

105 D Erasing Old Programing.

It is time to get prepared & ready, to start thinking & living more effectively, while making the decision to eliminate the negative, oppressive thinking that has kept you from becoming the person that you are fully capable of becoming.

You can start by working to eliminate negative thoughts & preparing for self-recovery by realizing that much of life is lived in our thoughts & that no matter where life seems to be heading, there is a better place within your reach, even if it has become hidden in the thoughts that you have been hearing, through the life that you have been enduring, instead of living.

Recovery can be like a seed, buried in the dark, underneath a ton of oppressive dirt, waiting for a chance to spring forth with new life. There will be battles along the way, but by staying moving in the right direction, just like that seed, you will shake off the oppressive dirt, as you grow stronger each day.

So you must strive for change, through the powers of good decisions, as now is the time to become more responsible & to move away from the addictive thinking that has buried your mind under this ton of negative selfish 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 & capable of a life free from addiction & negative behaviors & that it will be through your hard work, forgiveness, of self & others & your decisions that you will find a new worthwhile life.

This change that you seek will come through brain retraining, recognizing negative thought patterns & eliminating the false knowledge that has been holding your mind captive.

You will be standing on new proven truths & will find that it is not only okay to talk to yourself, but that it is a skill which needs to be perfected. It is imperative to become mindful of what you are saying to & about yourself, 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 negative thoughts & behaviors, as you learn to erase this bad programming that has stolen your true confidence & imprisoned your true powers of recovery. It is time to make room for positive learning, as you start reclaiming control of your life, thoughts & behaviors.

You must come to see that though alcohol & drugs can 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 else for your actions, but to learn to live life positively, you must become honest & take responsibility for life & then & only then, will you find your true powers working for you, as you find that it is you, that has the power to make the decisions for your actions.

So now it is time to own up to your life decisions & reactions for all that they were, 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.

Remember, that your mind only knows what you teach it & only acts on what you tell it, so if you teach yourself to get mad every time a leaf falls off a tree, in time that is exactly what will happen. Now teach your mind that life is good, even with its trials & tribulations & in time you will see that life can be better, where it matters the most, in your thoughts, your mind, your decisions & your life.

So be honest with yourself, control your thoughts & work through the upcoming letters, to discover who you truly can be, as well as what you truly can believe & what you can do to make your life, a positive productive event; one plan, & one decision at a time.

You & your life are worth all your hard work, as once you re-learn to love & trust yourself, then others may follow, but give them time & understand their hesitance.

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