ten percent more vulnerable in the conversations with your best friends and/or family?

#### Day 274

What can you do this week to improve your overall health?

#### Day 275

Write down a memory, where you did everything to be in total control, but then it seemed you weren't in control after all.

#### Day 276

What would happen in a year, if:

You would hold yourself to a ten percent higher standard?

You would hold yourself to a ten percent lower standard?

*"I don't know half of you half as well as I should like; and I like less than half of you half as well as you deserve."*

J.R.R. Tolkien, *The Fellowship of the Ring*

#### Day 277

What does it take to gain your trust?

#### Day 278

Do you trust yourself? Why or why not?

#### Day 279

What about addiction did you love? What other activities can give you these same benefits in a healthy way?

#### Day 280

Which doubts require your attention?

#### Day 281

Name three experiences in your life where you let fear dictate your decisions and became disappointed with the result.

#### Day 282

What have others liked about you, that you didn't notice yourself?

#### Day 283

How could you bring more joy into your life?

#### Day 284

Be so kind and generous to spend \$5-\$50 this week to treat yourself. Write down what you're going to do and when you're going to do it.

#### Day 285

Are your goals motivating you or are they giving you stress?

**Day 286**

What inner conflict needs your attention?

*“When in doubt, just take the next small step.”*

Paulo Coelho

**Day 287**

What is your next small step?

**Day 288**

When was the last time you expressed yourself authentically?

How did it feel?

**Day 289**

What self-image did your childhood give you?

**Day 290**

A list of things that make you smile.

**Day 291**

What action would the next best version of you take when it comes to your career/business?

**Day 292**

What new places in or around your hometown can you visit this year?

**Day 293**

What one small victory did you accomplish this week?

**Day 294**

Are there thoughts that are still blocking the quality of your life?

How can you deal with these thoughts?

**Day 295**

What are one or three favorite memories from your childhood?

**Day 296**

Is something in your recovery irritating you?

If so, what small steps can you take today to solve it?

**Day 297**

Reflect on the relationship you have with yourself.

What is good about it? What can you do better?

**Day 298**

Write down three things you can do to improve your charisma?

**Day 299**

What are you excited about in your life right now?

**Day 300**

What does it say about addiction, that you need so many secrets in order to keep continuing doing it?

## Month 10

### **The Magic Sparkle Of Connection**

We tend to be most grateful for the moments we share with other people. Friends, family, acquaintances, colleagues, even strangers. When you truly connect with someone else, there is this sparkle of magic. It does good to take care of these connections. By paying attention when you are interacting. To see the other as a whole human being. To be present. To listen. And to speak authentically. Also, try to take care about your existing relationships. Don't take them for granted. Take care of

them, as you would take care of a lovely garden. Is it time to have that much needed heart-to-heart talk with your loved one? Or do you still need to thank a good friend? Reunite with an old acquaintance?

When I look back on my addiction years, one of the saddest memories is the overall loneliness I felt. The secrets, the lies, the shame that led to these moments of solitary existence. Of isolation. During my recovery journey, I made it my first commitment to heal the bond with myself. To find a way to finally accept myself. Because of my financial situation, I wasn't able to go out much during my recovery. During the many nights sitting alone in my apartment and working on myself, I always felt a whispering sense of loneliness. Although I knew I was on the right track, the one thing missing was connection. Looking out the window and seeing a young couple kissing, holding hands... I felt like an outsider. Not just to the young couple, but to the rest of the world. I was constantly listening to *Fast Car*, hearing Tracy Chapman singing,

*And your arm felt nice wrapped 'round my shoulder*

*I had a feeling that I belonged*

I didn't belong. Or, so I thought. But then it dawned on me, why should people come to me? And actually, they did come to me. Asking me to go out. To join them. But I was too afraid to admit that I didn't have the money to go out. I was digging my own grave.

That night I decided to not just make the commitment to create a better bond with myself, but to create a better bond with others as well. To give what I sought. And to accept, receive when it was shared with me. I firmly believe that life is not meant to live alone. I believe that you project to others the relationship you have with yourself. So my lack of self-acceptance at that time made me feel uncomfortable to be with people. With or without having the money to join them. It was like a mirror. When I started to reach out, I realized once again how lucky I was with my friends and family. And how warm and intriguing it is to meet new people and feel this magic sparkle of connection.

#### **Day 301**

What small things can you do to make your living space  
more enjoyable?

#### **Day 302**

Does it bother you to talk about your addiction? Why, or why not?

#### **Day 303**

What childhood achievements still makes you proud today?  
Try to recall one or two achievements.

#### **Day 304**

If you died today, what would you regret not doing?

#### **Day 305**

What could you give of yourself to improve the world?

#### **Day 306**

What is one decision you are still putting off?

#### **Day 307**

Write down seven reasons why you are a special person.

#### **Day 308**

Where in your life do you still recognize patterns of your addiction?

#### **Day 309**

Name three of the best experiences you've had last month.

#### **Day 310**

Would you rather be in someone's else's shoes? Why or why not?

#### **Day 311**

What is life trying to tell you at this very moment?

#### **Day 312**

If everything in life has a reason, and everything that happened to bring you where you are right now, then what is your next move?

#### **Day 313**

What recent experience caught you off guard?

**Day 314**

What is your favorite way to deal with social anxiety? What could be a better way to deal with it?

**Day 315**

If you're still doing your daily journaling: that's quite an accomplishment. If you'd like, send me a short email about your experience with this journal and how your recovery journey is going so far. My email is: [cw.vanstraaten@yahoo.com](mailto:cw.vanstraaten@yahoo.com). For today, write down a short recap of your journaling experience so far.

