

What works (for me)

Posted by ItWorksIfYouWorkIt - 16 Oct 2017 20:18

Hi all:

This is my daily routine:

Powerless list

Fears list

Anger list

Resentment list

Trigger list

Reasons to stay sober list

5 Daily Affirmations

Calling my Brothers

Texting my sponsor in the am/pm

Making a call before middle circle behavior

Not isolating, Getting together with Friends

Exercise

Playing my Bass

Attending meetings SAA, CODA, ALANON, OA

Watching Shuirim

Posting like this

Prayer

Not Future Tripping

Not Past tripping...getting the words "*should have*" out of my vocabulary

All in all what has helped me the most aside from the above is realizing that I am the **C.E.O** of my own enterprise.

I have a choice I can **C.** ontribute **E.** arn **O.** wn **my recovery or I can**

C onsume **E** xhaust **and** **O** bliterate **my program.**

A functional C.E.O exercises full responsibility for their corporation.

They enlist experts to help that corporation run functionally.

THEY DO NOT DO IT ALL ON THEIR OWN!!!

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Re: What works (for me)

Posted by goodchange613 - 17 Oct 2017 04:30

wow seems amazing, hope it's working for you!!

Can you elaborate on some of these in more detail. For example I'm not familiar with 5 daily affirmations, any specific exercise routine, which shuirim, what are those lists you reference etc.

Thanks!! would love to try to perhaps incorporate some of these.

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Re: What works (for me)

Posted by ItWorksIfYouWorkIt - 17 Oct 2017 07:38

Hi,

I'm a bit tired so I'll touch on affirmations...every day I try to list at least five I am's or I will or I can statements I also read the list daily to reinforce these positives:

EX I am deserving of a loving relationship with Hashem (I may write a small paragraph on why)

I will accomplish my daily goals (I may write a small paragraph on how)

I am deserving of sobriety (I may write a small paragraph on why)

I can clear the wreckage of the past

I can forgive myself

Regarding Shuirim I love Rav Dror he is amazing when it comes to a positive outlook. I also love the mussar shuirim at Machonmeir Yeshiva. Rabbi Micha Hymen is my favorite Rav there.

The lists are really just daily step work from various steps.

For me I do step one while doing step seven. Or I'll do step 11 while doing step two. I've gone through the steps in order already so I recognize that everyday is an organic process of touching on issues that may be relevant to exchanges with people during the day.

Perhaps someone will anger me.....I write it out....I try to see the role I played in being angered by the person. Perhaps tomorrow I will still be angry maybe it has turned into a resentment. If that is the case I will journal on that resentment.

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Re: What works (for me)

Posted by AnonyJew - 23 Apr 2020 03:10

Hey,

Thank you for sharing. I'm working on my own routine and this is really helpful!

What are the lists you referenced in the beginning of the post?

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Re: What works (for me)

Posted by Singularity - 23 Apr 2020 03:22

[ItWorksIfYouWorkIt wrote on 16 Oct 2017 20:18:](#)

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I like that one, thank you.

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