

On Monday, January 11, 2016 9:25 AM, "a_recovery_moment@standtallrecoveryervices.com" <a_recovery_moment@standtallrecoveryervices.com> wrote:

Good Morning!

Welcome to the Inaugural Email!

A Recovery Moment will arrive 3 Times a week with occasional extra messages of Encouragement. It is my hope that this will help you in your recovery and that you will enjoy the messages that are sent. At any time you can respond to this email with your stories, thoughts or anything else. Also, if at any time you decide you no longer wish to receive this message simply send a message with the subject line Stop and it will end. Please be aware that this form will change over the next week as there will be more of a News/ Post Card look coming.

Today: January 11, 2016

A Recovery Moment is what we have each moment of time we remain clean from our addiction. Waking up each day, consider the options.

1. At that moment you are not 'in your addiction'. You are in your recovery. Your moment may seem so small, but consider this: You are one of millions of people who are also in their recovery. Because of this you are a part of Decades of Clean time in each moment.

2. If you decide to go back to your addiction you will also be part of a group of millions and part of Decades of active addiction.

Which group do you want to be a part of? That is the one you need to feed in each moment!

This is my variation of an old Cherokee Legend told here in video. Chose wisely if you watch one of these 2 videos.

<https://www.youtube.com/watch?v=E8CHjX8HauA>

<https://www.youtube.com/watch?v=s1Mb9tsnYLU>

Tuesday January 12, 2016:

There are challenges in life and when we were in our addiction we found an escape for a short time. The problem for us is that the problem was still there when we were finished avoiding it. Worse yet was that our addiction had 'fed' the problem and added to it. Our ruin was assured in our mind.

Now we are fighting each day to hold onto each moment. Just as The Tale of 2 wolves explains how our lives are a constant battle. It reminds us of the value of each moment.

Today I ask you to remember that "A Moment In Recovery" is a moment worth repeating more than a moment of our addiction. One moment of recovery is more valuable than any 100 moments of our addiction!!

Send your thoughts on the title for this message program so it can be improved In Each Moment please

On Wednesday, January 13, 2016 7:05 AM, "a_recovery_moment@standtallrecovery.com" <a_recovery_moment@standtallrecovery.com> wrote:

Hello Everyone!

A Recovery Moment starts when You wake up and only ends if you change it.

Wednesday January 13, 2016

It was asked 'why does it have to be a blink of an eye? (Talking about a moment in recovery).

So let's remember that our life is a path we travel and each moment can be cherished or ignored. When we were in our addiction we were ignoring our life and hiding in our cloud of denial. Today we can see the world around us. The real world can be painful but it can also be joyous. Our addiction let us hide for a moment from pain, but when we returned to the real world it was still there. It was often worse when we returned.

In recovery the pain comes but it also goes with time often replaced with discoveries that remind us we are not alone. Even when things get bad remember that there is good even in those moments.

Remember Recovery is like going to the bathroom. We can dump the crap of life off. We need not be 'constipated' with our addiction.

Thursday January 14, 2016

I am here this morning and no matter what happens today I can always start fresh tomorrow. Over the 50+ years of my life I can remember losing my job several times, experiencing the loss of loved ones and disabling health issues. These events happened but it did not remain, there were people, places and experiences that happened during those times that were just as joyous as those were tragic. Remember that pain is often followed by joy.

I lost my job but I was able to get a new one. While I lost loved ones, I also found new friends, became a father and remember the lessons my loved ones shared with me.

My health has been a struggle but in the end it has also become a joy. Having those health issues has resulted in giving me focus to write books, share my story of recovery with others and cherish the times when I'm able to be more active.

Remember that life is ever changing and our experiences can help us grow wise and others find recovery.

On Friday, January 15, 2016 8:04 AM, "a_recovery_moment@standtallrecovery.com" <a_recovery_moment@standtallrecovery.com> wrote:

Wednesday Started with a phrase that Will remain as the starting phrase of each message if people are ok with it. Please pass on your thoughts by responding back.

"A Recovery Moment starts when You wake up and only ends if you change it."

Friday January 14, 2016

When we wake up in the morning we sometimes forget who and what is important. Remember to look in the mirror and then look at the people you affect throughout the day. Even when you are not at your very best someone sees you and silently sees hope, joy and kindness. It may be as simple as the hello you say to them, the smile you share or any number of things. The key is you matter in each moment today.

Saturday January 15, 2016

When we can't handle the pain we need to remember we are not alone. In recovery we are part of a large group of people who in the moment we are thinking about them.... they are thinking of us. We may not know every person in recovery but we know they are out there. When we started the process for the first time we had people who came alongside us through Counseling, Meetings, Medical appointments and a world of other ways. Don't forget that you are not alone in your journey of recovery.

Sunday January 16, 2016

It is time to get ready for something new. It may be the hope of a new job, the beginning of a new day or any number of challenges (not all of which will be seen as good by us at the time). No matter what comes it is new and good can come of it if we are willing to look for it. Recovery is not always easy but our addiction will not make anything better. We have already been there and it all leads to a moment in time. Make the best of everything that comes your way and you will be able to see beyond the bad to something better.

On Monday, January 18, 2016 8:39 PM, "a_recovery_moment@standtallrecoveryervices.com"
<a_recovery_moment@standtallrecoveryervices.com> wrote:

----- Original Message -----

Subject: Re: A Recovery Momemt

From: JANE POLZ <jpolz4701@msn.com>

Date: Mon, January 18, 2016 4:45 pm

To: <a_recovery_moment@standtallrecoveryervices.com>

I like it this way

Sent from my Verizon Wireless 4G LTE DROID

a_recovery_moment@standtallrecoveryervices.com wrote:

I take it that you like this new service. So should I continue and maybe work on having daily deliery or do you think it works best this way? ernie

----- Original Message -----

Subject: Re: A Recovery Momemt

From: JANE POLZ <jpolz4701@msn.com>

Date: Mon, January 18, 2016 2:30 pm

To: <a_recovery_moment@standtallrecoveryervices.com>

That was great. Jane

Sent from my Verizon Wireless 4G LTE DROID

a_recovery_moment@standtallrecovery.com wrote:

"A Recovery Moment starts when You wake up and only ends if you change it."

Monday January 18,2016

"I have A Dream" Today is Martin Luther King Day and yet we still have people defined by something more than the Character of their convictions. In recovery we all start with a 'dream' but the dream is not what it was. Our addiction had us in a dream world which crushed EVERYTHING we thought it was a good dream but it was a nightmare. Recovery allows us to rebuild our lives. What will we do with that new beginning? That is up to us.

Tuesday January 19, 2016

Attached is "Addiction And Recovery In Five Short Chapters" so as we begin that new dream let's revisit the poem that allows us to look at ourselves honestly. After 8 years I found myself thinking about what was being touted in the media as the biggest jackpot in history. It was tempting but I remembered one thing throughout that time which kept me focused on truth. I remembered the losses that no money could ever really fix. I lost years of life, friends, family and my own soul. those are the things that are priceless and cannot be bought.

Can we remember who we are "in our own skin"? In temptation is it enough to remember that we are tied to two worlds? One is addiction and destruction and the other is recovery and hope.

Consider carrying words of encouragement on our person. Carry words in our mind and heart. Carry them in our wallets, Purses and any other way we can so that when we get clouded minds and weakened hearts we can still have those words with us.

On Wednesday, January 20, 2016 6:04 AM, "a_recovery_moment@standtallrecovery.com" <a_recovery_moment@standtallrecovery.com> wrote:

"A Recovery Moment starts when You wake up and only ends if you change it."

Wednesday January 20, 2016

Work can sometimes feel a bit overwhelming. Life challenges arrive without warning and an urge arrives. The big question is what we do with it in that moment. Do we break from recovery and feel the pain that follows amplified by that which we are hiding from? Remember that the challenge may be painful but not nearly as much as the penalty for avoiding it. We also can focus on what has happened as we faced them directly in the past. Remember they pass faster when we face them directly.

Thursday January 21, 2016

I was considering the moment of my recovery this morning and remembered something. I woke up as part of a group of recovering addicts who are also waking up. In their company (seen or not) I am not alone. My struggles may be unique in many ways but they are not so unique that I am the only one to have them. Remember this "I stand with others in recovery. I do not stand alone!"

