

Success

Posted by bennun - 20 Aug 2025 14:48

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I'm new to this program, I wanted to know what's the best way to work this program that has helped you personally stay clean

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Re: Success

Posted by yitzchokm - 20 Aug 2025 15:00

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For me it was the book The Battle of the Generation which you can find in my signature, the Flight to Freedom program which is now being replaced by mini-courses, mindfulness exercises in the toolbox, reading and posting on the forum, making a list of my triggers, meaning the situations, feelings and thoughts that lead to a setback and writing a list of a few tools from the toolbox for each trigger, reading the list twice a week, and once a week seeing whether I found new triggers and adding a list of tools for each trigger, and checking whether some of the tools didn't work and exchanging them for new tools. If you don't do the Flight to Freedom program you should at least read everything in the toolbox in the "more" tab.

This is just to give you an idea because at the end of the day everyone is different and you need to find what works for you. Many people wrote that the most important thing for them was to have an accountability partner or a mentor which you can read about in the mini-courses.

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