

Tools for Recovery



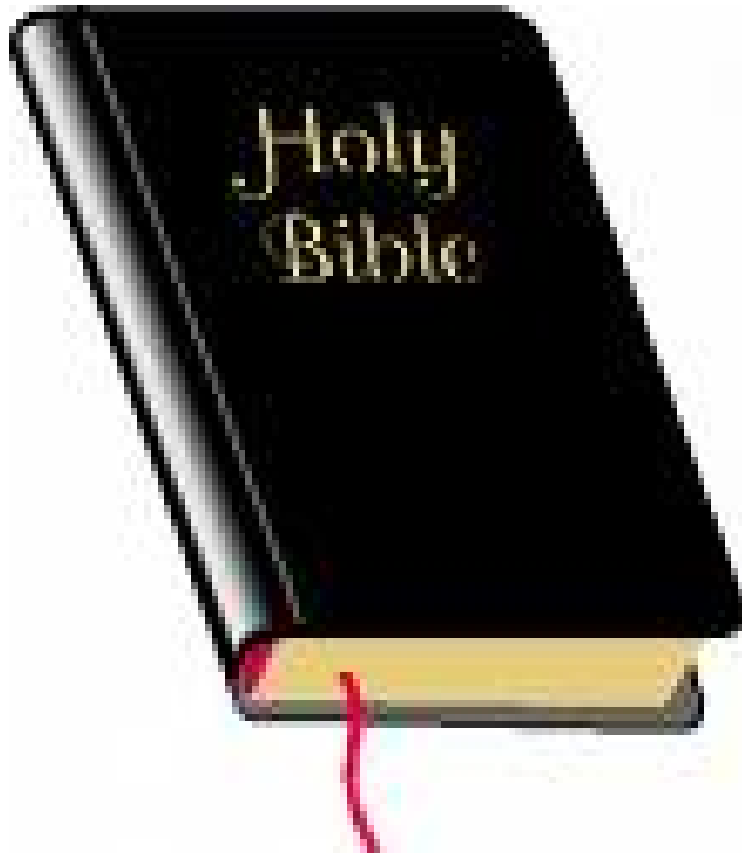
Faith in Jesus Christ

It is through faith in Jesus Christ that we can receive the power and knowledge to overcome addictions. The Lord can be a pillar of strength and a fountain of wisdom as we demonstrate the humility to reach out to him. Recognizing that one's life is out of control and deciding to rely upon the Lord is the first step in the recovery process.



Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:
(Matthew 7:7)

Obedience to the Commandments



And I give unto you a commandment, that ye shall forsake all evil and cleave unto all good, that ye shall live by every word which proceedeth forth out of the mouth of God. (D&C 98:11)

Read the manual: Daily scripture study paves the way to success.

Being Born Again

And they all cried with one voice, saying: Yea, we believe all the words which thou hast spoken unto us; and also, we know of their surety and truth, because of the Spirit of the Lord Omnipotent, which has wrought a mighty change in us, or in our hearts, that we have no more disposition to do evil, but to do good continually. (Mosiah 5:2)

Pray always, and I will pour out my Spirit upon you, and great shall be your blessing. (D&C 19:38)

The Enabling Power of the Atonement

Elder David A. Bednar: The two dimensions of the Atonement (redeeming and enabling) are connected and complementary. Pray and seek for strength to change your circumstances rather than praying for your circumstances to be changed. We will become agents who act rather than objects that are acted upon.

And he will take upon him death, that he may loose the bands of death which bind his people; and he will take upon him their infirmities, that his bowels may be filled with mercy, according to the flesh, that he may know according to the flesh how to succor his people according to their infirmities. (Alma 7:11-12)

The Holy Ghost testifies of truth, guides us, empowers us, purifies our desires, and provides revelation as we search and ponder.

Recovered by Grace After All We Can Do

Behold, you have not understood; you have supposed that I would give it unto you, when you took no thought save it was to ask me. (D&C 9:7)

For we labor diligently to write, to persuade our children, and also our brethren, to believe in Christ, and to be reconciled to God; for we know it is by grace that we are saved, after all we can do. (2 Nephi: 25)

President Dieter F. Uchtdorf: Throughout our lives, God's grace bestows temporal blessings and spiritual gifts that magnify our abilities and enrich our lives. His grace refines us. His grace helps us become our best selves.

Decision

- **Stages of change**

Pre-contemplation- do not see the issue as a problem

Contemplation- preparing to change

Work- actively engaged in the process

Maintenance- keeping up with good habits and skills

- **The “no tolerance” rule** (No amount of evil is acceptable)

- **Set your heart** (Become fully committed.)



The Rule of Distance

The greater the distance from temptation the greater the self-control and safety.



Boundaries



The Lord gives us laws and boundaries for good reasons.

- Rituals and patterns – be aware of where, when, and how the behavior occurs

What are your usual patterns that lead to acting out?

- Set personal boundaries and rules

What are your new boundaries that going to be?

