

Preface

In America today, cocaine is everywhere. But this is not the first time America has faced the plague of rampant cocaine use. Around the turn of the century, cocaine use was widespread. Its misuse had reached epidemic levels.

During this first era of cocaine, folks were injecting, snorting and smoking cocaine. In one city it was sold door to door. Cocaine laced soft drinks and tonics were popular. Patent medicines which were types of home remedies for epilepsy, hay fever, colds, dysentery and other minor illnesses often contained large amounts of cocaine. One hay fever remedy was 99% pure cocaine. In a 1914 Atlanta newspaper article, the Chief of Police blamed 70% of that city's crime on cocaine use.

Slowly but surely however, as the negative effects of cocaine abuse became more well known, widespread publicity resulted in changing popular attitudes and brought about a demand for strict regulation. Strong legislation at the federal and local level along with public awareness of the dangers of cocaine, ended the first era of cocaine.

Of course the times and circumstances are different in this, our second national cocaine epidemic. But it is my strong feeling that we will eventually control this problem. Just a few years ago, cocaine was not considered harmful. We now know that cocaine is one of the most addictive substances known to man. And the highly destructive consequence of its abuse receives more publicity every day.

This is why I believe our second era of cocaine will soon be brought under control:

Drug education and public awareness campaigns are teaching us not to touch this highly addictive drug in the first place. The response is encouraging. Studies show that the attitudes of young people and adults are already shifting dramatically toward an anti-drug, anti-cocaine mindset.

1. Awareness is spreading among those inclined to use drugs that the negative consequences of getting high on cocaine, the high cost of the drug, the inevitable paranoia and depression, the intense dependency, far outweigh the pleasurable effects of the short high.

More effective interdiction on the supply side will reduce the availability of cocaine. This will drive the prices up and very simply, make cocaine use an impractical way to get high for the majority of those vulnerable to drug abuse.

- 2.

Winning the war on drugs won't be easy. But we know drugs can be stopped. Communities across America have found ways to get the upper hand in their efforts to control drug abuse. Their most effective method by far is the distribution and discussion of relevant drug education literature.

Working on this project has made me terribly aware of the lack of education and prevention literature aimed at the individual addicted to Crack, the potent cocaine derivative. The very first day I began to gather material for this book, a doctor whom I interviewed after being referred to him by one of the cocaine hotlines, complained, "I simply do not know what to tell callers. My advice to them is to try to cut down gradually on their own and see a psychiatrist."

The war on drugs has many fronts. This book is an attempt to touch the demand side of the problem by helping Crack users overcome their psychological and emotional dependency on the drug. The book is written primarily to the recovering Crack addict. But there is a secondary message for drug counselors in particular and for people concerned about helping people on Crack.

The text reveals the stream of consciousness of the recovering addict. The book provides an outline or guidebook for the drug counselor or concerned loved one to work from in assisting the recovering addict.

(Please see Appendix A if you plan to work from this book to assist recovering addicts.)

The material in this book comes from the addicts themselves. I interviewed folks addicted to Crack from around the country, individuals from a wide range of socio-economic backgrounds: Streetwise addicts to Wall Street executives

with a Crack problem. They were interviewed in therapy and counseling sessions in Crack dens and on street corners.

I asked them: "What is going on?" "Why is this drug so compulsive?" "What can be done to assist recovery?" "What has worked for you?"

While individual experiences varied widely, common threads began to emerge. Each and every one said things like: "Once you take that first hit, you will continue using until your money or supply runs out. You make endless excuses to yourself to rationalize getting high. The fear and paranoia of the crash is inevitable. If you allow yourself to think about the drug, you will be compelled to use it."

The book is not a collection of user anecdotes. It is a compilation, based on an overview, of the common effects of the drug on users' lives. Their experiences are synthesized into a simple and concise discussion of what Crack use entails, keeping it general enough to reach the broad audience of users.

The aim of this book is to inform, persuade and remind. It is structured to change attitudes and behavior. It is an attempt to communicate information in order to obtain action.

The aim of this book is to convince the addict, that when properly informed about the nature of his addiction, he has the resources within himself to overcome this problem.

Again, the material comes from addicts and is primarily for addicts. **The Crack Busters Workbook** is a readable book, not a dry clinical study or scholarly research report. Authoritative quotes, sources and footnotes were deliberately omitted to avoid encumbering the recovering addict struggling through the text.

The content and approach may be easily verified. The material has been carefully researched. All assertions relating to cocaine habituation fall within the generally acknowledged body of facts on the subject.

Folks suffering from the problems of addiction possess a particularly sharp sense of judgement when it comes to discerning the relevance and credibility of material aimed at their problems. Individuals dependent on Crack who have reviewed the book recognize, understand and relate to what is presented.

Surprisingly, the majority of Crack addicts are very much aware of the extremely negative consequences of their habit and have a strong desire to quit. Many say "no more" each and every day but are unable to live this choice. It is my hope that those who read and work through The Crack Busters Workbook will become **a little stronger and a little wiser** and thereby gain the capacity to live their decision to say "NO" to Crack.

Foreword

by Bernard Lewin, M.D.

Crack abuse is unquestionably the number one drug problem in our society. Concerned parents, teachers and community organizations are searching desperately for resources to combat this problem. In America today, there is an enormous need for relevant Drug Education and Prevention literature. Now we have **The Crack Busters Workbook**.

In this book, the manner in which Crack keeps one addicted is examined. But more important, some good, solid information is provided on what it takes to beat Crack addiction. At the very least, **The Crack Busters Workbook** gives the addict that is highly motivated to quit, a life preserver, a straw to clutch. The book offers hope - a way out.

Researchers are learning more every day about the biochemistry of cocaine addiction. Cocaine upsets the normal activity of neurotransmitters traveling between nerve endings in the brain. Dopamine has been identified as one of the primary players.

Normally, dopamine is secreted by one nerve ending to excite another. It is then rapidly reabsorbed after completing its task. Cocaine use stimulates the secretion of dopamine, but then inhibits reabsorption. The dopamine is then metabolized by the brain resulting in shortages of this essential neurotransmitter. Depletion of dopamine and other neurotransmitters has been linked to the craving for more cocaine and to the manifestation of the psychotic symptoms associated with cocaine use.

Progress is being made in the treatment of cocaine addiction with drugs that slightly and temporarily reduce the craving to use cocaine. But unless and until drugs are developed that substantially inhibit the cravings on a long-term basis, the best treatment for cocaine addiction remains somehow training the addicted individual to resist the drug with habit modifying counseling and therapy.

Mr. Wallace in his **Crack Busters Workbook** lays some interesting and important tracks on the counseling and behavior modification side of treatment for cocaine addiction. Regardless of the role played by cocaine's interaction with the chemicals of the brain, when it comes to understanding treatment of cocaine addiction, it is essential to recognize that addicts are victims of overwhelming psychological urges and cravings. The psychological domination of this drug is intense. It is the chief feature of this powerful addiction.

Anyone, who has worked with individuals addicted to cocaine, is aware of the fundamental mandate to teach addicts to insulate themselves, from both within and without, against the psychological cues or triggers that in a large part constitute cocaine addiction.

The operating principle of this book is to train addicts to recognize and resist these cues or triggers; to physically insulate themselves from external cues and to psychologically shut-off those that originate from within.

Crack addiction is essentially a powerful habit. Habits can be broken. Good habits may be inculcated to replace bad habits. Yes, it is recognized that actually changing behavior is a difficult job. Nevertheless, as simple as it may sound, the essence of rehabilitation for the Crack addict is to destroy bad habits on both the conscious and unconscious level and replace them with good habits that specifically counterbalance the psychological pressure to use this drug.

Mr. Wallace attempts to train the user to resist his short-sighted, present-gratification orientation. He does this by helping the reader to project for himself, the short and long-term negative consequences of using Crack.

In this book cues and triggers are clearly identified. The reader is also walked through a series of self-analysis exercises designed to help identify or personalize the ways various cues and triggers impact in a way unique to the particular reader.

The **Crack Busters Workbook** counsels repeated reinforcement leading to the development of habits that will

hopefully make the long-term decision process to resist Crack routine for the recovering addict.

It is worth noting, that there is not a single pro-drug concept in the book. Mr. Wallace successfully crosses the thin ice of discussing Crack abuse without dropping cues or triggers that might inadvertently cause the recovering addict to fall.

The importance of relevant substance abuse literature cannot be overstated. The more insight, literature and communication, the better. This book contributes to the body of effective drug education literature. It makes important information about recovery from Crack addiction available to those in need.

To my knowledge, there exists no book written from this perspective on Crack. It is the first book that suggests ways to overcome Crack dependency. It is the only book on how to recognize and resist the pressure to use Crack.

There are no magical solutions to the problem of drug abuse. **The Crack Busters Workbook** simply inspires and encourages the user to fight, to make a stand; to engage in all-out psychological warfare.

For many who need help, this book will be a first step. For many who cannot find or afford the proper treatment, this book may be their only resource, their only assistance in reversing this destructive addiction.

The techniques in this book work. Crack addiction will be overcome by many who read **The Crack Busters Workbook**.

Introduction

How To Use This Book

Recovery from Crack addiction is not a passive process. To even have a chance at recovery, you will have to engage in ongoing hard work on yourself. Be assured that you will only get back from your efforts as much as you put in. No one can work on you but you. No one can change you but you.

The Crack Busters Workbook is simply a guided study of some of the concepts that may assist your recovery. It will be up to you to work hard, get into the material, follow the suggestions and apply the lessons to your life.

How To Have The Greatest Chance For Success

If you were to ask, "how can I get the most benefit from this book, how can I have the greatest chance for success?" The answer would be: "Establish a working relationship with the book." Simply reading the book through once would probably result in some level of positive growth and change. But to recover from Crack addiction, much more will be required.

Simply reading the text is not enough. You must study this material. You must learn to refer back to the various sections and read them over and over.

You must learn to turn to this book when you need a moment of strength or inspiration in a particular area of your recovery. Turn to the section on "Excuse Making" for example, when excuses to use Crack begin to enter your mind. Or review the section on "Willpower" when you feel your resistance is weak.

No matter how difficult it may be to pick this book up at various times, you must learn to force yourself to do so. Read, read and reread until you practically memorize all the important points.

The Crack Busters Workbook is not a book to be read once and forgotten. It is a guided learning program meant to assist the difficult process of changing behavior.

There is another important recommendation to assure the greatest possible chance for a successful recovery: Please, Please, Please do the written exercises. Go through every last one. Do not skip or abandon any of the written exercises. Completing the written exercises is critical to the way this book works. Do not make the responses in your head. Put the information asked for down on paper.

Much has been said and written about the importance of writing in the learning process. But take our word on it, if you want to be successful, you must make a commitment to actually doing the written exercises.

The Aim Of This Book

The aim of this book is to help you change the negative thought and behavior patterns that keep you addicted to Crack. You will learn how to engage in psychological warfare by reprogramming your thoughts, emotions and behavior with new attitudes that specifically counterbalance the patterns of your addictive behavior.

As you go through the book, concentrate on gaining insight into the ways that Crack is able to control your life. Concentrate on learning the unavoidable negative consequences of Crack abuse. Concentrate on developing the positive habits and attitudes that will help you resist the pressure to use Crack.

If you can master the material in this book, there is a good chance that you will come away with a set of mental defenses that will, hopefully, assure your lifetime recovery.

Structure Of The Book

The Crack Busters Workbook consists of four major parts:

Part I - KNOWLEDGE INSIGHT INFORMATION, provides knowledge and insight into the most well known and predictable ways that Crack keeps you coming back for more, along with a look at the most common negative consequences of Crack abuse.

Part II - OVERCOMING DENIAL SELF-ANALYSIS, is an effort to prod you into examining the impact of Crack addiction on your life in particular. A confrontational tone is set to challenge you into facing your problems honestly. Self-analysis exercises help you develop a personal blueprint of your strengths and weaknesses.

Part III - DEVELOP HABITS THAT WILL HELP YOU RESIST represents the core of the book. You begin training in the essential behavior modification techniques that will help you to resist Crack. You will learn how to develop your willpower for example. You will learn how to practice thought control and how to build up a burning desire to recover. In addition, Part III contains the all important discussion on how to work with your Higher Power. (You may wish to turn to the section on your Higher Power right after reading through Part I.)

Part IV THE THREE MOST IMPORTANT AREAS TO WORK ON contain a more involved discussion of the most important areas to work on to overcome Crack addiction: Cash Control, resisting cues and triggers with attention control, and identifying and working on your times and patterns of weakness.

Suggested Reading Schedule

We recommend that you begin by reading all of Part I in your first sitting. Then read the entire book at your own pace. Make notes as you read through the book for the first time. Jot down things that are of immediate importance to your recovery; things like, "destroy my 24 hour banking card," "don't get caught sitting around lonely and bored," "find a program or support group."

By the way, there are quick reference tear sheets in the back of the book that summarize important points to remember. Tear these sheets out and carry them around with you for awhile.

After reading the entire book once, take your time and go through it slowly, section by section. Complete the written exercises. Give yourself time to reflect on how the material relates to your life. Return to the areas where you need the most work.

Try to get into the habit of reading your book at a set time each day. A good pattern is to read each morning after you wake-up and at night before you go to bed. The text is designed to guide you through a transformative process. You will notice a great deal of repetition in **The Crack Busters Workbook**. This is not to bore you to death, but rather to insure that important points sink in. Bear with it. It is meant to help you.

Some Final Remarks

Hey! do you know that by simply reaching out for help; going through the effort to obtain this book and reading this far, you have taken the first and possibly most important step on your road to recovery? You have recognized that you need help and made the effort to get it.

Be patient with yourself. Don't get discouraged. Recovery from Crack addiction is a long-term process. Be ready to work heavily with this book for at least a year, or as long as it takes.

If you relapse, really try to learn something from your mistake. Then immediately jump back into your recovery with twice as much determination to succeed.

Overcoming Crack addiction may be extremely difficult or it may be as simple as deciding never to touch Crack again and remaining strong enough to live this decision for the rest of your life.

For some, those highly motivated to quit, this book will be all they need to overcome their addictive behavior. It depends on the individual. The people who will succeed are the ones who are willing to work hard and apply themselves.

Remember this, if you have a burning desire to recover, you will beat your addiction.

Get Well! Good Luck!

Part I Introduction

Knowledge Insight & Information

In **Part I** we try to identify and outline the common effects of Crack abuse. To create a framework, we have broken down common effects into the ten main addictive factors of Crack abuse, (what causes you to use Crack again and again), and into the six main unavoidable negative consequences of Crack abuse.

The ten addictive factors are discussed in the following sections: 1) The Nature of Crack Addiction 2) A Subconscious Current of Addiction 3) Thinking About Crack 4) Friends and Environment 5) Use Always Leads to Further Use 6) Excuse Making 7) Patterns and Times of Weakness 8) The Seductive Nature of Crack 9) The Love Affair 10) Powerful Cravings.

The six major areas describing the unavoidable negative consequences of Crack Abuse are: 1) The Fear Factor 2) The Money Factor 3) Medical Risks 4) Other Risks and Dangers 5) Hurting Others 6) Life Becomes Unmanageable.

The purpose of **Part I** is to build a foundation based on knowledge about the way Crack addiction works. As you read through the sections you will undoubtedly recognize how these different elements manifest in your own life. Our aim is to verify and confirm your vague hunches, to solidify your knowledge about exactly what the use of Crack involves.

You should come away with a clear understanding of the basic effects of Crack abuse. By increasing your level of awareness about the way this drug works, you will be able to focus more accurately on beating this addiction.

To wage psychological warfare, you must know exactly what you are dealing with. When you are properly informed and forewarned, the power of this drug to control you is reduced.

Try to read this entire section in one sitting. It will take the average reader only about a half-hour. Study **Part I** until you are familiar with the tricks, pitfalls and negative consequences unique to Crack addiction.

The Nature Of Crack Addiction

Part 1 Chapter 1

Crack addiction is different from our usual understanding of addiction. Most of us, when we think about what it means to be addicted, form our opinions by looking at the addictive effects of drugs like alcohol, heroin or valium. We feel that these users are definitely hooked, physically dependent. If they don't obtain their drug each and every day, they become physically sick.

Not so with Crack. Many Crack users can go for long periods, a week, a month, without using Crack and suffer no major physical withdrawal symptoms. At least not the type of heavy physical withdrawal symptoms we associate with heroin or alcohol addiction.

The common pattern among Crack abusers is to binge and abstain. It is possible to have a Crack binge, suffer the negative effects and abstain from using the drug for a period of time.

Crack users often abstain from using Crack. Factors such as lack of money, inability to obtain the drug, or even a sincere intention to quit, make it possible for many Crack addicts to go for extended periods without using Crack.

The problem of course is that inevitably, the user will binge again. Binge and abstain, the cycle can go on for years. In fact, for many Crack users, this pattern of behavior constitutes their addiction.

Except in severe cases, the Crack user does not see the heavy physical dependence on daily use or the heavy physical withdrawal symptoms associated with the stereotyped concepts of alcohol or heroin addiction.

For this reason, Crack addicts often think, "I'm not hooked like a heroin addict or an alcoholic who needs his drug every day or else. I didn't have enough money for Crack for the past two weeks and didn't use and no problem."

Because Crack users can get away with not using for short periods of time, they are known to fool themselves. They often feel that they can control their habit and continue to manage their lives, they feel that they are not addicted.

They feel that they can stop any time they really want to. What they often fail to realize however, is that even though the physical dependency may be minor when compared to other addictive drugs, they are the victims of a severe psychological addiction.

Crack is just as addictive as heroin if not more so, only the addiction exerts its domination over the user's life more through psychological control than physical dependency. Indeed, the psychological domination is overwhelming. Scientist now report that cocaine is one of the most addictive substances known to man.

Drug addiction means: 1) A physical and/or a psychological dependence on a drug.
2) Compulsion to use the drug in the face of negative life consequences. 3) The habit is harmful to the individual and society.

MAIN POINT: BE AWARE THAT ANY PATTERN OF CRACK USE CONSTITUTES ADDICTION.

IF YOU CANNOT STOP USING CRACK, AND THIS MEANS FOR THE REST OF YOUR LIFE, YOU ARE AN ADDICT.

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A Subconscious Current of Addiction

Part 1 Chapter 2

If you are trying to overcome a problem with Crack, it is helpful to look at your addiction in this way: See the addiction as a force that operates on the subconscious level. This means learning to be aware that there is a powerful current of addiction running beneath the surface of your conscious intention not to use the drug.

Most Crack addicts have many moments when they sincerely desire to stop. The problem can run something like this however. You use the drug, experience the fear and paranoia, feel disgusted for wasting so much money, feel perhaps that you are harming your body and declare, "that was absolutely the last time. I'll never do this again.

You may have thrown your pipe out the window, cut your bank cash card in half or promised yourself that you will enter a program. But in a few days, when you are feeling back to normal, the subconscious current of addiction resurfaces and overrides your conscious decision to stop, resulting in yet another occasion of use.

Note: By subconscious we simply mean operating beneath the surface of your conscious intention or awareness and not any complex psychological definition of subconscious activity.

It is this subconscious current of addiction that keeps the Crack addict locked in a pattern of addiction. Despite your most sincere intention not to use the drug, the powerful subconscious current of addiction is always lurking, waiting for a moment of weakness, an opportunity to exploit you and make you use the drug.

When you are not trying to stop you are flowing with the subconscious current. When you give in and use the drug, you are increasing the power of the subconscious current of addiction. On the other side of the coin however, when you decide to stop, you are pitting your conscious will and intention against this subconscious current of addiction that you have made strong by your use of Crack.

