

# CADC Humanity and Addiction

## ***Right Sized Imagery***

“Close your eyes and breathe deeply, focusing on your breath. Breathe in deeply, breathing in new ideas and breathing out the old. Feeling your shoulders sink with each exhale.” I do this breathing activity for maybe two to three minutes making sure they have started to relax. Then I say to them, “Think about where you are right now, let’s expand. Think about how big this class is and all the people in it. As you float up above looking down. Think about this complex and all the people in it. Float up higher, looking down on this city and all the people scurrying around, in their homes, offices, cars, stores, and in the parks. Continue floating even higher looking down on this state. This is repeated until you have them looking down at this great big world from outer space. Then, I discuss how they float all the way back down until they land on a beach standing with their feet in the sand. I discuss how each grain of sand is molecularly different from all the other tiny grains of sand. All individual grains, but each grain needs one another to form the beach they stand on. They need connection to be what and who they truly are. Then I slowly have individuals open their eyes.

***Nine questions*** to ask yourself, answer and discuss:

1. Can you be anything more than human?
2. Are you okay when you act like a human or are your expectations too high or low?  
Examples  
When you make a mistake, how do you talk to yourself? When someone else around you makes a mistake, how do you talk to yourself about them?
3. If the answer is no or I talk down to myself or others why?

What exactly are you telling yourself, others when mistakes are made?

4. What actions do you take that don't match up with accepting all the humans flaws and amazement?

Concepts that don't match with acceptance of humanness:  
(Perfectionism, blame, negative internal messages, etc..)

5. List 3 actions you take don't allow you to be just a human being?

6. List 3 concepts you have believed in that make being just a human almost impossible?

7. What does it mean to you to be a human?

8. List 5 actions or concepts that you could change to allow yourself to be just a human being?

Example: Like a grain of sand on the beach I could be an individual but also completely interconnected.

I could allow myself to make mistakes without talking to myself like I am stupid. I could allow myself to let others make mistakes and understand that they are also just human beings. I could allow myself the opportunity to fell love.

9. Can you accept this and get right sized with where you are in your journey in accepting all it means to be human?

Tell us what steps you will be taking to accomplish this goal.

When we look back at the first question, it appears so easy, but most humans will not allow themselves the opportunity to be just that, human.

Humans have the ability to be more than they could have ever imagined in a moment. Loving, compassionate, passionate, tolerant, kind. Human also has the capacity for the to rapidly turn a 180 and become in the next moment. Mean, judgemental, intolerant, ruthless, vicious. This tells us that we are capable of damn near anything. We experience wild swings in emotion and a total lack of balance every single day. Almost makes you wonder if emotional balance is actually just an illusion, much like control, hmmm. Another discussion for another day.

Allowing oneself to be human, nothing more nothing less helps to level the playing field, lessens fear, removes labels, helps one to relish their achievements but also understand and accept their mistakes. If you can put this concept into your daily life by treating yourself and others with the compassion that all humans deserve, you might just find yourself being more accepting of yourself and everyone else around you.

If interested in learning more about either The Anger Resolution Blueprint Full Training or experience healing that you, the Contractor will do yourself with one of our Engineer's guidance. You can ask Nadine or I, text or call me at 404-431-5939 or email me at [resolutionblueprintcounseling@gmail.com](mailto:resolutionblueprintcounseling@gmail.com)