

**SEX
ADDICTION
RECOVERY**

**REVERSE YOUR LIFE
MOMENTUM**

**MINDSET
SHIFT**



5 STRATEGIES

ROBERT J LOPICOLA

Addiction Recovery Life Coach and Life Transformation Specialist Robert J Lopicola



©2024 Robert J Lopicola

Academy of Life Change Coaching & Consulting, LLC

All rights reserved. No portion of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means – electronic, mechanical, photocopy, recordings, scanning, or other – except for the brief quotations in critical reviews or articles, without the prior written permission of the publisher.

To request permission, contact the publisher at rob@academyoflifechange.com

Academy of Life Change encourages you to continue to visit and to be treated by your healthcare professional including, without limitation, a physician or therapist. Understand that Robert J Lopicola is not acting in the capacity of a doctor, licensed therapist, counselor, psychologist or other licensed or registered professional. Accordingly, you understand that Robert J Lopicola is not providing health care, medical or mental health care or therapy services and will not diagnose, treat, or cure in any manner whatsoever any disease, condition or other physical or mental ailment or the human mind and body. The results are not guaranteed because it is solely based on your involvement, dedication, commitment, and investment applying the strategies and techniques you will learn during this program.

There are several of Rob's personal stories included, from his personal perspective, and he has put every effort to represent events as faithfully as possible. There are statistics included which were gathered from various online sources.

Printed in Florida, United States, USA

Produced by Academy of Life Change Coaching & Consulting, LLC, Robert J Lopicola

www.academyoflifechange.com

By The Sex Addicts Recovery and Transformation Accelerator Program Course Creator Robert J Lopicola

It is imperative that you completely change your mindset. The same mindset that brought you to the *gift of desperation* is not the same mindset that can bring you out of it. To transform your life, you must change your mindset. This program has a clear, distinct agenda to do just that, change and transform your mindset. Your life's momentum must change. If you *apply* the techniques in this book, your life will take a new direction. This book will provide you with the necessary techniques and strategies that will change and transform your life. It is imperative that you read this book, and each corresponding book throughout the course thoroughly, take notes, highlight what you believe is important to you, and meditate on the information.

Included in this book, as in all the others, is years of experience, lessons, and strategies that will work for your sexual sobriety. Your mindset much change and you will notice as your mindset changes, so will your life and the world around you. The world doesn't need changing, you do, and when you change, your world changes. As I stated before, you started this course knowing you need radical change and transformation, and I know you want to experience sexual sobriety. You are on your way. You will begin to experience a gradual and sudden change showing up in your life at this time if you are *applying and practicing* the strategies offered.

This book will guide you to look in the mirror and reflect on how you talk to yourself within yourself, and who you associate with. Your associations and conversations are a significant factor in your healing. Also, we will delve into how your brain is working and why it's working the way it is, and most importantly, how to change your brain. For the sex addict who has had difficulty showing himself kindness, you will discover how to quiet your mind. In this, you will find a deeper connection to the Universe, yourself, and people around you. There is no theory about what you will read on the following pages. You are getting significantly closer to experiencing noticeable change and transformation. You are about to catapult yourself to great heights if you continue *applying* the strategies provided in this book. You are on your way to develop the skills needed to eradicate active sex addiction out of your life for good.

Transformation Specialist and Course Creator, *Robert J Lopicola*



FIVE STRATEGIES TO CHANGING YOUR MINDSET AND REVERSING YOUR LIFE MOMENTUM

CONTENTS

Strategy #1: Inner Conversation & Life Flow	Page 4
Strategy #2: Associations	Page 12
Strategy #3: Mind-Ingesting	Page 17
Strategy #4: Action	Page 23
Strategy #5: Meditation	Page 29



STRATEGY # 1

INNER CONVERSATION AND LIFE FLOW

WHAT ARE YOU THINKING?

BE AWARE OF YOUR THOUGHTS AND YOUR INNER CONVERSATION

One of the most important aspects of life change is listening to and changing your inner **dialogue**. If you are like most people suffering their way through life, you probably have told yourself hundreds, if not thousands, of times that you are not good enough, strong enough, handsome enough, worthy enough, smart enough, thin enough, big enough, etc., etc. You have told yourself long enough and frequently enough that you have come to believe what you tell yourself. You are wearing masks through life because you feel you must carry a façade of who you think you should be or who others expect you to be. In fact, perhaps you are like I used to be and wear so many masks you forgot who you are. You have become accustomed to defining yourself by your masks. You have worn so many masks that you forgot your purpose in life, dreams, and passions. You are like a robot going through the motions, seemingly quite well. In fact, you are probably going through the motions so well you have *fooled yourself* into believing that you are OK. If you are actively involved in your sex addiction, you likely feel shame, guilt, and inferiority. However, you will not show those feelings to the world. So, you mastered wearing masks.

You smile at people on the street, at the bar, at the family picnic, at your best friend's wedding, and even when you go on a date. You probably portray yourself as confident and possibly as a conceit, to such a large degree that people around you are pushed AWAY from you. Yet, you do not know why you have difficulty making friends. You see other people laughing and skipping about life drinking merrily and dancing joyously, yet you feel different. You see them all happy, and deep inside, **you** feel at a loss. You cannot seem to grasp why you can't find the happiness many around you have found.

You feel guilty for the things you've done, the choices you've made, and the losses you've endured because of your own making. You carry a bag of shame for hidden secrets that no one knows. You feel unworthy because if anyone knew, they wouldn't want anything to do with you. Perhaps they would even shun you. Your boss would probably fire you. Your family would disown you. You go as far, perhaps, as carrying the guilt and shame load from God himself, cursing you and leaving you for some of the shameful things you've done. Maybe you've experienced one of these feelings, some or all these feelings. Even so, you wear a mask because you believe the real you are not good enough. You laugh, but deep inside, you are sad. You have friends and family around, but deep inside, you are lonely. You have a great job and make a decent income, but you feel unworthy. You have a person who you are romantic with, but deep inside, you feel if he only knew the real you, he would run away as fast as possible. Secrets. Shame. Guilt. How do you live this way? **Masks.**

You feel fake walking through life, hiding who you really are because, after all, you believe you're not good enough, strong enough, pretty enough, tall enough, etc., etc.

