

Perceptions of Travel

Coming to Alternative Treatment International (“A.T.I.”) by plane? Here is some information that may assist you to perceive things in a different way and make your trip and flight a more peaceful experience. ***Please feel free to print this out to bring with you.***

Leaving the comfort of your home, even though it may be filled with chaos due to substance abuse or emotional issues to attend a residential treatment program, can create fear and anxiety. This is perfectly normal. We understand this and have provided some positive suggestions for you to follow that will allow you to remain positive, calm and aware throughout your travels to the Program.

1. Be overly conscious about maintaining a positive attitude. Bring something with you to read or relaxing CD’s to listen to while traveling. During your trip, it will help to accept that the waiting lines, security procedures, and over-worked employees are things that are out of your control and there is nothing you can do to change them. What you can change is how you perceive them. While standing in line, please say the following positive affirmations in your mind or feel free to create your own:

- ***I will receive help and cooperation throughout my trip.***
- ***This journey will guide me toward a new life.***
- ***I am worthy of receiving compassion and healing.***
- ***I will approach my upcoming experiences with an open mind.***
- ***I am being lead to the best place for me to receive the transformation I am seeking.***

2. Arrive early, at least two hours prior to departure. By giving yourself extra time, you lower the stress factor. This will also give you time to look around at others and think about what they could be going through as well. Be aware of how your calmness, patience and kind words could have a great impact on others who may not be aware of the opportunities of changing perceptions to make travel easier.

3. Stay aware of your breathing, keeping it deep and relaxed. This will aid in maintaining a relaxed state and allow your energy level to remain steady throughout the trip. Stay focused on the improvements that you are about to make and feel at ease knowing that you will be met by staff members of A.T.I. who are welcoming and there to provide you with a smooth and easy transition into our residential treatment program.

4. If you meditate, utilize your practice; take a nap on the plane or watch the provided movie to make the time go faster. Get a snack on the plane to keep your blood sugar level regular and never drink alcohol on the plane or at the airport. Continue to focus on maintaining a relaxed state of mind by pushing any thoughts out that may change that.

5. Again, when exiting the plane, accept the process that you need to go through, with an open mind. Follow the crowd to baggage and get your luggage. An A.T.I. staff member will be at your luggage carousel with a sign that states, “Welcome” and has your first name on it. They will assist you with your luggage and provide reassurance and program information as you are transported to the Program.

We are happy that you will be coming to A.T.I. and our staff and clients await your arrival. Your participation in our one-of-a-kind, holistic and dual diagnosis treatment program that follows a Mind-Body-Spirit-Environment® approach, will help you to transform your perceptions and your life. You finally can find the sense of hope and peace that you have been seeking.