

105 (C) Life change is within your grasp.

It is time to realize that whatever you think about the current condition of your life, that you are not “too far gone” to benefit from the positive life change that can come as a result of working through recovery ideals & plans.

You do have the power of change within your grasp, if you will work for & accept it wholeheartedly, while implementing the positive, productive, life changes needed for you to build a stronger & better recovery life for today, one good decision at a time. As with any life change program, you must be willing to grow & to hear things differently than you may be used to & you must be willing to start taking responsibility for & doing your full part in your recovery.

You can start by paying closer attention to your responsibilities, decisions & self talk, as you quit making excuses for your past ways of thinking, as the past does not need excuses, it needs forgiveness.

It is also time to stop hiding behind misinformation & to see that self-recovery & a better life is available for all, who are willing to work for it, including the first time, or casual drinker, who mistakenly thinks that they can be responsible drinkers, or the 20 year compulsive drinker, that knows better, too the foolish new drug experimenter, trying to fit in to be cool, or the chronic addict, trying to get out before they are dead cold, it is for those who are tired of old ways of thinking & who want to see change in their lives & those who are willing to learn & grow & realize that all people need & are capable of true life change, even if it's hard.

If you drink, or use drugs, or just live miserably, while entertaining learned negative behavioral conditions, than you need to realize that the decisions about your life, that you made this morning, yesterday & over the years, has nothing to do with your next decision, your today, your recovery, or your life in the now.

So stop dragging these bad decisions, bad thoughts & bad pasts around & letting them influence, or oppress your good decisions, as it is time to realize that the past is like an ice cube sitting in the desert; it disappears fast and is gone forever. Now you can start digging for it, you can drag its memory around & can complain about it all day long, but it is not coming back, you cannot change it & it will never do

anything more for you, so do not bury it to be dug up again, learn from it, forgive it & throw it away, to melt away and be gone forever.

You must learn to make your next decisions wisely, regardless of the past, as you are now looking forwards, not backwards & you must let your past melt away within self forgiveness, as it is time to see that torturing yourself will not fix the past, nor help the now.

So make amends when feasible, but not at the expense of harming your now life, as now is the time to heal, forgive & stop dragging any hard times around with you. You do not have to wait, until you cannot stand anymore pain, to make the decision to change directions, or to stand up & face what is ahead. It becomes a matter of realizing that the mind thrives on what you feed it, so start feeding it well & it will do well, but keep feeding it poison & it will become poisoned.