On Friday, January 22, 2016 6:00 AM, "a_recovery_moment@standtallrecovery.com" <a_recovery_moment@standtallrecovery.com> wrote:

"A Recovery Moment starts when You wake up and only ends if you change it."

Friday January 22, 2016

One piece of recovery is going to meetings, another is counseling and still another is friendships. What works for one person may not work for another, but if all a person does is focuses on one it will be harder.

Talking with a friend recently, I discussed how they were not getting much from the meetings. As we talked I brought up an example.

A bicycle needs all of it's parts to work properly. If the handle bars are missing it is difficult to turn where you want to, No breaks and stopping can be a problem, Flat or missing tires and you don't go very far. Recovery is like that. If you go to meetings but are not interacting or don't build friendships where will it get you? Sometimes you are at the meetings and are involved but it just isn't enough because it is only one of the tools available to you.

So remember that building recovery is more than 'just do it' and the more tools you find the better your recovery will be.

Saturday January 23, 2016

Are you looking for tools?

When I started my recovery I denied I had a problem and found out it was worse than I thought.

I went to my first GA meeting on November 21, 2007, passed 'the test' and left the meeting believing I was not so bad. It took me 10 minutes to find the closest convenience store and prove I had a problem. It cost me \$1 to discover that it wasn't about money but about addiction. Upon buying that lottery ticket post meeting I crumbled in sheer despair. I WAS THAT BAD!! This single moment proved to me that I needed help and the meetings were part of that.

Today I continue to develop those tools that amplify the meetings. This very e mail keeps me focused because I need to think about my recovery when I write it and then when I read it.

Sunday January 24, 2016

YOU ROCK!!

This morning, in this moment, as you read this, you are not gambling! You are part of the Centuries of clean time in this moment!

Each grain of sand, dirt and/ or dust is part of something bigger. over time they combine with others and become more than a single grain. Look at the hardest rocks and remember they are filled with single grains, water and molecules. all those little parts are weaker on their own. Together they create rocks, in recovery we create a connection with others and become 'diamonds in the rough'. Just as diamonds can cut through glass so we can work through our addiction TOGETHER!

On Monday, January 25, 2016 6:00 AM, "a_recovery_moment@standtallrecovery.com" <a_recovery_moment@standtallrecovery.com> wrote:

"A Recovery Moment starts when You wake up and only ends if you change it."

Monday January 25, 2016

A smile can brighten a dark moment without saying a word. Today marks the beginning of the 3rd week of "A Recovery Moment" and yet it seems as though it has been longer. Is it helpful? Does it open any thoughts about a different path than before?

If it has become a valuable tool wouldn't it be great to share it? In recovery we learn that we are not alone in our fight each day. The real question is when we find something that helps can we encourage others to try it?

I challenge everyone to add others to the list of those who wake up to this e mail. If it helps you then spread the word!

Tuesday January 26, 2016

14 days... Sunday makes 14 days of encouragement through this message system, but each day is a new one. Each Moment is new and because it is a moment of sobriety it is a better one than those moments spent in the past. Recovery is a moment by moment thing.

Consider this as a thought: Today is day 16 and every one of them was one where we were part of a community of recovery. We can always be proud of the time we spend clean but should never forget that it is gained by staying in this moment and keeping our focus.

So here is the challenge for all who receive this email:

Can you find 2 people who can use this tool to grow in their focus? Can we each remember that this is a tool and while it helps it is only one of many tools available.

"A Recovery Moment starts when You wake up and only ends if you change it."

Well Here we Go It It's Wednesday!

Wednesday January 27, 2016

We see our past at times and cry. We can't see our future and ask why. So here is the situation... We can't change yesterday and we can't see tomorrow which leaves us with today. What you see today depends on perspective.

If we look at today while looking over our shoulders we can't see it.

If we look at today while trying to see tomorrow we miss this moment for what "might be".

Isn't that just like Wednesday? we miss last weekend and want to get to next weekend. I'm proud of everyone because you are clean right now. let's stick with where we are and let go of what we were as an addict. It is what we are today that will determine what tomorrow will be. Being here today is all there is. Tomorrow is always a day away.

Thursday January 28, 2016

Each morning we can wake up and say "Congratulations" to ourselves. You might say why but I ask why not? We wake up free of our addiction for that moment. Be proud of the moment and let the day be filled with 'moments of recovery'.

Congratulations!! You are part of something big and it is changing the world!

"A Recovery Moment starts when You wake up and only ends if you change it."

Well, it is the end of another Week and soon the weekend will be upon us. Recovery is made for weekends but we have to get through the week before we can look at the benefits of the weekend.

Friday January 29, 2016

So often we heard TGIF messages which reminded us of the opportunity to choose our path. I remember a time when weekends just meant more time to look for an escape. After the weekend I was back to the 'hide and seek game of the week'.

Remember that whenever our weekend comes it is time to focus on family, friends and real life. Don't let the next 'high' be your 'Monday hangover'. Keep recovery in the moment of your life that you are in.

Saturday January 30, 2016

Well we made it! It's time to remember how much we have gained in our sobriety. It is also a good time to remember the importance of that sobriety. Sometimes we end up hanging out with someone who isn't necessarily looking for our best. One of the big things is to remember what we lost 'hanging out' with others who were still in their addiction and denying their problem. It can be a huge challenge to stay clean if we are around the 'second hand' version of our addiction.

Sunday January 31, 2016

During the past 3 weeks we have 'hung out' for these "Recovery Moments" and if you were gambling before you started, I have news for you... 21 days clean with a month around the corner.

If you were clean before this and have added it to your tool box then let me know how you are doing! Part of recovery is sharing.

Here is the big challenge for the week...Send me your 'clean date' so I can send you a personal message on that day and share in your joy!

"A Recovery Moment starts when You wake up and only ends if you change it."

It's the middle of the week and our recovery is a moment at a time. What are you doing to 'hang in there'?

Wednesday February 3, 2016

The steps in recovery are part of a journey and sometimes they don't go in the same order. This does not mean that we skip the ones that we don't like.

The first step is the hardest. "We admitted we were powerless over gambling (our addiction) - That our lives had become unmanageable."

Isn't that the very basis for our recovery? We used our addiction to 'claim' we were in control and we were managing our lives just fine?

Remember: we can only control this moment and in it we are either in recovery or heading backward.

Thursday February 3, 2016

What is it to believe in a power greater than ourselves? Often we thought we were in control and managing things just fine. Then we discovered that 'unity' was what helped us realize we were not alone.

Think about the ways that our higher power' is expressed. For me it is God as expressed through those I meet in my path of recovery. I can't do it alone so God helps me to accept that I need others to help me.

What does your higher power look like? Can you describe it?

"A Recovery Moment starts when You wake up and only ends if you change it."

Well it is the weekend and I am reminded of my early recovery and the last days of my active addiction.

Friday February 5, 2016

When I was in my addiction I heard a lot of "you can't do that and as a result I sought 'success' through my addiction. I believed the lie that it would make me happy and successful. It never worked. I felt like a failure and was depressed.

Recovery brought a semblance of success and today a sense of happiness. I am not always happy, but the desire to die is not a part of me anymore.

Remember that Recovery is a compiled process of successful moments (in each moment clean there is success). After that and as time passes the happiness comes. Since those early successes as not visible to us we build happiness and in time it becomes success.

Saturday February 6, 2016

I woke up this morning. I am not in my addiction at this moment. People are noticing a change in me slowly.

Isn't it wonderful to be part of Decades of clean time in this moment?

Sunday February 7, 2016

I am preparing for the new week ahead and remembering people who are in my 'boat'. Even if a challenge comes my way I AM NOT ALONE in my journey.

Remember that even though you may not see people who are fighting their addiction, they are there. Each moment is part of the tapestry of what is yet to be.

"A Recovery Moment starts when You wake up and only ends if you change it."

A New Week begins with a short reminder.

Monday February 8, 2016

I was writing this weekend and caught myself getting ahead of where I am. Too often we get ahead of ourselves and it can be disastrous if we don't stay vigilant on our recovery. I had to laugh Sunday morning when I was called out on a typo that had me 3 years into the future.

I was writing to people about how time is different depending on where you are in the world and at the end I wrote down the day and time of the writing asking others to share the same where they were at the same precise moment.

On Sunday morning I awoke to a response that pointed out I had written 2019 instead of 2016. What a silly mistake!

