


**I HAVE A DISEASE, AND
IT AIN'T NOTHING' NICE!**

It's progressive, incurable,
and fatal



It is a disease of the
† **Mind**
† **Body**
† **Spirit**

ADDICTION

How it effects the mind

- It triggers a response from the reward center
 - Which triggers a demand for more
 - Which triggers a obsession
 - Which is never satisfied
 - Which brings utter misery
 - Which leads to hopelessness

How It Effects the Body

- It hijacks the sympathetic nervous system
 - ✗ It creates a dependence
 - ✗ It can adversely affect heart, lungs, kidney, or liver
 - ✗ Negative effect on sleep cycle
 - ✗ On eating habits
 - ✗ Leaves you sucked up, ill, exhausted

How it affects the Spirit

- It kills what is Spirit in me
 - ↔ Beauty disappears
 - ↔ Love ceases
 - ↔ Isolation sets in
 - ↔ Hopeless is new norm
 - ↔ Desperation becomes severe
 - ↔ Life becomes devoid of all that is "good"

It's prognosis

It is incurable and fatal

• It ends in:

▣ Jail

▣ Institutions

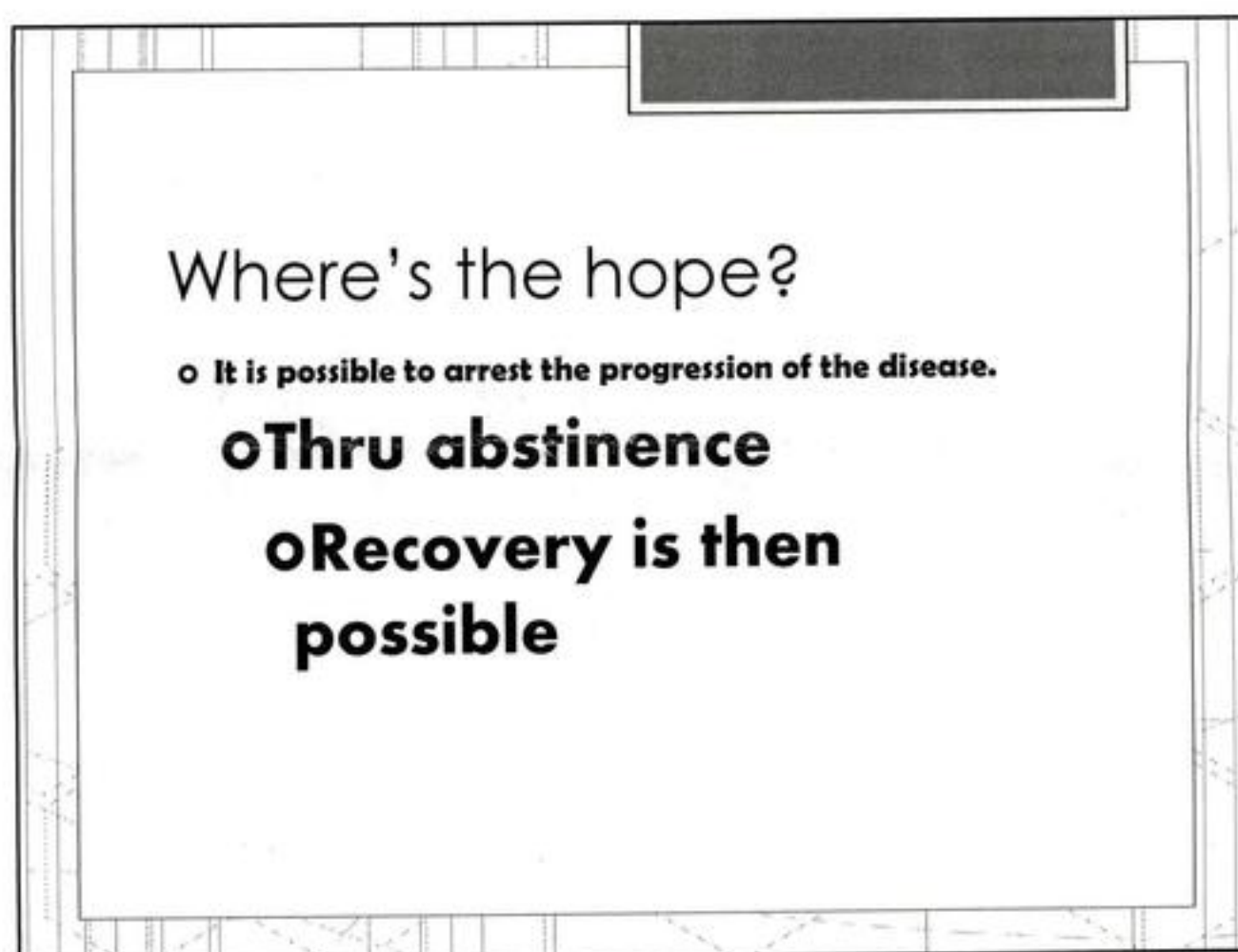
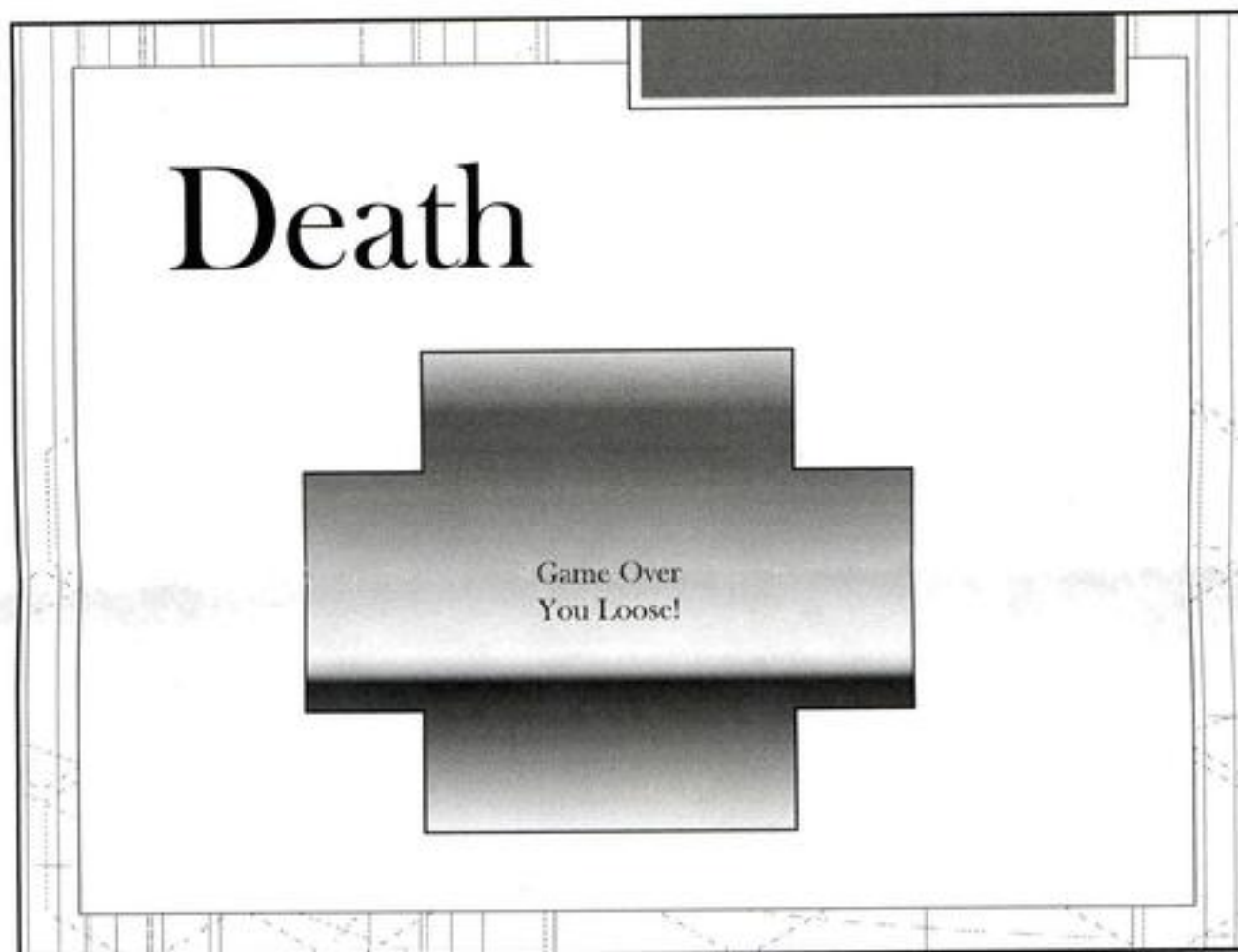
▣ death

