



# ADDICTIONary

A week-by-week, step-by-step guide to revealing the true you who lies beneath your behaviors and addictions.



*By Dean Powell*

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Written by: Dean Powell

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# UNIT 1

## TUNING INTO THE PRESENT





## LESSON 1: INTRODUCTION

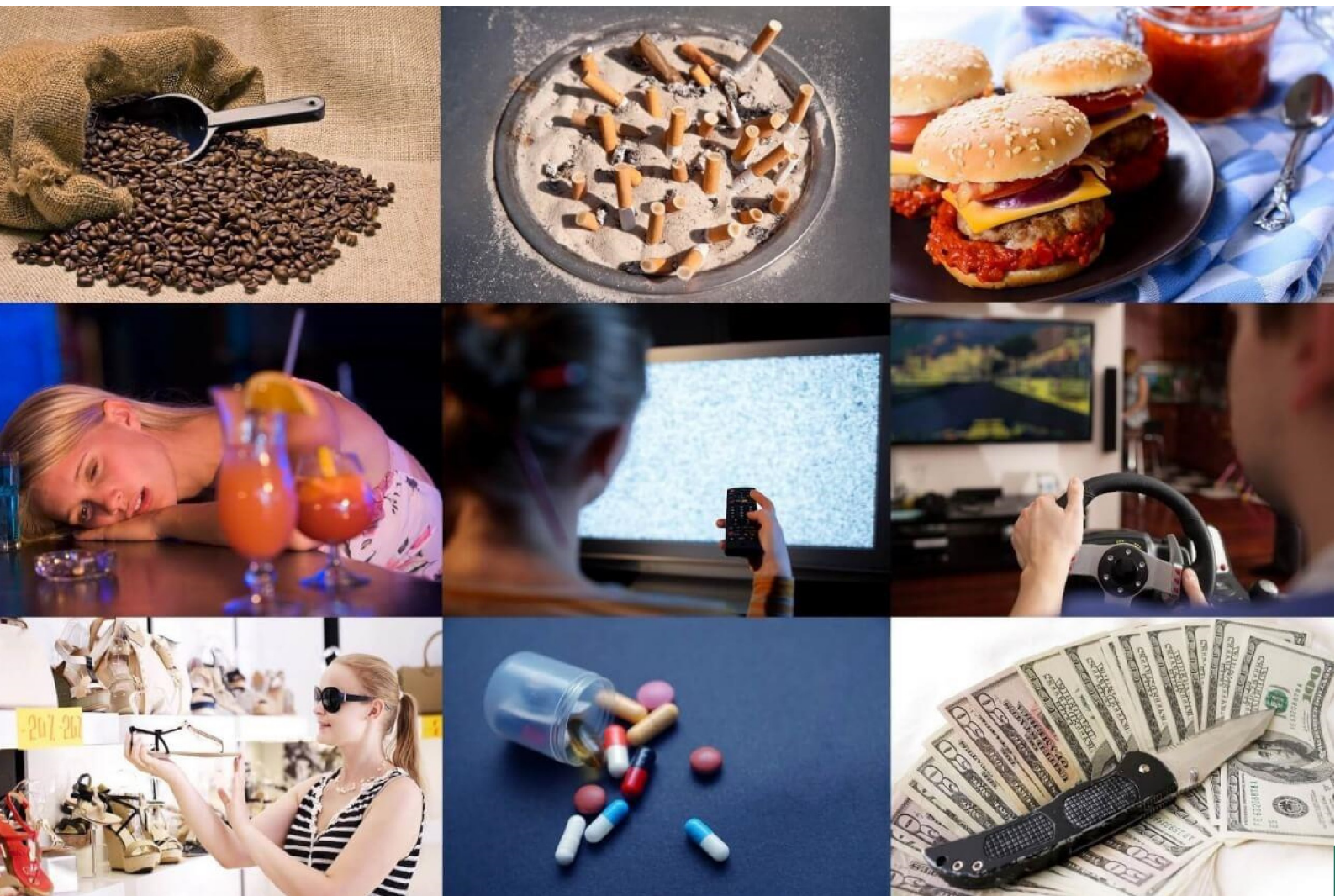
**ADDICTION:** The definition of an addiction is the **increased use or misuse of an inappropriate** substance or behavior to **avoid** one's perceived reality.

It's interesting to note the inclusion of both 'use' and 'misuse' here. Many people think they don't have a problem because they do not misuse however **their use still causes pain**. For example, someone drinking moderately but regularly may not realize **they are avoiding or suppressing** something.

