

THE ANTICS

BY MIKE EASLEY

ROAD TO FREEDOM
Companion Journal



Dear Friend,

Congratulations for taking your first step on your healing journey by being part of THE ANTICS community! You are showing true bravery and courage by showing up for yourself in this way. Change is hard and healing is not a straight path, but with focus and intention you can turn that first step into a second—and before you know it, you will be well into your journey.

This Companion Journal will help you take those important steps that add up to your transforming, healing journey. Perhaps you will be able to create your very own Dare to Dream stories like I did, as told by Carence at the end of the THE ANTICS book. These stories use a powerful technique called 'scenario building'—a technique that counselors and therapists recommend to their clients who are exploring possible futures and considering real changes in their lives.

Change occurs when we become aware of what and who we are as opposed to trying to become what and who we are not.

The Road to Freedom Companion Journal is set up for you to write down your thoughts, feelings, and intentions as you read through THE ANTICS. Allow Carence to lead the way, breaking the trail for you while you make your own journey in his footsteps.

In Part 1 of THE ANTICS, you will learn that you are not alone and that the crazy roller coaster ride you have been on is one that other people ride as well. When things get really out-of-control and intense, we tend to self-isolate and we think we are alone. Trust me, you are not alone. I have been there too and have found my Road to Freedom just as you will.

In Part 2 of THE ANTICS, you will see Carence begin to heal, one step at a time. By joining Carence on his personal journey—by writing down your thoughts, feelings, and intentions—you too will begin the healing process. Ultimately, you will be invited to dream, and by following Carence's trail, you will be able to envision one or more possible futures.

You can do this. You are enough! Build your own Road to Freedom by passing through dark valleys, entering healing waters, finding your Road to Freedom and creating your own future.

May this Companion Journal be the start of your journaling practice that will put you in touch with your true self—the only self you really need.

Your friend,

A handwritten signature in cursive script that reads "Mike". The letters are fluid and connected, with a prominent 'M' and 'i'.

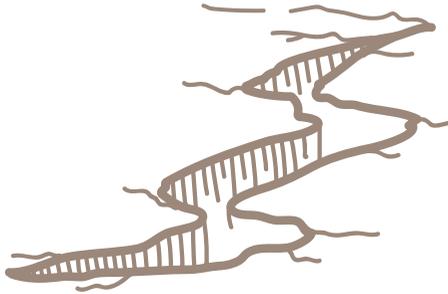
**"We are in this
journey together
and I am here to
remind you that
there is a **brighter**
future ahead."**

- MIKE EASLEY

Click here

to watch an Introduction to The Antics
by author Mike Easley

The Dark Valleys

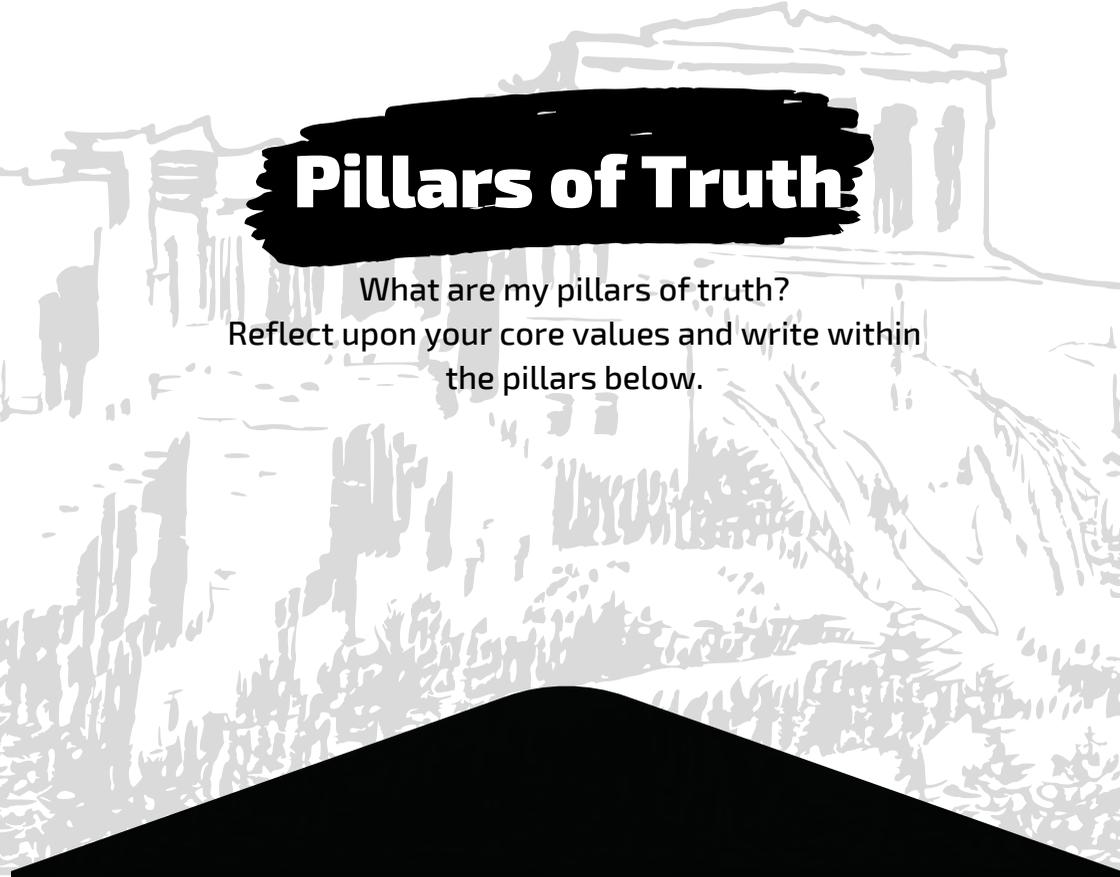


**Actions speak
louder than
words.**



A Representation of How I Currently Feel

A large, empty rectangular box with a black border, intended for a drawing or written response. The box is positioned below the title and occupies most of the page's vertical space.



Pillars of Truth

What are my pillars of truth?
Reflect upon your core values and write within
the pillars below.



Blank space for writing inside the first pillar.

Blank space for writing inside the second pillar.

Blank space for writing inside the third pillar.

Blank space for writing inside the fourth pillar.

Jot it down!

Write a moment in your life that you felt in control.

