

The choices I make for myself are one aspect of recovery and I'm sure much the same for people who are not addicted. Choices made out of lonesomeness seem to have the greatest effect and the direction of that choice. Being more responsible for my action has helped with decision making for a great place to practice how productive person, in the

that the per-where done thing our self sake of diction.

Be-part of the Court Program, I see behaviors I once encountered, quences of jail and sit in on the like a meeting, when going to an Alcoholics Anonymous meeting I feel better about not drinking, the same is true for the court room, it reminds me of where I once was and where I came be if I don't make the right choices.

more active and out of control.



to become a pro-being involved process of others, people haven't the same goal, the underlying fact we all have addictive sonality we have some-in spite of for the our ad-

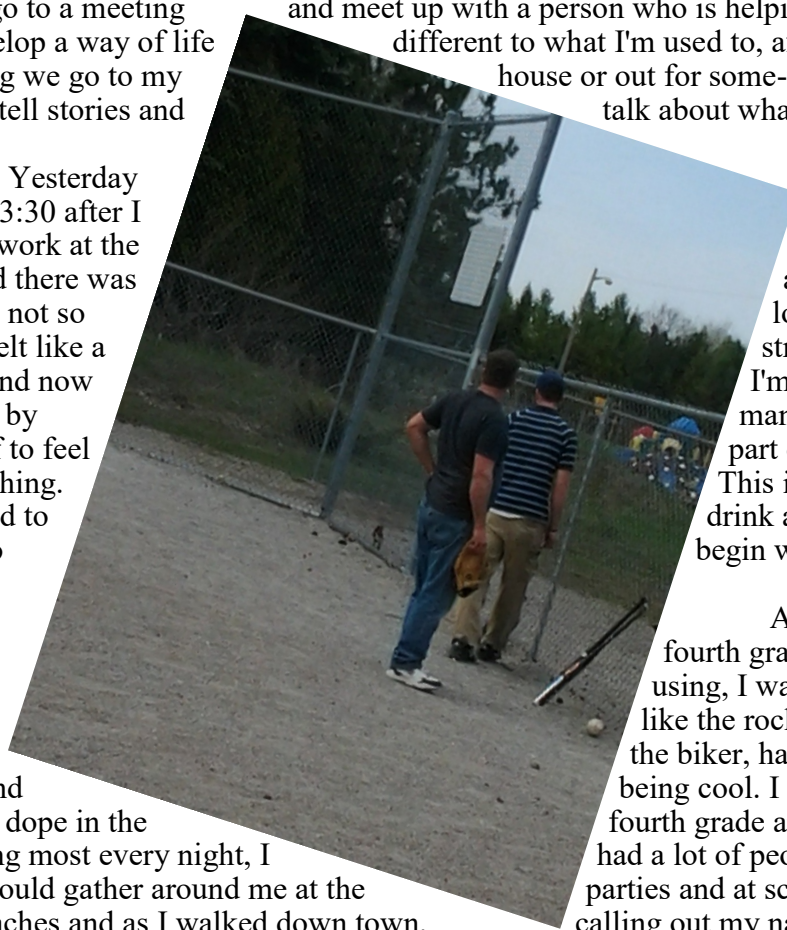
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ing Drug the that facing the conse- and still using. I like to go Court Session, this has the effect much like a meeting, when going to an Alcoholics Anonymous meeting I feel better about not drinking, the same is true for the court room, it reminds me of where I once was and where I came be if I don't make the right choices.

It's early again up at four in the morning, find it hard to sleep many times and so I get up and do this, keep a journal account of how I feel and thing that are happening along with up-coming events. Tuesdays and Thursdays are busy for me, I work now at the NIMROC place and after that I go to a meeting and meet up with a person who is helping me different to what I'm used to, after the house or out for some-thing talk about what ever.

Yesterday met at 3:30 after I out of work at the ing and there was crowd, not so ago I felt like a there and now comed by a relief to feel some-thing. I started to drug to

the started to be and girls and selling dope in the drinking most every night, I who would gather around me at the the beaches and as I walked down town, like the song by kid rock, "only god know why". And it did become hard to fit into crowds, where at one time it was as easy as showing up.



