

THE ALCOHOL DIARIES

90 DAYS SOBER



Truth Seekers



1
00:00:19,860 --> 00:00:42,190
[Music]

2
00:00:42,200 --> 00:00:45,530
thank you

3
00:00:45,540 --> 00:00:50,140
foreign

4
00:01:30,910 --> 00:00:57,020
[Music]

5
00:01:30,920 --> 00:01:34,520
thank you

6
00:01:34,530 --> 00:01:51,350
[Music]

7
00:01:51,360 --> 00:01:54,980
foreign

8
00:02:00,469 --> 00:01:57,710
[Music]

9
00:02:03,649 --> 00:02:00,479
s and salutations friends and welcome

10
00:02:05,990 --> 00:02:03,659
back uh so tonight we're going to take a

11
00:02:09,790 --> 00:02:06,000
little bit of a detour from our usual

12
00:02:12,530 --> 00:02:09,800
coverage of the conspiracy land crazy

13
00:02:15,050 --> 00:02:12,540

and in all honesty this is something

14

00:02:17,710 --> 00:02:15,060

that I wanted to do not this past

15

00:02:21,970 --> 00:02:17,720

Saturday but the Saturday before that

16

00:02:24,949 --> 00:02:21,980

because that would have been my 90-day

17

00:02:29,210 --> 00:02:24,959

anniversary of abstaining from alcohol

18

00:02:32,330 --> 00:02:29,220

so right now uh by my calendar I am now

19

00:02:33,589 --> 00:02:32,340

I have not had an alcoholic beverage or

20

00:02:35,530 --> 00:02:33,599

any alcohol

21

00:02:40,430 --> 00:02:35,540

or anything

22

00:02:43,130 --> 00:02:40,440

for 99 days and uh quite honestly if you

23

00:02:45,830 --> 00:02:43,140

would have told me 99 days ago that this

24

00:02:47,890 --> 00:02:45,840

was or maybe a little more than 99 days

25

00:02:56,030 --> 00:02:47,900

ago

26
00:03:00,410 --> 00:02:56,040
me I would have thought no that would be

27
00:03:04,490 --> 00:03:00,420
impossible I can't stop drinking for 199

28
00:03:05,690 --> 00:03:04,500
or 100 days or 90 days or even seven

29
00:03:07,309 --> 00:03:05,700
days

30
00:03:08,869 --> 00:03:07,319
like many

31
00:03:12,949 --> 00:03:08,879
I

32
00:03:15,470 --> 00:03:12,959
um my alcohol use increased dramatically

33
00:03:17,750 --> 00:03:15,480
over the pandemic

34
00:03:20,449 --> 00:03:17,760
and um

35
00:03:22,970 --> 00:03:20,459
but I can't totally blame the lockdowns

36
00:03:25,509 --> 00:03:22,980
and the pandemic certainly that was the

37
00:03:28,250 --> 00:03:25,519
contributing factor after all

38
00:03:31,850 --> 00:03:28,260

my business was completely and totally

39

00:03:34,309 --> 00:03:31,860

destroyed I had nothing to do

40

00:03:38,449 --> 00:03:34,319

and I was feeling very sorry for myself

41

00:03:41,030 --> 00:03:38,459

that may be a contributing factor uh so

42

00:03:44,869 --> 00:03:41,040

tonight I'm gonna talk uh in general

43

00:03:47,210 --> 00:03:44,879

terms about uh what happens to you and

44

00:03:51,710 --> 00:03:47,220

and what it's like to go

45

00:03:54,830 --> 00:03:51,720

99 days without drinking and I want to

46

00:03:57,949 --> 00:03:54,840

be very clear here this is my disclaimer

47

00:03:59,030 --> 00:03:57,959

this is how I did it this is not a

48

00:04:01,910 --> 00:03:59,040

health too

49

00:04:03,470 --> 00:04:01,920

and if you yourself uh anyone within the

50

00:04:05,690 --> 00:04:03,480

sound of my voice are struggling with

51
00:04:09,170 --> 00:04:05,700
alcohol-related issues or any addiction

52
00:04:11,149 --> 00:04:09,180
related issues please do seek out a

53
00:04:13,910 --> 00:04:11,159
qualified medical doctor or addiction

54
00:04:16,729 --> 00:04:13,920
specialist a psychiatrist because I am

55
00:04:19,550 --> 00:04:16,739
none of those things and I'm not

56
00:04:21,830 --> 00:04:19,560
offering any health advice tonight I am

57
00:04:24,590 --> 00:04:21,840
simply talking about and relaying my

58
00:04:27,650 --> 00:04:24,600
experience with quitting alcohol for 90

59
00:04:30,110 --> 00:04:27,660
days and I'm doing this uh you know this

60
00:04:33,170 --> 00:04:30,120
is kind of personal but I decided to do

61
00:04:37,010 --> 00:04:33,180
this because it is my hope that by

62
00:04:39,710 --> 00:04:37,020
talking about this that I may help some

63
00:04:42,469 --> 00:04:39,720

others that are struggling uh Others May

64

00:04:45,050 --> 00:04:42,479

find this talk helpful

65

00:04:47,810 --> 00:04:45,060

so if you do feel like you have a

66

00:04:49,909 --> 00:04:47,820

problem please don't listen to me but

67

00:04:52,249 --> 00:04:49,919

seek out qualified help from a doctor or

68

00:04:54,050 --> 00:04:52,259

psychiatrist an addiction specialist or

69

00:04:57,770 --> 00:04:54,060

some other medical health professional

70

00:04:59,390 --> 00:04:57,780

those are the proper people to go to uh

71

00:05:01,670 --> 00:04:59,400

especially if you're considering

72

00:05:04,310 --> 00:05:01,680

starting this because there are serious

73

00:05:07,790 --> 00:05:04,320

health risks depending on

74

00:05:09,430 --> 00:05:07,800

many factors with abstain abstaining

75

00:05:12,890 --> 00:05:09,440

from alcohol

76
00:05:13,850 --> 00:05:12,900
so my advice my first advice is to seek

77
00:05:17,570 --> 00:05:13,860
out Medical

78
00:05:20,510 --> 00:05:17,580
the professional medical help

79
00:05:23,870 --> 00:05:20,520
so I can begin with telling you a little

80
00:05:26,330 --> 00:05:23,880
bit about my history with alcohol I

81
00:05:29,930 --> 00:05:26,340
think that I started drinking around uh

82
00:05:32,210 --> 00:05:29,940
I mean not regularly but my first

83
00:05:34,430 --> 00:05:32,220
experience with alcohol is probably 12

84
00:05:36,129 --> 00:05:34,440
or 13 years old my parents had a liquor

85
00:05:39,650 --> 00:05:36,139
cabinet

86
00:05:41,629 --> 00:05:39,660
you know probably pretty typical but I

87
00:05:45,830 --> 00:05:41,639
didn't drink every day or anything like

88
00:05:48,650 --> 00:05:45,840

that maybe as I got into my teen years

89

00:05:51,469 --> 00:05:48,660

into my early 20s later teen years early

90

00:05:53,689 --> 00:05:51,479

20s I would drink on the weekend with

91

00:05:55,090 --> 00:05:53,699

friends and this is of course very

92

00:05:57,710 --> 00:05:55,100

common maybe

93

00:06:00,170 --> 00:05:57,720

you've had a similar experience but

94

00:06:02,990 --> 00:06:00,180

growing up my drug of choice was never

95

00:06:06,050 --> 00:06:03,000

alcohol it was always cannabis I was a

96

00:06:08,689 --> 00:06:06,060

musician and an artist so cannabis for

97

00:06:10,129 --> 00:06:08,699

me was something that I did

98

00:06:12,950 --> 00:06:10,139

um and some may call it a creative

99

00:06:15,770 --> 00:06:12,960

crutch I'll freely admit that uh writing

100

00:06:18,830 --> 00:06:15,780

songs doing some artistic project I

101
00:06:22,550 --> 00:06:18,840
loved cannabis it felt like it helped

102
00:06:25,070 --> 00:06:22,560
that process uh ask any songwriter or

103
00:06:27,170 --> 00:06:25,080
writer or you know many people use

104
00:06:28,670 --> 00:06:27,180
cannabis for these purposes especially

105
00:06:33,350 --> 00:06:28,680
artistic people

106
00:06:35,809 --> 00:06:33,360
that was always my sort of go-to or or

107
00:06:37,670 --> 00:06:35,819
preferred you know if I was going to do

108
00:06:38,749 --> 00:06:37,680
something it would be cannabis not

109
00:06:42,110 --> 00:06:38,759
alcohol

110
00:06:46,090 --> 00:06:42,120
but I suppose that that changed at some

111
00:06:48,890 --> 00:06:46,100
point and I began consuming more alcohol

112
00:06:51,590 --> 00:06:48,900
into my later 20s

113
00:06:54,529 --> 00:06:51,600

it's also important to realize that I

114

00:06:58,969 --> 00:06:54,539

grew up uh in a family with my mother

115

00:07:01,270 --> 00:06:58,979

being an extreme alcoholic some would

116

00:07:04,670 --> 00:07:01,280

say falling down drunk

117

00:07:06,309 --> 00:07:04,680

my mother was severely alcoholic for

118

