BREAKING THE CHAINS OF ADDICITON



By Dean Powell

BREAKING THE CHAINS OF ADDICTION

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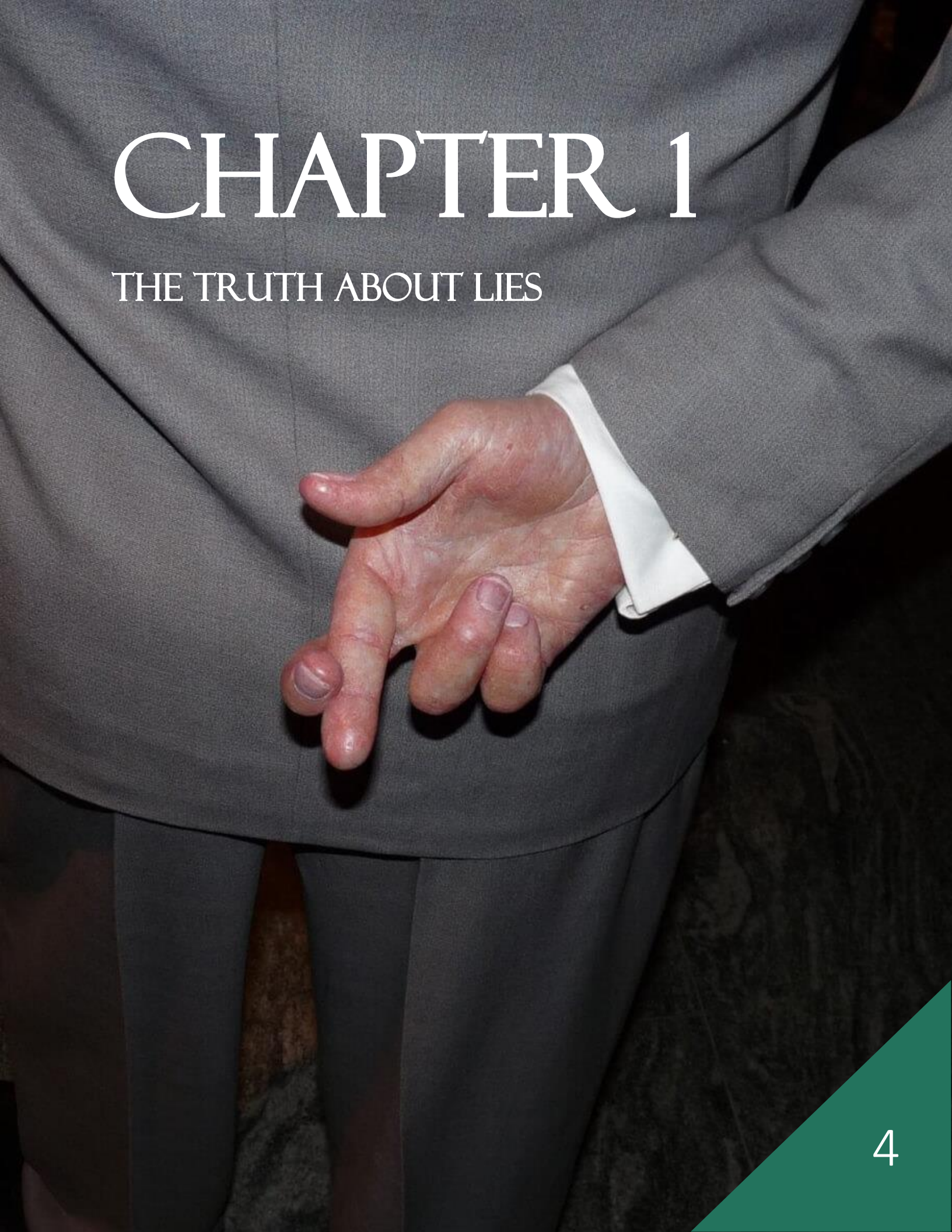
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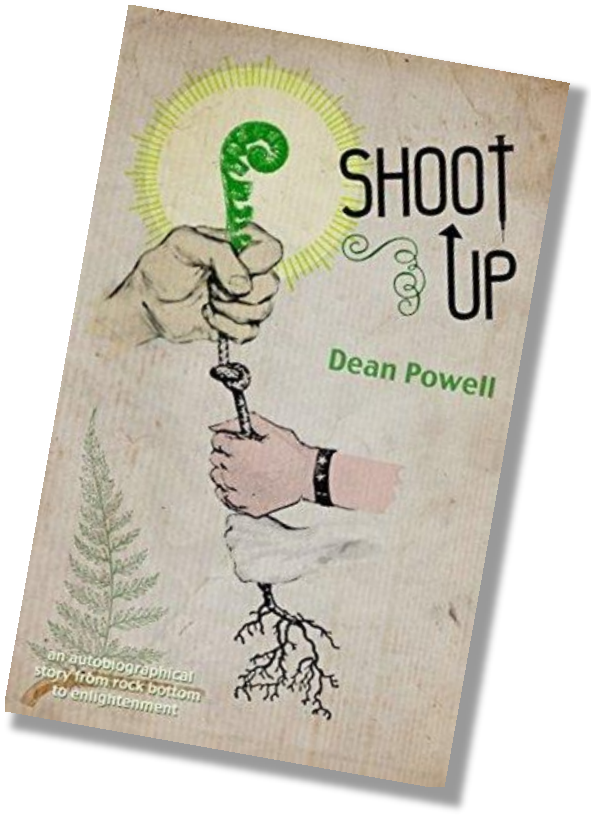
CHAPTER 1

THE TRUTH ABOUT LIES

I know from personal experience the negative impact that my Clients were experiencing in their relationships and reputations due to their **addictions**.

See, I was a junkie for quite a few years. I lost just about everything I owned and watched it sit on the shelves at my local pawnshop taunting me each time I went in to **sell my soul** some more.

I **lied, cheated and stole** from just about everyone I knew including my own partner and family. I hid my drug use from my unbelievably trusting partner for years. Can you imagine the amount of lies that takes? **My life was a lie** and I forgot who I was and what I stood for.



I never dreamed I'd end up this way. Not in a million years did I think I had a problem until it was almost too late. One of my scariest of times I recall vividly … *(Excerpt from book 'Shoot Up' 2014)*

Embleton, Perth, Western Australia: I am sitting on the toilet with my black tracksuit pants around my ankles, shaking uncontrollably. There is an all-too-familiar syringe protruding out of my bruised, naked left arm. The loud thumping of my pulse furiously beats its protest through the veins in my neck, as I'm about to pump another dangerously huge hit of **methamphetamine** into my arm.

"What if I die here?" I remember thinking. "*What if this is where it happens, and is this where they find me?"* It was as if I'd already subconsciously assumed that my death by drugs was **inevitable**.

My skin shivers like someone is walking over my grave, as the familiar combination of guilt and shame wash over me. For the brief second that I entertain it, I feel the drag of my heart, down towards the **depths of despair** that threaten to drown me.



I look around me. I am sitting on the toilet of our rental house in the suburbs of Perth. In my lap, sitting on top of a New Idea magazine with all its colorful, wholesome, life-filled pages, is the burnt black tablespoon cradling the dried-up cotton wool. It carries the remnants of the **big rush** I'm chasing alongside the bright orange plastic syringe cap.

On the cold tiled floor at my bare feet is my blue lighter, a small black plastic film canister half-filled with hot water, and my little black pouch, which houses mostly empty bags (wash bags) for those most desperate of times when I need to flush each one for whatever little fix they may still contain. Afterwards, it all packs away so tidily in the black pouch -the perfect concealment.