EACH TIME YOU RESIST OR TURN AWAY FROM THE DRUG IN ANY WAY, YOU DIMINISH THE POWER THAT THE SUBCONSCIOUS CURRENT OF ADDICTION HAS OVER YOU.

To be successful in overcoming Crack addiction, the power that your subconscious current of addiction has to dominate your conscious resolve not to use the drug, must be identified, controlled and rooted out at its deepest level. All-out psychological warfare will be necessary to diminish the power of this addiction to the point where it can no longer dominate and control your conscious free will.

Psychological warfare means becoming fully aware of the patterns of weakness in your life that allow the addiction to assert itself. Psychological warfare means practicing the techniques that empower your efforts to overcome your addictive behavior.

Your aim will be to transform this subconscious force to a point where it no longer has power over your life. Be aware however, that once you have experienced Crack, this subconscious current of addiction stays with you for the rest of your life.

A tiny seed of the subconscious addiction will always be with you. If you are not extremely careful this seed may explode into a full-blown addiction even years later.

Thinking About Crack

Part 1 Chapter 3

Crack addicts tend to think about Crack a great deal. They daydream about the drug, fantasize about it. Many Crack users think about the drug constantly.

Each time you think about Crack, you are flowing with the power of the subconscious current of addiction. You are adding to the power this drug has over your life.

When you avoid thoughts about Crack you take away some of the power that this drug has to dominate you. A single thought about Crack can escalate into an occasion of use.

Thinking about Crack is like rolling a snowball down a hill. That first thought becomes many thoughts. Then the avalanche of urges, cravings, and excuse making begins, completely overwhelming your intention not to use the drug. When you allow yourself to think about Crack, you become your own worst enemy. There is no doubt about it, start thinking about the drug and you will use it.

Basically no matter how sincere your intention may be not to use Crack on a given occasion, the undercurrent of addiction is there waiting for an opening, a moment of weakness to compell you to use the drug.

A thought about Crack acts as a trigger or cue. It triggers the power of the subconscious current of addiction to well up and override your intention not to use the drug.

Crack keeps you using primarily through psychological influence and control. And one of the most powerful ways that Crack exerts control over your conscious intention is through your thought process.

This may be true with any addictive drug, but when it comes to Crack addiction, thoughts about this drug play a very powerful role. Thoughts about Crack trigger the chain reaction of events that almost always lead to a fall.

Any effort to overcome this addiction involves paying close attention to your thoughts about this drug. A single thought about the pleasurable effects of Crack is capable of triggering the subconscious current of addiction.

Thinking about Crack allows the power of the subconscious current of addiction to come to the surface and override your intention not to use the drug. Thinking about Crack makes the subconscious current more powerful. Because Crack addiction dominates one so powerfully on a psychological level, one of the most important things to be aware of is the need to control one's attention.

You must learn to stop the subconscious current from getting a foot in the door of your intention not to use the drug. The first step in accomplishing this is learning that:

A THOUGHT ABOUT CRACK ACTS AS A TRIGGER. LEARN TO ELIMINATE ANY AND ALL THOUGHTS ABOUT CRACK FROM YOUR MIND.

Friends And Environment

Part 1 Chapter 4

The powerful desire that is always lurking beneath the addict's intention not to use Crack wells up and catches him again and again because of the powerful influence of cues and triggers.

Friends and environment play a very powerful role in opening the door that starts the chain reaction of events that inevitably lead to a Crack binge. This means that if the Crack addict comes into contact with friends who use the drug, walks past the pushers, or comes into any environment or circumstance associated with Crack, the psychological chain reaction of thoughts, excuses, and rationalizations that lead to a fall is almost certain to begin.

Crack addicts are extremely vulnerable to anything that triggers the craving to use Crack. Friends and environments associated with Crack, play a very strong role in Crack addiction.

FRIENDS AND ENVIRONMENTS ASSOCIATED WITH CRACK FORM A WEB OF TRIGGERS AND CUES THAT KEEP YOU LOCKED IN THE CYCLE OF YOUR ADDICTION.

They not only weaken your resolve not to use Crack, they usually destroy it. Friends who use Crack should be seen as your worst enemies. If you are trying to stop, these people will definitely keep you caught in your cycle of addiction.

Simply coming into contact with them will be enough to trigger the cravings that inevitably end in using the drug, to say nothing of the times when they will purposely turn you on for company or in the hope that you will supply them when they don't have any Crack. So called friends who use Crack will pull you down time after time. They are actually part of your addiction because association is such a powerful triggering mechanism with Crack abuse.

When you come into any environment associated with Crack or where Crack is available, you are likely to set off the avalanche of cravings, desires and excuse making that will definitely allow your addiction to override your free will.

Many recovering Crack addicts are aware of the associative power of Crack. They do everything in their power to avoid Crack-culture environments. If you were on a deserted island you know you would not have a Crack problem. This would be the case not only because Crack would not be available, but because you would be free from the friends and drug-culture associations that trigger your compulsion to use Crack.

Because Crack is almost everywhere today, the burden is on the addict to clean up his or her act to the point where any connection with Crack-related friends is completely and permanently cut.

And where any environmental association is kept to the barest minimum. This is a very important part of overcoming Crack addiction. There is no way to avoid this requirement for recovery.

Use Always Leads To Further Use

Part 1 Chapter 5

Another element of the psychological power that Crack has to keep one addicted is the fact that use always leads to further use. This is of course true for any addictive behavior, but it is a particularly powerful part of Crack addiction.

On one level this factor is reflected in *chasing the high*. This means that once a user begins a session, one of the things that keeps him using is the effort to regain the experience of the initial rush.

Once a user takes the first hit of the drug, he or she must continue until they reach a point where they are somehow forced to stop; running out of supply, running out of money or perhaps reaching a level of physical exhaustion that compels them to end the session. One hit leads to another and another and on and on until some outside factor forces the session to come to an end.

Because use always leads to further use, if a person begins using Crack on a given day, say a small amount in the morning, that day is bound to be dominated by Crack use.

And on still another level, someone may use Crack, say on a Friday. The individual will be more likely to use the drug on Monday for example, which will in turn make it harder to resist on the following Friday. Whatever the pattern, it is strengthened by each occasion of use.

The fact that each time you use the drug leads to further use of the drug, is part of the way Crack keeps you psychologically hooked. Obviously for this reason, the individual who is trying to overcome Crack addiction, must never use the excuse, one last time.

Each time you use Crack, you increase the power of the subconscious current of addiction to override your conscious intention not to get high.

BECAUSE USE ALWAYS LEADS TO FURTHER USE, ONE OF THE MOST IMPORTANT ASPECTS OF OVERCOMING CRACK ADDICTION IS TO ABSTAIN ENTIRELY. THERE CAN BE NO HALF-WAY MEASURES SUCH AS WEANING YOURSELF SLOWLY OFF THE DRUG OR GRADUALLY REDUCING YOUR DOSES.

TO BEAT CRACK ADDICTION, YOU MUST STOP USING THE DRUG ENTIRELY, AND THIS MEANS FOR THE REST OF YOUR LIFE. YOU MUST KNOW THIS, YOU MUST RESIGN YOURSELF TO THIS FACT. THERE IS NO WAY AROUND IT.

Excuse Making

Part 1 Chapter 6

Somehow the Crack addict will always find a reason to justify an occasion to use the drug. Somehow they are always able to come up with an explanation in their mind or an excuse to override their better judgement not to use the the drug.

When the subconscious desire comes to the surface, the addict will engage in a seemingly level-headed mental struggle to find an excuse to use Crack. Any excuse will do; *just a little bit tonight. I have the day off tomorrow. I need some entertainment. This will be the last time. Everyone else does it.*

It is important to see that any excuse making in favor of using the drug is playing right into the hands of your addiction. The subconscious current of addiction is acting to override the power of your mind to exercise sound judgement.

Each time you make an excuse to use Crack you know full well the overwhelming negative consequences you will face. Yet you allow yourself to talk yourself into using Crack over and over. It is important to control this element of Crack addiction.

TRAIN YOURSELF TO SEE A RED FLAG, A WARNING SIGN EACH TIME YOU BEGIN TO MAKE EXCUSES IN FAVOR OF USING THE DRUG. SEE EACH EXCUSE AS A WHISPER IN YOUR EAR FROM YOUR WORST ENEMY. THERE IS NO SUCH THING AS A GOOD EXCUSE TO USE CRACK.

Patterns Of Weakness

Part 1 Chapter 7

Crack use in the beginning does not seem so bad. This is one reason it is so easy to get hooked. By the time you realize how destructive the drug is, it is far too late. You are locked into the addictive pattern.

In the beginning, Crack may seem to solve a number of problems. At this stage, using Crack may seem to be a deeply fulfilling form of entertainment. Something to liven up a dull, routine lifestyle. It can make a person feel more energetic.

One can usually function normally in day to day activities for a while. At first, an individual often feels he has stumbled onto something special with Crack. Like many others, you may have reasoned; "I'll do this a couple of times a week for recreational pleasure and continue to fulfill my life's responsibilities."

People get started with Crack because in our society we have learned to seek entertainment by altering our moods with drugs and alcohol.

Crack use begins with this kind of outlook. We long to escape from the dull routine of ordinary consciousness. Crack use seems to be the perfect answer to an individual's greed for stimulation and excitement. Unfortunately, in the beginning, Crack is seen as the ultimate form of personal entertainment.

If you look at your patterns of Crack use, you should be able to see a connection between the times when you need entertainment and when you find it hard to resist the drug.

PEOPLE WHO USE CRACK DEFINITELY HAVE TIMES OF THE DAY OR WEEK WHEN THEY ARE MORE LIKELY TO USE THE DRUG. IT IS IMPORTANT TO IDENTIFY THESE PATTERNS AND TIMES OF WEAKNESS.

When looking at your problem with Crack it is very important to determine why and when you are least able to resist using the drug. There are factors in your life that will make you turn to Crack for fulfillment.

For example, loneliness, boredom, nothing to do on Friday or Saturday night. Maybe there are times when you worked hard all week and need a recreational outlet so you go out and buy Crack.

These are just examples. Each individual has patterns in his or her lifestyle that make this drug much harder to resist at certain times, while at other times there is no problem. Learn to identify your patterns of weakness.

The Seductive Nature Of Crack

Part 1 Chapter 8

If you think about the many ways Crack exerts control over your intention not to use, you can see another part of the overall pattern that constitutes psychological addiction. This factor is the seductive element.

CRACK HAS TREMENDOUS POWER TO ENTICE, TO COAX, TO LURE ONE INTO AN OCCASION OF USE. Somehow Crack has the power to trick you into using regardless of your most sincere intention not to use it.

If you look back you can see how time and time again Crack made you betray yourself. Aside from fighting the cravings, the excuse making and all the other elements of Crack addiction, you must be aware that you will be seduced, tricked and lured into using the drug by the powerful undercurrent of addiction.

It is important to be aware of this seductive element and learn how it works to take advantage of your particular patterns of weakness. When you are able to see the seductive tricks taking shape, you can fight them more effectively.

If you know in advance someone is out to take advantage of you, if you know in advance what forms of treachery they will use, it will be that much easier to protect yourself. Once you make the decision to stop, the seductive nature of this drug **may** become more powerful.

A Subconscious Current of Addiction

Part 1 Chapter 2

If you are trying to overcome a problem with Crack, it is helpful to look at your addiction in this way: See the addiction as a force that operates on the subconscious level. This means learning to be aware that there is a powerful current of addiction running beneath the surface of your conscious intention not to use the drug.

Most Crack addicts have many moments when they sincerely desire to stop. The problem can run something like this however. You use the drug, experience the fear and paranoia, feel disgusted for wasting so much money, feel perhaps that you are harming your body and declare, "that was absolutely the last time. I'll never do this again.

You may have thrown your pipe out the window, cut your bank cash card in half or promised yourself that you will enter a program. But in a few days, when you are feeling back to normal, the subconscious current of addiction resurfaces and overrides your conscious decision to stop, resulting in yet another occasion of use.

Note: By subconscious we simply mean operating beneath the surface of your conscious intention or awareness and not any complex psychological definition of subconscious activity.

It is this subconscious current of addiction that keeps the Crack addict locked in a pattern of addiction. Despite your most sincere intention not to use the drug, the powerful subconscious current of addiction is always lurking, waiting for a moment of weakness, an opportunity to exploit you and make you use the drug.

When you are not trying to stop you are flowing with the subconscious current. When you give in and use the drug, you are increasing the power of the subconscious current of addiction. On the other side of the coin however, when you decide to stop, you are pitting your conscious will and intention against this subconscious current of addiction that you have made strong by your use of Crack.

EACH TIME YOU RESIST OR TURN AWAY FROM THE DRUG IN ANY WAY, YOU DIMINISH THE POWER THAT THE SUBCONSCIOUS CURRENT OF ADDICTION HAS OVER YOU.

To be successful in overcoming Crack addiction, the power that your subconscious current of addiction has to dominate your conscious resolve not to use the drug, must be identified, controlled and rooted out at its deepest level. All-out psychological warfare will be necessary to diminish the power of this addiction to the point where it can no longer dominate and control your conscious free will.

Psychological warfare means becoming fully aware of the patterns of weakness in your life that allow the addiction to assert itself. Psychological warfare means practicing the techniques that empower your efforts to overcome your addictive behavior.

Your aim will be to transform this subconscious force to a point where it no longer has power over your life. Be aware however, that once you have experienced Crack, this subconscious current of addiction stays with you for the rest of your life.

A tiny seed of the subconscious addiction will always be with you. If you are not extremely careful this seed may explode into a full-blown addiction even years later.

Powerful Cravings

Part 1 Chapter 10

On a psychological level the cravings associated with Crack are extremely intense. Once these potent cravings begin, it is almost impossible not to yield to their pressure. The cravings are so overwhelming that they easily take control of the addict's free will.

Every Crack user knows the power of the cravings to override their intention not to use the drug. Once the cravings begin, you become almost desperate to obtain Crack. And once that packet is in your hand, you will race to some private space to smoke your precious drug.

After you have exhausted your supply, you find yourself crawling on your hands and knees searching the floor for any crumb that may have escaped.

The intense craving associated with Crack is perhaps the strongest factor in the addictive process. It is primarily through these overwhelming urges that the subconscious current of addiction remains alive and continues as a controlling influence in the Crack addict's life.

Users report:

- *The cravings and urges dominate my thoughts throughout the day.*
- *I live for the next time I will be able to get high.*
- *After I cop, I drive home at high speed, running redlights, breathless with anticipation.*
- *I would rather use Crack than engage in any other human activity.*
- *I become desperate for the drug after I run out.*
- *Once the idea comes into my mind to use Crack, it is almost impossible to change my mind. I must use the drug.*

Because the cravings are so powerful some Crack addicts use the drug continuously, without sleep for several days at a time. The psychological cravings associated with Crack are probably the most difficult element of Crack addiction to overcome. Learning to resist these cravings is what this book is all about. The suggestions in this book are designed to help you build a set of psychological defenses to help you resist these cravings.

For now, **try to remember these points:**

- 1) The craving to use Crack is always lurking beneath the surface of your conscious intention not to use the drug. These cravings wait for a moment of weakness to come to the surface and override your will.
- 2) **SOMETHING ALWAYS TRIGGERS THE CRAVINGS;** thinking about the drug, coming into contact with Crack-related persons or places. Loneliness, boredom, the need for something to do.
- 3) **THE CRAVINGS ALWAYS START SMALL.** The struggle with the craving to use Crack always begins in a small way, a tiny excuse, a small desire, and then it escalates. In the beginning, the struggle is manageable. **LEARN TO SIDETRACK THE CRAVINGS WHEN THEY FIRST BEGIN.**

You want to swat those cravings when they are like tiny flies buzzing around your head. If you don't derail them when they are still small, they will grow to the size of 747 airplanes. Then you have a problem.

Get help when the cravings come. Learn to rely on help from others. Call your counselor. Get to a support group meeting. Call or visit a recovering addict. Find some form of fulfilling recreation or entertainment to get into immediately. Remember, **THE CRAVINGS WILL PASS.** And each time you successfully ride them out, you will become stronger in your future efforts to resist them.

The Fear Factor

Part 1 Chapter 11

After becoming familiar with some of the unique patterns of cocaine use that keep you addicted, the next major element of cocaine use to consider is the fear factor.

SOMEHOW THE DRUG COCAINE IS INTIMATELY TIED IN WITH THE EMOTION OF FEAR. For some reason, **ONE OF THE VERY REAL AND VERY POWERFUL SIDE-EFFECTS OF COCAINE USE IS DEVASTATING FEAR.** Upon finishing the last dose of Crack, the user experiences a severe comedown called the crash.

The crash is characterized by feelings of severe anxiety, paranoid suspicions and irrational fears that are impossible to get rid of until the effects of the crash fade away. The crash can last up to several hours after the last hit. It is perhaps the most unpleasant side-effect of using Crack.

FEAR AND CRACK GO TOGETHER AS SURELY AS NIGHT FOLLOWS DAY. The dealer does not tell you that there is a severe price to pay for the pleasant effect of the drug. He does not tell you that for each hour you spend high, you will spend perhaps an hour bathing in terror. He does not tell you about the intense anxiety that will begin within minutes of taking that last hit on the ice pipe.

One user reported: "I would hide in the bathroom with the shades pulled down and towels wrapped around my head." Another stated: "I would lie in bed terrified. Every thought that went through my mind would be something to be afraid of. I would lie there praying for sleep."

Every Crack user has his or her own version of the crash to report. The one thing they all have in common is that during the crash, they are unbearably frightened. The fear that accompanies the crash is intense. And you cannot rationalize the fear away no matter how hard you try.

Every human being has a normal amount of fear. It protects us, warns us of danger. It is part of the animal instinct in us that helps us survive. In a modern, peaceful society this instinct surfaces as our anxieties about life, our everyday worries and concerns. In the normal individual these fear levels are easily manageable. Crack users however, find a dramatic increase in the amount of fear and anxiety they have in their lives.

And in addition to the extreme anxiety that Crack addicts must deal with during the crash, they experience a general increase in the level of irrational fear and anxiety in their day to day existence.

We do not know how or why cocaine use is so intimately connected with the emotion of fear. It does seem however, that when an individual stops using Crack, and returns to a wholesome, constructive lifestyle, fear levels return to normal. **THE FEAR MONSTER WILL GO BACK INTO HIS CAVE, BUT YOU HAVE TO STOP FEEDING HIM.**

The Money Factor

Part 1 Chapter 12

Another element of Crack abuse is the incredible amount of money spent on the drug. It is like getting high on gold dust. Crack addiction is expensive.

Every Crack user knows stories of unbelievable amounts of money friends have gone through in short periods of time. Every Crack addict knows how much money he or she has wasted on Crack. There can be no doubt about it, if you are a Crack addict, you have messed up your finances in a major way.

There is no way to estimate how much the average addict spends on Crack. You can be sure however, that almost all cash will go towards the purchase of the drug. Those who can afford it may spend thousands of dollars in one week. Others spend perhaps a couple of hundred dollars two or three times a week. There are addicts who are only able to afford one hundred dollars worth of Crack each week.

Money is valued in our society by its purchasing power. We value money as a means of obtaining the things in life that are meaningful and worthwhile to us. We use money to provide ourselves with security, comfort, pleasure, and freedom. Each individual has a concept of the value of money, its power to influence life.

Crack addiction completely changes one's set of values towards money. The power of the intense craving for the drug destroys an individual's sense of the normal way of valuing money. A Crack addict will spend his last penny on Crack.

Crack is so compelling that even obviously important financial needs are overridden in favor of spending any available cash on Crack. The compulsion to buy Crack comes first. One business executive went to work every day with worn out shoes and shabby suits while spending \$600 a week on Crack.