I believe **we are all capable of change** and I am living proof that it is possible. It takes **courage strength** and **determination** however these things are like a muscle. The more you use them the stronger they get.

***"It is in the doing of the thing that you gain the courage and the strength to do the thing."***

I also believe it doesn't matter what your addiction is as they all boil down to the same definition above. The truth is **we are all addicted to something**. Food, coffee, substances, technology, certain behaviors like avoidance, anger, manipulation or control.



## About this program

This program has been designed to address not the substance or behavior but **what lies underneath** that: the void or emptiness we feel inside.

It is set up in such a way that you **complete one topic per week**. This way it gives you time to **integrate each lesson** rather than just 'store' the knowledge in your already busy mind.

They say **it takes three weeks (21 days) to break a habit** (breaking an addiction) and **another three weeks to form a new habit** - Hence this program lasts much longer than six weeks.

It is my strongest recommendation that you **remain abstinent** for the duration of this program. If you do the **effects of the program** will be more than worth it.

If this is too difficult (For heavy users) then I suggest you do your utmost to **cut down dramatically** and when you have completed the program, do it again in **total abstinence**.

Some ways to cut down at first might be to **include food, drug or alcohol** (replace with whatever your addiction is) **free days** each week.

If you are a regular user experiment with **alternating your days of use**, then build up to only using on weekends perhaps, then periods of whole weeks without it and so on.

Start where you feel **slightly uncomfortable** and build on that. If you get used to feeling uncomfortable you will do yourself a huge favor. **The best life is lived just on the other side of being comfortable.**

For many people **setting big goals** is a way of **self-sabotaging** right from the start so they can confirm to their subconscious that they are indeed a failure. **Better to set smaller realistic and achievable goals.**

Mark it on a chart or a calendar and **make sure you reward yourself** with progress. **Positive reinforcement** is far more beneficial than berating your-self all the time.



# Escape Plan

op an escape plan by drawing a t  
f your residence. Using a black  
now the location of doors, wi  
ys, and large furniture. Indi





## **WARNING**

**Be very careful** what you reward yourself with however.  
**DO NOT EVER** reward yourself with whatever it is you are  
**trying to stop!** Not even a little bit. **It is not a reward** – it is no  
longer your friend, as it doesn't serve **your highest interests**.

It is imperative that you change your perception of reward  
from this point on. **A reward** is something that will **benefit you**  
**now and** in the future.

Some examples may be a nice massage; a new bike to  
exercise on; Running shoes; going out for tea or to a movie.

Keep a tally of the **money you would normally spend** on  
your drug of choice and put it towards something you have  
always wanted to do like travel for example.



## **WARNING**

My brother booked a **trip to Bali for his whole family** using the **money he saved** from cigarettes and alcohol after recently completing this program.

If you can **find a partner** or more to do the program with great, but make sure they are as – if not **more committed than you** are or they could be **detrimental to your outcome**.

It is very important to emphasize that if you are a **heavy alcohol user it can be dangerous to just stop** using. Your organs could shut down or go into shock and fail so it is **very important to consult your doctor** first to let him/her know what you are doing. You may need some extra help in the way of medications that I am not proficiently educated in.



## **WARNING**

I know **this program works** as I have not only lived and breathed it personally, I have **witnessed it work** for countless others. I promise you a far **greater quality of life** and **higher and more wholesome highs** than any drug or alcohol could ever give you.

I also want to point out here that the reason I know this information so well and teach it isn't because I am exceptionally educated or gifted in life. **I have lived and breathed this** stuff through making the same mistakes sometimes over and over again.



## **WARNING**

I been to life's low lows, **and learned how to get out.** I haven't just had fantastic relationships and now pass on the 'golden keys'; I have ruined many relationships through lying, cheating and not being myself then **learned a much better way** and now share that with you.

I have been to life's university and sat in the class of hard knocks and the only formal degree I have is a much **higher degree to live more authentically.** The only PHD I have come out with is **Plenty of Healthy Determination.**

Also, the information here isn't mine ... it is a **compilation of everything** I have learned and picked up over the years from many different and varied sources.

This program has also been set up without an emphasis on drugs or alcohol, as they are **just the outcomes of other symptoms**.



It is also important to understand that **knowledge without action is pointless**.

They say that knowledge is power. Knowledge isn't power. **The application** of knowledge **leads** to power. So, do not just read this program and expect it to work for you. That hasn't happened with any of the books you've read or courses you have done so far. This program will only work for you **if you DECIDE to have the resolve** to 'work and complete' it.