In front of me are green-and-white checkered curtains that cover the old wooden floor-to-ceiling shelving unit; these often hide my dirtiest and **most shameful secret**. I sometimes stash the pouch under old magazines and papers on the second shelf down at the back. Who would think a simple curtain could **hide** such a large, hideous part of my life for so long?

I look down at this needle in my arm again, briefly wondering how I got to such a **low point in my life**. Just outside this thin white plywood door is a completely different reality, like a different station playing on the TV.

I hear squeals and screams of delight from kids playing, and the excited voices of adults trying to talk over the noise of the kids. I smell a lovely yet nauseating odor of cooked food wafting in. Family and friends have come over to our simple little home in the suburbs to celebrate the milestone of my only son's first birthday.

I wonder what my son would **think of his daddy**, his idol, now, if he were old enough to see the true mess that I am. What would he think if he walked in on me? **Nobody knows** what I am up to - nobody in this house. A select group of friends & associates know what I am doing, but no one knows how much I do it.

I am a **compulsive liar**.

Bang! Bang! Bang! I jump, startled back to reality as my girlfriend yells and bangs on the toilet door. *"Come on, babe. You spend way too much time in there. I need some help out here."*

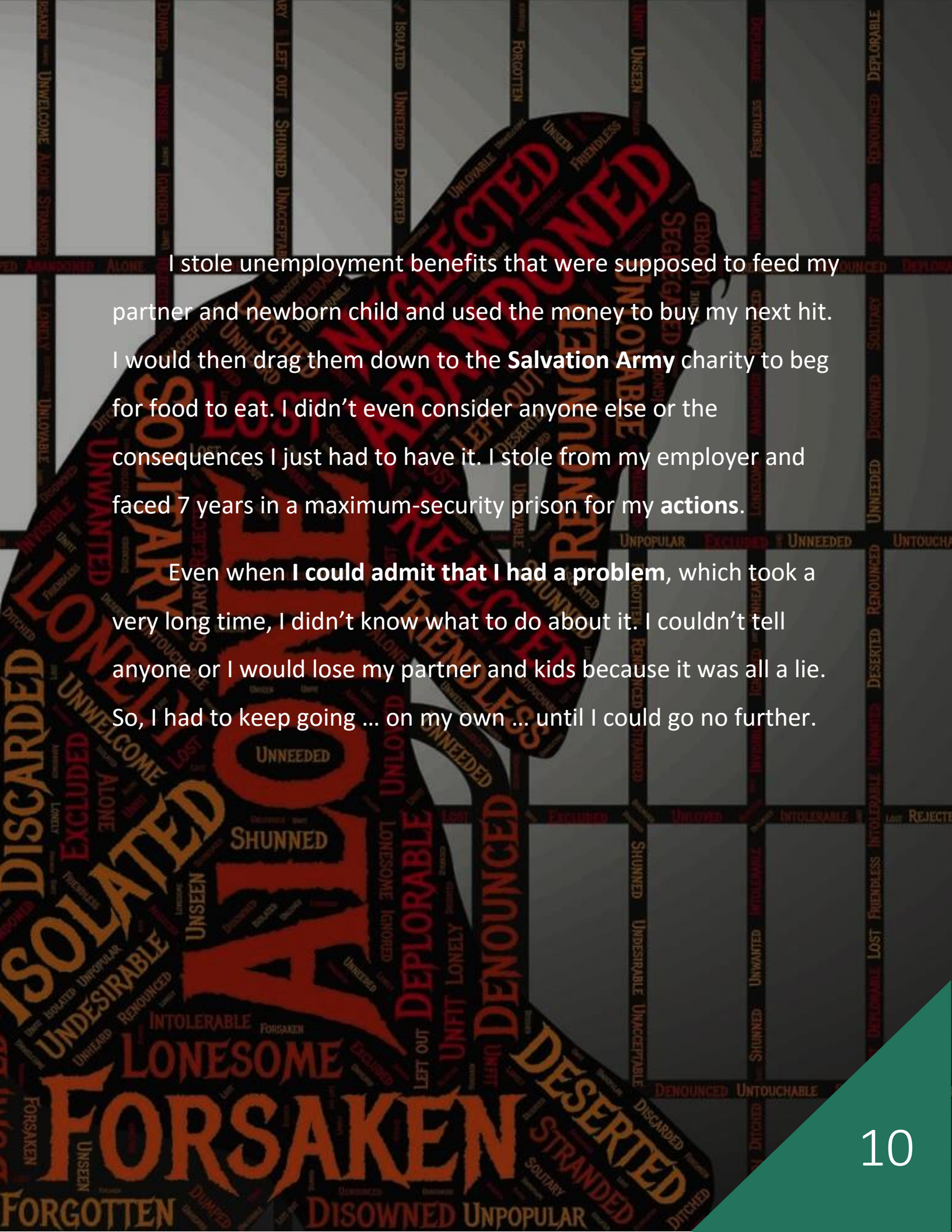
"Yeah, alright. I'll be out in a minute!", I grumble in reply.

She has no idea what I am up to. How can I have kept this from Bev, my own partner, for three whole years? **Can you imagine how many lies that takes?** It means the success of the previous lie is only as good as the one that follows it. My life is a lie. I can't even be present at my son's first birthday party, for fuck's sake.

But I'm way too concerned with getting another fix into me - preoccupied by my own **selfish addiction**. This is my third hit of the day, and it's only ten A.M. I've stocked up because it's a special occasion – **any excuse to reward myself**. Whatever it is I'm chasing is never there, though. It's elusive; the high is never quite good enough. But I gotta have more. Just gotta keep trying.

Then, using the skill of three fingers, and thumb of my right hand and the precision of a surgeon, I slowly draw back the inner black rubber plunger and watch my blood swirl effortlessly into the syringe.

The crimson dances elegantly as it amalgamates with the clear liquid inside, like graceful floor gymnasts with long floating ribbons performing a spectacular show, as I impatiently push another heart-pumping load of disappointment into my arm. *(Excerpt from my book, **Shoot Up**)*



I stole unemployment benefits that were supposed to feed my partner and newborn child and used the money to buy my next hit. I would then drag them down to the **Salvation Army** charity to beg for food to eat. I didn't even consider anyone else or the consequences I just had to have it. I stole from my employer and faced 7 years in a maximum-security prison for my **actions**.

Even when **I could admit that I had a problem**, which took a very long time, I didn't know what to do about it. I couldn't tell anyone or I would lose my partner and kids because it was all a lie. So, I had to keep going … on my own … until I could go no further.

Turning Point

I guess the **real turning point** for me came when my good friend Yankee Rick pulled me aside one night. He was living with us at the time and knew what I was up to. A lot of my friends also did but **I kept lying** about how much I was using.

He said to me if I didn't tell my partner that night then he would. Now I tried my usual, *"Na man I'm hardly using at all now I can stop any time bro. I'm fine now. I will stop now you watch"* But to his credit he was adamant; *"Tell her tonight or I will!"*

I took Bev by the hand and led her into the bedroom and sat on the edge of the bed with her. I watched her **trusting soul crumble** and fall through those beautiful crystal clear blue eyes as I proceeded to tell her of my amphetamine habit and all the lies over the last 5 years.

She was **understandably heart broken** and asked me to leave.

As difficult as it was at the time I was relieved … like a **huge weight had been lifted** from around my neck and shoulders. I went

in to see Rick and he could see from the tears that I had told her. He said he was proud of me and I left the house crying.

I walked all night sobbing like a lost child.

