

ADDICTION



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This Naked Mind Approach to Freedom from Alcohol and Addictions

Annie Grace




- *The Naked Mind*
- ThisNakedMind.com
- 30-day alcohol challenge
- AlcoholExperiment.com

“I’m not alone in being naïve around alcohol. I think a lot of people that I speak to these days, especially younger people, are extremely naïve. And so I didn’t really realize that alcohol was harmful. And I certainly did not understand that it was addictive.”



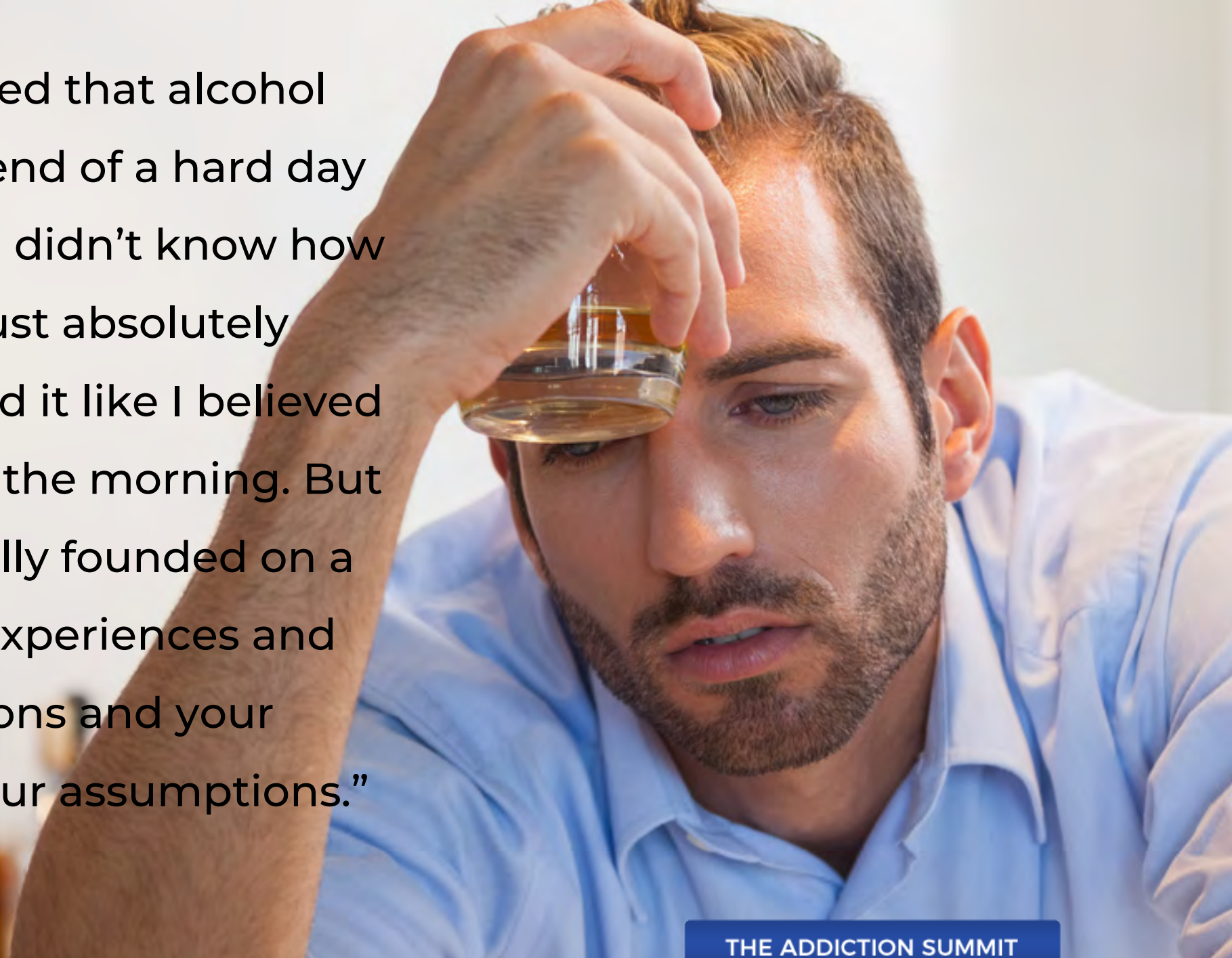
“I was pretty much miserable. And what do you do when you’re miserable? You drink more to numb the misery. And so that cycle quickly escalated.”