Isn't that how we are sometimes though? We either look back and write last year down or we get to planning and look too far ahead. This leaves us vulnerable in the present moment.

Tuesday February 9, 2016

Remember to wear your recovery proudly! In our addiction we often hid behind a false sense of success, happiness or general superiority.

Isn't it wonderful that today we can see the moment and enjoy being around people even if they don't want to be around us? Be proud of each moment with confidence that you are in that moment.

"A Recovery Moment starts when You wake up and only ends if you change it."

Recovery is not a solo process. Doing it alone is harder than accepting the company of friends.

Wednesday February 10, 2016

It is hard to remember that our addiction haunts us when we are alone. The first thing to remember in recovery is that 'we are powerless over our addiction -- that our life becomes unmanageable in our addiction.

This is why recovery is more about gaining strength in community.

Remember that one strand (person) alone is easily broken. Each strand (person) added makes it harder to be broken.

Recovery is a group effort, even if that group is not seen. Our addiction is a solitary effort and it causes pain.

Wake up to that thought of 'in this moment I am part of more because there are others on the same journey!

Thursday February 11, 2016

It seemed appropriate to use the picture and message above to remind me I am not alone in the process.

When this message is sent out, it is also sent back in the knowledge that others have asked for it. The address's everyone sees are both personal emails for me. I get them sent to me as a reminder that each moment is not in vain.

Because of those who are a part of this email list, people who were there for me when I started this journey and others who continue to show me that a new day of recovery is possible... I too am able to keep my sobriety.

Remember that your moment of recovery is a message of encouragement who is in need of 'just one more moment' of recovery.

"A Recovery Moment starts when You wake up and only ends if you change it."

In one of my books I share this thought: Recovery is time sensitive, every moment matters. Isn't that the key at times? As we look at things this weekend we can reflect on the time sensitive aspect of recovery.

Friday February 12, 2016

I woke up yesterday morning to an asthma attack and severe pain. This reminded me that I can't get lost time back and that each breath is a gift.

We should remember that the person we were should not hold back the person we are. Can we begin to look at the past as 'the man' and focus on not letting it drag us back to that past pain?

Recovery is not about yesterday but rather right now.

Saturday February 13, 2016

Now that we are aware of that 'man' in the rear view mirror we have an opportunity to leave him behind us. It doesn't mean we don't see him but he does not have to catch up with us today. Recovery is today and yesterday is just that (the past).

Now what are we going to do with today?

Sunday February 14, 2016

Tomorrow is not here yet, but it will soon be today so we have to remain in this day to get there.

I have many plans for the future, but they are only plans. If I don't do what I can today then the future plans will not become the events of my next today.

Remember that the past is behind us, the future is ahead of us and all we have is today.

"A Recovery Moment starts when You wake up and only ends if you change it."

In addiction we get lost. In recovery we begin to use our compasses again.

Are you back on a heading of "True North"?

Monday February 15, 2016

As we begin our recovery we sometimes get focused on past mistakes, poor choices or simply no choice moments.

Recovery is an opportunity to get back on track with our lives. The question is will we take the challenge or simply go through the motions?

Listen to Twila Paris as she sings about that refocusing on our "True North":

<https://www.youtube.com/watch?v=sVyEeTRDbAk>

Tuesday February 16, 2016

I woke up early yesterday because of a tightness in my chest caused by asthma, and 2 little dogs who could not resist asking to go out for the second time during the night. It was not pleasant but it was necessary.

How often do we fight to avoid the necessary because it is 'unpleasant'? Does it make things worse or better when we just deal with it? Is it better to avoid it or face it?

Facing our unpleasant moments allows for the pleasant times to be all that much better.

"A Recovery Moment starts when You wake up and only ends if you change it."

Well Sunday was Valentine's Day and Monday President's Day. No surprise but I'm late at recognizing that. Sometimes the most important days are the ones we miss.

Wednesday February 17, 2016

When addiction has control it seems nothing is important. We forget to celebrate life. Our recovery has given life a second chance. Don't forget to celebrate the good and the bad because now it is a new day and a new way that we live.

I am looking forward to a blessing tonight when the opportunity will be given for me to share recovery with others.

Thursday February 18, 2016

Have you thought about this moment and what it means to those around you who have missed you during your addiction?

Some celebrate this moment along with each one since you began the process. They missed the you that was missing in your addiction.

"A Recovery Moment starts when You wake up and only ends if you change it."

Going into this weekend remember that your recovery is as important to those who care about you as it is to you.

Friday February 19, 2016

Wednesday night I was privileged to talk with some of my fellow recovering addicts. As I spoke of the importance of each moment of recovery, I was reminded of something that can be lost as time passes.

It is as important to those who know me personally that I remain in recovery as it is to me.

I had to consider how happy I was to be at those special events as they were.

When I was in my addiction I was not present for events even when I was there physically. My addiction kept me focused on the next 'high'. In recovery they finally have us back. we are present and interacting with them. For those who know us it is like we are back from the dead.

Saturday February 20,2016

Remember that in each moment today you are not alone in your recovery. Every moment is a part of a larger time frame. Thousands of others are also in recovery and together it makes each moment of sobriety worth Decades of sobriety.

Chose sobriety today and be a part of that bigger picture.

Sunday February 21, 2016

Sunday is my day to spend with fellow believers (I'm a Christian), but just as important is my thoughts on Sunday of all who are in recovery with me. I am reminded that there is power in unity and unity in recovery is power.

"A Recovery Moment starts when You wake up and only ends if you change it."

Over the weekend an opportunity arise to see what even the slightest 'pause' can do.

Monday February 22, 2016

Have you ever woke up from a night of sleep only to realize that it had only been an hour? This can be quite a shock but on occasion we are reminded of how important each moment is. For me it was this weekend.

I woke up on both Saturday Morning and Sunday morning with a sense of loss. When I looked at the clock I discovered it was only an hour after I had went to bed. I was tired and so I went back to sleep. In the morning I realized that I was thinking about the moment of clean tie with a concern that I might be alone. It was then that i remembered all of those people who are out there waiting for the hand of encouragement to point them toward recovery.

Have you shared that hand of help for someone seeking it?

Tuesday February 23, 2016

Remember that in recovery we are needed to give a hand to those who are seeking recovery. Sharing any tool you have is part of step 12 and an act of gratitude for your recovery.

Don't forget that your recovery is something to share with others so that they have hope and in return to remind you how hopeful you are in the moment you're in. Where would you be without someone reaching out to you.

A Recovery Moment starts when You wake up and only ends if you change it."

I am sometimes embarrassed when I spell words wrong or have a typo, but it isn't the end of the world is it?

Wednesday February 24, 2016

What is Recovery but a change in direction, a new word that was not in our vocabulary when addiction controlled us.

Remember that our addiction was a blinder that did not let us know how to 'spell' Recovery.

Thursday February 25, 2016

Starting recovery is hard but it wasn't as bad and destructive as our addiction was it?

"A Recovery Moment starts when You wake up and only ends if you change it."

In life we have opportunities. Not all are good, but all are available at one point or another.

Friday February 26, 2016

On the day we started our addiction we were drawn into it. We were looking for something and when we thought we were getting it from the addiction we chose to keep going. It was a 'blind' choice. We were not choosing the addiction but rather the activity.

When we began to see and feel the pain of the activity, recovery was there and we chose it out of necessity. While our pain doesn't get completely healed, we develop a better future and stop feeding the infection.

Remember the need for healing and accept that it takes time.

Saturday February 27, 2016

Pick wisely the path you walk because even a good path has challenges and consequences.

Sunday Februarys 28, 2016

Where are you headed this week? Are you making a change or following an old habit? The future is not here yet, but you will get there by the choice you make today. Yesterday's decisions may have taken you down a path but there is always a new path to choose for tomorrow. Start with today!

"A Recovery Moment starts when You wake up and only ends if you change it."

Over the weekend I was reminded of how important each person is in recovery. Saturday I was in contact with a fellow in England who has 1 year and 13 days of recovery today. Then this morning I was contacted by another person who has a year in today! Both have thanked me for helping them, which is a difficult thing to accept for me.

In recovery, as in addiction, change is made by letting someone point us in the direction we go. After that it is an accomplishment of the individual who follows the direction.

Monday February 29, 2016

Andrew once told me that he could not make it very long being clean. That was 1 year and 13 days ago, when he began a journey of great challenge. He now celebrates being 'clean' for the same length of time. What a difference a moment, hour and day makes! What a difference when those 377 days are put together they add up to over a year!

