

## *Mental*

- Mental obsession:  
Recurrent and persistent thought that is stronger than, and does not respond to logic/reason
  - Episodic
  - Irrational

## *Emotional (Spiritual)*

- Restless → Anxiety
- Irritable → Bipolar
- Discontent → Depression
- All chronic
- Psychic change
  - Target: Undigested experiences (trauma)
    - How?
      - 12 Steps of A.A.

## *Physical*

- Phenomenon of craving (P.O.C.)
  - “Once I start I can’t stop”
- Relief
- Progressive
- No treatment
- Only solution
  - Sobriety
    - It sucks