

SEX ADDICTION

**REBUILD
YOUR LIFE**

**5 STRATEGIES TO REBUILD
AGAINST THE ODDS**

Written by

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Academy of Life Change Coaching & Consulting, LLC

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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.

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

If you have thoughts of suicide, feel hopeless, or lost your job, relationship, the trust of others, your reputation, or perhaps your freedom, this book will give you strategies that will help you rebuild and come back stronger. 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, are years of experience, lessons, and strategies that will guide you to your sexual sobriety and living an extraordinary life. You started this course knowing you needed radical change and transformation, and strongly desired sexual sobriety. You will experience change, gradually and perhaps slowly at first, but in a few short weeks, radical change and transformation will occur. However, you *MUST apply and practice* the strategies offered. This book will guide you to rebuilding your life as you transform to a life of sexual sobriety. Think about changing your life and finally being sexually sober, mentally, and spiritually healthy, serene, and peaceful. What would your new life be like as you rebuild it, FREE from sexually addictive behaviors?

There is no theory about what you will read on the following pages. Everything on these pages is based on real-life examples and scientific facts. There were many books written before which laid similar groundwork. However, there is more that needs to be revealed and the ***30-day Sex Addicts Recovery and Transformation Accelerator Program*** provides that.

You will experience significant change and transformation. There is no time to quit. You are about to catapult yourself to great heights if you apply the strategies provided in this book.

I strongly suggest you leave your judgments aside and read this book with an open mind and a spirit of readiness to change. If you are willing and ready and apply what is in the following pages, you will transform your life and develop the skills and art of self-mastery and begin to eradicate sex addiction out of your life for good.

Transformation Specialist and Course Creator, *Robert J Lopicola*

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

**Five Strategies to Rebuild Your Life When It Seems That All The Odds
Are Against You For The Sex Addict Seeking
Change and Transformation**



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STRATEGY #1

VISION

EMPTINESS

Emptiness, along with a broken spirit, may be true for you as it is for so many. You may be at a time in your life when it seems all is lost. Perhaps you lost your job, you are financially bankrupt, your relationship failed, and you feel terribly alone; perhaps you made choices that have destroyed your reputation, and few people, if any, trust you. Your bank account has barely a few dollars, or worse, it's in the negative; you are in debt, your credit rating is suffering, or perhaps your car was repossessed; or even worse, you have been arrested, spent a little time in jail, or spent years incarcerated. If so, now that you are released, you seemingly have nothing. Whatever your situation or circumstance, you are in pain, and you believe there is no way out.

So, here you are, lost, empty, hopeless, and in fear. You **fear an unknown future**. You have realized no one can save you now. **You are, in fact, on your own**. All you have is the shirt on your back. Few, if any, people believe in you. Your integrity is questionable. You believe life is not worth living. Sex Addiction has brought you to your knees, you feel hopeless and may have thoughts of suicide. Over 70% of sex addicts think about suicide and 17% attempt suicide. You sadly reflect on your mistakes and poor choices, the years laughing and dancing merrily unaware

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of *this future* that was waiting for you. You were blinded by money, or a certain level of success, or a seemingly blissful relationship, or a career that seemed amazingly promising and stability you believed in until it was time to retire. “How could I have been so ignorant and in such **blind denial?**” you ask yourself. But reminiscing does not seem to help. It only buries you more deeply into a deadly pit of despair and loneliness. Knowing no one can save you and realizing this is a fact in your life adds to the hopelessness you are enduring. The “what-ifs” and “if-only” do not help your dire situation. Yes, Sex Addiction has brought you to this unexpected place.

Today you feel empty. What you will learn is you are now at an advantage! How is this possible?

PERCEPTION OF EMPTINESS

There is much “Emptiness” you are bearing, and the fear has you exhausted. **Is it so terrible to be empty?** Be aware of your current perceptions. **Perception is everything.** If you look at emptiness as a negative, sad reality in your life, well then, that is what it is. It is a dark, lonely place that is holding you down. As you trudge along, you grow weaker and weaker until you tire out; mental, emotional, and spiritual bankruptcy. Then what? You will live life unlived when yet, inside you, is POWER and GREATNESS. You have no clue what is inside of you. You have yet to learn this incredible power that lays dormant right now. **You have Greatness within you.** You are filled with a Power you have not yet witnessed for yourself. But you are looking at this emptiness, feeling beaten and crushed. You are wrong! Your perceptions are deceiving you! Let me explain. You are not beaten!

Open your eyes!

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Think of it with a refreshed view. There was a need for the old you to be emptied. Poured out. You have been cleansed. **You have been stripped of all the old stuff.** You have been washed. You have been carried to a place for New Beginnings. **New Miracles are about to happen to you.** You are about to rise from the ashes. You are on the verge of the greatest experience of your life if you get up and get going – forge ahead no matter what. This is NOT the time to give up or give in. This is NOT the time to give away your control. You must regain self-control and discipline. Now that you have been emptied, refreshed, and awakened with a new pair of eyes, there is something new to see. Now is the time of your life to stand erect, to look boldly into the future. Stop listening to the sad song you have been singing and sing a New Song. This is the day you **Wake Up** and start *creating* the music of **what it is you want to come into your life.** Being emptied of “that stuff” is good. You are releasing what you no longer want and surrendering to emptiness as a gift; you are empowered. You will learn that it is a false belief that you have nothing and “lost it all.” There is a power within you that is all you need to rebuild; you simply have not witnessed it yet.

