

Thanks for stopping by avrt.com to get your 2022 Merry Christmas from us. To follow is a discussion about sobriety during holiday festivities. We also wish you the happiest new year for all in your family. Please accept our little gift for sober addicts and their families, The AVRT® Freedom Rap. It's not a Christmas carol, but a rip-rap through troubled times, making dents in the base nature of *sobriety addiction*. Read the Rap, feel the words in your bones, get the feel of something new, for you, for them, the ones who care for you, and so on.

As you likely know, Lois and I have devoted our lives opening the gate to life after sobriety. When we founded Rational Recovery® in 1986, we had no idea of the crooked path we would travel, and of the discoveries we would make as we widened the narrow path of Addictive Voice Recognition Technique® (AVRT®). Today we hold high AVRT®, the shining key of liberty that unlocks the gate from the Not-OK-Corral. The key is free as the air we breathe, to be freely turned by the human spirit, while protecting those who choose instead their home away from home, without the risks of free-range living.

We said goodbye to Rational Recovery®, for the rules of rationality have nothing to do with principled abstinence; without disease, there is nothing from which to recover. AVRT® has revealed to us that feelgood drugs are harmless until finally used. The harm emerges during the intervals *between using, doctrine-disoriented sober*, rim-rolling into gratifying relapse up into supreme pleasures that exceed our earthly survival drives, family bonds included. In that state, anything goes, including the next use. Drugs unused are harmless and there is no place to hide.

We live and learn, and love to live in the knowledge that AVRT® will endure our times and in the times of its legacy to come. We found this key beside the slippery path of daily sobriety, not lost by someone else, but put there purposely, for you to *go, and use no more*, for all eternity.

Jack and Lois Trimpey

The AVRT® Freedom Rap

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Provided you are not under the influence of a feelgood drug, this simple exercise may be all you need to totally throw the hook of your favorite fix. This especially true if you have been present at sobriety support groups of any kind and do not like or benefit from it, or find it objectionable on personal grounds. Being there means you care. That doesn't mean you belong there. You want out of the darkness of the high life and the entrapment of sobriety doctrines. AVRT® is ready-made for you.

The AVRT® Freedom Rap is an example of structurally sound Addictive Voice Recognition Technique® (AVRT®), *def*: The lore of independent recovery from sobriety addiction in a brief, consumer-ready, service-marked, educational format. AVRT® is as free as the air we breathe, a new gospel of victory over the base, animal nature of the human condition.

Here is your first serving of AVRT® the AVRT® Freedom Rap. It is a fast, Q/A dialogue. As you learn it, study the pronouns and the progression from uncertainty to unyielding. Get the feeling and *conviction* in your guts and bones. Listen to your Addictive Voice cutting in to mess you up. Feel it cringe at, "never." Feel it loving, "Yes, I love to use a lot!" The AVRT® Freedom Rap is DC voltage that makes a deep impression upon feelings toward feelgood drugs. Read it like you're taking the hungry Beast by the horns. Then read it out loud and *feel the strength of your human spirit over your animal body*. Give it hell. It deserves some back.

Do you love to use a lot?
Yes! I love to use a lot.
Do you love to drink a lot?
Yes! I love to drink a lot.
Drink a lot, use a lot:
You really stand to lose a lot.

Do you want to use again?
Yes! I want to use again.
Do you want some booze again?
Yes! I want some buzz again!
Use again, buzz again:
I think I'm gonna lose again.

Will you ever use again?
I do not want to use again.
I asked you, "Will you use again?"
Use again; lose again.
I will never lose again.

Do you hear that voice again?
Yes! I hear that voice again,
A head-voice says, "I'll use again!"

**Head-voice says I'll use again?
Damn! I'll NEVER use again.**

**Why not later use again?
It's ALWAYS wrong to use again!
Who says, "It's wrong to use again?"
I SAID IT'S WRONG TO USE AGAIN!
Use again? Lose again!
I'LL NEVER, EVER USE AGAIN!**

**NEVER! NEVER!
NEVER! NEVER! NEVER!
I WILL NEVER USE AGAIN!
My battle finally done.
Now I'm going home, sweet home.**

Listen.

There is no more to AVRT® than this. *The AVRT® Freedom Rap* gets you the exit from morbid sobriety, if if you so choose. It is entirely possible that you are already finished with feelgood drugs and morbid sobriety. It's up to you to say, and it's easy. Just *recognize* all thoughts, intuitions, perceptions, or feelings that support or even suggest the possible future use of alcohol or other drugs. Those feelgood thoughts are your Addictive Voice (AV).

The AV is the expression of the Beast of addiction the sole cause of your morbid condition. Don't try to remove, reply, or run from the voice, any more than you would cut-and-run from a growling dog. *Just hear it, but don't listen to it.* It has no voluntary control, so it has no choice other than go silent and return later on.

. You won't be alone, for AVRT® is based upon the most common thread of success in breaking the chains of feelgood drugs and their entourage of bad company (groups, shrinks, rehabs). Now, while you're in motion, get the book.. ***Rational Recovery: The New Cure for Substance Addiction*** is at amazon, paperback or kindle, available on 1-day prime, regular prime, and new (or used with free delivery — total -\$5).

The New Cure will give you a good foundation in state-of-the art, 1996 Addictive Voice Recognition Technique® (AVRT®). I wrote it after 20 years miserably sober, betraying those I loved.

We are building a sensational, new avrt.com website behind this construction landing page. Keep coming back, but not for too long—just until you get the hang of AVRT® and are building bridges back into the relationships and hearts you’ve broken. Sobriety doesn't survive at avrt.com unless you choose it.

