

WRITE TURN

THE WORK

FREWRITE

When you allow your thoughts to flow without judgment, you get to the truth. When you allow the anger, confusion, or anything else to show up on the page you get to the heart of what's really going on.

WRITE BY HAND

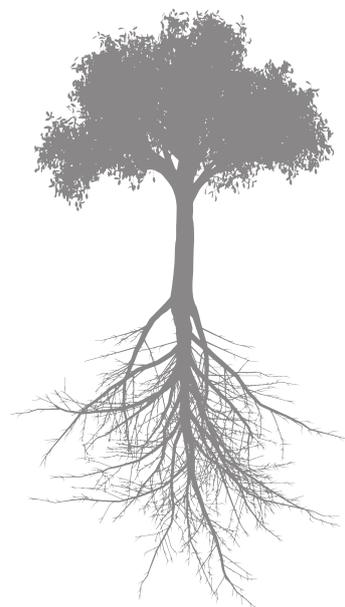
USE INTUITION

When you look back and reflect on your writing, what is the gut instinct you have about what you've written? Follow it.

ALL WAR BELONGS ON PAPER

Byron Katie reminds us that we must write out what hurts, only then can we see the truth.

BE BRAVE



TOOLBOX

TAKE BREAKS

**ONE QUESTION AT A TIME
CAN BE JUST ENOUGH.**

be gentle.

CONNECT TO YOUR BODY.

Staying in your body helps to keep you out of fight or flight.

YOUR BREATH

If emotions get overwhelming, practice tuning into the rise and fall of your chest.

THE POWER OF YOUR ADDICT

We all have addictions. From drugs and alcohol to our social media feeds and food, the human condition craves a way out of discomfort. Like physical pain, these tendencies are natural but addictions can be fatal so unhealthy coping skills also require us to heal and learn new ways of being so we can tolerate uncomfortable feelings without causing more harm to ourselves. Even if these skills help us feel better in the short term, in the long term, it will turn into another problem we need to recover from.

There are a lot of powerful traits of your addict. This part of yourself is powerful, takes action, and is an incredible teacher. These questions help you understand "your addict". These questions are best answered when you have determined that your addict's tendencies are causing more harm than good and you want to change these behaviors.

Once you finish the questions wait a day or two and then read back over your answers with as little judgment as you can.

Tip: the most useful conversations I've had with my addict come when I am the most in my cravings, when my addict has taken over my self will, I take out my notebook and answer these questions.

Have a conversation with the thing you are addicted to. How does your addict respond when you ask...

what are you here to teach me?

How have you helped me survive what I am running from?

When do I rely on you the most?

How have you now hurt me when I have tried to use you to help me survive the things that I am running from?

When I give in to what you want, how does it make me feel?
(that day and the weeks following?)

what if I replaced you with something else that was better for me? How would that make me feel?

what else do you crave that would be good for me?