

Veterans Coaching Alliance

Substance Abuse & Addiction

Information from The Tad James Co <https://www.nlpcoaching.com/substance-abuse-addiction/>

Substance Abuse & Addiction

DISCLAIMER: This information is presented for educational purposes only. Nothing presented here should be construed as medical advice and/or as a replacement for allopathic and official medicine. This information is not intended to diagnose, treat, mitigate or cure any condition. If you have a medical condition, seek the advice of a competent health care provider.

Many families and individuals deal with some form or another of addiction. Even if different in degree, addiction is present almost like a ubiquitous shadow lurking in the background.

What types of addictions are there?

Drugs

Alcohol

Weed

Gambling

Online gaming

Social media

And many others

What prevents people from breaking free from addictions? Usually issues like:

Inability to hold focus

Easily distracted

Hurt and inner pain

Hopelessness

Helplessness



Abuse

Poverty (or fear thereof)

Fear of divine intervention

Shame

Guilt



Victimhood mentality

Martyrdom

Loss of direction

But eventually that must be changed if you want to have a fulfilling and truly inspiring life.

To do so, one has to have the courage to confront squarely the real issues underlying the need for addiction. From the NLP point of view, addictions are an unmet need at the unconscious level which is unfulfilled and which is covered up by the addiction.



NLP and **Time Line Therapy®** Training can help to discover what that unmet need is— usually a painful and hurtful issue. It can reframe and show other viewpoints not available initially from one's own perspective by a process called **Perceptual Positions**.

Some of other beneficial things NLP and Time Line Therapy® have to offer are:

Increased self-confidence and ability to think independently and take constructive action


Letting go of fears (all of them) and take corrective action

Letting go of shame and guilt so they disappear as issues out of one's life

Knowing how to deal with installing a recovery strategy

Becoming independent of outside help and solid in your own achievements thus turning your life around

Becoming an example and a model to your friends, family, and community (instead of hopelessness and helplessness one can change the strategies, the beliefs and values, thus achieving a rewarding outcome)



Letting go of running away from “it” and transforming all the dramatic (and often traumatic) unspoken events and situations into positive propellers for a positive future (This is achieved during a five-hour Personal Breakthrough Session at the end of the Master Practitioner Training course. This is not therapy, nor is it intended to be therapy. It is a process of discovery and letting go and a profound personal transformation)

But eventually that must be changed if you want to have a fulfilling and truly inspiring life.

To do so, one has to have the courage to confront squarely the real issues underlying the need for addiction. From the NLP point of view, addictions are an unmet need at the unconscious level which is unfulfilled and which is covered up by the addiction.

NLP and **Time Line Therapy®** Training can help to discover what that unmet need is—usually a painful and hurtful issue. It can reframe and show other viewpoints not available initially from one’s own perspective by a process called **Perceptual Positions**.

Some of other beneficial things NLP and Time Line Therapy® have to offer are:



Increased self-confidence and ability to think independently and take constructive action

Letting go of fears (all of them) and take corrective action

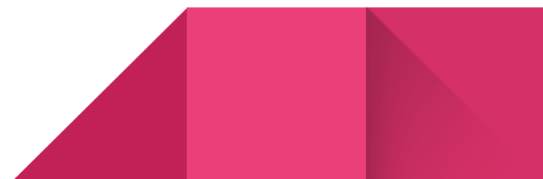
Letting go of shame and guilt so they disappear as issues out of one's life

Knowing how to deal with installing a recovery strategy

Becoming independent of outside help and solid in your own achievements thus turning your life around

Becoming an example and a model to your friends, family, and community (instead of hopelessness and helplessness one can change the strategies, the beliefs and values, thus achieving a rewarding outcome)

Letting go of running away from "it" and transforming all the dramatic (and often traumatic) unspoken events and situations into positive propellers for a positive future (This is not therapy, nor is it intended to be therapy. It is a process of discovery and letting go and a profound personal transformation) For a serious addiction, you should consult a qualified licensed medical practitioner.



Veterans Coaching Alliance
Fayetteville, NC 28306

