

Break Free to LiveMORE

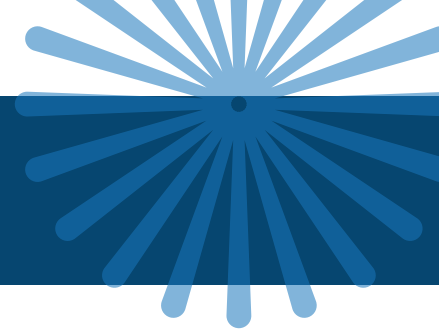


*Ditch the Habits
That Hold You Back*

Workbook

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Live  WRIGHT™



EVOLATING MODEL



Identify Your Soft Addictions

Circle the activities that brought you more fulfillment, meaning, recreation, or made you feel alive, etc. Put boxes around the activities that led to less

Activities

Media & Technology

- ☐ Watching television: Junk TV, News, Sports
- ☐ Watching Netflix, Hulu, etc.
- ☐ Surfing the internet, scrolling social media
- ☐ Selfie-taking, #hashtagging
- ☐ Checking investments
- ☐ Checking weather, statistics, apps
- ☐ Reading magazines
- ☐ Reading only one kind of novel, such as romance or mysteries
- ☐ Checking e-mail
- ☐ Playing video/computer games
- ☐ Online shopping
- ☐ Texting/Whatsapping/Messaging
- ☐ Checking Facebook, Twitter, Instagram LinkedIn, Youtube
- ☐ Doomscrolling: researching politics, climate change
- ☐ _____
- ☐ _____

Buying/Shopping

- ☐ Shopping
- ☐ Online shopping
- ☐ Cruising garage sales
- ☐ Bargain hunting/thrift shopping
- ☐ Hanging out in the mall/Target/Walmart/Marshalls/luxury store
- ☐ Perusing catalogues
- ☐ Shoplifting
- ☐ _____
- ☐ _____

Maintenance

- ☐ Overeating
- ☐ Over exercising
- ☐ Glamorizing
- ☐ Hygiene
- ☐ Householding
- ☐ Hoarding
- ☐ Care giving
- ☐ Sleeping too much
- ☐ _____
- ☐ _____

Physical Mannerisms

- ☐ Hair twirling
- ☐ Twitching, jiggle, picking
- ☐ Gum chewing
- ☐ Nail biting
- ☐ _____
- ☐ _____

Sexual

- ☐ Flirting
- ☐ Sexual obsessions
- ☐ Online dating apps
- ☐ Phone sex / sexting
- ☐ Pornography
- ☐ Masturbating compulsively
- ☐ Being a voyeur
- ☐ Babe or dude watching
- ☐ Being promiscuous
- ☐ Fantasizing
- ☐ _____
- ☐ _____

Work

- ☐ Overworking/Keeping busy
- ☐ Overscheduling
- ☐ Overcommitting
- ☐ Distracting and distracted
- ☐ Avoidings
- ☐ _____
- ☐ _____

Risk-Taking

- ☐ Speeding
- ☐ Gambling
- ☐ Seeking danger
- ☐ Stealing
- ☐ Trading
- ☐ _____
- ☐ _____

Social/People

- ☐ Name dropping
- ☐ Celebrity news/gossip
- ☐ Following influencers
- ☐ Gossiping
- ☐ Storytelling
- ☐ Fantasizing/Daydreaming
- ☐ Lying
- ☐ _____
- ☐ _____

Other Diversions

- ☐ Checking sports stats
- ☐ Doing crossword puzzles
- ☐ Playing games (board, card games)
- ☐ Fantasy sports leagues
- ☐ Crafts
- ☐ Scrolling Amazon, Ebay, Etsy, Pinterest, etc.
- ☐ Painting, coloring, drawing
- ☐ _____
- ☐ _____

Moods/Ways of Being

- ☐ Being sarcastic
- ☐ Being cranky/irritable
- ☐ Doom and gloom
- ☐ Indulging in self-pity
- ☐ Being "in the know"
- ☐ Being a drama king or queen
- ☐ Always being happy—always "on"
- ☐ Being Pollyanna
- ☐ Chameleon-like behavior
- ☐ Acting like a sad sack
- ☐ Moping
- ☐ Blaming
- ☐ Looking good
- ☐ Complaining
- ☐ Constantly trying to please people
- ☐ High energy
- ☐ Jokester
- ☐ Perfectionism
- ☐ Fanaticism
- ☐ Being argumentative/conflictual
- ☐ Acting cool
- ☐ Being in a trance
- ☐ Drama triangle
- ☐ _____
- ☐ _____

