

The "3 Circles"
Thomas
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59 days sober

"With the help of my higher power and the fellowship, I will involve the help of these supportive actions and states in order to stay sober and live a life of joy, a life in line with my values and deepest intentions."

1. Do **5 daily sobriety-promoting actions**:
- Get on knees and ask HP for a sober day.
 - Read some recovery literature every day
 - Talk to an addict in recovery every day.
 - Maintain a regular schedule of SAA, NA, or AA meetings (three per week)
 - Get on knees and thank HP for another sober day.

2. Share sex with my partner as an activity of intimacy and connection, staying with my awareness in the present. Openly express sexual desire or want with my partner.

- 3. Take care of my physical needs!**
- Get enough sleep
 - Eat healthy food
 - Keep coffee and sugary food intake in check
 - exercise

4. Reach out and connect with others. When I reach out, I let someone know that I value them, and I give them the joy of trying to help.

5. Work hard and be active, but and let go of the need to try and control the outcome of my actions—that is the Universe's job

6. Mind tattoo: "God grant me the serenity to accept the things I cannot change, **courage** to change the things I can, and **wisdom** to know the difference"

7. Look for opportunities to help others, in word, thought, or action.

8. Meditate!
...What else is REALLY more important?

9. Be patient and kind with myself and others.

10. Remember: "To keep a drop of water from drying up, put it in the ocean." (ego loses its anxious vulnerability if joined with something bigger)

11. The secret ingredient in all that is truly nourishing:
...**Love**

"With the help of my higher power, I will practice extra vigilance and ask for guidance from my sponsor and/or others senior in the program when performing these "slippery" actions or when in these risky states."

1. Fantasizing about sex. This deeply ingrained habit, though perhaps nearly impossible to stop altogether, needs to be "cooled down." I can do this by staying attentive and conscious of my mental state, and simply returning to awareness of my breathe or body awareness when I notice my mind objectifying or fantasizing.

2. Difficult or unpleasant emotional states. Stress and pressure are perhaps the greatest risk, but also loneliness, tiredness, anger, and "ego-states."

3. Masturbation. If I am single or away from or sexually inactive with my partner for some time, masturbation is okay IF it is not done with active fantasizing or as a way of escaping unpleasant emotions.

"With the help of my higher power, I will abstain from:"

- Any kind of pornography
- Any kind of sex with a person, animal, or thing that is not my partner.
- Masturbation if:
 - with active fantasizing
 - in moments of stress, pressure, anger, loneliness, etc.
 - sex with my partner is possible instead