

Additional tools for recovery

Posted by Eye.nonymous - 07 Dec 2011 21:33

I attended an SA workshop with lots and lots of tools for recovery (about 100 or so). I hope, little by little, to share them here on this thread.

Some of them are very simple and might even seem silly (but may surprise you--and work if you try them), and some of them are very deep. Some of them you may have heard of before, and some of them not.

Take whatever you find helpful, and leave the rest--maybe someone else will find it helpful. I can't say that I have tested them all personally, either.

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I posted this on Jan 1, '12, but thought it would be appropriate to add it here at the beginning of this thread, too:

I could have easily cut and paste the whole list of recovery tools into a post all at once and left it at that. However, I thought that by posting only one each day, it would give people a better chance to digest them and implement them (and remember them) to some extent in their lives. Also, in posting one at a time, I see it is giving me a chance to reflect on each of these tools and appreciate them much more.

So, if you are joining this thread now that so many of these tools have already been posted (and more yet to come, BE"H), I suggest you will have the greatest benefit by reading this thread slowly, just one or two tools each day. There's no hurry.

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--Elyah

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Re: Additional tools for recovery
Posted by Eye.nonymous - 15 Jun 2012 06:29

174. SA and Recovery Audio Recordings
Here's a huge stash (hundreds of recordings) at these two links:
[SA Recordings](#)
[Daily Reprieve](#)

And I'd like to point out two specific sets of recordings:

175. [Back to Basics](#)
This is a recording of four one-hour sessions which covers all twelve steps. It's very straightforward and very practical.

176. [Big Book on Audio](#)
This is an audio recording of the Big Book.

--Elyah

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Re: Additional tools for recovery
Posted by gibbor120 - 15 Jun 2012 19:39

Thanks Elya,

We can always count on you for great resources.

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Re: Additional tools for recovery
Posted by obormottel - 15 Jun 2012 22:32

[Eye.nonymous wrote on 15 Jun 2012 06:29:](#)

172. SA and Recovery Audio Recordings

Here's a huge stash (hundreds of recordings) at these two links:

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--Elyah

that's amazing, K9 doesn't let me on those sites, because they are storing potentially porn images and videos. Cute, ha?

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Re: Additional tools for recovery
Posted by Eye.nonymous - 16 Jun 2012 18:46

[obormottel wrote on 15 Jun 2012 22:32:](#)

that's amazing, K9 doesn't let me on those sites, because they are storing potentially porn images and videos. Cute, ha?

That's interesting. I have k9 and although some of the files were blocked, I was still able to download at least 90% of them.

--Elyah

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Re: Additional tools for recovery
Posted by obormottel - 17 Jun 2012 05:37

No, it doesn't even let me on the page. Perhaps my wife put some extra boundaries when she set the filter up.

its all good

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Re: Additional tools for recovery
Posted by Gevura Shebyesod - 17 Jun 2012 05:45

Blocked for me too. It's in the open image/media search category, which is blocked by default.

Maybe you can get whoever holds your password to temporarily whitelist it just so you can d/l the SA stuff.

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Re: Additional tools for recovery
Posted by Blind Beggar - 17 Jun 2012 07:50

Just PM Eye and he'll send them to you. With an anonymous Gmail account you get 5GB (that's right GB) free storage on Google Drive to share files as big as they come.

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Re: Additional tools for recovery
Posted by Eye.nonymous - 17 Jun 2012 13:04

[Blind wrote on 17 Jun 2012 07:50:](#)

Just PM Eye and he'll send them to you. With an anonymous Gmail account you get 5GB (that's right GB) free storage on Google Drive to share files as big as they come.

Sorry, but these files take up about 6GIG. In order to get the space I need, I'll need 12 volunteers to do join me on DropBox. You'll have to do the following:

1. You have to NOT have DropBox installed on your computer already.
1. Send me a PM with the E-mail address you intend to use for Dropbox. Then, I'll send you an invitation to join Dropbox.
2. If you accept the invitation AND install Dropbox on your computer (using the same E-mail which received the invitation), we each get free bonus space (500megs).

If I get 12 people to join me in this, I'll have enough extra space to make these files available (I already use DropBox for other purposes, so I can't use the space I've already got for this).

If I don't, I wont.

--Elyah

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Re: Additional tools for recovery
Posted by Eye.nonymous - 17 Jun 2012 14:01

177. Al-Anon prayer

I cannot control or change my friends or loved ones, so I release them into Your care for Your loving hands to do with as You will. Just keep me loving and free from judging them. If they need changing, God, You'll have to do it; I can't. Just make me willing and ready to be of service to You, to have my shortcomings removed, and to do my best.

One of the most painful aspects of recovery is seeing our own lives improve while yet seeing other people who are so near and or dear to us who could benefit so much from what we have gained. However, they remain either unable or unwilling to follow a similiar path.