Crack addicts quickly reach a point where they spend money intended for rent, mortgage payments or car payments on Crack. It reaches a point where the money intended for personal hygiene, groceries for the family or to meet life's basic necessities is spent on Crack instead.

Many addicts will not go below a certain level. They somehow manage to pay their rent, never turn to stealing. Others however, go all the way down, losing everything and turning to dealing or other illegal activities to keep themselves supplied with Crack.

Crack is a cash intensive drug. **KNOW THAT YOUR PROBLEM IS CLOSELY CONNECTED TO THE AMOUNT OF CASH YOU CAN GET YOUR HANDS ON. IF YOU ARE A CRACK ADDICT, CASH IN YOUR POCKET MEANS THAT YOU ARE ALMOST CERTAIN TO SPEND IT ON CRACK. ON THE OTHER HAND, NO CASH MEANS NO CRACK.**

Medical Risks

Part 1 Chapter 13

Probably every Crack addict knows of someone who has died or become very ill because of Crack abuse. Many Crack users wonder as they begin a Crack session if it will be the time when they suffer a heart attack, have a seizure or O.D.

Hospital emergency rooms report Crack kills many people in the following three ways:

1. Heart failure 2. Complete respiratory failure 3. Fatal brain seizures.

1. Crack can cause irregular heart rhythms, increase blood pressure and cause other problems with the heart and surrounding blood vessels. When these problems are severe enough, total heart failure may result.

2. Complete respiratory failure may result when cocaine interferes with the center in the brain that controls breathing.

3. Crack can cause fatal seizures even with individuals who have never had a problem with seizures. There is particular danger for people with epilepsy or other seizure problems.

These kinds of deaths are occurring in healthy young people. Think about Len Bias, 22 years old, athletically fit, running up and down the basketball court for years, yet cocaine killed him.

Chronic use of Crack can lead to inflammation of the lungs and chest infections severe enough to require hospitalization. It can cause non-fatal heart attacks, even with people in their teens and early 20s.

Diabetics are at high risk because cocaine increases blood sugar levels. Severe vitamin deficiencies are common in addition to many other serious medical problems.

Another serious health problem with Crack involves additives or cuts. Hard-up Crack peddlers are always looking for new ways to increase the weight of the drug. They add different drugs or chemicals that have an effect similar to the Crack high so they can put less cocaine into their product.

God knows what you may be inhaling into your lungs if you come across some poisoned Crack. Do you think you can trust a Crack dealer? Think about it. There are a lot of desperate people out there and you are literally placing your life in their hands.

Crack is dangerous. **CRACK CAN KILL YOU OR SERIOUSLY DAMAGE YOUR HEALTH. THERE DEFINITELY COMES A TIME WHEN YOUR BODY HAS HAD ENOUGH ABUSE AND SOMETHING MUST GIVE.**

You know that feeling during a session of basing, “have I pushed my body too far, have I taken too much, I wonder if I'm going to die this time? *Well one day ...*

Other Risks And Dangers

Part 1 Chapter 14

Using Crack is risky business. In addition to the medical risks, the Crack addict jeopardizes his life and well-being in many other ways. If you use Crack, you find yourself in extremely dangerous situations on a regular basis.

As far as the law is concerned, Crack is illegal. If you are caught with Crack you may go to jail. Each and every time you go out to buy the drug you risk being arrested.

When you use Crack, you bring yourself into association with the drug subculture. The drug subculture is dangerous, violent and unpredictable. Crack is a highly valued product. It is like gold dust. Huge amounts of money are involved in the Crack trade. Dealers are often armed. Many Crack dealers use the drug so they can be extremely paranoid. Suppose you go someplace to purchase the drug and someone makes an attempt to rip the dealer off while you are there.

Crack addicts usually have to go into dangerous neighborhoods to cop. You go into a neighborhood carrying cash and you are surrounded by people desperate for Crack who know this.

The most serious problem, however, is for those who are led down the path to dealing or other illegal activities to support this expensive habit. There is tremendous exposure to violence when dealing drugs. And if you get busted, you are probably going to do hard time in prison.

In addition to all of the other unavoidable negative consequences involved with Crack abuse, you risk your life and freedom simply in the process of buying the drug.

THE CRACK WORLD IS DANGEROUS. ONE DAY YOU ARE GOING TO BE IN THE WRONG PLACE AT THE WRONG TIME. THIS ONLY HAS TO HAPPEN ONCE. Many have gone down before you. If you continue, your turn will come.

Hurting Others

Part 1 Chapter 15

One of the most unfortunate consequences of Crack abuse is that the addict not only harms himself, he causes a tremendous amount of pain, places a tremendous burden on those around him. Crack addicts are well known for their insensitivity to others. The compulsion to use Crack is so intense it completely overrides any awareness of consideration for others.

The ways that Crack addicts hurt other people are outrageous: Young people steal from their parents. Heads of households smoke away money needed to buy food and clothing for children. Violent crimes are committed for money to support this expensive habit.

Crack users cause a tremendous amount of pain and frustration in the lives of the people who love and care for them. These people struggle with the Crack addict, unable to understand how and why the addict can be so insensitive, so destructive.

Wives endure nerve-wracking frustration with addicted husbands. Parents struggle with their addicted children. Friends try and try to help the addict, finally giving up in disgust.

Crack addiction can be compared to a bucket with a big hole in the bottom. People around the addict pour a tremendous amount of energy into the bucket in their struggle to help the addict. The insensitivity of the addict is like a huge hole through which the energy flows out. The Crack addict will use and frustrate the people around him, people who are working hard to live decent lives, to the breaking point.

There can be no doubt, **IF YOU ARE A CRACK ADDICT, YOU HAVE A LONG LIST OF PEOPLE WHO YOU HAVE USED AND ABUSED.** You have a long list of people who you have hurt and dragged down.

The compulsion to use Crack completely overrides your sense of right and wrong. A very important part of overcoming Crack addiction is to reawaken your conscience, your sense of right and wrong.

YOU MUST TAKE A DEEP LOOK INTO THE WAYS THAT YOU HAVE HARMED OTHERS. YOU MUST MAKE A COMMITMENT TO YOURSELF TO MAKE AMENDS SOMEHOW.

Life Becomes Unmanageable

Part 1 Chapter 16

There is an inevitable consequence of Crack abuse. Beyond the shadow of a doubt your life will fall apart. You must recognize this as the unavoidable outcome of continued Crack abuse.

Because many addicts use the drug in cycles of binge and recover, that is using the drug for a time, experiencing the negative consequences and not using for a time, the addict's life may become unmanageable only over a long period.

People with daily habits lose control of their affairs very quickly. Either way, the inevitable consequence of continued Crack abuse is that every aspect of your life will become unraveled.

Very often users manage, for a time, to walk the tightrope of using the drug and keeping their daily life somewhat ordered. For example, an addict using the drug two or three nights a week, may be able to continue to hold a job. He may be able to mask the problem from his family, friends and job associates. There are addicts who can go a long time feeling that they have the situation under control, promising themselves that they will soon stop.

But what always happens is that because of the ultra-compulsive nature of this drug, as your life comes under increasing control, things begin to fall apart. As time goes on, cherished and valued achievements and foundations are eroded. The negative effects of addiction begin to take their toll. Life becomes totally unmanageable.

One of the biggest problems is that the drug shatters your finances. Individuals and especially family situations are devastated by the incredible amount of money spent on this drug. Smoking Crack all night is so destabilizing that it becomes difficult to hold a job. And yet the addiction is so powerful that the addict must continue to use the drug as his world falls apart around him.

You hear the same stories over and over about Crack addicts, He was on top of the world, great career, beautiful family. Then after becoming involved with Crack; career ruined, family destroyed, everything lost. Users are often reduced to wandering Crack junkies. Finding an apartment, messing up the rent money, moving on. Finding a job, screwing up and moving on.

THE UNAVOIDABLE CONSEQUENCE OF CRACK ABUSE IS THE SLOW OR RAPID DOWNWARD SPIRAL OF YOUR LIFE, RECOVERING YOUR BALANCE A BIT, LOSING IT AGAIN, GOING DOWN A BIT FURTHER, RECOVERING AND GOING DOWN UNTIL YOU REACH A POINT WHERE YOUR LIFE IS UNBEARABLE.

There is no way around this. Even people with a tremendous amount of self-control and common sense who feel they can walk the tightrope of use and somehow manage their lives, inevitably spiral down, only a little bit more slowly.

As long as the subconscious current has power over you, as long as you are controlled by this drug, no matter how much you fool yourself, there is an unmistakable fact about the way this drug works; your life will become unraveled, unglued, unmanageable, you will hit rock bottom. It is part of the deal with this drug. Each time you are tempted to use, remember this factor. Every user knows the stories, has friends, their own lives, as examples of how completely this drug is able to destroy lives.

Oh, you have more willpower, more common sense? You are going to somehow use and manage to keep your life together? Don't fool yourself. It may take longer but you will end up on the bottom. There is not a Crack addict alive who can continue to use this drug and avoid the complete destruction of his or her life.

Crack addicts will continue to use the drug in the face of so many negative consequences. They will deal with the crash, the fear and paranoia, the wasted money, the ruined relationships, health problems and the possibility of violence or arrest. But it is often only when they look up from the bottom of the pit and see how low they have fallen, that they get really serious about kicking this addiction.

The unraveling of your life goes along with Crack abuse as sure as night follows day. In some cases very quickly, with others, over a longer period of time. But make no mistake about the fact that each time you use Crack, you take a step closer to this unavoidable outcome. **Sooner or later you must crash and burn. There is no way around it.**

Make Your Stand Against Crack Today

Part 1 Chapter 17

To recover from Crack addiction, at some point you are going to have to make a stand. You are going to have to decide that the time has come to stop and never touch the drug again.

Why not make this decision right now? Think about what this means. Beating your Crack habit will be an all or nothing proposition. Half-way measures will not work. Either you stop, and this means for the rest of your life or the addiction goes on.

Making this decision is the easy part. Sticking to it will be more difficult. But you have to start somewhere. Make your stand now. Copy this statement in the space below or on a separate piece of paper:

I HAVE DECIDED THAT FROM THIS DAY ON, MONTH____ DAY__, YEAR____, THAT I WILL NEVER TOUCH CRACK AGAIN. I OFFER THIS INTENTION TO MY HIGHER POWER OR GOD AS I UNDERSTAND HIM.

Read the book, do the exercises, take things one minute at a time, one day at a time. Try to remain Crack-free just for today. Let tomorrow take care of itself.

The longer you can stay Crack-free, the less power the drug will have to control you. The more Crack-free days you build up, the easier it becomes to resist the drug.

Psyche yourself up about building up your Crack-free days. Build up the number of days since you last used Crack. Get enthusiastic about transcending your personal record of Crack-free days. You want to be able to say, **I have been completely Crack-free for 7 days, 14 days, 30 days, 6 months, 1 year**. Set goals for yourself. Say, I will get through the next hour without Crack.

Say to yourself, I will get through the next day, the next three days, the next week without Crack. When you achieve one of these goals, do something to celebrate. Pamper yourself in some kind of wholesome and constructive way, especially in the early stages of your recovery.

You can keep track of your Crack-free days by using the Calendar in **Quick Reference Section 3 - Crack FREE Days Calender** of this book. Turn there now and mark the date in the statement you made above. It will be your initiation date. The day you decided to make your stand.

Mark your calendar every day. If you mess up, climb back into the saddle immediately with twice as much determination.

For people with a great deal of determination, it is not hard to kick. They simply decide to stop and never touch the drug again. For others, things will not be so easy.

One thing is clear however, if you really want to stop, you will be able to. Believe that you have within you, all the resources and power that will be required for your full recovery. Many people with unbelievably severe Crack habits have been successful at completely overcoming their addictive behavior.

Part II Introduction

Overcoming Denial & Self-Analysis

In **Part I** we learned about the common effects and consequences of Crack abuse. **Part II** is designed to help you see the connection between the general effects of Crack abuse and how these factors impact upon **YOUR** life in particular.

Part II will guide you through a self-analysis of your addictive behavior in relation to the areas discussed in **Part I**. To examine yourself effectively however; you must be honest with yourself.

In this section, we will deal with denial. Denial is probably the biggest problem with Crack addiction. Denial means an unwillingness to admit the severity of your problem. Denial is feeling that you can somehow continue to use Crack and still manage your life. Denial is making excuses and explanations to yourself to mask the truth. Denial is blaming others or outside circumstances for your behavior.

Part II is written in a confrontational tone designed to help you overcome denial and unmask the reality of your condition. You are challenged into facing exactly how Crack abuse impacts on **YOUR** life.

Again, for this section to be effective, you must be absolutely honest with yourself as you examine how each of the areas covered in **Part I** applies to **YOUR** life in particular.

Important Reminder: In **Part II**, you will begin to work with the written exercises. Please, Please, Please do the written exercises. Put pen to paper. Do not attempt to go through the exercises in your mind. Write your responses down. As you work through the written exercises, a lot of good things for your recovery will sink in both on the conscious and unconscious level.

Affirmations

In this section you will also begin to work with affirmations. The use of written affirmations will give you more power to resist the way that Crack is able to influence you psychologically.

An affirmation is a statement you make to yourself with the intention of influencing and programming your mind in a positive way.

An example of an affirmation is: **I AM GOING TO BE SUCCESSFUL AT KICKING THE CRACK HABIT**. You can make affirmations about anything you like, about any aspect of your recovery.

The key to affirmations is that they become fixed in your mind by repetition. You may choose to write your affirmations over and over again or repeat them to yourself throughout the day.

You may look at your addiction as a powerful negative mental program operating in your mind that causes you to behave in a certain way. When you design positive programs or affirmations and repeat them over and over you engrave them in your subconscious thought process.

The more you program your mind with positive affirmations the more they counteract and resist the negative programming of your addiction. The ability of your addiction to control you is diminished.

Throughout the book from this point on, you will find powerful affirmations relating to Crack addiction. You may also design your own anti-Crack affirmations.

Write them down over and over or repeat them to yourself throughout the day. Using affirmations to program your mind in the way that you want is an important and very effective part of your psychological war against Crack.

Honest self-examination will increase your insight and help you break the addictive patterns that have become a way of life for you. When you need a moment of inspiration to resist a fall, turn to the section where you filled in how much money you have gone through. Or turn to the section on Fear to remind yourself what the crash will be like.

When you finish the exercises in **Part II**, you should have a blueprint of your weak points, areas or patterns that need work or special attention. Turn back to this section often during your recovery process.

Note: Most often, affirmations are statements that are exclusively positive in nature. Some of the affirmations that follow are not entirely positive in their wording. The most obvious example is *Affirmation #15: **LEARN TO HATE CRACK AND EVERYTHING CONNECTED WITH IT***. Strong mental reprogramming is needed to overcome addictive behavior and while this is not usually how an affirmation is designed, we refer to it as such because the desired outcome is unmistakably positive; the attempt to affirm your ability to remain drug free.

The Nature of Crack Addiction

Part 2 Chapter 1

In **Part I** of this book we learned that Crack addiction is different from our usual concept of addiction. Crack addiction is not the same as heroin or alcohol addiction where you must take the drug each and every day.

People with moderate habits can often go for long periods of time without using and not suffer the painful withdrawal symptoms we associate with physical addiction.

Because the average Crack user has gone without Crack for a period of time and suffered no major withdrawal problems, they are known to fool themselves.

They reason; "I'm not really addicted." "I can stop any time I really want to." "I can control my use if I want to." "I don't need help to stop." "Other people may loose control, but I won't."

It is extremely important to recognize that the very first step in fighting Crack addiction is to admit that you are addicted.

To begin the process of recovery, you must face the fact that the drug is dominating your life, that you are not in control, that you cannot control your use of the drug.

Being unable to admit that you have a drug problem is called **DENIAL**. It is one of the biggest obstacles in overcoming addictive behavior. You must come to recognize that you are not in control even though you may think you are.

YOU MUST ADMIT THAT YOU ARE ADDICTED. You must admit that your addictive behavior will continue unless you get help.

It is only after you see and accept the fact that you are the victim of an extremely powerful and subtle addiction that you can make the commitment of extraordinary determination that is needed to overcome this problem.

Examine your patterns of Crack use. Be aware that **ANY** pattern of use with this drug means addiction. Look at the role of denial. Do you refuse to face the fact that you are an addict? Be extremely honest with yourself.

AFFIRMATION # 1 (Copy this statement. Get a piece of paper and copy it ten times. Repeat it to yourself throughout the day.) **I AM AWARE THAT ANY PATTERN OF CRACK USE MEANS ADDICTION. I AM AWARE THAT I CANNOT BEGIN TO RECOVER UNTIL I STOP DENYING THIS.**

Once you admit you have a problem, you have taken the first and most important step on the road to recovery. Crack addiction can be overcome. Many people with severe daily habits have been successful at kicking Crack addiction. It takes tremendous determination and all-out psychological warfare, but you will be able to stop if you sincerely want to.

AFFIRMATION # 2 (Copy below.) **I WILL BE ABLE TO OVERCOME MY ADDICTION AND LIVE A FULFILLING LIFE THAT IS COMPLETELY DRUG AND ALCOHOL FREE.**

AFFIRMATION # 3 (Copy below.) **I AFFIRM THAT THE MOST IMPORTANT THING IN MY LIFE AT THIS TIME IS TO BECOME COMPLETELY DRUG-FREE AND GET MY LIFE BACK ON TRACK.**

Subconscious Current of Addiction

Part 2 Chapter 2

Scientists now tell us that cocaine is physically addicting. Again, the nature of this physical addiction is different from the physical addiction that we associate with other drugs.

With cocaine, painful withdrawal symptoms are not usually present except in people who use heavy amounts of the drug. Cocaine use does cause neurotransmitter depletion which IS linked to a physiological craving for the drug.

Until scientist come up with a substance however, that can inhibit the physiological aspect of the cravings, the only cure for the Crack addict is all-out psychological warfare.

In **Part I** we saw that it is helpful to look at your addiction as a powerful subconscious current that has the power to control you. This means that even when it is your conscious decision not to use, the powerful undercurrent of addiction is lurking beneath the surface, waiting for a moment of weakness to make you use.

Even if you use the drug as little as once every two weeks, the subconscious current of addiction is there. No matter how much control you may think you have over your use, this subconscious current of desire will surface and force you to use again and again.

To begin your recovery from Crack addiction, it is important to understand that your conscious intention not to use the drug means very little until you have recognized the power of your subconscious desire to use Crack.

If you use Crack in any amount, you are an addict. If you are an addict, there is a powerful undercurrent of addiction that you will have to root out at its deepest levels with every trick of psychological warfare that you can take advantage of.

AFFIRMATION # 4 (Copy this affirmation below or on another piece of paper.)

I RECOGNIZE THAT BENEATH THE SURFACE OF MY CONSCIOUS INTENTION NOT TO USE THIS DRUG, THERE EXIST A POWERFUL UNDERCURRENT OF ADDICTION AND CRAVING WAITING FOR MY MOMENTS OF WEAKNESS.

You must examine how this pattern of subconscious addiction works in your own life. You must look back at all the times you have said: **"I will not use this drug today. I am tired of wasting my money; I am tired of the fear and paranoia. I am tired of the way this drug is ruining my life."**

And even though you felt this way, somehow the powerful desires lurking beneath the surface found a way to catch you in a moment of weakness. You found yourself using the drug despite your strong intention not to. If you are like most Crack addicts, this happens quite often.

Answer this question: How successful have you been when you have made a decision not to use the drug on a given day? Think about this subconscious current of desire. Have you been tricked into using time after time despite your most sincere intention not to use?