00:07:09,650 --> 00:07:06,319

most of my

119

00:07:14,029 --> 00:07:09,660

on and off for my childhood and then

120

00:07:17,330 --> 00:07:14,039

completely on uh for most of my adult

121

00:07:19,249 --> 00:07:17,340

life after my father died I had to take

122

00:07:22,430 --> 00:07:19,259

care of her and my wife and I had her

123

00:07:24,290 --> 00:07:22,440

live with us for 20 plus years and that

124

00:07:27,350 --> 00:07:24,300

was uh

125

00:07:29,990 --> 00:07:27,360

probably an experience that I wouldn't

126

00:07:32,749 --> 00:07:30,000

wish on my worst enemy to watch someone

127

00:07:35,029 --> 00:07:32,759

slowly deteriorate like that and you

128

00:07:39,409 --> 00:07:35,039

would think that watching that would be

129

00:07:42,589 --> 00:07:39,419

enough to make me say I I would I don't

130

00:07:43,689 --> 00:07:42,599

want to do any alcohol but again I think

131

00:07:49,790 --> 00:07:43,699

that

132

00:07:52,070 --> 00:07:49,800

probably contributed to my use of

133

00:07:54,550 --> 00:07:52,080

alcohol as well

134

00:07:57,589 --> 00:07:54,560

um so

135

00:07:59,689 --> 00:07:57,599

history wise my mother died of

136

00:08:02,330 --> 00:07:59,699

alcohol-related illness she died of

137

00:08:04,450 --> 00:08:02,340

sclerosis of the liver and liver failure

138

00:08:07,189 --> 00:08:04,460

total liver failure

139

00:08:09,650 --> 00:08:07,199

and it's not just my mother on my

140

00:08:12,409 --> 00:08:09,660

mother's side my grandmother and I think

141

00:08:15,170 --> 00:08:12,419

my grandfather several of my uncles all

142

00:08:18,050 --> 00:08:15,180

died from alcohol-related illnesses now

143

00:08:20,809 --> 00:08:18,060

whether it's a stereotype or not that's

144

00:08:22,969 --> 00:08:20,819

the Irish side of my family and again

145

00:08:25,070 --> 00:08:22,979

you would think having seen so many

146

00:08:28,070 --> 00:08:25,080

people that were close to me growing up

147

00:08:29,809 --> 00:08:28,080

so many close relatives die of

148

00:08:30,830 --> 00:08:29,819

alcohol-related illnesses would be

149

00:08:32,930 --> 00:08:30,840

enough

150

00:08:35,269 --> 00:08:32,940

you would think that you would think

151

00:08:38,029 --> 00:08:35,279

that watching all of these people die

152

00:08:40,010 --> 00:08:38,039

from consuming this

153

00:08:40,969 --> 00:08:40,020

substance would be enough to make you

154

00:08:43,430 --> 00:08:40,979

say

155

00:08:46,190 --> 00:08:43,440

uh that's bad news I'm going to avoid it

156

00:08:48,410 --> 00:08:46,200

totally but it wasn't

157

00:08:50,329 --> 00:08:48,420

um you know I spent a long time in in

158

00:08:52,730 --> 00:08:50,339

the music business and later the magic

159

00:08:56,210 --> 00:08:52,740

business where alcohol is everywhere

160

00:08:58,790 --> 00:08:56,220

uh I also ran a nightclub for some time

161

00:09:01,190 --> 00:08:58,800

in Philadelphia where alcohol was

162

00:09:03,590 --> 00:09:01,200

everywhere and to me being a manager of

163

00:09:04,870 --> 00:09:03,600

a nightclub alcohol was free never had

164

00:09:08,210 --> 00:09:04,880

to pay for it

165

00:09:10,370 --> 00:09:08,220

a lot of times as a performer alcohol is

166

00:09:13,250 --> 00:09:10,380

just provided it's just free they just

167

00:09:15,769 --> 00:09:13,260

give it to you they often will ask you

168

00:09:16,670 --> 00:09:15,779

what you want you can get a bottle you

169

00:09:19,730 --> 00:09:16,680

can get

170

00:09:21,590 --> 00:09:19,740

cases of beer whatever it is you want as

171

00:09:24,829 --> 00:09:21,600

a performer especially if you're doing

172

00:09:27,410 --> 00:09:24,839

well for the venue putting asses in

173

00:09:31,370 --> 00:09:27,420

seats as I used to call it or you know

174

00:09:34,370 --> 00:09:31,380

they will uh provide you with whatever

175

00:09:35,870 --> 00:09:34,380

party favors you like alcohol being the

176
00:09:38,389 --> 00:09:35,880
least of them

177
00:09:43,370 --> 00:09:38,399
uh so

178
00:09:48,530 --> 00:09:46,130
my alcohol use increased because it was

179
00:09:50,750 --> 00:09:48,540
everywhere and I'm not blaming anybody

180
00:09:53,509 --> 00:09:50,760
that may have provided me with alcohol

181
00:09:54,470 --> 00:09:53,519
I'd be too long a list to even think

182
00:09:57,110 --> 00:09:54,480
about

183
00:09:59,150 --> 00:09:57,120
it's just the way things are in the

184
00:10:00,949 --> 00:09:59,160
entertainment industry you keep the

185
00:10:02,530 --> 00:10:00,959
performers happy if they want alcohol

186
00:10:05,090 --> 00:10:02,540
you give them alcohol if they want

187
00:10:05,870 --> 00:10:05,100
cannabis you find them cannabis if they

188
00:10:09,949 --> 00:10:05,880

want

189

00:10:12,350 --> 00:10:09,959

anything else I have seen people in the

190

00:10:13,970 --> 00:10:12,360

entertainment industry giving people

191

00:10:17,210 --> 00:10:13,980

everything from cocaine to

192

00:10:20,570 --> 00:10:17,220

methamphetamines to heroin uh and and

193

00:10:23,750 --> 00:10:20,580

been handed some of that myself uh I was

194

00:10:26,210 --> 00:10:23,760

never really big on in fact I was lucky

195

00:10:28,850 --> 00:10:26,220

that I avoided most hard drugs but isn't

196

00:10:31,130 --> 00:10:28,860

it funny that alcohol is everywhere and

197

00:10:33,170 --> 00:10:31,140

it is perhaps I'm coming to understand

198

00:10:35,930 --> 00:10:33,180

one of the most dangerous drugs because

199

00:10:39,769 --> 00:10:35,940

it is everywhere and more socially

200

00:10:42,050 --> 00:10:39,779

acceptable to you know uh drink half a

201
00:10:44,810 --> 00:10:42,060
case of beer than it is to shoot up

202
00:10:48,530 --> 00:10:44,820
heroin in front of people it's that most

203
00:10:51,769 --> 00:10:48,540
social Gatherings celebrations

204
00:10:53,750 --> 00:10:51,779
it's literally everywhere and more so

205
00:10:55,610 --> 00:10:53,760
when I lived in the city I grew up in a

206
00:10:58,610 --> 00:10:55,620
neighborhood where there's a bar on

207
00:11:00,050 --> 00:10:58,620
every single City Block on every corner

208
00:11:02,090 --> 00:11:00,060
there's a bar

209
00:11:04,550 --> 00:11:02,100
the corner properties

210
00:11:07,910 --> 00:11:04,560
are always bars

211
00:11:08,930 --> 00:11:07,920
um and so literally it's it was

212
00:11:13,130 --> 00:11:08,940
everywhere

213
00:11:15,710 --> 00:11:13,140

and of course uh you it becomes part of

214

00:11:18,050 --> 00:11:15,720

your social life you go out with friends

215

00:11:20,449 --> 00:11:18,060

and drink

216

00:11:23,269 --> 00:11:20,459

um and and that's something that I did

217

00:11:25,610 --> 00:11:23,279

quite a lot of after my children I kind

218

00:11:28,009 --> 00:11:25,620

of uh

219

00:11:30,829 --> 00:11:28,019

pulled back on doing that and started

220

00:11:33,230 --> 00:11:30,839

drinking at home which is probably worse

221

00:11:36,110 --> 00:11:33,240

because you're by yourself drinking

222

00:11:39,170 --> 00:11:36,120

alone uh is probably never good but

223

00:11:40,009 --> 00:11:39,180

that's what I did I would drink alone

224

00:11:42,650 --> 00:11:40,019

um

225

00:11:44,449 --> 00:11:42,660

so I don't know how I got to the point

226

00:11:45,530 --> 00:11:44,459

where it became such a huge problem but

227

00:11:47,930 --> 00:11:45,540

I'm trying to explain some of the

228

00:11:51,590 --> 00:11:47,940

background and then we get to fast

229

00:11:52,970 --> 00:11:51,600

forward uh and and still I think before

230

00:11:55,610 --> 00:11:52,980

the pandemic

231

00:11:59,030 --> 00:11:55,620

you know I drank too much on the

232

00:12:01,130 --> 00:11:59,040