I'm here to tell you they are ALL lies! Every bit. What you see in others and in yourself are all lies. You have been lying to yourself far too long. The lies have grown deep and invaded your entire belief system. Your inner conversation is diseased. A diseased inner dialogue leads to a diseased way of thinking, and a diseased way of thinking leads to a diseased life. This all leads to a destructive formula for living, robbing you of any chance of real happiness. Misery, loneliness, and sadness invade your days and nights so frequently you have difficulty finding peace, joy, and happiness on a deep level. You have erred learning to *judge your insides by other people's outsides*.

If you can relate to any of these, there is a MUST for you to begin today to initiate your **Life Transformation; you must change your inner conversation**. Einstein said that “**problems cannot be solved by the same mindset that created them.**” Another way of saying this is that *we cannot solve our problems with the same level of thinking that created them.* **A new changed mind must be created.** And this new, changed mind will have a **Change of Perception**. Your perceptions of everything will change. In fact, I am here to tell you that you can change your past by changing your perception of it. *You can change everything by changing your perceptions.*

If a person tells you that you are handsome, and another tells you you're quite unattractive, which are you? Handsome or unattractive? If a person tells you, you are smart, and he is fond of you, yet another tells you that you are an idiot and dislikes you, which are you? If one person tells you to reach for the stars and you are worth it, another tells you not to try because you will never be anything. Which are you? Don't fret; there is only one answer.

You are who YOU perceive you to be.

What do you believe to be true? MIT did a study where someone must be told 17 positive affirmations for every negative one. Imagine that. Your brain needs 17 positives to cancel out 1 negative. Amazing really! Now imagine all the years and years you are talking negatively to yourself, beating yourself up, and breaking yourself down. Wow. You would not do that to a friend. But you do it to yourself. There is good news. You can cancel out all those negatives, even with the 17 to 1 ratio. Studies have shown that 90% of one's behavior is based on the story they tell themselves about themselves. I am here to interrupt your story! The story you tell yourself that you are useless, hopeless, and a failure, a no-good man is a lie. The story you tell yourself that you will never be free from sex addiction and live as a healthy, thriving individual, is a lie.

This is how you interrupt your personal story!

You have lied to yourself for a long time. Maybe not as many lies as I stated above, maybe just a few or even one which you believe deeply to be true. These lies, to you, appear truthful. You have been deceived. You believe them. When someone compliments you, you don't know how to take it, and perhaps you don't believe it. You may thank them and, on some level, believe *they* believe it's true. Perhaps they are just being nice, or maybe they did it for some other reason unknown to you. Maybe you believe the compliment to be true in **their** eyes, but if they **really knew you**, they would think otherwise, so it doesn't really count anyway. Sound familiar? It sounds a bit off-balance, but maybe this is how you perceive it. Ok, now, understanding that the lies you tell yourself are believed as truths, now it is time to tell yourself the truth which you will believe are lies. (Read that again).

Let me explain.

Start changing your inner conversation. What you must realize is that NOTHING needs to be changed except you. **You must change.** 87% of negative self-talk goes undetected by the conscious mind. Most of the negative self-talk goes unnoticed. Therefore, you must make a conscious decision to change your internal conversation and develop a conscious awareness of your internal dialogue. You must change how you talk with yourself. This will take time and practice. It will be a struggle. You will even lie to yourself that this isn't worth the effort because you're not going to change, or you're unworthy, or you believe change will never happen to you as it happens to other people. You will tell yourself that you are different. You won't believe it to be possible for you. **It's all a lie you tell yourself. Do you want to stop the lies?**

YOU MUST STAND UP TO YOURSELF WITHIN YOURSELF AND TELL YOURSELF TO SHUT UP!

No matter how difficult the challenge is, rise to yourself and tell yourself that you're worthy, smart, handsome, strong, powerful, and worth it, and you are a great person.

YOUR LIFE CURRENT

Your life current is like walking in a pool round and round until after a short while, the pool water is spinning. When you stop and walk in the **opposite** direction, it is exceedingly difficult. That is how it will be as you change the flow in your life. Your **LIFE FLOW** must change. When you stop and stand still and begin the change, the negative flow of your life will be strong and insist on taking you where you've been going. It will even knock you down a few times. You must stand erect and fight the flow. Then, turn around and GO in the other direction. You will learn in time to let the past go and begin a new flow.

Keep telling yourself good things about yourself with positive affirmations. You will not believe them initially. They will seem strange and hard to grasp. Just keep doing it. Keep reminding yourself of your strengths. Reflect on moments in your life when you overcame challenges and difficulties and see for yourself how strong you really are. See the survivor in you. See how powerful you really are by reflecting on all the challenges you have overcome. **You were born to win.** You were one of hundreds of millions of sperm, and YOU made it. **You were meant to win.** You were meant to be here. You will never have odds like that again, but you did it, and you are here. You have power in you. You have a Champion in you. You have greatness in you. You survived one out of hundreds of millions of sperms. You did it then, and you can do this now! You can change. You can transform. You can, and you will change your **LIFE FLOW**. All you must do is tell yourself all the beautiful things you can think of. Tell yourself. Tell yourself. Tell yourself. Over and over and over again. **Do not stop!**

You must change your **LIFE FLOW** for your life to change. **Change is a must.** Let us go back to the pool analogy; when you're in the pool that is spinning round and round, and you stand still ready to go against the current, it keeps knocking you down, but you keep at it, keep at it, keep at it, and fight the current. Do not stop. Never give up. And if you keep at it, and keep at it, suddenly something begins to change. The water slows, the current weakens, the flow doesn't knock you down. The flow is changing. Now it's time to get moving and keep moving. Walk, then run, in the direction you want to go. **Don't stop.** Keep telling yourself how wonderful you are, how handsome, how special, how worthy. Keep going! Before you know it, the flow has changed. The current is now going in the opposite direction. It's moving right where you want it to. Your

LIFE FLOW has changed. It is not so hard anymore. You are starting to believe in yourself now.

