

The Adrenaline Lifestyle

Do you fully understand what an adrenaline lifestyle is?

Adrenaline Is

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.

- 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

- 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

- 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 |