I realized I had a **long road to travel** and it wouldn't be as fast as the road that led me here. I sought help from rehab centers and counsellors and did numerous courses and workshops.

It was when I began working as a **drug and alcohol counsellor**, volunteering at first, that I really began to find my life purpose. I realized that due to my past **I was great at helping others** and had a real knack for connecting with people.

I became a couple's counsellor and educator and also and ran programs for men and women users as well as partners and family of users.

I always felt there was something missing in this work though. I wondered why so many people kept coming back time and time again needing help. I wanted to help people change for real, not to keep coming back to me for the rest of their lives.

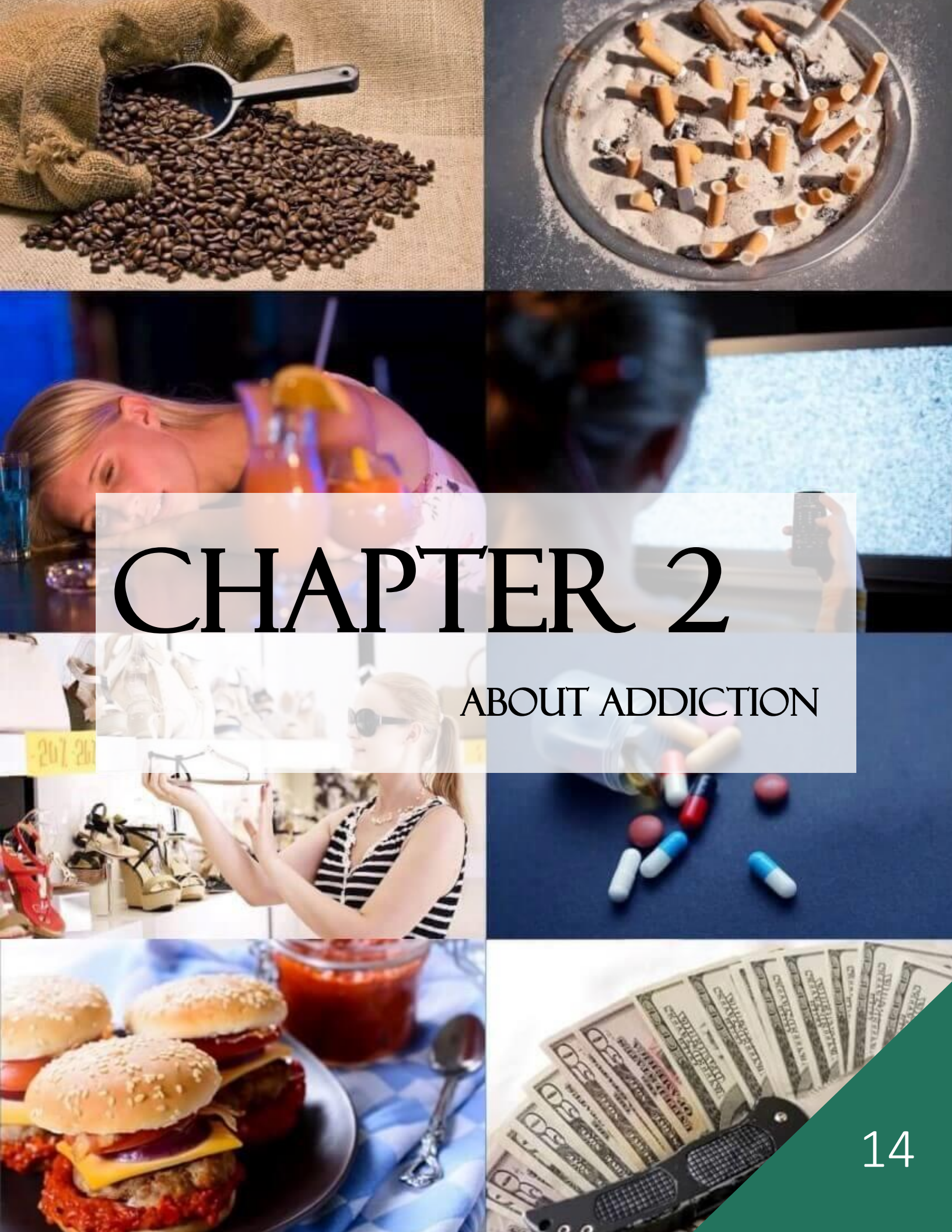
I also noticed that many of the professionals I was working with hadn't **worked out** their **stuff** either. I wanted more … to live in integrity and to lead the way. To prove that it can be done and done amazingly well not just to **get results!**

That was when I began to study the biology of the brain and discovered the power of the subconscious mind. I learned how it houses our **story** and this is what keeps people repeating the same patterns and cycles in their lives.

I also realized in this time there were a huge amount of people not coming into the center for help due to financial social or geographical barriers. I took numerous phone calls from people who despite their dire circumstances would not come in … they would rather die than be **found out** I could relate to this.

This is why I developed **Addictionary**; a week-by-week, step-by-step guided online program to help other users in the comfort of their own home or workspace!





CHAPTER 2

ABOUT ADDICTION

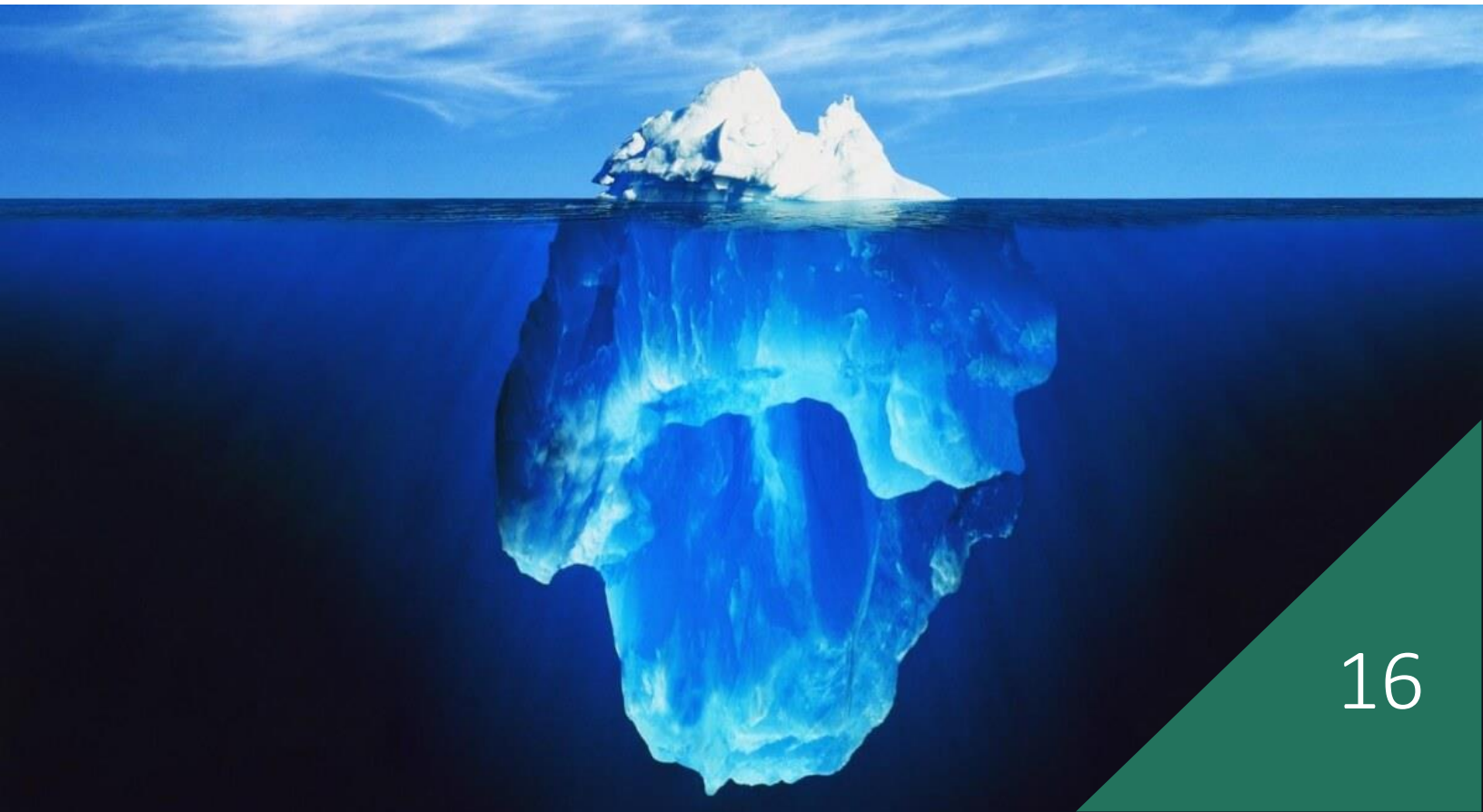
Every one of us is addicted to something *(alcohol, food, sex, money, drugs, phones, computers, porn, exercise, work, looking good, fun etc.)* and **our addictions are generally what people see when they look at us**, and they are the reason for the labels they put on us.