You are changing.

WHAT IS YOUR LIFE FLOW?

The **Faulty Belief System** is changing at this point in your journey because your inner conversation is changing. You are coming to realize how great you really are. It will take continued effort. You are worth it. You are a survivor. You are a Champion. You are changing your life simply by changing how you talk with yourself.

You must become your very own best friend. Talk with yourself like you would someone you love. Forgive yourself as you would someone you care about. Be compassionate with yourself as you would someone you have compassion for. Picture having a child who is learning to ride a bike, and you take the training wheels off. He gets going then falls to the ground. He cannot keep his balance, loses control, and comes tumbling down. There he is, crying and feeling like a failure. What would you do? Would you tell him he's a loser and failure and not try again? NO! You would have compassion for him and understand the challenge before him. You would encourage him and be his cheerleader. *"Get up and get going,"* you would tell him. See the love and compassion you would show him? Today it's time you become that same cheerleader for YOU. Have that same compassion and understanding for yourself. You get up, and you get going. You are worth it. **You are a winner!**

Your inner conversation is the foundation to your life changing. Remember, nothing must change but you. **Make your greatest Life Investment in yourself.** You must continue to grow, and learn, and grow, and learn in life. The day will come when all those masks are gone, and you

By The Sex Addicts Recovery and Transformation Accelerator Program Course Creator Robert J Lopicola

look in the mirror and love who you see. You will look in your eyes and see a loving, wonderful man looking back at you. You will be who you are and who you want to be. **It will not matter what others think.** It will not matter what others think of you; it will only matter what you think of yourself. **You will not be defeated by what others think of you; you will be defeated by what you think of you.** The odds might be 17 to 1, but the odds remind you it is possible for you. You are worth the odds. 17 to 1 is nothing when you were born with odds of hundreds of millions to 1. **1. You are here, you can do it, and you are worth it!**

We must go on and learn more. **Knowledge is power.** With more knowledge of how to change and transform, the better you will be equipped to succeed. There are several ingredients involved in becoming the champion you are. Inner conversation is the first and most fundamental of them all. We can also be influenced deeply by who we associate with, which is *the second strategy in **Changing Your Mindset.***

CHANGING YOUR LIFE FLOW WILL SAVE YOUR LIFE



STRATEGY #2

ASSOCIATIONS

Five thousand years ago, a wise king wrote, “**bad associations spoil useful (or good) habits.**” We are greatly influenced by who we associate with. It has been said that you can figure a man out by his friends. If you want to know someone, see who he hangs out with. You want to know what a man thinks; just listen to the opinions and judgments of his close companions. **We attract who we are.** Chaos attracts chaos. Peace attracts peace. Power attracts power. If you are the smartest and strongest in your circle of friends, you need new friends. If you hang out with broke people, you will be. If you hang out with depressed people, odds are you will be depressed. If you hang out with drug users and alcoholics, you too will be like them. If you hang out with people casually using sex for sport, you will likely too. If you are striving to experience a life of sexual sobriety, you must equally strive to associate with people who support and encourage you in that manner by how they live.

Not only are you what you think by your inner conversation, **but you are also who you associate with.** That association has a direct correlation with what you think of yourself. Your brain is a sponge-like absorbing database, collecting information constantly. The human brain absorbs as much as 34 gigabytes of information every day on average. It is a super-computer and

By The Sex Addicts Recovery and Transformation Accelerator Program Course Creator Robert J Lopicola

is deeply influenced by the data it absorbs. Trust that this data has a powerful effect on your thinking and inner conversation.

Do you associate with people who are vampires of life? They seem to suck life out of you. It could be a friend or family member. Remember, associations do not exclude family. I once heard someone say, “I love having a close-knit family who lives far away.” Here are some examples: perhaps you had a father or mother who told you repeatedly you are worthless and no-good. Others may have had their parents or religious leaders tell them they are unworthy of heaven and will be tormented forever. Maybe your parents used and abused you under the pretense of love. Even some of you may have been abused emotionally and physically and are filled with fear, anger, and resentments. You hate that you find friends and relationships that give you the same feelings you had growing up repeatedly. You tend to associate with the same people throughout your life, and you keep getting in trouble and *don't know why*. You've been arrested again. Another failed relationship. Another friendship filled with chaos and drama. **Do you see the pattern?**

I hear men tell me they **always end up with a loser** for a partner. They cannot seem to find the right person. Another fight or argument with their sibling, friend, or boyfriend. They **cannot seem to find happiness** in their lives and relationships, and they are totally bewildered as to why. Why, why, why they repeat. It is a sad song, but it's a predictable one. Why are you so miserable? Have you ever looked at your friends? Who do you choose to date? Who do you choose to associate with?

This, too, needs changing. It is time to **LET GO!** I have a firm belief that if I am not becoming a better person because of someone in my life, then maybe I need to let that relationship go. There is no need to **make** someone like you, **force** someone to like you, or go **out of your way to make** someone like you. **Good people will attract good people.** Strong people will attract strong people. Successful people will attract successful people. It's the **Law of Attraction.** It's inevitable. It's undeniable. Who are you attracting? Who you attract is perhaps what you are? You need to take a clear, refreshed look at this.

