

THERE IS A BETTER WAY: THE PRO-SOBER PROGRAM

Hello this is Douglas Bodaczewski, below I'd like to illustrate why people have a hard time quitting (an addiction) and how you don't have to be one of them ...

What is the big deal? It's just a habit, right? Yes it is definitely a very big deal (to quit an addiction) for most people...

Picture that you as an addict are trying your best to bench press a bar with no weights on it and that symbolizing the act of quitting and no matter how hard you try you can't for the life of you do it. Why? Well what if standing next to you is a hypnotist symbolizing your belief system telling you that you'll never be able to do it, and because you have that belief you act on it and it becomes real. Quitting an addiction can be very hard until the belief system component required is in place, that being a pro-sober belief system. No matter how much you try to quit you will always have to resist using again and again because an addict belief system is going to create addict desires. Your mind is basically taking your internal desires and equating things like pleasure, safety, meaning, excitement etc. with using a substance being the supposed answer. And guess what? We act on our desires and that leads us down the path of the reality we create for our selves and it is because we are willing and this willingness is both conscious and subconscious so it may not be easy to change because we may not even be aware of what needs change. So it is in this manner that we make quitting seem as if it is impossible when really it is an inaction and should require no effort. But until we recognize what needs to be changed and realize this change we are at best fighting ourselves because we have the contradictory belief system that says we want to use on the one hand and we want to quit on the other hand and so we struggle against our own desires. But the effort we expend trying to resist keeps this game going because we fail to do the opposite - we fail to change. And only once we create real change in our beliefs will this game be over. The great thing about ending this game is that anyone can do it and once you or anyone adapts a purely pro-sober belief system it will only take the normal average amount of willpower to be able to avoid using and do the necessary things to quit such as throwing things away cleaning things up avoiding certain people and places at certain times etc. Because without a contradictory belief system we do not have desires to use and therefore have nothing to resist making a struggle free quitting experience. And guess what? Without an internal interest in using or an addict mentality that equates using a substance with being an answer, triggers will not and can not effect you. Have you heard the story of the two guys that quit smoking? One guy died that's how he quit! The other guy quit in his sleep, when he got up in the morning he simply did not feel the urge to light up. The later of which changed his belief system. You see when you don't have an addict mentality you don't act on it and internal and/or external triggers will simply not ever effect you. The more thought and awareness that you put into changing your belief system so you are purely pro-sober the better results you are going to get. Many people never fully realize this true change, their sobriety remains an immature poorly thought out concept that holds no real standing and they simply struggle against their own desires which by the way is a complete waste of time. The focus should always be on changing, when you create real change the struggle will be completely over and you will know it. This is also what makes maintaining sobriety effortless and why anyone can do it even if they supposedly know others who know more than them - because you don't need to know everything you just simply need to get rid of your addict mentality, and that is all that it takes. So do not think that this is beyond you, anyone can do this. To get started go to the link below. And start a recovery adventure that works. Anyone can lift this weight, no problem, with the right tools. And those tools can be found right here at www.therealmofdouglas.com.

Try this mantra from time to time: "I can get every thing I want and need without using a substance." Try to get a feeling for it and see it in your perspective, so you can "try it on". When you get it to "ring true" you should be aware of reasons that back the mantra, write some of those reasons down.

Then if you are very serious about changing your life and overcoming your addiction(s) I would like to welcome you to: **THE PRO-SOBER PROGRAM**, you can begin doing the steps 1-7 and when you are done anywhere after 6 months from now (there is actually no set time frame) you are going to be solid as a rock in your recovery, you have my word.

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Take it easy,
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