Remember that this moment is all that matters and then celebrate as they add up!

Tuesday March 1, 2016

Recovery is not something that happens without the desire and network of those who also are on the journey. I am proud of everyone who is clean in this moment. Be proud of your recovery in this moment and hold on as the time adds up and life changes.

Both yesterday and today are a message of Thanks to those who are celebrating their year (Andrew and Dawn) because you inspire others in your recovery. I too am inspired by your recovery because it helps remind me of how important it is!

"A Recovery Moment starts when You wake up and only ends if you change it."

Recovery is not always easy, but you already know that.

Wednesday March 2, 2016

We sometimes look for the 'easy' cure (most of the time). Too often the quick fix caused problems so now we struggle through 'self evaluation' of our recovery. Remember that perfection is not the goal. We need to be honest with ourselves to be forgiving of ourselves.

Thursday March 3, 2016

Encouragement does not come from our failures but from our successes. Be willing to accept the moment of recovery you are in as a success. Each little success is part of a larger path of success. Be in this moment clean without looking too far back or too far ahead.

"A Recovery Moment starts when You wake up and only ends if you change it."

It's Friday again and all is as it should be. Recovery is a journey that is life long.

Friday March 4, 2016

All week I've been fighting to get to this moment and now that it has come I am looking forward to the next day. Each moment is important in life and while some seem more exciting than others, all of them are a blessing. Remember to be thankful for each day as it comes Even when it isn't starting a weekend!

Saturday March 5, 2016

Are you wearing clean underwear? This seems like an odd question doesn't it. But if you grew up in a family where being prepared for an accident meant being reminded that clean underwear was important it makes sense.

In recovery we have experienced an accident of our own making and now we are working to 'clean our underwear'. Part of healing is making amends when possible. How are you doing with making amends to yourself today?

Sunday March 6, 2016

Get ready for a new beginning! No matter how long you have been in recovery, each day is a new beginning. Keep focused and talk with those who are taking this walk with you. Don't underestimate the good you do with each moment of recovery. It matters to others too!

"A Recovery Moment starts when You wake up and only ends if you change it."

As this goes out I find myself thinking about the next generation of people who may need help with an addiction. Are you preparing to help someone or have you begun helping them?

Monday March 7, 2016

The last part of Step 12 says "we tried to carry this message to other compulsive gamblers." (addicts) so what have you done in each moment to carry the message to others?

This doesn't mean that you go out and 'proselytize' others, but rather in practicing the principles we live as examples. If someone asks how you did it do you answer and share tools that have helped you?

Tuesday March 8, 2016

When working the 12 steps some say they MUST be in the order they are listed, but do they?

Arguably recovery by nature is defined by the first 3 steps.

1. It is impossible to recover from a problem we don't admit we have that is out of control.
2. Recovery is also difficult if we don't admit we need help outside of ourselves. Our addiction is a result of trying to 'go it alone' isn't it?
3. If we can't turn things over to others for help then how can we recover? Recovery is a 'Team effort' even if we don't know the whole team. Addiction is a lack of 'team'. We don't let anyone into our 'hidden world'. We do it alone.

After that everything comes together as we work toward long term recovery remembering that it all adds up one moment at a time.

"A Recovery Moment starts when You wake up and only ends if you change it."

Sometimes recovery is tiring. After a long Monday and a less than enjoyable Tuesday (Physical), Exhaustion has set in. How do you keep going when challenged?

Wednesday March 9, 2013

Some pain is instructive. A prostate exam may hurt but it is just a way to make sure everything is ok. In recovery we sometimes get tempted to return to our addiction and much like that prostate exam, it hurts. The good thing is that if we keep focused it is over soon enough and we can deal with the painful temptation while not being destroyed by our addiction (the disease that is being tested for).

Thursday March 10, 2016

Remember that even if tempted the cure is abstinence. The pain is great if we forget that. Better to be 'pricked' by temptation than gutted by relapse.

wake up and only ends if you change it."

Well It has been an eventful week and today is an example of how things get away from you. This message is late because the computer system decided to update early this morning and yesterday was an event that was not expected.

Friday March 11, 2016

Yesterday I had along enjoyable visit with my eldest son. After a long period of silence we reconnected. Sometimes that is what recovery is. It is the unexpected surprises. Remember to 'roll with it' when things change regardless of the positive or negativeness of it.

Saturday March 12, 2016

So what was your past secrets that have haunted you? Now we are in recovery and those secrets are not needed. Today we should be able to say that our secrets are no more when it comes to the hidden side of our lives.

Remember that recovery is about being honest with ourselves.

Sunday March 13, 2016

Life can have road bumps but they don't have to derail recovery. Hold firm to this moment in recovery as if it is the cornerstone of your day. It may well be!

"A Recovery Moment starts when You wake up and only ends if you change it."

Some days are harder than others but they are not the end of the world.

Monday March 14, 2016

While today is the first day of the week, it is also the only today we have. Allow yourself to see people as more important than other things around you. Remember that they are a part of your recovery as long as you are willing to be around them.

Tuesday March 15, 2016

Consider this moment as the moment of your life which will build the next one. Try never get so far ahead of yourself that you forget where you are. It could be dangerous if you miss the step you are taking to take the one not yet needed.

"A Recovery Moment starts when You wake up and only ends if you change it."

Tuesday was hard. In my early recovery I remember feeling like a stray. This morning that feeling came rushing back as a stray Beagle came up the street. Her sad, dejected look broke my heart. I went out to see her close up. She looked like she was very scared and alone. I couldn't let her continue to wander so I fed her and called for help.

Wednesday March 16, 2016

Don't let your pain keep you from accepting help. Much like my early days of recovery, the stray dog was scared of others. When I reached out to help she didn't immediately accept it. When she did it was wonderful to see her light up a little even if it was only for that moment.

Let yourself be helped when you need it and the moment may be better if only briefly.

Thursday March 17, 2016

Remember that your past may be painful. Your present may not be what you wanted it to be. BUT it can get better if you allow yourself to forgive your past mistakes.

"A Recovery Moment starts when You wake up and only ends if you change it."

Here we go into the Weekend! Another week is coming to a close and our addiction has been in 'remission'

Friday March 18, 2016

All week there have been challenges. For me it was taking action in several areas that were just dragging on. What were they for you? Remember that the challenges were there but did not drive you back to those places that you used to go. A week of facing our challenges, while difficult, did not cause as much pain as our avoidance through addiction did in the past.

Saturday March 19, 2016

I invite you to take action on a level that will give joy to others. Remember that this is a day to spend time with family, friends and others who have missed you while you were in your addiction. Think of the time with them as a party to be celebrated with involvement!

Sunday March 20, 2016

A new week is coming. Remember the little joys in life that you missed in your addiction. This is your opportunity to embrace them even when a problem comes up. Be in the moment with joy!

"A Recovery Moment starts when You wake up and only ends if you change it."

Spring is here in the Northern Hemisphere even as Fall arrives in The Southern Hemisphere.

Monday March 21, 2016

In recovery there is a 'Spring' that arrives but it is not only a season it is a turning point. Remember today that first moment of Recovery. It was difficult because of the cold place we were in as addicts. We were and are beginning to grow from the place our addiction was. In time we begin to see some new 'growth' in our lives. Seek the fresh new buds of our life in recovery.

Tuesday March 22, 2016

There are those from our 'Winter' of addiction who have not found recovery yet. Others who received our wrath when we were in our addiction that have yet to see the newness of recovery. Remember that in recovery we can only work on recovery by letting go of those who were part of those past ills and be patient with those we have hurt. In time one of 2 things will happen:

1. Either we will grow closer to those who we hurt and rebuild relationships.
2. Or we will have to let them go so that we can continue to heal. That means letting those relationships go for their sake and our own. In time they may come into a 'Spring' relationship with us again, but it is not something that can be forced.

"A Recovery Moment starts when You wake up and only ends if you change it."

As We approach the middle of the week change has been a part of life. In recovery we face the good and the bad head on. Think about challenges and how you face them differently in recovery than when you were 'chasing' your addiction.

Wednesday March 23, 2016

Yesterday was a day of great pain around the world. Terrorism struck with the hate of an addict running from the truth. Remember that the only change you can have starts with you. There is not a way to bring others to forgive your past, but you can make your today better for others by being clean.