The good news is this can be changed. You must take a refreshed look at who you associate with. If you are transforming your life and changing your inner conversation, it is time **NOW** to look at your associations. Your inner conversation is imperative as you change and transform your life of sexual addiction to a life where you are a healthy, thriving individual.

You need to associate with people who build you up, encourage you, love you, and motivate you. You need to hang out with those who have what you want. You may not be where you want to be. You want to be confident, secure, happy, successful, and content. How do you transform to live this way? It's likely you can't make peace with the same thinking and mindset that caused the chaos; therefore, you must find in others what you are seeking to begin the process of change and transformation. If you want what someone has, you associate with them and do what they do. Very simply, if you do what they do, you will get what they have. If you do what you've always done, you'll always get what you've always got. To change this, you must associate with people who can show you a new path by their example.

Those with many “friends” tend to have the most chaos, drama, and misery. So, keep your friendship circle close and tight. If you want to be strong, hang out with strong people. If you want to be happy, hang out with happy people. If you want **to be successful, hang out with successful people**. If you want joy, hang out with joyous people. If you want to win at life, hang out with the winners. No one is “better” than you, but there are those who are more experienced than you, and it is them you **run towards**. Studies have shown that a lack of friends or having “unhealthy” friendships can lead to mental health disorders such as anxiety and depression. However, the opposite is true for those with “healthy” friendships, increased levels of happiness, reduced levels of stress, and improved self-worth and confidence.

Reorganize your circle of friends and family. Distance yourself from the vampires of life and the miserable people of drama and chaos. It is time for a new you, and a new way of thinking, and a new way of life. Watch how conversations will change when you choose a different group to associate with. Pay attention to how positive and upbuilding they are and witness your own growth and change.

Positive Inner Conversation is imperative to change if you want to transform your life and change your **LIFE FLOW**. Your inner dialogue is greatly influenced by who you associate with. You must change your associations. “Bad associations spoil useful habits.” Who do you associate with closely? That same wise king also penned these words five thousand years ago, *“A friend will stick closer than a brother.”* He was referring to a person who would give their life for you. A friend who believes you are **worthy** to die for. These are the type of friends you need to build

around you. **An army of love and strength and power and positivity and success wrapped around you.** With an army of friends around you like that, you are well on your way.

Inner dialogue and your associations are paramount to change and **Life Transformation**. You are uncovering the great champion in you, and that champion is excited to come out. There is more to do as your journey to greatness continues, however. You must not short-circuit it here. Your ears and eyes are the portals to your mind, and your mind is the computer running your life. All that the mind becomes starts with what you watch and read. This is the third strategy to this profound course of life change and transformation. I call it **Mind-Ingesting**.



STRATEGY #3

MIND INGESTING

THE BRAIN

The brain is sponge-like. It absorbs data constantly. Experts have estimated that the brain has up to 80,000 thoughts a day. That is well over 3,000 thoughts an hour. Even further, it is estimated that the brain makes nearly 35,000 conscious decisions each day. Remember, decisions are important because they lead to rewards and consequences. If our mind is not healthy, our decision-making skills will suffer, resulting in frequent consequences from those choices. We want to keep our mind healthy so our decisions will provide rewards and life enhancements. The average adult makes 27 judgment calls a day, so a healthy mind is important, or judgments may be faulty, leading to negative consequences rather than rewards.

There are 86 billion neurons in the brain and over 100 billion cells. Data that comes into our brain, and how our brain develops, is in part from what we see and hear. Each time we learn something new, our brain forms new connections and neurons and makes existing neural pathways stronger or weaker. **This is extremely important!** Which connections are you strengthening, and which ones are you weakening? What are you “learning” about yourself from

the people you associate with? What “noise” is coming into your ever-developing brain? The more you take in, the more your brain will change, and thus the more you will change. **Your brain will continue changing for the remainder of your life.** This change is directly connected to what you take in visually and audibly. You are either changing positively or negatively, constructively, or destructively, enhancing, or damaging.

If I spill orange juice and wipe it up with a sponge, then squeeze out that sponge, what comes out? Orange juice. Nothing else can come out of the sponge. If I soak up a mixture of soda and orange juice, then a mix of soda and orange juice will come out of that sponge. Nothing else can possibly come out. This is how the brain works when you suck up information. It is significantly important to be aware of what you are watching and reading. **Be keenly aware of what information you are ingesting, processing, and digesting.**

Since your brain is sponge-like, so-to-speak, if you want to transform your life, you must **absorb everything that will make you who you want to be.** During COVID-19 and its obsessive media coverage, it was recommended that people limit their time watching the news. Why? Because people were becoming depressed, hopeless, and unreasonably fearful. Rather than enjoying their time home safely with family and relaxing with quiet meditation as an acceptable alternative, they were miserable. **What you watch and read influences your belief system and perceptions.** Too much negative information can wire your brain wrongly, and you can develop a faulty belief system. A **Faulty Belief System** will influence your life negatively.

Imagine how watching pornography (for hours), or how cybersex, sexting, and cruising are influencing your mind. You are molding how your mind works by these behaviors.

