Hi, my name is Norway and I am a petroleum addict.

I've tried it all: vaseline, kerosene, gasoline, jet fuel and diesel. I've even tried natural gas. Now I'm ready for the twelve steps to recover from my addiction and embrace the green future.

12 steps to recovery:

1. We admit that we have a problem. We had let ourselves be dependent on the great power of petroleum.

2. We admit that our intoxication of petroleum has resulted in a petro hangover.

3. We admit that our petroleum addiction has negative consequences for our surroundings and loved ones. Consequences such as poverty, destruction and despair.

4. We admit that our prosperous economy based on oil extraction will not last, and that we need to invest both manpower and money in renewable energy sources, such as algae, bio mass, solar, wind, geo thermal, tidal and wave power.

5. We admit that we are afraid of a life without petroleum. However, we realise that a life with petroleum has no future.

6. We realise that our future has to be green.

7. We admit that we have enjoyed wasting large amounts of precious energy. Improving our energy efficiency will ease the burden on the environment, our economy and our natural resources.

8. We choose to protect Lofoten and the Arctic environment and to manage our fisheries in a sustainable manner.

9. We commit to good green solutions, such as electric cars. We commit to the joy of plugging in and driving cleaner and cheaper.

10. We choose to fly through the landscape with windpowered high speed trains, instead of being airborne.

11. We realise that carbon capture and storage is part of the solution for remaining emissions and for future carbon negative energy production.

12. Having received this long overdue wake up call, we commit to carrying this message to other petroholics and to practice these principles in all our affairs.