weekends while I held the real regular

233

00:12:03,410 --> 00:12:01,140

corporate job I drank too much on the

234

00:12:05,569 --> 00:12:03,420

weekends but you know you would think

235

00:12:07,430 --> 00:12:05,579

well I have you know four or five days

236

00:12:11,329 --> 00:12:07,440

during the week to recover from all of

237

00:12:14,030 --> 00:12:11,339

that so I'm not that bad right this is

238

00:12:16,790 --> 00:12:14,040

not that huge a problem I just get a

239

00:12:18,470 --> 00:12:16,800

little too lit on the weekends uh but

240

00:12:22,310 --> 00:12:18,480

when the pandemic came and all the

241

00:12:24,650 --> 00:12:22,320

lockdowns and having nothing to do

242

00:12:26,150 --> 00:12:24,660

feeling like a lot of people I suppose a

243

00:12:30,290 --> 00:12:26,160

little depressed a little scared about

244

00:12:33,110 --> 00:12:30,300

the future my uh my alcohol use

245

00:12:36,650 --> 00:12:33,120

increased dramatically and I went from a

246

00:12:38,750 --> 00:12:36,660

weekend Drinker to an everyday Drinker

247

00:12:41,030 --> 00:12:38,760

and before I knew what I was up to I

248

00:12:43,910 --> 00:12:41,040

don't know a 12 pack a day almost every

249

00:12:45,949 --> 00:12:43,920

day now some days I would do a lot more

250

00:12:48,470 --> 00:12:45,959

than that maybe throw some shots in

251
00:12:51,710 --> 00:12:48,480
there some Fireball or something else to

252
00:12:54,050 --> 00:12:51,720
go with it right not good

253
00:12:54,790 --> 00:12:54,060
and uh the

254
00:12:57,350 --> 00:12:54,800
the

255
00:12:59,210 --> 00:12:57,360
long-term and short-term health effects

256
00:13:01,129 --> 00:12:59,220
were pretty dramatic I put on a huge

257
00:13:05,150 --> 00:13:01,139
amount of weight and ask anybody that

258
00:13:07,310 --> 00:13:05,160
knows well huge for me probably uh I

259
00:13:09,290 --> 00:13:07,320
don't know 20 or 25 pounds and ask

260
00:13:12,110 --> 00:13:09,300
anybody who who's known me for a long

261
00:13:16,610 --> 00:13:12,120
time everybody's always thought of me as

262
00:13:20,090 --> 00:13:16,620
Super stick thin so me as a fat guy is

263
00:13:22,370 --> 00:13:20,100

was weird for me like this was and and

264

00:13:25,069 --> 00:13:22,380

this led to self-esteem issues then I

265

00:13:28,009 --> 00:13:25,079

started going oh well I'll just uh not

266

00:13:29,990 --> 00:13:28,019

eat on the days I drink and that should

267

00:13:32,389 --> 00:13:30,000

you know stop me from gaining more

268

00:13:36,110 --> 00:13:32,399

weight but that doesn't work because if

269

00:13:39,949 --> 00:13:36,120

you're drinking 15 beers a day you are

270

00:13:42,769 --> 00:13:39,959

uh taking in huge amount of calories and

271

00:13:44,629 --> 00:13:42,779

huge amount of carbohydrates and also

272

00:13:48,889 --> 00:13:44,639

alcohol is difficult for the body to

273

00:13:51,110 --> 00:13:48,899

process causes weight gain uh there's a

274

00:13:54,949 --> 00:13:51,120

whole lot of stuff that goes with that

275

00:13:57,230 --> 00:13:54,959

so I uh finally resolved after the

276

00:13:58,970 --> 00:13:57,240

pandemic started being over that I got

277

00:14:01,790 --> 00:13:58,980

to do something about this but I didn't

278

00:14:04,610 --> 00:14:01,800

I avoided the problem and I kept on

279

00:14:06,710 --> 00:14:04,620

kicking the can down the road you know

280

00:14:08,210 --> 00:14:06,720

what I mean like saying I'll uh I'll

281

00:14:10,970 --> 00:14:08,220

drink for another couple of weeks and

282

00:14:13,730 --> 00:14:10,980

then I'll I'll quit for a while or I'll

283

00:14:15,829 --> 00:14:13,740

only drink on weekends try some of that

284

00:14:19,129 --> 00:14:15,839

control drinking I'll take a few days

285

00:14:21,350 --> 00:14:19,139

off between drunkenness you know and

286

00:14:23,150 --> 00:14:21,360

none of that seemed to work for me I

287

00:14:26,410 --> 00:14:23,160

would always go back to

288

00:14:29,449 --> 00:14:26,420

daily drinking so

289

00:14:32,690 --> 00:14:29,459

finally uh reached out to a few friends

290

00:14:35,030 --> 00:14:32,700

that I knew were in recovery and

291

00:14:37,069 --> 00:14:35,040

I should say that those few people know

292

00:14:40,009 --> 00:14:37,079

who they are I'm not going to name them

293

00:14:42,350 --> 00:14:40,019

but I want to thank them because they

294

00:14:45,230 --> 00:14:42,360

all gave me some excellent advice on

295

00:14:48,170 --> 00:14:45,240

what to do about this problem that I had

296

00:14:51,710 --> 00:14:48,180

so really it's a multitude of problems

297

00:14:52,490 --> 00:14:51,720

it's a it's a mental health problem it's

298

00:15:23,090 --> 00:14:52,500

a

299

00:15:25,490 --> 00:15:23,100

before's drinking right

300

00:15:27,230 --> 00:15:25,500

and even with putting on that all that

301
00:15:30,170 --> 00:15:27,240
weight you would think I would suddenly

302
00:15:31,730 --> 00:15:30,180
wake up and go this is not good for me I

303
00:15:34,189 --> 00:15:31,740
have to do something about this but

304
00:15:36,769 --> 00:15:34,199
again I made excuses and I you know

305
00:15:38,689 --> 00:15:36,779
tried stupid things like well I'll go on

306
00:15:41,449 --> 00:15:38,699
a low carb diet

307
00:15:44,030 --> 00:15:41,459
except for the alcohol you know I'll

308
00:15:46,670 --> 00:15:44,040
just drink all my carbs but I'll cut out

309
00:15:49,490 --> 00:15:46,680
french fries and pizza and pasta and

310
00:15:52,430 --> 00:15:49,500
rice and somehow that'll stop me no I

311
00:15:54,590 --> 00:15:52,440
still kept putting on weight and it got

312
00:15:59,030 --> 00:15:54,600
to the point where I caught a glimpse of

313
00:16:01,189 --> 00:15:59,040

myself in a mirror and I went who the

314

00:16:02,689 --> 00:16:01,199

hell is this this is not me you know

315

00:16:06,650 --> 00:16:02,699

I've always been kind of

316

00:16:08,329 --> 00:16:06,660

some would say uh too thin you know and

317

00:16:11,030 --> 00:16:08,339

certainly uh

318

00:16:12,889 --> 00:16:11,040

over the years I put on a few pounds I

319

00:16:15,230 --> 00:16:12,899

guess since being married my wife's an

320

00:16:17,269 --> 00:16:15,240

excellent cook and I'm not living by

321

00:16:20,930 --> 00:16:17,279

myself that Bachelor maybe I'll just

322

00:16:23,150 --> 00:16:20,940

skip eating today lifestyle you know but

323

00:16:27,470 --> 00:16:23,160

I put on a lot of weight over that

324

00:16:29,329 --> 00:16:27,480

pandemic uh 20 to 25 pounds and uh that

325

00:16:32,030 --> 00:16:29,339

of course comes with its own set of

326

00:16:35,269 --> 00:16:32,040

health issues I became completely less

327

00:16:38,030 --> 00:16:35,279

active you know I used to go hiking or I

328

00:16:39,050 --> 00:16:38,040

used to take walks ride bikes do some

329

00:16:43,069 --> 00:16:39,060

kind of physical

330

00:16:46,090 --> 00:16:43,079

activity or go to gyms stop doing all of

331

00:16:48,350 --> 00:16:46,100

that during the pandemic so

332

00:16:50,090 --> 00:16:48,360

sitting in front of a computer who who

333

00:16:54,350 --> 00:16:50,100

would have guessed but sitting in front

334

00:16:58,069 --> 00:16:54,360

of a computer for uh 16 hours a day

335

00:17:01,569 --> 00:16:58,079

sometimes more and drinking 15 or more

336

00:17:05,150 --> 00:17:01,579

beers a day would have severe

337

00:17:07,189 --> 00:17:05,160

consequences for both your mental health

338

00:17:09,650 --> 00:17:07,199

and your physical health

339

00:17:12,949 --> 00:17:09,660

but finally I said I'm going to do

340

00:17:15,350 --> 00:17:12,959

something about this so you know having

341

00:17:17,569 --> 00:17:15,360