During challenging times, **take in information that will inspire, motivate, and encourage your Personal Development.** Take in information that will **enhance your life and improve your skills and talents.** Laugh and have fun with your loved ones. Due to the negative consequences of COVID 19, many needed to find positive, upbuilding, and loving tasks to take on to **replenish the negative.**

Studies have shown *people tend to think more deeply about unpleasant events than happy, positive ones and use stronger words to describe negative events.* I remember watching Nightly News during COVID 19 and thinking, “they make the world look horrific.” Thus, I chose to *limit* my exposure to the media. I chose to unveil in my reality a world that was coming together. I saw it as a time that all of us were on the journey together. We were helping each other and doing our best with our best resources to hold our lives, communities, and cities together. There are always a few who rebel, but many **follow through and follow the best course of action.** How did you look at the world during COVID 19? How did it influence your life? What perception did you adopt? *Did you lose the power of choice and become frozen by fear?*

You must take control of your life. You have power. There is quite a bit you are power/less over; however, you do have power over **yourself.** You have power over what you take in and meditate on. When you take in information, your brain automatically stores it. You may not remember every detail of what you saw and read, but all that data is there, saved in your brain. To one degree or another it will directly influence your thinking, and your thinking will directly influence your decisions, and that will directly influence your actions which will directly influence your environment, and so on.

Let me use an example of how what we watch influences us. I will use a horror movie for this example. It is simply a movie screen, and you are seated there eating popcorn with probably a bunch of people around you. You are safe. **The brain, however, has a different experience.** Despite sitting safely in a seat, watching a horror movie becomes real to the mind; your heart rate climbs, your blood pressure increases, and your hands get sweaty. Your body responds to what the brain experiences as real. Hence, even the illusion of fear from a movie, what you watch has immediate influence over your body.

A lot of research suggests horror films can have long-term negative psychological effects, such as sleep disturbance, anxiety, and unwanted recurring thoughts. Studies have shown how just one horror movie impacts your life negatively, subconsciously. **What you watch affects the brain and how you think, and, ultimately, behavior and feelings.**

PORNOGRAPHY AND THE BRAIN

Research has shown that pornography use is correlated with physical changes in the brain. The visual stimulus of pornography hijacks the brain's reward system and overwhelms it with unnatural prolonged dopamine levels. The result is the brain physically deteriorating in shape, size, and chemical balance. Men's exposure to sexually explicit material is correlated with social anxiety, depression, low motivation, erectile dysfunction, concentration problems, and negative self-perceptions in terms of physical appearance and sexual functioning.

Dopamine surges when a person is exposed to a new sexual experience, or when a stimulus is more arousing than anticipated. Because erotic imagery triggers more dopamine than

sex with a familiar partner, exposure to pornography leads to “arousal addiction” and teaches the brain to prefer the image and become less satisfied with real-life sexual partners. In addition, the rush of dopamine also plays a role in promiscuity. Having a new sexual partner, perhaps having sexual affairs outside your relationship, triggers a rush of dopamine. In essence, the sex addict is addicted to dopamine, hence like that of a drug addict.

CHANGE WHAT YOU WATCH AND READ

To change your life and uncover the champion in you, you must change what you watch and read. **Take in positive, upbuilding, encouraging material that will enhance your lifestyle.** You are responsible for **reprogramming your brain and reprogramming your life.** I decided a while back to limit my watching of horror films. I enjoy the jumps and thrills, but I believe it has interfered with my sleep, peace, and overall happiness. I make conscious decisions to watch comedies and inspirational and life-enhancing movies. I read books that will improve my business skills and professional talent. I read material that will help build my character and improve my life skills. I limit news watching to just under 15 minutes daily, so I get the most relevant information I need. Information is vital, and knowledge is power, so I specifically watch the top of the newscasts only once or twice daily. I get the important information, and that is enough for me. My life is much more peaceful and joyful this way.

Your inner conversation needs to be changed and transformed so you can make the most out of your life. Your internal dialogue needs to change from negative self-abusing to one with upbuilding, self-motivating, and positive affirmations. Changing your **LIFE FLOW** from negative to positive is difficult to do if you watch and read negative, sad, stressful, and destructive

material. It is difficult to change your inner conversation and your **LIFE FLOW** if you associate with negative, chaotic, unhappy, miserable people. It is an added challenge to change your inner conversation if you read material that limits your growth rather than enhances your life. Watching pornography, cruising, promiscuity, cybersex, and sexting will NEVER enhance your life, your self-esteem, or your self-confidence.

Therefore, as you review the strategies you've learned so far to unlock the champion in you and experience life change, you must change your inner conversation, be aware of your associations, and pay attention to what you watch and read. These all influence your thinking, beliefs, and perceptions. **You are a champion, and you deserve to uncover the greatness in you.** Life change is happening and unfolding because you are focused, and your **awareness is growing.** Life change is progressive. As you grow and change and begin the process to be a champion, there is more to do for progress to continue. You must look at **what you do.**

What are you doing in your life? What are your actions? Actions speak louder than words, it has been said. You say you want something, but it is **what you are doing that matters.** Let us look together at how actions play a key role in your **Life Transformation** and unlocking the champion in you. Your actions are the fourth strategy of five.

READ MATERIAL THAT ENHANCES YOUR LIFE



STRATEGY # 4

ACTION

Far too many people are dreamers; they live with ‘someday,’ ‘tomorrow I’ll start,’ ‘next time,’ ‘I want to BUT’ – the **BUT People**. BUT People are people who will argue against their wants and within themselves debate why they shouldn’t do a thing. They build a case against themselves, and they usually win. I want to BUT.... These people are the **dreamers** sitting home watching television hoping that someday, one day, maybe another day. My Spiritual Advisor told me years ago to *“take the body, and the mind will follow.”* Have you ever NOT wanted to go to the gym but took your body there anyway? Then a funny thing happened, your brain caught up and was glad you went. Take this challenge in **all** areas of your life; **take the body, and the mind will follow**. Remember how your brain is an expert of lying to itself?! Your brain will tell you all the why’s not to do something, all the reasons why you shouldn’t or couldn’t, then you live tomorrow with the *should haves and could haves*. I should have this, and I could have that. Are you one of those? Always dreaming and waiting. Dreaming and waiting. Dreams are good but waiting, not so much. **What are you waiting for? What are you afraid of?** What would your life be like if you let your fears go?