Write a moment in your life that you felt extremely happy.

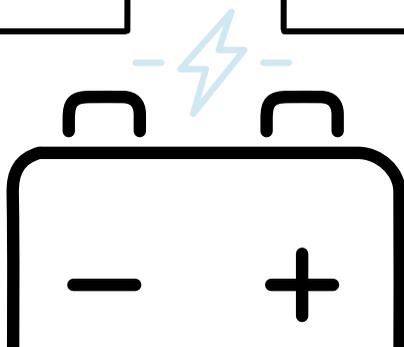
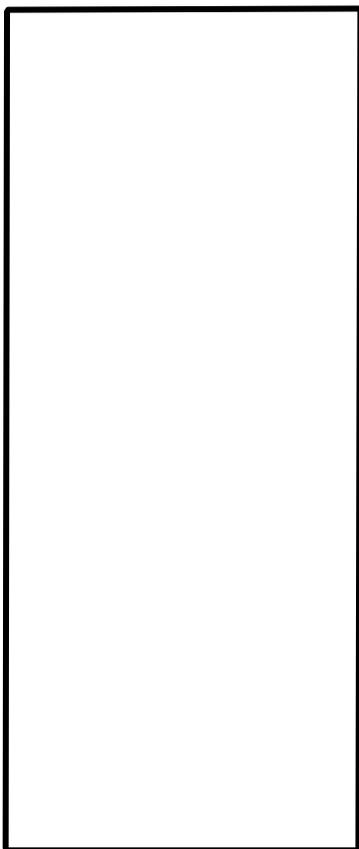
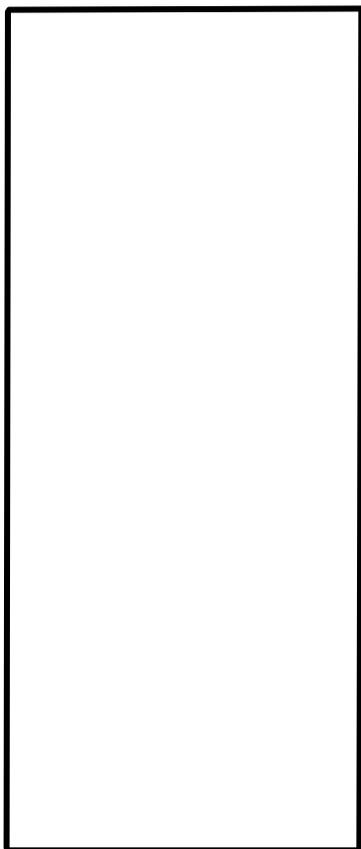
Write about a time when you overcame a difficult challenge.

Write the names of the three people that will always be there for you.

Write down 1 quote that has a huge impact in your life.

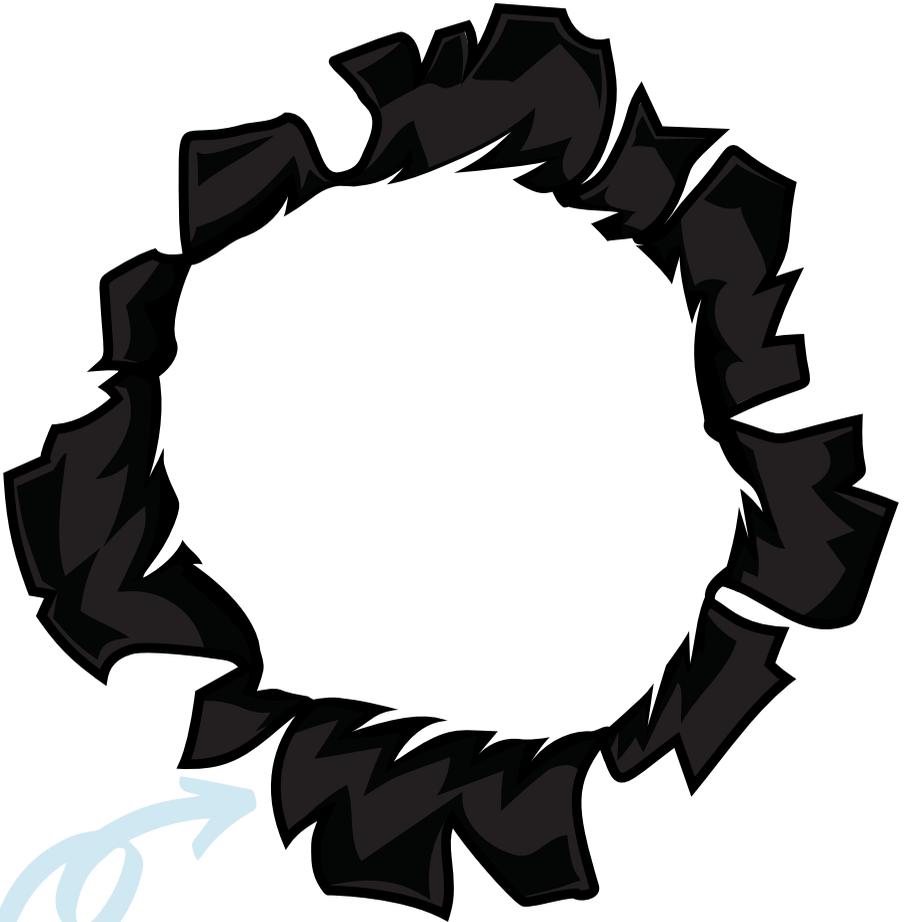
My Thoughts & Feelings

Positive and negative, allow yourself to ponder and sit uncomfortably for awhile. Then welcome the flow of words.



The Hole of Letting Go

We get upset over things that we can't change or control.
Write them in the hole and throw them away!



What one thing do you need to let go of?
Drop the things that are NOT serving you.