A woman with dark hair tied back, wearing glasses and a black and white striped scarf, is sitting and reading an open book. She is wearing a green long-sleeved top. The background is a window with light coming through. The text is overlaid on the left side of the image.


“I took a year where I was not going to beat myself up for drinking. I wasn’t going to live in that land of desperation and moderation and misery and willpower. But I was just going to do the research, both on how to change the subconscious mind and on alcohol.”

“I was so convinced that alcohol relaxed me at the end of a hard day and that without it I didn’t know how to relax. I was just absolutely convinced. I believed it like I believed the sun came up in the morning. But that belief is actually founded on a pyramid of your experiences and your observations and your conclusions and your assumptions.”



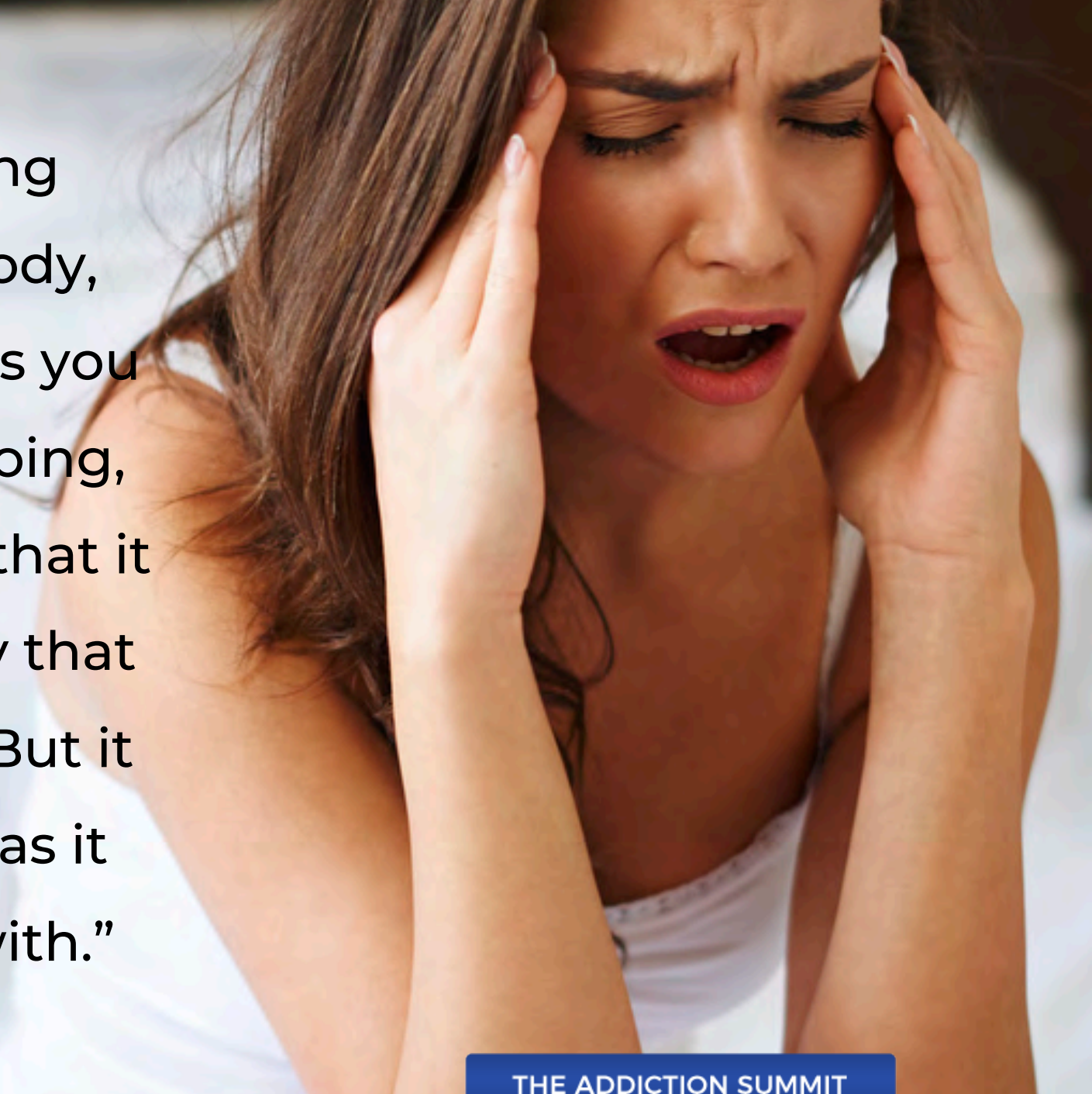
A close-up photograph of a person's hand holding a wine glass filled with red wine. The person is wearing a white shirt and a watch. In the background, a laptop keyboard is visible. The text is overlaid on the left side of the image.

