

## Paul's video Transcript

1

00:00:00,080 --> 00:00:03,199

the different journeys that we that i

2

00:00:01,839 --> 00:00:05,520

had developed

3

00:00:03,199 --> 00:00:07,520

we had seven of them and the first one

4

00:00:05,520 --> 00:00:08,480

is called exploration

5

00:00:07,520 --> 00:00:10,800

journey

6

00:00:08,480 --> 00:00:12,480

and that's where a person who

7

00:00:10,800 --> 00:00:14,080

is

8

00:00:12,480 --> 00:00:15,440

wondering whether they have a problem or

9

00:00:14,080 --> 00:00:16,720

not

10

00:00:15,440 --> 00:00:18,880

you know things have been happening in

11

00:00:16,720 --> 00:00:20,800

their life you know maybe they uh drank

12

00:00:18,880 --> 00:00:22,160

too much one time they feel like they

13

00:00:20,800 --> 00:00:24,240

still feel like they're in control and

14

00:00:22,160 --> 00:00:26,880

that thing's not really serious but

15

00:00:24,240 --> 00:00:29,039

there's been those episodes where

16

00:00:26,880 --> 00:00:30,800

it got out of hand a little thing out i

17

00:00:29,039 --> 00:00:33,440

could spend too much money didn't come

18

00:00:30,800 --> 00:00:35,120

home the right time maybe arguments with

19

00:00:33,440 --> 00:00:36,960

a significant other

20

00:00:35,120 --> 00:00:38,640

late at work some things are kind of

21

00:00:36,960 --> 00:00:40,559

coming up so now you're you're wondering

22

00:00:38,640 --> 00:00:43,360

whether you have a problem exploring

23

00:00:40,559 --> 00:00:44,559

that and so that journey helps you to

24

00:00:43,360 --> 00:00:48,000

take you through

25

00:00:44,559 --> 00:00:50,320

about 10 challenges to process

26

00:00:48,000 --> 00:00:52,000

where are you in regards to your drug

27

00:00:50,320 --> 00:00:53,840

and alcohol use

28

00:00:52,000 --> 00:00:56,640

you know are you like maybe the

29

00:00:53,840 --> 00:00:58,480

beginning of very mild a moderate

30

00:00:56,640 --> 00:01:01,440

maybe severe uh

31

00:00:58,480 --> 00:01:03,359

phase of your drinking and using so that

32

00:01:01,440 --> 00:01:05,439

that takes you through that and then

33

00:01:03,359 --> 00:01:08,479

some conclusion about where to go from

34

00:01:05,439 --> 00:01:10,479

there if it is a severe enough problem

35

00:01:08,479 --> 00:01:13,119

then you can go and you know take the

36

00:01:10,479 --> 00:01:14,479

next journey and that's the fresh start

37

00:01:13,119 --> 00:01:17,040

journey

38

00:01:14,479 --> 00:01:18,159

and that's where somebody who's just

39

00:01:17,040 --> 00:01:20,159

stopping

40

00:01:18,159 --> 00:01:22,080

it's the first two weeks one to two

41

00:01:20,159 --> 00:01:24,320

weeks in your recovery to going to

42

00:01:22,080 --> 00:01:26,960

withdrawals depending on how severe your

43

00:01:24,320 --> 00:01:29,119

drug and alcohol uses i would imagine

44

00:01:26,960 --> 00:01:32,079

people using the app you'd probably be

45

00:01:29,119 --> 00:01:34,560

more like mild to moderate with and so

46

00:01:32,079 --> 00:01:36,159

there you're just stabilizing you know

47

00:01:34,560 --> 00:01:37,439

you're you're you're going through the

48

00:01:36,159 --> 00:01:39,360

withdrawals

49

00:01:37,439 --> 00:01:41,759

so we have challenges to help you do

50

00:01:39,360 --> 00:01:43,520

that what to expect what are some things

51

00:01:41,759 --> 00:01:45,680

to help minimize

52

00:01:43,520 --> 00:01:47,200

that how to deal with cravings you know

53

00:01:45,680 --> 00:01:48,720

how to kind of structure your life so

54

00:01:47,200 --> 00:01:51,520

that you know you can you can

55

00:01:48,720 --> 00:01:54,640

continually stay clean and silver

56

00:01:51,520 --> 00:01:57,360

um so that's with that phase

57

00:01:54,640 --> 00:01:58,880

and then the third phase is called new

58

00:01:57,360 --> 00:02:00,479

skills

59

00:01:58,880 --> 00:02:01,680

um and that

60

00:02:00,479 --> 00:02:04,399

is where

61

00:02:01,680 --> 00:02:05,520

you figure you've got two weeks

62

00:02:04,399 --> 00:02:07,920

clean

63

00:02:05,520 --> 00:02:10,239

you you hit this stage now if you're