This is a song that played a key role in my **Waking Up**, so to speak:

“I Can See Clearly Now” – Jimmy Cliff

*“I can see clearly now the rain is gone
I can see all obstacles in my way
Gone are the dark clouds that had me blind
It's gonna be a bright (bright)
Bright (bright) sunshiny day
It's gonna be a bright (bright)
Bright (bright) sunshiny day*

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Oh, yes, I can make it now the pain is gone

All of the bad feelings have disappeared

Here is that rainbow I've been praying for

It's gonna be a bright (bright)

Bright (bright) sunshiny day

Look all around; there's nothing but blue skies

Look straight ahead; there's nothing but blue skies."

This song was my inspiration and vision! (And it came true for me 100%)

CREATE YOUR NEW VISION

This concept I am about to explain may seem farfetched, odd, perhaps even silly. However, it works, and it WILL work for you. The first tool to use (to forge ahead from what seems to be a hopeless situation) is **VISION**. **You must create your Vision. You must create a new story. You must create a new life.** You are the writer of your story, the producer of your movie, the architect of your future. You must tap into that **Inner Resource** within you and awaken the amazing YOU that is still in there. There is an **amazingly powerful YOU within you**, whether you believe it or not. **It does not need your belief to be a fact!**

Here are some universal facts about you. You are worthy. You are loveable. **You are enough just as you are.** You are not the things you did, nor the things that "happened" to you. You are not your sex addiction, nor are you what you did in your active sex addiction. They are the things you did, not who you are. **You are YOU:** A person who has unlimited potential, unlimited power to rise, unlimited amounts of love to give, and unlimited amounts of love to receive. Yes, You! I am talking to you. **This is the time to rise.** This is the time to shine. This is the

time to take full responsibility for your life and OWN your life. **Own You.** You had immense Power before, and you have immense power today, and you will have immense power tomorrow. **You have the power to create, to destroy, and to create again.** You can, and you will do this. Focus!

YOU HAVE BEEN COMPLICATED – KEEP IT SIMPLE!

How, you ask? The answer is simple, unfortunately, you have been complicated. Therefore, you must simplify things. **Simplicity is key.** And with that simplicity, you can more easily focus on creating your VISION. Imagine, if you will, pictures in front of you. Close your eyes and see pictures of your future, visions of what you will accomplish, visions of who you will be, and visions of success, prosperity, happiness, joy, and peace. A vision of your life with sex addiction eradicated for good. How does it feel? It is there, waiting for you. All you need at this moment, in your emptiness, is your vision. Your future MUST start with a vision. See it. Some say you must see it to believe it. No! I say **you must believe it to see it.** Vision. This is a great beginning, but there is more.

Your vision must be clear, precise, and definite. Be specific. **See the vision** with its colors and its scent. Smell it. **Feel the vision** as though it is already here, today, right now, in front of you. How do you feel seeing that vision accomplished? How do you feel smelling that success and peace and joy in your life? How does the air smell? See it. **Smell it. Know it. Believe it. Trust it. It is a guarantee.** It is as real as you are reading this right now. Trust me, please, I know what I am talking about. The Universe cannot fail you. The Universe CANNOT FAIL YOUR THOUGHTS! Vibrations are always in sync. Vibrations are everywhere.

I was once where you are right now. I was hopeless. I was scared. I wanted to die. I almost gave in to death itself. I was desperate and thought of how to end my own life. I know how difficult and challenging and sad life can be. I was severely sex addicted, I wanted to die. So many times, I fell to my knees praying to God to help me stop. I was hopeless. I went to prison for cybersex with a high school teen I chatted with on Craigslist. I was nationally humiliated and literally fell to my knees many nights begging God to not let me wake up in the morning. I thought of ways I could end my life.

I know where you are right now. I know. Believe what I am telling you. There is a solution. I have experienced it. Create your VISION today. BELIEVE in your vision. Trust in your vision whole-heartedly. Hold onto your vision firmly. Send it out to the Universe, Earth, God, or whatever you believe in. Breathe it out. Inhale it in. **Let your vision become your everything.** It will save you. **Your vision will be the start of something big in your life.** For me, this is how my new life began, my new creation. **My VISION became my Mission.**

Being emptied provides a clean slate which is an opportunity. The emptiness is wonderful. It is grand. Think about it. **What a beautiful opportunity you have before you today.** To grow. To learn. To conquer. **You are on the verge right now, right here, of the greatest experiences of your life.** Do NOT quit before the miracle happens. I suggest these three to get started: **(1)** start your **Vision Board**, **(2)** write your **Goals List**, and **(3)** see it all **achieved and accomplished in your mind.**

Can you see it? Smell it? Feel It? Taste it? Practice every day to create it. To reiterate, start your Vision Board today, write a Goals List right now, and see it already accomplished.

You must believe it to see it. I promise that if you follow through, see it as though it is happening now, and hold onto that vision no matter what, and against all odds, it will come true for you. I know this formula to be true. The vision must be free from self-doubt!



STRATEGY #2

BELIEVE

EXPECTATIONS LEAD TO DISAPPOINTMENTS

Expect no one to believe in you. Expect people around you, even loved ones, to question some of the choices you make as you rebuild your life. Expect no one to support you. Expect to be alone on your journey of rebuilding. Life is not necessarily what some would define as “fair.” **Life is challenging and difficult.** Tough noogies. It is what it is. Life is not fair.

