

# Addiction Rescue Workbook

Welcome! This workbook provides you with a glimpse into Addiction Rescue. It contains a brief synopsis of each chapter as well as the full set of writing exercises. The full book, Addiction Rescue, is interwoven with David's story, research findings regarding addiction and recovery, meaningful snippets of other people's stories, and thorough guidance for you as you approach addiction recovery.

The writing exercises start in Chapter 4. Feel free to print these pages out, copy the questions into a special journal, or explore your reactions to the questions in any way you see helpful. Just don't skip them. And difficult as it may be, you have permission to tell your truth. You have nothing to lose except an all-consuming habit. You have everything to gain.

## **Chapter 1 - Introduction to Addiction (Substance Use Disorder)**

"In Essence, you make your choices, and then your choices make you."

-Darren Hardy

Chapter 1 offers an overview of addiction's reaches. In this first chapter, David and Dana show you through current, reliable, and valid data that you are either afflicted with or affected by addiction. Chapter 1 explores the definitions of addiction using the dictionary definition, addiction according to The American Society of Addiction Medicine (ASAM), and David's own road-tested definition. This chapter ends with the beginning of your change. How do you start? You change what you are thinking. How do you do that? By first understanding the Rules of Addiction.

## **Chapter 2 - The Rules of Addiction**

"Addiction is an equal opportunity Destroyer."

-Anonymous

There are fifteen Rules of Addiction, one being "Addiction kicks potential's ass." You may or may not be aware of them or some of them, but they exist, and they exist in concert with each other. Once you read them in Chapter 2, you cannot deny that they exist and operate in harmony with one another to ensure that you remain (or someone you know and love remains) an addict. Once you understand that they do exist and that they force you to work very hard to keep up this addiction, you'll be able to tame and to master them. You have permission to break these Rules of Addiction.

## Chapter 3 - All Your Excuses

“Excuses are the nails to build a house of failure.”

-Jim Rohn

Chapter 3 describes the eighteen common excuses, such as “I’m more interesting and outgoing when I do,” that keep us trapped in our addictions. Some will be very familiar to you, but others will give you pause as you realize you have used them but didn’t recognize that they were excuses. When we are aware of the excuses and see them for what they are—excuses but not good reasons—we are able to call ourselves on them, address the need behind the excuse, and move closer to recovery.

## Chapter 4 - The Start

“Your background and circumstances may have influenced who you are, but you are responsible for who you become.”

-Darren Hardy

Every addict has a valid story, and there are facts that support just how easy it was for any one of us to develop an addiction. That being said, it is too much work, sorrow, and trouble to stay addicted. Nurturing addiction is extremely hard work. In order to move to recovery, start exploring and understanding your own story by answering, fully and honestly, these questions:

### Writing Exercise

#### Chapter 4 - The Start

Do you come from a family with addiction issues?

If so, what kinds of behavior did you witness?

Did you come into your fix of choice due to circumstances or environment?

If so, who or what was the influence for you (an event, person, emotion)?

When and what are your first memories of not being able to get enough of something?

What is your fix of choice fixing for you (think about what's missing)?

## **Chapter 5 - The Progression**

“Addiction takes you to Hell, disguised as Heaven.”

-Unknown

In Chapter 5, David’s story of addiction unfolds and is accompanied by data that shows how addictions generally develop. We let go of so many positive, joyful experiences in order to maintain our addictions. Understanding the progression of your own addiction(s) and what you have lost along the way is key to beginning your journey to recovery.

### **Writing Exercise**

#### **Chapter 5 - The Progression**

When did your fix of choice escalate?

What other fixes of choice became your next obsession?

What things did you not finish strong or finish at all because your fix got in the way?

What consequences were you experiencing along the way?

What were the people around you noticing?

What places and people in your life were dictated by your fix of choice?

What things did you trade in for your fix of choice?

## **Chapter 6 - The Beginning to The End**

“If you want to start feeling good about yourself, stop doing the things that make you feel bad.”

