

Kathy Williamson's

MANIFESTO ON ADDICTIONS

Introducing A New Model On What
Causes & Cures Addictions

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Providing Hope To All Addicts To Permanently
Overcome Their Addictions And To
Live An Exciting, Abundant Life!!

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MANIFESTO ON ADDICTIONS

There's nothing new under the sun. Addictions have always been around and will continue as long as the underlying issues are not addressed.

Today's openness about addictions is encouraging. But the false teachings addicts are receiving are not.

Society tries to curb drug abuse by educating people and focusing on shutting down the drug dealers. However, until the demand for drugs diminishes due to the lack of addicts who want to buy drugs or alcohol, the demand/supply ratios will continue to skyrocket.

So how does society help the addict? Right now, rather poorly! Relapse rates of alcoholics and drug abusers can be as high as 100%. Why are they so high? Because addictions are being treated as the main problem, instead of as a symptom of underlying problems.

The addicts of today have been taught only one, possibly two, theories on what causes their addictions. Both of the following two theories treat the addiction as the main problem. Therefore, relapse rates are extremely high.

The Disease Model

The Disease Model became popular in the 1980s. Health insurance companies noticed that the number of alcoholics who sought treatment was very small. They thought that perhaps the person was too ashamed to admit to his problem of excessive drinking. Or he felt like a failure because he couldn't stop, no matter how hard he tried or how emotionally distraught he was on how his drinking affected his family.

So insurance companies began a campaign to help more alcoholics get the treatment they needed. They began to tell the alcoholic, "It's not your fault that you drink." And they began to

label alcoholism as a disease. Being classified as a disease removes personal responsibility and any shame associated with how they've ruined their lives.

This approach must have had some success because now insurance companies and most in the psychology fields carry this same approach over to almost any problem a person might be stuck in:

- alcoholism
- drug abuse
- over eating
- bulimia
- ADHD
- Shoplifting
- sex addiction
- depression
- C.O.D.

In recent years a new twist has been added to this philosophy – there are genes that one inherits to make him more susceptible to becoming an addict.

Treating these problems as a disease or the result of an inherited gene adds an additional destructive element to the mix: it takes away any hope of ever being free of the addiction. This element is critical to a complete cure of the addiction.

Not only are counselors telling the addicts there is no “cure” for this disease, but this message is now reinforced by the typical AA 12-Step support group or recovery program. Addicts are being told they can only learn to manage their disease and they'll never fully get cured of it.

This approach has also infiltrated into the church – from the pulpit to the weekly support groups for addicts. Speaking of the church, let me tell you about the second theory on addictions.

The Moral Model

The Moral Model has been around for decades. The premise is that the alcoholic or drug abuser needs God (or Jesus Christ) in their life to give him the willpower to not drink excessively or to abuse drugs. The addiction is seen as sin and therefore if a person truly repents of doing that sin (and commits to turn away from doing it in the future), that God will give him the power to do so.

Once again, the addiction is seen as the main problem and lack of willpower as the underlying problem that will solve the addiction.

Another angle on the Moral Model is that the addiction has become an idol in the addict's heart. The belief is that once that issue has been identified, then the "it's your choice" aspect will be resolved once an addict knows his behavior displeases God.

Yet another angle is promoted by those addicts whose cravings for alcohol or drugs were instantly removed by God when they asked Jesus Christ to be their Lord and Savior. Such experiences do happen, but it is not something that can be guaranteed for everyone.

Sometimes Christians will state, "If you only have enough faith, God will heal you of your addiction." This statement is made with good intentions, but when the addict doesn't get healed (because the underlying causes have never been dealt with), his hope in God gets destroyed.

Neither the Disease Model nor the Moral Model recognize that the addiction is a symptom of underlying problems.

So let's now delve into what lies hidden underneath this symptom of addiction.

