

## Morning Re-mind Example

### Who I Am

I am a child of God. He knows better than I do and loves me deeply. I am a loving, devoted, intelligent, and competent person in many ways. I value honesty, emotional intelligence, and boundaries, and I am still working on making those areas of my life more in line with my values. I am a work in progress.

### Affirmations

Challenges bring opportunities. I am strong, but not on my own. I can have the strength to ask for help. I can find love and support. I can make healthy choices when I am connected to others I trust.

### Cycle

I will be tempted to escape today. I may lose track of what I'm feeling for long enough that it will build up and feel unmanageable. I know at those times that escapes can bring temporary relief, a high, a sense of power (almost superman-like at times) and a sense of acceptance. In the end though, I end up feeling exactly the opposite: stressed, powerless, inadequate, unacceptable, unloved, distant from those I care about, and guilty. Then I push others away, including God, and find myself incredibly alone. I am working on changing that reaction and learning to reach in and reach out.

### What I Want in Recovery

Life without escapes brings peace of conscience, love of myself, connection with others, growth, and self-acceptance for being able to learn and grow. I have tasted some of these things recently and want to keep experiencing them.

### Spiritual Practices

While each day brings new challenges and schedule problems, I need to do at least the following:

1. Study scripture and/or recovery material.
2. Take time to meditate/ponder.
3. Pray individually morning, noon and night (and have a prayer in my heart).

4. Right now—write down at least five things I am grateful for.
5. Right now—write down at least five things I love about myself, my wife, and my kids.

I have to do some things every day to remind myself how to stay on course:

1. Review my plan for the day.
2. VSE: Check in with myself emotionally two to three times a day.
3. Nightly Rewind.

## **Current Work**

### **Reminders:**

I tend to feel a lot of shame, which freezes me and puts me in my cycle of addiction. I need to turn that back into guilt, which teaches me that I've done something wrong (I have values that I contradicted by my behavior), not that I am a bad person. I just need to figure out what I've done and correct it. If I can't figure it out, I need to reach out to God, a sponsor, therapist, friend, or my wife and try to sort through it and find solutions with their help. When I do that, the guilt will go away and I will feel good about me.