-David Marion

The end is when you cross over from fix to addiction, from addiction to obsession, and from obsession to rapid downward spiral. In Chapter 6, the beginning to David's end is shared. A list of key indicators that you are at the beginning of your end is offered. Are you at your rock bottom? Will you recognize it when you are? This list of indicators can help you assess where you are with addiction. If you are not at rock bottom yet, you don't have to wait to get there in order to start moving toward recovery. Rock bottom for some people is death, for others it's an institution, and for others it's jail. Do you honestly want to hit your rock bottom before you ask for help?

### **Writing Exercise**

#### **Chapter 6 - The Beginning to The End**

Are you experiencing out of control behavior (the kind you can't stop)?

Have others suggested you should stop and ways to do so?

Ever tried ways to stop, and if so, how?

Are you successful and meeting goals or does your fix stand in your way?

What successes did your addiction trick you into believing?

Do you recognize yourself in any of the identifiers in the "beginning to your end"?

Ever gotten really honest with yourself or someone else as to how bad it really is?

Ever realize it's really bad but can't quit it?

Anyone ever tried to intervene on your behalf?

## **Chapter 7 - Getting Clean and Sober**

“Your past doesn’t define you; it prepares you.”  
-Darren Hardy

You may think you’re in the clear and that you are on top of your addiction, controlling it rather than being controlled until WHAM! You are given something new to think about on this journey. David shares one of his lessons in humility on his road to recovery and asks you to examine and explore your avenues of addiction.

### **Writing Exercise**

#### **Chapter 7 - Getting Clean and Sober**

Ever bargained with yourself on ways to control your using?

What measures have you taken to control your fix of choice?

What are your thoughts about stopping your fix of choice?

What does your fix of choice protect you from?

When have you listened to someone else that has your best interest in mind?

## **Chapter 8 - Relapse and Cross-Addiction**

“The secret of life, though, is to fall seven times and to get up eight times.”  
-Paulo Coelho, *The Alchemist*

The journey to recovery is fraught with detours and roadblocks. An event as innocent as a knee surgery can send you reeling back into addiction. Chapter 8 shares David’s experiences with relapse and cross-addiction, data on how and why relapse occurs on the

way to recovery, and twenty-one warning signs that you may be headed towards relapse—signs such as “Romanticizing past using behavior rather than remembering the pain it caused.” David and Dana offer you a series of four questions that you can ask yourself to help keep your life in balance and avoid a relapse. In addition to those questions are these in the writing exercise:

### **Writing Exercise**

#### **Chapter 8 - Relapse and Cross-Addiction**

Have you stopped one addictive behavior and ended up finding a different one?

What types of fixes have you crossed over to?

Did it cause you to feel the same way as your original fix of choice?

Did you realize it was a cross-addiction or problem for you?

In what ways did it keep you delusional?

What kinds of consequences did the fix(es) of choice cause in your life?

Did cross-addictions lead you back to your fix of choice?

Have you been a victim of relapse?

Did you pick up right where you left off or was it a fast progression back to that point?

Do you feel the door will always revolve for you?

Do you recognize any of the warning signs to relapse in yourself?

Do you find yourself isolating from others, either physically or emotionally?

Do you prioritize sobriety over a new fix of choice or obsession?

Do you fantasize about the fix of choice?

Do you minimize the consequences of your addiction?

Do you spend time plotting your next fix?

## **Chapter 9 - Consequences**

“You will suffer one of two pains; the pain of discipline or the pain of regret. The pain of discipline weighs ounces. The pain of regret weighs tons.”

-Jim Rohn

Interweaving current research findings, David’s story of his ultimate consequences, and the personal stories of others, Chapter 9 explores the consequences of addiction. It also explores the necessity of turning to a higher power of your choosing—be it music, God, nature, or another spiritually fulfilling entity. David and Dana describe the difference between dangerously self-willing recovery (going at it using your own willpower alone) versus accepting the assistance of your higher power in the management of your recovery.

### **Writing Exercise**

#### **Chapter 9 - Consequences**

What consequences have you suffered from your fix(es) of choice?

In what ways have you tried to “self-will” it?

Do you believe in a higher power, something greater than yourself?

What lies have you told yourself and others to keep your secrets?

To what places that you never thought you’d see has your addiction lead you?

What means have you gone through to try to stop, if any?

Did you pick up right where you left off or was it a fast progression back to that point?