FEAR is another **Limiting Factor** in your life. What are you afraid of? Success? Failure? The unknown? Most people are comfortable with mediocrity. **Many would rather live in a known hell than go into an unknown heaven.** Why is that? Fear. What is the worst thing that could happen? What is the best? Are you frozen by fear of change, and you don't even know where that fear came from or what it means for you? It is a sad song to play when you are older and realize that **fear was simply an illusion.** It was a made-up tale in your head. **Fear will give you a life unlived.** A life of mediocrity. A life with dreams and passions and loves and desires left dead. There are too many people who die at 25 and are buried at 75. Who do you want to be? **You have power in you** to live your dreams OR watch television, and life will pass you by right there outside your living room window.

You can alternatively use your **Inner Resource**, that great power within you, to **live a full life.** I say to you, **live your life fully, so you die empty.** Here is a tip, **most people fail on their way to success.** I challenge you to take risks, and here is why. **If you don't take risks, you can't grow; and if you don't grow, you can't become your best; and if you can't become your best, you can't be happy; and if you can't be happy, then what else is there?** That is a concept from one of my mentors, Motivational Speaker, Les Brown. I adopted this concept into my life, and today I am a **Risk Taker!**

Your brain is smart, clever even. Tomorrow will be easier. Really? Sometimes the lies are quite convincing. Some will say, "when I lose the 20 pounds, then I'll go to the beach." "When I meet the right guy, then I'll be happy." "When I pay off my credit card, then I will feel good." "When I get a bigger house, then I'll be satisfied." The **WHEN People.** When this, and when that.

When this happens, then I will do that. We have the BUT people and the WHEN people. Even better are the **BUT WHEN People**. “I would love to go to the gym, BUT WHEN I have more energy and feel better, then I will.” Hmmm. Getting fit and lean and working out is what will give you more energy and make you feel better. Ironical, isn’t it? Energy levels increase for the person who regularly exercises. Imagine that? So, BUT WHEN People are still sitting home watching television dreaming. Many years ago, I used to sit at home drinking and fell into a progressively depressed state, and I would frequently look out my bedroom window realizing, on some level, that life was just passing me by. I was in a place where I could not grasp how to change and how to **apply those needed changes**. I was stuck, and I was dying inside. This is when my sex addiction was getting out of control. I was no longer living; I was existing for the sexual euphoria.

Are you a dreamer? Waiting? Arguing why you should not do something good for yourself? Hoping someday, something will click, and you will get going? Maybe it is a relationship. Maybe when you get in a relationship, then you’ll go to the gym, at least you won’t have to do it alone. That is yet another fallacy. Alone! **What is wrong with being alone?** For most people being alone is terrifying. “If I’m alone that means no one wants me, and if no one wants me, then I’m not worthy, and if I’m not worthy, why get up and do anything anyway?” Yet again, the lies continue endlessly. So, most people do NOTHING. “I’m in a rut,” they will say. Some will go so far as to do nothing and claim they are exhausted, drained, and even too tired to think because life has them beaten. To further exasperate the situation, depression sets in. Isolation. “Why does this always happen to me?” they ask themselves. The volunteer victim of life. **Your life is a product of your thinking**. It is a product of what you do and, conversely, what you don’t do.

So, do nothing, argue the BUT of why you should do nothing, wait for the day WHEN and only then, only then will you finally be ready to do something, BUT until then blah, blah, blah. You have had the same internal dialogue for years. Excuses why not to self-improve, to not get up, and get going. You have been successfully building and winning a case against yourself. I call these excuses *mouth vomit*. Really. Why are you living a life vomiting uselessness out of your mouth? **It is time to DO something and DO something now**, no matter what. Even when you are lying to yourself. Even with the BUT argument, **get up and get going!**

GET UP AND GET GOING NOW, NO ARGUMENT, JUST ACT

You want to know why you are in a rut. You want to know why you live with the should haves and could haves? You want to know why you are not satisfied with life and walk around like a zombie some days? Because you are not doing. You are not acting. Action speaks louder than words. Have you ever heard of that before? Of course, you have. What are your actions? It does not matter what a person says, it matters what he does? His actions will show if his money is where his mouth is? **Where is your money?** Do you even have money? Are you frequently broke, living paycheck to paycheck, have horrible credit, can't get a car loan, the banks are refusing you, and you once again **Volunteer yourself a Victim** of the system, the government, the economy, the old boss you had, the job market? Etc., etc. **It is time you act and act now.** Get up and get going! No matter what. No longer wait for when, or argue the 'but', or watch television, or pornography, and get off Grindr. Take the body, and the mind will follow. **ACTION is the third and most important strategy to Life Transformation and a Changed Mind.**

FORCE YOURSELF

Just like the pool water flowing in one direction, the same analogy applies here. You have developed a life flow to sleep, and dream, and hope, and argue, and sit around waiting and waiting. *Take the body, and the mind will follow* concept is one you will have to practice with force. You will have to force yourself to get up and get going. Otherwise, in 5 years, you will tell your story of should haves and could haves once again. Take the body. Go. It will be uncomfortable. It will be difficult. It will be a challenge. Most importantly, it will be wonderful. You will be taking control back in your life. Own your life. Take responsibility for your life. Expect NO ONE to save you. No one is responsible for you. No one is the cause of you today except you.

As a child, we may be victims of our circumstances and environment, but we become responsible for ourselves as adults. I must own my place in the world. I must take charge of my life. I must keep moving and live a life of action. I must reverse my life flow with new actions. If I want to transform my life and experience a changed mind, I must change what I do. If I keep doing what I have always done, I will always get what I've always got. Do you want to keep getting what you always got? Do you want something better? Something more powerful. Something wonderful and invigorating?

