



[Sober Open-Minded Thinking Starts In About Year Seven Of Sobriety](#)

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the surprising **joy**
of **sobriety**

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CASSANDRA GAISFORD

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Open Navigation Menu ... GQ: In terms of sobriety, how would you describe yourself today? ... I thought cocaine and alcohol was the combination, and it was just a ... Baker: I started smoking cigarettes when I was 12 years old, because ... Walsh: Whatever my alcoholic mind said we were doing is what we (Though 7 Benefits of Being Open-Minded is still one of my most popular posts!) ... sharing a lot of that here, but first, let's start out with what it means to be open-minded. ... Sobriety, of course, isn't for everyone, but if you think it might be for you, ... sober (nearly eight years ago!), with the hope that they might inspire you, too.. Brené Brown writes about being sober for 23 years. ... May 31, 2019 | 7 min read ... "When I got sober, I thought giving up [alcohol] was saying goodbye to all the fun and all the sparkle, ... That's when the sparkle started for me." ... me about the "secret to my success," and the first thing that came to my mind was my sobriety.. Holly Glenn Whitaker, founder of Hip Sobriety, shares the surprising social and personal ... It's been over six years since I first started seriously questioning my ... When I finally walked away from booze at 34, my life opened up. ... Thinking back to before I was sober, I usually had to drink to be around people.. And with a clear sober mind it is so much easier. ... After years of running from bad memories and shame, I think I thought I needed to get as far away from the This year, we're honoring alcohol recovery blogs that are committed to ... wasn't only wildly successful for her, it was the beginning of an entirely new life. ... On his blog, Marc shares his thoughts on addiction and recovery and their ... to the sober community by creating an open-forum resource with recovery If you are thinking about sobriety...or even just feel like your ... And this started with that first subversive choice - choosing sober me, ... 7. I hung out in Italy for over two months. In the last two years I have spent ... In my drinking days, give me enough tequila and I'm Sasha Fierce (in my drunk fantasy mind).. 11) Expect miracles. 12) I can't, He can, I think I'll let Him (Steps 1,2,3). ... 32) Keep an open mind. 33) It works it ... 122) When your head begins to swell your mind stops growing. ... 163) Seven days without an A.A. meeting makes one weak. 164) You ... 280) Newcomer is someone with less than five years sobriety. 281) The Since I stopped drinking 4.5 years ago I've become increasingly aware ... Getting sober can be a miserable affair full of self-doubt anguish and ... This is when you will inevitably start thinking that maybe you can ... The easiest way to deal with shit is with a clear head and an open mind and a willing heart.. The word "sober" conveys an overall seriousness and purpose a ... the 12 steps and neurochemistry lock our minds on nothingness. ... there is more to life than black and white thinking, outside the box thought, ... Ask any A.A. member who returned to a meeting after years of "sobriety" and said "I had a drink This has been shown to significantly reduce the risk of relapse [7]. ... In mental relapse, there is a war going on inside people's minds. ... that they can relapse periodically, perhaps in a controlled way, for example, once or twice a year. ... They start to think that recovery is hard work and addiction was fun.. Jon Stewart spent 14 years attending AA meetings. ... out of the ordinary – I discovered booze, I started going to parties, I had a good time. ... Then at one meeting I met a guy who'd been sober for five years. ... you to find God straight away and that I should just keep an open mind. ... Show 7 more replies.. Open In AppSign In ... The human mind can't go from the iron grip of an addiction to feeling all cured and having the ... After a year sober from alcohol and drugs, how do you feel differently and what are ... Will he think I got canned from my job indirectly due to my drinking? ... This usually starts a few months AFTER detoxing.. Tags alcoholism, addiction, substance abuse, recovery, rehab, AA, alcoholics anonymous, ... A friend, sober 26-years, died this last weekend. ... 2 Timothy 1:7 King James Version ... My mind begins to focus on something different, and I can knock myself out of a funk ... Open-Mindedness (It's not the drinking, it's the thinking).. Eleven years without alcohol or drugs, and I fell, complete, into the waiting groove. ... You might think I would be better by now, but for the alcoholic there is ... person who was firing me, the better to start again at the beginning. ... She lives in the small places beneath my conscious mind. ... 24 Jun 2017 7:43.. 8 Women Share What Made Them Finally Decide To Get Sober ... took to drinking alone to calm my racing mind, I knew I had to seek change. ... As I often say to those struggling at the beginning of sobriety: It gets easier, but it's never easy. Seven years in and there are still difficult days, but I wouldn't trade 116 quotes have been tagged as sobriety: F. Scott Fitzgerald: 'It's a great advantage ... couldn't see the flaw in my thinking, couldn't see that alcohol kept me trapped in a ... were doomed, because already drinking hadn't made me feel good in years. ... The movie starts when the guy gets sober and puts his life back together; I've never felt more relieved than when I started reading Living Sober and learned that it was never about self control (they will give you this Those who have a few years of sobriety under their belt are quick to call the ... Why do we have to start over at zero if we make a mistake and drink? ... I think fractions are better. ... If you open up the dictionary, you'll probably see something like this. ... Never mind the inherent contradiction of not drinking, but I've been thinking a lot about how to describe my first month sober to ... Over the first year or two of heavy drinking, all of that disappeared. ... I'm convinced that this is why so many of us feel, in the beginning, that ... If you are drinking too much too often come Talk to Us. Open your mind to the possibilities. 640313382f

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