Computers in open areas

Passwords

Filters

Avoid Self-Deception



There is no sin without self-deception. Truth is our powerful ally. Avoid rationalization, justification, minimization, and denial.



Guard the Gates of the Mind



Sing hymns

Cover up technique - Picture a curtain or tarp covering up images you do not wish to view.

Read or memorize scriptures

Visual imagery- picture in your mind imagery such as waves or a mountain.

Stay busy with positive activities

Listen to good music

The Heart is the Seat of Our Desires

Create in me a clean heart, O God; and renew a right spirit within me. (Psalms 51:10)

A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things. (Matthew 12:35)

For where your treasure is, there will your heart be also. (Matthew 6:19-21)

For I, the Lord, will judge all men according to their works, according to the desire of their hearts. (D&C 137:9)

For as he thinketh in his heart, so is he: (Proverbs 23:7)

The Thoughts and Feelings of the Heart Can Be Different Than Those of the Mind

Purify your hearts, ye double minded. (James 4:8)

Well hath Esaias prophesied of you hypocrites, as it is written, This people honoureth me with their lips, but their heart is far from me. (Mark 7:6)

(D&C 64:34) 34 Behold, the Lord requireth the heart and a willing mind.



Man's Spirit is Part of His Personality

President James E. Faust: The main mission of the Church is to change the inner self.

President David O. McKay: The highest purpose of man is to develop the spirit within him.

President David O. McKay: The spirit in man controls this physical body just as the driver of an auto may control that machine.

President Brigham Young: The spirit is the intelligent part of man, and it is intimately connected with the tabernacle.

The Bicameral Brain

- The emotional system of the brain acts rapidly and allows us to act fairly spontaneously using pre-established automatic subroutines. (patterned behavior, emotions, desires, intuition, wisdom, emotionally-based thinking).
- The rational (conscious) system allows us to make sense of set behavioral patterns, interrupt them, and establish new, more effective patterns.

The spirit of man expresses its desires through the emotional system. The Lord calls this inner part of our being “the heart.”

Incognito - David Eagleman (neuroscientist)

The Happiness Hypothesis – Jonathan Haidt (psychologist)

Changing The Desires of the Heart

Elder Dallin H. Oakes: We can suppress evil desires and substitute righteous ones. This involves education and practice. Through our divinely granted willpower we have ultimate control over our desires. But the desires of the heart are so deep-seated that it may take many years of practice for us to be sure that the education and practice have perfected our desires to the point where all are entirely righteous.

Changing the Heart with Truth

The emotional system provides information and feedback to the conscious mind and the conscious mind provides analysis and direction.



We are able to communicate with the emotional system, the heart. Our main leverage with the emotional mind is persuasion and truth. Subsequent experiences change the heart.

And ye shall know the truth, and the truth shall make you free. (John 8:32)

Seek Light and Truth



He that keepeth his commandments receiveth truth and light, until he is glorified in truth and knoweth all things. (D&C 93:28)

The glory of God is intelligence, or, in other words, light and truth. (D&C 93:36)

Light and truth forsake that evil one. (D&C 93:37)

Salesmanship in Self-Talk

The heart will be enticed for good or evil. We need to sell ourselves on good.

*Our personal power lies in *persuasion*, not force or guilt.



The Self-Management Card

1. Pray and study scriptures. Be obedient. Ask for specific help from the Lord. Make spirituality (maintaining a positive emotional state) your greatest goal each day.
2. Set your boundaries and limits. Distance yourself from temptation. Be prepared to defeat any rationalizations with truth and logic. When tempted, remind yourself that if you can get through the next 30 minutes you are very likely to be successful.
3. When temptation begins, use thought-shifting techniques: Sing a hymn, repeat a scripture, visualize a nature scene, or use the cover-up technique. Then get busy in constructive activities.
4. If temptation persists, read your emergency life-saving kit. (See the next slide for instructions.)
5. If the desire continues, consider your physical/emotional needs by using the acronym BLASTED which stands for bored, lonely, angry, stressed, tired, empty, depressed. Try to meet your need appropriately. If the cravings persist, pray and also call one of your support people.

The Emergency Life-Saving Kit

READ YOUR PERSONAL KIT WHENEVER STRONGLY TEMPTED

Part A Write out a convincing message to yourself about the positive reasons why you wish to stay morally clean.

Part B List all the possible consequences for continuing in this perilous behavior. Do not pretend that they cannot be serious. Add some personal messages to yourself that highlight not just what can happen, but how you will feel about these consequences should they occur.

Part C Add other information that can inspire you. These can be scriptures, statements by General Authorities, quotes, encouraging statements from loved ones, pictures of family members, or anything else that touches your heart.

Part D Add some last minute instructions to yourself suggesting what to do when sorely tempted (e.g. pray, read scriptures, call someone, take a walk, get involved in work or a hobby). You may also wish to add a couple of especially pointed remarks aimed at encouraging you to do the right thing immediately.

Individuals who successfully recover from their addiction do this technique very faithfully.