

105 E. 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, which can be done, but no one is going to do it for you, you must put your all into it.

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 becoming Recovered, via 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, as hard is doable.

If you drink, or use drugs, or just live miserably, while entertaining learned negative behavioral conditions, then 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.

Stop dragging 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.

Don't ever listen to those who claim you have to hit bottom, before changing, as over 100,000 people a year's bottom, is death & you are not immune to being a statistic, which is ridiculous as you are being given the

choice between life & death, all based on your thought & choices, as every action you make, is a choice & no matter how much you no longer like what you do, it is still a choice, that comes from your mind & just needs to be replaced with better choices, no matter how hard it is.

You have shown that you can work through hard, I mean has addiction life been easy? So you can do hard & do everything in your power to make better decisions, 1 good decision at a time & do not base your success on others thoughts & never compare yourself against others, as you are the only you, that there is & you & your path of recovery will be different than any others, so as long as you are moving forward, a little at a time, then only you & God need to understand how great it is & to be proud of you. It took time to lose everybody's trust & it will take time before they trust you again, but that is not your goal, nor what you need to be monitoring, nor concentrating on, as it will happen when it happens, but keep your focus on you & God, not basing any progress on others thoughts, but solely on your mind & hearts desires for change, while preparing to live as recovered.