

## SHORTCUTS TO RECOVERY

Grateful never relapses. Ever.

If you have to keep it a secret, don't do it.

The argument you win is the one you don't enter.

The truth you tell is equal to the help you will receive. Want more help?  
Tell more truth.

Freedom starts with forgiveness. What you DON'T forgive, you WILL become.

What you give energy to...will continue.

You are what you answer to. Take it personally or look at it truthfully.  
Choose.

Whatever you thought about most yesterday was your higher power yesterday.

Where you AIM yourself is where you'll find yourself.

At group level, profanity reduces credibility. Gratitude reduces rude and crude.

#BEFIRST. If you done SEE some, BE some.

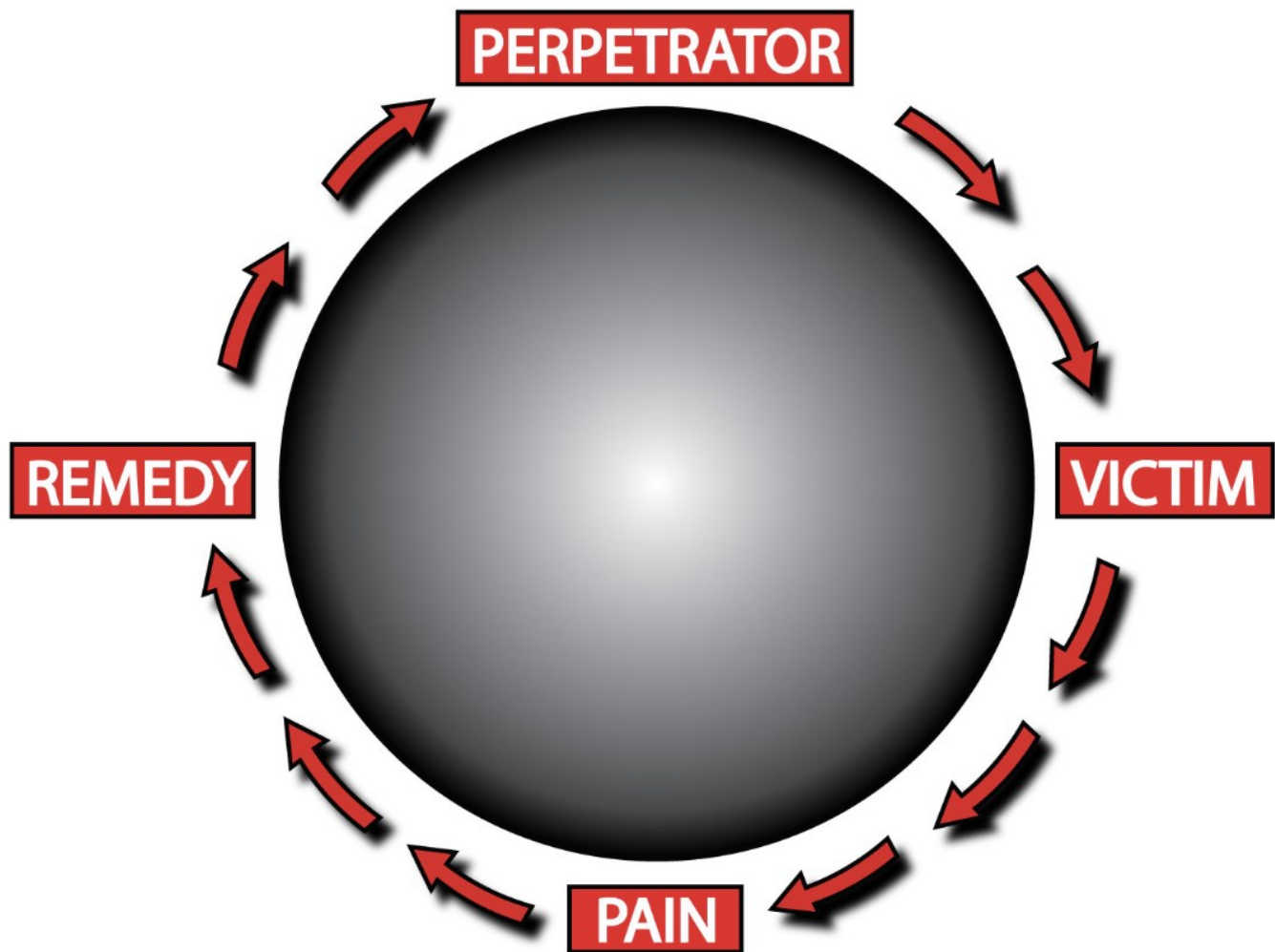
True recovery is your commitment to you when no one is watching you.

Anything you put above your own recovery, you're going to lose.

When you turn your life around, self centered becomes a centered self.

Mark Lundholm

[www.wholehearted.org](http://www.wholehearted.org)



# Mark Lundholm Enterprise Inc.

## Humor Day Handout #3

Stages of addiction are...

1. USE
2. ABUSE
3. LOSE
4. REPEAT...

RELAPSE Stages are...

1. Isolate (you stop participating)
2. Separate (you stop attending)
3. Medicate (you stop doing what was working)
4. REPEAT...

\*Medicate can be many things besides your drug, drink, deal of choice: T.V., Food, Sex, Work, Coffee, Sugar, Red Bull, Sleep, Exercise, Gossip, Cigarettes, Video Games, Meetings and anything else we overdo or under estimate.

Addicts, Alcoholics, Codependents and folks with Pain Management issues are human beings who have allowed ourselves to be warped and driven by a desire to "feel" better at any cost. Learning how to recognize our feelings better, describe them better and deal with them better... Is the only path to "feeling" better.

At last, we do what works for the good of ourselves, our families and our communities, in that order. Dysfunctional individuals become "THISfunctional family".

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# SHORTCUT VERSION OF TWELVE STEPS

1. I DON'T KNOW
2. I'D LIKE TO
3. I'LL ASK
4. I'LL LOOK
5. I'LL TELL
6. I'LL COUNT
7. I'LL WAIT
8. I'LL MAKE A LIST
9. I'LL MAKE AN EFFORT
10. I'LL LOOK IN
11. I'LL LOOK UP
12. I'LL REACH OUT

- MARK LUNDHOLM