All we can do is change ourselves. We cannot change our wives, our parents, our children, our siblings, our friends, or our neighbors. A big part of recovery is being able to accept other people for who they are, and to focus only on cleaning up our own side of the street. Sometimes someone does walk into the doors of recovery, and we help them for a while, but then they leave and slide further and faster downhill. That is the most painful, I think. But, you can't help someone who doesn't want to be helped. Along the road to recovery I think we will find opportunities to help people who need help and want it, and when those opportunities come along we should hope they should be obvious to us. If we need to force anything, we're probably putting our efforts somewhere where they are not welcome.

Also, as radical as this statement may be, it may very well be that the road to recovery you have found is not necessarily the same road that other people need to take.

"Love and tolerance for all is our code." It has to be, otherwise we'll go crazy.

--Elyah

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Re: Additional tools for recovery
Posted by Eye.nonymous - 17 Jun 2012 14:04

Thank you all for being a part of this thread. Here's the complete summary (I made a link to each section, and to specific resources when a link was available):

ADDITIONAL TOOLS FOR RECOVERY

IMPROVE RELATION WITH SELF

[EMERGENCY TOOLS](#)

1. Short prayer, "I'm powerless, please G-d help me!"
2. Move somewhere else. (Get away from the trigger!)
3. Pick up litter.
4. Sing (or hum) a favorite tune. Or listen to music.
5. Call someone from the program or the forum NOW. (Or post)
5. Get to a meeting AS SOON AS POSSIBLE. (Get to the forum)
6. When you're angry: Ask yourself, "What am I ashamed of right now?"

[HAVING A PROGRAM](#)

7. Participate in the fellowship of the program.
8. Take the Step Zero questionnaire.
9. Admit complete defeat.
10. Answer the 20 Questions found in the White Book (pg 8).
11. Get a sponsor.
12. Treat your sponsor's suggestions as orders.
13. Work the steps (all 12 of them!).
14. Have a daily program (but not one's own).
15. Read the "Just for Today" card every morning.

16. Live in the solution (and not in the problem).

MEETINGS

17. Don't lust, and go to meetings.
18. Home group.
19. 90 meetings in 90 days (temporary measure).
20. Start a meeting.
21. Take on a commitment.
22. 5 meetings a week (regular program).
23. Telephone meetings.
24. SA Net.
25. Step 1 meetings.
26. Check meetings.

BASIC SELF CARE

27. Zero tolerance for lust.
 28. Avoid all known triggers--people, places, and things.
 29. Abstain from all mood-altering chemicals.
 30. Avoid emotion-rocking activities.
 31. Abstain from sugars and white flour.
 32. Write a Pornography-free certificate.
 33. Dump sexualized clothing.
 34. Know clearly: What is sex with self?
 35. Find yourself clean forms of entertainment.
 36. TV and Movie abstinence.
 37. Ask yourself, "What am I feeling right now?"
 38. Early to bed, early to rise...
- H.A.L.T. (Hungry, Angry, Lonely, Tired)
39. Keep phone beside bed.
 40. International phone numbers.
 41. Healthy food
 42. Moderate exercise
 43. Accountability or filtration software

INTENSE EGO DEFLATION

44. Get out of self
45. Practice rigorous honesty
46. Talk in detail to sponsor
47. What am I not telling my sponsor?
48. Over my dead body
49. Am I done with lust?
50. Am I in or out of SA (GYE)?
51. Openness
52. Ask for feedback
53. Ask for reality checks
54. Willingness
55. Do what I don't want to do
56. Clean the toilet

- 57. Pray out loud
- 58. Litany of Humility

ON THE STREET

- 59. Take a different road to avoid triggers.
- 60. The SA (or GYE) salute.
- 61. Custody of the eyes.
- 62. Paving stones and rooftops.
- 63. Flick your eyes to the top left.
- 64. Shake your head.
- 65. Snap the elastic band.
- 66. Don't breath through your nose.
- 67. "G-d, may I find in You what I'm looking for in that woman (etc.)"
- 68. "G-d, take away my lust. I pray for her (etc.)."
- 69. "G-d, please take away this image (or fantasy)"
- 70. Bookend risky situations.

DECISION MAKING

- 71. What's my next right action?
- 72. Rushing is not sober.
- 73. What would my sponsor do?
- 74. What would my sponsor say?
- 75. Take an action of love.
- 76. If I can't reach my sponsor, the answer is "no."
- 77. If in doubt, leave it out.
- 78. Always have a plan, and use it.

GOOD ATTITUDES

- 79. Abstinence from lust is the most important thing in my life without exception.
- 80. All hits are toxic; I refuse them.
- 81. I won't act out--no matter what.
- 82. It's none of my business.
- 83. Who I am is none of my business.
- 84. Bring reality into situations.
- 85. No one is flirting with me.
- 86. No one is lusting after me.
- 87. This is not a sexual situation.
- 88. Only a sick person would respond to my lustful advances.
- 89. Sex is only a small part of any real relationship.
- 90. Clean and Sober.
- 91. Attitude of gratitude.
- 92. Easy does it.
- 93. One day at a time.
- 94. Keep it simple.
- 95. This too, shall pass.
- 96. Three thinks is the limit.
- 97. Let go and let G-d.
- 98. First things first.

