



Trial Workbook

Part One

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Part One

Roots & Fruits

Deception
Experimentation
Recreation
Escalation
Addiction

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Introduction

Welcome to E-hab B4 Rehab's Action Against Addiction, your Home Help Addiction Intervention Program offering proven world-class clinical guidance, right there where you are.



[PLAY VIDEO ONE](#)

Participation of E-hab B4 Rehab means you will be invited to honestly examine the person you have become as a result of your family history, your culture and your addiction. We are about to invite you into the 3-fold problem of chemical dependency where we will address the spiritual, natural, and psychological confusions created in and around the life and personality of every addict.

Spiritual because there is just something invisible about each of us that none of us can truly understand which somehow never seems to feel satisfied

Natural because there is just something very human about each of us that none of us can truly understand where we each share the dilemma of very often being controlled by our sensual desires, passions, and appetites which somehow never seem to feel satisfied

Psychological because there is just something relationally and intellectually confusing about each of us that none of us can truly understand which somehow never seems satisfied

E-hab B4 Rehab's AAA is an 'on-line-home-help-off-shoot' from one the worlds most influential private addiction treatment clinics, founded in 2005, enabling you to connect to the life changing lectures, insights, assignments and guidance of that clinic.

E-hab offers addicted men and women the opportunity to begin the process of taking responsibility for 'life controlling urges' like loneliness, fear, shame, guilt, greed, immorality, impurity, lust, pharmaceutical abuse, hatred, conflict, jealousy, family, abuse, envy, and resentments, all of which sabotage any attempts that people make to try and get clean and sober.

Our program aims to meet you exactly where you are at in your addiction process, illustrating how addiction is not just about the substance that you abuse, as it is about the neglect of your Spiritual and Emotional condition and balance leading to the Psychological consequences due to the life style we lived. All for the sake of abusing substances from which we only ever really received:

A false and temporary sense of Connection; a false and temporary sense of Significance and a false and temporary sense of Security

This is the state of being which belongs to the 'un-life existence' known as 'Addiction'.



Aims and Objectives of Section One

Aims: To solidify within the hearts and the minds of E-hab participants the exact nature of the problems within substance abuse and/or chemical dependency.

Objectives: Through graphic spiritual, psychological, and emotional insights, E-hab participants are encouraged to enroll upon a process of courageous self-examination with a willingness to embrace and take ownership of feelings attitudes and behaviours suggested within the video lectures and written exercises which have kept the addiction alive and deadly.

If you truly want to begin the process of stopping the destructive life style relating to substances, the journey begins right here.

What you are about to embark upon is a journey into and through The Valley of Addiction; how you got in, how you get through, and how we are going to get you out.

Whoever introduced you to E-hab B4 Rehab is what we call an interventionist. Obviously the people around you have been trying to 'intervene' within your destructive life style before now or you wouldn't be here. But you are here, and now that you are here, we need to clear something up; because you have agreed to come to E-hab B4 Rehab, you, and those around you, start to believe and to hope that you are 'on the road to recovery'. Please let me dispel that myth, it is very probably not true. In the build up to and the development of your addiction, you have lost touch with the truth. Life has become a lie. You are not even sure why you are here at this point in time because even your motives have been compromised by the life-style of deceptions.



[PLAY VIDEO TWO PART 1](#)

Please watch this short video on 'What Makes An Addict'.

If you have an addiction problem, it means the 'true you' has been suppressed. Your emotions, your potentials, your ambitions and your dreams have all been deadened and suppressed by the impact of the substances. E-hab B4 Rehab is going to help you to learn how to express yourself in 'yes' and/or 'no' answers, in letters, in written examples, short stories, and even in poems. There is a frustrated genius in all of us.

We believe the 'real you' has been suppressed by the years of trying to survive and fit in, and we need to get that person out via written expression in order to stand-out.

As you go through this E-hab B4 Rehab Workbook and Personal Journal Guide you will find some questions only need a 'yes' or 'no' response which you can click onto within this PDF format. Other answers can be typed into this workbook along the lines beneath those questions, others are going to ask you to take some time out by yourself and to engage in writing out your answers in depth of detail, which will require you to have an A4 Writing pad.

This workbook and those writing pads are going to become your Personal E-hab Journals.

Part One of E-hab B4 Rehab is now open to you. Part Two will not open until you have completed Part One, hopefully within 3-months. That's how long you have to finish Part One where we are going to explore the Roots which produced the Fruits of your addiction.



[PLAY VIDEO TWO PART 2](#)

*It's not a race and it is not a sprint.
This a marathon.*