Even though life is challenging and difficult and not always fair, you can move forward. If you **expect** someone, anyone, to support your decisions and choices and push you through to the end, you may be disappointed. I am simply *suggesting* not to **expect** anyone to believe in, support, encourage, and push you, but if you have people in your corner, you have a greater advantage than most. Good for you. Even so, they are not the ones who have to do the work. It is **your** building, not theirs, so you must forge ahead with or without them. **We can do together what we cannot do alone.** We need each other, but sometimes we must get up and get going even if there is no one to lift us. (Do not forget G.O.D.).

Can you believe in yourself when no one else does? An important question to ask yourself. Self-reflection is important. Self-reliance is important. Often, people will disappoint you. People, in general, are unlikely to follow through on **their** commitments, promises, and

obligations. People live on the “I’ll try,” “I’ll call you back,” and “I’ll let you know tomorrow” plan. Many people do not like to make commitments because, well, “what if I don’t feel like it tomorrow,” they may think. These “try” people make decisions (or not) based on fear of commitment. “Try” is their escape clause. They are unreliable because they lack **Integrity**. The Bible says, “let your yes mean yes, and your no, no.” A great suggestion many do not follow. There is nothing more important to personal character than integrity. Do not expect people around you to have it. That is on them. **YOU, however, must have Integrity!** It does not matter who else has integrity or not, you must. This building of your new life is about you, and you alone.

Ask yourself, “**Do I have what it takes to believe in my dream even if no one else does?**”

Your answer will determine whether you succeed or wander about aimlessly. Your dreams and visions must not be dependent on other people’s opinions. There is no time for self-sabotage. Quitting will prevent your dreams from being fulfilled. This is no way to live. Therefore, you must strengthen your belief and **never quit**. No one ever said quitting would bring you closer to your goals. No one! Ever!

After you create a Vision for yourself (a concrete future dream made up of these three: a **goals list, a vision board, and vivid imagery in your Imagination**) you then must have **BELIEF in the vision**. No one in the world must believe in it but you. **No one in the world must believe in your success but you**. No one other than you need to press forward to fulfill YOUR dream. This is **your** dream. **Do not allow other people’s dreams for you to interrupt your journey**. Do not allow other people’s opinions of you to determine your destiny. Do not allow anyone to tell you about their dream for you because, frankly, it is **their** dream, not yours. It may be a good idea,

but it is not your idea. You must find your dream passion in life, write it down, then detail it. Create your Vision. It must be real to YOU. It must be realistic and attainable. Produce your dream to the world.

Your vision must be what YOU WANT in your life. Have determined Passion. Have a relentless Desire. Something you know with certainty deep within is the reason you are here. Your Purpose. You know it with clear determination. Share it with trusted friends, family, co-workers, etc., as if it already is on its way. This will strengthen its “realness” and certainty in your mind. Perhaps the energy vibration of others seeing it for you will intensify the Universal vibration bringing it to you. Hopefully, your return will be filled with support and encouragement. Remember, do not *expect* them to be behind your dream. In fact, most may not believe in your dream at all. The secret is they do not have to.

Believe in this vision with all your heart. Believe and KNOW in your heart this is your life and your life purpose. Believe in this vision as if it is happening in your life right now. Believe the Universe already has it prepared, and you are on the receiving end now. Believe it is coming to you much how you make an order on Amazon, and you quietly KNOW with certainty it is on its way to you. The Universe already has what you desire, you need to be prepared to receive it.

There is a great Bible quote I appreciate. It tells you exactly how to get what you believe in. It is simply this, **ASK**. The Bible says, “*ask and it shall be given.*” The Bible does not suggest asking with doubt. You are to ask with assurance. You are to ask as if it already exists. I appreciate the following words also published in the Bible, “*But when you ask, you must **believe and not doubt**, because the one who doubts is like a wave of the sea, blown and tossed by the wind.*” It

further explains *“that man should **not** expect to receive anything.”* Hmmm, interesting. These words were documented over 2000 years ago. They were true then, as they are true today. Do NOT doubt! The mental vibration of doubt is slow and negative.

Create your vision, then believe in that vision. Believe in it so strongly, so deeply, it gives you a sense of peace here, now, in this moment. Conviction. If believing in your vision comes to you with difficulty, **ask yourself if you can take a leap of faith and at least *be willing to believe.*** See where it takes you. The belief, and the willingness to believe, will hurt no one. Certainly, it will not hurt you. What harm is in the willingness to believe it is possible? Sometimes all you must believe is “it is possible.” Simply believing the vision you created is possible is easy. Anyone can do it. It is free. Comes at no cost. Comes with no pain. **Belief is offered to you by simply making a free, painless choice.** What is the worst that can happen? After all, would you agree that almost anything IS POSSIBLE! Why not for you?

