

Quitting



For everyone who doesn't need anybody to quit
an addiction

Quiting

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Introduction

There is only one thing what works and that is that you yourself are done with it. Anything else will not work. In all my years as a dealer, user, and later as a rehab consultant all addicts who have stopped with their addictive behaviour have one thing in common. They where done with it. Whatever happened they just didn't go back doing they same thing as what they had always been doing. So also this booklet with tips cannot make the difference. Would you start your adictive behaviour again when you would lose this booklet?

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step by step
going or leaving
now is good

You want to stop an addiction otherwise you wouldn't be reading this book. Then every moment of temptation can be your moment of victory. Every moment can really become your moment. Of course you still have a long way to go, but you shouldn't worry about knowing everything there is to know about the entire journey. Only knowing what your next step is, is important. Resisting temptation is always your next step.

a spiral
going up or down
your choices

Good behavior will attract positive influences as bad habits will attract negative forces around you. The choices you make will determine your future. Make sure your choices are sincere and fair. A clear conscience will always point you in a positive direction. By determining your direction you determine where you will end up.

solution
feeling and doing
let it go

Saying goodbye to the past and the unknown future can give you an insecure feeling. Sitting in a train heading towards a train wreck, there is only one solution. Get up and step off that train. Where this train came from and why it's going so fast isn't important. First get up and step off! First quit your addiction and later on you'll see if and what insecurities, traumas and psychosis's remain.

admission
turning soft to hard
a real love

*Don't underestimate your problem.
It is easy to sense that being soft on
yourself will result in you always
wanting to full fill all your desires.
Always being soft for yourself will
give you a direction that will lead to
misfortune. A life of misfortune is hard.
If you truly love yourself you want the
best for yourself.*

a real love
turning hard to soft
admission

Just love yourself, love the way you are. Appreciate your past and always love the situation you find yourself in. The good and the bad both make the person you are. Learn to accept yourself so you can turn negativity around into positivity. Discipline and always giving it everything you got can be hard. But this builds a positive character and will strengthen your self esteem. Honestly admitting that you have a problem is a harsh challenge but can be the beginning of a change for your own good.

a new start
every option
the unknown

*There is nothing that you can't reach.
An unknown future can be scary,
what tomorrow brings can never
be predicted. This unmistakable
turningpoint, this new start is a
blessing. A new world is at your feet.*

the wanting
time a miracle
just hang on

Temptation will come and go. This will never entirely disappear but over time those moments will surely become increasingly rare. Find distraction and just don't do it. Time is your friend and a better tomorrow is never far away.

5 0 6 4 0 8 2 4 2 0

2 0

6 0 0 5 5 4 2 0 0



drink water
A new enjoyment
distraction

You can even learn to enjoy drinking a glass of water. Drinking a glass of water is also recommendable when temptation strikes. Take a nice cool glass of water and just really enjoy every sip. While drinking you've already overcome the peak of that moments temptation. Create a moment of composure, peace and tranquility of mind. In the beginning you probably drink a lot of water, this is also very healthy for your body.

observance
All the little things
A relish

Find enjoyment in little things. The blue sky, a received smile, a child playing, a dog running, the sun, the wind, stars at night and the moon. Life offers you an innumerable beautiful things. You should learn to see and appreciate these.

how what where
learn to find your peace
belly breath

There are moments when it can all become too much. Situations can spin out of control. These incidents are easily controlled by correct breathing techniques. That is why you should learn and practice these techniques. Breathing with your belly brings a feeling of serenity. This is used in all forms of meditation as well in all martial arts.

mouth exhale
just Those 5 seconds
nose inhale

Stand up straight, relax your shoulders, press your tongue down behind your teeth. Suck your belly in and blow out all the air through your mouth. After which you push up your tongue behind your teeth and fill your belly full with air. Five seconds in and five seconds out. Discover and practice this way of breathing before going to sleep. Lay down flat on your back, stretch out your legs and lay down your hands on the inside of your legs. Breathe in the way mentioned above and feel your breath flowing.

your hobby
looking is finding
Your talent

Just be active, dare to try out new things. Everyone is blessed with his or her own unique talent. Discover your own true passion.

old and new
what has been is old
now is new

Occupations. Now is the time to start with a new positive hobby. Discover, grow and blossom. A new game offers new changes.

how to love oneself
slowly letting your walls go
a dare to concede

Letting your walls fall. When you have a past that makes you read this book you are stronger than you probably think. Life experience give you powerful lessons. Be friendly, understanding, calm and don't judge others. This way you have the world more and more to offer.

1 0 3 1 5

1 0 2 0 4

1 0 4 3 0 2 0 5



always sharp
see sneaky patterns
honesty

Keep a sharp mind because old habits die hard. Being a recovered addicted is a disease that will last a life time. In time this will become less and less intense but the danger of a relapse is always present. That is why you should constantly check the direction of your life. Discipline, distraction, self-reflection, enjoyment, breathing technique and a glass of water. Make them into lessons for life.

be open
looking with new eyes
re-action

Every situation and every reaction is unique. Try to let go of biased feelings. Discover your own fortune and share your happiness with the whole world. Every human has the power of understanding, love and the power to shine. Even if you can only shine for a little bit just shine. This will also become brighter and brighter. Giving is receiving. A big ego will lead you to childish reactions. A new attitude will make you new boundaries.

back and forth
giving, receiving
positive

When everything becomes too much. Then comfort yourself with the idea that this moment has it's own reasons and overcoming an ordeal doesn't make you weaker. By changing your point of view you can change such a moment in a positive life lesson.