**Day 316**

What promises would you like to hold?

**Day 317**

Is lying / having secrets (still) a big part of your life?

**Day 318**

If you died today, what would you regret not saying?

**Day 319**

What advice would you give to someone who is about to relapse?

*"Nobody has ever measured,  
not even poets, how much the heart can hold."*

Zelda Fitzgerald

**Day 320**

What could be your blind spots?

**Day 321**

Could you challenge yourself more?

Or, should you be more appreciative of stability?

**Day 322**

If you could eliminate one thing from your life today,  
what would it be? Why?

**Day 323**

What simple pleasures did you enjoy this week?

**Day 324**

What are your mind's favorite ways to stop,  
belittle or diminish your enthusiasm?

**Day 325**

Is it difficult for you to tell someone you love him or her? Do you dare to take the following challenge: Tell someone, with all honesty, that you love him or her within the next seven days.

**Day 326**

What is your greatest struggle in life?

How could you help yourself to deal with this struggle?

**Day 327**

What would you want someone to say to you now?

**Day 328**

Why is vulnerability significant for self-improvement?

**Day 329**

What makes you proud of yourself when you reflect on last week?

**Day 330**

How would the best version of yourself approach your financial situation?

### Day 331

How would the best version of yourself approach your social life?

## Month 11

### Take Care Of Your Finances

Throughout this book there are exercises to improve your financial situation. Money is a vulnerable topic to talk about. For a lot of people, money has some sort of association with evilness. I personally believe that the lack of money is the root of all evil. From top to bottom it's greed for money that does no good. The good lies in between.

Money is neutral. You can do great things with money, like building a hospital. You can do destructive things with money: like bombing the hospital. It is an energy mover. Establishing a healthy relationship with money is what you should seek. An income that suits your monthly expenses, a steady and ever-growing savings account and/or investment account & an accurate monthly plan to pay off your debts. Paying attention to your finances and making it grow (reaping and sowing) is a fine and stable foundation for living the life you want to live. Don't let the lack of money ruin your life. And start aligning to the abundance that's already all around you.

### Day 332

If you treated the actions you fear as experiments,  
what would happen?

### Day 333

What action could you take this week to improve your self-confidence? Put it in your calendar and follow through.

### Day 334

What or who do you need to stay on your chosen path?

### Day 335

What role does ego play in your life?

*"At the bottom of her heart, however, she was waiting for something to happen. ... But each morning, as she awoke, she hoped it would come that day; she listened to every sound, sprang up with a start, wondered that it did not come; then at sunset, always more saddened, she longed for the morrow."*

Gustave Flaubert, *Madame Bovary*

### Day 336

What fantasies make you feel melancholic?

### Day 337

Is there an area / decision in your life where your ego prevents you from living the life you want to live?

### Day 338

Is it time to say goodbye to some of your dreams?

If so, which ones?

### Day 339

What is your role in making the world a better place?

### Day 340

In what area(s) of your life do you blindly follow the majority?

### Day 341

What qualities do you despise in other people?

### Day 342

What patterns are showing up repeatedly

when it comes to your social life?

### Day 343

What is making your recovery journey unique and inspirational?

**Day 344**

If courageously dealing with an addiction is a superpower, what else could you do with this *superpower*?

*“Reasons come first, answers come second.”*

Anthony Robbins

**Day 345**

What is the reason behind your three most important goals?

**Day 346**

What answer have you been waiting on for years?

**Day 347**

Are you still identifying yourself as an addict? Why or why not?

**Day 348**

When was the last time you tried to change something and succeeded? What is the lesson of this experience?

**Day 349**

If you felt safe enough to be who you really are,  
how would tomorrow be different?

**Day 350**

What sadness held within do you need to support?

**Day 351**

The way you do one thing is the way you do everything.  
What lessons can you learn from your current financial situation?

**Day 352**

Who are you?

**Day 353**

In what areas of your life are you walking your talk?

**Day 354**

The way you do one thing is the way you do everything. What lessons can you learn from your current love or dating life?

*“Forget all the reasons it won’t work  
and believe the one reason that it will.”*

Unknown

**Day 355**

What pulls you through?

**Day 356**

What could you do when you lack motivation?

**Day 357**

Write down ten things you are grateful for in your life right now.

**Day 358**

How could you spend your time more wisely?

**Day 359**

What is the one message you would share with the rest of the world?

**Day 360**

Write down a list of three things that you actually need,  
but don’t own.

## Month 12

### **It Has Been**

*Through sadness and tears,  
there shines a small and ever glowing light.*

*The dark days have been and will be,  
but never it is dark enough to dim the light.*

*It's in you.*

*It's above you.*

*It's around you.*

*A faraway cry, echoing in the dark,  
A child, a teenager, a you lost in time, alone, someplace, somewhere.*

*But time, being a strange thing, goes back and forth.*

*Now you, strong, brave and full of life  
gives your hand to her, to him,  
lonesome waiting in the past*

*A kind word, an arm wrapped around your shoulder  
brings you back to the present*

*It has been, it has been.*

### **Day 361**

If you would meet a lonesome stranger, on a lonesome night,  
what is the one thing you would tell him about yourself?

### **Day 362**

What has made it all worth it?

### **Day 363**

Look in the mirror right now,  
what is the one compliment you want to give yourself?

### **Day 364**

If you met your addiction today for a last time,  
what would you say to it?

### **Day 365**

How could you be your own best friend for the coming year?

### **Day 366**

What one question still needs to be addressed?