INTERNAL DIALOGUE

To make the belief in your vision strong, you must have focus. You must be aware of your internal conversation. Your internal dialogue is important. How you speak with yourself must be considered. Beware, 87% of negative self-talk goes unnoticed by the conscious mind. Pay attention to the conversation you have with yourself. You talk with yourself more than anyone else talks with you. You are your greatest advocate or enemy. **Thoughts can be the demons who hold you hostage or the angels who set you free.**

You must practice telling yourself that your vision and your dream are real and coming into your life. **You must tell yourself that it's unfolding now in your life in one form or another.**

You must tell yourself that you are happy, fulfilled, and peaceful because your vision is coming true for you. Meditate by closing your eyes and seeing the vision in front of you. Walk into the vision. See yourself there. Feel yourself there. See happiness and joy around you. Keep telling yourself the vision is real and coming into your life even at this moment.

To strengthen this belief, think about your vision day and night, morning, and afternoon. Think about your vision, passion, and dream throughout the day. Talk about it, think about it, write about it, look at your goal list repeatedly, your vision board, make it real, over, and over, day after day, see it, feel it, know it, talk about it, dream about it, trust it, make it alive in you, **make it you**. In time peace will come over you. Knowing within you that your vision is for you, it is your purpose. You will solidify your vision and belief naturally because of your practiced repetition. In this, you are well on your way to rebuilding. It is necessary, and it is up to you to **live your vision**.

Vision and Belief are significant components to the success of your new story. Your new creation is beginning, and the journey must continue. **These two important and valuable assets, vision, and belief** are simply fantasy, thoughts, and imagination at work. Everything begins with imagination. All creation must begin here. Vision and Belief require no action. When a decision is made, nothing happens until action is taken. Once you have your vision and belief in clear focus, you must act.

Therefore, the next ingredient needed is **ACTION**. **You must have momentum in-line with your vision and belief.** There are only two directions in life: closer to your goal or further away. These three ingredients are all required for the rebuilding of your new life: vision, belief, and

action. These ingredients must be in partnership and agreement. A crucial part of the action is **Positive Affirmations**. They are important to sustain the energy needed to boldly move forward. These affirmations (positive self-talk) will strengthen your belief in yourself and the vision you created. You need determination, conviction, and commitment, which can never tire out. There is no room for doubt when you fill your thoughts with positive affirmations. You cannot feel good if you are having negative thoughts. Conversely, you cannot feel bad if you are having positive thoughts. Thoughts create powerful vibrations in your life.

Action must be **progressive** to bring your vision into reality further. NOW is the time. “Faith without works is dead,” or in other words, belief in a thing is not enough, you must act for it to become ALIVE. Make your vision and belief come alive and breathe. You must breathe life into it! Make it happen for you. **The breath of life is in ACTION.**



STRATEGY #3

ACTION

I CREATED MY VISION, STRENGTHENED MY BELIEF, AND WAS DETERMINED TO ACT

I walked out of prison doors after 1,829 days passed with a few more wrinkles, a bit greyer hair, older and wiser than when I arrived there. Those 5 years were the most excruciating of my life. It was horrific. I had suffered in that dark place. I had experiences I would rather forget. My mom passed away 12 months before I came home. I was devastated, yet I was responsible for the actions which brought me there. I was Methamphetamine and alcohol dependent, and my sex addiction was out of control. Self-destructive would be the best way to describe my lifestyle at the time.

Upon arriving home, I had little money, a suspended license, no vehicle, no house, no credit, no material possessions, was thousands in debt, had four felonies, a registered sex offender, and apprehension about the days ahead. I seemingly had nothing. But did I? It seemed all the odds were against me.

However, I had found something money cannot buy! I had hope, drive, and passion. I had a dream, belief in that dream, a relationship with G.O.D., and integrity. I was my best friend. All

those years behind four walls facing horrors day after day, I did some intense soul searching. I searched for my life meaning and purpose. I used to search outside myself through sex, drugs, and alcohol for peace, serenity, and comfort. I looked in others, through sex and relationships, for nurturing, self-worth, validation, and love. I searched for decades through sex, drugs, alcohol, and relationships. This formula for searching brought me an addiction to sex, meth, and alcohol, a failed career, ruined reputation, bankruptcy, and self-loathing. I hurt a lot of people, tore through lives like a hurricane, and was self-centered to the core. To put it bluntly, I was not playing with a full deck. My mind was deeply troubled, and I was a mess. Behind those four walls, however, I found what I have always wanted: **a sense of real, undeniable purpose.**

I created a new story for myself with my **imagination**. A story of what I would do and who I would be following my release. The story I created became my vision. I used that vision to bring the first level of creation into my reality: **a vision board**. I created a vision board that I looked at every day. Every day! To further my vision, I journaled intensely and daily. **My vision became a powerhouse of belief**. Positive Affirmations filled my journal, my thoughts, and my spoken words day and night. This was a must for the certainty of my imagination and vision to come true for me. My journal, my thoughts, and my language became my lifeline and my sanity.

I created a new life with my imagination as I lay there on a bunk. I was locked away in a cell behind four cement walls holding onto my imagination. I consistently went to that place I was creating. I was surrounded by yelling, screaming, and filth. Roaches, ants, and mosquitos everywhere. Sharing a toilet with no doors, no privacy, and struggling to hold onto any form of dignity. **Nothing would deter me from my vision**. Nothing! I used my imagination to create a vision; I journaled positive affirmations relentlessly to make the belief in my vision powerful; I

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was driven with a determined hope and an inner resource of strength. I held onto my connection to G.O.D. Sex, drugs, and alcohol were fully available behind those walls. But I knew what my purpose was. I had to keep the momentum all those years, holding onto hope and dreams. I had to. In that place, life was seemingly without purpose. It was difficult. It was challenging. I, however, allowed nothing to stop me. **I was unstoppable.** You must be unstoppable. If I could do it, so can you!