tried the controlled drinking things or

342

00:17:18,949 --> 00:17:17,579

cutting back that never really worked I

343

00:17:21,770 --> 00:17:18,959

decided I was just going to completely

344

00:17:24,650 --> 00:17:21,780

abstain from alcohol now here's where

345

00:17:26,569 --> 00:17:24,660

again I would advise you if if you're in

346

00:17:28,730 --> 00:17:26,579

a situation similar to what I'm

347

00:17:32,450 --> 00:17:28,740

describing go to a medical professional

348

00:17:36,590 --> 00:17:32,460

I was very lucky in that I found a uh a

349

00:17:38,510 --> 00:17:36,600

medical doctor right near my home who is

350

00:17:40,970 --> 00:17:38,520

a regular medical doctor general

351

00:17:43,549 --> 00:17:40,980

practitioner but also specialized in

352

00:17:45,110 --> 00:17:43,559

addiction medicine so I knew that he

353

00:17:46,909 --> 00:17:45,120

would had a short conversation with him

354

00:17:49,970 --> 00:17:46,919

he understood exactly what I was going

355

00:17:52,370 --> 00:17:49,980

to attempt and and you know the support

356

00:17:54,789 --> 00:17:52,380

that I would need so

357

00:17:57,409 --> 00:17:54,799

that was very good I got support

358

00:17:59,690 --> 00:17:57,419

immediately from a qualified medical

359

00:18:01,430 --> 00:17:59,700

professional who was experienced in

360

00:18:04,190 --> 00:18:01,440

these things

361

00:18:09,289 --> 00:18:04,200

and again uh

362

00:18:13,789 --> 00:18:09,299

he uh helped me to do everything safely

363

00:18:16,789 --> 00:18:13,799

and uh and for that I'm thankful I would

364

00:18:18,130 --> 00:18:16,799

highly recommend him to those in my area

365

00:18:21,169 --> 00:18:18,140

so

366

00:18:24,289 --> 00:18:21,179

uh having been through that and by the

367

00:18:27,950 --> 00:18:24,299

way I got some medical support for other

368

00:18:30,970 --> 00:18:27,960

issues like my insomnia and I knew that

369

00:18:33,470 --> 00:18:30,980

my insomnia would ramp up dramatically

370

00:18:35,450 --> 00:18:33,480

there's a Rodney Dangerfield movie where

371

00:18:36,650 --> 00:18:35,460

he says I don't know how to sleep you

372

00:18:38,150 --> 00:18:36,660

know somebody tells me he should get

373

00:18:40,190 --> 00:18:38,160

more sleep he's asleep I don't know how

374

00:18:42,890 --> 00:18:40,200

to sleep Wow all I know is how to pass

375

00:18:45,590 --> 00:18:42,900

out that's kind of how I was I didn't

376

00:18:48,650 --> 00:18:45,600

sleep I I would drink until I fell over

377

00:18:52,490 --> 00:18:48,660

and uh wake up the next day with that

378

00:18:55,789 --> 00:18:52,500

hangover so I got some medical support

379

00:18:58,549 --> 00:18:55,799

he also uh suggested psychological

380

00:19:01,010 --> 00:18:58,559

support which I didn't do yet but I'm

381

00:19:03,470 --> 00:19:01,020

still considering uh but he did give me

382

00:19:06,650 --> 00:19:03,480

some medical support including you know

383

00:19:09,169 --> 00:19:06,660

uh prescription for a sleep aid and a

384

00:19:12,529 --> 00:19:09,179

few other things we got blood tests and

385

00:19:15,529 --> 00:19:12,539

blood work that found uh you know yeah I

386

00:19:16,990 --> 00:19:15,539

was physically a mess and I also found

387

00:19:20,390 --> 00:19:17,000

some weird

388

00:19:22,070 --> 00:19:20,400

deficiencies vitamin D deficiency which

389

00:19:24,650 --> 00:19:22,080

is probably because I sat in my house

390

00:19:26,590 --> 00:19:24,660

for a year and didn't go anywhere or

391

00:19:29,150 --> 00:19:26,600

barely went anywhere

392

00:19:31,909 --> 00:19:29,160

not getting that sunshine or doing

393

00:19:33,950 --> 00:19:31,919

outdoor activities your vitamin D level

394

00:19:36,890 --> 00:19:33,960

will likely drop so I got a prescription

395

00:19:39,470 --> 00:19:36,900

for that overall after this 90 days I'm

396

00:19:40,850 --> 00:19:39,480

feeling much much better so I have some

397

00:19:43,310 --> 00:19:40,860

notes here and I thought I would talk

398

00:19:46,190 --> 00:19:43,320

about the positives of quitting alcohol

399

00:19:50,930 --> 00:19:46,200

for 90 days which far outweigh the

400

00:19:53,630 --> 00:19:50,940

negatives uh by far far the first thing

401

00:19:55,430 --> 00:19:53,640

I would say is better family life

402

00:19:56,930 --> 00:19:55,440

you know uh when you're in that

403

00:19:58,789 --> 00:19:56,940

situation you feel like you're sort of

404

00:20:01,370 --> 00:19:58,799

letting everybody down because you are

405

00:20:03,590 --> 00:20:01,380

you're checking out of life like let my

406

00:20:07,190 --> 00:20:03,600

wife handle way too many things on her

407

00:20:09,529 --> 00:20:07,200

own and I would go get drunk not a good

408

00:20:11,169 --> 00:20:09,539

thing uh and it's not good for a

409

00:20:14,270 --> 00:20:11,179

marriage it's not good for your children

410

00:20:18,590 --> 00:20:14,280

you know and uh

411

00:20:21,950 --> 00:20:18,600

so overall since this change I'm

412

00:20:24,470 --> 00:20:21,960

experiencing a much better family life

413

00:20:26,570 --> 00:20:24,480

and that has manifested itself in

414

00:20:30,669 --> 00:20:26,580

different ways and I'll talk more about

415

00:20:34,190 --> 00:20:30,679

those uh also I have much more energy

416

00:20:37,190 --> 00:20:34,200

having uh 15 beers a night will give you

417

00:20:39,950 --> 00:20:37,200

a hell or more and maybe some shots too

418

00:20:41,630 --> 00:20:39,960

or whatever else we'll give you a

419

00:20:45,350 --> 00:20:41,640

massive hangover the next day and those

420

00:20:47,810 --> 00:20:45,360

hangovers tickets toll so overall since

421

00:20:50,350 --> 00:20:47,820

quitting alcohol it took a while I

422

00:20:53,090 --> 00:20:50,360

didn't have the energy level I have now

423

00:20:55,370 --> 00:20:53,100

probably the first month it took about a

424

00:20:57,110 --> 00:20:55,380

month to sort of adjust but once my body

425

00:20:59,990 --> 00:20:57,120

adjusted suddenly

426
00:21:02,750 --> 00:21:00,000
you know uh I had an incredible amount

427
00:21:05,270 --> 00:21:02,760
more energy no more

428
00:21:07,250 --> 00:21:05,280
four or five hours in the morning to

429
00:21:08,990 --> 00:21:07,260
recover from The Hangover drinking

430
00:21:12,590 --> 00:21:09,000
Gatorade and trying to get something

431
00:21:15,830 --> 00:21:12,600
food in me to pull out whatever alcohol

432
00:21:18,529 --> 00:21:15,840
is still in my blood you know

433
00:21:21,350 --> 00:21:18,539
um overall I have more energy I feel

434
00:21:23,870 --> 00:21:21,360
more energetic and I'm more willing to

435
00:21:27,650 --> 00:21:23,880
like let's go do some things right when

436
00:21:30,049 --> 00:21:27,660
I wake up in the morning get things done

437
00:21:33,049 --> 00:21:30,059
I feel like this change has made me a

438
00:21:35,149 --> 00:21:33,059

better more patient father if you're

439

00:21:37,070 --> 00:21:35,159

hangover all the time you're gonna have

440

00:21:40,789 --> 00:21:37,080

a hell of a lot less patience with your

441

00:21:43,549 --> 00:21:40,799

children you know I would uh

442

00:21:46,250 --> 00:21:43,559

have a tremendous amount less patience

443

00:21:48,190 --> 00:21:46,260

with them before especially on those

444

00:21:50,750 --> 00:21:48,200

days that had a pretty bad hangover

445

00:21:53,090 --> 00:21:50,760

that's gone and I feel like this has

446

00:21:55,549 --> 00:21:53,100

made me a better more patient father

447

00:21:57,590 --> 00:21:55,559

I'm talking to my children more I'm

448

00:22:00,110 --> 00:21:57,600

spending more time with them

449

00:22:02,810 --> 00:22:00,120