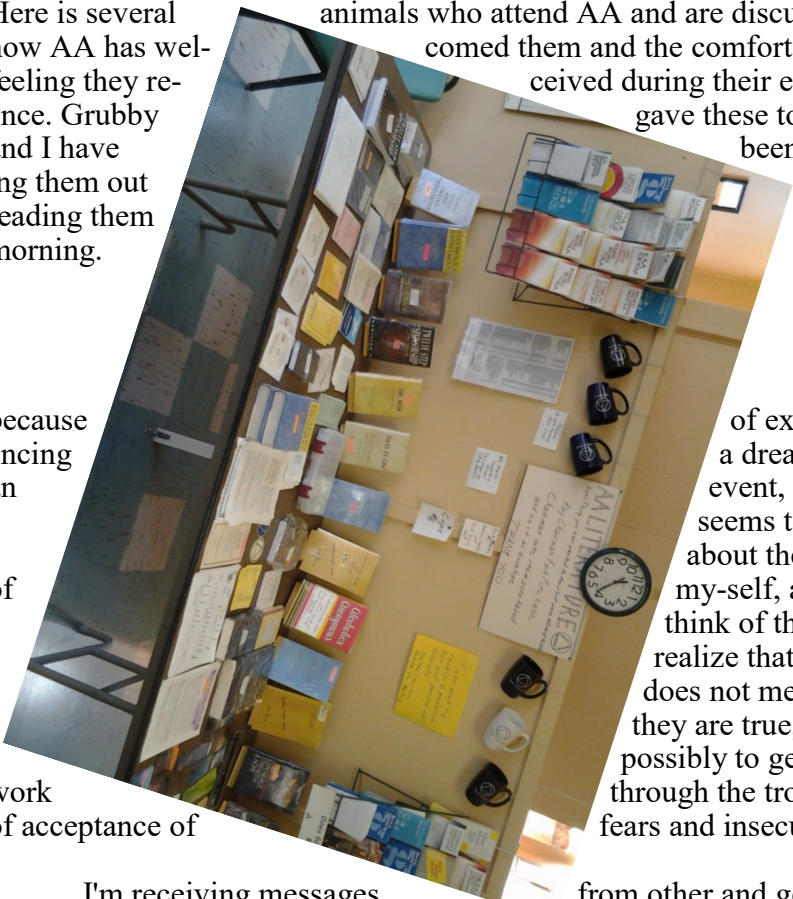
we got meet-a large long stranger I'm wel-many, it is part of This is why drink and begin with.

Around fourth grade I using, I wanted like the rock star the biker, haven being cool. I was fourth grade and had a lot of people parties and at school, calling out my name, like the song by kid rock, "only god know why". And it did become hard to fit into crowds, where at one time it was as easy as showing up.

The ability to let go and let the Spiritual events take place, up and making contact with others, "Carnivorous Anonymous" The Shark went out this morning and grateful for his new salt water tank. Here is several animals who attend AA and are discussing comed them and the comforting ceived during their experi-gave these to me been send-and in the

because encing an of I

work of acceptance of



Just of experi-a dream of event, fear seems to bring about the fears my-self, and as think of them I realize that this does not mean they are true, just possibly to get me to through the trouble fears and insecurities.

I'm receiving messages from other and getting the daily temperature of how things are going for the group and especially the coffee crew. I look for a Spiritual connection to the events that are occurring lately. When I was saying at meeting now one liked me, I drew attraction to my-self and there for did not seem alone anymore. By disclosing my insecurities I have eliminated the reasons for my loneliness. Being in a group of people who I have developed a relation-ship with over the last few months, becoming vulnerable to my emotions. Then see others with the same or similar difficulties is comforting and encouraging to want to be involved with others. I' am becoming more secure in my physical presents around others.

The Men Of The Mighty Mac: Documentary of the building of the Mackinaw Bridge. As I was recording this morning I became emotional about my involvement in J C's life, my father, who I have only really new from others and the few time that I would see him, he is a strong looking person with very predominant features. When I first seen him at the restaurant I could not go in and see him, I did not what to say. I was see him one sum-I found a bank et, where there where I found book, and asked could get the lars in it? My became emo-tried to ex-she met "J more in-fourteen money? go up-vided that the

I want to north today, pro-my brother thinks it is OK as far as other are concerned. There is troublesome things over owner-ship of the restaurant and some other things, like funerals seem to out. Thoughts of hitch there, and maybe the fear I was drinking! Abandon GOD and the spirit that I accept the things that I cannot change and the wisdom to know the difference.