Action was key. I needed more than imagination and hope. Action started with journaling, meditating, and building my vision board. I created a business plan and a detailed list of what was needed for success. *I was the creator. I was the designer. I was the producer. I was the architect.* Holding onto G.O.D. and KNOWING I was never alone; He was always with me. I was safe.

Following my release, the action was following through on the plan I created. Yes, I began immediately setting the pace and keeping it in motion. I created a life from that vision. I became an entrepreneur. I was successful, starting with my imagination. I created a story for myself behind those walls, and that story has manifested itself today. The testimonials of lives my story and coaching have transformed speak for themselves. My vision and belief were paramount, but action was the needed key to MAKE IT HAPPEN! **Action was and is the breath of life.**

ACTION & FAILURE

There is no room for doubt, but there is plenty of room for failure. **If you fail to plan, you are planning to fail.** But in the plan, plan to fail and accept it as part of the process. **You will fail on your way to success.** Failure is part of growth, success, and prosperity. Failure is needed to

build your character. Failure is imperative to teach you what does not work. It offers you strength. Never fear failure. **Failure is one of your greatest teachers.** So, I suggest you make your plan and plan to fail, but do not fail to plan. If you missed it, read it again, you will get it. Success is not for those who want it, nor those who need it. Success is for those who are willing to do what it takes to get it and do it. What are you willing to do, and will you do it?

FOLOW THROUGH

Decide what you want to do, then do it with full conviction. An unrelenting, determined effort. Do your best to gather information, make phone calls, and research. Read about what you want to do. Learn. **Act on behalf of your dream.** Support your dream in as many ways you can think of. You must make a commitment with no compromise, no negotiations, and no conditions other than following through. **You MUST follow through.**

Before my release, I contacted ISSA (International Sports and Sciences Association) regarding the certifications I wanted. They mailed me all the requirements. I gathered all the information. Action. I did all I could, with all I had, with where I was. When I came home, I continued the momentum. I paid for the books and the courses, took the tests, wrote the essays, submitted the work. I had apprehension and some fear. I moved forward anyway. Whoever said life was free of fear? Courage is doing things despite fear; otherwise, there is no courage. Then I waited. My purpose began: to help as many people as possible transform their lives as I had. I initially named my business **Life Transformation BMS: Body, Mind, and Spirit**. Later I renamed it **Academy of Life Change LLC**. I created a website. I designed and ordered business cards. My logo was created. My imagination from several months and years prior manifested itself into my

reality. That was power. I had power. (1) Action on behalf of my (2) vision supported by my (3) belief, brought life into it. I had the POWER to breathe life into my purpose. You can breathe life into yours too. If I could do it, so can you.

SPIRITUAL PRINCIPLES

Several spiritual principles are needed to keep your vision on fire. Patience, determination, and conviction are three of them. These three will make you unstoppable. They are required if you are to provide consistent action to bring your vision into this world. You have much power within you to create. I do not think this, I know this! As you are an active participant in your rebuilding, your confidence will progressively deepen. You will witness a confidence growing within you like you never experienced. There is a power in witnessing your own imagination come alive in this world. Your imagination will become reality and will continue to bloom with continued nourishment. What starts as mere imagination can potentially influence others and can change countless lives. Your imagination is powerful. **It is imagination where your vision is created. It is in the thoughts where your belief is given momentum. It is from your heart where determination brings it all alive.**

You have amazing power. Trust me. All you need is within you, not out “there.” Searching outside yourself leads to a dead-end, dark, lonely place. I discovered how the searching out there was the death of me. Today, I look within. You must as well.

Look within and find your purpose. Bring it alive. When you do, something new is seemingly born. A new spiritual principle comes knocking, where in the past, you may have had little faith. Faith is needed for continued success in your rebuilding. Faith is the king, the leader

of spiritual principles, so-to-speak. **Faith is the assured expectation of things hoped for.** Ironically, up until now, you may have been unaware that you have been deliberately **building your own personal faith.** Faith was with you as soon as your imagination created your vision. Faith was with you as your belief system matured. Faith came along with your action, for without faith you would have stopped a long time ago. Faith is what pushed you to do this program. Faith has always been with you. Now, however, **your faith is sharpened,** and you will notice its power. **Faith makes you unstoppable.** The next chapter will focus on faith and how it plays a significant role in your success and prosperity in all areas of life. You cannot stop now! The Champion in you is coming out, and there are **no limits to your potential!** If you do not believe this yet, you will. **You will come to believe you already are a Champion.** Yes, you!



STRATEGY #4

FAITH

CREATING A NEW STORY

I created a new story for my life using my imagination. This new story was a safe place for me when I was in the chaos of shackles, handcuffs, cell doors, open toilets, shakedowns, and gang fights. I used my imagination to escape from the horrors of that dark place. My imagination became, in part, my sanctuary. Counting down weekends, chicken Tuesdays, and visitation days was one way of measuring the time until my release from isolation and captivity. However, I found my way “home” behind those walls and fences. It was the “home” of my mind and my spiritual connection to G.O.D., the Universe, and other people that I was able to create and build my new story. A new story was needed because the old one was not working. I needed a refreshed story, one free from the **prison of my old mindset**.