THIS CAN ONLY HAPPEN  
WHEN YOU ARE READY TO  
STOP!



If you are one of the many  
people who have tried to  
stop before then please

**STOP TRYING!**

# *Try* makes it hard.

A man in a dark suit is seen from behind, climbing a blue metal A-frame ladder. He is standing on a vast, sandy desert dune under a clear blue sky. His right arm is extended upwards, reaching towards the bright sun which is positioned directly above him, creating a silhouette effect. The ladder is placed on the sand, and its shadow is cast on the dune. The overall scene conveys a sense of striving and reaching for a goal.

If I tell my kids to go to school and **try** to get good grades or **try** to be good, then **it becomes hard**. If I tell them to **do their best**, then that's what they can do. It takes some **unnecessary pressure** off. Eliminate the word **try** from your vocabulary and it will be easier.

You will also have heard the term **one step forward two steps back** and a lot of the time that's what it feels like for us. Sometimes it feels like one forward and many backwards however there is no such thing as backwards.

## Let me give you an analogy

If I were to get in my car and **drive from Perth to Kalgoolie** (Mining town about eight hours drive away) and I got half way and got a **flat tire**; when I fix my tire and get going again does it mean I am starting back in Perth? No and it's the same in life. **When you fall over you start back where you left off** no matter how long it takes you to get back up.

There is no such thing as **going backwards**; you cannot **un-experience** something.

Whatever you have attempted in the past **let it be the foundation** for the rest of your 'trip' and **let's enjoy our part** of the journey together.

You don't have to do this **alone** anymore. It is important to **have a good team** around you. Especially of people **who've already walked** the path of change.

Remember to **continue looking forward** to what it is you want **not back** at what you don't want.



One of the things that will **help you the most** throughout this program and **also your life** is to **give yourself permission** to struggle and then to **connect with your feelings** again. It will be your **saving grace**.

Feelings  
OFF



## Now it's time to commit

To **endorse your commitment**, I want you to **read the statement** below out loud (starting with "I", then your name) and then **sign it**. Do not do this light heartedly.

***'Your word is your wand and if you break your wand you will have no magic in life.'***

The more you start to **honour your word**, the more your **life will work** I promise.

I \_\_\_\_\_ (Full name)  
**do solemnly swear** that I will **give this program** one hundred and ten percent. I will **complete all of the exercises** in order and do my absolute best to **remain abstinent** for the duration of the program and beyond. I make this **commitment to and for myself**.

\_\_\_\_\_ (Sign and date)





# DISCLAIMER

*I understand that by partaking in this program I cannot hold Lifetorque/Addictionary or any of its staff or representatives liable for damage or misconduct.*

*I partake **freely of my own accord** for the reason of **making change** where change is needed.*

*I understand that **results may be different** for all individuals.*

*I **take full responsibility** for my participation and involvement and have sought legal or medical advice where deemed necessary to do so.*

FULL NAME: \_\_\_\_\_

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

Let's get started...

## LESSON 2: YOUR WHY



Welcome to the second and possibly most important lesson in this program. It's all about your **'WHY'**.

What is your reason for **wanting to stop** whatever it is you are doing?

If you don't have a big enough **'WHY'** it will always end up being **'WHY NOT'**

The first time I tried to **stop** using amphetamines, as I describe in my book, **'Shoot Up'** I was doing it because I didn't want to lose my partner. She became my **'Why'** and inevitably it **wasn't enough**. It simply meant if I could hide it from her again ... I would (and I did) If there was no way she would find out, **nothing was stopping me**.

My **real why** came later when I decided I'd actually had enough. I didn't want to lead that kind of life anymore. I knew I was **better** than what I was doing. I wanted **more for myself**, and my family but it had to be me first. I wanted to be the person I knew deep down I could be.

Your '**why**' has to come from **within you and be about you**. If you are doing it because someone else wants you to, or you want to **make them happy** then you do not have a big enough why. What happens if that person leaves you for any reason? Suddenly your '**why**' has just walked out the door and you are back **worse** than where you started, because now you don't have any reason not to do it.



I have sat in process groups with countless individuals who totally **obliterated** themselves because of this, and that is a much more difficult place to come back from.

Another important thing to understand is that until the **pain** of where we are, becomes greater than the fear of **moving forward**, we don't usually move.