How many times have you been through the revolving door?

How many more times are you willing to risk?

Do you comprehend what your consequences will ultimately be if you don’t get your addictions in check?

## **Chapter 10 - The Elevator Analogy**

“Life is like an elevator. Up or down, just make sure you get off on the right floor.”

-Keith Douglas

David and Dana explain how life can be likened to an elevator that rides between the top floor of a life of successes all the way down to six feet underground. They show, in Chapter 10, how every decision you make takes you in one direction or the other or secures your position on the current floor—whether that floor is the basement (or lower) or the penthouse. They describe a door marked “R” that stands for what we want, recovery. This analogy is used in the next few chapters.

There are no writing exercises for this chapter. You’ve already done a lot of soul-searching and writing—it’s time for a break. But just a short one because you have important work to do!

## **Chapter 11 - Action #1: Wake Up and Pull Your Head Out of Your Ass**

“This is not a dress rehearsal; this is your life.”  
-Bill Murray

Chapter 11 shows you how to determine whether you actually have a problem. It offers the means to assess your use of your fix of choice and determine if it is time to get a move on toward recovery. The most simple (not easiest, just the most simple) step is shared with you along with a story of recovery from one of David’s clients.

### **Writing Exercise**

#### **Chapter 11 - Action #1: Wake Up and Pull Your Head Out of Your Ass**

Which Rules of Addiction are playing out in your life?

What are the excuses you use to yourself and others?

Can you see where you may be in denial about your addiction?

What symptoms do you face when you try to stop your fix of choice?

What things could you do to start feeling good about yourself?

## **Chapter 12 - Action #2: Understand Your Addiction**

“Addicts do everything in excess, the only things we do in moderation are the 12 Steps.”

-Anonymous

Chapter 12 prepares you to understand your addiction by sharing stories David has encountered through his clients, insightful quotes from people such as Lao Tzu and Jack Canfield, and necessary knowledge that one must be armed with before battling addiction. The imparted knowledge covers topics such as how understanding addiction as a chronic disease assists with recovery, how stigmas surrounding addiction keep addicts from recovering, and how to address perceived fears and threats associated with ending our addictions. Chapter 12 also explores the concepts of emotional intelligence linked to the age we were when addiction took its hold, addicts’ lost regard for other people, and the difference between guilt and shame and their impacts on addicts. This chapter explains how to successfully address each of these topics.

### **Writing Exercise**

#### **Chapter 12 – Action #2: Understand Your Addiction**

What stigmas about your fix of choice keep you in hiding?

Make a list of the things you fear about giving up your addiction.

Make a list of the things you fear about getting in recovery.

Looking at your list, what is so scary about each of these things?

What is the worst-case scenario if these fears come true?

Being realistic or rational, what are the more likely outcomes of these fears?

## **Chapter 13 - Action #3: Find a Solution That’s Right For You**

“I didn’t choose to become an addict, but I do get to choose my recovery.”  
-David Marion

Chapter 13 advocates for finding guidance as you approach the hundreds of options for recovery. While the 12-Step program is a viable option for some, others benefit more from holistic treatment, nutritional treatment, Evidence-Based Treatment (EBT), behavioral therapy such as cognitive-behavioral therapy or contingency management, group or individual therapies, medication-assisted treatments, or alternative medicine therapies, just to name a few. Through the use of David’s own and several of David’s clients’ stories, Dana and David illustrate just how critical it is for you to seek assistance when navigating the labyrinth of recovery options.

### **Writing Exercise**

#### **Chapter 13 - Action #3: Find a Solution That’s Right For You**

Do you know the types of programs available to address your addiction?

Have you tried treatments before, and if so, what kinds?

Have you considered you may need a long-term treatment plan?

Make a list of the issues you may need to address in order to find the right treatment plan (family, job, finances, etc.).

### **Chapter 14 - Action #4: Do The Work**

"People need to be reminded more often than they need to be instructed."  
– Samuel Johnson

When you do decide on the recovery route you will take, listen to the people there. Chapter 14 explains that we are going to be uncomfortable during recovery and that we need to get used to it. You will learn humility, and you will grow. It will be hard work, but so was nurturing an addiction.

