

## Addictive Voice Recognition Technique®

### AVRT: The Class

for Addicted People, Their Families,  
and Significant Others

When: CALL 530-621-2667

(Waiting list is currently 1 - 2 weeks.)

Who: RR Founder, Jack Trimpey

What: 2 days of direct, face-to-face  
instruction on AVRT-based recovery.

Where: Rational Recovery National Office

Purpose: Secure, permanent abstinence from  
alcohol and other drugs, within the time allotted.

Conducted by Rational Recovery® founder, Jack Trimpey



The first session of AVRT: The Cure begins at 8:30 AM on both days. We strongly recommend that you arrive the day before at Sacramento International Airport in time to get checked into your room and drop by the meeting place in the early evening. That will allow you to get fully registered and learn your way to the meeting place. Nearby points of interest include South Lake Tahoe, Reno, Sutter's Mill (original gold discovery site), and Placerville (Old Hangtown.)

*"I've given my family the gift of zero-tolerance in the family and we all feel very good about that. AVRT: The Class was the best experience of our lives. David S., M.D., Ohio"*

*"I am finally free from my addiction, which I thought was impossible, based on years of meetings and several failed treatment programs. I got my life back!" Mark H., California*

*"Sitting in on AVRT: The Class was better than marriage counseling. I hadn't understood the harm AA was doing. It was driving him crazy and ruining us. — Alyse C. (Spouse)"*

*"Jack isn't bragging when he claims perfect pitch for the AV. But now I have perfect pitch for my own Addictive Voice. I only wish I had known about AVRT® many years ago. — John B., Iowa"*

To register for AVRT: The Class,  
call 530-621-2667.

(VISA/MC/AmEx WELCOME)

### LIMITED REGISTRATION

AVRT: The Class, \$2,600  
Family members, significant others, \$1,000  
each

A \$500 non-refundable deposit is required  
to secure each person's seat.

The waiting list varies but is  
usually less than 30 days.

Your date of participation will be decided at the  
time you call to register. You will be asked to  
pick the earliest two consecutive days for your  
convenience. If they are unavailable, you may  
select from other available dates.

You will be assigned to a session without regard  
to whether others will also be in attendance.

### For this special event, plan the following extras:

#### • Lodging, evening meals.

(We will provide light breakfast and  
full lunch, plus detailed information on local  
hotels, inns, and restaurants.)

#### • Transportation.

(Airport shuttles, taxis, and rental cars.)

If you are coming from out of the area,  
make your travel arrangements early.

## What is AVRT®?

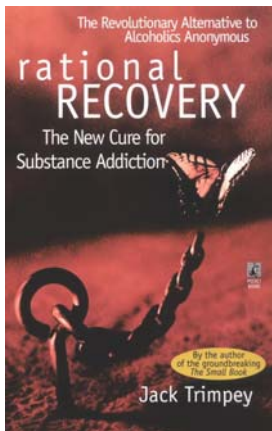
Addictive Voice Recognition Technique® (AVRT®) is a piercing insight into the nature of addiction and the nature of recovery that allows complete, prompt recovery from serious addictions to alcohol and other drugs. By learning to recognize the Addictive Voice as the sole cause of your addiction, you become free from its influence. AVRT® dismisses the disease concept of addiction as a prime example of the Addictive Voice, identifies recovery groups as a prime cause of insecurity, and offers strong encouragement for self-recovery. We believe in your ability to completely recover from any addiction during your brief stay in California.

**AVRT: The Class** is 2 days of intense, face-to-face instruction on AVRT-based recovery, either solo or in a small group of 5 or fewer individuals, including family members who may attend.

**What is the Addictive Voice (AV)?** The AV is any thinking that supports or suggests the possible future use of alcohol or other drugs.

**What is the Beast?** The Beast is raw, addictive desire — the desire to get high.

**AV → Beast = Bark → Dog**



The curriculum of **AVRT: The Cure** is always the same, based upon the groundbreaking book, *Rational Recovery: The New Cure for Substance Addiction*.

*Textbook and a folder containing a variety of learning materials are included.*

**What is the Big Plan?** The Big Plan of AVRT-based recovery is your personal commitment to lifetime abstinence, backed by the powerfully simple logic of AVRT®. There is no recovery without a Big Plan, because the idea of your next indulgence is like a dark star guiding your personal affairs. A Big Plan goes against your *survival* drive, which is why attempts to quit drinking/using so often fail.

**Family Reconciliation.** We strongly recommend that a spouse or significant other attend with the addicted person. Addiction destroys the family's bonds of love and trust. No family can survive addiction, nor should any family accommodate or tolerate addiction. AVRT® is the only family-centered approach to addiction recovery in existence. We are very excited about the outcomes when couples or significant others attend AVRT® seminars together. Gradual reconciliation of family bonds and revival of marital romance is based upon continuing abstinence with zero-tolerance for "relapses."

**What is "Plan B?"** Plan B is a prior, irrevocable decision made by your family to take certain defensive actions if and when, after attending AVRT: The Cure, you resume the use of alcohol or drugs.

**What about relapses?** Your Big Plan is a decision to have no relapses, based upon your word of honor.

**Should I continue recovery groups?** You will have no purpose in attending recovery groups, all of which require that you remain dependent and uncertain about remaining abstinent. **AVRT: The Class** is an excellent way to defeat recovery group disorders, the long-term insecurity and dependence upon outside support resulting from recovery group participation.

**Are you up to this?** Attending AVRT: The Cure is scary because AVRT® calls out the best in you, that part of you which has slumbered in the comfort of addictive pleasures while your character and happiness have wasted away. You've known for quite a while that you'll eventually have to quit getting high altogether — but not just now.

**Now is the time!** It will never be any easier for you to defeat your addiction than right now. Any fear or anxiety you feel about AVRT-based recovery is not your fear, but your Beast's fear. Listen to the commotion in your thoughts as you consider taking strong, decisive action to defeat your addiction. Be *glad* your Beast cringes because it knows you are finally taking direct action against it. The Beast is your worst enemy, and it's finally running scared. *Don't pull back now.*

### AVRT: The Class Learning Objectives:

- The Structural Model of Addiction.
- Addiction's pleasure principle, i.e., the "Beast," a bogus survival drive.
- Learning to recognize the *real* cause of addiction, the Addictive Voice.
- Understanding the family, a true survival unit, in the context of addiction.
- Aggressive listening, "shifting." Seeing through the eyes of addiction, and through your own.
- How to change your feelings toward alcohol or drugs, *at will*, in the presence of the substance.
- The Big Plan of RR, the moment of truth.
- The AVRT Matrix
- Defeating recovery group disorders.
- Achieving perfect confidence to abstain.
- The minefield in the aftermath of recovery.
- Recognizing and restraining the angry Beast.
- The moral axis of addiction/recovery.
- Complex Beast strategies. Mingling of Beasts.
- Reconciliation based on zero-tolerance.

**Other Addictions** While it is not a panacea, AVRT® has direct applications with good outcomes with gambling, sexual error, compulsive stealing, compulsive spending/shopping, and other habitual misconduct.

AVRT is not a form of addiction treatment, counseling, or therapy, and contains no psychological advice, spiritual guidance, nor religious instruction. You will be asked no personal questions; the only record of your attendance will be a cancelled check or credit card transaction. We keep no other records.