Introducing A New Model

The Escape Model

Addictions are a symptom of underlying problems. Unless these problems are dealt with, relapse awaits the addict. It's not a matter of willpower, or making the right choice, or having a spiritual experience. There are real underlying causes that require real solutions to cure addictions.

The addict is escaping from either:

- (1) Emotional pain
- (2) Boredom in life
- (3) Being stuck focusing only on *me, myself and I*
- (4) Frustration of not being able to put action to her goals (internal blockages)

These four elements include things such as:

- Emotional Pain
- Bitterness / Hard Heart
- Anxieties
- Hurt
- Anger
- Grief
- Boredom in Life
- Lack of reason to not mess up his life
- Depression
- Self-hatred
- Loneliness
- Lack of Social Skills
- Self-Consciousness
- Abandonment
- False beliefs
- Wrong thinking

While the above are the initial areas addicts want to escape from, through the process of trying to stop their addiction, another problem overcomes them. That is the total self-centered, introspective search that now consumes them and holds them in another bondage.

But let's first take a look at a few of these elements. Then I'll get into how to cure these underlying issues.

Escape From Emotional Pain

While a person may have experimented with alcohol or drugs to see what it felt like, continual use leading to an addiction occurs because the “good” feeling is easier to handle than the “bad” feelings. It seems the emotional hurts, anxieties, negative attitudes and other emotions keep bombarding the addict. This escape by abusing alcohol or drugs may not be happening on a conscious level. But as time rolls on, the addict soon realizes he can handle things better (or so he thinks) when he’s on alcohol or using drugs.

Many times addicts do know what emotions or situations they’re escaping from. If they don’t, their friends or family usually can see why they’re drinking or abusing drugs.

This transition from experimenting with drugs to becoming addicted happens quicker than anticipated. This easily occurs in the use of prescription drugs. A person gets a prescription for pain pills for a legitimate pain in his body. However, the euphoria from the pills soothes away his bad emotions and he begins to feel better emotionally. (However, sometimes pain pills make a person more emotional.) This escape from unpleasant emotions now becomes a focal point in order to survive daily living.

Once a person realizes he is addicted, he then begins a long journey of self-introspection in an attempt to escape the grip of the drug or alcohol.

One aspect of this search is to find out what event or hurt caused him to want to escape. He thinks that if he can uncover this secret, then all he’ll have to do is resolve that issue and his desire for his addiction will disappear.

However, as mentioned earlier, when this search does not quickly uncover that reason, he adds another problem to his repertoire – of being totally self-introspective.

During his search he is told that his addiction is a disease and he’ll never be cured of it. This takes away any hope he was searching for to get his life back to normal.

He looks around at others in his support group and sees how everyone else is stuck . . . just like him. He wants to deny his problem because he doesn't want to live a life of hopelessness. He's thinking, *there's got to be a way out, a way back to living a normal life*. But no one offers him any hope.

Escape From Boredom

This addict got started because there was nothing better to do. The high from the drugs or alcohol drown out the cry of his heart . . . *is this all there is to life?*

He may have a great career, a wife and kids, yet he longs for something more in life. He's bored. He has no reason "not" to mess up his life.

He also begins the search for a way out of his addiction. But he also ends up stuck in the never-ending relapse cycle. Except his life took a turn for the worse when his wife took the kids and left because of his drug or alcohol abuse.

This escape from boredom aspect also affects almost all types of addicts who are in the "clean" stage for a while. When the excitement wears off from staying clean, getting their lives semi back to normal, pretty soon boredom sets in. They don't have an awesome future to go after. They don't have a reason "not" to mess up. Deep in their subconscious they know they were able to handle their addiction before, no matter how bad it got, so they can handle it again. So they relapse.

Escape From The "Me, Myself & I" Focus

Most addicts are not aware of this problem creeping up on them. Once they admit to themselves they are addicted, they begin to look inward to determine why they got started, and what can they do to get out of it. They listen to what society tells them on how to stop their addiction, but that process fails because it doesn't deal with the underlying issues.