If we're addicted to money and work we can be seen as successful, driven and deserving; **if we're addicted to drugs or alcohol we can be judged as weak, undeserving and pathetic**; if we're addicted to exercise and looking good we can be judged well-groomed, beautiful and desirable; addicted to food and we're lazy, undisciplined, and undesirable.

Our addictions are reflections of who we believe we are and they invite others to see us in specific ways to support those beliefs. But none of them have anything to do with the real us.

The truth is that the **isolated traits we put on display** don't come close to being the truth about who we are and why we do the things we do. They are just the tip of the iceberg, and the real truth is what **lies beneath the surface**.

Deep in the largest and **most hidden parts of ourselves** lie our fears and yearnings, our beliefs and perceptions, our despair and our joy, our confidence and our failings, our feelings and our criticisms, our faith and our mistrust. These are the drivers for what we show the world. **These are what motivate us to speak and behave in the ways we do**. These are the things that take us over and lead us to choose substances and behaviors to mask our pain and **soothe our desire for love and acceptance**. These are the things that rarely get seen or spoken of and these are the things that, if left hidden and denied beneath the surface of our addictions, will be our undoing whether the world judges us as deserving and worthy or pathetic and a lost cause.



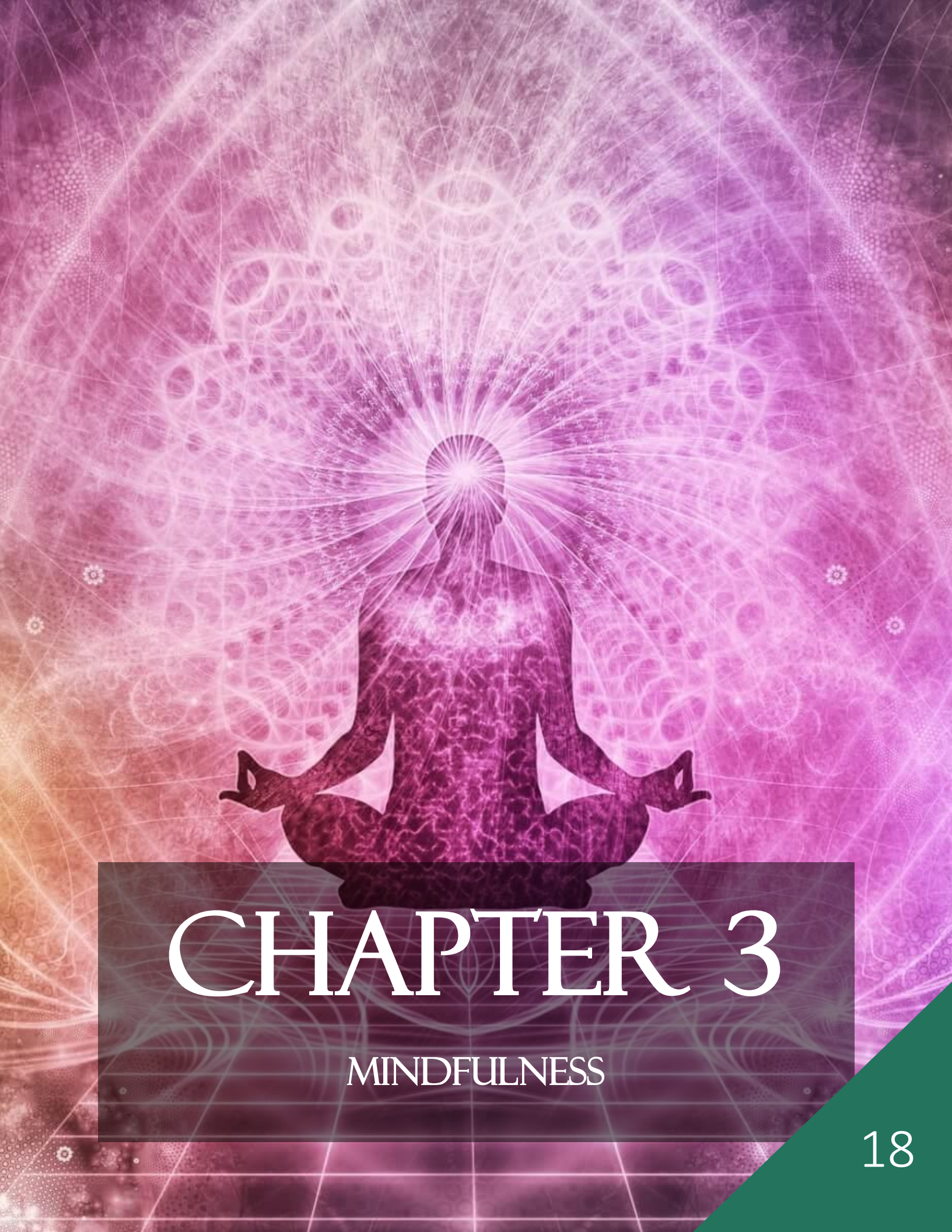


The definition of an addiction is the increased use of an inappropriate behavior to avoid one's perceived reality.

I believe we are all capable of change and I am living proof that it has nothing to do with how smart or beautiful you are or how good your self-esteem is or how strong you are as those all came much later for me. In fact, they came as I set about changing my ways.

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

I also believe it doesn't matter what your addiction is; they all boil down to the same definition above.



CHAPTER 3

MINDFULNESS

Remember earlier when I mentioned that there is far more **beneath the surface of the iceberg**?

In our **subconscious mind** – we actually house our **story** and our subconscious which controls 60-70% of our life, runs our life according to our story.

There are a couple of ways to get past this:

Firstly, in order to fool the subconscious mind, aka **main control center**, we have to convince and utilize the conscious mind, aka **worker**, to come to our rescue and convert over to our side for longer than 4-5 seconds. *(Which is usually how much focus time we have in the conscious)*

There are different ways that we can do this and here are three common tools people use,

1. Meditation: To silence the busy conscious mind and body
2. Affirmations: To try to fool the powerful conscious mind
3. Hypnotherapy: To seek outside assistance for inside the mind

Most of the time these methods are very powerful yet can take a long time before you see any results.