Write down your thoughts about the way the subconscious current of addiction affects you:

To recover from Crack addiction, the next step after recognizing that you have an addiction problem is to understand the power of this subconscious current of addiction.

Once you recognize that there is something deep inside you that you must fight, you can use the tools of psychological warfare to root out and master this subconscious current of addiction at its deepest levels.

You will then be able to deal with the reality that kicking this habit is not as simple as saying, "I'll stop using this drug." But rather you are in for a long and difficult struggle. You will have to fight and fight hard if you want to root out and master your addiction at its deepest levels.

You want to be able to root out this addiction at such a deep level that when you say **NO** to Crack it means you really do have the power to stay away from the drug.

You can do it. Many people with extremely severe Crack problems have been successful at rooting out this subconscious current of addiction. They have regained full control over their lives.

An important point to be aware of: Even after you have successfully regained control over your life, a tiny seed of this addiction will remain with you. Once you have experienced Crack, you will always be at risk of reawakening your addiction.

This seed of addiction can explode into a full-blown addiction years after the last time you used Crack. You must be very strong in your commitment never to touch this drug again.

Friends And Environment

Part 2 Chapter 4

To recover fully from Crack addiction there are many small but important guidelines to follow. One of the most important things you must do, and there is no way around this, is completely drop any friends who use Crack, completely avoid any social circumstance or gathering where Crack is used and stay away from any environment that you associate with Crack use. This is an absolutely necessary part of overcoming your addiction.

In Part I we learned that Crack keeps one under its control primarily through psychological influence. There is an unmistakable pattern in the way Crack forces an individual to use. In almost all cases something **TRIGGERS** the powerful cravings and desires.

The cravings come to the surface and the individual then finds it very difficult to resist using the drug. Friends, social circumstances, or any environment associated with Crack will almost always trigger the avalanche of cravings and excuses that lead to a Crack binge.

Crack related friends and social circumstances are a part of the psychological web of influence that keeps you powerless to control your use of this drug.

You must see that these people and these situations are actually part of your addiction. You cannot change or cure your Crack using friends. But you can cure yourself by getting away from them and staying away from them.

While it may be true that these people do not hold you down, put the pipe in your mouth and force you to smoke, you must realize that contact with friends who use Crack will almost always trigger your own addictive desires.

Similarly, when you come into any environment where Crack is available, you are helping the power of the subconscious desire to surface and somehow exploit you in a moment of weakness.

Sooner or later, Crack will destroy your life. The so-called friends who you use Crack with are participating in the destruction of your life. Friends who turn you on, who are connected in any way with your Crack use are part of your addictive process.

The subconscious current will always exploit your weakness when you come into contact with these people. For this reason, recovering from Crack addiction means you **MUST DROP ANY AND ALL FRIENDS ASSOCIATED WITH YOUR USE OF CRACK.**

And in the same way, you must fanatically avoid any social circumstance where Crack use is encouraged and avoid any environment that you associate with Crack.

AFFIRMATION # 6 (Copy below. Repeat this affirmation throughout the day.) **I RECOGNIZE THAT ANY FRIENDS, SOCIAL CIRCUMSTANCES OR ENVIRONMENTS THAT ARE ASSOCIATED WITH CRACK, PLAY A VERY POWERFUL ROLE IN MY ADDICTION. ONE OF THE MOST IMPORTANT PARTS OF MY RECOVERY IS TO COMPLETELY AVOID ANY PERSON OR PLACE ASSOCIATED WITH CRACK.**

SELF-ANALYSIS: Make a list of the people connected with your use of Crack in any way:

- | | |
|----------|----------|
| 1) _____ | 7) _____ |
| 2) _____ | 8) _____ |
| 3) _____ | 9) _____ |

Use Always Leads To Further Use

Part 2 Chapter 5

Use Always Leads To Further Use In **Part 1** we saw that use always leads to further use. Once you start using Crack on a given day you are likely to continue using that day until your money runs out, your supply is no longer available or you are forced to stop for some other reason such as exhaustion.

We saw that if you use today, you are more likely to use the next time you are confronted with the craving for Crack. If you use this week, you are likely to use the following week. It goes on and on like this.

Each and every time you use Crack you increase the power of the drug, the power of the subconscious current of addiction to dominate you. For this reason half-way measures such as gradually cutting down do not and cannot work.

Kicking the Crack habit is not like trying to stop cigarette smoking where you can cut down and eventually stop entirely. Each time you use Crack you feed the addiction. You give it power. It will force you to use again and again.

The only possible way to overcome Crack addiction is to give it up, cold turkey, once and for all. There is absolutely no way around this.

Once you sincerely decide to quit, you must stop using the drug from that day on, and know that this means for the rest of your life.

It is important to understand that if you use again, even once, you may reawaken the entire addiction almost instantly. You cannot escape this fact.

Crack is so powerfully compelling that from the day you decide to stop, you must live this choice and never touch the drug again.

AFFIRMATION # 7 (Copy this affirmation. Write it over and over.) **THE ONLY WAY TO OVERCOME CRACK ADDICTION IS TO STOP IMMEDIATELY AND COMPLETELY FOR THE REST OF MY LIFE. IT IS A LIE THAT I CAN CONTROL MY USE OR GRADUALLY CUT DOWN. USE ALWAYS LEADS TO FURTHER USE.**

Look back at the pattern of the way you use this drug. How many times have you told yourself “this will be my last time”? “Just one more time and that's it”. What was the result? Each time you used, your addictive cravings became more powerful.

If you have the notion anywhere in your thinking that it is somehow possible to control your use of Crack, weed it out.

Write your thoughts about the fact that use always leads to further use:

Sometimes it's not that difficult to stop using Crack. You've gone for short periods without using Crack before. No problem - right?

You didn't go through the agonizing withdrawal pains that heroin addicts experience. You did not experience the violent illness that some alcoholics go through when they stop drinking.

Stopping can be as simple as making a decision not to use anymore. The hard part is fighting the psychological influences that will try to make you use again

Many people with severe habits have decided that they have had enough, decided to quit, and simply never touched the drug again.

Excuse Making

Part 2 Chapter 6

In Part I we saw the role that excuse making plays in Crack addiction. A Crack addict will always be able to find some excuse, no matter what the negative consequences, to use the drug.

To rationalize means to justify one's illogical behavior or weakness to oneself. It means to find an untrue reason for one's conduct. It means to give in to an excuse that you know is not reasonable.

Crack addicts are the most notorious rationalizers on the face of the earth. You don't care who you hurt or how much you are going to mess your life up - you will always find an excuse to give in and use the drug.

Excuse making is a significant part of your addictive process. You have to know that as soon as you see yourself beginning to make excuses to yourself in favor of using the drug, you are on your way to a fall.

You have to watch your thought process. At the first hint of leaning toward making an excuse to give into the drug you must put your guard up. Right then and there you must be aware that the drug is laying a trap for you.

AFFIRMATION # 8 (Copy this affirmation below or on a separate piece of paper.) **ANY EXCUSE THAT I MAKE TO MYSELF IN FAVOR OF USING CRACK IS PART OF THE WAY THE DRUG IS ABLE TO TRAP ME. I AFFIRM THAT THERE IS NO SUCH THING AS A GOOD EXCUSE TO USE CRACK.**

SELF-ANALYSIS: Think about the excuses you make to yourself most often to justify an occasion of Crack use. Write them down.

Examples:

- 1) Just a little bit tonight.
- 2) This will be my last time
- 3) I worked hard today and deserve a break.
- 4) I'm under a lot of emotional pressure.
- 5) I can control my use.
- 6) I'll cut down gradually.
- 7) Just want to feel good.

Your Excuses

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____

What is your favorite excuse?

Excuse making is an important part of your addiction. This is part of the way the drug keeps you using. It is not that hard to overcome this particular part of your addiction if you are sincere and determined to in your efforts to stop.

Simply be aware that excuse making is part of the way this drug keeps you psychologically dominated. Then know that as soon as you start to make excuses to yourself, the drug is trying to catch you.

At this warning sign, put your guard up. Flood your mind with good excuses NOT to use Crack. Remember **THERE IS NO SUCH THING AS A GOOD EXCUSE TO USE CRACK.**

Your thoughts and realizations about your problem with excuse making:

Patterns of Weakness

Part 2 Chapter 7

Undoubtedly, the most important thing you can do to help yourself recover from Crack addiction is to analyze the patterns in your lifestyle that make you vulnerable to Crack use.

Each individual is different. Each person will have different areas of weakness. There are certain times and certain conditions when it is more difficult to resist Crack use.

Look at your life carefully. Identify the times when you are most likely to turn to Crack. Look into the times when you are least able to resist using.

Are you weak when you have nothing to do on a Friday or Saturday night, for example? Do you turn to Crack whenever you are lonely or bored? Maybe you find it hard to resist using when you have had a rough week at work and need a recreational outlet.

If you look carefully into the patterns of your use, you will see that there are times when you are strong in your ability to resist the cravings and there are times when it is very difficult.

Most addicts find it impossible to resist using Crack once they have taken other drugs or alcohol. There are people who use Crack when things have taken a turn for the better, found a new job, taken a step forward in life, so they allow themselves to celebrate with a Crack binge.

It is up to you to familiarize yourself with your patterns of weakness. You will then be able to take action to prevent yourself from being caught. Make sure for example, that you don't have any cash at these times.

AFFIRMATION # 9 (Copy this affirmation below or on another piece of paper.) **THERE ARE CERTAIN TIMES AND CIRCUMSTANCES WHEN I AM WEAK IN MY RESOLVE NOT TO USE CRACK. TO OVERCOME MY ADDICTION, I MUST IDENTIFY THESE TIMES OF WEAKNESS.**

List the **times of the day**, the **times of the week** when you find it hardest to resist using Crack:

Examples: Saturday nights, After work, Weekends

- | | |
|----------|-----------|
| 1) _____ | 6) _____ |
| 2) _____ | 7) _____ |
| 3) _____ | 8) _____ |
| 4) _____ | 9) _____ |
| 5) _____ | 10) _____ |

List the patterns of weakness that are based on the kind of mood you are in:

Examples:

- When feeling bored.
- Tired from work.
- When under emotional pressure.
- Hard to resist when alone.
- When feeling recovered from the previous binge.

- | | |
|----------|-----------|
| 1) _____ | 7) _____ |
| 2) _____ | 8) _____ |
| 3) _____ | 9) _____ |
| 4) _____ | 10) _____ |
| 5) _____ | 11) _____ |

6) _____ 12) _____

On another level, your overall lifestyle may contribute in a major way to your inability to resist Crack. To recover, you may have to completely change your lifestyle.

Bad news party people, life in the fast lane is over for you. It is important to develop a wholesome, constructive lifestyle. If you want to continue to hang with the hip crowd, it will be almost impossible to beat this addiction.

For many, radical alterations of lifestyle may be required. The king of the disco circuit has to settle down enough to join the bird watchers society. Get into the early to bed and early to rise mentality. Work hard on the job. Go to church on Sunday. These kinds of lifestyle adjustments may be the best way to break your patterns of weakness.

Write your thoughts and realizations about the patterns of weakness in your life:

The Seductive Nature Of Crack

Part 2 Chapter 8

Seduction means that you are somehow tricked into being disloyal to your own best interest. Part of the psychological hold that Crack exerts on the addict is through seduction. The drug tricks you into using. In any effort to overcome this addiction, you must become aware of the seductive nature of this drug.

You must learn that the drug has the power to trick you, lure you, coax you into using over and over again. Seduction involves the loss of self-control by treachery. This drug is seductive. This drug is treacherous.

Each time you use the drug, you know in advance that you are going to suffer a setback in your life. You know that you are going to have to face the fear and paranoia when you run out.

You know that you are going to waste all of your money. You know that you risk having a heart attack. You know that you risk arrest and drug-culture violence just in the process of coping.

Yet you allow yourself to be seduced. Think about it. You know the negative consequences in advance, yet you allow yourself to be fooled into using time after time.

AFFIRMATION # 10 (Fix this affirmation in your mind by repetition.) **I HAVE BEEN SEDUCED BY THIS DRUG FOR THE LAST TIME. ONLY A FOOL IS DUPED INTO BETRAYING HIS OWN BEST INTEREST OVER AND OVER AGAIN.**

If you look into your Crack use, you should see a pattern. Your subconscious desires come to the surface, then trick you out of being true to your own obvious best interest.

Examine very carefully the ways that Crack is able to coax you into using. Become familiar with the tricks of seduction that apply to your particular patterns of use.

If you can identify any of the strong patterns that occur again and again as far as being tricked by the drug, write them down along with any of your thoughts about the seductive nature of Crack:

Seduction is loss of self-control to the seducer. Once you become familiar with the tricks of the seducer, it becomes easier to avoid seduction.

A Life Destroying Love Affair

Part 2 Chapter 9

Part of what fuels the power of Crack addiction is that people are somehow infatuated with the drug itself. Crack addicts adore the drug. When they hold the rocks in their hand, they see a powerful and magical substance.

It is important to realize that you are charmed by the drug itself. You must break this spell. Stop looking at the drug as though it has an almost magical power.

Crack is pure and powerful destruction. This is the truth about those fascinating little rocks that you burn and suck into your lungs.

Crack is a poison that has the power to kill you. Your magical cure-all lifts you up temporarily but the price you pay is the destruction of your life.

Crack is like the pied piper charming mice with a delightful song, while leading them to their death. It is like being under the influence of an evil magician or falling in love with someone who is beautiful in appearance but destructive on the inside.

AFFIRMATION # 11 (Reprogram your mental attitude with this affirmation.) **I REFUSE TO BE CHARMED BY THIS DRUG. THE LITTLE WHITE CRYSTALS ARE IN REALITY A POISON THAT WILL DESTROY MY LIFE.**

Think about your habit and the price you have paid for using this drug. See Crack for what it really is. The charm and infatuation with the rocks, with the act of smoking must be rooted out with your constant awareness of the truth about this drug.

Try to develop an intense revulsion for Crack. Cultivate an attitude of disgust for the drug because of what it has done to your life. Learn to hate its power over you.

Be aware of the truth: Those pretty little white rocks can and will eventually kill you.

Fear

Part 2 Chapter 10

Fear is poisonous to our human existence. The more fear we have in our lives the less functional we are as human beings. No one is fearless. Fear warns us of danger. We are not meant to be entirely without fear.

But think of how foolish it is to welcome higher levels of fear and anxiety into your life in exchange for the temporary pleasure of using a drug.

High levels of fear, terror and paranoia are unavoidable results of Crack use. Somehow Crack use opens a door that allows a tremendous amount of fear and anxiety to enter into your life.

There are two levels of heightened fear to look into:

1. The crash. Immediately after finishing a Crack session, one experiences a period of intense fear and anxiety.
2. On another level, even after the crash subsides and the effects of the drug have worn off, Crack addicts experience heightened levels of fear and paranoia in their day to day lives.

Fear is one of the most unpleasant human experiences. Ask yourself, do you like adding a tremendous amount of additional fear to your life? Do you know that the anxiety and paranoia that you feel will grow and grow and grow as long as you continue to use this drug?

Because the fear and anxiety associated with Crack use is so intense, so unpleasant, many people make the commitment to stop for this reason alone. They get tired of the agonizing paranoia. They get tired of living in terror.

It is important to look at the level of fear and paranoia in your life.

Recognize this connection between Crack use and fear.

AFFIRMATION # 12 (Use this affirmation to help you resist Crack use.)

THE PRICE I PAY FOR USING CRACK IS FEAR, ANXIETY AND PARANOIA.

Examine your life. Is there more fear and anxiety in your life even when you are not high? Do you find that there are times during your day to day life when an unexplainable state of terror comes over you? This is an effect of the drug.

Think about your mental state before you began using Crack regularly.

List some of the things that make you fearful now. Things that never bothered you before you started using Crack:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

Describe your general state of mind in terms of fear and paranoia:

Describe the way you feel when you take that last hit and go through the Crash:

Once you stop using Crack, the level of fear in your life will slowly return to normal. One of the most satisfying things that you will experience as you recover will be the gradual lessening each day of these abnormal levels of fear and paranoia. It will feel real good to get back to normal in this respect.

Each time you consider using Crack ask yourself if it will be worth the fear and paranoia you will have to go through.

The Money Factor

Part 2 Chapter 11

Lets face it, if you use Crack, you have gone through enough money to make you cry when you think about it. And obviously this fact follows, if you continue to use Crack you will continue to run through vast amounts of money.

How does it feel to be short on cash all the time. The way you mess up money is beyond belief, yet you never seem to learn a lesson from the pain of screwing up your finances.

How long do you think you can go on being destitute, bankrupt, stripped of your money almost before you get it? How much longer will you be able to drain and exhaust the money of those around you to make ends meet?

At some point you have to wake up and begin to fight back. You have to stop letting Crack take your last penny. You will have to stop allowing Crack to drag you further and further down by draining all your money.

The complete disruption of your finances is one of the most unfortunate things about Crack addiction. And if you want to stop using Crack, it is important to put this money thing into some kind of perspective.

Think about the amount of money you have gone through because of your involvement with Crack. Do an estimate in your head. How much do you spend each week, each month, during the course of a year? Take a rough guess.

When you add it up, think about what you might have been able to buy with this amount of money; a new Mercedes Benz, a down payment on a house, several first class trips around the world.

This is not to make you feel bad, it is just an attempt to help you put things in perspective. But can you see what a fool you have been? Do you see the opportunities you have missed? Do you see how much growth, security and stability you might have had with this money that has literally gone up in smoke?

AFFIRMATION # 13 (Repeat this affirmation over and over.) **THE CONTINUED USE OF CRACK MEANS THE COMPLETE DISRUPTION OF MY FINANCES ALONG WITH THE ACCOMPANYING PAIN AND FRUSTRATION. I AM TIRED OF THE FINANCIAL MESS MY LIFE HAS BECOME.**

Now write down the figures you just calculated in your mind. Rough estimates will do:

Estimate the amount spent each week: _____

Estimate the amount spent each month: _____

Estimate the amount spent in a year: _____

Estimate the amount spent since the beginning: _____

List some of the things that could have been purchased with this amount of money:

- | | |
|----------|-----------|
| 1) _____ | 7) _____ |
| 2) _____ | 8) _____ |
| 3) _____ | 9) _____ |
| 4) _____ | 10) _____ |
| 5) _____ | 11) _____ |
| 6) _____ | 12) _____ |

One of the best things about recovering from Crack addiction is that you will regain control of your money. And part of the prescription for recovery is to spend plenty of money on pampering yourself, having a good time in a wholesome and constructive way.

Your thoughts and realizations about the amount of money you have wasted with Crack abuse:

Medical Risks

Part 2 Chapter 12

In Part I we saw that Crack use can cause fatal heart attacks, respiratory failure, and fatal seizures. Every Crack addict has heard about or knows of someone who has died or become seriously ill as a result of Crack use.

By now everyone knows that smoking Crack is a very risky way to get high. Everybody knows that **CRACK KILLS**. Young, healthy people are dying everyday.

Even if you are lucky enough to avoid a fatal overdose of Crack, your health is still going to suffer. Crack use causes serious damage to the heart, lungs and nervous system.

Do you have to end up in the hospital with a heart attack or serious lung infection before you realize that your body can only tolerate so much before something breaks down?

The unfortunate thing about Crack use is that just like every other human being, Crack users feel that the bad thing will only happen to someone else.

A 20 year old professional athlete in peak physical condition dies of a cocaine overdose. The event receives national publicity. Yet Crack users in far worse physical condition feel, that won't happen to me.

Wake up. Crack is deadly. Using Crack is like playing Russian roulette. You can only push your luck so far. Sooner or later it is going to be your turn. Something in your body will give.