So the addict continues to look inward for motivation, willpower, and determination to break this addiction!

Escape From Frustration Because Of Emotional Blockages

How many times have each of us made plans, thought we had the motivation to carry through, but at the last minute we backed out? We try it again, and stop just short of carrying through our intentions. Soon we become frustrated and quit trying.

What causes us to do this? It's called "emotional blockages." Something in our past . . . whether it is something that was programmed into us as a child or as an adult . . . keeps us from moving forward. As children we accepted whatever was told to us or modeled by our parents, teachers, and other important people in our lives.

Not all of those things were true!

Addicts have additional bad programming by society to make them believe they cannot do certain things . . . like permanently overcome their addiction. They also have their own self-talk going on that says, "You've tried before and failed, what makes you think you can succeed this time?" And the negative thinking continues to spiral down into the pit.

How To Stop Escaping!

Remember the list of bad emotions and boredom the addict wants to escape from?

- Emotional Pain
- Bitterness / Hard Heart
- Anxieties
- Hurt
- Anger
- Grief
- Boredom in Life
- Lack of reason to not mess up his life
- Depression
- Self-hatred
- Loneliness
- Lack of Social Skills
- Self-Consciousness
- Abandonment
- False Beliefs
- Wrong Thinking

There are other elements hidden underneath some of these issues:

- Unforgiveness
- Bad attitudes
- Lack of discipline
- No passionate vision for their future
- No healthy, loving relationships
- Don't know how to give or receive love
- False beliefs programmed into them from childhood through adulthood
- Stinking thinking that sabotages positive growth
- Negative words they speak

That's a lot of ground to cover! I can't get into detail on each area in this short Manifesto On Addictions. So where does an addict begin?

There are four principles that when focused on will have the most impact on resolving a lot of the above situations:

- 1) Forgive those who have hurt you and learn how to develop healthy, loving relationships.
- 2) Discover what one's passion is in life and how to turn it in a life-long vision.
- 3) Use one's vision to reach out to love and serve others.
- 4) Identify one's false beliefs, change any stinking thinking, and learn how to get through any emotional blockages.

When an addict focuses on implementing these four principles, the emotional turmoil subsides. As a by-product of these positive elements taking hold of the addict, his desire for his addiction goes away.

I would like to take a few moments to expound upon the second principle. This principle will have the most profound impact on an addict's life.

The underlying positive influences of this principle are:

- It provides the high level of emotional energy to keep the addict excited about his future.
- It gets the addict around like-minded, emotionally healthy people (and away from his addict friends).
- When he reaches out to love and serve others, he gets more blessed than the people he serves. This “high” is better than any high from drugs or alcohol. And it lasts longer.
- Because this is God’s way of changing us, the changes are permanent.
- While operating within one’s passion, self-confidence grows, social skills improve, and one’s vision for an awesome future keeps him headed in the right direction.
- By reaching out to love and serve others, it breaks through the self-introspective focus which has a vice grip on the addict.

Most addicts I talk to have no idea what their passion is. Their dreams were put on the shelf years ago. It’s my belief that God created everyone with a passion to do something. I have a chapter in my ebook [*Out of Addiction & Into Living Your Dreams!*](#) that helps a person discover his passion. Once it is identified, the addict needs to operate within that passion at a minimum of once a week.

Another principle I want to expound upon is the “Identify and Change Any Stinking Thinking.” When an addict changes his thinking – he changes his destiny.

This element is totally absent from recovery programs. When an addict gets clean, unless his stinking thinking is changed, relapse awaits him. Two types of negative thinking need to be dealt with.

The first are all the negative self-talk statements:

- I’m no good. I’ll never be able to . . .
- I am not capable of accomplishing . . .
- That won’t work for me or my situation.

- I'm a victim in this situation because . . .
- I can't possibly do that because . . .
- Rehashing past hurtful situations.