“That belief that you felt was so true that you felt like, oh, this I believe like the sun comes up, it just kind of lets go of you because you’ve surfaced your unconscious beliefs around it.”

A person is lying on a bed, covered with a thick, white, shaggy fur blanket. They are wearing a blue long-sleeved shirt with a white star pattern. Their hands are resting on their lap. The background is a light-colored, possibly white, bedsheet. The overall scene is cozy and relaxed.

“That 20 to 30 minutes that you get of rising is followed by two to three hours of falling. So you’re really trading the 20 to 30 minutes for two to three hours. So it’s one of the things that absolutely hooks us and tricks our brains, is that it does feel good. But it feels good because it’s relieving something that it created.”

“The keys are understanding what’s happening in your body, understanding that the things you think that the substance is doing, it’s often just fulfilling a need that it created in the first place. I say that yes, alcohol will pick you up. But it will never pick you up as far as it knocks you down to begin with.”



“We’ve got these great instincts, but then we’ve got this intellect. And we let our intellect override our instincts.”



“Because it is addictive, we take those promises, we start it, and then we become addicted. And guess what? The advertiser’s job is done because it’s like all right, this stuff will sell itself because I’ve gotten these people dependent on it.”



“In general, human beings, we don’t learn well from directive. We don’t learn well from rules and from direction. We learn well from stories and connection.”



“It took me three years to watch those videos because I watched just a tiny snippet the next morning, and I couldn’t believe it. I couldn’t believe what happened around my eyes. I couldn’t believe how my entire nature changed. I couldn’t believe how I went from a happy, sunny, somewhat intelligent person to just a very unintelligent person.”



“I feel like I would’ve been in such a better place, and it would’ve been even easier for me to let go of the alcohol, and I would’ve saved myself years of just miserable drinking if there was a resource for me when I first started to question it.”



AlcoholExperiment.com



S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

“Your brain literally changes over time and exposure to alcohol. The pathways of addiction that happen inside your brain can become irreversible.”



“We’ve done ourselves a big disservice by kind of separating alcohol out from other addictions.”



“That naked mind,
where we’re fully
accepting of just the
gift that is ourselves,
and we realize that,
yeah, we don’t need
this stuff. We don’t
need it to really live a
good full life.”



“If you can have the courage to start to ask the right questions and just ask the questions in general and be really patient with yourself, then it can open up a world that you just didn’t even imagine.”



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