just overall I've I've become a better

450

00:22:04,730 --> 00:22:02,820

father through this change

451

00:22:07,570 --> 00:22:04,740

um if this has also made me a better

452

00:22:10,970 --> 00:22:07,580

more helpful husband now

453

00:22:13,490 --> 00:22:10,980

because my wife may watch this I have to

454

00:22:18,049 --> 00:22:13,500

say that this is an evolution not not a

455

00:22:21,770 --> 00:22:18,059

instant change so you know as I progress

456

00:22:24,710 --> 00:22:21,780

here in the land of sober I'm making

457

00:22:27,590 --> 00:22:24,720

changes I'm trying to be a better more

458

00:22:30,710 --> 00:22:27,600

helpful husband instead of uh checking

459

00:22:32,330 --> 00:22:30,720

out when my wife gets home and like all

460

00:22:36,169 --> 00:22:32,340

these kids everything's your problem

461

00:22:39,350 --> 00:22:36,179

until tomorrow you know I am trying to

462

00:22:42,049 --> 00:22:39,360

pitch in more and help her more

463

00:22:43,990 --> 00:22:42,059

um I'm sure that our communication has

464

00:22:47,930 --> 00:22:44,000

um improved as well

465

00:22:50,990 --> 00:22:47,940

you know this is uh one of those things

466

00:22:53,450 --> 00:22:51,000

I also feel like uh our relationship and

467

00:22:54,890 --> 00:22:53,460

in general has improved you know I

468

00:22:56,810 --> 00:22:54,900

didn't really talk to her as much before

469

00:22:58,430 --> 00:22:56,820

because I felt ashamed of myself like

470

00:23:02,930 --> 00:22:58,440

I'm just gonna go check out and drink

471

00:23:05,149 --> 00:23:02,940

for 10 hours see you tomorrow uh now

472

00:23:07,850 --> 00:23:05,159

we're communicating a little bit better

473

00:23:10,370 --> 00:23:07,860

and by the way that's another thing you

474

00:23:14,570 --> 00:23:10,380

know uh this

475

00:23:16,970 --> 00:23:14,580

use of alcohol too much is has

476

00:23:20,270 --> 00:23:16,980

endangered my marriage my marriage could

477

00:23:23,270 --> 00:23:20,280

have ended because at some point people

478

00:23:25,970 --> 00:23:23,280

get tired of it and they will check out

479

00:23:28,130 --> 00:23:25,980

of of a relationship with you

480

00:23:30,770 --> 00:23:28,140

and I'm just glad that I woke up and

481

00:23:32,690 --> 00:23:30,780

made a positive change before anything

482

00:23:35,090 --> 00:23:32,700

drastic happened

483

00:23:37,010 --> 00:23:35,100

another positive change is no more drunk

484

00:23:39,890 --> 00:23:37,020

eating

485

00:23:43,250 --> 00:23:39,900

um maybe if you've drink if you've drank

486

00:23:45,950 --> 00:23:43,260

a lot you will understand that okay uh

487

00:23:50,330 --> 00:23:45,960

we're eight or nine beers in now let's

488

00:23:53,149 --> 00:23:50,340

eat a pizza before we uh go to bed uh or

489

00:23:57,529 --> 00:23:53,159

whatever garbage food processed food

490

00:23:59,930 --> 00:23:57,539

fast food I drunk ate a lot a lot in

491

00:24:03,049 --> 00:23:59,940

fact it used to be uh sort of a thing

492

00:24:05,570 --> 00:24:03,059

you know when I was done drinking right

493

00:24:07,130 --> 00:24:05,580

before I would uh drink to the point of

494

00:24:09,710 --> 00:24:07,140

passing out I would leave just enough

495

00:24:13,010 --> 00:24:09,720

Consciousness to go and heat up a frozen

496

00:24:15,350 --> 00:24:13,020

pizza once actually I've left the pizza

497

00:24:19,669 --> 00:24:15,360

in and the smoke detectors went off

498

00:24:21,770 --> 00:24:19,679

because I passed out drunk anyway

499

00:24:24,890 --> 00:24:21,780

I'm not drunk eating drunk eating is

500

00:24:26,990 --> 00:24:24,900

nobody drunk goes let's eat a salad or

501
00:24:30,409 --> 00:24:27,000
something healthy if you're drunk you're

502
00:24:32,930 --> 00:24:30,419
eating garbage and I did plenty of that

503
00:24:37,070 --> 00:24:32,940
which I'm sure contributed to my weight

504
00:24:40,310 --> 00:24:37,080
gain so no more drunk eating and after I

505
00:24:43,610 --> 00:24:40,320
gave myself two weeks of just quitting

506
00:24:47,029 --> 00:24:43,620
drinking before I changed my diet but

507
00:24:49,130 --> 00:24:47,039
after two weeks of alcohol abstinence

508
00:24:51,169 --> 00:24:49,140
after the first two weeks you know I

509
00:24:52,730 --> 00:24:51,179
gave myself that I just said I'm gonna

510
00:24:54,590 --> 00:24:52,740
eat whatever for the first two weeks

511
00:24:56,210 --> 00:24:54,600
it's hard enough to just not drink you

512
00:24:59,270 --> 00:24:56,220
know I'm not gonna make these major

513
00:25:02,990 --> 00:24:59,280

changes but two weeks in

514

00:25:07,010 --> 00:25:03,000

I started eating healthier and uh went

515

00:25:09,950 --> 00:25:07,020

to uh a diet and a strict diet and we'll

516

00:25:11,930 --> 00:25:09,960

talk more about that the other advantage

517

00:25:15,409 --> 00:25:11,940

that I've noticed of course is weight

518

00:25:19,330 --> 00:25:15,419

loss uh now we had kind of a wonky scale

519

00:25:22,130 --> 00:25:19,340

here which was just replaced but uh

520

00:25:24,710 --> 00:25:22,140

conservative estimate would be that I

521

00:25:29,269 --> 00:25:24,720

lost 10 pounds might be as much as 15

522

00:25:31,909 --> 00:25:29,279

pounds already in 90 days and again it's

523

00:25:34,909 --> 00:25:31,919

important to realize that I didn't start

524

00:25:36,950 --> 00:25:34,919

eating healthy until two weeks in so

525

00:25:38,990 --> 00:25:36,960

that's a pretty dramatic weight loss

526
00:25:41,090 --> 00:25:39,000
even if we go on the low end and say I

527
00:25:43,669 --> 00:25:41,100
lost 10 pounds that's pretty dramatic

528
00:25:46,250 --> 00:25:43,679
weight loss and I can tell it's all from

529
00:25:48,350 --> 00:25:46,260
the spare tire so it's all fat loss

530
00:25:49,909 --> 00:25:48,360
haven't lost muscle mass or anything

531
00:25:52,970 --> 00:25:49,919
like that

532
00:25:56,210 --> 00:25:52,980
10 or more pounds of weight loss by

533
00:25:58,310 --> 00:25:56,220
doing nothing but stopping alcohol and

534
00:25:59,450 --> 00:25:58,320
eating healthier

535
00:26:01,970 --> 00:25:59,460
um

536
00:26:04,970 --> 00:26:01,980
another positive change is that I am

537
00:26:07,909 --> 00:26:04,980
exercising more not as much still not

538
00:26:09,710 --> 00:26:07,919

exercising as much as I should but I

539

00:26:11,390 --> 00:26:09,720

have sort of hit a plateau the scale

540

00:26:13,510 --> 00:26:11,400

doesn't seem to be moving so I'm

541

00:26:16,310 --> 00:26:13,520

increasing that

542

00:26:17,810 --> 00:26:16,320

also I guess I could mention better sex

543

00:26:19,430 --> 00:26:17,820

life

544

00:26:21,769 --> 00:26:19,440

my wife and I are just getting along

545

00:26:26,090 --> 00:26:21,779

better and she's not somebody that would

546

00:26:29,630 --> 00:26:26,100

uh be interested in uh drunken crazy sex

547

00:26:32,350 --> 00:26:29,640

if I'm drunk she's not interested so I'm

548

00:26:34,850 --> 00:26:32,360

sober more which means uh

549

00:26:38,890 --> 00:26:34,860

increased happy fun time

550

00:26:42,289 --> 00:26:38,900

uh so that's a definite positive right

551
00:26:45,049 --> 00:26:42,299
nobody wants uh somebody's sloppy drunk

552
00:26:46,730 --> 00:26:45,059
all over them you know uh and I'm

553
00:26:50,149 --> 00:26:46,740
realizing that now

554
00:26:52,310 --> 00:26:50,159
and certainly I I suppose being sober

555
00:26:56,450 --> 00:26:52,320
you're you're much more attentive and

556
00:26:57,769 --> 00:26:56,460
less of a selfish person in that regard

557
00:26:59,690 --> 00:26:57,779
so

558
00:27:02,870 --> 00:26:59,700
um I've got a note here healthier

559
00:27:04,870 --> 00:27:02,880
overall lifestyle I have begun the