64

00:02:07,920 --> 00:02:12,239

using a stimulant drug like cocaine and

65

00:02:10,239 --> 00:02:14,400

methamphetamine

66

00:02:12,239 --> 00:02:15,920

this this is an interesting point

67

00:02:14,400 --> 00:02:18,239

because

68

00:02:15,920 --> 00:02:19,360

this four weeks it's a four week period

69

00:02:18,239 --> 00:02:20,840

of time

70

00:02:19,360 --> 00:02:24,000

where your energy

71

00:02:20,840 --> 00:02:25,599

increases so when you're in withdrawals

72

00:02:24,000 --> 00:02:28,239

you know you have lack of energy need

73

00:02:25,599 --> 00:02:29,760

for sleep irritability you know so forth

74

00:02:28,239 --> 00:02:30,800

and then all of a sudden you have this

75

00:02:29,760 --> 00:02:34,160

perk

76

00:02:30,800 --> 00:02:36,480

of energy and so you feel optimistic

77

00:02:34,160 --> 00:02:38,959

you may feel cured that you don't need

78

00:02:36,480 --> 00:02:40,720

help anymore and that's the result of

79

00:02:38,959 --> 00:02:42,480

your brain chemistry

80

00:02:40,720 --> 00:02:44,879

that's healing it's going through these

81

00:02:42,480 --> 00:02:46,959

phases so it's kind of like a false

82

00:02:44,879 --> 00:02:47,680

sense of optimism

83

00:02:46,959 --> 00:02:49,680

and

84

00:02:47,680 --> 00:02:51,920

and so a lot of times people would would

85

00:02:49,680 --> 00:02:53,280

quit so they may stop using sober buddy

86

00:02:51,920 --> 00:02:56,160

doing the challenges because they feel

87

00:02:53,280 --> 00:02:59,280

like they feel so good well i'm i'm okay

88

00:02:56,160 --> 00:03:01,360

i can kind of carry on with my life



89

00:02:59,280 --> 00:03:03,280

and so we talk about that and then we

90

00:03:01,360 --> 00:03:06,640

have challenges to help you know kind of

91

00:03:03,280 --> 00:03:08,879

manage your your life in regards to

92

00:03:06,640 --> 00:03:11,040

um how do you avoid triggers

93

00:03:08,879 --> 00:03:14,319

dealing with cravings structuring in

94

00:03:11,040 --> 00:03:17,360

your life you know keeping busy

95

00:03:14,319 --> 00:03:20,640

health issues so far as diets

96

00:03:17,360 --> 00:03:23,120

you know avoiding uh you know

97

00:03:20,640 --> 00:03:25,280

foods that could could

98

00:03:23,120 --> 00:03:27,519

interfere with the healing of the body

99

00:03:25,280 --> 00:03:29,840

and the brain those kinds of things so

100

00:03:27,519 --> 00:03:32,640

so the the next phase or next journey is

101

00:03:29,840 --> 00:03:34,000

called motivation journey and so this

102

00:03:32,640 --> 00:03:36,640

starts around

103

00:03:34,000 --> 00:03:39,120

six weeks from your last use

104

00:03:36,640 --> 00:03:40,239

and that's when you have this

105

00:03:39,120 --> 00:03:42,400

shift

106

00:03:40,239 --> 00:03:45,120

biochemically and neurologically in the

107

00:03:42,400 --> 00:03:47,360

brain so now you're optimistic now this

108

00:03:45,120 --> 00:03:50,159

is for cocaine and methamphetamine

109

00:03:47,360 --> 00:03:51,519

drug you know alcohol the opiates you

110

00:03:50,159 --> 00:03:52,319

don't go through that

111

00:03:51,519 --> 00:03:54,400

that

112

00:03:52,319 --> 00:03:56,159

new skills journey where you have that

113

00:03:54,400 --> 00:03:58,159

shift in your energy and your thinking

114

00:03:56,159 --> 00:04:00,080

it's more of a gradual clearing but the

115

00:03:58,159 --> 00:04:01,439

stimulants you have the swinging back

116

00:04:00,080 --> 00:04:04,319

and forth

117

00:04:01,439 --> 00:04:06,640

and and so it's a period we

118

00:04:04,319 --> 00:04:08,159

it that lasts for about three and a half

119

00:04:06,640 --> 00:04:11,360

months

120

00:04:08,159 --> 00:04:13,920

and so you have symptoms of depression

121

00:04:11,360 --> 00:04:16,079

irritability difficulty concentrating

122

00:04:13,920 --> 00:04:18,639

short-term memory loss

123

00:04:16,079 --> 00:04:20,320

uh you know you you walk into the room

124

00:04:18,639 --> 00:04:22,560

and then you can't remember why you're

125

00:04:20,320 --> 00:04:24,000

there you know you're like

