

*The Roadmaps to Freedom Series*

# Get High On Life And Stop Relapsing

**Roadmaps To Freedom  
For Addicts & Alcoholics**

Kathy E. Williamson

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# Introduction

I watch too many people living lives of hopelessness and never rising to the level needed to carry out the purpose they were created for. They live stuck in misery, frustration, anger, bitterness, and self-pity. Addicts or alcoholics reach a certain point in their recovery and then relapse and they don't know why. Are their hearts really wanting to get clean and stay clean? Yes! But with lack of knowledge and skills and a step-by-step roadmap to follow, many never make it.

When you learn to ride a bicycle, you don't look down at the front wheel to see if it's balanced good enough to give you momentum and keep you upright. Nope. You look straight ahead to where you want to go and let your body take over to learn the balancing necessary to stay upright. So it is with overcoming any problem that has a stronghold on us. We don't stay focused on *not* doing the addiction or drinking, but we look ahead to the life we want to live and focus on that dream. Then, as a byproduct, things in our lives get resolved and we no longer have a desire to escape through our addiction. We get our high from the life we are living. And this high lasts a lot longer than any drug or alcohol can produce.

Is it possible to get high on the life you live and thereby stop relapsing? Absolutely! No matter how many times you have relapsed or how many years you've been an addict or alcoholic, a loving, fulfilled life is available to you.

But you need some additional elements present in your life to be successful at this. And they need to be implemented in a certain order.

## Roadmaps to Freedom For Addicts

The Roadmaps to Freedom is a blueprint to get a person unstuck from their problems and into living an abundant life filled with love and purpose. For the addict it means getting clean and sober and avoiding relapse. But more than that, it means discovering how to live a fulfilled life.

I overcame my ten-year addiction to pain medicines by applying the majority of the principles in this report. Once the doors opened up for me to start fulfilling my passion in life (to help people through a Christian-based hotline), my entire life turned around in about four months. Why? Because I was using my passion in life to reach out to love and serve others, and as a by-product, the desire for my addiction went away. There is no better high than that of knowing you are doing what you were created to do in this lifetime. Nothing!

Over the years since 1990 when I became clean, I have refined the process and developed it into the Roadmaps To Freedom. I believe this step-by-step process includes necessary elements that are not being taught in recovery programs today. This process must be followed in the order presented, in order for each succeeding step to be successfully implemented. Also, you cannot skip a step because the process builds upon itself.

If an addict goes through a rehabilitation program, but is not taught how to handle their negative emotions and angry outbursts, relapse awaits. In the second element below I teach a technique called *Tapping* to help a person control and/or relieve their negative emotions. This technique is quick to learn and can be used on everything. If you wish to start learning about this technique, I have an ebook *Tapping Away Your Addiction* on Amazon. This ebook specifically targets addicts and the issues they struggle with. (If you signed up for this report, you also received the PDF version of this ebook.)

Before you begin any trip you must know where you are starting from and where you want to go. The same holds true if you wish to change things in your life. Although addicts know they want to get out of their addiction, most do not know where they want to go in their life.

### **The 7 C's of the Roadmap to Freedom for Addicts**

- 1. Choose Your Destination.** You know you want to get out of your addiction, but do you know specifically where you want to go in your life? Like a roadmap, you need to find yourself on the map to determine your starting point, and then find the point on the map you desire to go. It must be a clear destination. Leaving my house in

Prescott, Arizona and having a destination of Florida is not specific. Where in Florida? What city? What street do I want to end up on? Do I want to take the scenic route or the fastest way to get there? What construction zones do I need to avoid? How will I handle any car issues that might arise? Will I get there in time? To reach your destination, you must have one before you can be successful in leaving your current location and not returning to it because you get lost.

