

Introduction

Let's talk about what this book is NOT about. The material in this book is not based on the traditional 12-step program. This is not because the 12-step program isn't useful to many; it is. 12-step programs have been around for a long time as a genuine lifeline and a place to turn for those self-destructing from addiction, and I myself have benefitted from it. However, I have discovered that there is a world of difference between MANAGING an addiction and being FREE from addiction. I wanted to be free, unafraid, whole, and healed. This is what I found in the New Horizons "Choice Process" paradigm: the ticket to a "life-do-over." If you want more than a life of managing and struggling with an addiction, then come with me on this journey. It's hard work for sure, but together we will find the light at the end of the tunnel – because there is one.

Other than private counseling, 12-step programs have been the "staple" for treatment worldwide for a long while. Understandably, the 12-step philosophy has become common knowledge to most. Ideas like: "If you are an alcoholic you would never go into a bar." Or, "Those with addictions have a disease and therefore will always be sick or incurable." These ideas have been around long enough that we don't question whether they are actually valid for today, or if indeed there may be another way to look at the quest to be free from addictions. The Choice Process comes from a very different angle. We don't believe addiction is a life sentence or that addiction must be paid for by a life of avoidance, management or dependence on others for our actions. As you embrace this journey to wellness, you will need to be open to new ways of thinking, feeling, and living. For many, the Choice Process can be quite surprising. For me, it was truly refreshing and a whole new way to view myself, and my addiction, and allowed me hope for the future. If that appeals to you, then get ready to think "outside of the box."

It's been said, "*All truth is God's truth.*" Perhaps you picked up this book because you desperately want to know the answer to the questions: "How can I be free from addiction? How can I learn a program that would actually work?" I expect that you will be deeply impacted by the truths discovered through this book and through the New Horizons "Choice Process."

There is a cure for addiction. Like the title of this book suggests, before addiction can be “fixed,” you must first “figure” the program, “face” the underlying causes, and address fears of relapse.

Each chapter has a “figure it” or “face it” assignment page. To maximize your learning curve, I encourage you to answer each question and fulfill each assignment. Because of the limited space provided in this book, feel free to use a notepad, journal or computer to record your answers. I invite you to join me on a journey that will lead you to be free from addiction forever. *“I am here to help you, not to judge you.”*