My thoughts



**To err is
human,
to forgive
divine.**

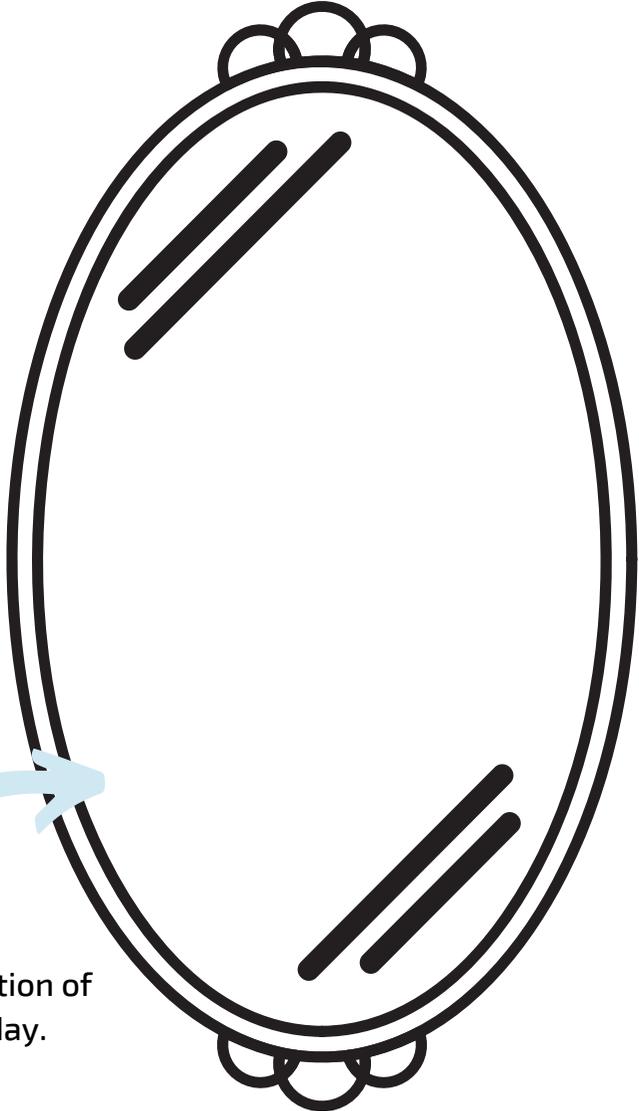


The Heating Waters



Mirror, Mirror

Who do you see when you look in the mirror?



Draw a representation of who you are today.



Time is a very
precious gift -
so precious that
it is only given
to us moment by
moment.

- AMELIA BARR



What painful scenarios from the past keep replaying in your mind?
Write them down below. Then write how you wish they had played out.

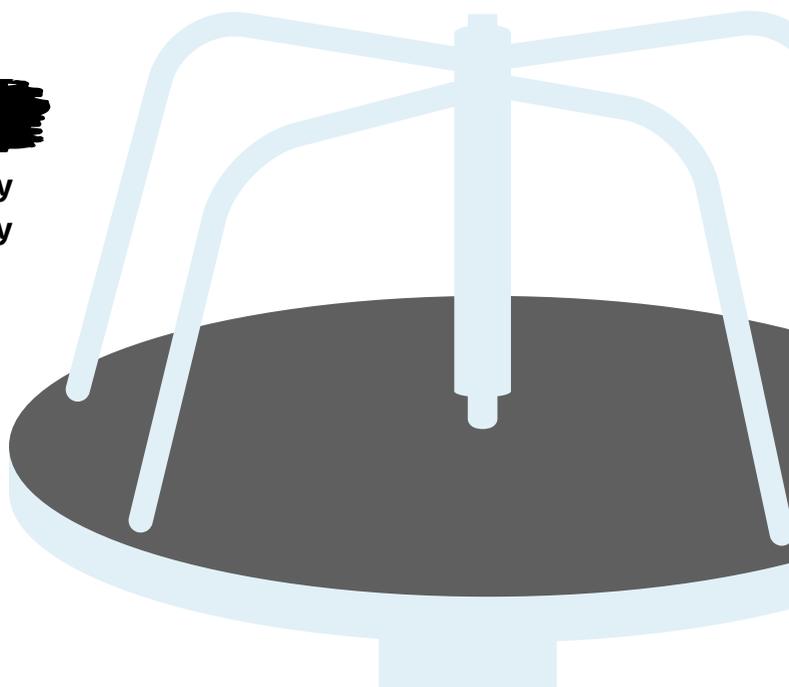
| | |
|--|--|
| | |
| | |
| | |

Now take a pen and cross out the first scenario.
The truth: It no longer exists. The hope: Each day is a new beginning.
Don't let the past ruin today or tomorrow.

**Round and
round she
goes, where
she stops,
nobody
knows.**

Watch

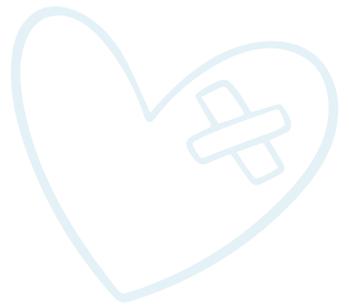
Groundhog Day
by Mike Easley



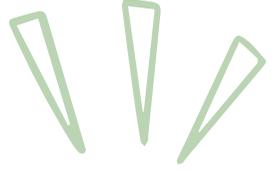
My thoughts



Describe or draw the various steps you can take to climb off the spinning carousel, to scrub your wounds, and remove the splinters so that you can begin to heal.