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keep distance
beware of danger
fire, people

Relax and take things as they come.
Certain places and people can make
resisting your temptation extra
hard. Stay away from those doubtful
places and people. Some people and
scene's you'd better say goodbye.
Allow yourself this safe distance.

all true friends
support your venture
genuine

Taking this decision to change can mean saying goodbye to those you hold close to your heart. Those friends that really love you, those that really wish you the best. They won't mind and will accept and support your decision for 100%.

keeping faith
stronger and stronger
in your hands

You are the one who has got to hang on and who can hang on. You're the one that will grow, you'll be stronger, you're the one that will benefit from your perseverance. Keep believing in yourself. Walking out of this dark valley will make your person truly blossom.

frustration
seek your reflection
see, learn, laugh

Being unable to sympathize brings frustration and anger. Check yourself for these emotions and let them go. Use humor to change this behavior. When you smile to the world, the world smiles back.

0 5 0 2 4 1 2

3 1 1 1 2 1 2 0

0 1 2 0 1 0 2 3 1 0



your humor
ultimate weapon
beneficial

A friendly face can break ice. Taking everything seriously is the best way to go insane.

cynical
personal, unique
find laughter

No person is born to be depressed and without energy. Happiness is a lake in which you can jump in from every direction. In every person there is a sun. Just don't ridicule people. Find your personal humor.

a mistake
looking to others
look inside

Make sure to keep your focus on your own actions. When someone is annoying you, just check if you don't have the same behavior and deal with it in a positive way.

see, adjust
personal design
improvement

Acceptance is the first step towards change. Correcting an error is change. These kind of changes are always an improvement. Dare to improve.

who are you
comings and goings
your own rhythm

Being who you want to be. Just act accordingly. Your daily occupations will make the person you are. Your interests and the things you do will make a flow. Make sure you are in a honest, pleasant and healthy wave.

and the past
the change after change
is constant

Your old way of doing was so familiar. But take a good look at your life. Are you the same person you were ten years ago? Do you have the same interest or worries as ten years ago? Do think you will have the same ideas ten years from now. Compare this for your last five or compare this with last year. Maybe every day we are changing a bit.

left not right
it's automatic
left or right

All things in life influence each other. Usually an incident doesn't have just one cause. Every decision has its own responsibilities. When you don't give in to your addiction then evidently you are doing something else. By doing so different things will automatically happen in your life as opposed to using.

5 0 2 7 4 7 7 6 2 7 7 9

0 9 7 9 7 0 7 5 3 9 5 4 7 2

4 0 5 0 7 9 6 6 7 9



now is now
create your future
then was then

Events and choices have brought you to the point in life where you are right now. Choices lead you to a certain direction and a certain destination. These choices are influenced by your attitude. So your attitude takes you in a certain direction on the path of life. This is why being positive is of an utmost importance.

see feel give
your integrity
liable

The biggest task in this life is learning to love everything, and everyone. Start by loving yourself. But keep in mind that you give your loved ones the love and attention they deserve. Sometimes you go through periods in your life hurting specifically the people who will always be there for you. Learn from the love they give you.

all through life
all those happenings
acceptance

One thing is for certain, life consists of two things: Acceptance and Acceptance. First recognise the fact that it is as it is, otherwise you can't move on. Moving on means personal growth. In moments of great emotional impact this growth can only be accomplished with a positive attitude.

be grateful
creating with love
stay grateful

Because you use everything in life to grow as a person, you can't be anything but grateful for the past. You form your life in such a way that you live for your love for life. Thankful for every moment. Because this way you make everything positive, in advance you'll be grateful for anything yet to come. Who are you grateful to? Simply everything you see, and even everything you can't see.

negative
learn to turn around
happiness

By looking at a situation differently, you can turn negative events into positive learning experiences. Turning your misfortune into your fortune. That's a life lesson. Before going to sleep think about the positive events that occurred that day, instead of the unfortunate ones. Even if the proportion is one good moment versus one hundredthousands bad moments. Before going to sleep, think about that one good moment, and gradually, these moments will build-up. In the future, the proportion between good and bad moments will be to your advantage more and more.

path of life
what is possible
attitude

With the correct attitude in life, all the pieces of the puzzle of your past and present will come together. This will make future problems into challenges. A hopeful, yet satisfying state of mind. learn to pay attention to the positive things in life. Anything you put your energy in will develop, either for the positive, or the negative. This way the miraculous present becomes the future.

who's helping
you can count on two
you and you

It's a shame that no one else can go through your hardships for you. Take it one step at a time. You will reap the rewards of your own perseverance. Keep faith and have patience. Live your own life, by taking responsibility for your actions.



Quitting

Is a very accessible and easy to read book for young people with an addiction. It is written for people who don't usually enjoy reading.

This book is about...

What it really means is to take Distance.

How to get Detached from temptations.

How to find and hold on to Devotion.

How your newly found insights can lead to Disclosure. Successfully combining these four elements will lead to a positive Development.

Overcoming Drugs, Alcohol, Games ...