

Restarting Our Pleasures

As explained more fully in the handout from last week, addiction chokes off our ability to enjoy our former pleasures. Often, the addiction becomes the only thing we enjoy, and then the addiction itself becomes a huge burden. If we quit our addiction, it takes time to rekindle our enjoyment of other pleasures, both old and new. The good news is that with time and effort it can be done. To that end, consider the following questions:

<p>1. Before your addiction, what did you enjoy doing?</p>	<p>3.) What old things or new things are you willing to give a try?</p>
<p>2.) Even during your addiction, were there other things you enjoyed doing? Such as?</p>	<p>4.) How can you go about (re)starting an enjoyable activity?</p>

Remember there is no one Royal Road. Exercise and music are classic examples but don't underestimate the value of making a checklist and checking off what you accomplish. Volunteering to help others is another classic, but don't underestimate cleaning closets or moving top's lawn. Cooking is another example, but brewing tea works well too.

It's important to recognize that it takes time to rebuild our ability to enjoy the simple pleasures of life again. Working at it steadily will bring results. And, if at first Mongolian throat singing doesn't do it for you, try something else.

NGUNS!