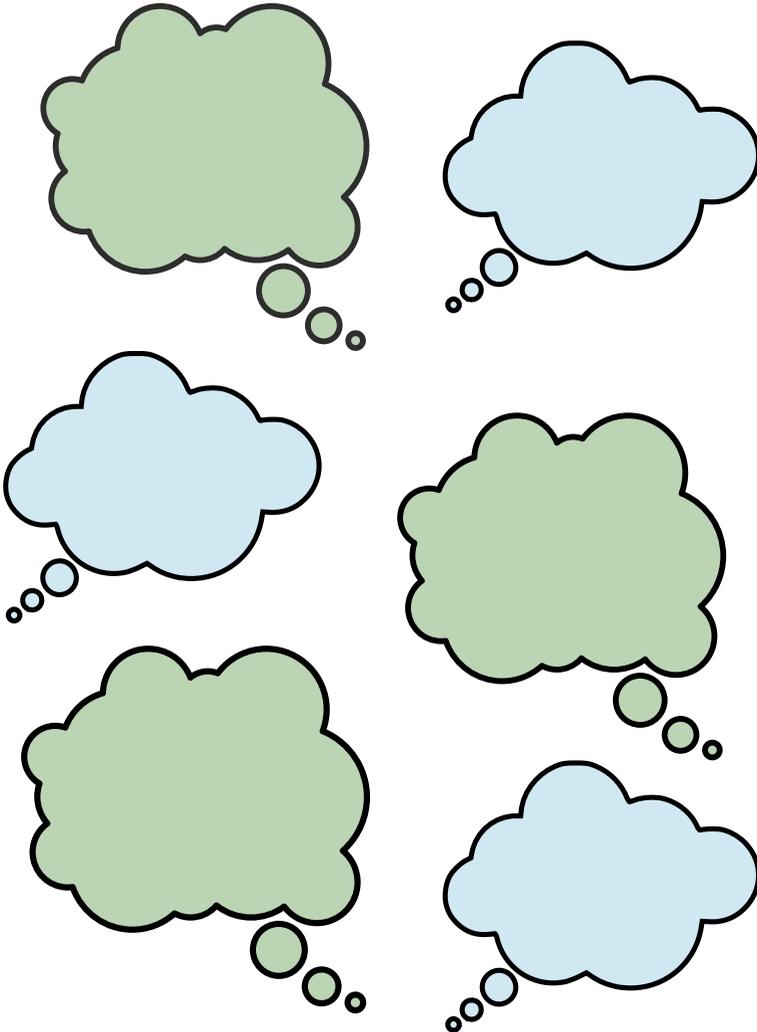


DOODLE



Inner Thoughts

What inner thoughts would you have liked to articulate to your significant other but were unable?



**I CAN SEE MORE
CLEARLY NOW**

Draw a picture or explain in writing your relationship.

Truth



**I CAN SEE MORE
CLEARLY NOW**

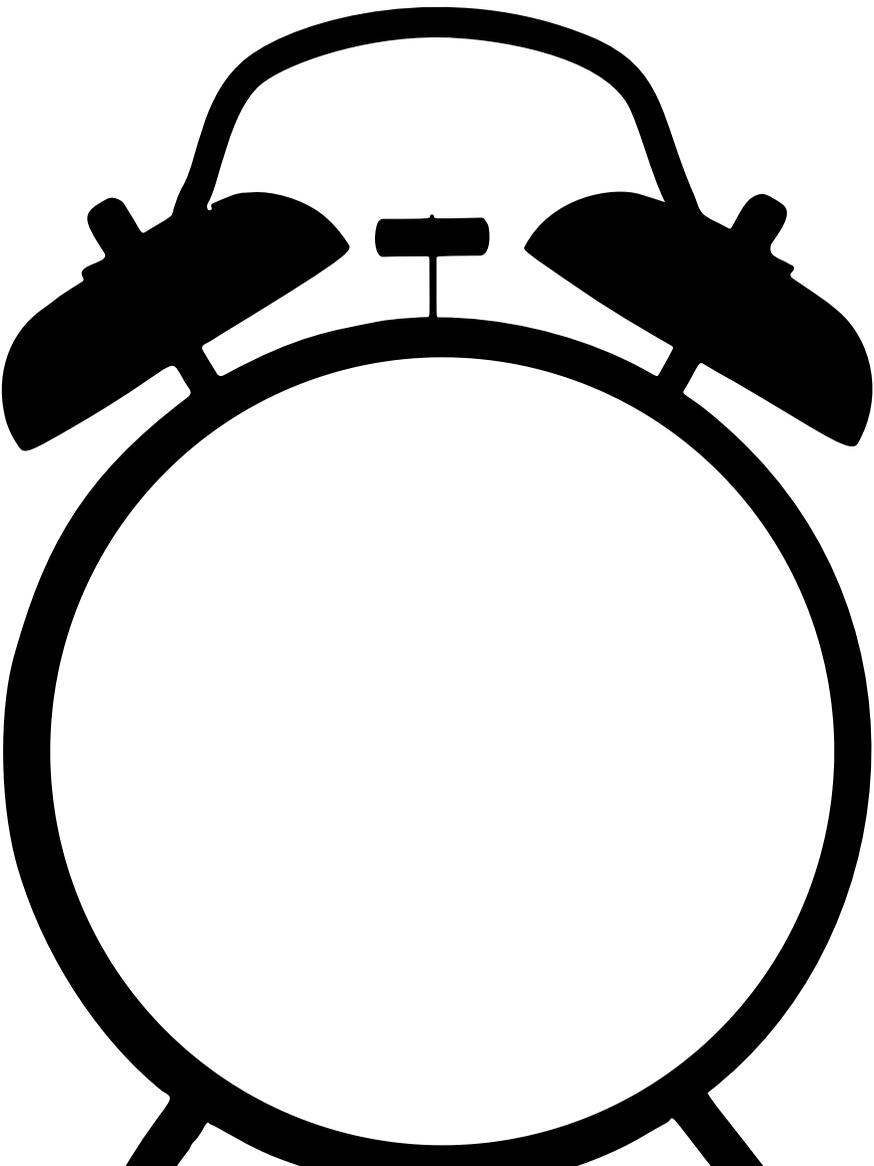
Draw a picture or explain in writing your relationship.

Fantasy

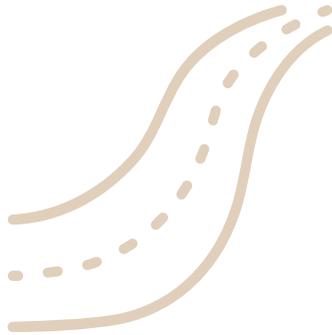


Time is Relative

Write down some ways you may live more fully in the present. Begin to think of ways you can make better use of the "here and now" and not fall back in time to painful memories and/or regret.



The Road to Freedom



Watch:

Road to Freedom by Mike Easley

An Original Composition

**And the
truth will
set you
free**



Only the truth!

What are your biggest fears and why?



What am I grateful for?

List the things you are GRATEFUL for in your life right now.
Even the smallest things matter!

| | |
|---------|---------|
| ● _____ | ● _____ |
| ● _____ | ● _____ |
| ● _____ | ● _____ |
| ● _____ | ● _____ |

What makes me smile?

List the things or people who instantly make you smile.

| | |
|---------|---------|
| ● _____ | ● _____ |
| ● _____ | ● _____ |
| ● _____ | ● _____ |
| ● _____ | ● _____ |



LOVING MYSELF

What are the best things you like best about yourself?

