**Course Objective**: Clarify addictions and their solutions from both a secular and spiritual aspect. Improve your Emotional IQ (EQ). Your EQ is defined as understanding and managing our emotions to work for us not against us.  Emotions are the primary drivers of human behavior. Our interpretation of events determines our emotions**.**All addictions serve an [**emotional**](https://www.biblegateway.com/passage/?search=proverbs+29.11&version=NKJV) purpose.

​Reasons for compulsive substance abuse or any hurt, hangup or habit, are driven by emotional factors, usually feelings of intolerable **helplessness,**about whatever in life makes one feel overwhelmingly trapped, powerless and out of control. No one gets addicted to a substance or a behavior unless they have learned it does something for them.

This course if for all people, male, female, Atheist, Agnostic, Christians. This course is not just for alcohol or drugs but for any compulsive behavior (sex, porn, overeating, smoking, anger, gambling, controlling others, etc)! This course will offer an answer to the core “Why” question of alcoholism and all other hurts, hangups and habits and will provide the chance for you to use this new understanding and the practical tools that flow from it, to take control of your life, with empowering, direct, healthy, high value behaviors, not the least of which is Christ Driven Behavior (CDB). This course will give you the tools to understand and master your habits or addictions. ​ What we **think** (cognition), what we **feel** (**emotion**) and what we do (**behavior**) are intrinsically linked together. Our **thinking**determines our **feelings**and our feelings determine our actions.  As Aristotle said, “We desire in accordance with our deliberation."

​Pastor and cognitive behaviorist, Rick Warren, states, "The way you think determines how you feel and affects how you act. If you want to change something in your life or break a bad habit, then figure out **what caused you** to do the thing you want to change."

In this course, we will learn to **Recognize**​the cause of our **Displaced**behaviors, **Reframe**the pros and cons and **Replace** them with high value, **Direct**healthy behaviors.