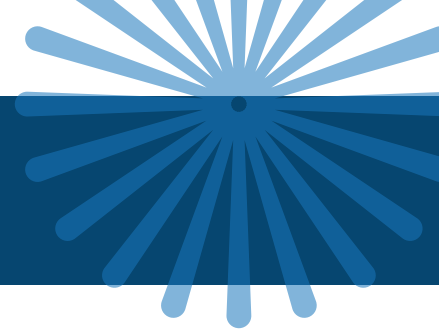
Avoidances

- ☐ Procrastinating—Isolating
- ☐ Being late
- ☐ Playing dumb
- ☐ Living in clutter
- ☐ Playing helpless
- ☐ Hypochondria
- ☐ Phobias
- ☐ Stonewalling
- ☐ Being too busy
- ☐ Oversleeping/napping
- ☐ Undergrooming (i.e. showing up to Zoom call without pants on)
- ☐ _____
- ☐ _____

Things—Edible and Consumable

- ☐ Certain foods and food groups
- ☐ Sugar
- ☐ Chocolate
- ☐ Fast foods
- ☐ Carbohydrates and high-fat foods
- ☐ Brand name health foods
- ☐ Products to keep Covid away
- ☐ Cigarettes
- ☐ Gadgets/Electronics
- ☐ Designer clothes
- ☐ Collectibles
- ☐ CDs/DVDs
- ☐ Brand-name merchandise
- ☐ _____
- ☐ _____

Neuroscience of Soft Addictions

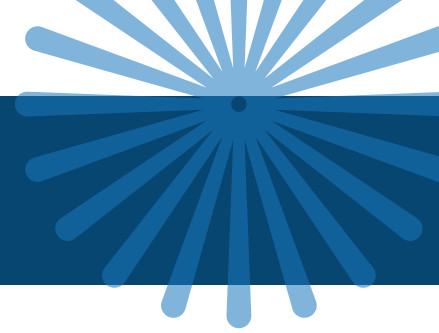


The Neuroscience of Soft Addictions

The Evolutionary Pull of Soft Addictions

Salience Hijack: What Feels Important Isn't Always What Matters

The Impact of Stress



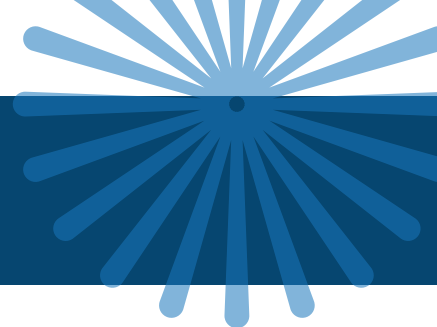
8 KEY SKILLS

1. Make Your One Decision
2. Identify Your Soft Addictions
3. Mind Your Mind and Clean up your Stinking Thinking
4. Discover the Why: Cracking Your Own Code

5. Fulfill Your Yearnings

6. Develop a Vision
7. Learn the Math of MORE
8. Get Support and Be Accountable

Fulfill Your Yearnings



UNIVERSAL YEARNINGS*

I yearn...

To be secure

- To exist
- To be safe, to be secure
- To connect, to bond
- To trust

To love & care for, respond to others

- To care for
- To nurture
- To love

To relate, see and be seen, know and be known, and to connect

- To be seen, heard, known, and understood
- To see, hear, & know others
- To touch & be touched
- To feel felt
- To empathize

To have my existence appreciated

- To love and be loved
- To be affirmed, appreciated
- To be cared for
- To be respected

To express my essence, sense of self, potential

- To express
- To learn, grow, develop
- To create
- To be separate, have an identity
- To excel
- To fulfill my potential

To have a sense of mattering

- To matter
- To be valued and to value
- To contribute
- To do what I came here on Earth to do
- To make a difference
- To please God
- To fulfill my purpose
- To unfold my destiny

To exchange and be connected with others

- To belong
- To connect
- To matter
- To be close
- To communicate with others
- To commune with others
- To make deep contact with another
- To be intimate

To be connected to something greater

- To be connected to something greater than myself
- To feel connected to the greater whole
- To be one with all
- To know God or the creator
- For union with all that is

*Also called *spiritual hungers* (The Soft Addiction Solution, 2006) or *desires* (The One Decision, 2007).