A spiral-bound notebook with a grid for self-reflection. The grid is divided into six sections by a vertical dotted line and two horizontal dotted lines. The sections are labeled as follows:

| | |
|--------------------|----------------|
| APPEARANCE | STRENGTHS |
| TALENTS | ACHIEVEMENTS |
| OBSTACLES OVERCOME | HELPING OTHERS |

Watch:

The Three-Legged Stool of Self- Love
by Mike Easley

Start Fresh!

Surround yourself with positivity!

Mark items on the list below that you plan to do in the next week.

- Read a success story
- Join a community
- Reach out to a friend
- Follow an inspirational social media account
- Watch or listen to a motivational speech
- Meditate for 5 minutes
- Make time for a healthy breakfast
- Have a good cup of coffee
- Tell someone you love them
- Exercise for 30-45 minutes
- Breathe deeply for 30 seconds
- Declutter work area / parts of your home
- Write a to do list



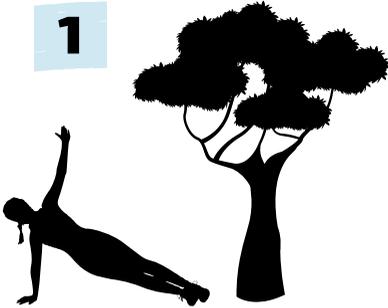
What other positive activities come to mind?

List them below.

Boost Your Mood!

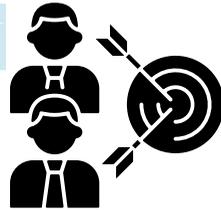
Some exercises to benefit your body and lift your mood.

1



Exercise in nature

2



Build up slowly, set and review goals

3



Find something you enjoy

4



Practice mindfulness

5



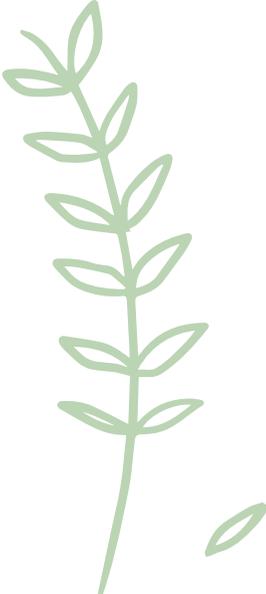
Weekend happiness

6

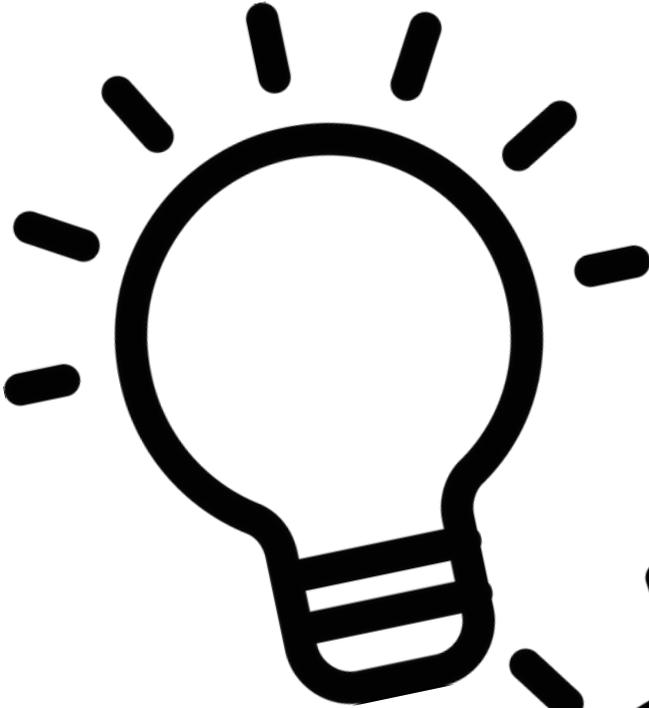


Exercise with friends

DOODLE

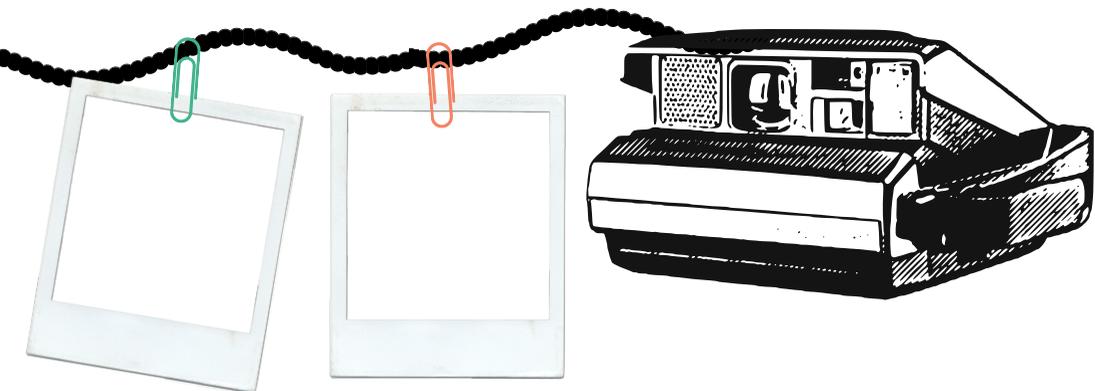
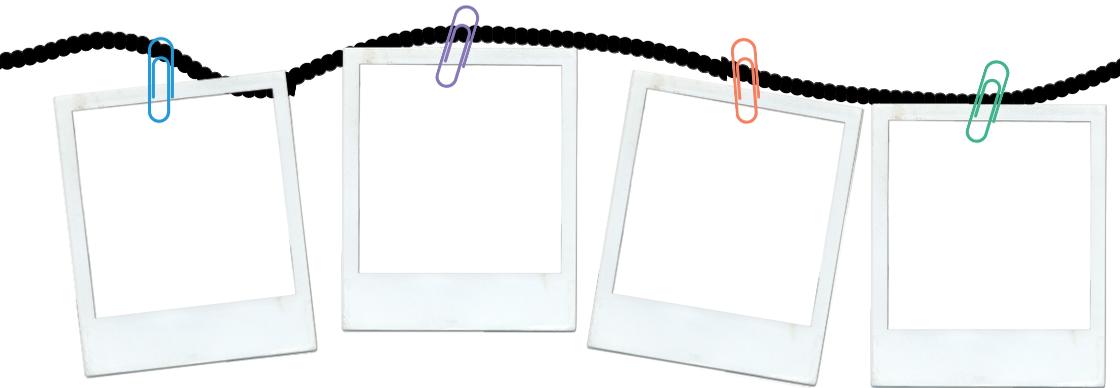
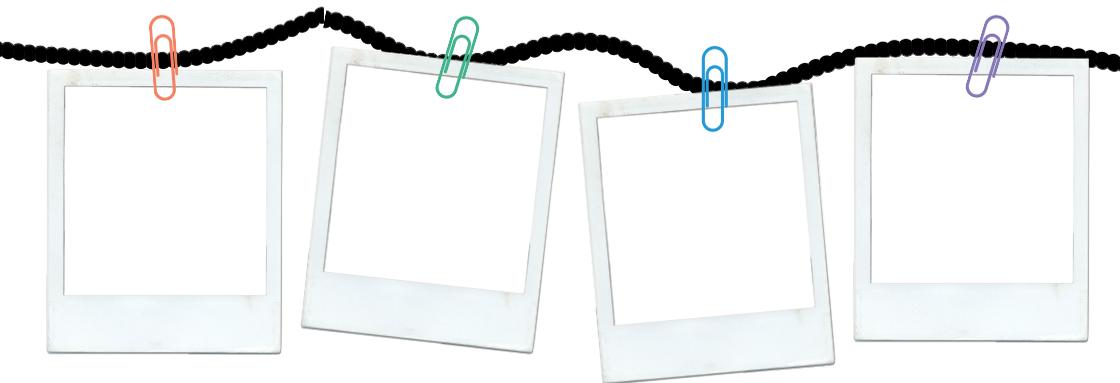