Do you want to be found dead, alone in your home like so many unfortunate Crack addicts? If the drug can kill a healthy young athlete, who the hell do you think you are?

Even if the drug does not kill you, it will eventually cause serious health problems.

AFFIRMATION # 14 (Copy this affirmation in the space provided below.) **CRACK KILLS. CRACK DEFINITELY CAUSES SERIOUS HEALTH PROBLEMS. I REALIZE THAT THE THOUGHT; "IT WON'T HAPPEN TO ME," IS A DANGEROUS LIE I TELL MYSELF. SOONER OR LATER MY BODY WILL HAVE TO PAY THE PRICE.**

It is important to take a close look at your health. Think about what kind of physical condition you were in before you started using Crack, and the state of your health now.

List any of the serious medical problems you have had in the past or close calls in terms of overdosing:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____

List any problems with your health that you are aware of now:

IMPORTANT: GET A MEDICAL EXAMINATION. REPORT THESE SYMPTOMS TO YOUR DOCTOR.

- 1) _____
- 2) _____
- 3) _____

Other Risks And Dangers

Part 2 Chapter 13

The compulsion to use Crack is so strong, that you will take just about any risk to obtain it. Think about the incredibly dangerous situations you have placed yourself in to get your hands on Crack.

One addict used to cop from a Crack house in an extremely dangerous neighborhood. He had to enter a fortified apartment. During the entire transaction, someone held a gun to his head.

The dealer was protecting himself from rip-offs. The addict knew the gunman was usually high on Crack and therefore extremely nervous and paranoid.

This Crack addict was aware each time he went to cop, that if there was any kind of disturbance, if any kind of trouble broke out, he would be dead. Yet he continued to place his life in the hands of a Crack-crazed gunman to obtain Crack.

The New York City Police Department has a program called Buy and Cry. You can guess how the program got its name; the individual makes a purchase from an undercover cop and begins to cry when he or she realizes it's jail time.

Many addicts tell themselves, "I'm streetwise, I can handle myself." Keep thinking this way and sooner or later you are going to get burned really bad. No matter how streetwise you may think you are, you can only push your luck so far.

If you want to beat this addiction, you must be honest with yourself. Think about the many times you have risked the possibility of arrest or drug-culture violence because of your involvement with Crack.

Think back to some of the close calls you have had. Recall the times when something bad did happen to you. Think about the insanity of maintaining the attitude, "it won't happen to me."

AFFIRMATION # 15 (Copy this statement below or on another piece of paper.)

CONTINUED USE OF CRACK MEANS THE STRONG POSSIBILITY OF JAIL OR DRUG-CULTURE VIOLENCE. I WILL NO LONGER TELL MYSELF THE DANGEROUS LIE, "IT WON'T HAPPEN TO ME."

SELF-ANALYSIS: Make a list of the risks you face because of your involvement with Crack:

Examples:

- Arrest and jail
- Violent rip-off
- Turning to dealing
- Torch exploding or starting a fire

1) _____	7) _____
2) _____	8) _____
3) _____	9) _____
4) _____	10) _____
5) _____	11) _____
6) _____	12) _____

List some of your close calls or actual incidents of arrest or violence:

1) _____

Hurting Others

Part 2 Chapter 14

How many people have you hurt with your addiction? Any Crack addict who answers this question will have a long list.

The compulsion to use Crack overrides any and all consideration for other human beings. It's interesting however, that many Crack addicts remain somewhat aware of how much damage they are causing in the lives of those around them.

Crack is different from drugs classified as sedatives, heroin for example. Sedatives deaden awareness. They make users oblivious to the world around them. Crack is a stimulant. Crack addicts are aware to a certain degree how badly they are screwing up their lives and the lives of others. The problem is that they can't help themselves.

Crack addicts deaden their self-awareness in another way though. They bury their conscience. They learn to hide from themselves the awareness of the harm they do to others.

Every human being has a conscience. It gives us the ability to determine right from wrong. If you follow your conscience it becomes stronger in its ability to guide you. If on the other hand you turn against the guidance of your conscience over and over again as Crack abuse will force you to do, it becomes weaker and weaker.

The pain you cause in the lives of others results in a smaller amount of concern for you as your life comes under increasing domination by this drug.

You teach yourself to ignore your conscience.

Many Crack addicts attempt the juggling act of continuing to use the drug and trying to affect those around them as little as possible. But with Crack addiction it is certain that you will hurt and drag down those around you.

The pain and misery Crack addicts bring upon their families is unimaginable. We are all connected with the people around us. This is particularly true of the people who love and care for us.

When we allow ourselves to be dragged down, we drag down the people around us. Life can be hard enough, yet the addict adds the burden of his addiction to the lives of the people who care for him.

AFFIRMATION # 16 (Repeat this affirmation to yourself throughout the day.)

MY ADDICTION BRINGS A TREMENDOUS AMOUNT OF PAIN AND SUFFERING INTO THE LIVES OF THOSE AROUND ME. I WILL REAWAKEN MY CONSCIENCE AND BECOME MORE AWARE OF HOW I HURT OTHERS.

Make a list of the people in your life who you have hurt in any way:

- | | | |
|----------|----------|-----------|
| 1) _____ | 5) _____ | 9) _____ |
| 2) _____ | 6) _____ | 10) _____ |
| 3) _____ | 7) _____ | 11) _____ |
| 4) _____ | 8) _____ | 12) _____ |

List ways that you have hurt others:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

- 5) _____
- 6) _____
- 7) _____

As you recover from this problem, feelings that you have learned to ignore will begin to reawaken. Long buried feelings will begin to come to the surface. You will begin to feel pain and guilt for the harm you have done to people in your life.

Don't be too hard on yourself though. Addiction is a sickness. It is as though you were infected by a germ and became ill. The hurt you have caused others as a result of your sickness can be reversed. In fact, an important part of your recovery is to somehow make amends to the people you have hurt.

It will feel real good when you can go to someone you have hurt and say: "I have been sick. I am sorry."

Addiction is a crisis in our lives. A crisis usually takes us to a deeper place in ourselves.

Perhaps as a result of your problem, when you have recovered, your capacity to show consideration for others will be even greater than before you had a problem with Crack.

Your thoughts and realizations on the harm your addiction has caused others:

Life Becomes Unmanageable

Part 2 Chapter 15

Take a good look at yourself. How low have you fallen? How badly has Crack screwed up your life? How much have you lost since you began using Crack?

Look at your financial affairs, your health, your family life, your career. Take any area of your life. If you have been using Crack for any length of time, your life is a mess. For many Crack addicts, existence is a living hell.

It is impossible to use Crack and prevent the complete unraveling of your life. For a time you may be able to keep certain areas of your life under control. But as you continue to use the drug, efforts to manage your life become more and more difficult.

Things quickly reach the point where your life begins to fall apart in every way. This is an unavoidable consequence of Crack use.

Unfortunately, most Crack addicts are able to fool themselves for a time. They feel they can walk the tightrope of using Crack and continue to keep their affairs under control.

Sooner or later though, all Crack addicts find themselves in unbelievably bad shape. It becomes clear that to continue using means the complete destruction of their lives.

Unless you can give up Crack completely, you are an addict. If you are an addict, sooner or later you are going to hit rock bottom. You will end up dead, in jail or in the gutter.

You are spiraling down to your destruction. It is important to understand that there are no half-way solutions with Crack use. Either you stop completely or continue to go down. There is no way around this.

There is not a Crack addict alive who can avoid hitting rock bottom unless he or she stops using Crack. Recognize this fact.

AFFIRMATION # 17 (Program this affirmation into your thought process.)

I REALIZE THAT MY LIFE WILL BECOME COMPLETELY UNMANAGEABLE IF I CONTINUE TO USE CRACK. THERE IS NO WAY TO AVOID THIS DOWNWARD SPIRAL OF DESTRUCTION THAT GOES ALONG WITH CRACK USE.

Part of your recovery is to be aware of the price you have paid for using this drug. If you are like most Crack addicts, you have lost a lot. No high is worth the setbacks, the losses you have suffered.

It is important to be aware of the course your life has taken since you began to use Crack. Learn something from what has happened to you.

List some of the major ways your life has changed or gone down since you began to use Crack:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

- 5) _____
- 6) _____
- 7) _____

List some of the achievements, things that you worked hard for, that you have lost or screwed up:

- | | |
|----------|-----------|
| 1) _____ | 7) _____ |
| 2) _____ | 8) _____ |
| 3) _____ | 9) _____ |
| 4) _____ | 10) _____ |
| 5) _____ | 11) _____ |
| 6) _____ | 12) _____ |

List some of the qualities of the mess your life is now in:

Your life is a mess. But there is good news. You can and will recover from your addiction. You can and will rebuild your life. Having seen the down side of life, you may have much more motivation to get your life together.

It is even possible that as a result of your bad experience, the lessons you have learned, that you will be able to make more progress in life than you had the potential to before you started using Crack.

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Part III Introduction

Develop Habits That Will Help You Fight Back

The best way to overcome a bad habit is to replace it with a good one. Crack addiction is a series of bad habits or weaknesses that enable the drug to dominate your free will.

Parts I and II focused on helping you to develop insight into the nature of Crack addiction. In **Part III**, a number of good habits or attitude adjustments that are indispensable in the struggle to resist Crack, are suggested.

The string of bad habits that promote Crack abuse are counterbalanced by the new habits we encourage you to develop in **Part III**. These good habits will not become part of your life simply by reading this section. You are going to have to work hard on an ongoing basis with this material to develop in these areas.

We start with developing the habit of relying on your **Higher Power** or God as you understand Him. When all else fails, it is your **Higher Power** that will come through for you.

We ask that you get into the habit of complete abstention from all drugs and alcohol. We ask that you constantly work on developing your willpower and your power of thought control.

By working to change your lifestyle and values, you will automatically short circuit many of the bad habits that weaken your ability to resist the pressure to use Crack.

Constantly increase your burning desire for recovery. Get emotional about it. Psyche yourself up for recovery. In the same way, work to increase your aversion or hatred for this drug.

Get into the habit of always being clear on your goals. Learn the habit of listening to the guidance of your conscience. Cultivate the ability to be honest with yourself and others.

We ask that you get into the habit of working with others to assist your recovery process. And finally, that you develop the ability to always learn something from your mistakes.

If you are successful in developing the habits suggested in **Part III**, the end result will be the complete reprogramming of the behavior, attitudes and emotions that leave you powerless to resist Crack. Your new habits will promote the strength to say "**NO**" and help you live this choice.

Working with the material in **Part III** is a developmental process. It is important to return to these sections over and over. Developing willpower for example, is a long-term process. The sections in **Part III** demand continuous follow-up.

You must develop in these areas on your own. No one can do it for you. It will take hard work and effort. But remember this as you try; notions like "**can't do**," "**impossible**," "**I'll never be able to...**," should be weeded out of your thought process.

You are going to win. Believe that you have within yourself, all the power you need to overcome the problems of your recovery.

Working With Your Higher Power

Part 3 Chapter 1

This section is the heart of **The Crack Busters Workbook**. Working with your **Higher Power** means seeking higher assistance. For some this help will come from deep within, for some it will come from above. What it really means is turning to **God** as you understand Him for help.

Many recovering addicts will literally need a miracle to beat their addiction. By working with your **Higher Power** or **God** as you understand Him, there is a good chance that you will get that miracle.

This section describes how to develop a relationship with your **Higher Power**. Use the concept you are comfortable with: The Universal Mind, The Collective Unconscious, The Cosmic Intelligence or simply **God** as you understand Him.

The discussion that follows is based on the highly successful Twelve Steps program of Alcoholics Anonymous. Recovery from addictive behavior in the Alcoholics Anonymous, Narcotics Anonymous and Cocaine Anonymous programs is based primarily on developing a relationship with a **Higher Power** or **God** as you understand Him.

Millions of alcoholics and addicts have succeeded in overcoming their addictive behavior in these programs by learning to rely on some form of **Higher Assistance**, which when turned to, helped them in some unexplainable but powerful way.

Here are three of the Twelve Steps they follow:

- 1) Came to believe a Power greater than ourselves could restore us to sanity.
- 2) Made a decision to turn our will and our lives over to the care of **God** as we understood Him.
- 3) Sought through prayer and meditation to improve our conscious contact with **God** as we understood Him. Praying only for knowledge of His will for us and the power to carry that out.

The success of so many people who follow the spiritually based programs of A.A. and C.A. should not be overlooked. The spiritually based Cocaine Anonymous program is the backbone of cocaine treatment in America today.

Even most of the professionally staffed treatment centers insist that their graduates follow up their rehabilitation with long term attendance at Cocaine Anonymous meetings.

Regardless of these facts however, one cannot and should not attempt to force spiritual reform. Do not think of this discussion as an attempt to convert you or force religious beliefs into your mind.

This section is simply an effort to help you to recognize the spiritual part of yourself and accept the powerful role that it can play in your recovery.

If you prefer not to deal with these concepts, if spirituality turns you off, simply turn to the next section. There is still plenty of helpful material in this book. We do recommend however that you at least try to read on for a bit with an open mind.

What Is Your Higher Power

Your **Higher Power** is special assistance from within or above. It does not matter where it comes from, the important thing is you get it when you need it. And you get more of it when you learn how to ask for this help and receive it properly.

Take a moment and think back to a time of crisis in your life when you got help as if by a miracle. Something bad was going to happen but didn't. You needed help and help came, not because you worked for it or deserved it, but somehow you simply got a break.

We have all had such moments; times of crisis, indecision, fear or despair when something stepped in and saved us. Whether we recognize it or not, this was our **Higher Power** working.

The operation of our **Higher Power** is most obvious in times of great need or crisis. Most of us instinctively know to ask for help from **God** as we understand Him at times like these. But when things get back to normal, we forget that our prayer was answered.

There is a spiritual saying: "God loves it when we turn to Him and ask Him for help." Your **Higher Power** is always there, ready and waiting to help you. Working with your **Higher Power** is based on the universal spiritual law: **"Ask and you shall receive."**

Working with your **Higher Power** to assist your recovery is simple and easy. It means instead of asking for help only during times of crisis, you ask for help all the time, on big problems as well as small problems. It means learning to turn to **God** as you understand Him, moment by moment, day by day, crisis by crisis. It means simply asking for help and accepting and obeying the guidance you receive on the matter.

Some Important Guidelines

There are three simple but important rules to follow when working with your **Higher Power**:

- 1) **YOU MUST BELIEVE IN AND TRUST YOUR HIGHER POWER OR GOD AS YOU UNDERSTAND HIM.** The greater your faith, the more powerfully your Higher Power will work for you.
- 2) Have you ever wanted something with all your heart, but then later thanked **God** you didn't get it? Rule # 2 is **YOU GET WHAT YOU NEED, NOT WHAT YOU WANT.**
- 3) This is the most important rule. **YOU MUST ACKNOWLEDGE THE HELP YOU RECEIVE AND OFFER GRATITUDE.**

How To Deepen Your Relationship With Your Higher Power

To develop your relationship with your **Higher Power**, you have to practice working with It. It means asking for help and learning to recognize the subtle results.

To get help from within, all you have to do is ask for it. How much help you get depends only on your openness and ability to receive it. **Try it out.** When you ask for this help, be aware of how things unfold with the problem you asked for help on. Take note of what seems like helpful coincidences.

You may have experiences like these: You are on your way to cop. You ask for help and your car won't start. Or a friend from your support group calls and you recover your strength.

These are obvious examples just to illustrate the point. Help from your **Higher Power** won't always be this obvious, but guaranteed, you will always receive assistance in some form when you turn to your **Higher Power** or **God** as you understand Him for help.

Ask for help moment by moment during your recovery process. Ask for things like:

- Get me past the dealers today.
- Let me get through this period of craving.

- Help me do the right thing with my cash.
- Give me the willpower to resist using Crack today.
- Please give me something fulfilling and positive to do tonight.

The assistance will come. More often than not, it will be subtle, almost invisible, just a moment of strength that you must catch and expand on. Or maybe a momentary sense of what is right, requiring you to exercise the courage to follow through.

On the other hand there will be times when the help you get from **God** as you understand Him will be powerful enough to knock your socks off; an incredibly helpful coincidence, a tremendous surge in your willpower, an overwhelming sense of disgust for the drug, making it very easy for you to do the right thing.

You can ask for help on any problem, from the smallest to seemingly impossible situations. **All you have to do is ask.** It is that easy. Help will come, perhaps not what you want or expect - but definitely what you need.

Test your **Higher Power** out. Do it now or wait for your next crisis. Ask for help. See what happens. Be sensitive and observe the results. Expect assistance from your **Higher Power** when you ask for it.

Prayer and Meditation

Part 3 Chapter 2

You will have to work to deepen your connection with your **Higher Power** or **God** as you understand Him. Prayer and meditation strengthens the contact. Prayer is asking. Meditation is listening or sitting calmly and tuning in to a deeper part of yourself.

Meditation is holding your awareness on a chosen theme or subject and letting insight and inspiration bubble up on the subject. Concentration must be developed to do this. ([See the concentration exercise in Part III, Chapter 11 of this book.](#))

When you sit quietly and calm your mind, your thoughts and inspirations come from a higher or deeper place. Through meditation, we are able to tap into the tremendous power that lies hidden within all of us.

To meditate for Higher Assistance on a given situation, you would try to keep your attention on the problem for a time, while holding onto a feeling of asking for help from your **Higher Power** or **God** as you understand him.

Try This Meditation or Visualization Exercise:

Sit down and relax. Breathe deeply and slowly for a minute or two. This will calm your mind.

PUT YOUR ATTENTION ON A SITUATION OR PROBLEM IN YOUR LIFE. THEN MAKE A REQUEST. ASK YOUR HIGHER POWER TO HELP YOU.

HOLD AN AWARENESS OF THE PROBLEM ALONG WITH A FEELING OF ASKING FOR HELP. TRY TO STAY IN THIS SPACE FOR A COUPLE OF MINUTES. IF YOUR MIND WANDERS TO OTHER THOUGHTS, GENTLY RETURN IT TO THE SUBJECT OF YOUR MEDITATION.

THEN FEEL THAT YOUR HIGHER POWER OR GOD AS YOU UNDERSTAND HIM, KNOWS EXACTLY WHAT TO DO TO ASSIST YOU.

FEEL THAT YOUR HIGHER POWER WILL GIVE YOU ANSWERS AND DIRECT THE COURSE OF EVENTS TO RESOLVE YOUR PROBLEM.

FINALLY, SEE THE PROBLEM AS ALREADY SOLVED. TRUSTING THAT YOUR HIGHER POWER WILL TAKE CARE OF THE SITUATION IN SOME WAY.

Do this visualization anytime you need help. Not only will you get answers and insights, but the actual problem will begin to work out. Watch how things start falling into place when you invoke this kind of Higher Assistance.

Concentrate, meditate or pray on difficult decisions you face. Bear this spiritual saying in mind: **When you have made a decision, put your trust in God. For God loves those who put their trust in Him.**

While it is true that you should trust that your **Higher Power** will help you, working with your **Higher Power** does not mean that you ask for help and then sit back and do nothing. It means asking for help and then taking action with strength and determination, knowing that the solution to your problem will unfold in the course of your efforts

Say you were on your way to cop and you sincerely ask for help. For a moment you might get the strength and inspiration to turn around. That's the help. But courage and determination will be required on your part to follow through.

When you turn away from the guidance you receive, you block the flow of your **Higher Power**. When you accept and obey the inner guidance you receive from your **Higher Power**, this Power becomes stronger in Its ability to

assist and guide you.

