



Left Road/Right Road – Making a Choice

When you are confronted with a choice, a decision about a course of action, confusion or conflict about your addictions, you can use this visualization:

1. Imagine yourself at a fork in the road.
2. Visualize that the **Left Road** leads to an outcome entirely dictated by your patterns. Keep the decision that you have to make in mind and note the results of acting solely from your patterns. What will be the specific consequences? See what events would unfold as you picture yourself walking down that road. Take the time to experience what taking this path would mean for your life.
3. Return to the crossroads, fully aware of what lies at the end of a path solely determined by patterns.
4. Now visualize yourself walking down the **Right Road**, guided and supported by your Spiritual Self. Coming from your essence, what new choices are available for your decision? Envision the actions that you might take. Try not to judge them, just see what occurs to you. Take some time to feel the results of these actions, both now and “down the road” as you move through your life.
5. Once again imagine yourself at the crossroads, fully aware of the choices offered by looking down each path as far as you can.
6. Now from your free will, make a decision as to which road you will choose to take, whether to follow your patterns or your Spiritual Self. Does your Spiritual Self have any guidance for you? Allow yourself to listen from the deepest part of your being.
7. Use the Left Road/Right Road – Making a Choice map to take any notes on your experience.

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