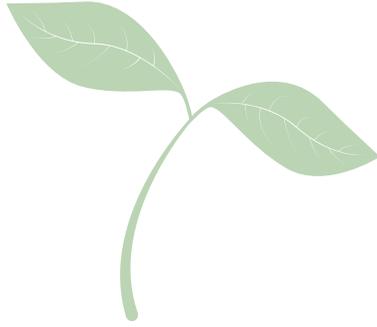
My Big Ideas!



Best memories!

Sketch your favorite snapshots!



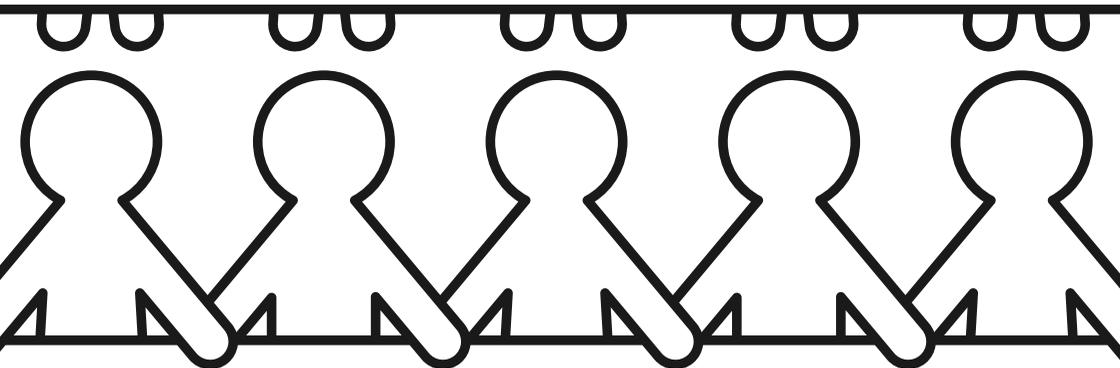
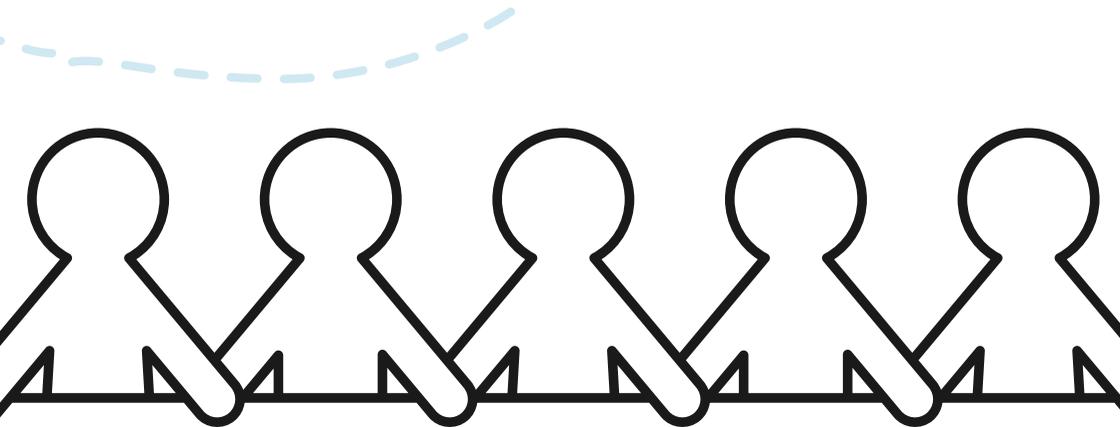


**I will always
love you and
make you
happy, if you
will only do
the same.**

From the song 'You Are My Sunshine'

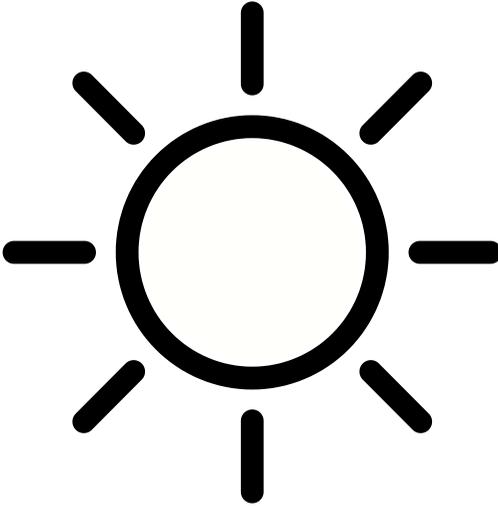
A Positive Influence

Write in the names of those who you think will be helpful as you continue on your healing journey.