Thursday March 24, 2016

Hope rises from pain. Our recovery is hope in this moment. Remember the pain of your addiction and use it to see the hope of your recovery.

"A Recovery Moment starts when You wake up and only ends if you change it."

Enjoying the little things in life is sometimes hard. Do it anyway every opportunity you get.

Friday March 25, 2016 (Good Friday)

Good Friday! It may seem odd to wish people a Good Friday but in the Christian faith that is what today is referred to. Have you ever thought about what it means to call this Friday Good? For Christians it is the day celebrated for Jesus. What may seem odd is that it is not a birthday that is celebrated but a death. How can a day be Good when a person dies? In this case it is the significance of who died and why. But today we also know that Easter is coming. Remember that every little thing in life has the potential to be good.

Saturday March 26, 2016

As we await the celebration of Easter today remember that there is no need to rush ahead of ourselves. Enjoy every moment today because this is a day of waiting for something good that is sure to be better than anything we could get by letting addiction get us off the track.

Sunday March 27, 2016 (Easter)

Rise in joy because you can appreciate the holiday, people and gift of life. Take time to enjoy what you missed when you were in addiction. Today is an event you did not miss. Cherish it!

"A Recovery Moment starts when You wake up and only ends if you change it."

Beginning a new week as with beginning a new day of recovery means letting go of yesterday's mistakes. It isn't easy but it is necessary.

Monday March 28, 2016

Yesterday was Easter Sunday. We may have celebrated with a large group or with just a few people. We may even have spent the day alone. Today we begin fresh. 2 people who were around Jesus (according to the Bible) were Thomas and Peter. They had their short comings in rough times but when it was time to stand up after Jesus was no longer physically with them they were focused. In recovery focus is the difference between going back or going through today. Your past can't be changed and it does not have to define today.

Tuesday March 29, 2016

It is time for input. What has been the biggest help from getting the messages? Have they reminded you of the recovery you are working on each day?

What other things would help? Let's 'pay it forward' by sharing your thoughts with the author via an email to: author@Standtallrecoveryervices.com

Encourage others to sign up by emailing: subscriber@standtallrecoveryervices.com

If it helps you then share the opportunity with others to receive it directly.

"A Recovery Moment starts when You wake up and only ends if you change it."

Over the past few weeks I have discovered that change is needed for me to continue doing what I do. This can be hard to accept sometimes but recovery is about change.

Wednesday March 30, 2016

As March comes to a close it is time to look at April with a sense of hope. Change is necessary from day to day, but when a new month starts we get a chance to review what we have done over a longer period. What new things will you be considering?

Thursday March 31, 2016

Tomorrow is referred to as 'April Fool's Day' but it doesn't have to be a day for our path to go back to old ways. Recovery requires focus. Remember what is important to you as each moment of recovery is lived and let no one take it from you (not even yourself!)

"A Recovery Moment starts when You wake up and only ends if you change it."

Well it is April 1, 2016 and in many places this day is considered 'April Fools Day'. Use today to remember that your past thoughts don't control you anymore.

Friday April 1, 2016

As the weekend begins so does a new month. This is your First day of clean time for the month. Cherish it no matter what others might say to you today.

Saturday April 2, 2016

Remember that Recovery matters. Every second of recovery is more valuable than all the days in your addiction.

Sunday April 3, 2016

I'm trying to keep it simple. When I get too much going at a time I end up going nowhere. Remember that to get where you are headed, you have to get where you are first.

"A Recovery Moment starts when You wake up and only ends if you change it."

Repetition and Action are the path of change but is it something you are ready for or something you're hiding from? When I started my recovery I was not sure what I was doing but as time went on I felt the pain and realized that I was working to get better.

Monday April 4, 2016

Over time our integrity took a 'hit' because of our addiction but now we are working to make our inner addict take 'hits' so we can be renewed in our recovery.

Tuesday April 5, 2016

Repetition is key to rebuilding life. A bricklayer repeats the same process with each brick placed in a wall and it becomes a strong part of the building. In recovery remember that it took repeated use to destroy our lives and it will take repetition to rebuild our life.

"A Recovery Moment starts when You wake up and only ends if you change it."

Since starting the email encouragement I have learned that it is hard to be an encouragement when your down. For that I Thank You. Each person who is receiving this keeps me encouraged by their willingness to 'Be Clean' in this moment.

Wednesday April 6, 2016

It is important to share your moments with others because it is sharing recovery in a heartfelt way. Remember to return messages of how you are doing to me so that I can remember you in this moment too.

Thursday April 7, 2016

Changing focus can be hard but it is also rewarding. Have you remembered to stay focused on your new path of recovery so that the change of focus sticks?

SPECIAL MESSAGE!

Remember to set this email address as a trusted one so that you don't miss it.

Also I would appreciate a message back from each person who receives this message to let me know if it helps. This will also help confirm that you are receiving the message as at least 1 person has lost the email due to a delivery failure message being sent back.

To unsubscribe reply to this email with the header Remove Me.

"A Recovery Moment starts when You wake up and only ends if you change it."

It's Friday again and we are often tempted most when the time is less controlled by work. What are the things you do to avoid temptation?

Friday April 8, 2016

Remember the reason for recovery and consider the steps you take today. It could be the difference between being in the moment and being in the addiction.

Saturday April 9, 2016

What are you going to do today? Is there someone you can call if temptation comes to visit? Remember the people who are waiting for your call today.

Sunday April 10, 2016

Breathe. The weekend is coming to an end and the week is about to begin. Remember to focus on the people and places that are important in recovery and let go of the past.

"A Recovery Moment starts when You wake up and only ends if you change it."

Starting a week on a good note is better than starting it in our addiction.

Monday April 11, 2016

A short message can sometimes mean more than a long ramble. Remember that "I love you ." when it comes from within yourself is better than all the excuses to return to your addiction.

Tuesday April 12, 2016

Remember that an action speaks louder than words. Being with someone when they need you is more precious than trying to win any prize to show you can do something for the person. If you are there when you say you will be it speaks louder than the promised attendance that doesn't happen. If you have to miss an event it means more to let the person know why than to simply leave the failed promise hanging over you.

"A Recovery Moment starts when You wake up and only ends if you change it."

Each Day I think about the "What IF?" system of life. Today my 'What If's?' are about my recovery.

Wednesday April 13, 2016

What If... I had never met someone who knew what it was like to make recovery important? Would I have quit my addiction? Probably not because when I was active in my addiction I was blind to the cure. So What If you shared recovery with someone? would it change their life? You can only find out by doing it.

Thursday April 14, 2016

In late 2011 I went to the emergency room for breathing problems. After a few hours I was sent home with a medicine but had a question about it when I got home. When I called I was told I needed to come back. They offered to send an ambulance but I chose to drive the 5 miles back. When I arrived the staff looked relieved. I found out that they suspected a Pulmonary Embolism.

Had I known I probably would have accepted the ambulance ride, but I didn't and ended up in the Hospital for several Days.

While they were wrong, I did have a diagnosis. Asthma which I probably had for years but had no clue. I believe I am alive today because of the diagnosis being made then.

That's what recovery is like. We have an addiction in our lives for a long time and until it is diagnosed and we accept treatment we are feeling the problem but not working on the treatment.

"A Recovery Moment starts when You wake up and only ends if you change it."

Encouragement in recovery is not something that is limited to one place. It is worldwide.

Friday April 15, 2016

In America this is usually 'Tax Day' but thanks to Abraham Lincoln it is not until Monday. That's right today is a holiday in Washington DC and only there.

As an addict in recovery it can teach us something though. For you see the holiday is Emancipation Day. It commemorates the freedom of slaves in America. It teaches us something as well.

What we were addicted to made us slaves to it. Make today a reminder that we can be free from it thanks to a higher power than our own.

Saturday April 16, 2016

Remember that today is a day to be free from addiction and build on recovery one day at a time!

Sunday April 17, 2016

Our past gives us a chance to be responsible for today. Tomorrow is Tax day 2016. Remember that you owe it to yourself to give your due to the past BUT that is all you need to do. Don't let the past linger into today.

"A Recovery Moment starts when You wake up and only ends if you change it."

