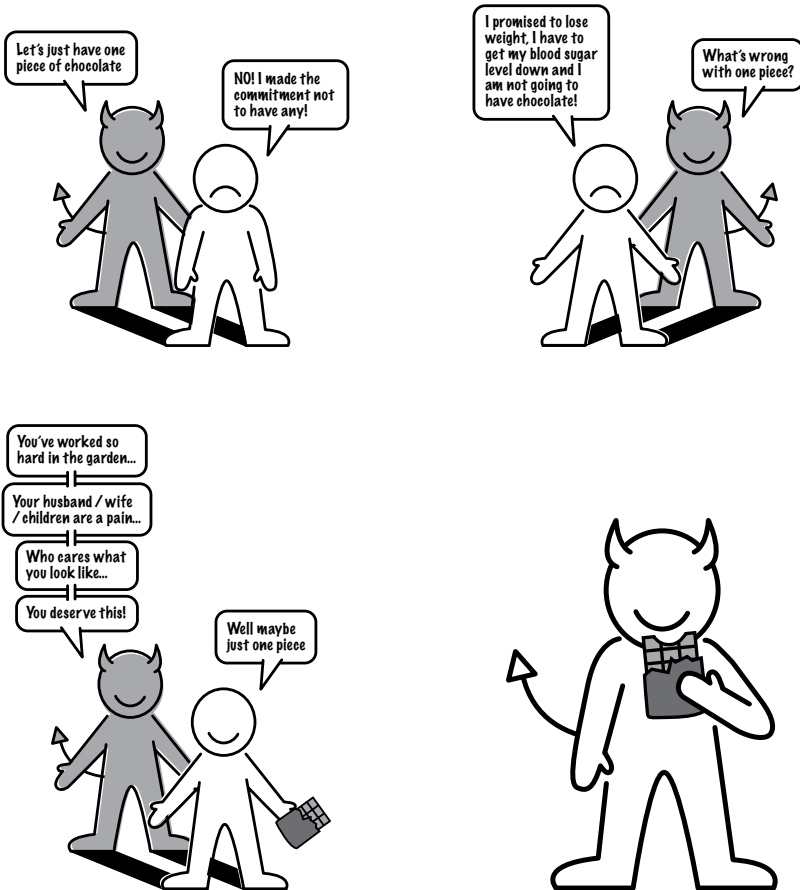


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What's wrong with ONE piece of chocolate?

Let's be honest, we all know people that love chocolate and shouldn't have chocolate. These people are the first ones to agree that before they indulge in the behaviour of eating chocolate they are fighting a massive internal war. It normally starts with one tempting thought: let's just have **one piece of chocolate!** This thought is the beginning of an internal war, where they feel like they are two people in one body: the one that made a commitment not to have chocolate (often for very important reasons) and the other one that wants chocolate. These two are engaging in a constant argument until the one that shouldn't win, wins.



It doesn't matter if we are talking about chocolate, drugs, alcohol etc. or gambling.

'This was the last time; I will never do this again'. How often do we say this to ourselves, after a night of too much alcohol, or a couple too many pills, or after pouring the rent money down the slot of a poker machine, or eating a whole tub of ice cream and some extra blocks of chocolate?

Very few people that I know have actually followed through with this decision and '**never done it again**'. **These people are the exception**. I know more people who do it again and again. Maybe they stop for a little while and every time sincerely believe that this time they will give it up **for good, that it is definitely the last time – only to go back again and then feel like a total failure**.

If you, or somebody you love, falls into the last category or if you never want to experience the feeling of making decisions and then not being able to stick to them – this book is for you. This book doesn't offer you a magic wand that you can wave and overnight get rid of some ingrained, annoying self destructing habits but it will give you a '**bag of tools**' to use. These tools are easy to use but are also very easy *not* to use. They don't need you to set time aside and I promise you they also won't hurt you. If you decide to use them, then over time this **bag of tools** will enable you to face temptation and make a **conscious decision** about '**doing it again**' instead of feeling like you are running on Auto-Pilot and totally out of control.

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The Free Yourself Survival Kit



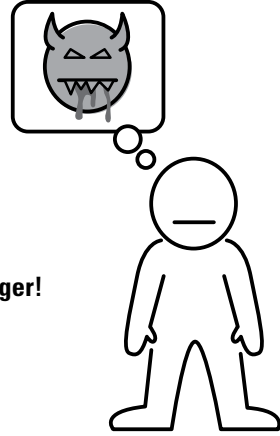
1 • Talking to the Beast

What I learnt to do was that the minute I became aware of any thought that had to do with gambling I gave this thought an image.

Introducing the Other Part (OP for short) – my gambling part and what it looked like.

I had a fuzzy idea about God and the devil – so for me my gambling part became a little monster. It wasn't huge but it was very, very ugly. If you have seen Lord of the Rings, you know the little creatures with the horny skin, green eyes and saliva running down their faces. That's how I imagined my monster.

So the minute I became aware of a gambling thought, for example "let's just go to the pub and spend \$10, this time you can control it" – I saw this horrible monster talking to me and I learnt to talk back to it like I would to my worst enemy. In my mind I would see this ugly creature and I would talk to it. I would say: "You would like to go and spend \$50 – I don't – so you just get lost."

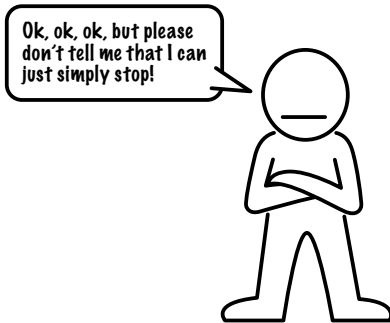


**Addicts are really addicted to illusions.
Illusions that feed the Other Part (OP) and make it stronger!**

Isn't that incredible?

Do you understand what that means?

Can you see how easy it is to stop?



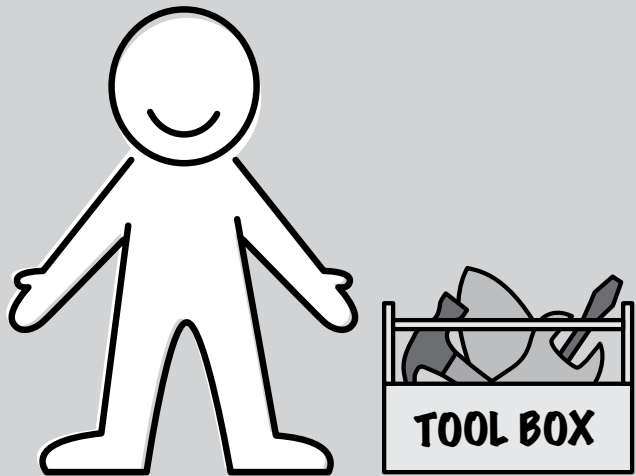
That is exactly what I am saying!

However, you have **practised** the addictive behaviour for a long time and it is linked with a strong need or emotion. To **re-program** your brain you need to implement changes that will assist you in learning new and better behaviours.

But, YOU need to commit yourself to the change process!

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The Free Yourself Survival Kit



5 • Working with Icons and Symbols

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Only you can make it happen, only you can decide to give this a try or to put it back into your bookshelf and go back to what you have been doing in the past. I wish I could personally be with you on this journey, hold your hand and encourage you when it gets tough but unfortunately this is not possible.

What I can do is pray and hope that you get through this and out of the addiction prison and enjoy the wonderful world with all it's ups and downs and are able to accept the beautiful gifts that are on offer.

For more information and comments about this book visit:

www.freeyourself.com.au