126

00:04:22,560 --> 00:04:25,919

you're edgy

127

00:04:24,000 --> 00:04:27,680

you find yourself maybe getting more

128

00:04:25,919 --> 00:04:28,720

arguments

129

00:04:27,680 --> 00:04:31,840

you know you don't want to get out of

130

00:04:28,720 --> 00:04:33,520

bed low energy so it's a very difficult

131

00:04:31,840 --> 00:04:34,639

time and if you don't if you're not

132

00:04:33,520 --> 00:04:36,479

aware

133

00:04:34,639 --> 00:04:38,960  
that this is still part of your brain

134

00:04:36,479 --> 00:04:41,360  
healing from the effects

135

00:04:38,960 --> 00:04:42,400  
you start wondering well life is so

136

00:04:41,360 --> 00:04:44,479  
miserable

137

00:04:42,400 --> 00:04:47,759  
if this is what normal is

138

00:04:44,479 --> 00:04:49,600  
it's been you know six weeks or so or

139

00:04:47,759 --> 00:04:51,680  
two months three months

140

00:04:49,600 --> 00:04:54,240  
you might as well go back and use

141

00:04:51,680 --> 00:04:57,040  
i mean this is the kind of thinking so

142

00:04:54,240 --> 00:04:59,759  
so we have challenges again to educate

143

00:04:57,040 --> 00:05:02,400  
you about this period of time and then

144

00:04:59,759 --> 00:05:05,520

to help you through this

145

00:05:02,400 --> 00:05:06,720

which again exercise helps reduce these

146

00:05:05,520 --> 00:05:09,600

symptoms

147

00:05:06,720 --> 00:05:12,160

healthy eating certain nutrition

148

00:05:09,600 --> 00:05:14,800

structure in your life again avoiding

149

00:05:12,160 --> 00:05:15,840

triggers peace people places and things

150

00:05:14,800 --> 00:05:18,560

that can

151

00:05:15,840 --> 00:05:21,840

uh trigger you know cravings so there's

152

00:05:18,560 --> 00:05:23,199

a lot of the cbt stuff in the challenges

153

00:05:21,840 --> 00:05:25,919

okay

154

00:05:23,199 --> 00:05:28,960

and then once that settles down so now

155

00:05:25,919 --> 00:05:31,360

you're you're out around five months

156

00:05:28,960 --> 00:05:34,000

six months right this is the comfort

157

00:05:31,360 --> 00:05:35,680

journey that we go into and that's

158

00:05:34,000 --> 00:05:37,360

where your your brain is pretty much

159

00:05:35,680 --> 00:05:38,800

healed from the effects of the drugs and

160

00:05:37,360 --> 00:05:41,120

alcohol

161

00:05:38,800 --> 00:05:44,000

and and now it's like getting used to

162

00:05:41,120 --> 00:05:46,960

what is normal normal emotions

163

00:05:44,000 --> 00:05:49,520

a normal lifestyle so that is a that's

164

00:05:46,960 --> 00:05:51,919

what this journey is about to help

165

00:05:49,520 --> 00:05:54,160

adjust your life sense of like how do i

166

00:05:51,919 --> 00:05:57,360

balance everything work

167

00:05:54,160 --> 00:06:00,080

you know recreation self-care maybe my

168

00:05:57,360 --> 00:06:02,000

own sobriety things i need to do

169

00:06:00,080 --> 00:06:03,360

family there's a whole set of things

170

00:06:02,000 --> 00:06:04,240

that you kind of have to work through

171

00:06:03,360 --> 00:06:07,199

and so

172

00:06:04,240 --> 00:06:09,520

we have challenges to help you do that

173

00:06:07,199 --> 00:06:10,720

and then to avoid what we call relapse

174

00:06:09,520 --> 00:06:13,360

drift

175

00:06:10,720 --> 00:06:14,160

you know how people tend to slowly move

176

00:06:13,360 --> 00:06:16,400

back



177

00:06:14,160 --> 00:06:18,000

towards a relapse and so educating

178

00:06:16,400 --> 00:06:19,680

yourself about

179

00:06:18,000 --> 00:06:20,880

what are those things that you can look

180

00:06:19,680 --> 00:06:23,199

for

181

00:06:20,880 --> 00:06:25,600

that are warning signs

182

00:06:23,199 --> 00:06:27,280

uh things to pay attention to

183

00:06:25,600 --> 00:06:28,400

and then we move on to actually the

184

00:06:27,280 --> 00:06:30,720

sixth

185

00:06:28,400 --> 00:06:32,800

journey which is the meaning journey

186

00:06:30,720 --> 00:06:35,120

um so

187

00:06:32,800 --> 00:06:37,199

once you you kind of get out of the the

188

00:06:35,120 --> 00:06:39,360

previous journey now this one's about