Transforming my mind was one way I discovered spiritual keys unlocking the power within me. I was able to imagine new visions for my future. I had meditated in quiet moments to build that vision. I journaled and discussed my vision with others. **I made my vision real**. My imagination was, and is, powerful. **Your imagination is powerful** too. You can create a new story right now, today. Why wait? What are you waiting for? Create a new story immediately if you are not happy with the story you are living today. **Create and recreate**. I did because I had to. I was

tired of the old story. Exhausted by the old story. It was time. I was responsible for my old story as I am responsible today for my new one. **Be responsible for your new story.**

You are responsible, no one else. You are responsible for creating a new story, building your belief system around that story, strengthening the vision you have created, and making it REAL. No human being on earth is responsible for this; YOU ARE. Get going now. Vision. Believe. Act. As you witness your vision deepening, your belief strengthening, and action by journaling about it, talking about it, and taking in knowledge about it, your faith will inevitably grow. It did for me, and it will for you!

LITTLE FAITH IS ENOUGH TO START

Little faith is needed at first. Little faith is all you need for the vision to begin. A little more faith is needed to build your belief system. Faith is what motivates you to act. You will be unaware of the growing seed within you. Faith will mature along the way. Faith is what will keep your vision driven. Faith is what will keep your belief alive, breathing with power. Faith is what will keep your momentum unstoppable. Faith is a spiritual principle that will prevent you from quitting. You must never quit.

Faith is the assured expectation of things hoped for. **Faith is believing in the unseen.** Faith is believing what you see with your **spiritual eyes**, even if no one else does. In fact, *no one* else needs to have faith in your vision. You do! Faith is having complete trust and confidence in a thing. Faith is believing in a thing without proof – blind faith. Faith is knowing a thing deep in your gut you know is true for you. A Great Man from history who was considered to have great wisdom once said, “whoever says to this mountain, ‘be taken up and thrown into the sea,’ and **does not**

doubt in his heart, but believes that what he says will come to pass, it will be done for him.”

Mountains are obstacles, challenges, and difficulties that may seem impossible to cross. Mountains are painful memories, broken spirits, and hopeless hearts that may seem impossible to leave behind. Faith, however, is the certainty these things will be “thrown in the sea” and not a concern for you any longer. Faith will grow if you feed it.

THEY HAD FAITH, SO CAN YOU

You must let the fear of failure go. You must let fear of the unknown go. You must be courageous and strong. You must look fear in the face and match it with an undeniable certainty it is without power. No longer feed fear. Fear must die. How? Quite simply, using your thoughts. Thoughts are and have power.

Thoughts of flying gave birth to the first airplane built by the Wright brothers. Thinking is what made Benjamin Franklin capture a lightning strike, thus discovering electricity. Thomas A. Watson, one of Alexander Graham Bell's assistants, was trying to reactivate a telegraph transmitter. Hearing the sound, Bell **believed that he could solve the problem** of sending a human voice over a wire. He figured out how to transmit a simple current first and received a patent for that invention on March 7, 1876. He thought about it and BELIEVED he could solve the problem. All these men said to the “mountain (problem), ‘be taken up and thrown into the sea.’” Look what happened there. A thought and a belief; utterly amazing power in both!

You have that power too. Faith was required by the Wright brothers to fly. Why was faith needed? They **believed** they could make a machine fly. **They believed it was possible.** They believed they had the ability to create a flying machine. Was belief enough? No! Everyone around

them thought they were crazy. Faith is what kept them going. They **KNEW** with faith and certainty, without a doubt, that they would fly. In fact, as children, they **dreamed (imagination)** of flying one day. It was their **passion**. They were **determined against all the odds**. They never quit. They **persisted** because they had a vision since their childhood, a strong belief from years of dreaming, and a determined resilience. They studied and took in all the **knowledge** they could find. Between 1888 and 1903 the Wright brothers conducted a program of **aeronautical research and experimentation** that led to the first successful powered airplane in 1903 and a refined, practical flying machine two years later. They had undeniable faith. They saw with their spiritual eyes what was to come. Their childhood imagination became their belief! Their gaining knowledge, along with faith, made it happen. No one else had faith in their dream nor in them. Yet, they flew.

YOU ALREADY HAVE FAITH

Perhaps you believe you have no faith. “I do not have faith in anything,” you may say. *Faith, for many, means the belief in something religious, God, the Bible, or any spiritual matter related to a creator and a heavenly father. Your faith may differ. You may not have faith in yourself or faith in others. Perhaps you lost faith in love, your success, happiness, and joy. You may have lost faith that you can experience freedom from your sex addiction. Failed attempts to stop acting out sexually has destroyed any vestige of hope and faith for you. You may believe you do not know how to have faith, or how to get it back. You may believe you are a lost cause when it comes to faith of any kind. But you are mistaken. You know how to have faith, and you have faith already. The question is, “in what?”*

You may be in a slump, a place of pain and loss. You may be struggling to make ends meet and suffering from a negative view of yourself and your life. Your sex addiction may have brought you to your knees repeatedly, and you feel hopeless. You may be alone, single, and depressed. You believe you are a failure, and there is no way out. Interestingly, this is faith.

You have developed faith in failure.