A Pocketful of Sunshine

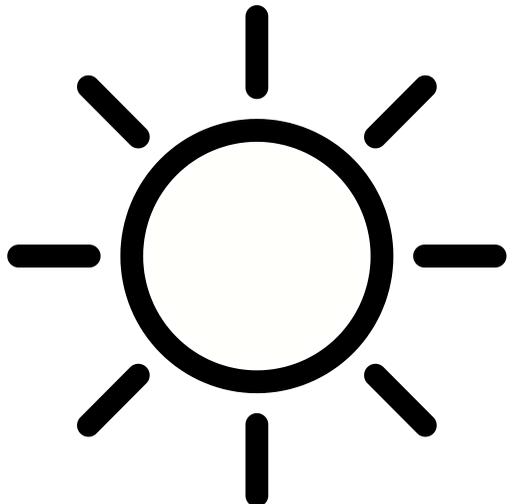
Write in the names of two people who bring you joy and write them a message of appreciation.



Message

A rectangular box with rounded corners and a thick black border. The word "Message" is written in a simple black font at the top. In the bottom right corner, there is a small, stylized green leafy branch illustration.

Message

A rectangular box with rounded corners and a thick black border. The word "Message" is written in a simple black font at the top. In the bottom left corner, there is a small, stylized green leafy branch illustration.

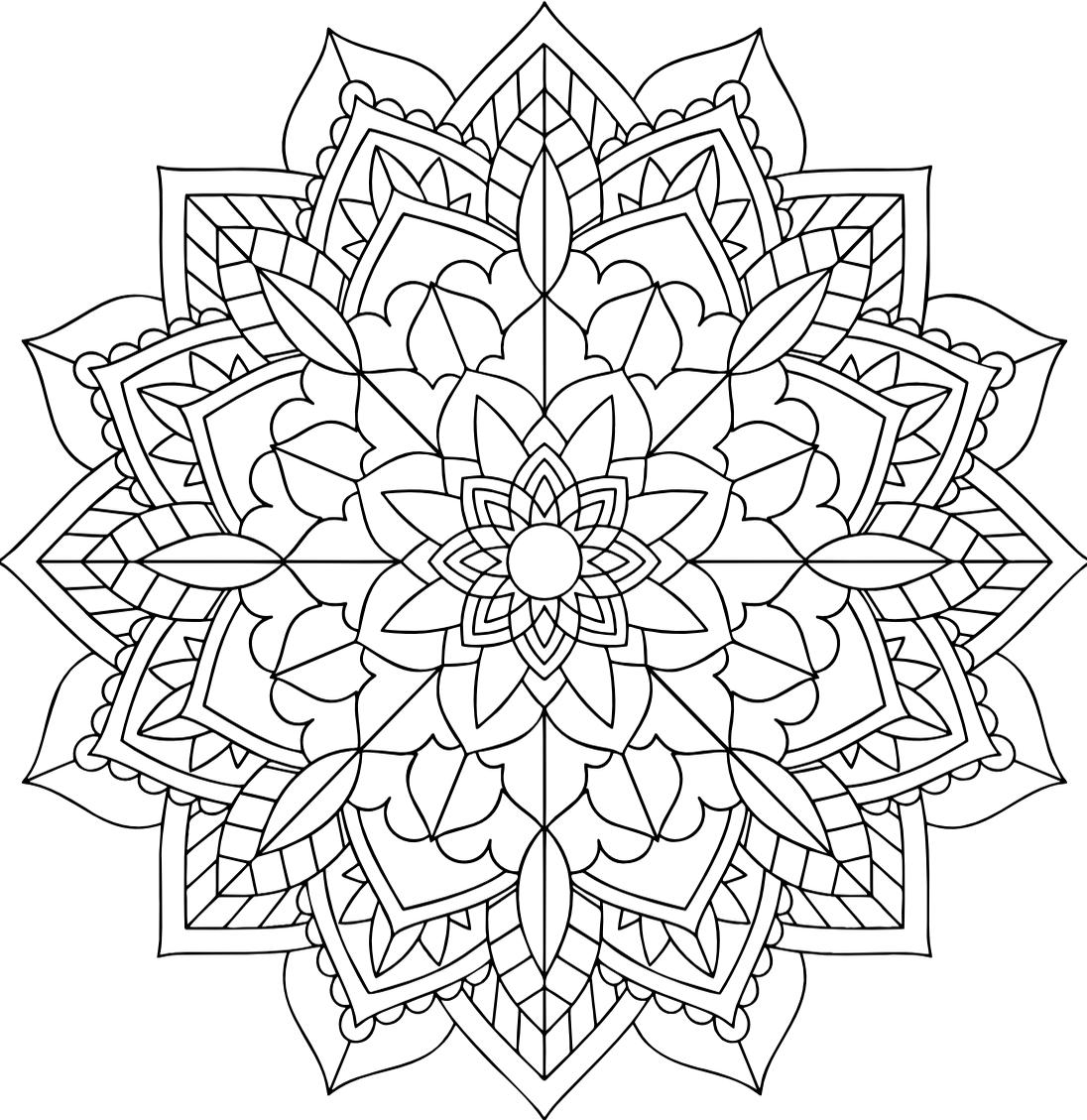
MANDALA

often pronounced as 'Mah-ndah-lah'