Feelings of self-pity, resentment, hatred, jealousy, fear, despair and insecurity act to block the flow of Higher Assistance. Feelings of love, serenity, trust, hope, confidence and self-esteem act to increase the flow of Higher Assistance.

Be absolutely certain of this fact; your **Higher Power** or **God** as you understand Him will never guide you into doing something harmful or wrong. If guidance tries to lead you to do something wrong, know that it is not your **Higher Power**, it is your ego or some lower part of yourself demanding fulfillment.

AFFIRMATION # 18 (Learn to repeat these affirmations over and over to yourself throughout the day.)

MY HIGHER POWER OR GOD AS I UNDERSTAND HIM IS GUIDING ME, PROTECTING ME, HELPING MY RECOVERY AT EVERY MOMENT. I KNOW TO OFFER GRATITUDE EACH TIME I SEE THIS POWER OPERATING.

AFFIRMATION # 19 (Copy this affirmation below. Learn it by heart.)

NO MATTER HOW DIFFICULT THE PROBLEM, MY HIGHER POWER KNOWS THE SOLUTION AND WILL LEAD ME OUT OF DIFFICULTY. TO RECEIVE ASSISTANCE I NEED ONLY ASK.

Describe your feelings about your **Higher Power** or **God** as you understand Him:

List experiences that have deepened your acceptance and trust in a **Higher Power** or **God** as you understand Him:

Discuss any of the profound spiritual experiences or awakenings you have ever had. (You may need extra paper for this response.)

Learning about the presence of your **Higher Power** is a deeply personal experience. No one can really teach you how to do it. You must look within and examine the way things work and discover this inner relationship for yourself.

Develop an ongoing relationship with your **Higher Power** or **God** as you understand Him. Learn to tune in and be receptive to this assistance. Your relationship will deepen with practice.

Make a habit of turning to your **Higher Power**, moment by moment, day by day and crisis by crisis. Set aside some

time everyday for prayer and meditation to deepen your contact. Right now or the next time you are in a jam, ask for help.

Remember the three rules:

1. Trust and Believe.
2. You will get what you need. And most important,
3. Acknowledge the help and offer gratitude.

You are going to get well like many before you who learned to rely on their **Higher Power**. Learn to expect healing, recovery and miracles from your **Higher Power** or **God** as you understand Him. Feel that you will receive what you need for your recovery from your **Higher Power**.

Complete Abstinence From All Drugs And Alcohol

Part 3 Chapter 3

There are many good reasons not to drink. Both alcoholism and Crack addiction are extremely destructive. And problem drinking is often closely connected with Crack abuse.

It is important to realize that if you are going to be successful at overcoming one form of addictive behavior, namely Crack addiction, you must at the same time eliminate any and all harmful addictions from your life. It is simply not possible to expect to control Crack use and continue to have a problem with drinking.

Problem drinking will work against the extraordinary self-control and clarity that is required on an ongoing basis to overcome Crack addiction. It is extremely important to abstain completely from alcohol if you want to beat this addiction.

You want to stay clear headed and in control of your will at all times. Alcohol dramatically weakens your resistance to the powerful cravings that can start your addiction back up after you have some clean time under your belt.

Think about it. You have managed to stay away from Crack for several weeks, and you go out and get drunk. The temptation and the craving to use Crack will still be there.

If you get drunk, are you going to be able to resist the powerful urges that continue to lie beneath the surface of your decision to give up Crack? Perhaps up until that point your will-power, self-control, and firm determination had enabled you to resist giving in to the drug.

You know however, that when you get drunk, the extraordinary self-control and clarity you have been fighting to maintain will be temporarily lost.

Your guard is lowered. This is the time when the drug is going to surface and catch you. This is how Crack works, it is always waiting to exploit your moments of weakness.

When you take a fall with Crack, no matter how long you have been clean, you risk getting caught again in a full-blown pattern of addiction. Don't let problem drinking ruin your recovery.

Again, there are many good reasons not to drink. But, when it comes to recovery from Crack addiction, it is absolutely necessary to give up alcohol entirely. If you are serious about overcoming Crack addiction, take this as one of the most important suggestions in this book.

The same advice holds true for any and all mind altering drugs. The use of other drugs is able to destroy your ability to resist the treacherous cravings associated with Crack.

If you sincerely want to kick the Crack habit, you must become fanatical about abstaining from all drugs. Even if someone offers you a joint, you risk your recovery by accepting.

AFFIRMATION # 20 (Burn this affirmation into your memory.)

THE ONLY WAY TO HAVE A SECURE RECOVERY IS TO ABSTAIN COMPLETELY FROM ALL DRUGS AND ALCOHOL.

List the other drugs and types of alcohol you take:

- | | |
|----------|----------|
| 1) _____ | 5) _____ |
| 2) _____ | 6) _____ |

3) _____ 7) _____
4) _____ 8) _____

List the reasons you use other drugs and alcohol:

Examples:

- Out of habit
- To unwind.
- Socially obligated.
- Emotional pain. Boredom.
- Drink to soften the crash.

1) _____ 6) _____
2) _____ 7) _____
3) _____ 8) _____
4) _____ 9) _____
5) _____ 10) _____

List the timing or patterns of your use:

Examples:

- Always have a few beers after work.
- Like to smoke a joint with friends.
- Drink heavy every day.

1) _____ 6) _____
2) _____ 7) _____
3) _____ 8) _____
4) _____ 9) _____
5) _____ 10) _____

Think about what you will do to break your patterns of using other drugs and alcohol:

1) _____ 6) _____
2) _____ 7) _____
3) _____ 8) _____
4) _____ 9) _____
5) _____ 10) _____

You should never remain in an environment where alcohol or drugs are being used. To be successful at overcoming Crack addiction, you must clean up your act in every way regarding the use of other drugs and alcohol.

If you are serious about your recovery - get fanatical about avoiding mind altering drugs and alcohol.

Develop Your Willpower

Part 3 Chapter 4

Any effort to overcome addictive behavior involves the use of willpower and self-discipline. No strong habit or addiction will go away simply because you want it to.

You will have to fight. You will have to fight long and hard to completely overcome Crack addiction. Willpower is one of the tools you will employ to resist the powerful cravings associated with Crack. The cravings will attempt to control you. It is your willpower, determination and self-discipline that you will use to fight back.

It will be very difficult to overcome Crack addiction if you are weak . Weakness allows this drug to dominate your life. Weakness keeps you trapped in your cycle of addictive behavior.

To overcome Crack addiction you must be strong. You must be determined. You must have willpower. You must have self-discipline. You must be willing to fight.

Weakness keeps you trapped, strength will set you free. It will give you the freedom to choose your own destiny. Strength will give you the power to overcome your addiction.

Every human being has a certain amount of willpower. Every human being has the capacity to build up or strengthen his or her willpower. In the same way for example, that lifting weights develops muscles, exercising your willpower makes it stronger.

Each time you use your willpower to accomplish something it becomes stronger. Each time you turn away from weakness and accomplish something difficult you are building up the power of your will, the power to choose your own course of action.

Throughout the day, every human being is faced with situations where he or she can take the easy way out or do the right thing which may be more difficult.

If you are trying to overcome Crack addiction, it will be helpful to pay attention to the amount of self-discipline in your life. It is necessary to become more aware of how you use your willpower in the course of all your daily activities. Throughout the day you have many opportunities to exercise and strengthen your willpower.

You want to strengthen your willpower to the point where you can say no to Crack. One way to do this is to be strong in all areas of your life. Each time you act with self-discipline your overall willpower becomes stronger.

Your struggle is not only to say no to Crack, it is to say no to weakness in favor of strength in every area of your life. Because each time you are strong and do the right thing you increase the very same power in yourself that will give you the ability to say no to Crack.

Think about the many things you do throughout the day that require you to exercise your willpower. Do you wake-up at the time you are suppose to in the morning? Are you the kind of person who decides to go and look for a job and then put it off to another day?

Have you decided to take up jogging but never get around to actually doing it? Each and every day, every human being is faced with many situations where there is a choice of taking the easy way out or using his or her willpower to do the right thing.

AFFIRMATION # 21 (Copy this affirmation in the space below.)

I WILL EXERCISE WILLPOWER IN ALL MY DAY TO DAY ACTIVITIES. WHEN I DECIDE TO ACCOMPLISH SOMETHING, I WILL FOLLOW THROUGH AND DO IT.

Think of ways you are lazy in exercising willpower in your day to day activities:

Examples:

- Find it hard to wake-up on time.
- Never finish what you start.
- Don't follow your diet.
- Don't give proper attention to hygiene.
- Do not put genuine effort into your job.

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

List areas where you do have good self-discipline both now and before you began using Crack, all the high points of times of good self-discipline in your life:

Take baby steps towards achieving your ideal self-discipline program. Aim for long-term progress. Get up on time a couple of times a week. Then use the self-discipline this builds up to wake-up at your scheduled time say, three or four time the following week. Grow into your program gradually.

Think about some small, easy steps you can take to get started on building self-discipline and willpower in your life:

Examples:

- Decide to get into jogging, but just walk the distance the first week.
- Think about small ways you can be more self-disciplined on the job.

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

Make a decision that as part of your recovery you will pay more attention to self-discipline. Decide that you will pay more attention to acting in favor of strength instead of weakness in all your day to day activities.

Don't be too hard on yourself though. You are recovering from an illness. You have gone through a lot of pain and trauma. At your own pace simply try to pay more attention to developing self-discipline and willpower in your life.

Decide you are going to accomplish something. Then follow through and do it. Practice this every day. Do this with the understanding that each time you exercise your willpower it becomes stronger. And in the same way, each time you say no to Crack, you become stronger in your ability to continue to say no.

Your thoughts and realizations on the need to develop will power and self-discipline in your life:

Build Up A Burning Desire To Stop

Part 3 Chapter 5

If you want to stop using Crack you must develop a burning desire to overcome your addiction. Perhaps you wish to stop using Crack. Perhaps you are tired of having your life dominated and ruined by this destructive drug. Sincerity in your desire to stop is the very first step.

But beyond this, you can give a tremendous boost to the process of your recovery by cultivating in yourself a burning desire to stop using this drug.

When an athlete competes in a sporting event he or she has a desire to win. Everyone wants to win or be successful. But the athlete who wins most often, knows that he or she must have a burning, passionate desire to win. They will psyche themselves up. This means that they will build up in themselves, an intense emotional eagerness to succeed.

In the same way it is helpful if the Crack addict builds up enthusiasm, a strong emotional eagerness to overcome Crack addiction. If you don't have a burning desire to stop using Crack, build it up, cultivate it.

Develop and maintain enthusiasm about kicking your habit. Get yourself psyched-up and keep yourself psyched-up. This formula works for anything you may try to achieve in life. If you want to be successful, you have to want something with intensity, with eagerness, and with emotion.

What do you do if your desire to stop using Crack is lukewarm? You work on yourself to develop the burning desire to quit. You stoke up the fires of your emotion, your longing, your hunger, your sense of urgency to get this habit behind you.

To do this you must keep the reasons you want to quit in the forefront of your mind. Get yourself excited about what you will do with the money you spent previously on Crack.

Get yourself worked-up when you think about how you will reverse the destruction this drug has caused in your life. Think about getting beyond the fear and paranoia.

Get fierce in your determination that you will never again allow this drug to seduce you. Look forward with intense eagerness to building a wholesome, constructive, and healthy lifestyle.

Keep running these kinds of thoughts through your mind. Get psyched-up to the point where you will let nothing stand in your way. Become emotional about overcoming your addiction. Get psyched-up and stay psyched-up.

A powerful method to develop burning enthusiasm is to stay in the company of people who are enthusiastic about the same thing you are eager to achieve.

If you associate with other recovering addicts who are enthusiastic about overcoming their addiction, they help you and support you in maintaining your enthusiasm.

AFFIRMATION # 23 (Repeat this affirmation over and over.)

TO RESIST CRACK, I MUST GET PSYCHED-UP AND STAY PSYCHED-UP ABOUT BEATING THIS ADDICTION. I MUST BUILD UP A BURNING DESIRE TO QUIT.

Change Of Lifestyle And Values

Part 3 Chapter 6

Crack addiction is a very powerful addiction. The roots of this addiction run deep. The craving to use can resurface years after you have succeeded in becoming drug-free.

For this reason it is necessary to make a commitment to alter any patterns in your lifestyle that make you more susceptible to Crack use. Your best defense against Crack, both short term and in the long run is a clean, wholesome, honest, healthful, productive, hard-working, goal-oriented lifestyle.

What we are talking about is getting as far away as possible from life in the fast lane. This means altering your lifestyle and developing values that are the complete opposite of the lifestyle that is associated with the drug-culture.

It is important to understand that hanging with the hip crowd is simply not compatible with the lifetime process of recovery from this powerful addiction.

It is necessary to look at what you do for excitement, entertainment. Is your idea of a good time going to a wild party? Is your idea of entertainment sitting around with friends and getting high? What kind of people do you like to hang out with, unproductive, self- destructive individuals?

It is very important to realize that the wrong kind of lifestyle works against your ability to overcome your addiction. On the other hand, getting into a wholesome, constructive lifestyle is one of the best ways to insure a stable and lifelong recovery.

Instead of wild parties, we are talking about getting into an old-fashioned sense of morality. Instead of hanging with the hip crowd, we are talking about finding friends who are simply honest and sober. Instead of the kind of entertainment associated with the drug-culture, life in the fast lane, we are talking about wholesome and healthy entertainment. If you are serious about putting your Crack habit in your past, life in the fast lane is over for you. In fact the more square, old-fashioned or lame you become, the better.

The kind of lifestyle you want to move towards is; early to bed and early to rise, family picnics, doing volunteer work for the local church organization, taking up gardening. You don't have to go as far as joining the bird watchers society, but you get an idea of the kind of direction we are talking about.

AFFIRMATION # 24 (Write this affirmation in the space below.)

LIFE IN THE DRUG-CULTURE FAST LANE IS OVER FOR ME. A WHOLESOME, HEALTHFUL, PRODUCTIVE LIFESTYLE IS IMPORTANT FOR MY RECOVERY.

List your lifestyle tastes and habits that are fast lane:

Examples:

Hang with wild people. Love to party. Like to get high with friends. Like to consider yourself hip.

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

List changes you can make in your lifestyle that point you in the direction of wholesome old-fashioned values:

Establish A Set Of Goals

Part 3 Chapter 7

Because of Crack abuse your life has been unraveling, spiraling down. When you stop using Crack, when the destructive influence is removed, naturally your life will begin to improve.

However, as part of your recovery, you will want to play an active role in restoring balance and sanity to your day to day affairs. To this end, it may be helpful if you can establish a well defined, focused plan for your life.

Do you know that if you simply make a plan or outline of the things you would like to achieve, you dramatically increase your power to obtain these things?

We all have a vague idea of what we would like to accomplish in life. But when we have a definite plan, a concrete set of goals, we get more power to achieve the things we desire because we are able to focus our life energy.

Successful people in all walks of life have found that an important factor in their ability to achieve success, is the capacity to envision their goals and thereby focus their energy and efforts.

When the destructive influence of Crack abuse is behind you, your life circumstances will begin to improve. But you want to go beyond a general improvement in your day to day life.

Drug use has been holding you back from fulfilling your real potential in life. When you get this burden off your back, you want to take advantage of this new found freedom to really get your life together.

Instead of simply giving up Crack and leaving your life at that, take some time to map out your life objectives. Give some thought to where you want your life to go. Sit down and list your goals.

Goals provide focus in our lives. They provide inspiration and clarity and help us move in a positive and constructive direction.

When you establish a set of constructive life goals it becomes easier to say no to anything that would prevent you from reaching your new destination in life.

As your determination to achieve your goals increases, the power of this destructive addiction to control your life decreases. Establishing a clearly defined set of short and long- term goals can be an important part of recovery from Crack addiction.

Working toward a set of constructive goals is a powerful part of the overall set of mental defenses you want to build up in your psychological war against Crack.

AFFIRMATION # 24 (Copy this affirmation below.)

BY SIMPLY MAKING A PLAN OR AN OUTLINE OF THE THINGS I WANT TO ACHIEVE IN LIFE, I DRAMATICALLY INCREASE MY POWER TO ATTAIN THESE GOALS.

Have faith in your ability to achieve your goals. With perseverance and steady determination you can do almost anything.

Just to bring to the surface some of your dreams and ambitions in life do this exercise. Imagine you could start your life over. Imagine there were no wrong turns, everything went just right for you. Pretend you were able to achieve your dreams.

Describe what you would be doing now as far as:

JOB AND CAREER (e.g. Working as a pilot)_____

EDUCATION (e.g. finished college with a degree in:)_____

FINANCIAL ACHIEVEMENTS (e.g. Own a house, two cars:)_____

RELATIONSHIPS, LOVE LIFE (e.g. Married my high school sweetheart.)_____

HEALTH, FITNESS, SPORTS (e.g. Basketball player, martial arts expert, mountain climber, expert skier.)

SPIRITUAL LIFE (e.g. Always intended to study and practice some form of spiritual philosophy.)

The purpose of describing your dreams in this way is simply to point you in a direction, to give yourself a little bit of insight into what is really fulfilling to you.

In this next exercise, list your outstanding good qualities, your pluses in life. Think about both the present and your pre-Crack days:

Examples:

Always rebound after a crisis. Take good care of the family. Believe in God. Know how to earn a living. Did well in school. Pay the rent on time. Always help someone in need. Physically strong. Intelligent. Hard working. List anything positive about yourself that you can think of:

List the goals that you have worked toward and achieved. Anything in your life that you can think of:

Examples:

Made the basketball team in high school. Started a business. Raised a family. Owned a car. Climbed a mountain. Got into a good school. Took up jogging.

Think about the things in life you would like to achieve in the next five years:

JOB AND CAREER _____

EDUCATION _____

FINANCIAL ACHIEVEMENTS _____

RELATIONSHIPS, LOVE LIFE _____

SPIRITUAL LIFE _____

Think about the goals you would like to work towards in the coming year:

JOB AND CAREER _____

EDUCATION _____

FINANCIAL ACHIEVEMENTS _____

RELATIONSHIPS, LOVE LIFE _____

SPIRITUAL LIFE _____

Think about the goals you would like to work towards in the next three months:

GENERAL _____

JOB AND CAREER _____

EDUCATION _____

FINANCIAL ACHIEVEMENTS _____

RELATIONSHIPS, LOVE LIFE _____

SPIRITUAL LIFE _____

Think about some of the baby steps you can take in the next two weeks toward achieving your long-term goals:

JOB AND CAREER _____

EDUCATION _____

FINANCIAL ACHIEVEMENTS _____

RELATIONSHIPS, LOVE LIFE _____

SPIRITUAL LIFE _____

Think about your goals for the next seven days: _____

Don't be overbearing on yourself in your efforts to achieve your goals.

This is especially true in the beginning stages of your recovery. The prevailing wisdom is to take things one day at a time. The purpose of getting clear on your goals is to keep you moving in a positive direction, to keep your mind focused on what is good for you.

Keep working with your goals. Don't be afraid to change them. Take baby steps. As long as you are making progress, consider yourself successful.

Thought Control

Part 3 Chapter 8

Recall from Part I that by simply thinking about Crack, thoughts can escalate into the avalanche of cravings and excuses that lead to an occasion of use.

Crack works by influencing and dominating the user in a psychological way. And resisting Crack means intense psychological warfare.

As long as the subconscious current of addiction remains strong, you will have to fight to keep it from coming to the surface and overriding your intention not to use.

To combat Crack on the psychological level, you must learn to be aware of the thoughts that are going through your mind. The subconscious current of addiction will try somehow to get a foothold in your conscious mind.