### **Writing Exercise**

#### **Chapter 14 – Action #4: Do The Work**

Are you ready to listen to others and stop thinking for yourself?

Are you ready to grow up mentally and spiritually?

Are you sick and tired enough of being sick and tired to do the work?

## **Chapter 15 - Action #5: Aftercare**

“Successful people do what unsuccessful people are not willing to do.”  
-Jim Rohn

Once you’ve started your journey to recovery, you’ll want to take part in designing a long-term aftercare plan that suits you. You likely do this with the professionals who have helped you through recovery, but it will be up to you alone to stick to this plan. In Chapter 15, Dana and David explore the ins and outs of five different concrete options for aftercare. They also validate how hard sticking to aftercare is, and at the same time, show you that it is possible and necessary.

### **Writing Exercise**

#### **Chapter 15 – Action #5: Aftercare**

What things do you put off because you don’t feel like doing them?

How’s your level of integrity? Do you do what you’re supposed to when no one is watching?

How are the five people you hang out with the most doing in their lives?

Are you open to change or attached to everything as you know it?

Where has your best thinking gotten you at this point?

What mentors, teachers, or coaches do you have advising you?

What are the people who have your best interest in mind telling you?

In what ways does your addiction make you selfish?

In what ways can you be of service to others?

What aftercare methods can you see as beneficial in your life?

## **Chapter 16 - A New Direction**

“The path from dreams to success does exist. May you have the vision to find it, the courage to get on to it, and the perseverance to follow it.”

-Kalpana Chawla

Not knowing where you want to go is dangerous. Chapter 16 speaks to the significance of finding direction for our actions based on a very specific destination. If we don't have a destination in mind, we are as good as lost.

### **Writing Exercise**

#### **Chapter 16 – A New Direction**

Where have you arrived; what's your life look like right now?

Was this by your design or by happenstance?

What small changes can you make in your direction?

## **Chapter 17 - Turning Your Life Around**

“The chains of habit are too weak to be felt until they are too strong to be broken.”

— Samuel Johnson

In Chapter 17, Dana and David use stories to exemplify the facts that you are strong enough to control your addiction rather than being controlled by it and that you're only as weak as your weakest thoughts. When we change our thoughts, we can become unstoppable. The authors fully explore the concept and outcomes of positive thinking, the current science behind habit development, the power of an attitude of gratitude, and the effectiveness of the Law of Attraction. These concepts are interwoven in a recipe for recovery.

### **Writing Exercise**

#### **Chapter 17 – Turning Your life around**

What self-sabotaging thoughts do you tell yourself?

What is the talk track that plays in your head?

What are the thoughts you are attending to?

What can you tell yourself to change the direction for your thoughts from negative to positive?

What are some positive things you can tell yourself to start retraining your brain?

What are some things you have to be grateful for? (These are important to write down and have available when you are sure there is nothing to be grateful for.)

What are your thoughts attracting into your life?

What are your self-limiting beliefs that keep you stuck?

## **Chapter 18 - Conceive**

“What you think, you become.  
What you feel, you attract.  
What you imagine, you create.”  
-Buddha

Seeing what doesn't yet exist, but what you very much want in your life, is the focus of Chapter 18. Further expanding on the Law of Attraction from Chapter 17, this chapter guides you through designing your life exactly the way you want it. It explains how your brain processes what you imagine and how you can and should use that to your advantage.

### **Writing Exercise**

#### **Chapter 18 - Conceive**

**(Be as detailed as possible.)**

What is your desired outcome for your life?

What lengths are you willing to go to for your recovery?

Where are the places you will hang out?

Who are the people you will surround yourself with?

How will you spend your time?

## **Chapter 19 - Believe**

“Whether you think you can or whether you think you can’t, you’re right.”

-Henry Ford

Know, without a doubt, that you can do this. You can recover. Positive mindset, positive affirmations, unwavering belief in yourself are all processed by the brain as if you are already experiencing the successes you desire. Chapter 19 offers ways to master these tactics so that the recovery you seek can be yours.

### **Writing Exercise**

#### **Chapter 19 - Believe**

What are some positive thoughts you can tell yourself?

Come up with some short, positive affirmations you can tell yourself when the negative comes in.