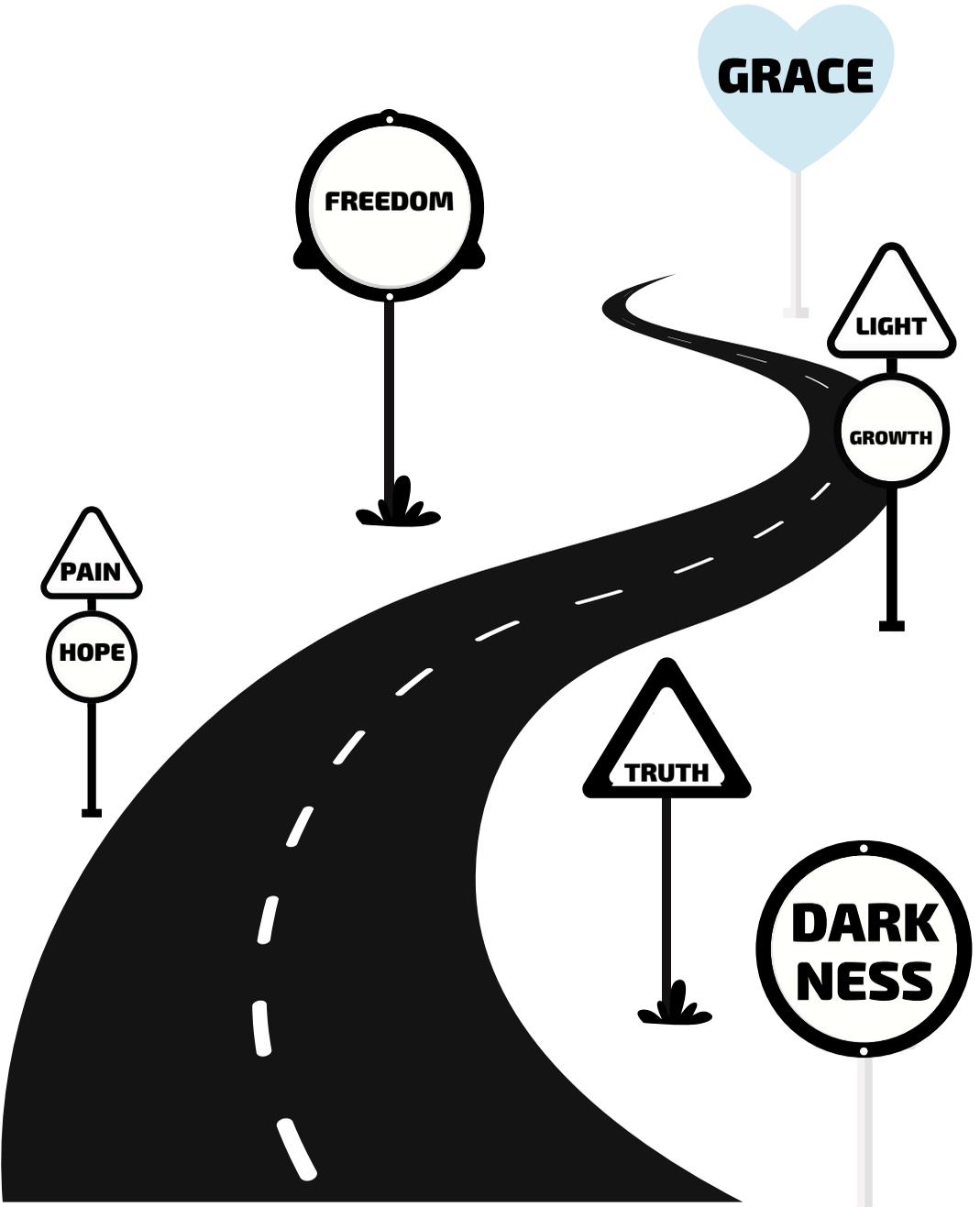
It comes from the ancient Indian language (Sanskrit), which means a Circle or Center. The Mandala is a powerful spiritual symbol often used in ceremonial rituals, worship, sacred art, and meditation. It is also meant to reinforce the sense of life's impermanence and to live mindfully.



Color me!



Where are you currently on your
Road to Freedom?



**What does your
path look like?**



A Letter from your Future Self

During the time at my Safe Haven I decided to write two different scenarios for my future. The ground rules for the scenarios were very simple:

1 - No magical thinking: meaning that I could not change anything or anyone but myself.

2 - Each scenario had to be positive: no creating a doomsday scenario to force a default selection.



A Letter of Forgiveness to Yourself & Others

My prayer for you is that you can find something that can help you begin to release the resentment you hold in your heart. You have a journey you have started, it's mostly uphill, and you don't need the extra baggage.

Let it go, often.



Road to Freedom

An original by Mike Easley

BUILD A ROAD TO FREEDOM, TO A PLACE THAT I CAN SEE
A STATE OF MIND WHERE I AM, FINALLY ME.

IT'S ALL ABOUT THE FUTURE, BUT NOT WITHOUT A PAST
KEEPING ALL THAT'S MEANT SO MUCH TO ME.

BUILD A ROAD TO FREEDOM, TO A PLACE THAT I CAN SEE
A MIND OF HOPE WHERE I AM, FINALLY ME.

THE PATH IS PAVED IN MY OWN TRUTH, IT'S MADE ME WHO I
AM

UPS AND DOWNS - INS AND OUTS TILL, I CAN BARELY STAND.

BUILD A ROAD TO FREEDOM, TO A PLACE THAT I CAN SEE
A HOPE OF TRUTH WHERE I AM, FINALLY ME.

THE PATH'S BEEN DARK THERE'S BEEN LIGHT
AT STOPS ALONG THE WAY

FEEL THE PAIN AND WATCH THE GROWTH,
IT'S KEPT THE DARK AT BAY

BUILD A ROAD TO FREEDOM, TO A PLACE THAT I CAN SEE
A TRUTH OF HEART, WHERE I AM, FINALLY ME.

FREEDOM GIVES AND THEN IT TAKES, IT BRINGS
US TO OUR KNEES

I CRY A PRAYER, I TAKE A STEP, A PATH OPENS UP FOR ME.

BUILD A ROAD TO FREEDOM, TO A PLACE THAT I CAN SEE
A HEART OF GRACE, WHERE I AM, FINALLY ME.

Watch:

Road to Freedom by Mike Easley

An Original Composition

This journal is designed to provide information and motivation to our readers. It is written and disseminated with the understanding that the author is not engaged to render any type of psychological, mental health, legal, or any other kind of professional advice. The content herein is the sole expression and opinion of its author, and of no one else. No warranties or guarantees are expressed or implied by the publisher's or the author's choices to include any of the content in this journal. The author shall be not be liable for any physical, psychological, emotional, financial, or commercial damages, including, but not limited to, special, incidental, consequential or other damages. Our views and rights are the same: You are responsible for your own choices, actions, and results. The information in this journal is not intended as a substitute for professional medical advice. Don't use this information to diagnose or develop a treatment plan for a health problem or potential health problem without consulting a qualified health care provider. Likewise, this is a journal designed to complement the The Antics book provided to the reader to assist in their healing journey. Stories may contain modified details or information to also protect others' identities. The views, stories and accounting expressed in this journal are solely those of the author. The author of this journal disclaims and rejects any and all liability or claims of liability from anyone as a result of using this companion journal.



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Start your healing journey today.

