

Rehab – What’s Really Needed to Get Out of An Addiction?

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Rehab for alcoholism and drug abuse uses a variety of methods to get you to a point of being stable and being able to handle your addiction. But, don’t you want to get completely away from your addiction? Is this even possible?

The typical rehab program is to get a person through detox. Then educate the person. Then teach them coping skills to handle their desire to drink or use drugs. Often, too much time is spent on trying to figure out what got the person started abusing alcohol or drugs in the first place.

I think it’s time for a different approach. One that will get you completely out of your addiction – and into living the life of your dreams. Sound impossible? Well, it would be if you listen to society. But, tune your ears into what I’m going to say in the next few minutes.

You’ve only been told one possible “cause” for alcoholism and drug abuse – that it’s a disease and therefore it’s not your fault. But since it’s a disease, you can only learn how to live with it the rest of your life. So, they push you into attending support groups as a means to cope. Where’s the hope for a great future in that?

Well, I’ve got news for you. There’s a different “cause” for your abusing alcohol or drugs. And it’s not a disease either. It has to do with what’s lacking in your life.

Think about this for a moment. If you had all the healthy, loving relationships you could handle, and you had a vision for your life – a fantastic goal to go after – would you be abusing alcohol or drugs? I don’t think so!

You see, most people think that all they need is enough will power to stop. But actually, it’s not will power you need. It’s the proper motivation. And that motivation is to rediscover what your passion is in life, and formulate a life vision to use it to reach out to love and serve others.

In fact, if you spend more time focusing on building an awesome future, your desire for your addiction will go away.

And, yes, you can learn how to develop healthy, loving relationships. You can restore broken relationships. Nothing is impossible to accomplish!

I bet you that your motivation right now is to “not” do your addiction because you don’t want to go down that dark road again. I’d like you to change your motivation to not do your addiction because you have an awesome future lined up and you don’t want to mess it up. One that is unbelievable!

And I can help you in all aspects to get out of your addiction and start living your dreams. I’ve been there, done that. If you go to my website you can get a free mp3 of “8 Immediate Action Steps To Take.” www.OvercomeAnyAddiction.org Also check out my ebook, membership program, and personal coaching program. Kathy Williamson, The Addictions Coach.