Faith that you have no chance for improvement. Faith that a good life is not in your cards. This faith is strong enough that you are convinced, and assured life will not get better for you. Your faith, and commitment to this faith, has kept you frozen, locked in the prison of your mind, and assured that you will not win in life. You have loyal trust and confidence in failure, unworthiness, and inferiority. You lost hope and surrendered to mediocrity or worse. You have such deep faith in your failures that you have conviction in them and no longer reach for your potential. You do have faith, but **it is inside out**. You have faith, but **it is misdirected**. Your faith needs refreshment, positive redirection, healthy nourishment, and honest appraisal. You have a faith **that needs to be transformed**.

You know how to be committed, determined, and dedicated. You have been doing these very things in the claws of negativity and desperation for years. So, yes, you have the qualities of faith. They need to be reversed.

Follow the guidelines here by creating a new story. A refreshing story. Imagination. Follow imagination with a vision of who you want to be and what you want to do with your life. Dream. Develop a belief in that vision by simply knowing it is “possible.” **It is possible**. Start with that. Talk about it, journal about it, write a plan, learn, and take in knowledge, get to your vision board,

look at it every day, act on behalf of your vision. In time, faith in this new direction will come and it will come naturally. **Your faith will grow as you practice** day after day doing these simple suggestions. **A certain measure of faith is given to all of us.** What you do with that faith is up to you. Faith needs to be nurtured, taken care of, fed with positive thoughts, affirmations, and actions. **Create a new story by changing your inner dialogue.** Stand up to yourself on the inside and tell yourself to stop the noise. Begin talking with yourself as if you are your best friend. Practice. Practice. Practice. In time, your faith will transform. The fact that you are here and willing to practice new ideas, means that you have faith in the possibilities.

Your faith is based on what you are dedicated and committed to.

You have the power to develop the most amazing faith, even if it is the size of a “mustard seed.” **It takes just a little faith to move mountains.**

Transform your faith by ridding yourself of the *faith that mountains cannot be moved* for you and redirect your *faith that mountains can and will be moved* for you.

It is possible. **Faith is the momentum that keeps you going.** The direction is up to you. What are you determined to do with your future? Where is your faith? Faith will keep you determined to fulfill your vision and keep the momentum in full gear. Determination is the last strategy for success in your rebuilding against the odds. Yes, you **MUST** be determined no matter what!



STRATEGY #5

DETERMINATION

DETERMINATION

Most people are not determined for success. Most people will not make a commitment to change, improve their situation, and transform their lives. Most people are so terrified of change they run right back to their old pattern of living. Some think it is fear of failure. No! **It is a fear of change.** Most people are comfortable being right where they are. Change is so terrifying that most people would rather stay miserable, unhappy, and unfulfilled.

When I was actively involved with my sexually addictive behaviors, I believed I was defined by them as a man who was wanted, loved, needed, and desired. I was a very sexual man with an insatiable sexual appetite and totally out of control. I cheated, lied, lost hours of sleep, lost focus at work, isolated from friends and family, and was mentally warped into a life of sex and drugs. I knew I needed to change and to stop acting out. I knew I needed a healthier direction, but I had no clue who I would be if I didn't have the sex, drugs, booze, and pornography. Who would I be without those very things I believed made me who I was? I was terrified that I would be painfully lonely, bored, unhappy, and unloved. I later realized I was using sex to run from those feelings I feared to experience. Changing to a life of sobriety literally terrified me!

When I was given the gift of desperation, I found determination to forge ahead sober.

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

Determination takes courage, stamina, and persistence.

Most will give up and quit before any change takes place. Giving up is common in our culture today. In fact, studies have shown that only 8% of people will complete a commitment. Only 8%! That means 92% of people who make a commitment will quit. No wonder why only 1% of people on earth have nearly 50% of the world's wealth. It is the few who have not quit. The number of quitters and those who give up is staggeringly high.

Determination is difficult. The human brain is conditioned to think negatively. It is easy to think negatively. Studies at MIT have shown that it takes 17 positive affirmations to cancel out 1 negative comment. The human brain accepts, processes, and believes in the negative so strongly that it takes 17 more positives than negatives to balance the scales. Many children are raised in broken homes with alcoholic parents, single-parent homes, poverty, and abuse. Negative environments. Negative influences. Negative ideas. Fear. There is so much negative in this world no wonder so many are conditioned to think and live negatively. There is NO REASON for you to live this way. You can be of the small percentage of people who follow through to live differently. The choice is yours. Yes, you do have a choice.

DETERMINATION IS A DECISION

You choose what you commit to. You choose what you believe. You choose what you want to do with your life. You choose who you hang around with. You choose the conversations you have. You choose to live proactively or not. You can live productively or destructively. Your environment will influence you as a child, but when you reach adulthood, the responsibility

belongs to you. You have power over people, places, and things. You have power over who you associate with, places you go, and the things you do.

Most everyone is given a conscience. Most adults, even children, know right from wrong to some degree or another. It was in your heart when you were born. Choices. That is what life is. A huge bundle of choices and decisions. It is estimated that the average adult makes about **35,000** remotely conscious decisions each day. Each decision, of course, carries certain consequences with it that are both good and not so good. Choices are acts of selecting or deciding when faced with two or more possibilities. Although people can make choices, they also have preferences and make choices based on those preferences. If you take a close look at your choices and your preferences, you will notice how they are related.