189

00:06:37,199 --> 00:06:40,639

three months two to three months

190

00:06:39,360 --> 00:06:43,199

where it's

191

00:06:40,639 --> 00:06:45,440

okay and now that i kind of got things

192

00:06:43,199 --> 00:06:47,280

worked out in my recovery and what

193

00:06:45,440 --> 00:06:49,120

normal emotions are

194

00:06:47,280 --> 00:06:50,400

i need to find a sense of purpose and

195

00:06:49,120 --> 00:06:52,960

meaning

196

00:06:50,400 --> 00:06:55,280

and that and so we we give challenges to

197

00:06:52,960 --> 00:06:57,680

help you with that goal setting

198

00:06:55,280 --> 00:06:59,120

processing what you want to do how you

199

00:06:57,680 --> 00:07:01,840

want to do that

200

00:06:59,120 --> 00:07:03,440

um you know and then always making sure

201

00:07:01,840 --> 00:07:05,520

that you're not drifting

202

00:07:03,440 --> 00:07:08,639

you can't ignore that part of your

203

00:07:05,520 --> 00:07:11,520

treatment but it's it's part of that

204

00:07:08,639 --> 00:07:13,599

process of moving forward our goal is to

205

00:07:11,520 --> 00:07:15,599

always move you forward

206

00:07:13,599 --> 00:07:17,919

in your in your in your life and your

207

00:07:15,599 --> 00:07:19,520

skills and your abilities

208

00:07:17,919 --> 00:07:21,360

so so

209

00:07:19,520 --> 00:07:23,599

there's a whole set of challenges in

210

00:07:21,360 --> 00:07:26,560

this phase and then lastly

211

00:07:23,599 --> 00:07:28,639

is the coming alive journey

212

00:07:26,560 --> 00:07:31,039

and this is where

213

00:07:28,639 --> 00:07:34,160

both in back of his back up the meaning

214

00:07:31,039 --> 00:07:36,000

journey uh issues might come up

215

00:07:34,160 --> 00:07:38,720

underlying issues

216

00:07:36,000 --> 00:07:40,880

that may have been ignored or suppressed

217

00:07:38,720 --> 00:07:43,840

due to the drug and alcohol use

218

00:07:40,880 --> 00:07:46,319

and so that's another issue uh both in

219

00:07:43,840 --> 00:07:47,919

meaning and perhaps coming to live that

220

00:07:46,319 --> 00:07:51,039

you need to deal with and you may want

221

00:07:47,919 --> 00:07:52,650  
to seek therapy or a counselor

222

00:07:51,039 --> 00:07:54,560  
to to deal with that

223

00:07:52,650 --> 00:07:55,840  
[Music]

224

00:07:54,560 --> 00:07:57,680  
because

225

00:07:55,840 --> 00:08:01,440  
because if you can't kind of get over

226

00:07:57,680 --> 00:08:04,080  
those humps you you kind of get stuck

227

00:08:01,440 --> 00:08:06,879  
and you stall in your growth

228

00:08:04,080 --> 00:08:09,520  
and and you can only hang on for so long

229

00:08:06,879 --> 00:08:12,000  
i find people in recovery and if they

230

00:08:09,520 --> 00:08:14,560  
can't work through those issues it ends

231

00:08:12,000 --> 00:08:16,800  
up being the very thing they go back

232

00:08:14,560 --> 00:08:20,000

to the drug and alcohol use or your life

233

00:08:16,800 --> 00:08:21,840

becomes a very mundane boring

234

00:08:20,000 --> 00:08:23,360

unfulfilling you know i'm saying kind of

235

00:08:21,840 --> 00:08:25,360

just existing

236

00:08:23,360 --> 00:08:26,800

and people just it's it's not a good

237

00:08:25,360 --> 00:08:28,879

place to be

238

00:08:26,800 --> 00:08:30,960

and so between meaningful journey and

239

00:08:28,879 --> 00:08:33,120

coming to live journey we really focus

240

00:08:30,960 --> 00:08:33,120

on

241

00:08:33,200 --> 00:08:39,279

providing challenges of exploring who

242

00:08:36,560 --> 00:08:41,039

you are your talents your gifts

243

00:08:39,279 --> 00:08:42,959

what's important in life and how do you

244

00:08:41,039 --> 00:08:45,120

do that how do you achieve those things

245

00:08:42,959 --> 00:08:48,160

so that you can feel

246

00:08:45,120 --> 00:08:49,839

like purposeful and fulfilled

247

00:08:48,160 --> 00:08:51,839

because that's what will motivate you to

248

00:08:49,839 --> 00:08:53,760

continue to stay clean and sober there's

249

00:08:51,839 --> 00:08:56,720

a better life than you've ever had

250

00:08:53,760 --> 00:08:56,720

before