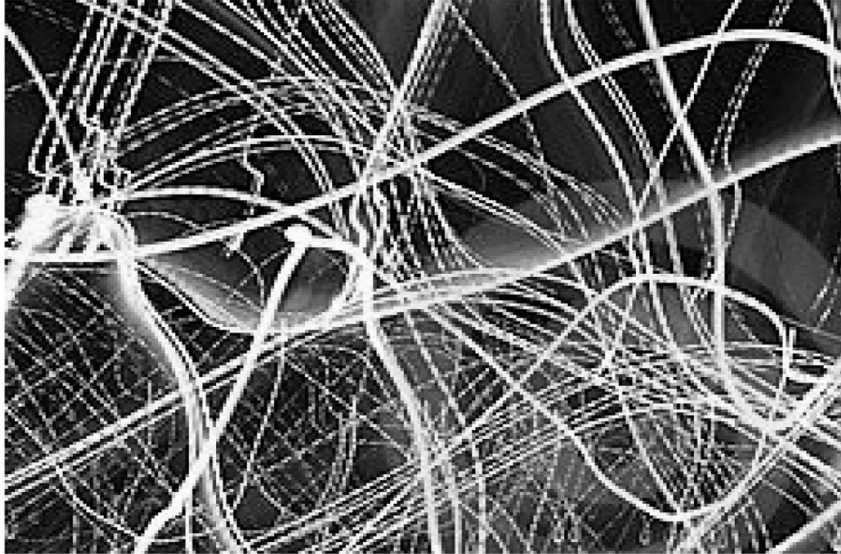


KICK BUTT THERAPY Addiction to Chaos and Excitement



There are three unhealthy ways to maintain chaos and stress in your life:

□ Capitalize on existing chaos.

□ Create new chaos.

□ Seek out chaos elsewhere.

The process of healing from this compulsion begins with an acknowledgment that your overreactions today are links to past unresolved traumas, hurts, and resentments.

By starting to heal painful past *experiences through support groups, therapy* and spirituality, you can begin to process current dilemmas in your life more easily and effortlessly.

You can create more serenity and less chaos in situations that would have been chaotic in the past – stay grounded by focusing on resolving the problems instead.

****TOOLS for healing from chaos addiction:

Begin to identify chaos and avoid it.

Allow others to deal with their own chaos and stay away from it.

Note your anxiety at the unfamiliarity of extended periods of calmness and ride it out.

Resist the temptation to initiate an argument; try to identify the real issue, then problem solve, thereby minimizing chaos.

Enjoy your serenity and focus on gratitude.

@ Cathy Zipp