Meditation can really quieten the mind and body though can also take hours to learn and master. *(I know I have done many 10-day meditation courses)* I still highly recommend meditation to all my friends and clients.

One of the challenges with affirmations, is they are for the conscious mind. Say something to yourself that isn't true. Even say it with all your willpower and might*. "I am a multimillionaire and money comes to me easily and effortlessly" (if it isn't true)* Do you recognize in some not so far away, deep part of your mind there's a little voice that sniggers and say's *"No you're not!"*

Seeing a **Hypnotherapist** can absolutely help you access your subconscious and have amazing result (yet can cost you $100's or even $1000's)



I utilized these three methods for a few years, until I **discovered a method** that accesses the subconscious directly and is one of the most powerful healing processes I've experienced because it puts you back in touch with your highest power source! It's called 'Beta Release"

Beta Release Alignment

Beta release is one of the most powerful healing practices a person can have. It is a physical alignment that balances out the left and right lobes of the brain. It deals with the bioplasmic subtle body (Brain and central nervous system) taking it out of inappropriate states of stress so that the body's natural energy flow can resume. The alignment clears blocked energy points throughout the body and opens the charkas.

Beta release is a dynamic, proven way to move individuals from weakness and outer reactive ness to strength and being inner directed. It is an extremely effective way to stop stress from needlessly draining your life energy. Beta Release is considered by many professionals to be a breakthrough discovery in the evolution of consciousness and is a significant step forward in the technology

of the human potential. It is a real way for people to find inner peace and meaning in life and living.

It is a real way to engage the very best part of yourself … your higher self. With this enhanced connection, you will find it easier to perform and stay centered during turmoil and pressures of these stressful times.

You will experience greater strength, harmony and ease in all areas of your life, but bear in mind that things sometimes get worse before they get better. It also will bring up things that we need to work on and are not clear with, like past resentments and shame and guilt etc. with the purpose of moving past these things that consciously and subconsciously run us and our lives. This remarkable approach allows you to reach a level of sustained awareness as well as a state of profound spiritual, mental, physical and emotional balance that most adults rarely achieve.

There is another very simple exercise I learnt from a bio genetics guru and it takes less than 30 minutes and because it is done by you in your own home, it costs you nothing and you can use it over and over again.

You ready for it?

Cross your left and right hands and feet over each other … it doesn't matter, which way …left over right or right over left. This immediately integrates the left and right lobes of the brain via the corpus callosum. I was very skeptical at first, thinking that it was ludicrous that it could be so simple!

From here you can say affirmations, go into a guided suggestive/hypnotic meditation or just quietly visualize, knowing what you are suggesting is actually accessing the subconscious as well as the conscious mind.



Candle exercise

Another cool exercise I used when quitting meth was something called **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 revving at 1000kms per hour? I struggled to sit still for 30 seconds let alone any amount of time to do any good.

When I came across the candle exercise I was a **little skeptical** but gave it a try.

What you do is go somewhere **very quiet** away from any distractions. Turn phones, TV's, computers and any other electronics off. 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.

If you are too wound to do this in the moment, then go for a slow walk first and **consciously unwind**. Become aware of your surroundings … what sounds you can hear, what do you see? Notice the different sensations on your skin. Be aware of your feet touching the ground etc. Then return to your quiet space.

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

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 grace in different breezes.

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 lines is enough.

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

I don't know why I found this so helpful but my belief is that we human beings have an **affinity with the flame** – the light. Every client I have given this exercise to has reported back all kinds of helpful results, as did I. One of the main things it helped me with was my **focus**. Not just during the exercise but outside of it in everyday life.



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 now?

Here is what Sally had to say about it.

"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"

CHAPTER 4

SELF-WORTH = NET-WORTH



It is very common for people with low **self-worth** to attempt to increase their **self-worth** using drugs alcohol or other substances or behaviors.

I'm going to break this next section down into **three parts**, which separate the people who win, from the ones who struggle: I'm going to go through:

1. Self-Worth versus Net-Worth
2. How we develop our **life story**
3. What we need to do to change that story

Let's start with the Self-Worth/Net-Worth – this is small but very important to understand.

Your **Net-Worth** in your life equals your **Self-Worth**. What I mean by *"Net-Worth"* is money, health, love, relationships and so on. Most people spend most of their lives trying to increase their **Net-Worth**. So, everyone tries to get more love, more sex, more money, better health etcetera. I know millionaires who keep trying to improve their health and relationships because they have a sense of **Worth** around money but not elsewhere.

But your subconscious aligns your net worth with your self-worth always!

There is another kind of worth I want to mention here before we go any further. It is called **Perceived Worth.**

Perceived Worth is Self-Worth imposter.



I meet these people all the time. They are the ones that ooze **confidence** because they have such a great job and they are so good at it. Or they have friends and people around them who consistently **acknowledge and admire them**. They may have lots of money so appear to be doing really well in life; nice house or houses; nice cars; holidays etc. Maybe they have an amazingly hot partner and on the outside, all looks **rosy and delicious**.

A lot of super stars and famous people fall into this category.

The problem with **Perceived Worth** is it can be taken away from you at any given time and render you helpless and in your perception, **Worth-less**.



I fell for this one.

I used to think I had good self-worth because I had an amazing practice with lots of clients who loved me. I had money in the bank, houses all around Australia and a couple of nice cars and a motorcycle. People **looked up to me** so I thought I was doing great.

I related my self-worth to what I did. When my clients recommended me to their friends and spoke highly of me I was **feeling great** and thought I had high self-worth. But when they weren't raving about me or I heard any negative comments, I felt down and depressed and doubted my ability and whether I was truly **fulfilling my purpose**.

When I had money, I felt **successful** and like I was a **worthy member of society**. I felt like I was a good provider, hence a good dad and partner. It wasn't until I got myself into financial disaster I realized how much I **equated** my self-worth to my money worth. I had banks and creditors chasing me for hundreds of thousands of dollars and I suddenly made up a whole story of how bad I was and what a failure I was and a menace to society and my family and I became **severely depressed and even suicidal**.

So, my self-worth was relative to **external influence**.



When I was with a partner who loved, and acknowledged me and things were going fine I was feeling great but when she didn't like me and gave me a hard time I took it personally and made it mean something about me not her. Suddenly my **self-worth** was ripped off from underneath me again.

So, your **subconscious brain**, being the amazing powerful instrument that it is, will continue to dwindle your level of **Net-Worth** back down to your level of **Self-Worth**!

Why does it do this you may cleverly ask?

You vibrate at a **certain frequency** in your being. The level that you vibrate at is directly relative to your level of **Self-Worth**, which is the level you **Attract** at. *(Research Law of Attraction)* So if you increase your **Net-Worth** but not your **Self-Worth** your **Reticular Activating System** *(autopilot)* in your brain switches on and forces you to dump everything back to your operating level!

This is why 90% of most lotto winners actually **lose their winnings** within the first 3 years. As unbelievable as that sounds it's true. I know of 2 personally. One guy I knew won 15 million back when that equated to like a hundred million and he lost it within just

over 2 years! How do you lose that much you may ask along with everyone else I knew at the time? His subconscious started dumping the **imbalance**! He brought houses and friends and cars and partied like there was no tomorrow. **Despite good advice**, before he knew it he was forced to sell the houses to pay debt and Voilà! **Net-Worth** equaled **Self-Worth** again.

The other guy was actually my best friend and he let his girlfriend spend it all. Because his level of **Worth** in the relationship was so low!



