

YOU Didn't Get

“HOOKED”

From Breathing!™



13 Non-Negotiable Truths and Goals

From You ARE to I AM!

I began this journey proclaiming that:

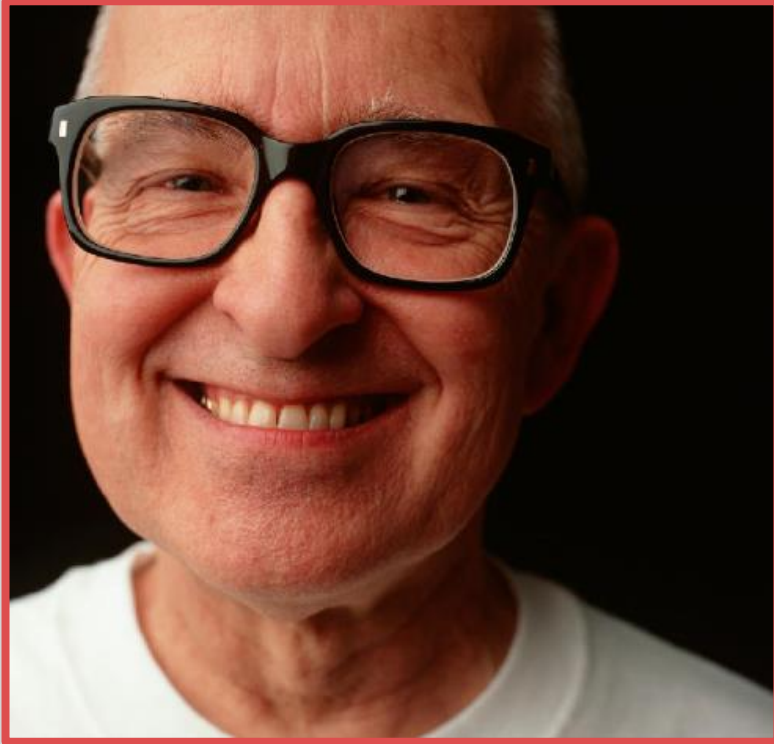
YOU are the Secret.

YOU are What YOU Consume.

YOU accept these Truths as YOUR Response Ability and CHOICE!

From now on I refer to YOU as I AM so that YOU take ownership!

Truth / Goal #1



I AM a complex, intelligent,
caring, otherwise competent
human being, not just someone
in need of recovery!

Truth / Goal #2



I AM not powerless.
I am the neglected Secret to my
own lifelong recovery.
I have the “WannaWanna”
(absolute commitment and desire)
and the ability to succeed, when I
know what and how to **DO**.
I need a Sobriety Plan and Support.

Truth / Goal #3



| delight in discovering what's true,
even when it requires me to
make changes.

Truth / Goal #4



I accept that recovery is a lifelong process, that new parts of me will emerge that will ask for attention and need to be discovered and/or recovered; that sadness, anger and other emotional reactions may surface from time to time, often surprising me, but never overwhelming me; that the world is recovering from its past; (it's not just me), and that complementary others are civilizing/important to my recovery.

Truth / Goal #5



I understand everything is not personal and doesn't revolve around me. I am willing to or already have made a "searching and fearless moral inventory of myself", "admitting the truth of my difficulties". I am ready to rid myself of all my personal problems, through coaching, complementary relationships, therapy, and/or prayer, as necessary.

Truth / Goal #6



I need “the Serenity to accept the People I cannot change, the Courage to change the ONE that I can and the Wisdom to know that person is ME!”

Truth / Goal #7



I believe that support wiser than me can help me restore myself to lifelong and impassioned sobriety as long as I do the work necessary to succeed. I need to learn to be unafraid to expand my community to associate with all who I **CHOOSE.**

Truth / Goal #8



I need to detox before I can signup for this or any other recovery program: I need at least 7 days sober to experience a clear head, heart and soul before I can truly commit full energy to my recovery.

Truth / Goal #9



I need to decide what sobriety means to me: Am I willing to define sobriety as total abstinence or am I going to try to achieve what most find impossible; i.e. moderation.

Truth / Goal #10



I need to learn how to identify my triggers and tame my urges, my cravings and my obsessions.

Truth / Goal #11



I need to create and live my personal
“HOOKED” No More, Healthy Living Plan™.

Truth / Goal #12



I need to become a lifelong expert,
voluntarily living my
“HOOKED” No, More, Healthy Living Plan™
through practice, Practice and **MORE PRACTICE!**
I will continue to strengthen all areas of my
personal life & foundation. I am building and
enjoying reserves in all areas of my life. I am
excited about my life and what it can offer. I
take extremely good care of myself, my body
and my complementary relationships
now and forever.

Truth / Goal #13



**My thirteenth is forever owning and
successfully living and updating
my new found dynamic
“HOOKED” No More, Healthy Living Plan™**