

## **105 (E) A changed life is up to you**

You must keep striving for change, through the powers of good decisions, even when it's difficult, as now is the time to become responsible & to move away from the addictive thinking, that has buried your mind under this ton of oppressive pity party dirt.

It is time to see that you cannot wait until tomorrow, to do better today, as you must learn to live & grow in the now, while remembering that mistakes & all, that you are deserving of a life free from addiction & negative behaviors & that it will be through your hard work, life changes & decisions that you will find this new life.

This change that you seek, will come through brain retraining, while recognizing negative thought patterns & eliminating the false knowledge that has been holding your mind captive. You will be standing on new truths & will find that it is not only okay to talk to yourself, but that it is a skill which needs perfected, while being mindful of what you are saying, as your brain will believe, feel, or use, whatever you teach it, which includes, not just the positive affirmations & uplifting thoughts, that you need to guide you towards victory, but also all the negative words, attitudes, actions, thoughts & persecutions that you speak, hear, see & continuously allow into your life & mind.

You must not waste any more time on these negative thoughts & behaviors, but learn to erase this bad programming, that has engulfed your confidence & imprisoned your true powers of recovery, as it is time to wipe the slate clean of bad decisions & too make room for positive learning, as you start reclaiming control of your life thoughts & life behaviors.

You will come to see, that though alcohol/ drugs does affect your thinking, it is still under your will, your power & your decisions that you operate & you can spend life lying to yourself & blaming everything & everyone else for your actions, but to learn to live life responsibly & positively, you must become honest & take responsibility for your life & then & only then will you find your true powers working for you, as you find that it is you, that exerts the power & makes the final decisions for your actions.

So now it is time to own up to your life decisions & reactions, for all that they are, bad behaviors, from bad decisions & to realize that these behaviors are learned & as such, they can be unlearned, through changing your daily input & output, by becoming mindful of your self-talk (input), as well as your true powers of decision & attitudes (output).

You must realize that you have the right to make good decisions about your life & to tell your brain good things about yourself & then make a commitment to start replacing all your negative talk & behaviors, with positive thoughts & actions.

Again remember that your mind knows what you teach it & acts on what you tell it, so teach yourself that life is just life, even with its trials & tribulations & in time you will see that life can be good, where it matters the most, in your thoughts, your mind & your decisions, as even when it gets hard, it doesn't have to be bad.

So be honest with yourself, control your thoughts & work through these letters, to discover who you truly can be, as well as what you truly believe & what you can do to make your life a positive productive event, one plan & one decision at a time, because you & your life are worthy of all your efforts, so buckle in for the long haul & take back control of you, one decision at a time.