So, what I help my clients to do is to raise their level of **Self-Worth** so that that their **Net-Worth** automatically increases! When you raise your level of **Self-Worth** you vibrate at a much higher frequency - then what you **attract at that frequency** by all the laws of science and physics - must match!

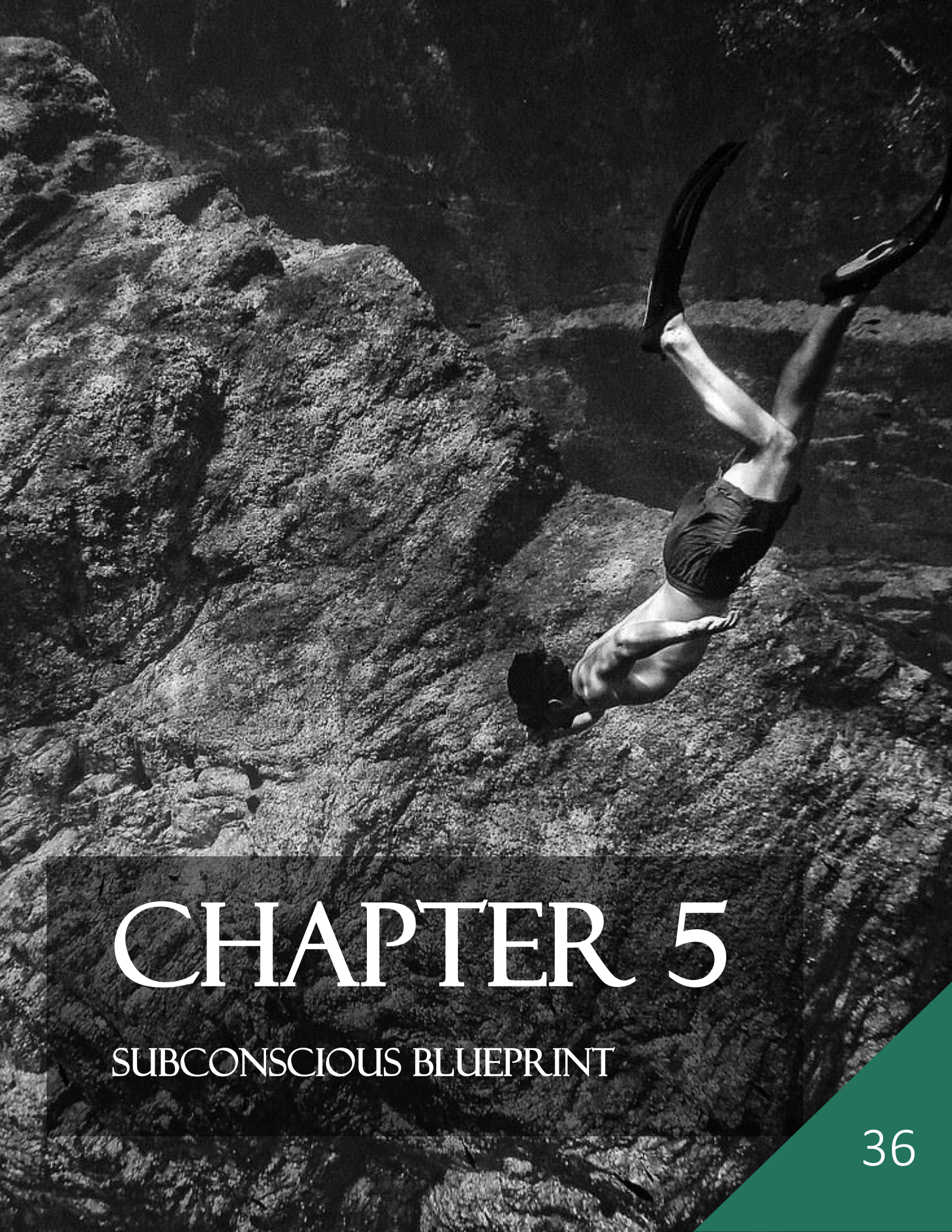
True Self-Worth is something that comes from within. It cannot be taken away from you – **ever**!

It is **not** about cockiness or arrogance or ego. It is knowing beyond a shadow of a doubt that you are incredibly amazing!

You are a brilliant spark of pure potentiality.

A child of god/spirit/universe or whatever you decide you want to call it.

There is something however that no matter how hard you try keeps your level of **self-worth** plateauing.



CHAPTER 5

SUBCONSCIOUS BLUEPRINT

So, you've recognized you need to **slow down** and gain **better focus**. You've also discovered that your **Self-Worth** needs to equal your **Net-Worth**, you've also identified that you have a powerful subconscious that is running your life according to your story, but now do you see there's a step missing? Did you notice it?

What is this **Subconscious Story** I keep talking about?

Now it's time for the fun part. Let's look at how you **develop your story** so that you can see why you keep repeating the same patterns and cycles in your life.

Make sure you keep a pen and paper ready.



Between the ages of 0 – 7 years a child develops their **ego personality**. Your ego personality is how you perceive the world sees you. Your persona is how you see yourself.

Your ego personality is usually **built on conflict**, which is why we have a tendency to remember more negative stuff from child hood. In these times, the brain and central nervous system are immediately put under stress and registered in the **old brain** *(consisting of reptilian and mammalian brain)* and our survival mechanism is activated *(fight, flight or freeze)* releasing stress hormones *(adrenalin and endocrines)* into our system.

This is why negative experiences **stand out** so much more than positive ones where we experience short amounts of endorphins and dopamine, which don't register as strongly as **stress hormones**.

The subconscious brain develops your **Story** between the ages of two and seven years of age when the child is in **Theta brain wave**. Theta brainwave *(also known as twilight reverie)* is one of the most powerful brain waves and where we connect with mass consciousness. It is where our blood gets filtered, our organs get replenished and we connect with our **highest power source**.

A child doesn't know the difference between real and imaginary in **Twilight Reverie** *(originated from Biology of Belief by Bruce Lipton)* – when a child is riding around on a broomstick it is not a broomstick … it is a real horse! When a child is having a tea party and making mud pies, they aren't mud pies to them they are real food. I know my daughter used to try to get me to eat them all the time.

A child doesn't even develop their intellect until eight years of age so it equates **EVERYTHING** to love and connection!

85 percent of the child's ego personality is fully developed by the time they are eight years of age. Before they develop their intellect. **85 percent!**



How many times have you recognized acting like an **eight-year-old** when you don't get you own way? Or still feel that little kid so prominent inside?

Let's use an example.

A common story I hear from people is having a sense of **abandonment** or **missingness** from a parent *(often dads)* because they are at work all the time.

A child can't intellectualize **Dad's** at work all the time to try to provide a better life for me than the one he had because he loves me. Because it doesn't have an intellect remember? A child simply deciphers; "*My dad doesn't want to be around me … maybe there is something wrong with me … maybe I am unlovable … and if my own father doesn't want to be around me then why would anyone else?*"

So, the child starts to develop their **story** about not being good enough and deep within the old *(reptilian and mammalian)* brain a part shuts down in order to **protect itself**. The nervous system and subsequently the body is immediately put under stress meaning its **survival mechanism** *(fight flight or freeze)* has been activated. Anything that threatens your sense of reality or belief systems, your senses perceive as a threat to your existence as your ego perceives it is made up of these belief systems *(it will often fight to the death in order to protect them).*

The subconscious then starts to look for other situations and circumstances to **give confirmation** and foundation to that story of not being good enough. Maybe getting picked on at school or by siblings or other relatives. Maybe mum works away too - doubling the trauma for the child.