The drug will try to intrude into your thought process and begin the avalanche of thoughts about Crack which lead to a fall. For this reason it is important to train yourself to observe your thought process. Any thoughts about the pleasant effects of Crack are extremely dangerous.

It will be up to you to train yourself not to allow these kinds of thoughts into your mind even for a moment.

Controlling your attention is not difficult. Many people allow whatever thoughts that come into their mind to remain in their thought process.

They are not aware that every human being has the power to choose which thoughts they allow to enter their minds.

To overcome Crack addiction one of the most important things you will have to do is learn to program your mind with thoughts you choose to have and eliminate from your mind thoughts that you do not want.

One pattern of the way Crack compels one to use is that the cravings, urges and thoughts about the drug start small. As you continue thinking about the drug, the thoughts and cravings escalate until you are powerless to resist.

If you train yourself to be mentally alert, learn to be aware of your attention, you will notice this pattern.

AFFIRMATION # 25 (Learn this important affirmation.)

THE SECRET IS TO START FIGHTING WHEN THE THOUGHTS AND DESIRES FIRST BEGIN, WHEN THEY ARE EASILY MANAGEABLE.

With a little training, you can develop the ability to concentrate your mind on thoughts of your choice.

It is not hard to switch your thoughts off about something. When a thought comes that you do not want, instantly replace it with something you want to think about.

When the first thought comes into your mind about using Crack, simply begin to flood your mind with thoughts about something else.

Think about your new life goals. Think about the fact that the drug can kill you. Think about being arrested.

Think about the money you will waste. Think about how much the drug has destroyed your life. Flood your mind with reasons not to use Crack.

AFFIRMATION # 26 (Learn this affirmation by writing it over and over.)

I WILL NOT ALLOW A SINGLE THOUGHT ABOUT THE PLEASANT EFFECTS OF CRACK TO ENTER MY MIND.

Your mind is like a movie screen. You can choose which thoughts you allow to play across that screen. You can train yourself to eliminate any thoughts in favor of using Crack from that screen.

A good way to develop tremendous power to control your thoughts is to learn concentration.

Concentration is the ability to focus your mind. It is the power to direct your attention and hold it on the subject of your choice.

Every human being has the ability to increase his or her power to concentrate.

Here is an exercise that will help you to significantly increase your power of concentration in just a few days if you practice regularly.

Note: It is important to relax before doing this exercise. When you are restless or nervous, it is hard to concentrate. Before you begin this exercise, close your eyes and breathe slowly and deeply for a minute or two. This will help you to relax.

DRAW A DOT ON A PIECE OF PAPER AND DRAW A CIRCLE AROUND THE DOT. TAPE THE PAPER TO A WALL AND SIT OR STAND A FEW FEET AWAY. FOCUS YOUR ATTENTION ON THE DOT.

THINK ONLY ABOUT THE DOT IN THE CENTER OF THE CIRCLE. YOU WILL NOTICE THAT YOUR MIND WILL BEGIN TO WANDER ALMOST INSTANTLY.

EACH TIME THOUGHTS ABOUT ANYTHING OTHER THAN THE DOT BEGIN TO ENTER YOUR MIND, SIMPLY BRING YOUR AWARENESS BACK TO THE DOT.

DON'T STRAIN LEARN TO OBSERVE HOW THOUGHTS INTRUDE AND TRY TO TAKE YOUR MIND OFF THE OBJECT OF YOUR CONCENTRATION.

LEARN TO SIMPLY BRING YOUR ATTENTION BACK TO THE DOT EACH TIME THIS HAPPENS.

If you can practice this exercise for five minutes in the morning and five minutes at night, in just a few days, you will notice that your ability to concentrate has become much stronger.

Be aware that this is the very same power of concentration that you will use to immediately switch off any thoughts about the pleasant effects of using Crack.

Thoughts about Crack are so dangerous that once you make the decision to quit, you must also make the decision that for the rest of your life, you will never allow thoughts about the pleasant effects of Crack to enter your mind.

Your power of concentration will help you to live this decision. Your ability to control your attention will make your recovery easier and more secure.

Your thoughts on the fact that you must train your mind never to think about the pleasant effects of this drug:

Create Aversion

Part 3 Chapter 9

Aversion means the feeling of strong dislike for something with a desire to avoid that thing. As part of your recovery you want to start building up an intense aversion for Crack.

You want to build up, cultivate, a sense of disgust for Crack - for anything to do with this drug. You want to develop a deep sense of hatred for Crack.

To accomplish this, constantly program your mind with thoughts of how much you despise this drug and the damage it has done to your life.

Get angry at the drug. Develop a bitter resentment towards the drug. Learn to hate it.

This drug has used you, dragged you through the gutter. It has dominated and controlled your life. Crack has wasted away your health, your wealth, and your self-respect in your own eyes and in the eyes of others.

The drug has lured you, trapped you and then poisoned your entire life. Play these thoughts across the screen of your mind until you develop such a deep hatred for this drug that you could not be paid to go near it.

Creating an intense aversion for Crack is an important part of your recovery process. The revulsion you develop toward this drug must be so deep that it will last for the rest of your life.

One thing, however, direct your disgust toward the drug. Be careful not to turn your hostility towards yourself. You were used by the drug, controlled. Hate the drug not yourself.

AFFIRMATION # 27 (Reprogram your mind, Burn this into your memory.)

I WILL LEARN TO HATE CRACK AND EVERYTHING CONNECTED WITH IT.

List the things about Crack you hate the most:

Examples:

- I hate the crash.
- I hate chasing the high.
- I hate blowing all my money.
- I hate the risk of copping.
- I hate the fear and paranoia.
- I hate letting my family down.

1) _____
2) _____
3) _____
4) _____
5) _____
6) _____
7) _____
8) _____

9) _____
10) _____
11) _____
12) _____
13) _____
14) _____
15) _____
16) _____

The above list is very important. Try to think about this list often. Burn your reasons for hating Crack into your mind. Use this list when the cravings attack or when you feel weak.

Develop a healthy respect for the power of the drug to entrap you. Develop a lifelong fear of being caught again in

Honesty

Part 3 Chapter 10

Crack addicts are notoriously clever when it comes to deceiving themselves. It will be very difficult to overcome Crack addiction unless you can develop the ability to be totally honest with yourself at all times.

You lie to yourself when you feel you can control your use of Crack. You lie to yourself when you make excuses in favor of using Crack: I need it tonight, One last time.

You lie to yourself when you refuse to see that your life is going down the drain and must continue to do so as long as you continue to hit the Crack pipe.

You refuse to accept the fact that you might end up in jail. You deceive yourself when you refuse to accept the health risks.

You can die from using the drug, you know this yet you deceive yourself by reasoning, "It won't happen to me."

You know better than anyone, the overwhelming negative consequences you face if you continue to use Crack. Each time you use, you are forced to lie to yourself about the consequences of your Crack use.

It is only because you have learned to deceive yourself so well that it is possible to continue using this drug.

It takes courage to overcome Crack addiction. It will take courage to look at your life and face the truth about yourself. To overcome Crack addiction you must maintain a spirit of honesty with yourself and eliminate self-deception from your life.

You must stop trying to make that which is obviously false, appear true. Unless you can stop lying to yourself you are playing right into the hands of your addictive process.

Developing a sense of honesty should apply to your relationships with others as well as with yourself. Be honest with the people who are trying to help you. Be honest with the people around you that you have hurt.

AFFIRMATION # 28 (Burn this affirmation into your memory.)

THE ONLY WAY TO OVERCOME CRACK ADDICTION IS TO BE BRUTALLY HONEST WITH MYSELF, FACE THE TRUTH ABOUT MYSELF AT ALL TIMES.

List some ways that you lie to yourself. Then face the truth about the lie:

Examples:

A Lie: The Truth:

1) I can control my use.	1) I have definitely lost control.
2) I am not addicted.	2) I am an addict.
3) Nobody knows I have a problem.	3) People know something is wrong.
4) I'll stop tomorrow.	4) I've said this a hundred times.
5) I'm basically OK.	5) My life is falling apart.
6) I never think about the money.	6) I've wasted so much money.
7) 7) My health will hold up.	7) I'm starting to feel real bad.

1) _____
2) _____

1) _____
2) _____

Reawaken Your Conscience

Part 3 Chapter 11

Following your conscience is following the guidance of your heart. It tells you the difference between right and wrong, good and bad, fair and unfair.

Every human being has a conscience. In some people it is more developed than in others. In drug addicts it is usually deeply buried somewhere. Because when you ignore it, when you turn away from it time after time its power to guide you diminishes.

An important part of your recovery is to reawaken your conscience. You must bring it back to the surface. You must make it strong and powerful again in its ability to guide your life. How do you do this? Very simple. Practice. You must practice following the guidance of your conscience. This guidance is always there, but you must strengthen your ability to recognize and follow it.

If you simply practice following the guidance of your conscience, you will become stronger and stronger in your ability to do what is right and good for your life.

Conscience works in an interesting way. When you ignore its guidance and do the wrong thing, you should feel bad. But if you have buried your conscience by ignoring it for a long time then perhaps you have become so insensitive that you no longer feel bad when you ignore it.

As you recover from your addiction, feelings and emotions that you have deadened by your drug use will begin to reawaken. Your sense of conscience and the guiding feelings associated with it will reawaken. Use these feelings to aid your recovery.

As you recover and practice following your conscience, you will get a good feeling deep in your heart when you follow it and do the right thing. And when you ignore the guidance of your conscience and do the wrong thing, you should feel bad.

Our conscience is the powerful guiding system in our human nature. It will always show us the right thing to do. The only thing is that we have to strengthen our ability to follow this guidance and not turn away from it. Following the guidance of our conscience is simple. It means always doing the right thing.

Again we increase its power by practice. Every time we follow the guidance of our conscience, it gets stronger. Each time we turn away from its guidance or ignore its guidance it becomes weaker. Developing and following your conscience can give you tremendous help in overcoming your addiction and getting your life back on track.

Do you want to practice developing your conscience right now? Think of some of the people you have hurt because of your drug problem. Think of some of the wrong things you have done as a result of your addictive behavior.

The bad or guilty feeling you get is the way your conscience tries to turn you away from wrong action. The sense of pain you feel is the way your conscience is trying to guide you. Don't be too hard on yourself though. Addiction is a disease. You have been the victim of a powerful outside influence.

Now, if you think about making amends to the people you have hurt, or if you think about the good things you will do with your life, you should experience a warm feeling somewhere deep in your heart. This is the way your conscience tries to guide you to do the right thing.

AFFIRMATION # 29 (Copy this important affirmation below.)

I WILL REAWAKEN MY CONSCIENCE. I WILL FOLLOW THE GUIDANCE OF MY CONSCIENCE ALWAYS.

List some of the small ways you ignore your conscience:

Examples: Lying to others. Putting off efforts to get help. Missing work to get high. Wasting money on Crack.

- | | |
|----------|-----------|
| 1) _____ | 7) _____ |
| 2) _____ | 8) _____ |
| 3) _____ | 9) _____ |
| 4) _____ | 10) _____ |
| 5) _____ | 11) _____ |
| 6) _____ | 12) _____ |

List major ways you ignore your conscience:

Examples: Dealing drugs. Physical violence. Stealing from loved ones. Watching your life fall apart. Spending the children's food money on Crack.

- | | |
|----------|-----------|
| 1) _____ | 9) _____ |
| 2) _____ | 10) _____ |
| 3) _____ | 11) _____ |
| 4) _____ | 12) _____ |
| 5) _____ | 13) _____ |
| 6) _____ | 14) _____ |
| 7) _____ | 15) _____ |
| 8) _____ | 16) _____ |

List some of the things you can do to experience that warm feeling of being in harmony with your conscience:

Examples:

- Counsel recovering addicts.
- Make amends to people you have hurt.
- Help an old lady across the street.
- Do something special for your family.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____

If you can train yourself to follow your conscience, you will have a valuable tool that will not only help you through your recovery, but continue to help you for the rest of your life. Always try to become more sensitive to the guidance of your conscience.

Your thoughts and realizations on the need to follow your conscience:

List ways you can make amends to some of those you have hurt:

The Advantage Of Teamwork

Part 3 Chapter 12

It is our strongest recommendation that Crack addicts who wish to recover, enter some kind of structured rehabilitation program.

The guidance of skilled substance abuse professionals is the best form of help a recovering addict can receive.

If you cannot find or afford a structured rehabilitation program, try to get involved with some kind of support group. Cocaine Anonymous, Narcotics Anonymous or even Alcoholics Anonymous meetings are examples of support groups where Crack addicts can get help.

Start your own group if you have to. A support group is any group of people who come together to provide each other with mutual support on a problem they have in common.

Instead of trying to overcome your addiction alone, surround yourself with people who are struggling with the same problems. Friendships and alliances are formed that dramatically improve your chances of recovery.

You will see people in different stages of the recovery process. Shared advice will encourage you and strengthen you in your resolve to overcome your addiction.

As a recovering addict, you cannot afford to miss out on the opportunity of the mutual support provided by the fellowship of other recovering addicts.

You will see how others deal with difficult situations in their recovery process. You will see people persevering in their efforts to remain drug-free.

You will interact with individuals who have been successful in overcoming their addictive behavior.

To overcome an addiction as powerful as that associated with Crack, you will need every bit of help you can get. Associating with ex-addicts who are strong in their recovery can be of tremendous help.

AFFIRMATION # 30 (Copy this affirmation below.)

THE HELP AND SUPPORT OF EX-ADDICTS STRONG IN THEIR RECOVERY CAN BE A TREMENDOUS ADVANTAGE IN OVERCOMING CRACK ADDICTION.

List reasons you hesitate to approach and join a group. Then write an affirmative response to overcome your hesitation:

Examples:

Reasons for Hesitation A Response to Overcome Hesitation

1) Feel I can do it alone.	1) I will at least go and see what help is offered.
2) I'm not one of those people.	2) I'll swallow my pride and try it out.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____

Get involved with a program or support group. Don't try to overcome Crack addiction alone. When you get involved, be prepared to stay with the group for many months or even years.

Complete recovery from Crack addiction is a long-term process. Be sure to take advantage of the mutual support of people struggling like yourself to beat their addiction.

The Buddy System

Part 3 Chapter 13

An important part of the Cocaine Anonymous recovery program is the sponsor. When an addict goes to Cocaine Anonymous for help he or she is usually assigned a sponsor.

The sponsor is someone the recovering addict can turn to at any time for advice and assistance with the problems of overcoming his or her addictive behavior.

No matter what type of program you choose, it is beneficial if you can find someone to provide you with certain kinds of assistance during your recovery process.

Obviously the best kind of support will come from an experienced drug counselor or an ex-addict who is strong in his or her recovery. These people will be more experienced in their ability to give you advice and guidance.

Not every recovering addict will be able to find an experienced person to help them through their recovery. In this case try to find someone you can rely on, someone you can trust.

Turn to a friend, a parent, a teacher, a clergyman, a spouse, a psychotherapist, a boyfriend or girlfriend; anyone who is willing to work with you and assist you during the process of your recovery.

It will be helpful if the person assisting you is easily accessible. You want to find someone you can phone up anytime you need help. Find someone you can count on to be there when you are in need.

Having an assistant can be a real advantage. You will have to let this person know about the nature of the addiction and ask them to lend a hand as you attempt to heal yourself.

You will want to tell them things like when you are most vulnerable or susceptible to use the drug so they can keep an eye on you. You may want to phone them up at times when you need someone to encourage you to stay strong.

You may work with them on the level of cash control. Ask them to hold your cash for you. Turn your paycheck over to them and ask for money as you need it.

There may be times when you simply need someone to go to a movie with when you are feeling lonely or bored.

Note: When someone tries to help a recovering addict it may involve a great deal of sacrifice on their part. Do not drag the person who is trying to help you through the gutter.

Be honest and cooperative with this person. Turn to your assistant for help and be ready to receive that help with sincerity.

AFFIRMATION # 31 (Copy this statement in the space below.)

I WILL FIND SOMEONE I CAN TRUST TO HELP ME WITH MY RECOVERY. I WILL COOPERATE WITH THIS INDIVIDUAL. I WILL TURN TO THIS PERSON WHEN I NEED HELP.

List potential helpers: Get one of these people to help you.

- | | | |
|----------|----------|-----------|
| 1) _____ | 5) _____ | 9) _____ |
| 2) _____ | 6) _____ | 10) _____ |
| 3) _____ | 7) _____ | 11) _____ |
| 4) _____ | 8) _____ | 12) _____ |

Someone, anyone, who fully understands what you are going through and sympathizes with your efforts to overcome your addiction can be a tremendous advantage in your struggle to kick this habit.

Try to find a person who knows what you are trying to accomplish and is willing to help. Be sincere and work with the person helping you.

You can ask this person to read this book if they do not have experience in this area.

Learn From Your Mistakes

Part 3 Chapter 14

Because of the powerful nature of Crack addiction, it is important that during your recovery, you do not to give in and have a slip. It only takes one occasion of use to reawaken the full force of your addiction. This is why complete abstinence from the drug is so important.

Each day you remain Crack free, you increase your power to resist the drug. However, the cravings associated with Crack are powerful and treacherous. Do not allow yourself to slip after you make the decision to give up this drug.

But if this happens, learn from the mistake and get back into your recovery process immediately, with twice as much effort.

Don't let a slip explode into a full-blown pattern of addiction. Analyze and learn from the reasons for your fall.

AFFIRMATION # 32 (Copy this affirmation in the space below.)

A FALL CAN LEAD TO THE RETURN OF A FULL-BLOWN PATTERN OF ADDICTION.

Don't slip. But if you do, analyze why. List times and reasons for the fall:

Example: Last weekend, hung out with people who use Crack. Could not resist using.

1) _____

2) _____

3) _____

4) _____

5) _____

List what you would have done differently to prevent a slip if you had a chance to do things over:

Examples:

- If only I had avoided my Crack using friends.
- If only I had gone to my support group meeting.

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

Success List: List near misses and how you managed to avoid a slip:

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Part IV Introduction

The Three Most Important Areas To Work On

Part IV looks into three very helpful areas of the struggle to resist Crack.

1. Stash your cash. Make it difficult to get your hands on money.
2. Don't get caught sitting around lonely and bored. Saturate yourself with wholesome fun, entertainment and recreation.
3. Train yourself to never, never, never allow thoughts about Crack to enter your mind. Give special attention to the material in this section.

No Cash Means No Crack

Part 4 Chapter 1

No cash means no Crack, this simple formula works miracles. Limit your access to cash. This is one of the most powerful ways to help yourself overcome Crack addiction.

Be careful not to have excess cash in your pocket when you go out on a Friday or Saturday night for example or at any time when you know it will be difficult to resist the craving to use Crack.

On a deeper level, you will want to devise a system where you carefully control your money, your access to it and the way you spend it for the long haul of your recovery.

If you are sincere about your recovery, the burden is on you to develop an air-tight system to keep excess cash out of your hands. Accomplishing this will be different for each individual.

But it is important that no matter what set of techniques you use to control your cash, you must use your determination to be honest and to stick to your system.

Carefully controlling your access to cash makes your recovery much easier. This is especially true in the beginning when it is hardest to resist the cravings. If you do not have any cash, you can resist the urge to go out and buy Crack.

You may experience a desire to use the drug, say on a Friday night but your money is in the bank. You will not be able to cop. You will have time to work on yourself. The cravings will pass.

By the time Monday comes around, and the bank is open, perhaps you will be back in control. Careful cash control can be incredibly helpful in your effort to beat this addiction.

Be aware that the more time that passes since your last use of the drug, the stronger you become in your ability to resist it. Each day that you remain Crack-free, your power to remain Crack-free increases.

The more Crack-free days you can get under your belt, the more secure your recovery will be. Strict cash control buys you time. It buys you Crack-free days.