560
00:27:07,669 --> 00:27:04,880
process of making other healthy

561
00:27:11,149 --> 00:27:07,679
decisions like maybe quit smoking maybe

562
00:27:14,029 --> 00:27:11,159
uh cut back on the salt you use or the

563
00:27:16,610 --> 00:27:14,039

sugar that you're adding to your drinks

564

00:27:19,310 --> 00:27:16,620

I drink a lot of iced tea and hot tea

565

00:27:20,990 --> 00:27:19,320

it's the only white sugar I take in but

566

00:27:23,210 --> 00:27:21,000

I'm even considering cutting that out

567

00:27:25,850 --> 00:27:23,220

completely

568

00:27:28,190 --> 00:27:25,860

um I have this listed as a positive but

569

00:27:31,130 --> 00:27:28,200

it's actually on both my positive and

570

00:27:34,310 --> 00:27:31,140

negative side and that is dealing with

571

00:27:36,110 --> 00:27:34,320

problems rather than avoiding ignoring

572

00:27:38,990 --> 00:27:36,120

or escaping them

573

00:27:42,710 --> 00:27:39,000

and again I put that on my positive as

574

00:27:44,750 --> 00:27:42,720

well as my uh negative side uh but I do

575

00:27:48,409 --> 00:27:44,760

think that now

576
00:27:50,450 --> 00:27:48,419
you know I I would drink and then and a

577
00:27:52,070 --> 00:27:50,460
bad news that would be an excuse to

578
00:27:54,590 --> 00:27:52,080
drink

579
00:27:56,090 --> 00:27:54,600
um some new problem that pops up that I

580
00:27:58,610 --> 00:27:56,100
don't really want to deal with that's an

581
00:28:00,350 --> 00:27:58,620
excuse to drink and I'm no longer doing

582
00:28:01,730 --> 00:28:00,360
that now I'm just facing a lot of

583
00:28:05,110 --> 00:28:01,740
problems head on

584
00:28:07,970 --> 00:28:05,120
uh but that can be stressful and and uh

585
00:28:10,010 --> 00:28:07,980
I think that is added to my anxiety

586
00:28:12,110 --> 00:28:10,020
level about all of this but it certainly

587
00:28:14,570 --> 00:28:12,120
a healthier way of dealing with your

588
00:28:17,510 --> 00:28:14,580

problems is to just deal with them like

589

00:28:20,330 --> 00:28:17,520

let's solve the problem instead of let's

590

00:28:22,490 --> 00:28:20,340

drink and and tomorrow I'll figure it

591

00:28:24,590 --> 00:28:22,500

out and then tomorrow comes and you go

592

00:28:27,049 --> 00:28:24,600

I'll drink tonight too and the next day

593

00:28:29,870 --> 00:28:27,059

I'll figure it out I would Kick the Can

594

00:28:32,810 --> 00:28:29,880

with problems especially new problems

595

00:28:34,669 --> 00:28:32,820

like I I got enough old problems I don't

596

00:28:36,710 --> 00:28:34,679

want to deal with the new problems so I

597

00:28:37,789 --> 00:28:36,720

would drink and kick those problems down

598

00:28:40,789 --> 00:28:37,799

the road

599

00:28:44,090 --> 00:28:40,799

and say I'll deal with them later and

600

00:28:45,710 --> 00:28:44,100

that's not a good thing so I am

601
00:28:49,130 --> 00:28:45,720
definitely dealing with especially new

602
00:28:51,950 --> 00:28:49,140
problems like let's just do what we have

603
00:28:54,169 --> 00:28:51,960
to do and and get around this problem or

604
00:28:56,510 --> 00:28:54,179
or solve it or you know come up with

605
00:28:59,690 --> 00:28:56,520
even a temporary solution

606
00:29:03,409 --> 00:28:59,700
but uh not having that escape from them

607
00:29:06,350 --> 00:29:03,419
has caused me increased anxiety this is

608
00:29:08,330 --> 00:29:06,360
typical I think and and very healthy you

609
00:29:11,269 --> 00:29:08,340
know

610
00:29:13,730 --> 00:29:11,279
uh let's see again listed on the

611
00:29:16,490 --> 00:29:13,740
positives I have uh that I am learning

612
00:29:18,830 --> 00:29:16,500
to deal with things I cannot change

613
00:29:21,470 --> 00:29:18,840

I'm sure there's many things in all of

614

00:29:22,610 --> 00:29:21,480

our lives that we just can't change I

615

00:29:25,130 --> 00:29:22,620

can't change

616

00:29:26,110 --> 00:29:25,140

many things especially things in the

617

00:29:29,210 --> 00:29:26,120

past

618

00:29:32,630 --> 00:29:29,220

but I used to dwell on those things and

619

00:29:34,730 --> 00:29:32,640

drink now I'm sort of uh just learning

620

00:29:37,250 --> 00:29:34,740

that some things you can't change and

621

00:29:39,110 --> 00:29:37,260

you just have to accept them and this of

622

00:29:42,350 --> 00:29:39,120

course comes through the serenity prayer

623

00:29:45,230 --> 00:29:42,360

and and uh my short time so far in

624

00:29:46,610 --> 00:29:45,240

Alcoholics Anonymous I'm not sure how I

625

00:29:50,210 --> 00:29:46,620

feel about Alcoholics Anonymous we'll

626

00:29:50,870 --> 00:29:50,220

talk about that it's been helpful for me

627

00:29:54,769 --> 00:29:50,880

um

628

00:29:57,470 --> 00:29:54,779

two and the Serenity Prayer of course uh

629

00:29:59,810 --> 00:29:57,480

sort of guides you to just learn to

630

00:30:03,169 --> 00:29:59,820

accept the things you can't change

631

00:30:05,510 --> 00:30:03,179

in the past I was unwilling to do that I

632

00:30:09,049 --> 00:30:05,520

I'm not big on acceptance I would always

633

00:30:10,370 --> 00:30:09,059

say like but I can change it or I can do

634

00:30:12,830 --> 00:30:10,380

something about

635

00:30:14,389 --> 00:30:12,840

some things you just can't you just got

636

00:30:17,630 --> 00:30:14,399

to accept them

637

00:30:18,350 --> 00:30:17,640

and you do need to have the wisdom to

638

00:30:20,570 --> 00:30:18,360

know

639

00:30:22,549 --> 00:30:20,580

what are the things that you can change

640

00:30:25,610 --> 00:30:22,559

or improve and what are the things you

641

00:30:27,769 --> 00:30:25,620

just have to accept them and that's just

642

00:30:29,090 --> 00:30:27,779

what you have to do sometimes I I was

643

00:30:30,830 --> 00:30:29,100

never good at that but I'm getting

644

00:30:32,810 --> 00:30:30,840

better at it

645

00:30:35,810 --> 00:30:32,820

I have a note here increased

646

00:30:37,370 --> 00:30:35,820

productivity I'm getting more done I'm

647

00:30:39,830 --> 00:30:37,380

certainly getting much more done than

648

00:30:42,470 --> 00:30:39,840

when I was drinking I'm finishing more

649

00:30:44,930 --> 00:30:42,480

projects I'm finishing more old projects

650

00:30:47,269 --> 00:30:44,940

and starting less new projects one of

651
00:30:49,850 --> 00:30:47,279
the things I made notes about and

652
00:30:51,409 --> 00:30:49,860
realizes that while I was getting drunk

653
00:30:53,870 --> 00:30:51,419
constantly

654
00:30:56,810 --> 00:30:53,880
you know finishing a project is the hard

655
00:30:59,810 --> 00:30:56,820
part it's easy to start new ones and I

656
00:31:01,549 --> 00:30:59,820
I'm a little add so I would instead of

657
00:31:03,830 --> 00:31:01,559
finishing this project I would start

658
00:31:06,230 --> 00:31:03,840
another one and I'm sure that's still a

659
00:31:08,330 --> 00:31:06,240
struggle for me to finish a project

660
00:31:10,310 --> 00:31:08,340
before starting new ones

661
00:31:12,529 --> 00:31:10,320
sometimes you have to wait for a

662
00:31:14,389 --> 00:31:12,539
solution to a problem

663
00:31:16,909 --> 00:31:14,399

for a project you're trying to finish

664

00:31:19,070 --> 00:31:16,919

and in the meantime I'll start something

665

00:31:21,470 --> 00:31:19,080

else but I think I have a healthier

666

00:31:23,510 --> 00:31:21,480

approach to these things now

667

00:31:27,289 --> 00:31:23,520

another note here on the positive side

668

00:31:29,990 --> 00:31:27,299

is that I appear to be more focused on

669

00:31:32,810 --> 00:31:30,000

my short-term and long-term goals

670

00:31:34,909 --> 00:31:32,820

when I was drinking constantly I didn't

671

00:31:37,130 --> 00:31:34,919

have long-term goals I had only

