

# Healing Addictions

What are Addictions?

Types of addictions

Emotional factors, how Addiction Works, what it really gives...

Compulsion

Addiction as a friend

Coping Strategies

Cravings

Support from family and friends?

Starting with Global issues first

The Therapist Threat

Continuous tapping and homework

Framing Choices, working with Perfectionism

Continual Support

Bringing God into the Equation, Experiencing a Higher Power, Grace,

Feeling Alone

## **The PR Trinity – Belief Systems**

Questions

When did you have your first...?

Can you live without it?

Do you want to live without it?

What can you replace it with?

What do you want?

Will your life be worth living without it?

What does your addiction give you?

Can you get this feeling from anything else?