



Experience Staying Sober

manual

Index

Introduction

Exercise 1: Mind

Exercise 2: Body

Exercise 3: Spirit

Exercise 4: Emotions

Exercise 5: Closing Exercise

40 Sobriety Wisdoms

Introduction

Addiction has become one of our society's most pressing problems and most tragic illnesses. Every year, it tears away at the heart of millions of families and creeps closer to thousands of people. What used to affect only those who could afford indulgence, now affects the world at large. The human soul yearns for love and acceptance and the mind often thinks we need to alter ourselves in order to achieve that.

As sensitive people, we have a very difficult time surviving the heartbreak prevalent in our world. In the midst of all the confusion and stress, often we turn to substance in order to numb our emotions. At the seat of all that affects the mind is something that is tearing at the heart.

Therefore, once deciding to recover, the ability to identify ones feelings is vitally important. We need a simple and direct way to re-discover ourselves. We are what we feel and getting to know ourselves is the only way to get to a healthy, serene life.

The first step is to “peel away the layers” that lie between the heart and the issue. We need to begin to recognize our own unique emotional spectrum. We must learn to look at our short comings with softer eyes and a gentler outlook. In order to do this, we need to transform dysfunctional patterns and replace them with intelligent and conscious decisions. Through this action, we source our true feelings and transmute our negative ones into positive ones.

This manual is created so that we may walk the path with a knowing heart, a fearless mind, a healthy body and a happy spirit. Congratulations to all who have had the courage and wherewithal to welcome sobriety.

Exercise 1

Mind

Intelligence is not what people think it is. It is not about being an A student or a mental wizard. It is not about our intellect. It is about grace, dignity and mindfulness. It is the ability to handle challenges without any drama. Our true power comes from our strength of mind, responding to things rather than reacting to them.

The following twelve statements are manifestation of our higher intelligence.

1. **Contemplation** – studying all aspects of the situation.
2. **Non-judgement** – not judging others, but rather assessing them wisely.
3. **Listening skills** – making certain we inquire and ask.
4. **Embraces errors** – seeing them as opportunities for growth.
5. **Honesty** – speaking honestly as a way to help not harm.
6. **No ego** – knowing when driven by ego, we go the wrong way.
7. **Allowing** – letting things unfold as they are meant to.
8. **Patience** – waiting calmly for the right timing of things.
9. **Perseverance** – not giving up until it is the time to give up.
10. **Comic relief** – knowing that those who laugh, last.
11. **Commitment** – knowing nothing can succeed without it.
12. **Discernment** – knowing what is good for us and what is not.

Which five are you good at and which five do you struggle with?

1. Which five statements are you good at?

2. Which five statements do you struggle with?

Exercise 2

Body

Our body is the vehicle for our soul. Therefore, it is important that we take good care of it, as we would our car. Our body has a voice all of its own. When we are sick, it is trying to tell us something. We need to study our emotions, look to our spirit and then find the solution back to our health.

There are many options out there as to how to take care of our bodies. Diets, exercise programs, doctors, running and weight lifting. However, in this exercise, we look to understand more how our body speaks than how it works. It responds by being tired, hungry, thirsty, muscle fatigue, pain and then sickness.

1. When you get tired, do you pay attention and rest, if not why?

2. When you get hungry, do you pay attention and eat, if not why?

3. When you are thirsty, do you stop and get a beverage, if not why?

4. Do you move your body during the day, cleaning, walking, exercise, gardening if not why?

5. Do you have a good bed, if not why?

6. Do you eat good foods, if not why?

7. Do you drink nutritious drinks, if not why?

8. If you work at a desk, do you get up and move, if not why?

9. Our bodies love quiet. Do you have quiet time, if not why?

10. Our bodies love nature. Do you spend any time in nature, if not why?

11. Do you keep your body, clothes, house and room clean, if not why?

12. When you start to feel a little sick, do you pay attention as to why you are sick, if not why?

13. Our bodies love happiness. Do you make sure to feed it uplifting and positive news, films, books and videos, if not why?

Exercise 3

Spirit

Maintaining a healthy spirit is not an outside job; it comes from our own thought forms. Because there is so much we cannot control outside of ourselves, many times we end up feeling helpless and vulnerable. In turn, that helplessness creates stress inside of ourselves. We worry, and worry, when not directed properly can instigate sickness, depression and feelings of lack. In truth, worry costs a lot and accomplishes very little if not handled accurately.

We live in a world where we are exposed to many challenging events and an enormous amount of fervor. As a result, keeping our spirit alive is one of the most difficult things to achieve. Even when we grasp it, it can disappear in a heartbeat.

It takes concentration and mindfulness to protect our soul and our spirit.

The keys to fulfilling our spirit is not avoidance or denial. It is quite the opposite. It comes from directness and truth. The ugliest truth is better than the most beautiful lie. Harmony won by compromising truth is always short-lived.

There are three basic rules that fan our spirit:

Faith

Believing there is a bigger plan and there is more in the unseen than the seen.
This is enlightenment.

Acceptance

Accepting the things we cannot change or manifest.
This is masterful.

Non-Attachment

Knowing not to be attached to outcome.
This is genius.

Faith

Meaning of Faith:

belief without evidence, confidence in the outcome, credence, honorable intentions

1. Where do you lack faith and why?

2. How can you change this?

3. Where do you have the most faith?

4. Whom do you have the least faith in and why?

5. Whom do you have the most faith in and why?

Acceptance

Meaning of Acceptance:
agreeable, understanding as valid, welcomed, believed

1. Whom do you not accept as they are and state if you believe they want to change? Make a list.

2. If not, can you accept the reality of the person and if not, how can you change that for yourself?

3. What can you not accept in your life? Make a list.

4. Do you believe you can change this for yourself? If so, how?

5. If you cannot change it, how and what can you change to better accept it?

Non-Attachment

Meaning of Non-Attachment:

not to make fast to something, not to hold great importance to the outcome, not to feel something or someone belongs to us, not to be affixed.