Once these thoughts (and false beliefs) are identified, they can be stopped. But stopping them is only half the solution. One must replace those negative thoughts with positive, up-lifting, motivating and energy-filled thoughts. What will fulfill this? Dreaming about one's future, visualizing accomplishing these dreams and feeling the excitement of reaching the goals.

The second type of negative thinking is the self-sabotaging thinking and the resulting unconscious behaviors that keep people confined to their current comfort level (which can be a level of discomfort).

Why do lottery winners lose all their winnings and possibly end up in a worse financial situation? Their capacity to receive was stuck at their previous financial level of comfort. Their unconscious beliefs went to work to bring them back down to that level.

Why do addicts end up blowing it after being clean for a period of time? Their stinking thinking tells them they're not worthy of feeling this good and to have all these positive things happening to them. So their unconscious beliefs cause behavior that brings them back down to their lower level of comfort.

Many arguments are not started for the sake of what's being argued about. But they're started to mess up something good going on in one's life. Because the person believes he shouldn't be enjoying life this good, arguments are a way to get one back into the comfort zone of discomfort. Money arguments are never about money. This self-sabotaging thinking and behavior needs to be identified and dealt with. A person needs to learn how to receive love and abundance, or he will never grow out of his problems.

There's Now Solid Hope For Addicts!

This new model – The Escape Model – provides hope for every addict. By dealing with these underlying issues, an addict *can* cure his addiction and turn his life around.

With a new outlook on life, addicts are free to dream of living an exciting, passionate life. They can quit calling themselves an “addict” or a “recovering addict.” They are limitless in what they can accomplish in life and how they can impact the world.

Will you join me in spreading this message of hope to addicts? If you know an addict, or a friend who wants to help an addict, direct them to the following website so they can download this Manifesto On Addictions. You can also go that page to tell a friend by plugging in their name and email address.

www.ManifestoOnAddictions.com

If you need assistance in overcoming your addiction, you can begin by picking up a free report at my website www.OutOfAddiction.com. You can also learn about my book *Out Of Addiction & Into Living Your Dreams!* If you're ready to move on with your life, my weekly brainstorming sessions (audio teachings) will help you learn how to apply the information in the book to your life.

Kathy

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Addictions Coach

P.S. Regarding the cry of the heart . . . *is this all there is to life?* . . . when a person discovers his passion in life and operates within that passion, at least on a weekly basis, his life takes on a new purpose and perspective. Life becomes exciting again!

www.OutOfAddiction.com
www.OutOfAddictionTraining.com
www.ParentingAddictedTeens.com
www.MyFriendIsAnAddict.com
www.FreedomRingsForVets.com

Kathy Williamson
Addictions Coach

Through personal experience Kathy is aware of the victorious life available to anyone stuck in their addictions. After a ten-year struggle to stop her addiction to pain pills, she was finally cured in 1990 and has not returned to her addiction.

Her life totally turned around when she began fulfilling her God-given vision to develop a Christian-based crisis hotline. It was a project which used her passion in life (to love and help people in crisis) and it was big enough to pull her out of the mind-set of "me, myself and I." As a by-product of that activity, she overcame her addiction.

The principles she teaches work for any addict since they are biblical in nature. She has two versions of her book—*Out of Addiction & Into Living Your Dreams!* (non-Christian version) and *Overcome Any Addiction* (the Christian version). Her desire is to provide hope to all addicts that they can be cured of their addictions and start living happy, productive lives. She also shows them how to discover their passion in life and set goals to reach their God-given destiny.

Kathy has been a lay counselor on Christian-based crisis hotlines for over 12 years, including developing her own hotline in the early to mid-1990s. She can identify with the deep emotional struggles people go through, as well as the stinking thinking they are stuck in. She especially understands the fears, apprehensions, and negative self-talk of addicts, from her own ten-year struggle to find a way out.

Her recent outreaches include teaching these principles to addicts in rescue missions and recovery homes who are transitioning from drug addictions to living their new life.

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