What is your why; what is your burning desire?

What are some of the things you can start believing in yourself?

What are some things in your life you can overcome?

How can you fake it till you make it?

## **Chapter 20 - Achieve**

“Anything is possible once you believe you are worthy of achieving it.”

-Jason Pockrandt

Chapter 20 investigates the concept of free will and how we got exactly where we are today. It also reveals how to get to where you want to be tomorrow by harnessing the Law of Attraction, the recognition of free will, and the fact that each of us is solely responsible for our futures. The chapter explores stories of people achieving what others believed to be impossible, people such as Henry Ford and Roger Banister, and ensures you that your recovery is also possible.

### **Writing Exercise**

#### **Chapter 20 - Achieve**

Were there circumstances that made you believe you had no free will?

What decisions did you make or not make because you thought you were a victim of those circumstances?

Do you blame others for where you are in your life?

Do you understand you only have yourself to blame; it always comes back to your responsibility?

What are some examples of what your thoughts have brought into your life?

### **Chapter 21 - You Are What You Eat**

“You are what you eat, so don’t be fast, easy, cheap, or fake.”

-Unknown

In earlier chapters, Dana and David show that addiction leaves the addict bankrupt in body, mind, and spirit. They also teach how recovery is the process of restoring the balance of all three. Relapse happens when one of these three is left out of the equation. Chapter 21 addresses the necessity of nurturing your body during recovery. The expert advice of Victoria Abel, MA, MNT, CAN, Addiction Nutritionist and owner of Center for Addiction Nutrition in Prescott, Arizona, is shared in this chapter in a way that empowers the reader to understand how critical proper nutrition is during recovery.

Chapter 21 is a powerhouse of cutting-edge scientific information, but it is presented in a way that allows every reader to walk away with full understanding of the importance of feeding ourselves well to relieve trauma, stress, and addiction. It also speaks to the connections between self-worth and food, as well as self-worth and recovery.

### **Writing Exercise**

#### **Chapter 21 – You Are What You Eat**

(These are the five questions Victoria would ask if you were her client:)

How do you fantasize about food?

How do you gather what you need?

How do you make your food?

How do you eat your food?

How do you clean up after your food?

### **Chapter 22 - The Rules of Recovery**

“Success is nothing more than a few simple disciplines practiced every day.”

-Jim Rohn

Chapter 22 focuses on the fifteen rules of recovery, such as the last rule, “If you find yourself fixating on something new, seek help.” Think of these as the ingredients in the recipe of recovery. These are the things to keep in check at all times, the things that will keep you from relapsing. Play by these rules. There are no formal writing exercises for Chapter 22, but writing about and focusing on one rule per week or day may be a beneficial pursuit for you.

## **Chapter 23 – Disrupting the Power of Obsessive Thinking**

“Thoughts are just fleeting mental images. They have no consequences until you choose to make them important.” -Deepak Chopra

No one is exempt from obsessive thinking, unfortunately. Chapter 23 examines the differences between and the impacts of obsessive thinking and ruminating. There’s only one way to stop obsessive thoughts, and it’s not quitting them cold turkey—that is not effective. This chapter offers fourteen effective replacements for obsessive thinking, and replacing obsessive thoughts does work. Like Chapter 22, there are no formal writing exercises for this chapter; however, completing a written reflection on your experiences with the fourteen replacements for obsessive thinking will allow you to determine which suit you best. When you determine that, you will be armed against obsessive thinking.

## **Chapter 24 - Finding My Redemption**

“Make peace with your past. Otherwise it will screw up the present and your future.”  
-Jim Rohn

Figure your stuff out. Chapter 23 shows how and what David sorted out while he was in prison and how he started helping others move toward recovery with what he had learned. It shares also his successes and hardships after coming out of prison. Chapter 24 concludes with this message, “We, the addicted, are some of the most powerful, creative, intelligent, loveable, though at times misguided people on the planet. Get it right and you’ll create a happy ending to your story. My hope for everyone that reads this book is that you get it, keep it, and have the chance, like I’ve had, to give it away. But, unfortunately my hope isn’t enough; you have to have hope. With it, however, lives are transformed, families repaired, friendships mended, and redemption found.”