recovery, was just every day was, I can't do that,

MERGED
PODCAST

1
00:00:04,010 --> 00:00:02,090
I think there's so many steps you can

2
00:00:05,749 --> 00:00:04,020
take as an individual out there whatever

3
00:00:08,390 --> 00:00:05,759
your background and whatever your

4
00:00:10,370 --> 00:00:08,400
injuries or ailments may be but you have

5
00:00:13,249 --> 00:00:10,380
to take it upon yourself and recognize

6
00:00:14,509 --> 00:00:13,259
there is no easy solution there is no

7
00:00:16,310 --> 00:00:14,519
pill that you're going to take that's

8
00:00:18,170 --> 00:00:16,320
just going to magically fix you for the

9
00:00:19,970 --> 00:00:18,180
rest of your life you have to take it

10
00:00:21,349 --> 00:00:19,980
upon yourself to heal yourself and

11
00:00:23,269 --> 00:00:21,359
there's a lot of people say they want to

12
00:00:25,609 --> 00:00:23,279
get better but they're not willing to

13
00:00:27,769 --> 00:00:25,619

take the steps to do so and enact the

14
00:00:30,050 --> 00:00:27,779
discipline to chip away at that goal

15
00:00:31,790 --> 00:00:30,060
what can you do today ask yourself maybe

16
00:00:33,530 --> 00:00:31,800
I can't get there today but what little

17
00:00:35,450 --> 00:00:33,540
step can I take I think that was

18
00:00:37,729 --> 00:00:35,460
instrumental in my recovery was just

19
00:00:39,889 --> 00:00:37,739
every day was I can't do that what can I

20
00:00:41,510 --> 00:00:39,899
do today I don't know what somebody's

21
00:00:43,549 --> 00:00:41,520
stuck in but the first step to getting

22
00:00:45,709 --> 00:00:43,559
out of the pit is just take that first

23
00:00:47,630 --> 00:00:45,719
climb we're at this point right now in

24
00:00:49,430 --> 00:00:47,640
our society where there's so much trauma

25
00:00:51,110 --> 00:00:49,440
the first thing we need to do is try to

26
00:00:53,209 --> 00:00:51,120
heal ourselves so that we can help

27
00:00:54,950 --> 00:00:53,219
others lift others up put people on the

28
00:00:56,090 --> 00:00:54,960
path not by telling them what to do but