Self-Inquiry Addiction Process

This visualization will help you get into touch with core feelings. Remember, in order to release addictive behaviors, you must first identify the original feeling at the onset of the addictive behavior.

Visualize getting onto a train or bus or go for a walk with any feeling(s). Pretend the feeling is a friend. You and your friend are going to take a journey together. Find a comfortable seat on the train. The train soon leaves the underground station (symbolic of the subconscious mind).

Begin a dialogue with your friend to distinguish its characteristics. Ask it questions:

- *Who are you?*
- *What are you teaching me?*
- *What is my lesson?*

Once you can clearly answer these questions, you can get to the core of the emotional pattern that began the addictive behavior.

The second step is to go deeper and ask more personal questions.

Ask the feeling (friend) what emotional need(s) was created? In other words, was it a particular situation? Did the father leave? Mother started to drink? Were you responsible for your siblings? Was it a certain situation? Was it a statement that someone else made? Was it something that happened in the family or at school? Was it a fear? Keep asking your friend (the feeling) questions until the situation is completely identified and the answer is satisfying and clear.

Getting to the feeling is the key to uncovering the emotional cause that produced the addictive behavior. Ask yourself, "Am I hurt, feel rejected, angry or confused or sense fear?

Once you have all the pieces of the original emotional experience, it's time to embrace it. This is the most important part of healing. Yes, you want to love and embrace the original experience of hurt. Perhaps it was your mother or father. It's okay; this doesn't mean you'll be angry for the rest of your life. It means quite the opposite; now you'll be able to let go. By embracing the past, you let go and love the past.

As your conversation with your feeling comes to a close, visualize the next train station approaching. Thank whatever feeling (s) surfaced for the information they provided the same way you would thank a friend who traveled with you. As you walk off the train, know this action helped you attain clarity in the midst of emotional and mental chaos.

This visualization process allows you to identify the original core feelings that have sculpted the addictive behavior, now buried under 30-50 years of life experiences. This process takes about twenty to thirty minutes and is worth every second.

If you aren't sure what the feeling is, use the actual addiction instead as your "friend." For example, if your addiction is with food, use your favorite food in your visualization. If your addiction is with alcohol or cigarettes, use those items in your visualization instead of a feeling.

Take the food, cigarette, or other addiction with you on the train, and start the conversation there until you discover the feelings and core situations that created the addiction. Once you are on the train with your addiction ask, "What do I feel when I eat/smoke/drink? How does it make me feel?" Have a conversation with the chocolate, cigarettes, or the favorite drink, and identify the feelings that were not originally understood. The identification of feelings helps recapture lost innocence and releases the iron grip the emotional pattern holds.

When the process is complete, it is important to write down any information you discovered. Take time to identify all the circumstances around the addiction. If the same addictive pattern repeats, it means you have not found all the roots to the emotional feelings associated with the original situation that began this addiction.

Get back on the train and see what else you can discover. Ask yourself, "What is the core feeling: anger, fear, confusion, resisting or denial?" By using this visualization, you will locate the emotional roots and gain freedom from any addictions.