2. **Change Your Focus.** Get excited about life again! Begin to dream big dreams that you want to fulfill in your life. This allows you to have something positive going on in your life and also provide emotional fuel to keep you headed in the right direction.
3. **Control Your Emotions.** Using the simple technique of *Tapping (based upon EFT – Emotional Freedom Technique)* you can calm your emotions at any time. Once your emotions are under control, you can work out the situation that caused the negative feelings to arise.
4. **Challenge Your Beliefs.** Henry Ford said “If you believe you can or believe you can’t, you’re right.” With a new belief that you can beat your addiction, hope arises. If your beliefs have kept you from moving forward in life, it’s time to try new beliefs!
5. **Clarify The Underlying Issues.** Once your underlying issues are identified and resolved, the negative emotions that they used to produce are no longer there. You don’t have to have “major” underlying issues—even boredom can cause a person to want to escape.
6. **Communicate With Purpose.** Bad communication habits are formed while a person is active in their addiction. In addition to learning what your habits are and how to change them, you learn the five love languages to help improve deep communication with the people you love.

**7. Change Your Lifestyle.** To reach a new level in your life requires new habits and development of positive character traits. But what are they? You will learn them in this aspect of your road trip to freedom.

The differences in the various Roadmaps are the issues to be identified and resolved (#5).

Let me take a moment to explain the reasoning behind each element in this process. I believe that addictions come from wanting to escape negative emotions, which can be brought on by numerous underlying issues. Or even just boredom in life.

However, before we can get to #5 to clarify those issues, we need to have certain things established in our lives.

According to #1, we need to know where we want to go. What do we want our life to look like once we have overcome our addiction? If you don't know where you're going (besides *away* from your addiction), how will you know you've successfully arrived?

Looking at #2, why do we need a change of focus? As we go through the process, we need something in our life that will provide us with the momentum to keep going, as well as something else to think about besides "not" doing our addiction. Once you identify your passion in life, or perhaps you already have a vision for your life, when you operate within that passion it provides you with tremendous emotional fuel to keep you headed in the forward direction.

In #3 we learn how to control our emotions. Why? Because before we can open the can of worms from #5, we need to have in place a coping skill to handle our hurtful and negative emotions. Learning the technique I teach allows you to handle and resolve the things that might hinder your growth as you travel your Roadmap to Freedom.

Item #4 helps us to discover our beliefs, learn what others believe, and how what we focus on and believe is what will transpire in our lives. Freedom comes from implementing a new belief system.

Clarifying the issues, #5, may or may not be an emotional episode. Many addicts are highly creative and get bored very easily and want to escape those feelings of boredom and perhaps hopelessness. For those who do have underlying issues listed in the chart below, they now have the coping skills in place to make permanent change: (1) An exciting vision or dream for their life to think about, (2) Know how to control negative emotions that may arise, and (3) A willingness to look at new beliefs. The Tapping technique learned in #3 can also be used to overcome the underlying issues.

Communication, #6, is vital to any relationship, and especially our self-talk. You will discover the 5 Love Languages to help you better understand communicating with those you love. Some of our habits of lashing out at others while we are high need to be identified and stopped. Other actions, behaviors, attitudes and verbal assaults became habits during our addiction. We can stop our addiction, but we also need to change how we communicate and interact with others in order to restore broken relationships.

We all want to have a fabulous lifestyle, #6, but we may have never sat down and figured out what that looks like in our life. We have various types of friends in our life – old friends, maintenance friends, and growth friends. To grow to the next level in our life we may need to eliminate and/or add new friends.

Tip: We don't want any U-turns on this Roadmap to Freedom! Therefore, stop rehashing your past, stay in the present moment, and dream about an awesome future you want for you and your loved ones.

Are you ready and determined to change your life for good? Then let's get started.

## *Chapter 1* **Choose Your Destination**

Are you ready to travel your Roadmap To Freedom? Where do you want to go? How will you get there? How will you know when you've arrived?

Using the pages at the end of this chapter, answer the questions below. Before we get to the Roadmap markers, we need to first determine:

- 1) Where are you starting from?
- 2) Where do you want to go?
- 3) Are there any time deadlines?

