



*J. A says . . .*

How Challenge to Change Impacted me is that I went into it not knowing what to expect other than another sobriety tool, but I ended up finding out it was to change the way you perceive and think and act on situations in your past, present, and future life.

It helped me by showing how I could interrupt my thoughts and feelings to make clear and better judgements about life occurrences. It gives me things to use to check facts and pause and use a higher mind on issues in my past that effect my present and future.

Over the course I was challenged to really think about my auto response thinking and how to avoid using it which gives better results in decision making.

I liked that it had me go over core issues and values and understand that not all of my thinking was healthy. I still find that challenging my thinking and emotions is a better way to approach my recovery as well as my life and I interact with others.

I enjoyed this course and would recommend it to others.

*thank you*