Have you had enough pain yet? What is your level of pain? Sometimes the embarrassment of others finding out what we are doing is **enough pain**. For some it's the threat of losing a relationship whereas for others they have to lose the relationship in order to experience enough pain; Getting mixed up with the law for some or going to jail for others; **Health side effects** or **near death experiences**;







I had a client sit in front of me one day that had just been brought back to life the previous day. He explained how he was dead on the cold steel gurney in the hospital when they revived him again. Sadly, that **wasn't enough pain** for this guy. He went back to drinking two days later and I heard no more from him.

Another difficult lesson for me in the beginning was; I **cannot help** those that don't really want to be **helped**.

Such is the **power of addiction** ... it can be stronger than your will to live. Everyone's pain level is different and it is important to ask yourself where yours is. Start to **acknowledge the pain** your addiction is really causing you and others in your life. We get so good at **pretending to ourselves** that it isn't so bad... stop fooling yourself and get real.

Now I invite you take yourself to a comfortable quiet place. Take three long, slow, deep breaths and gently close your eyes. Think about how your life is going. What do you **like** about it? What **don't** you like about it? What would you like to **change**? Why? What is your biggest **reason** for wanting change? How **important** is this? What does it **mean** to you?

What do you like about your life at the moment?

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What don't you like about it?

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What would you like to honestly change?

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Why?

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What is your biggest reason for wanting it to change?

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What does it mean to you?

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Write down your main **'WHY'** here ... make sure you write it in the present tense like it has already happened as you do with **affirmations**. Write it as a **positive statement** not a negative i.e. 'I am so **grateful** now that I have **full control** of my life again' as opposed to, 'I don't want to be like this anymore' or 'I am far more **important** than I have given myself credit for' or something like that.

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I **highly recommend** that you stick this on the fridge, your bathroom mirror, in your car, at work and wherever else you will see it on a constant basis. Every time you get tempted – and **you will** – you need to go to this **‘WHY’** and **remind yourself** of the reason you want to quit. That is why it is so important to have a big enough **‘WHY’** – it needs to outdo the strongest, most powerful cravings!

It has to be bigger than **YOU**.

One of the biggest reasons for any addiction is **escapism**. **Escape** from one’s perceived reality and from one’s self. So, it stands to reason one of the ways to correct this is to learn how to **reconnect** with one’s self. A great way to do this is through **meditation** however meditation can be a challenge at first.



One of the best exercises I did when changing my ways  
was something called:

A lit red candle sits in a white ceramic bowl. The flame is bright yellow and orange, casting a warm glow. The background is dark, making the candle the central focus.

## THE CANDLE EXERCISE

I was told by numerous people that I needed to slow down and **meditate** but how could I do that when every cell of my being was racing at 1000kms per hour? I struggled to sit still for 30 seconds let alone any amount of time to do any good.

So, when I came across the **candle exercise** I was somewhat skeptical but gave it a go.

Find somewhere very quiet away from any **distractions**. Turn off phones, TV's, computers and any other electronics. Make sure **everyone** in the house knows not to disturb you. If that is too difficult **let them join in** as long as they promise not to make a sound. (It's also a great thing to do with kids to help them to slow down)

Sit in a comfortable position. **Seated** is preferable to lying down in case you fall asleep as there is fire involved. Sit in front of a lit candle and stare at it for 5-10 minutes. Build up over time to 15-20 minutes.

Whatever thoughts come into your mind **do not fight** with them or try to get rid of them – just **allow** them to come and go and return your focus to the candle as much as possible. Watch the flame as it dances and flows with any breeze.

Then take a few minutes to **write how you feel** after the exercise and if there is any comparison to before. Nothing major – just a couple of sentences is enough.

Do this for at least **30 days** and watch what happens.

I don't know why I found this so helpful but the idea is that we human beings have an **affinity with the flame** – the light. Every client I have given this exercise has reported back all kinds of **helpful results**.

The hardest part is actually just making the time to do it, but if you do it will be more than **worth it**. Why not do yourself a **huge favor** and give it a go right after this?

Here is what Sally had to say about it after just a few days.

“Hey Dean

Just wanted to say thank you even though the word doesn't seem to be the right one. I really appreciate your time and patience with me - it all gets a bit much at times ... and I just wanted to let you know that I have been doing the **candle exercise** pretty much every night since I have been home and afterwards I feel very calm and grounded and my hands and feet are really warm which is strange but nice.

Have a wonderful weekend

Sally”

Well done on completing the second session!

Remember to connect with your **'WHY'** as often as possible and let it inspire you for the rest of your life. Next week we will look at how to change or at least moderate the way we react to things

**Reflections** ... I invite you to stop and reflect after each lesson how you are feeling; Mentally, physically, emotionally, etc.