99. Acceptance is the answer to all my problems today.

THINGS TO REMEMBER

- 100. The pain and the loss.
- 101. My addict never sleeps.
- 102. My addict lies.
- 103. I am not smarter than my addict.
- 104. Run the movie through to the end.
- 105. The joy of recovery.
- 106. If I take an action, my feelings will follow.
- 107. Keep learning about recovery.

IMPROVE RELATION WITH G-D

SURRENDER, PRAYER, AND MEDITATION

- 108. Surrender in every moment
- 109. Meditate on the Serenity Prayer
- 110. Select 12-step prayers
- 111. Daily quiet time
- 112. Invite G-d in
- 113. G-d's will discernment tool
- 114. Envision the presence of G-d
- 115. Examine old ideas about G-d
- 116. Came... Came to... Came to believe

MAINTAIN A FIT SPIRITUAL CONDITION

- 117. Pray every morning and every evening
- 118. Read SA and AA literature
- 119. Write fear lists
- 120. Maintain a gratitude list
- 121. Restart your day anytime with the Serenity Prayer
- 122. Daily sobriety renewal
- 123. Contact your sponsor regularly
- 124. Take **G**ood **O**rderly **D**irections
- 125. Make a written 10th step
- 126. Write about what's bothering you

ENLARGE ONE'S SPIRITUAL LIFE

- 127. Attend a religious service at least once a week
- 128. Move from fear to love
- 129. Listen to the Joe and Charlie AA workshop
- 130. Keep a diary
- 131. Read spiritual literature

IMPROVE RELATIONS WITH OTHERS

FORGIVENESS AND AMENDS

- 132. Forgive them all (step 8.5)

- 133. "I was wrong when..."
- 134. Who do I least want to meet today?
- 135. Traffic Sobriety.
- 136. Do whatever your sponsee refuses to do.
- 137. Rescuer, Victim, Abuser
- 138. Pray together

FRIENDSHIPS

- 139. Work with another SA (or GYE person)
- 140. Stick with the winners
- 141. Stay in the present
- 142. What you think and what you feel and what you do...
- 143. Put the welfare of others first

SERVICE

- 144. How are you?
- 145. How can I be of service?
- 146. Always say "yes" to SA (or GYE) requests
- 147. Take on a service commitment
- 148. Sponsor others
- 149. Buddy list
- 150. Rotate out in good time

CARRYING THE MESSAGE

- 151. Call two newcomers every day
- 152. Share your experience, strength, and hope
- 153. Give your sobriety date
- 154. Quit preaching - tell them about the illness
- 155. Find your own Dr. Bob
- 156. Laugh

MISCELLANEOUS

- 157. Twelve steps to insanity
- 158. The pre-recovery promises
- 159. Hang out with your own gender
- 160. Write yourself a letter (and reply)
- 161. [Slogans of recovery](#)
- 162. Prayer: G-d, please help me have a positive sobriety.
- 163. Prayer: G-d, please help me see straight.
- 164. Increase your awareness of your perceptions and motives.
- 165. Talk, feel, trust
- 166. The Ramban's letter
- 167. Torah
- 168. Is this good for my recovery or not?
- 169. Whatever I place my recovery in front of will flourish; whatever I place in front of my recovery won't.
- 170. Humility, Fearlessness, Honesty
- 171. Watch out for RID (Restlessness, Irritability, Discontent).

- 172. BYOB (Bring Your Own Book)
- 173. Write your old ideas
- 174. SA and recovery audio recordings
- 175. [Back to Basics](#)
- 176. [Big Book on Audio](#)
- 177. Al-Anon prayer

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Re: Additional tools for recovery
Posted by Eye.nonymous - 17 Jun 2012 14:07

Hope to see you again soon in another thread.

Also, with your help, I hope to be able to provide the SA audio recordings through a different link.

--Elyah

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Re: Additional tools for recovery
Posted by obormottel - 18 Jun 2012 05:23

Elyah

This is something else. Yasher koichacho!

I have no doubt that if I and everyone else follow this action plan, we'll stay sober for a very long time.

Mottel

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Re: Additional tools for recovery
Posted by Eye.nonymous - 18 Jun 2012 17:22

I managed to put some of the files in DropBox so far (but I can't add much more without your help).

Try these links and let me know if you can access them (probably best to SAVE TARGET AS):

(I tried to shrink the files, but couldn't manage without the quality getting really bad).

[Best of SA Audio](#)

[Back to Basics](#)

--Elyah

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Re: Additional tools for recovery
Posted by geshertzarmeod - 18 Jun 2012 20:21

WOW ELYA !!!

I think that post with the list belongs in the GYE Hall of Fame!

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