

The Art of Living with Change

Turning Your Good Intentions Into Progress ... You Deserve to Make It Easier

VIDEO DISCUSSION GUIDE

Put “wheels” on your recovery

Thousands of people in self-help groups are grateful. They're willing to work at staying healthy, clean, and sober. Yet they're making comments like these:

- *There's still a piece missing from my life.*
- *I'm spinning my wheels.*
- *I'm going to five meetings a week, but I'm still dealing with the same old issues.*
- *After all this time, I still feel the same way. What am I doing wrong?*

Earnie Larsen has listened to hundreds of people grappling with the same feelings. In *The Art of Living with Change*, he carefully explains how to turn good intentions into genuine progress.

Join Earnie as he discusses

- How to focus on specific issues
- The difference between Stage One and Stage Two recovery—and the different tasks we face in each stage
- Choosing “change behaviors”—those that make a real difference
- Effective ways to use “support behaviors”—group meetings, reading, daily inventory, prayer, and meditation
- How to develop a “bag of tricks” to use during tough times

Choose behaviors to change your life

- Changing our lives means choosing powerful new behaviors—not just doing busy-work.
- In Stage One recovery, our goal is to break an addiction or resolve a primary crisis. In Stage Two, we work on the underlying habits that lead to the addiction or crisis. If we gloss over those habits, we risk relapse—going back to Stage One.
- Give your program focus: Be able to name the specific issue you're working on right now.
- Choose change behaviors that are concrete, specific, and measurable. Use those behaviors every day.
- Find support behaviors that help you work on your key issues.
- Develop some simple techniques that promote your serenity during times of stress.

Move from insight to action

Here are some steps you can take to apply what Earnie's talking about—to move from insight to action:

1. Focus on one specific issue to work on right now. Express that issue in a single phrase or sentence.

2. List a concrete, measurable behavior that's related to your issue. Choose a behavior that will lead to genuine change in your life.
3. List some support behaviors that will help you carry out your change behavior.
4. List one or two tools you can include in your personal bag of tricks.

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