



Habits That Support Your Sobriety


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Atomic Habits by James Clear

Atomic – means small but powerful


Habit – means automatic, reflexive

Automaticity - is when sobriety becomes a way of life, when it takes no thought because it becomes your routine (like brushing your teeth, morning and night)



Awareness Helps Overcome Craving

- ❖ A craving is created when you assign meaning to a cue.
- ❖ Your brain constructs an emotion or feeling to describe your current situation, and that means a craving can only occur after you have noticed an opportunity.
- ❖ It happens out of conscious awareness and can be an automatic destructive habit, leading to relapse.



Awareness Helps Overcome Craving

- ❖ Dopamine is the neurotransmitter that is associated with 'wanting', which is what happens when brains are triggered by a cue.
- ❖ Bringing awareness to your cues means that craving is not something that has to be acted on.
- ❖ Sometimes we "want" what we don't need; and need what we don't want.
- ❖ You must be conscious of it to make a choice.



Peace occurs when you don't turn your Observations into Problems

- ❖ Craving is about wanting to fix everything.
- ❖ Observation without craving is the realization that you do not need to fix anything.
- ❖ That you can simply notice – what your mind and body are doing, without reacting.



Contentment occurs when you don't turn your Observations into Problems

- ❖ Your cravings are not running the show. Your mind does not generate a problem for you to solve.
- ❖ You do not crave a harmful change in state.
- ❖ You're simply observing and existing.
- ❖ This is the beginning of spiritual growth – non-reactive, committed, disciplined and loving yourself.



Being Curious is Better Than Being Smart

- ❖ It is commitment, not intelligence, that prompts our behavior.
- ❖ There are those who are "too smart" for recovery, and are 'unteachable'. They often don't make it.
- ❖ If we stay open to learning what others do that leads to success and we will succeed.
- ❖ *The desire to create a contented internal state is what powers you to take actions that support your recovery.*



With a Big Enough "Why" You Can Overcome Any "How".

"He who has a why to live for can bear almost any how."

Friedrich Nietzsche

- ❖ How strong is your Why when it comes to your sobriety?
- ❖ Take a minute and let yourself know what is that makes your sobriety a priority.
- ❖ Because the commitment to your why – doing it for you and no one else - is enough to do the how.



Your Actions Create Your Reality

- ❖ If you say that something is a priority, but never act on it, then change can't occur. It's time to have an honest conversation with ourselves.
- ❖ Choosing sobriety = quieting the voice that tells us to pick up or act on a craving. That is an action.
- ❖ We learn to replace this with the opposite – a supportive internal dialogue that interrupts the harmful things we say and do that keeps us stuck.



Happiness is About the Lack of Desire

- ❖ Happiness is the state you enter when you no longer want to change your state.
- ❖ This is important because it means that no one can give you happiness or take it away.



Automaticity in Sobriety: Cultivating Contentment

1. Write what actions you take on a daily basis that support your sobriety.
2. Start with where you are at and expand your list.

Note: These things you will do on a regular basis, that become so repetitive that they eventually move from conscious memory to implicit memory (no thought needed) – like riding a bicycle.

Examples include: morning time alone for contemplation; reading some recovery literature; connecting with others in recovery; prayer; meditation; meetings.



"Being poor is not having too little, it is wanting more."

Seneca