Fulfill Your Yearnings



The “So That” Test

I want this (soft addiction) so that:

I want _____ so that: _____

I want _____ so that: _____

I want _____ so that: _____

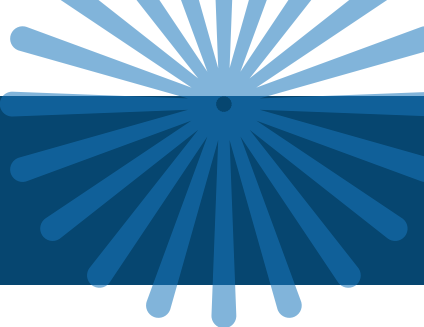
I want _____ so that: _____

I want _____ so that: _____

I want _____ so that: _____

I yearn for _____

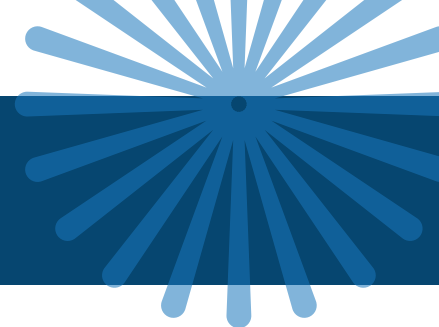
Fulfill Your Yearnings



DEEPER YEARNINGS VS WANTS

I Want...	I Yearn...	Instead I Could...
To play a video game	To be seen, be respected, to feel alive and excited	Share authentically, contribute, go on a real life adventure
Cookie dough ice cream	To be comforted	Call a friend, get a hug
To check social media	To be connected	Text a friend, make a phone call, go to a networking event

Setting Your Intentions



IF... THEN...

IMPLEMENTATION INTENTION

If: _____ then _____

(Time)

(Action)

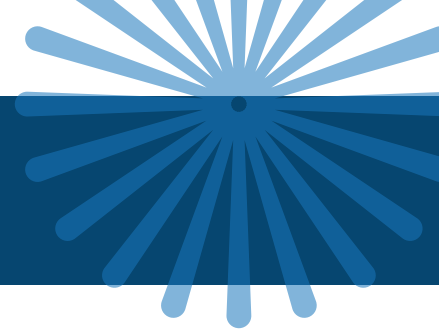
(Situation)

(People)

(Condition)

(Mood)

Soft Addiction Template



1. What soft addiction do I turn to?

(Examples: Social media, shopping, constantly trying to please people.)

2. What was happening right before I indulged in my soft addiction?

What event or circumstance triggered your soft addiction?

3. What primary emotions was I feeling prior to engaging in my soft addiction?

(Examples: anger, hurt, sadness, fear, joy)

Soft Addiction Template (cont'd)



4. What negative thoughts (stinking thinking) were going through my head during or after this event or situation?

Examples:

Helpless/Hopeless: No matter what I do it won't make a difference.

Emotional Reasoning: I feel bad, I must be bad.

Should statements: I should have done that earlier.

Blame and Shame: It's her fault we were late for the party.

Labelling: I am a jerk for not remembering her birthday.

Looped thinking/Obsession/Perseverating: I won't be late. I won't be late.

Overgeneralization: This always happens to me!

All or Nothing: If you're going to be late, don't bother coming at all.

Magnification: This is an absolute disaster.

Can't/Won't: I can't get this done on time.

Always/Never: You never call me back.

Jumping to conclusions: I'm sure that's what he meant.

Mind Reading: I knew he didn't like me. He didn't even say hello this morning.

Fortune telling: I know this isn't going to work.

Projection: You're angry with me, aren't you?

Mental Filter: Dinner was ruined; the soup wasn't right.

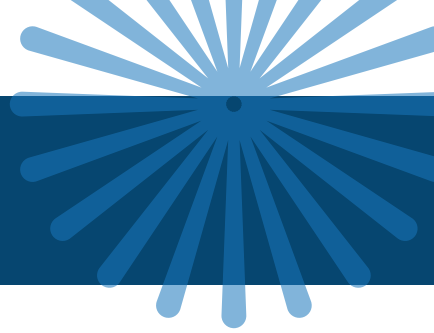
Prejudice: I could tell he wasn't trustworthy just by looking at him.

Discounting the Positives: It was only a little thing, it didn't really matter.

Magical Thinking: I am sure it will all work out somewhere.

Self-pity: No one ever notices me; I have it so hard.

Soft Addiction Template (cont'd)



STINKING THINKING CATEGORIES

- **Overgeneralization:** You view a negative event as a never-ending pattern.
 - a. **All or Nothing:** You look at things in the absolute ... black white... no gray.
 - b. **Magnification:** You blow things out of proportion.
 - c. **Can't/Won't:** Helpless/Hopeless.
 - d. **Always/Never.**
- **Jumping to conclusions/Irrational conclusions:** You conclude that things are bad without any evidence.
 - a. **Mind Reading:** You assume that people are reacting negatively to you.
 - b. **Fortune Telling:** You predict that things will turn out badly.
 - c. **Projection:** Attributing to others things I am feeling inside.
 - d. **Mental Filter:** You dwell on negatives and ignore the positives.
 - e. **Prejudice:** You avoid the facts by deciding ahead of time.
 - f. **Discounting the Positives:** You insist that your accomplishments or positives do not count.
 - g. **Magical Thinking.**
 - h. **Helpless/Hopeless.**
- **Emotional reasoning:** You reason from how you feel (Ex. "I feel stupid therefore I must be.") and fail to reality test.
- **Should statements:** You criticize yourself or others with "should," "shouldn't," "must," "ought," and "have to."
- **Blame/Shame:** Blame yourself for something you weren't entirely responsible for or you blame others and overlook that you contributed.
 - a. **Labeling:** Instead of saying "I made a mistake," you tell yourself "I am a loser," "I am stupid," "I am a jerk."
- **Looped thinking:** Obsession/perseveration.