A new week is only new when we accept that it doesn't have to be like the one before. These encouragement emails started on January 11, 2016 and this will be the start of the 15th week which is a testament to you. There is an event coming up on April 28th at 7 PM in Grand Rapids, Michigan that could change the way people look at their addiction.

The speaker is Mike Burke, The Author of "Never Enough". If you want more information on this let me know or check www.standtallrecovery.com for details.

Monday April 18, 2016

Today is the day of 'reckoning' if you owe taxes but have not filed them yet in the USA. It doesn't have to be bad though because recovery is giving you a future of hope if you are willing to see it.

Tuesday April 19, 2016

When I think of all the folks who are in recovery I smile and think about the hope for tomorrow. This is different when I think of those who are not yet in recovery or are still in the 'muddled middle' of change. There is a hidden hope there.

Remember when someone was there for you. Are you ready to be there for someone new to recovery?

"A Recovery Moment starts when You wake up and only ends if you change it."

Change is hard but without it we never grow. Today begins a new path for me and for each person in recovery so what will we do with it?

April 20, 2016

New beginnings are sometimes necessary when what we are doing isn't working. Today is the beginning of a new opportunity where the torch is handed off to someone new for what was done before. It will be a challenge but the new leader is up to the challenge. Are you willing to be a leader when called upon?

April 21, 2016

Recovery begins with healing. Healing can only happen when a person realizes they are sick/ injured and need to seek treatment. Are you ready for healing? Take the chance that you are and seek treatment where it is available without fighting it.

"A Recovery Moment starts when You wake up and only ends if you change it."

Moods Change! Accept the change.

Friday April 22, 2016

Wednesday was a bit of a surprise day. A new meeting was launched with no real expectation of it being more than the 2 people involved in starting it back up. As the time approached 2 surprise attendees arrived. Had we not have had anyone else it would have been as expected, but with the addition of new people the mood was very exciting. Recovery groups are like that. Being clean is only part of the process, helping others navigate the process is the joy of it!

Remember that as happy as you are to be in recovery, it is even better when you find someone who wants to be in recovery enough to reach out!

Saturday April 23, 2016

Recovery may feel good but taking the message to someone else is a really good experience. Even if you only have this moment clean... Share it with someone!

Sunday April 24, 2016

Step 12 says: "Having made as effort to practice these principles in all our affairs, we tried to carry this message to other (addicts) compulsive gamblers."

It doesn't say "having been perfect in these practices" but "made an effort". Remember that just as recovery involves a desire to get clean regardless of length of success, it is making the effort that encourages us to help others. Past Failure does not keep you from continuing to try or to share with others!

"A Recovery Moment starts when You wake up and only ends if you change it."

It has been a difficult weekend but it isn't "the end"!

Monday April 25,2016

This last week I took the time to consider the importance of each moment. It reminded me I was not the only person in the moment. Just because things get rough don't believe it is the last moment you have. Remember it as the first moment right now.

Tuesday April 26, 2016

Today is your opportunity to be in today. It is the only today you have so remember the value of it because life is too short to focus on what might have been or what was. Remember what IS!

"A Recovery Moment starts when You wake up and only ends if you change it."

In the past I allowed others to define me. Today I define who I am in this moment. Remember that this moment is all you have and only you can make it a good one.

Wednesday April 27, 2016

While it is important what others think of you, it is not what defines you. Remember that if you accept who you are no one can take that away.

Thursday April 28, 2016

To be well one must take treatment seriously. In recovery serious is the only way to be clean because you can't do well if you are going back to the 'poison' that made you sick in the first place.

"A Recovery Moment starts when You wake up and only ends if you change it."

As we end April and get ready for May a thought comes to mind. The recovery we have is more valuable than anything else.

Friday April 29, 2016

I worked on and completed a task in short order only to have a 'glitch' make it necessary to start the project over. Having to starting over should be considered as a daily routine because each day starts with that first moment awake.

Saturday April 30, 2016

The end of a week and a month is also the beginning of a week and a month. Don't forget the end of one thing without remembering the beginning that is also happening. Start new each day remembering that it is a 'clean slate' until you write on it.

Sunday May 1, 2016

Remember that the effort to practice recovery is the reason to carry the message of recovery to others.

"A Recovery Moment starts when You wake up and only ends if you change it."

Recovery is a challenge if even when we do it together. For that reason we have meetings to remind us of what we have in recovery.

Monday May 2, 2016

At the end of the week I attempted to launch a tool that allows a person to attend a meeting even when they are not able to leave home or one is not available. It is called a 'Virtual Meeting' and the link is below. Remember that our recovery is based on our willingness to accept help. If you can't make a meeting then try a meeting that is always ready when you are.

https://www.youtube.com/watch?v=up8U9OVeIcc&ab_channel=BernardZeitler

Tuesday May 3, 2016

I am at home with others when they know they are 'at home with me'. Recovery is a matter of continuing to get treatment even after the 'disease' is in remission. This involves the treatment of continuing to get 'checkups'. Meetings and involvement with others who are on the same path of recovery is like going to the doctor for followup visits. It allows us to be ever aware of what is happening so we can see the signs of relapse. Have you been monitoring yourself for relapse?

"A Recovery Moment starts when You wake up and only ends if you change it."

Today is a new day. It is not yesterday or tomorrow. Remember to be here today because it is the only today you have.

Wednesday May 4, 2016

As each day passes I remember that they are not my 'right now'. If I take my focus off this moment I take a chance on relapse because yesterday, when I was in my addiction, I seldom dealt with what life put in my path as a challenge. I focus on this moment because it is the one thing that I can change.

Thursday May 5, 2016

Reach out to others in this moment because someone reached out to you in your moment.

"A Recovery Moment starts when You wake up and only ends if you change it."

Remember when... All we did was 'Pass The Buck'. Today we take responsibility for our recovery and for how we got there.

Friday May 6, 2016

Recovery is new every day. Changing our path from the avoiding nature of our addiction to the responsible path of recovery takes work.

Saturday May 7, 2016

Remember the work it has been to get to where we are today and don't let our past take it away.

Sunday May 8, 2016

Remember today is all that matters
Because today is where you are right now.

"A Recovery Moment starts when You wake up and only ends if you change it."

I have a wife, 2 sons and 2 dogs. I worry about them for different reasons, but think about them always for the same reason.. I care about their best interests.

Recovery is the same thing for me. I am always thinking about those who are fighting their addiction because I have been through addiction and continue to fight for sobriety every day.

Monday May 9, 2016

Never think of yourself as alone. You are part of a family of recovery. Your battles are unique to you BUT they are also much like the ones others have fought before. The battle is yours but you don't have to fight it alone.

Tuesday May 10, 2016

Today is the only day you have right at this moment. People are a part of that and they are thinking of you as much as you are thinking about them (sometimes they are thinking of you more).

"A Recovery Moment starts when You wake up and only ends if you change it."

Perseverance is necessary for Recovery. Remember that it isn't how long but that you are right now.

Wednesday May 11, 2016

There are tough days in life, but they are not the definition of recovery. Recovery is about what happens after a rough day. Persevere and you can make it to tomorrow (which is a new today).

Thursday May 12, 2016

Hold onto the moment of being clean because it is only the beginning of a day clean. Remember that each moment is it's own and can only be good or bad in how you live it.

"A Recovery Moment starts when You wake up and only ends if you change it."

Sometimes a Flat Tire can make all the difference in the world. I apologize for missing the morning message this morning. I was distracted by a pothole 'eating' 2 of my car tires.

Friday May 13, 2016

If something goes wrong don't forget to get back on track. On occasion humans miss planned events. In light of that I remind everyone that your only human and it is not that you forget but that you acknowledge it as soon as you can.

Saturday May 14, 2016

It happens. I realized a mistake and put myself in the Dog House for it. I'm coming back out to get back on the ball. You can do this too when you end up in the Dog House don't stay there.

Sunday May 15, 2016

Sometimes the hardest thing is forgiving yourself. Just because it is hard doesn't mean you shouldn't do it. Recovery is a lifetime process so be ready to forgive even if you can't forget right now.

"A Recovery Moment starts when You wake up and only ends if you change it."

In recent days I've read stories about people having difficult situations. A young person diagnosed with Cancer, A Woman who lost her husband, A Child diagnosed with a birth defect that will affect their entire life and more.

Albert Einstein was told he would never amount to much by others but he took the challenge to prove them wrong.

