

# The Adrenaline Lifestyle

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Do you fully understand what an adrenaline lifestyle is?

## Adrenaline Is

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### **A Source of Energy**

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

### **A Racket**

Humans succumb to this drug instead of finding healthy energy sources.

### **A Medicant**

Adrenaline rushes help a person to blast through difficult times. The problem is that the adrenaline junkie creates crises just for the rush. When a person is on adrenaline, he or she has 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: overworking, acting greedily, insisting on getting ahead or winning, keeping self in survival mode in order to have something to win at, and so on.

### **A Toxin, Which Keeps Healthy People Away**

Those who are over adrenaline or are not adrenaline dependent 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—codependents or other addicts.

## Adrenaline addiction is a recoverable condition.

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- Adrenaline addicts (ADAs) can recover from adrenaline addiction, usually by simply changing select behaviors.
- ADAs identify their personal 20 triggers that start the rush and eliminate these triggers.
- ADAs recover faster with the help of a therapist or adrenaline-recovered coach.
- ADAs will go through a withdrawal period (see the section on the recovery process) of between 6 and 12 months.

## What Others Will Say or Think about the ADA

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- 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 says he works best under pressure, but he's including us, too.

## The Recovery Process

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

Adrenaline Trigger	Solution
Overpromising results, even a little bit	Deliberately underpromise, regardless of the person's reaction or consequence
Arriving exactly on time or late	Leave 15 minutes early for every appointment
Involvement in nonessential projects or activities	Cut out 50 percent of all personal and professional projects and goals
Shoulds and have-tos; someone else's agenda	Get rid of all shoulds, regardless of the consequences
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 owning 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; reeducate people
Letting people walk all over you	Expand your boundaries
Trying to prove something by your results	Shift from results to people and pleasure