

HOW TO START AND MAINTAIN GOOD HABITS

STEP ONE: Desire

You must start with a strong desire. You must be internally motivated. External motivations don't last. If you start only half-heartedly, you will never make it to the success point.

STEP TWO: Decision

Begin right now! Don't wait. Don't procrastinate. You don't slide into new habits. "One of these days" never arrives. You must have a starting point. It's easier to break a bad habit today than it will be tomorrow!

"Whoever watches the wind will not plant; whoever looks at the clouds will not reap." Eccl. 11:4

STEP THREE: Declaration

Announce your intentions publicly. Make a covenant or resolution. The power of a vow is awesome. It is particularly powerful if you put your commitment in writing.

"Make vows to the Lord your God and fulfil them." Ps. 76:11

STEP FOUR: Determination

Never allow an exception until the new habit is securely rooted in your life. Each lapse will be fatal. A single slip unwinds many turns at first. Continuity and success at the start is essential. Never be swayed by 'just this once'. The act of yielding weakens the will and reinforces your lack of self-control. It takes 3 weeks to become comfortable with a new habit and it takes another 3 to 4 weeks (doing it daily) for it to become a part of your life.

IT TAKES 7 TO 21 REPETITIONS TO LEARN SOMETHING!

STEP FIVE: Do it

Whenever you feel the slightest urge or prompting to practice this new habit – DO IT THEN! Don't wait. Seize every opportunity to reinforce your habit. Those feelings will not last, so whenever you feel inclined to perform your new habit, do so!

STEP SIX: Double up

Get a partner who will support you and encourage you. Find someone who is willing to hold you accountable and check up on you especially in early days before the habit is firmly rooted in your life.

“Two are better off than one, because they have a good return for their work: if one falls down, his friend can help him up.” Eccl. 4:9-10

STEP SEVEN: Depending on God

Rely on God’s power to help you establish the habit. Remember, Satan does not want you to develop habits you grow spiritually and make you like Christ so he will do all he can to tempt you, cause you to slip, or discourage you. Pray!

“For it is God who works in you to will and to act according to his good purpose.” Phil 2:13

General Assistance:

Welcomed Healing Harmony – Conflict management group and opened session with the Serenity Prayer. This session was How to Start and Maintain Good Habits, this group was an extension to the Alcoholics Anonymous but from a cultural and spiritual perspective. The steps are as followed desire, decision, declaration, determination, does it, double up, and depending on a higher power. The group shared the similarities of the two sobriety steps. They shared the similarities of having a higher power; the only thing that they saw that was different was making amends. We then discussed why it was important to work on themselves rather than fixing their past first. They shared if they are able to move past their addictions then the amends will follow.

Plan: The group was encouraged to keep going to sobriety groups and to maintain sobriety.

was shy at first then later began to get involved in the groups discussions.