Monday May 16, 2016

Addiction is a disease that, when diagnosed, is a challenge to treat. Even though we have discovered our addiction, we need to continue to treat it for a lifetime. Doing this helps us keep it in remission. It also allows us to challenge ourselves to do better going forward. Don't forget that just as our addiction didn't have anything to do with the money (although it fed the addiction) our recovery is not about the money either.

Tuesday May 17, 2016

Here is a challenge for today. Share your recovery with one other person and remember that your recovery is a gift to be shared. Don't let the good of this moment be overwhelmed by the bad hanging in the back yard of yesterday.

"A Recovery Moment starts when You wake up and only ends if you change it."

Well here we go again. I get tied to different projects in working my recovery and often catch myself in a pattern.

Wednesday May 18, 2016

Sometimes the path of recovery takes us to the belly of 'hide and seek'. We look to fill our time with things that are not our addiction and it results in reminding us of our addictive nature.

Thursday May 19, 2016

Fresh starts are like a bowl of Cherries. You have to take them one at a time and spit out the pits.

"A Recovery Moment starts when You wake up and only ends if you change it."

Well It's Friday again! Often we look forward to the weekend or to an event in the future, but forget about the moment.

Friday May 20, 2016

I wake up excited about plans for the next week and forget to be thankful for right now. Remember that tomorrow will always be there but today will be gone before we know it. Appreciating it helps get us to tomorrow.

Saturday May 21, 2016

What is getting to you from your past? Remember that it has already been written and letting it go allows you to write a different today. Learn from what happened but dont relive it today.

Sunday May 22, 2016

Renew your focus as you start the new week and a new day. Remember that you are not alone in recovery and use the list of people taking the journey with you.

"A Recovery Moment starts when You wake up and only ends if you change it."

The hardest thing to say is Thank You. So let me say it anyway. Knowing that people are interested in recovery and so willing to let me be a part of that means the world to me. We often hear that recovery is a personal thing but fail to realize that it is necessary to have support.

Monday May 23, 2016

Remembering that we are not alone in our grief helps us realize we don't have to be alone in our recovery either. Are you harboring grief over the losses from addiction? Don't carry it alone because you are not alone. Courage in recovery is letting people in that have been where you are treading.

Tuesday May 24, 2006

Do you give thanks for this moment of clean time? It is a moment that can lead to better things. It is a moment you are in with others. You are a part of something bigger than yourself.

"A Recovery Moment starts when You wake up and only ends if you change it."

Recovery is a hard thing to get going. In the beginning we take on guilt, shame and despair. We are hardest on ourselves. As recovery goes on and we work through tough moments we recognize how hard headed we are.

Wednesday May 25, 2016

Forgiveness is something we have to give ourselves at some point. It is Finding Our Recovery, Growing In Vigilance Every New Experience, Suspending Suspicion.

How we do this is by risking failure to achieve Success.

Thursday May 26, 2016

Finding our Recovery is all about being willing to make a change for the chance at a better tomorrow.

Growing In Vigilance Every New Experience is knowing our surroundings and being aware of temptation.

Suspending Suspicion is learning to let others decide when they feel they can trust us again and being aware that even we don't trust ourselves in the beginning. We need to learn to trust ourselves again.

"A Recovery Moment starts when You wake up and only ends if you change it."

It's the little things that make all the difference.

Friday May 27, 2016

Yesterday was interesting and instructive for me. Have you ever tried so hard to reach out to someone for any reason and they were too busy? Then had a chance encounter that changed everything?

Yesterday it happened to me in a special way. Because treatment is a pet interest of mine, I have been trying to get the ear of my states Governor or Lt. Governor. After months of trying the formal way, I was at an event where he was the key note speaker. On his way out people were trying to get selfies with him and I was in the right place at the right time. His 'time management person' was trying to get him away and I was able to get his ear very briefly (but very successfully to).

Remember to hold onto opportunities that just happen randomly.

Saturday May 28, 2016

One moment at a time means cherishing the opportunity for reaching out when it happens rather than the failed past attempts.

Sunday May 29, 2016

A moment in recovery can be more precious than any other moment when it is your recovery.

"A Recovery Moment starts when You wake up and only ends if you change it."

Set a Memorial out for reference and recovery has hope waiting. Today is Memorial Day, a day set aside to remember those who died for the cause of freedom. Let us not forget that first and foremost.

Monday May 30, 2016

Remember that your recovery is possible because freedom was afforded by those who gave all. As we do that let us also honor their sacrifice with a memorial for our recovery.

Tuesday May 31, 2016

Recovery is marking your past with a not for your future.

The OOPS Moment!

"A Recovery Moment starts when You wake up and only ends if you change it."

New Beginnings are available every day and in every moment of that day. Allow yourself to have some slack if you relapsed.

Wednesday May 1, 2016

May 1 is May Day. Allow yourself to remember that the phrase Mayday is a request for help. Never forget that you do not have to go through your recovery alone.

Thursday May 2, 2016

Does this message help you? Then focus on it. Do you know people who could use it? Then share the opportunity to receive it with others.

Remember that help is available and it is also meant to be shared with others.

Well you might have noticed that the encouragement email went out early and that I apparently wanted to relive May. The may situation was an error on my part as was the send out last night. It would normally go out at 3 AM Arizona time which gives me time to double check some things before it goes out, but instead of scheduling delivery I hit send.

As for the Return to May 1 rather than going to the appropriate June 1, I can only say that I was confused on the date and did not catch it until this morning.

The message still applies as we can't go back and need to live in each moment, but I apologize for the error. I'll be back on track for the next installment. Please allow yourself to laugh a bit as it helps with recovery.

I am also

Looking for feedback on the email, videos and other services offered. Please take the time to send me a note on your thoughts.

Respectfully,

Bernie Z

"A Recovery Moment starts when You wake up and only ends if you change it."

HOT DOG!! It's The weekend again. In recovery the smallest thing can be a trigger or a deterrent so remember to look at things with perspective toward outcomes.

Friday June 3, 2016

The last encouragement post, while encouraging, was miss dated but it still had a positive message. Remember that a mistake does not have to be the end of something good. It can be seen as a new start of something better.

Saturday June 4, 2016

Every 'bite' of life taken is an opportunity to either feed the good or the bad side of life. Which will you feed?

Sunday June 5, 2016

Reaching out is better than holding in pain. Let help be there when you need it. Be the help when someone else needs it.

"A Recovery Moment starts when You wake up and only ends if you change it."

Going back to yesterday is not going to help you make it to your appointment with today.

Monday June 6, 2016

In early recovery we focus on all the pain forgetting that we are working on healing. Remembering that today matters more than the addiction of yesterday is a part of the treatment.

Tuesday June 7, 2016

Do you have an appointment with sobriety today? It may well be the most important one you have. Remember that others are there to go through the process with you if you are willing to take the time.

"A Recovery Moment starts when You wake up and only ends if you change it."

Have you ever felt like you're 'behind the eight ball'? In recovery this may seem like a silly question because we know we have, but consider the path.

Wednesday June 8, 2016

Remembering that we all need help sometimes keeps us grounded. Considering how unsure things are in life, we can remember that together the future looks bright. Recovery is not a individual journey but a journey of individuals together.

Thursday June 9, 2016

If the journey of recovery is one we take together while traveling our own paths, then it stands to reason that the path is one that includes communication with those who have gone before us.

Remember that we can help others but only if we help ourselves first. This is not saying be selfish but be selfless. If we do not take care of ourselves it often leads to the same place our addiction did: Prison, Insanity or Death.

The Prison of our past guilt, shame and self-anger can be a strong restriction.

The insanity of judging the motives of others without knowing the whole story may keep us from getting their help.

In ignoring our own needs we destroy our health which can ultimately end in our death.

Remember be open to being helped and willing to help someone else when it is possible.

"A Recovery Moment starts when You wake up and only ends if you change it."

Faith and Hope are a commodity we often can't see in early recovery. Occasionally it eludes us even long into our recovery. Why is this?

Faith is defined as: "a strong trust or belief in someone or something."
(Websters Dictionary)

Hope is defined as: "to want something to happen or be true and think that it could happen or be true."(Websters Dictionary)

Often we think it is all within us but some of it comes from without.

Friday June 10, 2016

When your internal faith is low consider those who believe in you. Your faith can be in the visual that someone else believes in you.

