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Down the Rabbit Hole

Little Alice fell
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n
the hOle,
bumped her head
and bruised her soul.

—Lewis Carroll, *Alice in Wonderland*

Addiction is a pathological disorder that affects every society and every culture on this planet and has for thousands of years. It is far more pervasive than other clinical disorders; it is a defect of brain chemistry, mental and emotional wellness, spirituality, and character loss. An addict is no more to blame for this defect than a person born with an intellectual disability, schizophrenia, or bipolar disorder. It is a defect of the human organism that is typically there at inception, but it can also be generated in the very early development of the brain and its neurochemistry.

The disorder of addiction is debilitating in every way considerable, causing suffering to the individuals afflicted, their families, concerned loved ones, and to our communities and societies as a whole. We all should address it, as we are all victimized by it directly or remotely and even contribute to its presence.

We've come a long way in technology, science, and understanding since Alexander the Greats dispensing of opiate drugs to his forces in 330 BC. Yet as a global culture, we still maintain pitifully simplistic, unevolved, and even archaic methods of treating and dealing with the issue of addiction. Drugs and addiction seem to evolve and become more textured and complex every year and every decade, yet the *recovery*

mentality is stuck in primitive understanding and in a time passed by. This book will address everyone: passive, selectively ignorant individuals in society, the billion-dollar recovery industry, government officials, placating bureaucracies, and even afflicted individuals who refuse to take a leading role in their own recovery.

The answers do exist, in spite of what we've all been force-fed for a millennium or more, and *you* have a right to those answers. I am living proof that we can coexist with this awful, debilitating disorder and still have successful lives with families, relationships, and careers, and we can feel whole and fulfilled. We do not have to be slaves to this pathology. I cannot cure mine or make it disappear, but I live well in spite of it and have spent twenty years learning how and a decade assisting others to do the same. My success rate as a counselor has been 85 percent. The 8 to 10 percent success rate the recovery industry and pop-culture organizations “enjoy” is embarrassing and simply *not* good enough.

Addiction is driven by specific defects that find unique ways of being expressed. It is as unique as every different individual who has it. Recovery is *not* a one-size-fits-all strategy. This book teaches you how to customize universal truths and features of addiction—for your specific personality, mentality, strengths, and weaknesses.

Something's Missing

Addiction is rooted in the sense that *something* is lacking. Something seems missing, and while that something is unique for everyone, there are deep, underlying, and universal truths about it. If we are willing and brave enough to go searching down the recovery rabbit hole, we will realize many truths that apply to us all—and I do mean us all—as we are *all* addicts in one way or another. We are all slaves to desires, needs, and hopes for a happy existence. We are all searching for ultimate peace and pleasure, thereby making us all addicts, varying only in degree and in expression.

Here you will learn about your (or someone else's) addiction and deep truths about character and personality. No one will be unscathed—so buckle up!

Each person has a unique personality, and so does each drug and addictive behavior. If we are going to escape its tractor-beam pull, we better get to know it and ourselves thoroughly and intimately. It is well advised that you read this entire book and not merely the parts that seem specific to your drug or behavior. There are applicable insights, strategies, and exercises in sections that may not seem specific to you, and if you master this subject, you will surpass it or help someone else to. You never know when a different drug's recovery strategy will become the one that saves your life, so leave no stone unturned! This is your life. Others can help you, but they cannot do your work; they cannot take your suffering or provide specific and absolute truths for you. I wouldn't allow a government, another person, this book, or anything else to be in total control of

my recovery. I cannot risk it. I have to be intensely honest and humble to remain free from the slavery that held me captive for so long.

If you are a professional addiction counselor or are considering becoming one, then I hope you'll study this book, since it exposes and explores the current recovery industry, which only gives rudimentary teaching and simplistic strategies about a seriously complex issue. At the very least, you'll learn a few things you don't agree with, enhancing what you *do* agree with, and at the most, this will enrich your compassion to make a difference and get you to think more deeply and from various angles.

If you're a family member, this will give insights into the addiction paradigm so that you can develop much needed objectivity, clarity, and strategy to help someone you love and begin to heal yourself too.

If you're an individual caught in addiction, this will empower you and give perspectives you suspected were there all along but were maybe giving up hope of ever finding and will give truths you can apply and move forward with.

What's Inside

1. A definition of addiction and a look at the inner philosophy of it
2. A definition of the varying types and stages of addiction
3. The science and philosophy of how to inspire and motivate recovery
4. A thorough understanding of the stages of recovery for life
5. A thorough exploration of available outside treatments
6. Detailed instructions on how to personally manage recovery and succeed
7. The needed roles of the addicted, their family, and supportive people
8. Explanations of each drug: what they feel like, what they do, what they are
9. Examination of behavioral addictions
10. Road maps for managing and recovering from each drug or behavior
11. An exploration of the mental and philosophical driving forces of addiction are explored, including venturing into the mystical and spiritual
12. Summaries and revisitations to the deeper, driving forces at work

It is advised to do more than read the text. Experiment with the actual provided strategies. It is a good idea to modify and customize these recovery strategies to your

personal circumstances, personality, and developing recovery stages—this is essential to success. What works for me or someone else may not work for you unless you adapt, customize, and modify it to *your* strengths and *your* weaknesses.

This book does not judge drug use. It does not encourage it, and nor do I. However, I do not pretend to be an enlightened master who has the authority to judge or unanimously decide what we should all do or not do. This book simply explores the entire spectrum of drugs and habitual pleasures—the good, the bad, and the ugly. The discussion on “safe” drug use is not meant to encourage—it is merely to acknowledge that there are many people who believe that their drugs or medications are more positive than negative, and I refuse to condescend to them by telling them what is right and wrong. As an addict, I’m attracted to drugs too. Who am I to sit in authoritarian judgment of them? Let he who is without sin (or without a desire for donuts, candy, TV shows, sleeping, or any other behavior that’s excessive) cast the first stone. I’m all right, you’re all right...ya know?

So...are you ready, Alice? Are you ready to go down the rabbit hole?