

# OUT OF RECOVERY & INTO LIVING YOUR DREAMS!

## Table of Contents

	Introduction.....	1
1	What's Really Wrong?.....	3
2	Start From A Different Perspective.....	7
3	Change Your Thinking—Change Your Life .....	17
4	Eliminate Emotional Triggers Forever .....	23
5	Build Solid Relationships That Fulfill You.....	35
6	Discover Your God-Given Purpose in Life.....	47
7	Choose The Right Attitudes .....	57
8	Establish Disciplines To Reach Your Goals .....	67
9	Enrich The Soil Of Your Heart .....	75
10	Reap An Abundant Harvest .....	89
11	Bind Everything Together With Love .....	101
12	Avoid The Relapse Triggers.....	111
13	Connect The Dots .....	123
14	Take Charge Of Your Life Today!.....	127
	Free At Last—Poem .....	128
	Scriptures For Addictions .....	129

## **Section 2** **Understanding Your New Identity In Christ**

1	Laying The Foundation .....	139
2	Spirit, Soul, and Body .....	145
3	Ten Spiritual Laws—Part 1.....	151
4	Ten Spiritual Laws—Part 2.....	159

## **Workbook**

	Week 1.....	165
	Week 2.....	167
	Week 3.....	175
	Week 4.....	179
	Week 5.....	183
	Week 6.....	191
	Week 7.....	201
	Week 8.....	207
	Week 9.....	211
	Week 10.....	217
	Week 11.....	223
	Week 12.....	227