

## **How To Start Healing From Addiction**

### **QUESTION:**

How do I begin healing when I feel trapped in addiction?

### **ANSWER:**

Addiction is not a weakness of character – it's a response to pain, trauma, and unmet needs. You reached for something outside of yourself to fill the void, numb the ache, or survive the intolerable. Everyone has addictions, compulsions, and dependencies, some more acceptable than others. Some are legal, some not, some recognised and acknowledged, some not. *We all* reach for something to relieve the pain, soften the exhaustion, and numb the memories.

Healing starts with compassion and understanding that what once helped you survive is now holding you back. You are not your addiction; you're someone ready to reclaim freedom. Here's how:

### **1. Naming the truth**

Healing begins with honesty. Denial protects in the short term, but it keeps you trapped. Naming the truth, 'I use this to numb my pain' is not shameful. It's the first step toward liberation.

## **2. Seeing addiction as a symptom**

Addiction is never the root issue. It's a symptom of something deeper – grief, trauma, abandonment, or fear. By uncovering what lies beneath your addictions, you shift from blaming yourself to understanding yourself. This shift creates the foundation for change.

## **3. Reclaiming responsibility with compassion**

Healing doesn't mean hating yourself for your addiction. It means taking responsibility with love and saying to yourself, 'I understand why I needed this, now I'm ready to find another way.' Responsibility without shame empowers growth.

## **4. Finding healthier replacements**

When you take away a coping mechanism, you need to replace it with practices that soothe without destruction – breathwork, journaling, connection, creativity, movement. Healing requires giving yourself new ways to survive and thrive.

## **5. Asking for support**

Addiction feeds on isolation. Asking for help from a trusted friend, a group (there are incredible groups all over the world for healing addictions), or from a therapist, breaks the cycle of secrecy and shame. Healing happens in connection, not in silence.

## **6. Believing in possibility**

Addiction tells you that you'll never escape, healing tells you that freedom is achievable however much you doubt that's it's achievable for you. One of the hardest parts of healing addiction, is the belief that we don't deserve any better. We believe we're not worth the trouble, time, or effort it takes to heal and be well again. This is a limiting belief, a story that you've pieced together about yourself from the shards of broken mirror you once gazed into as you tried to find yourself. Healing addiction is 100% achievable. One step, one choice, one day at a time. Your story is not over.

### **Affirmation:**

I am not my addiction. I am healing, growing, and heading towards a door marked 'emotional freedom'.

### **Journal Prompts:**

1. What pain was I trying to escape when I first reached for my drug of choice - was it a physical drug? Was it alcohol, spending money I didn't have, sex, food, projection? What do I use to momentarily quench the pain I'm carrying?
2. How has addiction kept me safe, and how has it hurt me?

3. What new practices could help soothe me without destroying me? Look back through this book. Focus on the earlier chapters about abandonment, and family betrayal.
4. Who can I trust to walk with me in healing?
5. What would freedom look and feel like in my daily life?

**Visualisation:**

Imagine yourself blocked by a huge brick wall. As you look closely at the wall you see a name written on each brick. These names identify someone or something that has caused your addictions. Begin to breathe deeply. With each breath notice how the bricks begin to crumble. You tell each brick your thoughts about the role they have played in your addiction. Then you say 'goodbye'. Slowly, each brick turns to dust until you stand free, light, and unburdened. You walk forward into the wide-open space behind the wall ready to fulfil your potential.

**Conclusion:**

Healing from addiction begins with:

- self-compassion
- trusting yourself that you've got your back
- the promise that you'll do everything you can to help yourself heal

- believing you are worth the effort it takes to set yourself free

You don't need to punish yourself into change – you need to love yourself into freedom.

**Final Thought:**

Addiction is not the end of your story. Healing is the chapter you choose to write now.