1. Where or to whom do you feel the most attached and why?

2. Do you feel you can detach and if not why?

3. Do you understand the freedom of non-attachment? If not, why?

4. Make a list of all circumstances in your life where you want to detach and then make a plan of action to make this happen.

Exercise 4

Emotions

Empowering Positive Feelings

Feelings, when mismanaged, are the reason for most of the traumas in our individual and collective world. Our pain is caused from our wounds and is solved from our wellness. In order for us to transform our negative feelings, we must be able to name them so that we may tame them.

There is no shame in having negative, horrible feelings; it is what we do with them that counts. We need to use these feelings because they let us know when something is out of place. No one can escape the challenges of difficult emotions, therefore the sooner we train ourselves to deal with them, the better chance we have of manifesting the healthy, happy life we yearn for.

We are what we feel and we relate in the way we express. We need to have a better understanding of ourselves and our emotional triggers. We must remember that all of our mistakes are just an opportunity for us to grow. It is when we keep making the same mistake over and over again, that we must stop, listen and learn. From that knowledge and experience, we will transform what was previously our problem into our personal empowerment.

Our motto:

Name the feelings – Claim the feelings – Tame the feelings – Aim the feelings.

Instructions

The purpose of this exercise is to empower positive emotions. As we empower these positive emotions, they empower us. Go to each one from A-Z and make a list of how you were the opposite of the positive emotion. Then make a plan as to how you can or could have transformed this into the positive emotion. Take your time with this exercise as it really works.

The A-Z of Positive Emotions

- Aware** – the opposite of aware is asleep
- Bold** – the opposite of bold is cowardly
- Compassionate** – the opposite of compassionate is coldhearted
- Determined** – the opposite of determined is uncommitted
- Energetic** – the opposite of energetic is lethargic
- Forgiving** – the opposite of forgiving is resentful
- Gentle** – the opposite of gentle is harsh
- Harmonious** – the opposite of harmonious is contrary
- Integral** – the opposite of integral is deceptive
- Joyful** – the opposite of sad
- Kind** – the opposite of kind is cruel
- Loving** – the opposite of loving is hateful
- Magical** – the opposite of magical is limited
- Nurturing** – the opposite of nurturing is self-indulgent
- Optimistic** – the opposite of optimistic is pessimistic
- Pure** – the opposite of pure is corrupt
- Quickened** – the opposite of quickened is uninspired
- Respectful** – the opposite of respectful is humiliating
- Sensitive** – the opposite of sensitive is insensitive
- Truthful** – the opposite of truthful is dishonest
- Understanding** – the opposite of understanding is judgmental
- Victorious** – the opposite of victorious is defeated
- Willing** – the opposite of willing is controlling
- Xcited** – the opposite of Xcited is depressed
- Yearning** – the opposite of yearning is stagnant
- Zestful** – the opposite of zestful is apathetic

Exercise 5

Closing Exercise

1. What do you feel you learned from this manual that you will incorporate into your work/school life?

2. What do you feel you learned from this manual that you will incorporate into your personal life?

3. Which exercise did you like the best and why?

40 Sobriety Wisdoms

1. To be serene – one must be sober and clean.
2. Seek sobriety at all times.
3. Sobriety is our greatest achievement.
4. When in confusion – stay quiet and seek clarity.
5. Our sobriety attracts others of like mindedness.
6. Seeking drama finds a trouble mind.
7. Never be confused – there is nothing quite as great as sobriety.
8. Only the wise seek sobriety.
9. Every thought starts an action – so we need to watch where our mind travels to.
10. Sobriety is the master-mind of a better world to come.
11. Sobriety creates a better society.
12. It is easier to keep our sobriety than to try and reclaim it.
13. Sobriety breathes safetyas safety breathes sobriety.
14. No challenge can be overcome without feeling challenged.
15. One cannot recognize another's heart without recognizing their own.
16. Sobriety breeds hope.
17. Being one with our higher power is the only way to really feel high.
18. Forgiveness is the gift of sobriety.
19. Sobriety invokes unbroken promises.

20. Sobriety sets us free from shame.
21. Though misfortune cannot be avoided – sobriety wards off misfortune.
22. Sobriety makes for an earlier heaven.
23. It is not what we do but how we do what we do that makes our life of rich.
24. Detachment is the key to maintaining sobriety.
25. To be or not to be – only we have the conclusion.
26. Proper solutions can only be found when one is in sober.
27. The purpose of life is to find our purpose.
28. Help sobriety by remembering only the good memories, not the bad ones.
29. Sobriety loves and feeds truth.
30. It is good to face our fears head on, then turn our heads off.
31. We are only defeated when we lose our spirit.
32. Those of us who laugh, last.
33. Mistakes are the victory of trying.
34. Things won by compromising truth are always short-lived.
35. Maintaining sobriety is easier if we accept life on life's terms.
36. Harness any reason to be happy.
37. Learn to receive graciously and willingly.
38. Give generously and anonymously.
39. Heart intelligence holds the right answer.
40. Sobriety has a better chance of lasting when one focuses on the we rather than the me.

(877) 915-0888 info@harnessinghappiness.org www.harnessinghappiness.org

© 2016 Harnessing Happiness, all rights reserved.

“Harnessing Happiness” is a registered trademark of Harnessing Happiness, Inc.

All products are printed on tree free, or 100% recycled paper with non-toxic ink.

Harnessing Happiness Foundation offers materials and products for personal development and does not claim to solve or cure any problems.