



#AddictionMindset

B E C O M E O B S E S S E D

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- **Although this PDF can apply to any addiction the focus of the PDF is on nicotine and THC products. Other substances such as but not limited to, Xanax, alcohol, heroine, ADHD medication and other, may require supervised detoxification. Please consult with a health care professional.**

Eleven Pillars Of Recovery By AddictionMindset LLC

A word from Dr. Frank,

Below you will find eleven pillars of my life that I have chosen to focus on throughout my quitting nicotine, THC, energy drinks, and adult media content journey.

I firmly believe the death of addiction is growth, and the death of growth is addiction. This is what makes addiction such a painful experience for all those needlessly suffering. There is no growth in addiction. - Me (Dr. Frank)

AddictionMindset LLC has four primary goals for anyone interacting with our content.

- Education
- Expectation
- Preparation
- Modification

Educating people on how addiction works within the brain. Once we understand the language of addiction and its manipulation of brain chemistry it becomes much easier to overcome it.

Managing expectations of what will happen when you quit removes much of the fear surrounding quitting, and prevents future relapse. When you know what to look out for you won't be caught off guard.

Preparing people with the tools they need to maintain their quitting journey sets people up for long-term success.

Modifying lifestyle and building on what you already have should create an environment where addiction is no longer welcome.

If you are new to quitting or have already begun your quit, these *Eleven Pillars Of AddictionMindset Recovery* should apply to you!

Enjoy,
Dr. Frank

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Eleven Pillars Of Recovery By AddictionMindset LLC

Pillar Number One (Obsession):

Addiction is an obsession. The only way to cure one obsession is with a new one. Getting sober is all about discovering that new obsession and diving into that new thing. Make sure to choose something that works to your benefit versus your detriment. You have the gift of obsession, don't let that go to waste.

Don't feel overwhelmed if you don't know what your next obsession is going to be. Quitting is the only way you will allow for the time and space to discover your next obsession.

Pillar Number Two (Growth):

Growth is the death of addiction. I am constantly striving to grow in all aspects of my life. Look for ways to grow in your relationships, hobbies, work, faith, mental, and physical health.

A large part of growth is **education**.

Growth *begins* with education.

Growth *happens* with **application**.

Constantly be looking for news avenues of growth and education. Just make sure to apply them!

Pillar Number Three (Sleep):

Sleep is crucial when it comes to your daily recovery and healing process. Sleep is what allows your body and mind to rejuvenate. It's during sleep when your brain organizes all the day's events, both good and bad. Sleep is what allows us to make sense of the world and how we interact with it.

Sleep deprivation has many consequences. Make sure you are doing everything you can to assure the best night's sleep possible. Make sleep a priority in your life.

Pillar Number Four (Nutrition):

The goal of quitting drugs for most people is to feel better, have more energy, and get stuff done. You may have spent years creating a toxic environment for your body. Nourish your body with the foods it needs to keep you feeling good.

Much like a car, when we put the wrong fuel in the vehicle it will eventually stop driving. Your body is no different. Take time to educate yourself about nutrition and healthy lifestyle choices. Cooking has become one of my favorite evening activities since quitting.

Pillar Number Five: (Exercise/ Movement):

As with nutrition the goal of quitting drugs is to feel better. Movement is a crucial part of this process. When you have the chance try your best to experience outdoor activities. Vitamin D3 can do wonders for mental and physical health. Exercise is a great source of high quality dopamine!

We are meant to move. How are we growing in life if you are not constantly moving?

Pillar Number Six (Accountability):

You must always take full accountability for your actions. Things don't happen to you; they happen because of you. This mindset puts us in control. No more blaming life on your addiction, it's on you!

Be accountable for your health, be accountable for your relationships, be accountable for your job, be accountable for your family, be accountable for your actions. Just because you think something, does not mean you need to act on it.

This includes financial accountability. We must be financially accountable. Lack of financial literacy will always increase stress. Stress is the number one cause of relapse.

Pillar Number Seven (Community):

We all need support. Make sure you have a community or support circle in your life. Support can come in the form of friends and family, an in-person support group, or online community.

When times get tough it helps to have people to lean on.

Community is also a great way to find people who have faced similar challenges and overcame them. The advice of a community is invaluable.

Community has been proven time and time again to be the anti-addiction cure. If you don't have a community, you're more than welcome to join the AddictionMindset Accountability Community with the link below. We go live every Wednesday night at 8PM EST.

Join here: <https://addictionmindset.mykajabi.com/offers/v8rF7oBT>

Pillar Number Eight (Faith):

Faith can be religious or in the form of having faith in oneself. You must have faith that better things are to come. If you don't have faith during hard times, things will get discouraging.

Deepen your faith and deepen your long-term chances of a successful life.

Pillar Number Nine (Patience):

Recovery is not a race but a marathon. Your goal is to get one percent better with each passing day.

As you make better choices with each day these choices will have a compounding effect.

Make choices today that will predict a better tomorrow.

Over time small choices will lead to massive changes. Sadly, many people relapse because they don't allow the time for the small changes to develop into massive results.

You are used to instant gratification from a drug, welcome to delayed gratification, a keystone habit of success.

Pillar Number Ten (Coping Skills):

We need to be constantly learning new tools and strategies for dealing with life's pressures.

One's ability to handle pressure is a crucial part of one's success in recovery and life.

These tools can include talk therapy, yoga, meditation, walking, deep breathing, prayer, tinkering, cleaning, gardening, drawing, music, working (in a healthy way), cold showers, hot saunas, reading, and the list goes on.

I can guarantee you one thing. Good times are ahead. Hard times are ahead. How are you going to cope with both emotions?

Learning how to cope won't happen overnight. This is why quitting drugs is called "recovery aka rehabilitation." The only thing you need to do is avoid the drug and eventually your brain will be forced to find new ways to cope.

Pillar Number Eleven (Diversification):

Don't invest all your sobriety eggs into one basket just in case things fall apart.

For example, if your entire sobriety relies on your ability to exercise, but you wind up injured, you may run into a problem. If you invest all your sobriety into your significant other like a wife or boyfriend and they leave you, you may run into a problem. If you invest all your sobriety into a job, but then get fired, you may run into a problem.

I have built up many layers of my life that all play a role in protecting my recovery process. I call this my "recovery armor." We don't want one kink in the chain to unravel your armor.

Always be setting and diversifying new goals. You love "the chase," don't let that drive die with your addiction.

Bonus Pillar Number Twelve (Do Hard Things):

Addiction traps us in the most uncomfortable of comfort zones.

In drug use you sought pleasure and life gave you pain. The opposite is also true. When we intentionally take on new challenges or hard situations life gives us pleasure.

This is why cold showers are so rewarding.

This is why exercise is so rewarding.

This is why running a marathon is so rewarding.

This is why getting a raise or good test grade is so rewarding.

Train your brain to do things it's not comfortable doing.

When your brain says no, have the ability to say go.

When your brain says go, have the ability to say no!

Purposely and repeatedly exposing yourself to a challenge is a powerful way to train the mind. Don't underestimate this.

To learn more about the AddictionMindset Recovery Programs be sure to click the link below for more free and paid opportunities.

Life does not give us opportunity we create it (:

Dr. Frank