



Fixing Symptoms is Not a Permanent Cure.

Most programs address drug and alcohol concerns as if the drugs and alcohol (or other addictions) are the actual problem. They are not the problem. They are merely symptoms—symptoms of an individual who wants to feel better (as everyone naturally does). Drugs and alcohol can provide immediate relief to painful situations and emotions. Unfortunately, society does not teach us how to feel good in more constructive ways. In fact, much of what we are taught about how to be happy is misleading. It is no wonder so many are confused and lose their way.

We teach individuals skills and knowledge they can use to feel better, both in the moment and also to make permanent, long-term changes that eventually become new automatic responses.

Once someone practices with these techniques, alcohol and drugs will not be his or her first defense against painful emotions unless addiction is involved. Even when addiction is present, efforts to overcome the addiction will be more successful. Triggers that so often cause relapses will have the safety valve of knowledge and skills the individual knows will lead to better feeling thoughts—without any of the downsides of alcohol and drugs.

At Root Cause Relief, you will learn:

- Powerful knowledge and skills you can effectively use to feel better in any situation
- How to develop mindsets that greatly increase your potential for thriving
- How to make your determination more powerful than others' expectations
- How to restore damaged relationships and build strong new ones
- How to make powerful decisions and why they matter
- How to stop the negative chatter in your own mind
- How to forgive yourself and love yourself more
- To be empowered with hope and confidence
- "Steps 13 – 24"



Program Dates & Locations

Register now to reserve your space. See our list of courses for details. A small deposit holds your reservation and any price discounts for which you qualify. See Form DCT for specifics including guarantees, disclosures, cancel., etc. Do not stop treatment without consulting your medical practitioner. See the Disclosure statement regarding this course and any treatments recommended by your medical practitioner(s).

