

# The Adrenaline Lifestyle

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Do you fully understand what an adrenaline lifestyle is?

## Adrenaline Is

### A Source of Energy

Humans will go to any length to get the quickest, easiest source of energy. Adrenaline produces energy; not the most healthful, but is continually available.

### A Racket

Humans succumb to this drug instead of letting their hearts decide.

### A Medicant

Adrenaline rushes to help to a person to "blast thorough" difficult times. Problem is, the adrenaline junkie creates crises just for the rush. When a person is "on" adrenaline, they have a respite from pain and feelings are covered up.

### A Nasty Habit, Which Creates a Lifestyle

To get the rush, humans do soul-damaging things: careers, greed, getting ahead, winning, keeping self in survival in order to have something to win at, etc.

### A Toxin, Which Keeps Healthy People Away

Those who are "over" adrenaline or are not adrenaline-based usually won't develop close relationships with adrenaline addicts; it is too upsetting and painful. So, the addict is surrounded by those with broken wings, co-dependents or other addicts.

## Adrenaline Addiction Is A Recoverable Condition

- ADAs can recover from adrenaline addiction, usually by simply changing select behaviors
- ADAs identify their personal twenty triggers, which start the rush and eliminate the triggers
- ADAs recover faster with the help of a therapist or adrenaline-recovered coach
- ADAs will go through a withdrawal period (see The Recovery Process below) of between 6-12 months

## What Others Will Say Or Think About The ADA

- Boy, is he on all the time. How can his spouse take it?
- I know he listened to what I said, but I don't think he heard me
- You can count on Karen to be late; that's just her
- Jerry is always so busy. What is he always doing?
- Susan works too hard. What's with her?
- Why does Michael put himself through all that stress? I think he likes it or something
- He always said he works best under pressure, but he's including us, too

## The Recovery Process

- Stop the triggering behavior
- Be willing to be very bored, until your new energy source kicks in (3-6 months)
- Speak truthfully and completely to everyone and yourself in order to let go of the residue and heal
- Hire a coach, therapist or experienced consultant
- Install a strong personal foundation to keep you well and adrenaline

ADRENALINE TRIGGER	SOLUTION
Over-promising results, even a little bit	Deliberately under-promise, regardless of the person's reaction or consequence
Arriving exactly on time or late	Leave 15 minutes early for every appointment
Involved in non-essential projects/activities	Cut out 50% of all personal and professional projects and goals
Shoulds and have to's; someone else's agenda	Get rid of all shoulds, regardless
Being optimistic during a rough time	Surrender to the tough time; don't try to see it better than it is
Doing one thing in order to get another thing	Just do the latter and see if it works
Having current unresolved matters in your life	We have at least 100; get them done
Holding back from another; being nice, being mad, not owing up to something you did	Have a heart-to-heart conversation and become intimate
Not asking for what you need	Be specific and ask before you need it
Tolerations; things you're putting up with	Put up with nothing; re-educate people
Letting people walk all over you	Expand your boundaries
Trying to prove something by your results	Shift from results to people and pleasure