Then as the child grows the subconscious starts to run its life according to the **Story**, which is directly related to the child's **Self-Worth**.

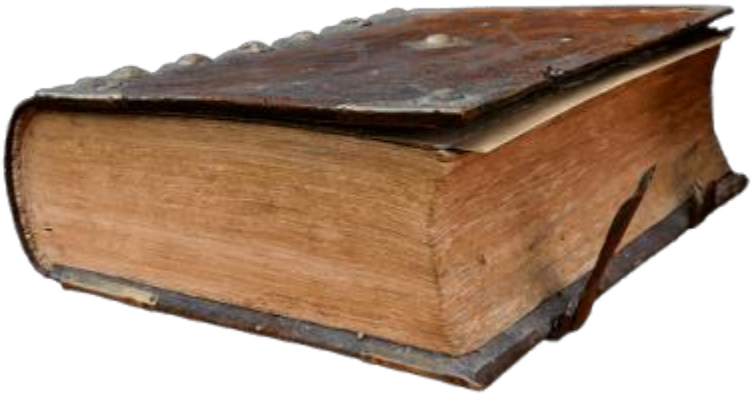
They **attract people** who confirm for them that they are not good enough or lovable. They attract partners into their life who abandon them in some way, either physically, sexually, mentally or emotionally just like mum and dad abandoned them. And so, they continue to repeat the same patterns and cycles in their life.



Now consciously, that was the last thing these people wanted and will ever admit to believing usually. Consciously what they wanted was a **perfect partner** who knew how to be there for them and meet their needs unlike what they perceived happened when they were young. But the problem with the **Conscious Mind** is it only has 10% control! See, the **Subconscious Mind** controls 60-70% of how you think feel and behave!

So, every time you lose focus with your conscious mind *(which is about every 4-5 seconds)* the subconscious kicks back in again to run the show. This is why no matter how hard you try, no matter how many affirmations you tell yourself or how many times you tap yourself on the head, you **continue to attract** the same partners and money patterns and health problems etc.

YOUR STORY IS THE 'BLUEPRINT' FOR YOUR LIFE!



It stands to reason then that the **change needs to happen** in the more powerful, more dominant subconscious mind, am I right?

Are you starting to get this? Before I started **Addictionary**, I would take it personally that I couldn't change. Like I was stupid or less than others in some way. When I started to get, that **there is a specific formula for change**, the same one I used, it slowly began to be effortless and getting results became second nature.

This is just one small example of how a story is developed and there are obviously as many stories as there are people but I need you to understand something; **EVERYONE HAS A STORY**!

Some people's story is a great one: *"My parents did everything for me. They were amazing! They showered me with love and gifts and the best schools and clothes etc."*

I had a friend exactly like this. He couldn't for the life of him work out why he kept failing in businesses and relationships. His **Story** kept him stuck though. Every time he started to get anywhere near as successful as his parents either in his business, or his relationships he would sabotage it because he would never want to

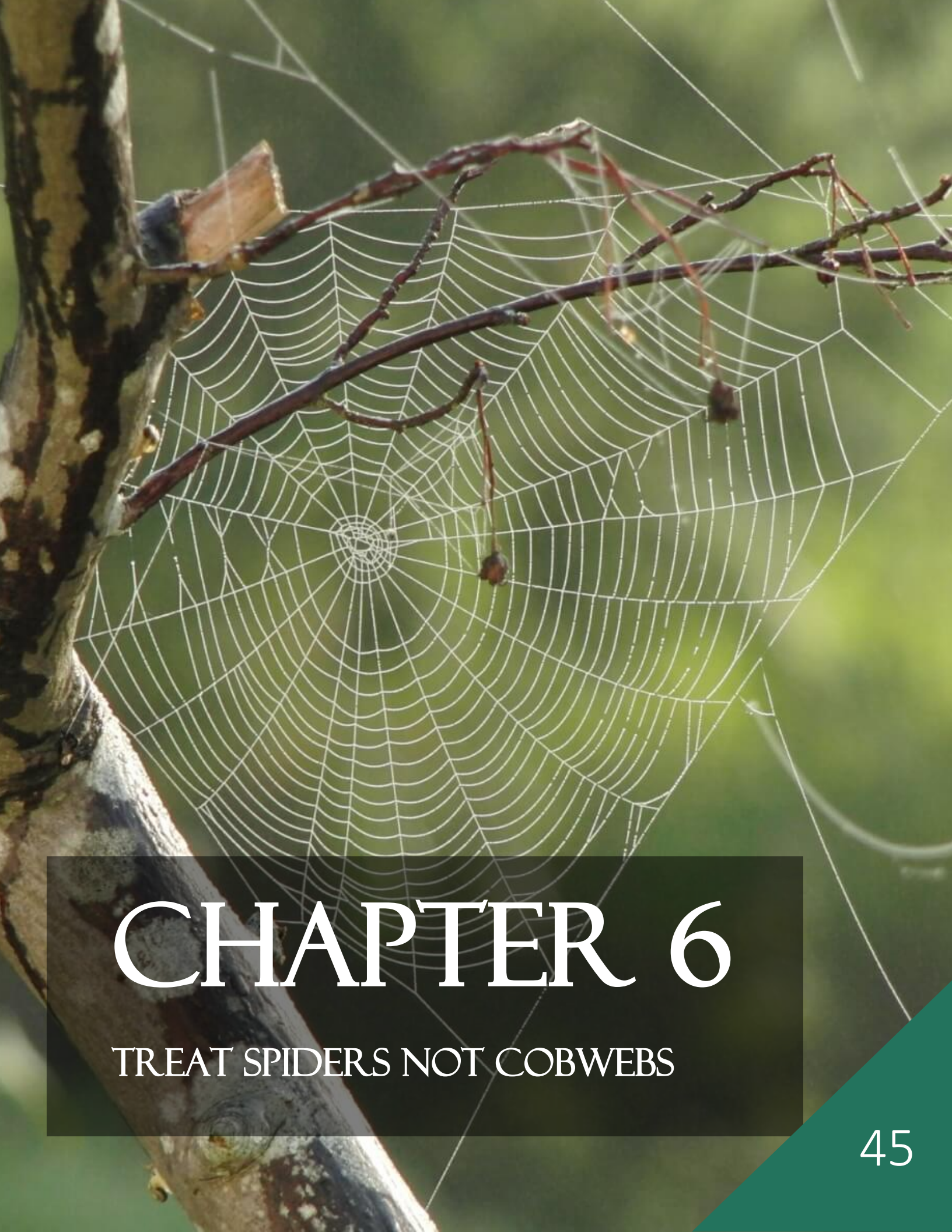
outdo his parents. He felt as if he owed them so much and he never wanted to hurt his parents like that.

Now **consciously** *(10%)* that was the last thing he wanted and the last thing his parents wanted for him.

The other part of his **story** was he felt like his parents did everything for him. Every time he failed they bailed him out *(also giving him a strong subconscious connection with them)* he felt like he couldn't really do anything for himself.

It sounds slightly absurd, yes? Of course, to the conscious mind it does but I have worked with thousands of clients now and I've seen it **time and time again**.

Only last week I worked with a client who said his dad used to praise everything he did as a kid. Now you think that would be a **great thing**, right? What happened though was he made a **story** that because he was **complimented for everything excessively**, it put so much pressure on him to be better. Nothing he did in his perception was really good enough. He kept setting himself higher and higher benchmarks and feeling like a failure for not reaching them. This was the **complete opposite** of his dad's intention.



CHAPTER 6

TREAT SPIDERS NOT COBWEBS

Past stories affect **EVERYONE**! We simply don't get a choice. No one can escape it. Most people only ever see one side of the coin … what's missing and have no idea why their attempts to change do not generate any real results for them!

