

ADDICTION

Freedom

There is a difference between knowing the path

and walking the path

RELAPSE PREVENTION FOR A LIFE FREE OF DRUGS AND ALCOHOL
A Powerful methodology to create a healthy mind and body and spirit.

Created by **Wendi Friesen CHT**

TheAddictionProject.com



Addiction Freedom Course



Created by

Wendi Friesen



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hile Wendi Friesen is best known as a Mind Coach and a Life Changing trainer to people worldwide, her work is inspired by her **love of lifting people out of addiction**. She knows and understands the addiction you are struggling with and has the tools that will **give you freedom**.

Meet your partner in creating your healthy life!

You are about to experience something very different and life changing. If you have struggled with addiction and you are ready to be free, you are in great hands!

Your therapist will be your coach, your guide and your trainer through the process of creating the beliefs, values and core strength. Their training and experience will give you the confidence you want and the life you deserve.

No matter where you have been or what you thought you were, it is all about to change. With daily guidance and accountability calls, we create a safe and confidential place for you to experience your transformation.

You can trust that the work and training they have done is going to help you feel safe, secure and solid.

Wendi believes that everyone has the power to transform their life.

She has created miracles for people who have given up hope. She knows that in everyone there is the potential to find what you love, discover what you really want and release your struggle.

You can let go of pain and struggle of addiction and create the life you want.

Wendi's Addiction Freedom program is a breakthrough in the way we look at and treat addiction. Therapists and treatment centers are changing the way they look at addiction and **Wendi's methods are embraced by thousands worldwide**. The experience of powerfully focused, life changing methods using hypnosis, NLP, and time line techniques make her work unique and life changing.

With your coach or trainer you can learn how to become more powerful, successful and confident in your business and personal life, and take back your power.

Anyone who is struggling with addiction can find hope when they experience this creative and focused method to overcome fears and instantly create strength and health. Over 20 years of experience shows proof that use the neuroplasticity of the brain will help you end the addiction. Stop the triggers. Change the beliefs and identity that keeps your mind and body stuck and experience the freedom you deserve.

You really can create the life you want.



Freedom. For Life.



There is a very good reason for the low success rate with most treatment methods.

These outdated methods don't look at the science of how the brain works, the identity and core beliefs that create new behaviors.

They ignore the science that creates the values and habits that fuel our decisions in every aspect of our lives.

To create a permanent change in your life there are 7 elements that you must have.

Desire- You have to want to change. For yourself.

Core Belief- Who you are and what you believe about yourself.

Identity- You are powerful and healthy and worthy.

Conflict Resolution- Stop the self sabotage and internal conflict.

Self Talk- Your words and thoughts create change in your cells.

Repetition- As you consistently do and think differently you create new neural networks in your brain.

Trigger Release- The subconscious triggers can be redirected to cause positive feelings and reactions to the old triggers

Having freedom from addictive beliefs, identity, triggers and behaviors is essential for creating freedom in your body, mind and spirit.

You are about to learn how to do this for yourself with your coach. I would like to help you to experience this in the next few days.

Are you ready?

Having been successful in helping 1000s of people worldwide find ways to overcome their life problems, I often wondered about addiction and how my same methods could totally eliminate their addictive behaviors.

My clients begged me for a program for addiction that would give them the transformation and freedom they needed. I was hesitant. But I was about to make a big discovery about why people fail in addiction treatment.

My research opened my eyes to the outdated addiction

treatments available. You choose meetings, 12 steps and expensive treatment centers. While I realized that this works for some, the overwhelming responses were that it doesn't work. Further research showed me the truth about success rates for 12 step, rehab centers and AA meetings.

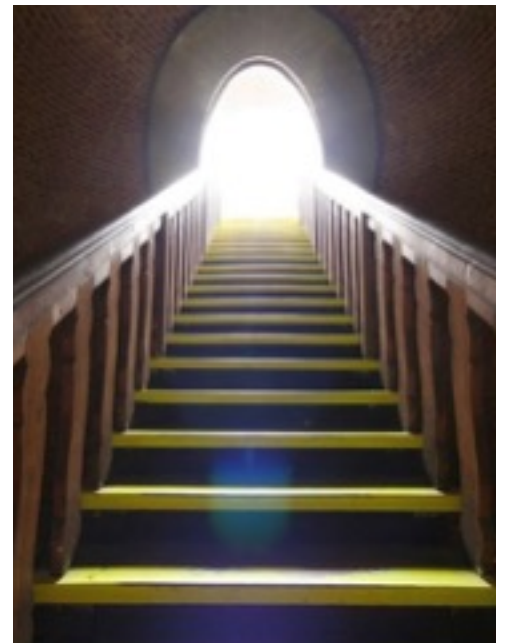
I was shocked to discover that the real success rate in 12 step methods is only 5-10% and my own personal experience was about to prove it to me in a big way.

My son was an addict. He struggled

through his early 20s with alcohol and opiates and my real journey began. I sent him to 5 residential treatment centers that used 12 step methods. They taught him that he will always be in danger of relapse.

He learned to introduce himself as an addict, for the rest of his life. He was convinced this is an incurable genetic disease.

You have free will and you have a choice about what you want to believe. Think about who you want to be and who decides how you will heal your life.



Knowing The Path

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Desire What do you really want?

You probably know what you don't want.

You are probably an expert at what you don't want!

If you have gone to meetings and rehab you have immersed yourself in the pain, powerlessness, fear of relapse. You have listened to stories from 100s of people that conditioned you to live in fear of relapse.

You have been made to believe that you will always struggle and that your disease will haunt you forever.

You have been led to believe that this is the ONLY way and that you must live by these beliefs.

Good.

We know what you don't want!

What you think about... expands.

Thoughts are things.

We become what we think about most of the time.

The mind is everything, what you think, you become.



What do you really want?

Make sure you describe it in positive terms and goals, rather than what you no longer want.



My Body and My Health

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

My daily habits and routines

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Family and Relationships

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Success and Wealth

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Fill your mind and body with what you DO want.

Today's Hypnotherapy session

Future Timeline process- The Fork in the Road

Experience two futures

Take the step and make your decision

You will experience this session as a trip into your future. On the path of your future, you will experience reality in two different futures and make a decision that will have a deep and lasting effect.

Tonight-

Infusion session

Fall asleep to the deep suggestion session in the Infusion CD session.

You will choose the Infusion session for drugs or alcohol.

Tomorrow Morning-

Wake Up Happy

Create the day that you want to experience. Start your day with a new mindset and a positive outlook.

Journal-

Write a letter to yourself. Let the words simply flow, as you express your thoughts about what you really do want.

Journal

Letter to myself:
