

# The New U

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## STEP 1

I'm Fine, Everything is Fine.



# I'm Fine, Everything is Fine.

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- I'm fine, everything is fine
- Compared to everyone else, I am very fine
- Don't tell me what's wrong with me
- The 12 step program and the 21<sup>st</sup> Century
- Abstinence is not enough

# Three Baby Steps of Being Fine

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- Compared to everyone else, I'm fine
- The 20<sup>th</sup> Century 12-step program in a 21<sup>st</sup> century life
- Make sure this the RIGHT track



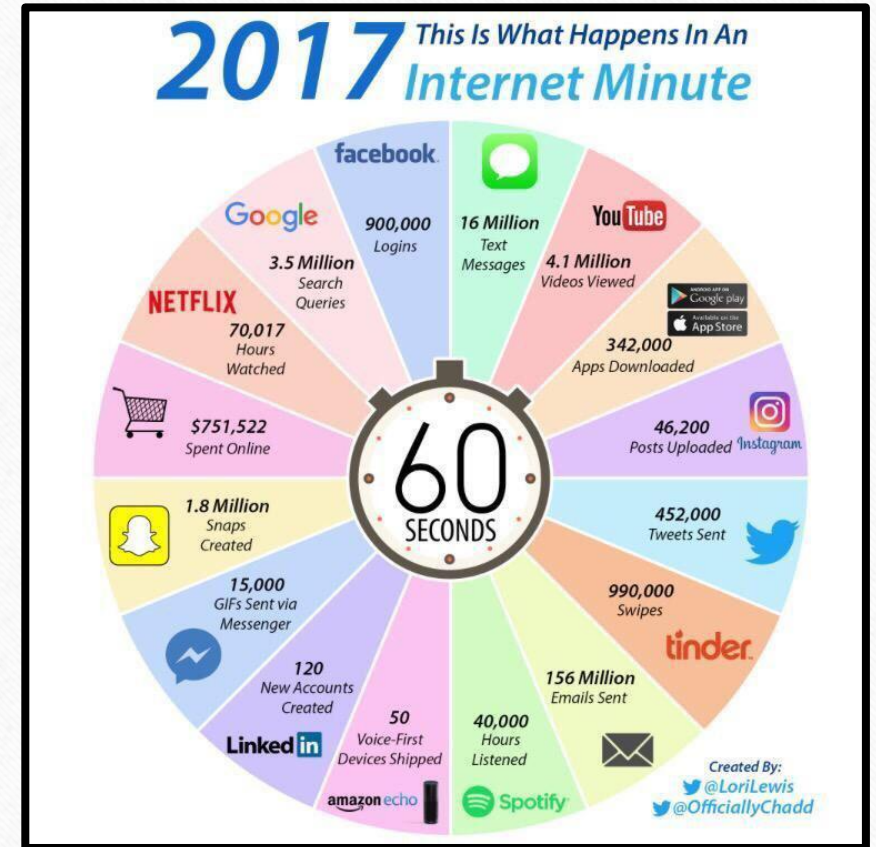
# Compared to everyone else, I'm fine

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- Addictive, compulsive, destructive behaviors
  - Abstinence is not enough
  - Built up from decades of running
  - Have an inherent cost
- Spider Solitaire
- Tired of wasting my life pretending I'm not Broken

# The 12-step program's compatibility with the 21<sup>st</sup> century

- Country of Drunkards
- Great Depression – HALT
- Changing world of stimulation and stress
- 21<sup>st</sup> Century
- Times change, jokes change, & so does Recovery





# Today's Action

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- Always an action for each Step for Now & in the Future
- Always a Template to Follow
- Verification that this is the right place
- Twenty Questions test
- Follow up question;
  - Do you want to change the path you're currently on?

# Making sure this the RIGHT track

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- Cats have nine lives
- Destructive behaviors
- I Want to Change for the better
- What are you going to do with your last life?



# Recap The Three Baby Steps of Fine

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- Compared to everyone else, I'm fine
- The 12-step program's compatibility with the 21<sup>st</sup> century
- Making sure this the RIGHT track



# Take Away Everlasting Tool

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- Always an action for each Step for Now & in the Future
- Always a Template to Follow
- Self Check-In
- Timer for 1 minute
- Change your state by breathing
- Get out of your body's way
- Acknowledge the outer & inner sounds

# Moving Forward from being Fine to the WHY

- Need to Understand Recovery
- Accept Current Situation
- The WHY (Step 2) – why do this?
- HOW (Step 3) and WHEN (Step 4) are next but first
- How to Stop, really Stop (Step 5)

THE LOOSE MARBLE