DECISIONS ARE BASED ON PREFERENCES

A preference is a greater liking for one alternative over another. Thus, your decisions are based on your preferences, and when you make those decisions, it is because that is what you are committed to. If you are committed to a decision, you are determined to fulfill that commitment.

So, therefore, what is your preference, what do you desire in life, and what type of person do you want to be. You will be determined to commit to your preference. More simply, you will be determined to fulfill your greatest desire. If your desires are selfish, you will be determined to fulfill selfish desires. If your desires are greater, deeper, more spiritual in nature, you will be determined to fulfill those.

DETERMINATION IS BASED ON PREFERENCE

I preferred sex, drugs, and alcohol for many years. I was determined to get high, drunk, and live a life of sexual promiscuity. I was successful at this. All the decisions I made were in one form or another based on getting the results I craved. I was the master of feeling good at the expense of my happiness, success, and inner peace. I paid a heavy price. I was determined for sure. I continued progressing rapidly down the road of destruction, chaos, and loss. My determination drove me. Determination was key to fulfilling my commitment no matter what. Nothing would get in my way to do what I wanted, be who I wanted, and live how I wanted. No one could stop me. No one could change me. No one could interrupt my journey. No one had the power to make me see how my determination was influencing my life. In fact, I was laser-focused on the path I chose. My determination brought me to my knees, losing everything in my life. I gave everything I worked for in my life away. Yes, I was determined alright. **My determination was powerful.** My determination to act out sexually was so strong and determined that I gave everything away for it, especially my career and freedom.

I realized something was wrong with the direction of my determination once my world was shaken. It was shaken so badly that it had to be my misguided determination. I was in handcuffs and shackles with years behind bars. One day I realized I was committed to destruction. I do not want to be on my deathbed and realize I lived my life all wrong! I had to change my story. The story of my life was not working for me any longer. Determination was the key that brought me to the gates of despair. Determination was not difficult for me. However, I had to change everything about it. I had to change my preferences, decisions, and commitments. Ultimately, **I had to change my mindset. Determination itself was good, but I needed to**

transform what I was determined to accomplish in my life. A new mindset would create new preferences, which in turn would create new decisions and thus a refreshed new determination. A transformation of who I wanted to be and what I wanted to do. I knew how to be determined with no negotiation, no conditions, and no excuses. I did not negotiate with my determination before, despite where it led me. Later, I learned change and transformation were needed. A new perspective. **A new design for living.**

COMMITMENT TO DETERMINATION

A new design for living must be learned, practiced, and established in your life. The old story is not working any longer. The story must be changed and recreated. **A new creation.** The journey must continue but in a new direction. Be committed to a progressively productive journey and reroute yourself away from the destructive course you were taking. You are in control. You have all the tools needed within you to develop a new plan with new eyes and a new direction. **You must reorganize your mindset and change course.** You were determined before, but the journey was farther away from your dreams and goals. Today you remain determined, but with a new path and a new destination. One that will bring peace and serenity and success. You are in control and are unstoppable. Time for a new you and a new design.

You must be determined to achieve your goals with **absolutely no negotiation.** No matter what happens, you **MUST** stick to your plan, follow through, and finish what you start. There are no excuses to give up and quit. Determination means you will keep going, and if you tire out, you will recharge your “spiritual batteries.” Take a break. Rest a bit. Step back. Refresh your mind, then come back with a new determined effort. Determination means that you will complete the

task at hand under all circumstances and happenstances. Your eyes must be focused on the outcome. The destination must always be in view. The journey must continue no matter which obstacles and challenges come your way. There are no mountains so high that faith and determination cannot move. Determination means absolutely no deterrent can sway you from your conviction. You must be glued to your commitment as if your life depends on it. Why? Because it does!

There is a time to cry, and a time to laugh, and a time to dance, and a time to sing. Feel what you are going through but do not get stuck there, grow through it. There is a time for everything. Today, times have changed, your commitments have changed, your preferences have changed, and your decisions and choices are in line with your new design. Remember to create a new story. Be committed to that new story, determined that you are unstoppable no matter what comes your way.

If you need to cry, cry. Feel. You are human, but do not stay there long. It is ok to feel and be emotional at times but discipline your emotions to avoid getting stuck there. Step back, clear your head, look at your situation from a different perspective. Then come back and move into your new plan, your new story, with a refreshed vigor.

Allow nothing to get in the way. People may not like you. They may not support you. Maybe some will reject you and your ideas. That is ok. They do not have to agree with you. This is your life, and if you have conviction, commitment, and determination alongside your belief and vision, you will be a champion. **Do whatever it takes with what you have with where you are.**

Determination means you are **courageous** against all the odds. Determination means you are **unstoppable**. Determination means you are not willing to negotiate the terms of your commitment. There are no negotiations. You are a different person today. You are a person with dignity, integrity, a clear self-perspective, and a vision that you are committed to seeing through. No human, no situation, no challenge, no difficulty, no rejection, no judgment, no hate, no gossip, no rumors, no backbiters, no backstabbers, no critical opinions from others will ever deter you. **You can do this, and you will.**

Rebuilding against the odds is possible for you because you have the determination that will never waver. **Never allow tiring out to cause you to quit.** Instead, refresh yourself and keep going. Determination is the final strategy for success as you rebuild your life against the odds. I have done it. You can do it. Today it is your time to forge ahead. You must go after your goals as if you need them as badly as you need to breathe to stay alive; this is the ultimate determination. Now go!