

## **105 F. Eliminate bad thoughts and days.**

So, it is time to make the decision, to eliminate poisonous thinking & to not keep reaffirming, “the bad days”, bad thoughts & bad feelings, while wondering why you cannot get feeling better; as bad days are created, they do not just happen; though bad moments & bad decisions may, but dragging them around, or dragging yourself through them over & over, will not help your day.

Walk through days with the right attitude & change the negative harmful ones & dispose of them, as you must & move on with your new day, which starts right now, with your next good positive thought & decision.

Remember to continue your positive, productive, self-talk, as you cannot start a new day, while reinforcing negative thoughts & feelings & expecting the day to be better, but you can take control & feel better through your own thoughts & decision to do so.

So monitor your thoughts & choose your words & attitude carefully, as it is time to start making conscious decisions about taking control of your present condition & realizing that your next decisions, are the decisions that will affect your life & your recovery, in the now, as you get ready to start effectively erasing the old oppressive thinking that has held you back from becoming who you are fully capable of becoming.

Think about some of the negative times in your past & how you reacted badly. Now think how things may have been a little better, if you would have taken a moment to think & to act a little better.

Could your thoughts & reactions/ actions be turned into something that could make your days better, or worse, depending on how much thought you put into your next steps/ decisions, before just diving in without any thought of the consequences that may follow that next decision?

The prisons, jails, morgues, cemeteries & court houses are over filled with individuals, who did not take the time to contemplate the consequences of their next decision? & many of their lives have become exactly what they made it, without taking time to truly think out the consequences, or the possible rewards, of positive thought changes, which is always an option, no matter how bad things look & feel & yes I am solid proof of this statement, as I left a world of self centered, road raging, I know when I am right negative thoughts & behaviors behind & now live every day in complete joy, by humbling myself as God commands & paying close attention to my next decisions, actions & words, as it can be awful lonely having to be right about everything, but can become very fulfilling by always doing right with your next decisions, even if you have to put others in the limelight, above yourself.