### **Where Are You Starting From?**

Here are different areas in your life to consider identifying as starting points. They correspond with items 2 through 7 of the 7 C's of the Roadmap to Freedom. At the end of this chapter are pages for you to complete your answers to the questions presented in this chapter. First, in the left column, answer each item as to where you are today. There may be more than one answer for each item. After that we will discuss where you want to go – and you will write your answers in the corresponding right column.

1. Where is your focus in life?

- Only on “not” doing your addiction or drinking
- To become sober for my relationship with my (wife, parents, etc.)
- You are tired of relapsing and focus on how many times you have failed to stay clean in your past and feel hopeless
- You are trying to get clean because you are court-ordered to do so



- Attending support groups as often as you can
- I don't have a drinking or drug problem. I am just focused on getting by every day.

2. What is your current emotional state and your ability to handle various emotions?

- I am mad at \_\_\_\_\_, who causes me to drink or do drugs
- I am angry but don't know why
- Whenever I try to quit doing drugs or drinking my emotions get out of control and I don't know how to handle my negative emotions
- It's the way I was brought up (to have a short temper, blame others, or feel neglected or abandoned).
- I am fine. I can handle my negative emotions with no problems
- I let my emotions influence my decisions

3. What are your current beliefs around being able to get clean and stay clean?

- It is impossible to stay clean.
- This is a disease, therefore I have no hope of remaining free of relapsing
- I can withdraw or stop drinking or using drugs whenever I want
- I can handle any withdrawal symptoms that may show up
- If I just try hard enough, I can get clean and stay clean
- I have relapsed too many times to ever believe I can stay clean or sober

What are your beliefs about addictions or alcoholism?

- I have to attend support groups the rest of my life
- Those who quit relapsing were never as bad off as I am
- What do you believe about the statement that "You are 100% responsible for what happens in your life?" (In other words, no excuses that other people cause you to do drugs or drink, nor that it is a disease.)

4. What do you think are your underlying issues which arouse negative feelings or anger in your life?

- I don't have any issues, I just enjoy getting high
- My relationship with \_\_\_\_\_
- My childhood traumas
- My health issues

5. How's your level of communication? On a scale of 1-10 with one being the worse, score yourself in each of the following areas:

- With the significant other in your life
- With your family
- With your friends
- With yourself
- With God

6. Are you willing to change your lifestyle in each of the following areas?

- Develop new friendships who have better mental health; who can help you fulfill your dreams
- Learn how to stay away from your triggers
- Quickly forgive those who hurt you
- Quickly forgive yourself

7. How often are you working on improving your life by doing specific things?

- Daily
- A couple times a week
- Sporadic
- Never

## **Where Do You Want to Go?**

The majority of people live day-by-day with the goal of getting through today, and then maybe tomorrow will be better. Most do not know what they are passionate about in life, nor do they have any dreams or visions for their lives. I suggest you take some time to just think about what you want your life to look like. What does it mean to you to live your best life?

Looking at your responses to the above set of questions, answer the following:

1. Where are you starting from and where do you want to go in life?
2. What are the dreams for your life? What are you passionate about? Describe an ideal lifestyle.
3. Do you need to learn new coping skills to handle your negative emotions?
4. You want to stop relapsing – are you willing to learn a different process to take you to a fulfilled life? Are you willing to set aside your current beliefs and study how new beliefs can change you and your circumstances?
5. Looking at the chart below of possible underlying issues – which cause negative emotions, leading to you wanting to escape through your addiction – which one(s) can you identify with? These are the areas you need to resolve.
6. What areas of communication do you want to improve? How to win arguments. Describing your feelings of love to someone. Control your angry outburst. To quit lying. To quit giving the silent treatment. How to deepen relationships. What are the levels of communication you want in each area previously identified?
7. What kinds of friends do you want/need? Who do you need to forgive who hurt you? Once forgiven, stop rehashing the incident which leads to unnecessary emotional turmoil.

