

Title:

Recovery From Addictions, Part 5

Word Count:

677

Summary:

In this final part of a 5-part series on recovery from addictions, I address the way out of ad

Keywords:

addiction, recovery, addiction recovery, drug addiction, alcoholism, weight issue, alcohol abu

Article Body:

In Part 1 of this series of articles, I defined substance and process addictions, and describe

1. I can't handle my pain.
2. I am unworthy and unlovable.
3. Others are my source of love.
4. I can have control over how others feel about me and treat me.

In Parts 2,3 and 4, I explored in depth each of these false beliefs and how they contribute to

Recovery from addictions is based on two major shifts in your thinking and behavior:

- Shifting your intention from avoiding responsibility for your feelings to learning about lov
- Learning to access your personal spiritual Guidance so that you can fill yourself with the u

As long as getting love and avoiding pain is your highest priority, you will not be able to re

Your intent is everything ~ it completely determines your actions and the resulting outcome.

If your intent is to get love and avoid pain in order to feel safe, you will continue to reso

When your intent is to be on the spiritual path of evolving in love and fully manifesting your

1. You will stay tuned into your feelings throughout the day so that you know the minute you f
2. You will immediately move into a compassionate intention to learn about what you are thinki
3. You will explore with your Inner Child ~ your feeling self ~ about what you are thinking, d
4. You will open to learning with your spiritual Guidance, asking ^What is the truth about the
5. You will take the loving action you are guided to take, which can take many different forms
6. You will evaluate your actions to see how you feel now. If you are not feeling better, you

If you do these steps each time you feel any distress instead of turning to your habitual addi

You always have these two choices regarding your intent ~ to control or to learn. You ~ only y

Choosing the intent to learn about loving yourself and practicing Inner Bonding® throughout th

Available at <http://www.sanface.com/txt2pdf.html>