Jail ?

- o MY ALLERGIC REACTION
TO MOOD AND MIND
ALTERING SUBSTANCES
CAUSES ME TO BREAK
OUT IF CUFFS!

Institutions?

- o Court ordered Psychiatric Observation
- o Detox centers**
- o Rehab facilities**
- o lockdown wards**



HOW TO GAIN ABSTINENCE?

- o **12 step recovery meetings**

- o **find a home group**

- o 90 /90 Rule
- o Get a sponsor
- o Work the steps
- o Be of service
- o Don't take the first drink
- o Remember. One is to many. A thousand never enough!



I'm **Sober**, now what?

- o **Take it one day at a time!**
 - o Practice the surrender of first three steps in your daily affairs
 - o Practice self-compassion as you delve into 4th and 5th steps, the examination steps
 - o Make consistent contact with those in the program, this is a vital and key concept for sobriety!
 - o Aim for balance in your life

Practice honesty, willingness, and open-mindedness in all your affairs

- Honesty: Without it I will in fact relapse
- Willingness: To do what I'm told in the program, even if it seems hard, stupid, or lame
- Open-mindedness: Be open to life on life's terms

vital concepts

- Acceptance
 - Accept the fact that the sobriety honeymoon will end
 - It is going to get rough!
 - It's the bad days that make the good days good!
- Commitment
 - When life's drama knocks you off your path, acknowledge it, and commit to just stepping back on to your path