Saturday June 11, 2016

Hope comes from a willingness to believe it is possible. Recovery focuses on the process and what can really happen. In addition we focused on unrealistic things and hope was a lost cause. Not so in recovery.

Sunday June 12, 2016

When Your faith is low remember it isn't all about you. Others believe too!

When your Hope is gone remember it still lives because there is real potential in the group of people you are connected to

"A Recovery Moment starts when You wake up and only ends if you change it."

Recovery isn't about looking back. It is about looking at the present.

Monday June 13, 2016

How hard do we look back at our destructive days in our addiction? Does it change the past to do so? To move forward we must first work on looking at the present.

Tuesday June 14, 2016

Our worth is not based in the past unless we focus on it. If one person values you today then it should be embraced. Remember that we need to value ourselves in the present without hanging on our addict past for validation.

"A Recovery Moment starts when You wake up and only ends if you change it."

Life is all about change. As I've gotten older many of the things I could do are no longer wise to try. Opportunities also change as we get older. It is a matter of if we are willing to take a leap of faith.

Wednesday June 15, 2016

If we dwell on what we could do before or what we did do before how are we going to see what we can do today? In recovery it is hard to let go of our past and the harm caused (especially to ourselves). As recovery gets more ingrained and we meet others we learn that we can do great things "one step at a time"

Thursday June 16, 2016

A leap of faith is not a gamble but rather a mindset. Every project has a beginning and without looking at the process it never happens. For me the process began when I realized that addiction is a disease and in order to treat it you have to seek out treatment. It is the birth of Stand Tall Recovery Services. What will you grow into by looking at life through the lens of recovery?

"A Recovery Moment starts when You wake up and only ends if you change it."

Remember when you had to keep your secrets to survive? In recovery that is no longer the focus. It is about learning to know yourself and when you are lying to yourself.

Friday June 17, 2016

Today will be a long day. By the time this is received I will be off doing work that is more about growing the knowledge of my recovery than anything else. Remember even when your day is longer than the number of hours you are normally awake it is still for a purpose.

Saturday June 18, 2016

Have you considered the learning curve of forgiving yourself yet? Just like recovery it is a lifetime process. Just when you think you've forgiven yourself of one thing you find a new hidden secret. Don't forget that you are worth it because you have changed.

Sunday June 19, 2016

HAPPY Father's Day! Remember that no matter how bad it gets you are not alone! In recovery we should remember those who have been our 'father's in the recovery process. Without those who came before and stand by us in the fight where would we be?

"A Recovery Moment starts when You wake up and only ends if you change it."

A simple word can change the way a person thinks about a situation but it can't change the situation. The question is why use a word to change the way you think if it can't change what is? Because it can change what will be.

Monday June 20, 2016

Friday was a day that focused on the way we message things. A conference on contest if you will. Remember that we are not addicts but rather people in recovery. Our past may have been the addiction but our present is the process of recovery.

Tuesday June 21, 2016

Our past is not our present and our future is not yet determined. In recovery we learn to grow and treat the disease as something that was active but is in remission. Remission is a state of sleep for the disease. Because of this we must continue to do maintenance care. For people in recovery from an addiction it is a process of monitoring for the disease to threaten a return. We also treat the disease with preventative medicine in many ways. What have you been treating the disease with for prevention?

"A Recovery Moment starts when You wake up and only ends if you change it."

What is Recovery to you? Can you change the world you know by taking a single thought with you each day? The video below indicates that we can change reality by purposely changing the way we look at things. This is the principle behind a thought for each day proven through Quantum Physics.

<https://www.youtube.com/watch?v=TWAuc9GIvFo>

Wednesday June 22, 2016

A day stuck in the past makes for a day not lived. Each day I wake up to a thought that can either help me see hope or can draw me into despair. I suggest that we focus on something good even when things seem bad. It may be the difference you create.

Thursday June 23, 2016

The video shows how a molecule of water is changed by the use of simple chosen actions. If it works on a molecule of water, how much more will it affect us? Our body is mostly water. Imagine the way life might be different if we focus on a single 'Thought' each day as a part of our core being.

"A Recovery Moment starts when You wake up and only ends if you change it."

Each day is it's own event. Don't try to get ahead of it.

Friday June 24, 2016

Remember that today is all you can do anything about. Your past is not your today and tomorrow is a new day.

Saturday June 25, 2016

If you find something that reminds you of the moment you are in, it is better than dwelling in the moment that is long gone. Live for you new moment because it can shape the next one.

Sunday June 26, 2016

Focus... It is better to watch where you are going than where you have been.

"A Recovery Moment starts when You wake up and only ends if you change it."

Recovery is work. If we simply look at it and say ok we will never achieve full recovery. We must reach out for it.

Monday June 27, 2016

Recovery is achieved by giving and getting a hand up not a hand out. Remember that as long as we focus on what has been lost and what we don't have it will remain about the past.

Tuesday June 28, 2016

The future is all about knowing our past and focusing on our present. Working on this moment is the only way to get to a better place in the next moment.

"A Recovery Moment starts when You wake up and only ends if you change it."

Remembering that recovery is not guaranteed, we focus on continuing 'treatment'. It is important to do 2 things in early recovery:

1. Admit we have a problem (let go of our denial).
2. Accept Help.(Realize that we can't do it alone)

Wednesday June 29, 2016

Admitting our problem and letting go of denial doesn't mean beating ourselves up over our past failure (even if it was 10 seconds ago). It means recognizing that life can be different and working to change the moment we are in. We also need to remember that each moment builds up longer time. Even if we relapse we should only recognize it and then focus on the time we had success so we can build on our recovery.

Thursday June 30, 2016

Accepting help is not weakness but strength. In recovery we are a part of something greater than ourselves. It takes courage to be a part of the decades of recovery by being part of a moment of recovery.

"A Recovery Moment starts when You wake up and only ends if you change it."

Not everyone receiving this is American but we all fight a battle for freedom. Monday is the 4th of July and in America it is referred to as Independence day. Remember that our addiction is not our master any more. Declare your recovery and independence from Addiction daily!

Friday July 1, 2016

A new month is a new beginning. Fight for your recovery and remember that it is not that you are cured but that your addiction is in remission.

Saturday July 2, 2016

Remission is a state of continual treatment that results in long term sobriety/ improved life. It only works if you allow yourself to be better though.

Sunday July 3, 2016

Recovery leads to rebuilding the life we live. What are you doing to keep building a better moment of recovery? Let go of guilt (even if you are only saying it today) it will build a new mind of hope.

Monday July 4, 2016

For the holiday weekend an extra day come to everyone. Remember that no matter what happens you are worth working for a new life starting today!

"A Recovery Moment starts when You wake up and only ends if you change it."

Welcome back after a long weekend! Here is a question to consider. If all I do is live in the past can I see today?

Tuesday July 5, 2016

Remember yesterday but focus on today. Our past is important only in that it is how we got to today. It can't change tomorrow. Only by changing today can we make a better future for ourselves. What was done does not have to define what we do today.

Wednesday July 6, 2016

Remembering yesterday does not mean reliving it today. We celebrated Independence Day 2 days ago not because it was easy but because it was hard and required making a change for the future.

Thursday July 7, 2016

Take the day off from rehashing yesterday's mistakes. Remember that they are yesterday and today is a new beginning.

"A Recovery Moment starts when You wake up and only ends if you change it."

The holiday has past and troubles may come up but it is time to get back on track.

Friday July 8, 2016

Remember that each day is new. No matter the challenge that the day brings it is best to face it with the hope that if we face it head on it will work out.

Saturday July 9, 2016

Monday things return to normal for the encouragement message, but during the challenge of the holiday we need to remember that our focus should be on this moment because it's what matters.

Sunday July 10, 2016

Prepare for the new week with assurance that you made it through this moment and it is the foundation for the next moment.

"A Recovery Moment starts when You wake up and only ends if you change it."

When Recovery is challenged by the past, look at the present and ask if it was better when you were oblivious in addiction. What was the bottom like verses what it is now?

Monday July 11, 2016

If recovery is for someone else you can't see it for you. Look in the mirror and consider the change you want.

Consider listening to and singing with the song Man In The Mirror By Michael Jackson.

Tuesday July 12, 2016

Recovery is about 2 things. First waking up and looking for the change within you and then deciding if you want to continue getting better so you see the real you in the mirror.

Look in the mirror to see you now rather into the past to become what you were then (in your addiction).