One of the great history books, the Bible, has much to say about this. I am not a theologian nor a Bible thumper, but the Bible is an amazing motivational book with principles for a fulfilled life. I think every person should read this book at least once. Anyway, it is written many times that you must do something to get something. *"Knock, and it shall be given. Seek, and it shall be found."* Your dreams will be found, and a beautiful life will be given to you, but you forge ahead

by knocking and seeking. Do some action. **Action is key.** What are you doing? Are you getting up and knocking? Are you seeking? Thousands of years ago, a great king wrote, *“look for it as for hidden treasure,”* if you want peace. Look! Get up and get going. Action! The same king wrote, *“in death there is nothing, but when you are alive do with your hands what you can and do it well.”*

Another writer said, *“you reap what you sow.”* Rewards and Consequences. What are you sowing in your life? What action are you doing, and what are you reaping? *Pay attention; what are you reaping?* Are you happy with the results of your actions? If not, you need to change what you are doing. If you act, you will get progressively closer to your dream. What are you doing, and where are you going?

Are you willing to act? Are you willing to change your **LIFE FLOW** and integrate a lifestyle change of doing what needs to get done so you can have what you want? If you need help, find someone who has what you want and do what they do so you can get what they have.



STRATEGY #5

MEDITATION

There are probably hundreds of gurus describing the many ways to meditate. One of the most known forms of meditation is Yoga, and you have probably also heard of chakra meditation. Meditation can seem intimidating because it has the stereotype of something gurus do, and what age-old legends of spiritual enlightenment do. Well, eliminate that belief. Meditation is quite simple, and you can do it almost anywhere. Heck, I meditate when washing my car and cleaning my house. **Meditation is the practice of thinking deeply or focusing on one's mind for a period of time.** Nothing magical about it. Nothing mystical. It is simple. Simple and **necessary for peace in your life.**

How much peace do you have? Would you consider yourself a peaceful person? Most people would say they are not peaceful. Studies suggest 87% of people are unhappy with their job and the heart attack rate is highest on Monday mornings between 6am and 9am. The number of people who are unhappy in their marriage is 83%. Imagine that. Why are we so unhappy? We have the WHEN people - they believe they will be happy WHEN they meet the right guy, or get a bigger house, or increase their income, or get the car of their dreams, etc. Sure, these things will make someone feel happier briefly. This happiness is an illusion. Soon enough, real life sets in,

the bills show up, the payments must be made, and then the crash happens. The pressure is on. The feeling of being overwhelmed sets in. Unhappiness returns. Well, it never left, but we can be blinded by the initial rush and thrill of something new. A new relationship is a big factor in **Temporary Happiness**. An illusion. The illusion is “I’m good now, someone loves me,” or, “I’m good now, I have a bigger house.” For a brief period, happiness seems the new way of life. Happiness is not something earned, material things, or determined by a new relationship; happiness is something within. True happiness comes from the inside. Happiness comes from a new mind, a changed and transformed mind.

REAL HAPPINESS COMES FROM WITHIN

If happiness comes from within, then it would make sense that what is happening within you is important. There are two pathways to engage your life: in Ego (outside yourself) or in the Spiritual (within yourself). Spiritual simply means a deep loving connection to life, people, and the world around you on a deep level.

Many live in Ego. Living in Ego means looking for happiness, fullness, and peace in things outside yourself. I will be happy when I get the car, the house, the guy, or lose 20 pounds. Ego tells me happiness and peace can be achieved by collecting things. More of this. More of that. The More, More, More Principle. The more I get, the happier I will be. In fact, many are like I used to be when I defined who I was by the things I had. I was ok, and I was important because of my job, income, house, car, body, etc. I was in denial of where true happiness and peace originated from. I didn’t know better. in ego, I never had enough. This was true for my sex and Methamphetamine addictions.

I needed more and more and more. I needed a relationship to define me. If someone loved me, then I must be ok. If someone left me, then something was wrong with me. If someone left me, I certainly believed I was not good enough, and inferior to others as a result. All lies! I know that today. However, in those days, I needed more relationships, more abs, more sex, more boyfriends, and more of everything. I believed the more I had, the happier and more fulfilled I would be. The **More Principle**. Many in the world live under the spell of this illusion, collecting more and more, yet the collectors are terribly unhappy with little to no peace.

Studies have repeatedly shown that the wealthier an individual is, the more unhappy they become. Peace evades them. Perhaps it is due to increased responsibility with money. Maybe the pressure and stress to maintain wealth destroys their peace. Perhaps money has no value after a while and brings no enjoyment. Not even temporary enjoyment. **Peace seems to evade so many.**

What about you? Are you peaceful? Do you feel peace in your life? Are you happy? What makes someone peaceful and happy? Up to now, this book opened the door to some protocols needed to provide life improvement and life transformation. There are strategies to unlock the door to peace in your life: inner conversations and life flow, who you associate with, what your mind ingests, and having a keen awareness of your actions. You have looked hard in these areas, and you must allow these to digest deeply. Allow these to flow in your life in such a manner you transform into a peaceful, joyous person. It will happen, I guarantee it. I do not doubt that if you apply these strategies in your life, your life will Transform! Now, however, you must go deeper. Meditation.

Here is how you meditate, and this is how I suggest you do it: ready? It is simple.

JUST BE.