### Chart of Prevalent Underlying Issues

<ul style="list-style-type: none"><li>• Hurt (emotional)</li><li>• Low Self-Esteem</li><li>• Peer Pressure</li><li>• Perfectionism</li><li>• Rejection</li><li>• Boredom in Life</li><li>• Insecurities</li><li>• Relationship Problems</li><li>• Mental Illness</li></ul>	<ul style="list-style-type: none"><li>• Health Problems (Detected/ Undetected)</li><li>• Physically or Sexually Abused</li><li>• Stress</li><li>• PTSD/Flashbacks</li><li>• Loneliness/Depression</li><li>• Self-pity</li><li>• Guilt/Shame</li><li>• Codependency</li><li>• Self-hatred</li></ul>
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### Are There Any Time Deadlines?

- Has your spouse (or a court) given you an ultimatum to change by a certain date?
- Do you have a realistic timeframe in which to achieve this personal growth and transformation?
- A timeframe I suggest you implement is to set aside so much time each day to work on some aspect of this process.

## Guidance Questions

NOW	FUTURE
Where is your focus in life?	
What is your current emotional state and your ability to handle various emotions?	
What are your current beliefs around being able to get clean and stay clean?  What are your beliefs about addictions or alcoholism?	
What do you think are your underlying issues which arouse negative feelings or anger in your life?	

<p>What do you think are your underlying issues which arouse negative feelings or anger in your life?</p>	
<p>What How's your level of communication? On a scale of 1-10 with one being the worse, score yourself in each of the areas listed under #5.</p>	
<p>Are you willing to change your lifestyle in each of the areas listed under #6?</p>	
<p>How often are you working on improving your life by doing specific things?</p> <p>What are those specific things?</p>	

## Where Do You Want To Go?

- 1) Imagine your life without your addiction – what would you be doing to live your ideal lifestyle?
- 2) What are you passionate about? Describe a BIG dream you have for your life.
- 3) Do you need to learn new coping skills to handle your negative emotions?
- 4) Are you willing to learn a different process to take you to a fulfilled life (taught in this book)? What new beliefs would help you achieve your goals?
- 5) How do you expect to act differently once you have identified your underlying issues, deal with them, and replace them with the big dreams for your life?
- 6) What relationships need to be restored? Describe what your restored relationships would look like – with your significant others, your friends, your co-workers, and/or other family members.

7) Do you need new friends in your life? What kind? (Example: people to do things with, someone to hold you accountable, like-minded people around your hobby or passion in life, etc.)

### **Are There Any Time Deadlines?**

- Yes I have a time deadline. It is \_\_\_\_\_
- No, I don't have a time deadline.
- I am committed to working on this process daily.
- I will do this transformation process whenever I have time

### **Frequently Asked Questions**

Q. How will answering these questions help me with my struggle at this moment?

A. One of the main focuses of the Roadmaps to Freedom is to have something positive in your life to switch your focus toward, instead of focusing on *not* doing your addiction.

Q. Will I need God or a Higher Power in my life to make this process work in my life

A. No. It is not a matter of willpower, but of a change of focus, change of your heart, and several other changes. You already have all the willpower you need. As a byproduct of having a passionate dream for your life where you use your passion to reach out to love and serve others your desire for your addiction goes away.

Q. If I am powerless to get over my addiction because it is a disease, how will this process help me?

A. If you are willing to set aside your belief that it is a disease or that you will never get over it, then you can allow this process to play out to radically change you! You are not powerless. Certain elements are missing from the majority of today's recovery programs.



Once those items are added to your recovery process, change can and will happen . . . sometimes very quickly!

Q. How long will this process take before I can start seeing a change in my life?

A. Once you have a solid vision for your future, and have learned new coping skills to handle any negative emotions that come your way, change can begin quickly. When the doors opened in my life for me to actively pursue my passion, my entire life turned around in about 3-4 months. The underlying issues do not need to all be resolved before change can occur. The quicker you can make a massive shift in what you focus on, the quicker your life will change.

I've mentioned a few times about developing a positive vision for your future. Hopefully you have discovered a little bit about what you want your life to look like. Now let's dig deeper into how to discover your passion in life and use it to reach out to love and serve others.

***To Be Continued***