Soft Addiction Template (cont'd)



5. What mistaken beliefs may have triggered my stinking thinking and soft addiction?

(Examples: I am not beloved, worthy, or precious; My emotions are not important; There is no support for me; The world is an uncaring place)

6. What positive thoughts or attitudes could I think instead?

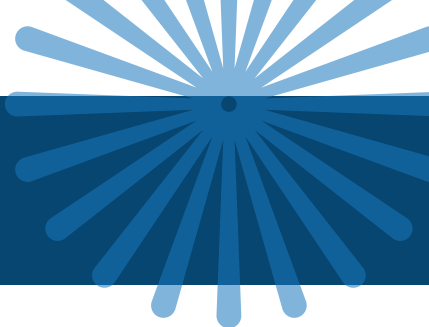
Positive thought are thoughts reflecting the reality of the situation, or thoughts that are humorous, compaasionate, or forgiving. (Examples: My contributions count in the big picture; I need to apply myself to make sure this works out; I can do it)

7. What was I really yearning for?

(Examples: To be heard; To feel connected; To do what I came here on earth to do; To learn.)
(See list of yearnings.)

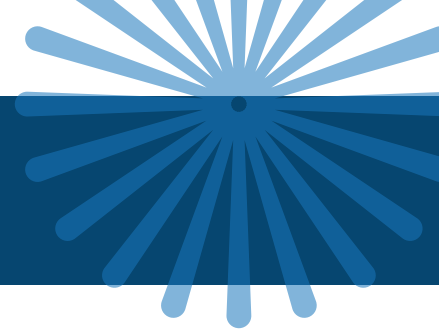
8. What positive alternatives could I turn to instead of my soft addictions to meet my yearnings?

Soft Addiction Template (cont'd)

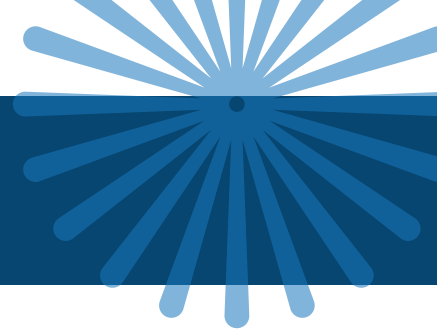


Soft Addiction	Deeper Yearning	What I Can Do Instead

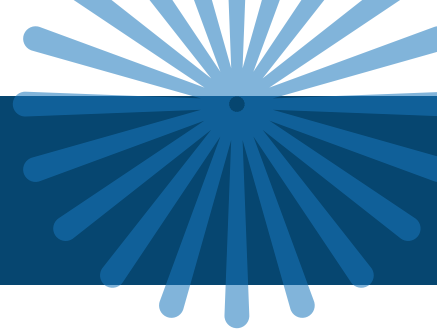
Notes



Notes



Notes



Notes



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- Transform your relationships and increase closeness
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- Grow your capacity to lead, love, and live fully
- Be more YOU—aligned, alive, and aware


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Dr. Judith Wright

A media favorite, sought-after speaker, respected leader, best-selling author, world-class coach, and corporate consultant in the areas of personal transformation, leadership development, and personal goal fulfillment, Dr. Judith Wright wrote *Transformed: The Science of Spectacular Living*, *There Must Be More Than This*, *The One Decision*, *The Soft Addiction Solution*, and *The Heart of the Fight* to share her personal transformation and proven methodologies with a broader audience. Dr. Wright's ground-breaking research into the fundamental process by which human beings learn, grow, and develop is the core of the curriculum at LiveWRIGHT, which she co-founded. Dr. Wright has appeared on more than 500 radio programs and 80 TV programs, including *Oprah* ABC's *20/20* and the *Today* show.



Dr. Robert Wright

Considered by many to be one of the leading thinkers in human development, Dr. Robert Wright is an internationally recognized visionary, educator, program developer, author, speaker, entrepreneur, consultant, and executive coach. In the course of coaching and training hundreds of C-level executives, Dr. Wright developed the *Wright Model of Human Growth and Development*. Called "one of the most powerful and comprehensive models of its kind," it forms the core curriculum at Wright and the Wright Graduate Institute, which Dr. Wright co-founded. He is also the author of *Beyond Time Management: Business with Purpose* and *People Skills*.