Just be. Hmm. Sounds too easy, or maybe you feel perplexed as to what that means; Just be. Can you just be? Think about it. Can you go to the park, walk on the beach, get a cup of coffee, sit in your yard, clean the garden, clip the flowers, water the plants, make your bed, shave your face, take a warm bath, go for a drive with the top down, take a gentle swim, relax in the sun listening to soft music, go for an early morning jog, listen to motivational speakers on your headset, plant flowers on the side of the house, sit at the pool and put your feet in the water, do your laundry, vacuum the house, go to a movie, watch Netflix, play with your dog, Windex your windows – **and do all this ALONE!** If so, you will experience just what it means to simply BE. Meditation is doing these things with **Mindfulness**. Focus on your task, feel what you're doing, and be mindfully aware of what you are involved with. Remember, meditation is the practice of thinking deeply or focusing one's mind for a period of time. As you can see, **you do not have to be a guru. You can be you.**

Why do you have to “practice” thinking deeply? Well, because you don't know how or aren't conditioned to do so. Therefore, you must practice. Practice makes what? Perfect? Nope! Get that out of your mind. No one is perfect.

Practice makes improvement. So, you must practice thinking deeply. Why do you need to practice focusing your mind? It takes time, effort, and patience. You must be willing to practice certain principles you hadn't been mindful about before now. Principles such as Patience, Hope, Faith, Courage, Integrity, and Willingness. These are principles you must practice so as to uncover

By The Sex Addicts Recovery and Transformation Accelerator Program Course Creator Robert J Lopicola

the happiness that is already available to you. **It comes from the inside.** It is there waiting for YOU to come out. As you begin practicing meditation, you will naturally be in the process of practicing some of the spiritual principles I just mentioned.

I want to delve a bit deeper with you. As you read this, I trust you are enjoying the process, or you would not have read as far as you have. I also trust you are thinking about a different type of meditation if you are like me. A meditation that I love. You're probably thinking of a type of meditation where you get quiet, close your eyes, sit outside, and feel the breeze in the early morning warm sun, listening to the birds chirping and the tree leaves rustling, and perhaps with the added distant sound of a dog barking. Within minutes you will focus on the sound of your breathing, etc., etc. Well, that's a good meditation that I often do.

Perhaps you tried it before, but you could not calm your brain down, and your thoughts were racing unpredictably and chaotically. You probably battled with your brain to STOP and "calm down," to no avail. You may have sat still for 15 minutes, and still, the chatter continues in your head. So, you gave up and figured this type of meditation was not for you. That's how it was for me in the beginning. You are wrong. It is for you if you want it to be. If you really want it, then you can do it. Whether you say you can or can't do something, you will be right. It is all about your belief. A successful **Life Transformation** is not for those who need it or who want it, it's for those who are willing to do whatever it takes to get it. Are you willing to do what it takes? Yes? Good. Meditation is an important strategy to your success for sexual sobriety. If you believe and have conviction, and you follow the suggestion here, **you will succeed.** I promise! But you must take the suggestion and **BELIEVE** it will happen for you. I like what was written in ancient

documents nearly two thousand years ago by a disciple of righteousness, or an 'enlightened one' as some might say, *"you must **believe** a thing and **no doubt**, for if you doubt expect to receive **nothing**."* Isn't that what the **Law of Attraction** is all about?! Simply believe it will go well with you, and you are on your way. Let's talk more about meditation so you can get started today.

HERE'S HOW TO DO IT

When you sit quietly, close your eyes, and start your meditation, EXPECT your thoughts to go haywire. Expect your thoughts to run riot. Expect the speed of your thoughts, worries, bills, challenges, sex, problems, and other problematic things to go round and round like your brain is a washing machine. Let it go. Let it be. Let it flow. Go with it. Ride the wave. Allow the thoughts. Allow the feelings. Give it time. Practice patience. Take time. Let it go. If after 15 or 20 minutes you're done with your meditation time, and all that occurred was your thoughts ran riot, so be it. Good work. Congratulations. You experienced YOU. You made it 20 minutes to just BE. Do it again, and again, and again. After days and weeks, the thoughts will slow, the thoughts will stop, the mind will quiet. You will experience quiet, peace, and calm. Relaxation. Focus. You will experience the essence of thinking deeply and focusing your mind. I promise, with certainty, if you believe, and you practice, and you give it time, and you do it again and again, it will happen to you. "Seek and you shall find. Knock and it shall be opened. Search for it as for hidden treasure," because that's what peace of mind is, a hidden treasure. The hidden treasure is within you now, today, at this very moment.

ALL YOU NEED IS WITHIN YOU

All you need is within you. It is with you always. It always has been and always will be. The peace of God, or the Peace of the Universe, or the Peace of Life, whichever you choose to believe in, has always been available to you. All you needed was guidance. You needed to refocus and reground yourself. You are well on your way to discovering **Total Life Transformation and a Changed Mind**. You have learned what to do from someone who knows. I have been there. I have found the way. It is simple. It is free. It is available to all of us.

*There was a man stuck in a deep hole and could not get out. He tried climbing out time and time again to no avail. He was screaming to the people walking above, "Help me, Help me." **Very few heard his cries.** A minister walked by and threw down a Bible. The minister told him to "read it and it will give you salvation." Still though, **the man was stuck.** Later he continued screaming for help and another man walked by, a doctor this time. He threw a bottle of medicine to him saying it would calm his nerves so he could think more clearly and figure his way out. The pills were another dead end. Still, to no avail he was trapped. He was still stuck in this deep hole and was feeling hopeless. He could find no way out. Perhaps he will die there. But he continued **crying for help one more time.** He kept knocking. He kept hoping. He kept searching. Almost all hope was lost, one last cry, "help me, help me." A man walked by and jumped in the hole. Now it was two of them. The man who was crying and screaming for help sobbed further and more deeply, it was hard for him to breathe. He was exhausted. He got his breath and asked the man why he jumped in the hole with him. He told him he had been trying to get out to no avail, and there is no escape. The man that jumped in responded lovingly, **"It's ok. I've been here before. I know the way out!"***

**ASK FOR HELP NOT BECAUSE YOU ARE WEAK,
BUT TO KEEP YOU STRONG**