Arranged to have Grimy give me a ride to Mackinaw City, talked to others about me going up to see my family and what happened in the family. How people, including my-self use leading questions to entertain ours-self. Testing others for the sake of lifting up ones image, and as they say pecking order. Doing this seems to bring on resentments and grudge type feelings.

jealousy, wanting to not have this person in the circle, being some sort of threat.



bring hiking up of doing so, last time myself to the guidance of feel. God grant me the courage to change and the wisdom to know the difference.

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to pro-son, the others, haven goal, derlying we all the addic-personali-where we done some-in spite of self for the sake of our diction.



have the greatest choice. Being my action has with decision making for me. Meetings are a great place to practice how become a ductive per-being in-volved in process of people the same the un-fact that have tive ty have thing our ad-

Being part of the Drug Court Program, I see the behav- iors that I once encountered, facing the conse-quences of jail and still using. I like to go and sit in on the Court Session, this has the effect much like a meeting, when going to an Alcoholics Anonymous meeting I feel better about not drinking, the same is true for the court room, it reminds me of where I once was and where I came be if I don't make the right choices.

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Social Engineering

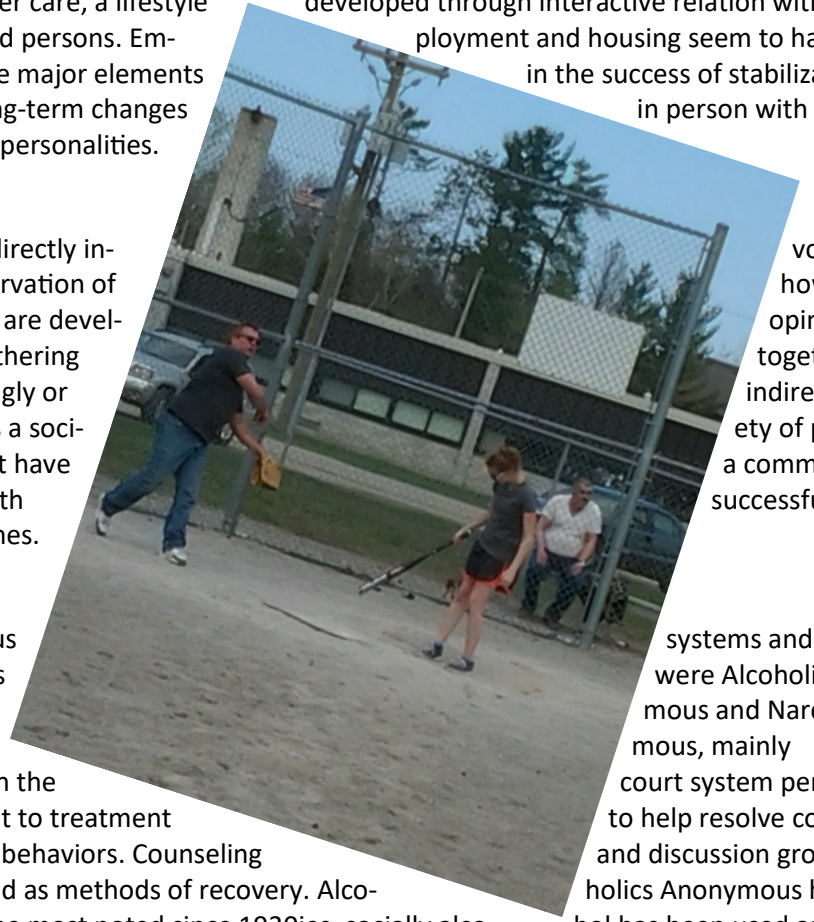
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This article is meant for research of addiction in relation to treatment centers and after care, a lifestyle -minded persons. Em-become major elements and long-term changes and addictive personalities. developed through interactive relation with like ployment and housing seem to have in the success of stabilization in person with ad-

Being directly in- in observation of people are devel- and gathering knowingly or creates a soci- ple that have goal with outcomes.