Don't cash your paycheck, bank it. Or spend it right away. If you are paid in cash, give your money to your spouse or to a friend to hold and distribute to you in small amounts as you need it.

If you make a lot of money, buy a six month C.D. Invest in the stock market. Tie up your money any way you can. This is an important part of overcoming Crack addiction.

Cash in your pocket means temptation. Learn the times when you are least able to resist using the drug. For example, many people find themselves most vulnerable in the evening, after work when they have free time, are bored stiff and need some kind of recreational outlet.

These are the times when you want to make sure that you cannot get your hands on any more cash than it takes to buy a pack of cigarettes and dinner at a fast food restaurant.

AFFIRMATION # 33 (Write this important affirmation over and over.)

NO CASH MEANS NO CRACK.

Think about this list carefully. Make a list of every way you can think of to limit your access to cash.

Examples:

- Give your money to someone to hold and distribute in small amounts.
- Deposit your paychecks in the bank. Withdraw only small amounts.
- Pay your rent early. Do your Christmas shopping in July.
- Destroy your 24-hour banking card.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____

Relearn The Value Of Money

After developing a system of strict cash control, there is another way to assist your recovery that involves money. You will want to re-educate yourself about the way you value money.

Crack abuse has taught you to waste money easily. You have learned to spend a great deal of money and get nothing in return. Many Crack addicts spend a small fortune on Crack and do not have a decent article of clothing or any worthwhile possessions.

To relearn how to value your money properly you have to cultivate a strong sense of the purchasing power of your money. This means learning how to spend your money in such a way that you always get something of value in return.

Part of the prescription for recovery: Spend plenty of money. Make your money work for you. Get something in return, either tangible possessions or good wholesome fun.

Pamper yourself for awhile with your money. You have been through a lot. Get into shopping. Buy the things you have always wanted, new clothes, a top of the line stereo.

Go to the best restaurants for a while. Take a first class vacation. Spend money on having fun. Drug free fun. Improve the quality of your life and entertain yourself with your money. As you do this, you rebuild your sense of the real value of money.

Each time you spend money on something of lasting value, you will get a sense of satisfaction. You will feel: "This is great, not only have I avoided wasting this money on a Crack session, but I have also done or acquired something good and useful for my life."

A day will come when you will wonder how it was possible to waste so much money on Crack and get nothing in return except the complete disruption of your life.

Make a wish list. Anything you can think of to pamper yourself. Things you can buy to rebuild your sense of the positive things money can do for your life (use extra paper and keep expanding your wish list):

Examples:

- Buy new clothes.
- Dine at fine restaurants for a while.
- Buy some special things for your family.
- Save up for a car, a stereo system, new furniture.

- | | |
|----------|-----------|
| 1) _____ | 9) _____ |
| 2) _____ | 10) _____ |
| 3) _____ | 11) _____ |

- 4) _____
- 5) _____
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- 7) _____
- 8) _____

- 12) _____
- 13) _____
- 14) _____
- 15) _____
- 16) _____

Spend money freely on your recovery. Reason with yourself that your recovery is the most important thing in the world for you at this time. You can pamper yourself for a while in terms of spending money. It is helpful to spend plenty of money on making yourself feel good constructively during the early stages of your recovery.

Spend money freely on developing your new hobbies and interest. Spend it freely on wholesome entertainment and recreation. Pay for counseling if you can. Say to yourself that if the money was not spent on supporting your recovery it may have been wasted on Crack.

Be careful and be honest in working with your money situation to assist your recovery. On one hand you want to limit your access to cash and on the other, you want to spend money freely.

Use your common sense. This may mean taking someone with you when you go shopping and need to pay for something in cash. It means planning an evening out and sticking to your plan.

If you can't do this, it is better not to touch the money. Leave it in the bank or in the possession of whoever holds it for you. Each individual situation will be different.

It is up to you not to outsmart the cash control systems you devise as part of your recovery. Be aware that your addiction will try to seduce you, trick you, lure you into cheating on your system of limiting your access to cash.

Be aware that your addiction will try to put excuses in your mind to outsmart your cash control system. There may come times when thoughts about the drug, coming into contact with Crack-related friends or loneliness and boredom will avalanche into a period of intense craving.

But remember the cravings will pass. And the harder you make it to get your hands on any cash, the easier it will be to successfully ride out these times.

Another important part of getting your head together in terms of money is to be aware of your financial goals.

Just to bring to the surface what you really want out of life in terms of your career and financial goals, do this exercise. Use your imagination. If you could have your way, describe what you would want in terms of your career, yearly salary, savings and major possessions:

List the high points in your life in terms of earning money: (Legally of course.)

List your special skills at earning money:

Think about your financial goals for the next month:

Think about your financial goals for the next six months:

Think about your financial goals for the next year:

You want to develop an intense aversion for wasting money on Crack. You want to develop a fear of having cash in your pocket. You don't want to walk around with a pocket full of cash anymore than you would want to walk around with a pocket full of "rocks."

When you combine cash control and relearning the value of money with other techniques like using your concentration and willpower to avoid thinking about the drug, you are building a strong psychological fortress against the ability of this drug to control you.

The harder you work on yourself, the greater your chances of recovery. But the bottom line is **THE DRUG WILL HAVE LESS POWER OVER YOU IF YOU HAVE NO CASH.**

This is one of the most powerful ways to help yourself overcome Crack addiction.

Entertain Yourself During Times Of Weakness

Part 4 Chapter 2

Why do people use Crack? There are many reasons. But in the end it all boils down to one cause: The quest in this society for altered states of consciousness as a form of entertainment.

We are always looking for a way to change our moods, to escape from the dull routine of ordinary consciousness. People get high to escape, for a time, from the ordinary nature of day to day life.

It is normal for human beings to seek diversion, excitement, recreation. It is the way we recharge our batteries. Recreation is a form of diversion that allows us to rest and recover so that we can return to the struggles of life refreshed and fulfilled.

It is good to have fun. It is absolutely necessary. The problem comes however, when we learn to escape from the struggles of daily life by taking a mood-altering pill, or seeking release by getting ripped on alcohol or other quick fixes that slowly and inevitably destroy our lives.

Crack is a form of entertainment. You may have started using Crack for any number of reasons, out of curiosity, friends may have turned you on. In the beginning you probably thought it was fairly harmless as long as you kept your use under control.

In the beginning you may have felt it gave you more energy. It gave you a great high, and you were able to function the next day. You probably felt that those magical little rocks had the power to help you make it through your day to day existence in an entirely new and fulfilling way.

In fact if you are like most Crack addicts, you probably thought you had discovered the ultimate form of entertainment.

Of course things are not that simple. After a short period of time, you find that you cannot stop using the drug. Your life is controlled, you are enslaved, you are addicted.

You quickly find out that there is a price to pay for your new form of entertainment. Your entire life begins to go down the drain. Your life becomes a living hell. All this because you are dependant on a highly destructive form of entertainment.

To overcome crack addiction, it is extremely important to replace your use of Crack with wholesome entertainment, recreation and diversion. In fact part of the cure is to saturate your life with good clean fun.

Some people may find it hard to go out and entertain themselves constructively. It is easier to sit home lonely and bored on a Friday night and entertain yourself with a Crack binge.

It is far more difficult to make plans and engage yourself in some kind of activity that will fulfill you and provide you with a recreational outlet that is not harmful.

But if you want to overcome Crack addiction, what you must do is see that you get as much wholesome recreation as possible. The burden is on you. You must somehow find ways to keep yourself involved in activities that are able to replace Crack use as your main form of entertainment.

To overcome Crack addiction you must fill your free time with recreational activity. You want develop new interest,

new hobbies, new social circles. Wear yourself out with these new activities. This is part of the cure. Work hard on this. Please take this suggestion seriously.

Learn to entertain yourself constructively. Get into athletic activities, jogging, martial arts, hand ball, aerobic dancing, weight training, join a health spa.

Go to concerts, get into camping, traveling, skiing, tennis, any kind of activity that you can think of that is wholesome recreation. Spend money freely on participating in your new activities.

Take up new hobbies; gourmet cooking, painting, singing, anything that turns you on. Pick a few activities, get into them. Wear yourself out. Get fanatical. Have a good time.

Just to give yourself an idea of what kinds of activities turn you on, make a long list of anything and everything you have ever wanted to get into. Recreational activities, hobbies, sports, skills you have always wanted to develop. List your favorites first:

- | | |
|----------|-----------|
| 1) _____ | 9) _____ |
| 2) _____ | 10) _____ |
| 3) _____ | 11) _____ |
| 4) _____ | 12) _____ |
| 5) _____ | 13) _____ |
| 6) _____ | 14) _____ |
| 7) _____ | 15) _____ |
| 8) _____ | 16) _____ |

Examples:

- Once I was doing really good with martial arts, basketball, dance
- I was taking music lessons regularly and getting pretty good.
- There was a time when I was an expert camper.

- | | |
|----------|-----------|
| 1) _____ | 6) _____ |
| 2) _____ | 7) _____ |
| 3) _____ | 8) _____ |
| 4) _____ | 9) _____ |
| 5) _____ | 10) _____ |

List things you know you can do really well in terms of hobbies and recreational activities:

- | | |
|----------|-----------|
| 1) _____ | 6) _____ |
| 2) _____ | 7) _____ |
| 3) _____ | 8) _____ |
| 4) _____ | 9) _____ |
| 5) _____ | 10) _____ |

List small steps you can take to actually get started on some of your new activities:

Examples:

- Get a list of health clubs, martial arts classes, aerobic dance studios in your area. Buy books on camping. Start planning a trip.
- Buy a basketball. Find a court to play on. Set a practice schedule.

- | |
|----------|
| 1) _____ |
| 2) _____ |
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| 6) _____ |
| 7) _____ |

In **Part II** we looked at the times and circumstances when you are most vulnerable to Crack use. You were asked to identify and list these times. You will want to be very careful to plan activities that will keep you occupied during these times of weakness.

Do not allow yourself to get caught sitting around the house lonely and bored on a Friday or Saturday night for example if these are times when you are weak.

Plan ahead. Decide in advance what activity you are going to engage yourself in to fill up this time with fulfilling entertainment. Don't get caught with nothing to do at times like these. Plan an activity and see it through.

List forms of drug-free entertainment that you find fulfilling. Think up new forms of entertainment and relaxation:

Examples: Go to concerts, dine at nice restaurants, visit friends, read a good book.

- | | |
|----------|-----------|
| 1) _____ | 9) _____ |
| 2) _____ | 10) _____ |
| 3) _____ | 11) _____ |
| 4) _____ | 12) _____ |
| 5) _____ | 13) _____ |
| 6) _____ | 14) _____ |
| 7) _____ | 15) _____ |
| 8) _____ | 16) _____ |

List ways to pamper yourself with entertainment when you need a quick entertainment fix to offset a time of weakness:

Examples: Go to the movies. Rent a video. Cook dinner for friends. Take a long ride in your car. Go to the beach.

Do a workout. Go shopping.

- | | |
|----------|-----------|
| 1) _____ | 6) _____ |
| 2) _____ | 7) _____ |
| 3) _____ | 8) _____ |
| 4) _____ | 9) _____ |
| 5) _____ | 10) _____ |

You will see that by simply substituting a fulfilling activity for dead time, you will be able to substantially weaken the ability of Crack cravings to control you.

Psyche yourself up to get out and participate in constructive, healthful activities. Create enthusiasm in yourself about whatever you choose as your new interest.

Use your willpower to plan activities and follow through on those plans. Plan to invite friends over for dinner and do it. Decide to take up jogging and do it. Plan to go to a concert and do it.

Each time you carry out your intended activity, your willpower will get stronger on every level. When you stick to your jogging schedule or work out hard in your aerobic dance class, your willpower increases. It is the same willpower that you will use to resist the craving to use Crack.

Work hard on achieving your new life goals. In addition to career goals, financial goals, relationship goals, you should have a set of recreational and entertainment goals.

Plot your progress. Envision a set of goals for your recreational activities. For example, plan goals for your athletic progress. Say to yourself, "I would like to be able to jog five miles within three months" or "I would like to earn my brown belt in karate within a year. Set goals and attain them.

Think about some of the goals you might like to achieve with your recreational activities:

Within one month I would like to be able to:

Within six months I would like to be able to:

Within one year I would like to be able to:

Try not to practice your new interests and hobbies alone. Join clubs or find friends associated with what you are involved in. Get around people with the same interest.

Learn from your past mistakes. Learn to identify the times when you find it hard to resist using Crack. Then plan ahead to be pleasantly engaged at these times. You should know better than sitting around lonely, bored and frustrated.

Learn to satisfy the human need in yourself for fun and recreation in a constructive way. It may be hard work developing new activities that provide you with good clean, constructive fun. But the harder you work on this, the easier your recovery will be.

Be prepared to get into your new activities for the long haul. Two or three months won't do. We are talking about months, years, the rest of your life. It can take that long to kill this addiction.

Thinking About Crack

Part 4 Chapter 3

Crack addicts enjoy thinking about Crack. They daydream about it. They fantasize about the next time they will be able to use. What they fail to realize however, is that these very thoughts about Crack play a powerful role in the way this drug dominates them psychologically.

The most important thing about recovering from Crack addiction is to keep thoughts, any and all thoughts about using Crack out of your mind. Be aware that the drug controls you partly through psychological influence. Thoughts about Crack escalate into cravings.

If you think of your addiction as a powerful subconscious current that runs beneath your conscious intention not to use, then realize that any thoughts about the drug bring the power of the addictive cravings to the surface.

When you think about the drug, you give power to the cravings that are lurking deep inside waiting for a chance to become strong enough to make you give in.

The pattern of thoughts that lead to a Crack session is almost always the same. You start out firm in your resolve not to use Crack. Then when you start thinking about the drug, what happens? You begin to remember how pleasant the drug is.

As these thoughts occupy your mind, the intense cravings begin to come to the surface. You are still in control but you are fighting with yourself. Part of you is making excuses to use the drug, and part of you is still saying no.

But the avalanche has started. The cravings begin to come alive. The excuses you make to yourself to use the drug seem more and more reasonable. Your resistance is worn down to the point where you are helpless. By now you decide to cop and nothing can stop you.

You have been suckered by the drug again. How many times have things been this way for you? If you really think about it, you will see that a Crack binge almost always unfolds this way.

The chain reaction of events leading to a Crack binge almost always begins with thinking about the drug.

Crack addiction is like having a monster inside of you that is always trying to trick you into letting him out. To keep him inside, you have your willpower and your desire not to use the drug.

His job is to make you weak somehow, wear down your resistance so you will let him out. He is a clever monster. He knows that he must open the door a little at a time, then wider and wider until you are overcome and gladly let him out.

He starts by working with your thoughts. You may feel that thinking about the drug is harmless. But what you don't realize is that he gets a foot in the door with that first thought you think about Crack.

That first thought under his direction will cause you to dwell on the pleasant effects of the drug. Then he is able to get the door open very wide as you begin to come under the influence of the cravings. By this time it is a lost cause.

It is only a matter of time before you let the Crack monster out with a smile on your face. Even though you know that he is going to rip you off for all your cash, keep you bathing in fear for hours and may even take your life.

The chain reaction of events that lead to a Crack binge is like beginning an avalanche. Once this avalanche starts, you are going to be overwhelmed.

If you want to avoid being led into a Crack binge, your job is simple: **DO NOT LET THE AVALANCHE BEGIN**. Don't let the monster of your addiction get a foot in the door by thinking about Crack. Because he will get control and force the door open all the way.

How do you manage this? Learn to control your thoughts about the drug. **IT ALL STARTS WITH YOUR THOUGHTS**. Start thinking about the drug, and you are going to have a major battle on your hands. A struggle you are likely to lose.

This is why it is so important to see the role your thoughts play in the way this drug is able to control your life. Losing control is a psychological process that begins with allowing yourself to think about the drug. The aim of your campaign of psychological warfare is to train your mind not to let those first thoughts in.

When you think about Crack you increase the ability of your addiction to have power over you. On the other hand, when you eliminate thoughts about Crack from your mind, you starve the addiction monster inside of you. As time goes on, he becomes weaker and weaker. And you become stronger and stronger in your ability to resist.

How do you keep yourself from thinking about the pleasant effects of Crack? The answer to that question is what this book is all about. You want to program your mind so intensely with the negative effects of Crack, with your reasons for stopping, that thoughts in favor of using Crack don't dare enter your thought process.

This is waging psychological warfare against the Crack monster. You want to build up a burning desire to overcome this habit. You want to get enthusiastic about stopping, psyched up. You want to program your mind with an anti-Crack fanaticism.

Learning to increase your ability to concentrate is an important part of this process of training your mind. If you can develop your power of concentration, you will be able to think about the things you want to think about and eliminate any thoughts from your mind that you do not want. When thoughts about Crack come into your mind, switch your thoughts immediately to another subject.

Recently there was a popular song on the radio about free-basing. This song caused a lot of people to begin thinking about Crack when they heard it on the radio.

What you should do when a song like this comes on the radio, is immediately switch stations. You would not want to sit there and listen to a song like this or anything that reminds you of Crack.

Before the song ended you would be locked in a struggle with the craving to use Crack. A struggle that was brought to the surface by thoughts triggered by the song. You would want to switch stations immediately.

The same thing applies when thoughts about Crack come into your mind. Immediately switch your thoughts to another subject, just like you switch stations on the radio. The stronger your ability to concentrate, the easier this is to do.

Start thinking about your new life goals. Think about what you are going to accomplish with your new drug-free lease on life. Affirmations have the power to reprogram your mind. When thoughts about the drug come, flood your mind with the affirmations you have learned.

As soon as thoughts about the pleasant effects of the drug begin to enter your mind, know that your addiction is trying to fight its way to the surface.

The drug is making an attempt to seduce you, trick you. The thing to do is start fighting back when this attempt by the drug to control you is still small and manageable.

Use your willpower to screen the thoughts that come into your mind. Never allow a thought about the pleasant effects of the drug to enter your thought process. If such a thought creeps in, use your willpower to switch it off immediately. Control your attention.

Stay completely away from other drugs and alcohol. If you use other drugs, the Crack monster is going to say, feed me too. When you get high on other drugs or alcohol, you lose the subtle mental defenses against the drug that are difficult to maintain in the best of circumstances.

Take advantage of teamwork. Spend as much time as you can with the people in your support group. These are people like yourself, who are working hard to overcome their addiction. If you find yourself thinking about the drug, get to a meeting as soon as you can. You know a battle is coming. Support from other recovering addicts will help you win.

If you radically change your lifestyle, get into wholesome, constructive living, you greatly reduce the tendency for thoughts about the pleasant effects of Crack to enter your thought process. To control your thoughts about this drug, you want to get as far away from the Crack-culture mentality and lifestyle as you possibly can. Program your mind with a healthy hatred for this drug and what it has done to your life. Build up a strong aversion for the fear and paranoia, for the money you waste, for the health risks, for the possibility of violence or arrest. Say to yourself over and over: No More.

Learn from the way thinking about the drug has triggered a binge in the past. Learn from your past mistakes. When a song about cocaine comes on the radio, switch it off immediately. When thoughts about the drug come into your mind, switch them off immediately. When friends start talking about Crack, walk away immediately.

Be aware that you will have to control your thoughts about Crack for the rest of your life. A tiny seed of this powerful addiction will always remain with you. Allowing yourself to think about the pleasant effects of the drug even years after you have stopped may cause you to fall.

You are going to come into contact with people, places, and life circumstances that trigger thoughts about the drug. You are going to have to fight to keep thoughts about Crack out of your mind.

But remember, if the drug has no control over your mind, you will be able to maintain control of your life.

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