672

00:31:40,490 --> 00:31:37,140

short-term goals and most of those goals

673

00:31:41,690 --> 00:31:40,500

revolved around making sure I had plenty

674

00:31:45,110 --> 00:31:41,700

of alcohol

675

00:31:47,630 --> 00:31:45,120

and uh long-term goals got sort of Lost

676
00:31:49,789 --> 00:31:47,640
in there you know I wasn't worried about

677
00:31:51,310 --> 00:31:49,799
next week I was just trying to get

678
00:31:52,909 --> 00:31:51,320
through the day

679
00:31:55,789 --> 00:31:52,919
and

680
00:31:58,789 --> 00:31:55,799
drinking myself into a near coma at

681
00:32:01,850 --> 00:31:58,799
times which is certainly not healthy so

682
00:32:04,370 --> 00:32:01,860
I do think after this 90 days I'm

683
00:32:07,190 --> 00:32:04,380
certainly more focused on long-term

684
00:32:09,409 --> 00:32:07,200
goals and short-term goals and I've also

685
00:32:12,590 --> 00:32:09,419
learning to manage

686
00:32:16,070 --> 00:32:12,600
get those short-term goals going that

687
00:32:18,110 --> 00:32:16,080
contribute to the longer term goals

688
00:32:20,210 --> 00:32:18,120

um for example this show I know that

689

00:32:22,610 --> 00:32:20,220

every day I've got to come here and I've

690

00:32:25,549 --> 00:32:22,620

got to complete a show or you know

691

00:32:27,889 --> 00:32:25,559

however many times a week and that is

692

00:32:29,570 --> 00:32:27,899

contributing to the longer term goal of

693

00:32:31,549 --> 00:32:29,580

building the show building the show

694

00:32:33,350 --> 00:32:31,559

audience

695

00:32:35,330 --> 00:32:33,360

um I'm just more focused on these things

696

00:32:39,289 --> 00:32:35,340

now also on

697

00:32:40,970 --> 00:32:39,299

uh short-term and long-term goals for my

698

00:32:42,590 --> 00:32:40,980

family you know I'd really like to

699

00:32:44,810 --> 00:32:42,600

finish that cabin and I've got

700

00:32:46,430 --> 00:32:44,820

short-term goals you know I'm trying to

701
00:32:48,649 --> 00:32:46,440
build the porch right now and that

702
00:32:50,690 --> 00:32:48,659
contributes to the longer term goal of

703
00:32:54,230 --> 00:32:50,700
having it finished finally finished

704
00:32:56,510 --> 00:32:54,240
completed cabin there

705
00:32:59,690 --> 00:32:56,520
I have a note here that I have a clearer

706
00:33:02,269 --> 00:32:59,700
mind and a better perspective

707
00:33:05,210 --> 00:33:02,279
um when you're polluting your your brain

708
00:33:07,130 --> 00:33:05,220
with alcohol every day it I think it

709
00:33:09,590 --> 00:33:07,140
does skew your perspective you lose

710
00:33:12,110 --> 00:33:09,600
perspective and you focus too much on

711
00:33:14,810 --> 00:33:12,120
short-term things

712
00:33:17,570 --> 00:33:14,820
um and that's not healthy now I have

713
00:33:19,210 --> 00:33:17,580

sort of a clearer mind about things and

714

00:33:26,029 --> 00:33:19,220

I'm not just

715

00:33:28,690 --> 00:33:26,039

drowning my worries away under uh you

716

00:33:31,310 --> 00:33:28,700

know the weight of a case of beer I'm

717

00:33:33,110 --> 00:33:31,320

dealing with those problems or formula

718

00:33:36,710 --> 00:33:33,120

trying to formulate solutions for

719

00:33:39,710 --> 00:33:36,720

whatever problems are arising and

720

00:33:41,210 --> 00:33:39,720

my mind just seems clearer and I have a

721

00:33:44,149 --> 00:33:41,220

better perspective and some of you have

722

00:33:47,210 --> 00:33:44,159

noticed that uh lately another thing

723

00:33:50,330 --> 00:33:47,220

next on my list and another thing some

724

00:33:53,330 --> 00:33:50,340

have noticed and and uh not been happy

725

00:33:56,450 --> 00:33:53,340

about is that I uh since quitting

726

00:33:59,269 --> 00:33:56,460

drinking these past 99 days I am much

727

00:34:00,310 --> 00:33:59,279

less angry and I'm in a better overall

728

00:34:04,490 --> 00:34:00,320

mood

729

00:34:05,570 --> 00:34:04,500

uh when you're half hungover all the

730

00:34:09,109 --> 00:34:05,580

time

731

00:34:12,230 --> 00:34:09,119

your fuse is very short and uh things

732

00:34:13,909 --> 00:34:12,240

bother you that wouldn't bother a sober

733

00:34:16,790 --> 00:34:13,919

or normal person

734

00:34:19,790 --> 00:34:16,800

and I've noticed that I'm certainly less

735

00:34:21,649 --> 00:34:19,800

angry uh both in my personal life and on

736

00:34:25,490 --> 00:34:21,659

the show here takes a lot more to make

737

00:34:28,310 --> 00:34:25,500

me pop off you know uh other show hosts

738

00:34:32,149 --> 00:34:28,320

talking smack you know I just don't get

739

00:34:35,510 --> 00:34:32,159

as pissed off and by the way I I know I

740

00:34:37,849 --> 00:34:35,520

kind of thought of you know some things

741

00:34:40,010 --> 00:34:37,859

about my drinking is like that really is

742

00:34:43,129 --> 00:34:40,020

my darker side I would get pissed off at

743

00:34:45,710 --> 00:34:43,139

Drake right get pissed off

744

00:34:47,750 --> 00:34:45,720

F this person and this person could suck

745

00:34:49,010 --> 00:34:47,760

a you know what and this and that and

746

00:34:54,409 --> 00:34:49,020

drink

747

00:34:56,450 --> 00:34:54,419

doesn't make you any less angry it

748

00:34:59,150 --> 00:34:56,460

lowers your inhibitions and then you say

749

00:35:02,089 --> 00:34:59,160

and do things you might not ordinarily

750

00:35:04,849 --> 00:35:02,099

say so I've also got

751

00:35:08,089 --> 00:35:04,859

um sort of increased

752

00:35:10,550 --> 00:35:08,099

I don't know fuse does that make sense

753

00:35:13,069 --> 00:35:10,560

and even with my children it takes a lot

754

00:35:15,530 --> 00:35:13,079

more for me to pop off at them or to

755

00:35:18,290 --> 00:35:15,540

lose my patience with them because

756

00:35:19,609 --> 00:35:18,300

I'm not drunk or hung or excuse me I'm

757

00:35:21,890 --> 00:35:19,619

not hungover

758

00:35:24,230 --> 00:35:21,900

uh yeah

759

00:35:26,990 --> 00:35:24,240

and uh another note stupid people don't

760

00:35:29,450 --> 00:35:27,000

bother me as much and again this also

761

00:35:31,069 --> 00:35:29,460

falls under the things I can't change I

762

00:35:34,190 --> 00:35:31,079

can't change some other show host that

763

00:35:37,430 --> 00:35:34,200

has to lie about me because uh for

764

00:35:39,829 --> 00:35:37,440

whatever reasons right or wants to draw

765

00:35:42,770 --> 00:35:39,839

me into some drama

766

00:35:45,290 --> 00:35:42,780

I I stupid people don't bother me as

767

00:35:47,390 --> 00:35:45,300

much and again that also comes with I

768

00:35:49,450 --> 00:35:47,400

have a greater perspective

769

00:35:52,430 --> 00:35:49,460

in in

770

00:35:55,130 --> 00:35:52,440

you know sort of interacting with this

771

00:35:57,470 --> 00:35:55,140

nasty negative person this stupid person

772

00:35:59,390 --> 00:35:57,480

it doesn't help my long-term or

773

00:36:02,750 --> 00:35:59,400

short-term goals I'm not going to be

774

00:36:05,510 --> 00:36:02,760

drawn into drama that's unnecessary

775

00:36:07,490 --> 00:36:05,520

and I and again I some things I can't

776

00:36:08,870 --> 00:36:07,500

control I can't control people that are

777

00:36:12,290 --> 00:36:08,880

willing to lie

778

00:36:14,870 --> 00:36:12,300

you know uh make things up about me

779

00:36:17,150 --> 00:36:14,880

I I can't control that I'm accepting it

780

00:36:18,710 --> 00:36:17,160

and it just doesn't bother me as much it

781

00:36:21,349 --> 00:36:18,720

used to be that that kind of stuff would

782

00:36:23,270 --> 00:36:21,359

trigger me to go on a bender I would

783

00:36:25,490 --> 00:36:23,280

have a good Bender right let's just

784

00:36:27,050 --> 00:36:25,500

