

The Self-Management Formula



1. Put on your spiritual armor each day! Pray and study scriptures and read your emergency life-saving kit. Ask for specific help from the Lord in areas you need strengthening. Make sobriety and spirituality (maintaining a positive emotional state) your greatest goals.

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. Pray and ask the Lord to strengthen your efforts to maintain self-control.

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, re-read your emergency life-saving kit. It might also be helpful to go through the Impulse Control PDF file.

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. Use the Coping Skills PDF file to manage emotions effectively. If the cravings persist, call one of your support people.

*** Both the Impulse Control PDF file and the Coping Skills PDF file can be found on-line at <http://addictionrecoveryLDS.blogspot.com/>. The files can be downloaded to any device, smart phone, or computer for easy access.**