I think it's about time someone gave **YOU** the real reasons why so very few succeed when it comes to true change.



There are many people out there in the **Helping Professions** who work with addictions. There are even many who get addicts to **stop using**. What often happens however, is they regularly end up turning to another crutch like I did - I became an alcoholic - or living with this feeling of **missingness** for the rest of their lives due to the big void they are left with deep inside.

You know why? **It has nothing to do with the thing you are using**! Most professionals are too busy wiping away the cobwebs *(because that is what their funding pays for)* rather than dealing with the spider!

I have given you some amazing content so far ... **I hope you agree**. What I'd like to do now is ask your permission to introduce you to the revolutionary, break through **Addictionary**, training program. I promise to give you some more fantastic tips to use afterwards.



What's the answer?

A key principle to understand, as a user of any sort, is … it has nothing to do with what you are using! It has **EVERYTHING** to do with what's going on inside you.

Sort out the void that you are trying to fill and you will sort out the **need** to fill that void.

We've been told that **Addictionary** is one of the best self help tools around, to help you uncover that void and fill it once and for all with something so substantial it cannot be undone - and best of all … you get to do it in the comfort of your own home!



Story

Let me tell you a story about a guy called **Alex**. He's a very talented and sought after musician and, like most musicians, he had a high party life style that came with the territory of being a **famous** rock star. His **amphetamine and alcohol use** had started to take its toll on him and was affecting his performance on stage as well as his relationship with his son and mother off stage in normal life.

He had been to counselors for years revamping his story over and over until he came to see me. Once I shared with him how **Addictionary** really worked, and the power of working with the subconscious, he immediately took up the **Addictionary challenge**.

While working through it together, he saw a massive difference in both his relationships and his shows in the space of a few weeks. He hadn't seen before how his **story** actually kept perpetuating the problem. His life started to improve dramatically. But now he has a new problem. He doesn't know what to do with all the money he's saving. **Great problem**!

What's it all about?

Remember when I talked about the **massive changes** I made as soon as I started to work with the subconscious? In **Addictionary** I take you through step-by-step processes delving into the depths of your own life and experience, so you can uncover your own subconscious story.

I will share with you the secrets of what it was that truly helped me to have a more fulfilling life and truly sincere relationships. Once I started to realize that it was not about the drugs or alcohol, **my life took a turn for the better**.

Most people try stopping without knowing the secret doors, and end up getting nowhere, because they do not realize it is not about the drug or alcohol. Like any addiction, it goes much deeper than that.

Addictionary is a program specifically and carefully put together to assist you to **go beneath the iceberg** of your life and get real understanding and **healing where you need it most**. It guides you to reflect on and question the major areas of your life, and teaches you exactly how to make any changes you would like to in order to free yourself from being a slave to the things you crave.

Testimonials:

Here is what a professional Real Estate in Perth had to say:

Hi Dean,

Thanks for lesson 5, I've not started it yet but as usual I'll hit it up before I start the next.

You mentioned you wanted an update. I'm going well Dean. I've not had a drink since starting the program and I don't do drugs so I must say the head is feeling rather clean. As with most things in life the further down a path you travel- the more momentum you create. I feel great and very proud of myself I can say. The last time I went 4-5 weeks without having a drink was……. I have no idea. I went one day short of 4 weeks about 4 years ago, and have drunk most days since.

I am approaching a work conference next Tuesday that I've been thinking about since before I decided to undertake this program. Its 4 days on Rottnest Island with about a hundred colleagues from my company. It's going to be smothered in booze if last year was anything to go by. I've got a bit of a blockage in my head in regards to sticking with the program, fearing I'm going to stand out like a sore thumb without a drink in my hand.

I am confident I will be able to resist, it's in my best interest to NOT drink around these people as I don't seem to have an off switch when I drink these days. This in turn causes a good deal of conflict when I get pissed and start acting up. Last year I had only started with the company when I went on a similar Sales retreat down south. I got pissed every night I was there and ended up getting in a fight with a dickhead that was giving me a hard time. Had a bit of a push and shove and threatened to flatten him and this travelled around the circle pretty quick as you could imagine. This coupled with a handful of other booze-fueled mistakes has shaped a very rocky road for me professionally over the last year.

All that being said, it only points more to the fact that I need to stick with the program over the next couple of weeks and not fuck up like last year…

I'm moving into my newly built home in two weeks, trying to work on the idea that I don't need to drink champagne to celebrate, only a little thing I guess but I would be pretty chuffed if I can remain focused on my momentum.

Cheers,

Jeff

And Business Owner, Kirsten:

Dude wtf? I just had dinner with one of my board colleagues and good mates from Angel Hands Inc. and she was telling me how this guy changed her life - through quantum mechanics etc. and it was you! - Random or WHAT? Thought you would like to know her name is N…

And Simon:

Hi Deano,

I just wanted to reiterate my appreciation for all your efforts.

Even as I write this I feel an abundance of gratitude flowing through my body and have you to thank for that.

Completing the Addictionary program with my sister was wonderful and gave me additional incentive to align my mind and body further.

The clarity you have assisted me in achieving has been amazing.

Thank you again, you are great at what you do!

Regards,

Simon

Log on to *www.addictionary.com.au* and get started.

As you can see, the program has amazing results and we have testimonials from people all over the world.

I guess you are one of three people reading this now.

1. You absolutely know you'd like to work with me and want to dive right in. If this is you I take my hat off to you for knowing what it is you want and going for it. I look forward to working with you and we are going to have some fun and great results!
2. You are maybe not too sure … perhaps sitting on the fence a bit. If you feel you'd like to know more or see if you resonate with me please reach out and send us a message.
3. You know this isn't for you. If this is you I want to acknowledge you for sticking with this to the end and for knowing what it is you want and don't want. Just a word of caution though. *If you always do what you've always done you will always get what you've always got.* I wish you love and blessings on your path and good luck.

Now for the other great tips I promised.

1. Admit you have a problem and if necessary seek help: *If you think education is expensive consider the cost of ignorance. It is worth paying for a coach!*
2. Identify your addiction: *If you don't know what it is you want to change you will be like a ship in a storm without a rudder. If necessary, seek help.*
3. Create a WHY: *What is your reason for wanting to stop. If you don't have a big enough 'why' it will always end up being 'why not' - Your 'why' has to be about you and for you. If it is for someone else and they leave for any reason, then your why has just walked out the door.*
4. Make the conscious choice to change: *It sound like a no brainer however you will be surprised at how much easier something is when you actually choose it! The great thing about being a human being is at any second of any day if we are not happy with how things are, we can change them.*
5. Never just stop what you are doing, always replace it with something *(of better quality for your life obviously)* When you stop something you will always have a void inside … if you replace it with something more substantial it will not feel as painful.

6. Apply buffers. Have something in the way between you and whatever it is you are changing so when those urges come *(and believe me they will come)* you won't go straight there. Example: If I need to get from point A to a chair at point B and there is nothing in the way I can walk straight there. However, if I put a few obstacles in the way then I am distracted a while before getting there. The great thing about urges, even strong ones, is that they are often very temporary and if we distract ourselves long enough they will pass. Sometimes just drinking a glass of water of going for a walk or bike ride is enough to help them reside.

I trust this has been helpful for you and look forward to sharing with you in the future. If you'd like to get in touch, please visit *www.addictionary.com.au* or email us at *dean@addictionary.com.au*

Wishing you every success
in your **Lifetorque**.

Big love

Dean