Previous sources Anony- Anony- through the are sent to treatment conflicting behaviors. Counseling are used as methods of recovery. Alco- been the most noted since 1930ies, socially alco- some problematic. Likewise, chemicals (Drugs) have become problematic, both have interrupted the normal pattern of living.



involved how oping together indirectly ety of peo- a common successful

systems and re- were Alcoholics mous and Narcotic mous, mainly court system persons to help resolve con- and discussion groups holics Anonymous has hol has been used and to

The very act of being around another person who is afflicted with addiction is comforting, believing there is a solution to a problem and go- ing through the process of achieving it, be- going willing. The ability, by just being together reduc- es the complex feeling of hopelessness, helping others and a since of brings confidence the simple is that ad- wellbeing, and the things we done to in our self's sake of tion, reduce of ad- fact dict



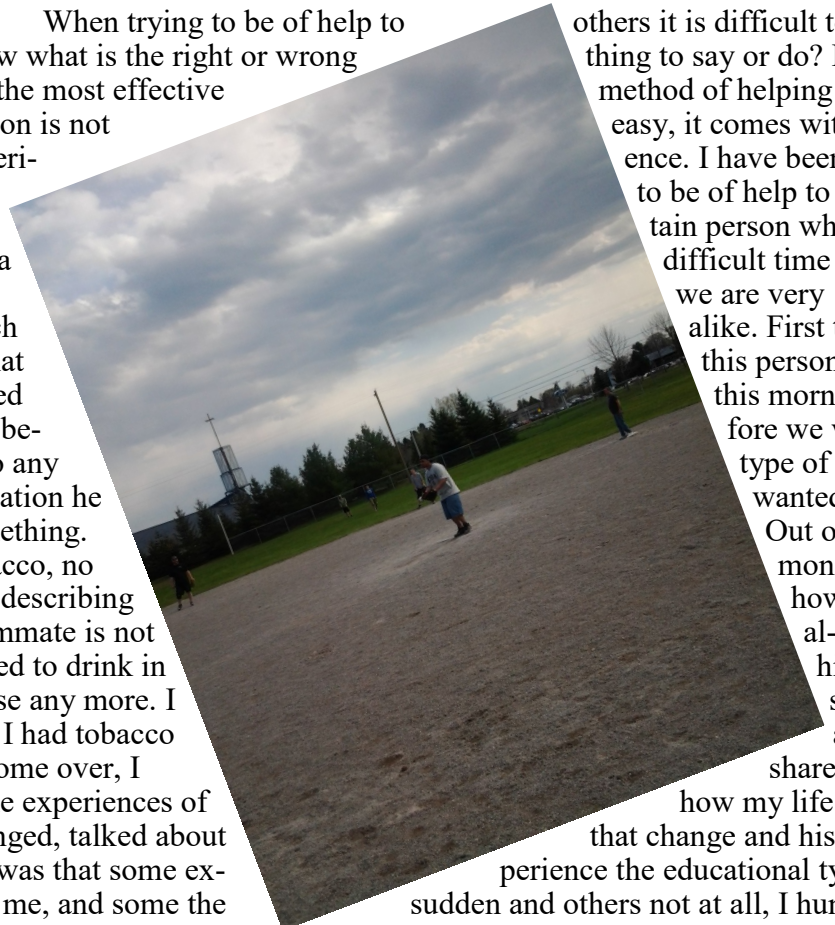
have spite of for the addic- helps to the feeling being an dict, when er have achieved a since of be- longing without the use of it.

people in- be a problem, getting meetings. The act of calling on a ship seems to be more like always asking questions about recovery, at meetings we have a difficult time bringing up a topic, "Dose any-one have a problem with being sober or recovery" and there is little feedback or inquiries, as if asking for help would indication a problem, fear of getting well or that we may need help, what will others think of me for asking for help, that I may be sicker than they are or not working the steps, haven a sponsor.

Lack of com- munication among the volved is what seems to together out-side the member for compani- for help. The lack of asking

Seven-thirty in the morning, I did my laundry, folded it, and watching the movie "High Planes Drifter" with Clint Eastwood. As he rides in to town the first place he goes is the barber shop, killing three people and then to the stables, has his way with a woman, and then finally the reward. Alcohol at the bar, men at the end with the bar-tender at their side, Clint walks in and orders a drink, "not the best but its whiskey" said the bar- tender.

When trying to be of help to know what is the right or wrong ing the most effective person is not experi- cer- has a did, much is that called and be- in to any versation he something. tobacco, no and describing roommate is not lowed to drink in house any more. I that I had tobacco to come over, I some experiences of changed, talked about ply was that some ex- like me, and some the on him.



others it is difficult to thing to say or do? Find- method of helping a easy, it comes with ence. I have been try- to be of help to a tain person who difficult time as I we are very alike. First thing this person this morning fore we were type of con- wanted Out of money how his al- his said and shared how my life has that change and his re- perience the educational type sudden and others not at all, I hung up

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