drink myself into a comb and think about

785

00:36:29,510 --> 00:36:27,060

that prick

786

00:36:31,490 --> 00:36:29,520

it's just not worth it to me anymore and

787

00:36:32,930 --> 00:36:31,500

I'm not thinking about those Pricks or

788

00:36:35,810 --> 00:36:32,940

stupid people

789

00:36:36,890 --> 00:36:35,820

that bother me or ordinarily would

790

00:36:39,290 --> 00:36:36,900

bother me

791

00:36:41,210 --> 00:36:39,300

there's things I can't control stupid

792

00:36:42,530 --> 00:36:41,220

people saying stupid things is one of

793

00:36:45,349 --> 00:36:42,540

them

794

00:36:47,450 --> 00:36:45,359

uh also on the positive side

795

00:36:51,829 --> 00:36:47,460

I have returned to some form of

796

00:36:54,050 --> 00:36:51,839

spiritual practice and uh that would be

797

00:36:56,990 --> 00:36:54,060

I am praying

798

00:36:58,670 --> 00:36:57,000

again and I wasn't most of the time that

799

00:37:01,190 --> 00:36:58,680

I was drinking wasn't even thinking

800

00:37:03,349 --> 00:37:01,200

about God I was selfishly thinking about

801
00:37:06,290 --> 00:37:03,359
myself and my own problems I was

802
00:37:09,710 --> 00:37:06,300
wallowing in my own self-pity

803
00:37:11,750 --> 00:37:09,720
uh so now I've sort of returned to some

804
00:37:14,450 --> 00:37:11,760
form of spiritual practice I'm getting

805
00:37:16,609 --> 00:37:14,460
closer to Nature I'm feeling Closer To

806
00:37:18,109 --> 00:37:16,619
Source or God or whatever you want to

807
00:37:20,930 --> 00:37:18,119
call that energy

808
00:37:24,890 --> 00:37:20,940
and and it feels like I am reintroducing

809
00:37:28,190 --> 00:37:24,900
that into my life and that practice used

810
00:37:31,430 --> 00:37:28,200
to be very beneficial to me somewhere I

811
00:37:33,710 --> 00:37:31,440
lost that in a in a bottle

812
00:37:36,230 --> 00:37:33,720
but I've returned to that I'm also

813
00:37:37,030 --> 00:37:36,240

returning to meditation which has helped

814

00:37:40,730 --> 00:37:37,040

me

815

00:37:43,130 --> 00:37:40,740

to sort of deal with my anxiety issues

816

00:37:45,349 --> 00:37:43,140

head on instead of running from them and

817

00:37:48,470 --> 00:37:45,359

and drowning them in a bottle

818

00:37:51,650 --> 00:37:48,480

uh and with meditation also comes in a

819

00:37:53,270 --> 00:37:51,660

form of increased emotional awareness

820

00:37:55,010 --> 00:37:53,280

and what does that mean that means that

821

00:37:58,130 --> 00:37:55,020

you become more aware of your emotional

822

00:38:01,910 --> 00:37:58,140

states and again you're less likely to

823

00:38:04,849 --> 00:38:01,920

pop off suddenly get angry you know blow

824

00:38:07,630 --> 00:38:04,859

a fuse and start yelling or getting that

825

00:38:11,089 --> 00:38:07,640

pissed off that your uh emotional

826

00:38:14,390 --> 00:38:11,099

outbursts reduce because instead of

827

00:38:15,170 --> 00:38:14,400

going from zero to a hundred and popping

828

00:38:17,810 --> 00:38:15,180

off

829

00:38:20,630 --> 00:38:17,820

you have this emotional awareness oh I'm

830

00:38:23,690 --> 00:38:20,640

I'm getting anxious I'm getting angry

831

00:38:26,390 --> 00:38:23,700

uh I'm getting annoyed with this person

832

00:38:28,250 --> 00:38:26,400

or this situation and you you get that

833

00:38:29,329 --> 00:38:28,260

awareness and that enables you to push

834

00:38:31,370 --> 00:38:29,339

it back

835

00:38:33,470 --> 00:38:31,380

or to push it down

836

00:38:36,290 --> 00:38:33,480

and not

837

00:38:38,990 --> 00:38:36,300

pop off right

838

00:38:41,150 --> 00:38:39,000

also a note here I'm exploring other

839

00:38:44,750 --> 00:38:41,160

healthier lifestyle choices like

840

00:38:45,410 --> 00:38:44,760

quitting smoking caffeine and sugar

841

00:38:47,270 --> 00:38:45,420

um

842

00:38:49,730 --> 00:38:47,280

you know I decided when I started this

843

00:38:53,270 --> 00:38:49,740

journey that I would deal with my

844

00:38:55,609 --> 00:38:53,280

greatest demon if you will first and

845

00:38:57,410 --> 00:38:55,619

that would be alcohol that was certainly

846

00:39:01,970 --> 00:38:57,420

the most destructive

847

00:39:06,170 --> 00:39:01,980

unhealthy choice or bad habit in my life

848

00:39:09,950 --> 00:39:06,180

um so I I've dealt with that and now I

849

00:39:11,690 --> 00:39:09,960

am exploring yeah we uh we're I'm trying

850

00:39:13,910 --> 00:39:11,700

the Vapes everybody keeps telling me

851
00:39:15,050 --> 00:39:13,920
Vape instead of smoke I'm trying it just

852
00:39:20,690 --> 00:39:15,060
I

853
00:39:22,670 --> 00:39:20,700
those healthier lifestyle choices like

854
00:39:25,430 --> 00:39:22,680
quitting smoking caffeine and sugar

855
00:39:27,829 --> 00:39:25,440
better diet all these things while

856
00:39:31,430 --> 00:39:27,839
drinking I would have never cared to

857
00:39:33,770 --> 00:39:31,440
even try to make healthier life

858
00:39:37,130 --> 00:39:33,780
lifestyle choices because

859
00:39:38,870 --> 00:39:37,140
you know uh my like my health was a mess

860
00:39:40,730 --> 00:39:38,880
because of the drinking so quitting

861
00:39:43,190 --> 00:39:40,740
smoking or caffeine or sugar wouldn't

862
00:39:45,230 --> 00:39:43,200
help anything at that point but having

863
00:39:47,870 --> 00:39:45,240

tackled the biggest demon in my life

864

00:39:50,569 --> 00:39:47,880

maybe now is a good time to explore

865

00:39:52,370 --> 00:39:50,579

other healthier lifestyle choices like

866

00:39:53,930 --> 00:39:52,380

this quitting smoke and caffeine or

867

00:39:54,950 --> 00:39:53,940

sugar

868

00:39:58,069 --> 00:39:54,960

um

869

00:40:01,130 --> 00:39:58,079

another note here I I do feel that after

870

00:40:03,530 --> 00:40:01,140

99 days without alcohol I have become a

871

00:40:06,470 --> 00:40:03,540

Kindler gentler

872

00:40:07,490 --> 00:40:06,480

more patient and less of a selfish

873

00:40:11,210 --> 00:40:07,500

person

874

00:40:14,329 --> 00:40:11,220

uh you know while hungover and uh sort

875

00:40:16,670 --> 00:40:14,339

of feeling beat up and defeated and in a

876

00:40:18,589 --> 00:40:16,680

nasty mood even things like going to the

877

00:40:20,390 --> 00:40:18,599

supermarket I would dread because there

878

00:40:22,190 --> 00:40:20,400

would always be some old lady in front

879

00:40:25,550 --> 00:40:22,200

of me counting pennies out or something

880

00:40:26,270 --> 00:40:25,560

that would I would lose my mind a little

881

00:40:29,390 --> 00:40:26,280

bit

882

00:40:31,790 --> 00:40:29,400

and now I find that I have I'm just

883

00:40:35,170 --> 00:40:31,800

Kindler and gentler I'm more empathetic

884

00:40:39,470 --> 00:40:35,180

towards other people's problems and more

885

00:40:43,790 --> 00:40:39,480

accepting of other people that used to

886

00:40:45,530 --> 00:40:43,800

be able to annoy me pretty easily now I

887

00:40:47,450 --> 00:40:45,540

I really do feel like I've become kind

888

00:40:49,430 --> 00:40:47,460

alert and gentler and some of you may

889

00:40:52,550 --> 00:40:49,440

have noticed that and as far as being

890

00:40:54,890 --> 00:40:52,560

less of a selfish person when you drink

891

00:40:56,750 --> 00:40:54,900

when when you're drinking to those

892

00:40:58,790 --> 00:40:56,760

levels you've become a selfish person

893

00:41:01,550 --> 00:40:58,800

all you care about is making sure you

894

00:41:05,030 --> 00:41:01,560

got maybe something to eat for the day

895

00:41:07,089 --> 00:41:05,040

and enough alcohol for the the night

896

00:41:11,569 --> 00:41:07,099

until the next day

897

00:41:13,569 --> 00:41:11,579

and things get lost you know like

898

00:41:15,890 --> 00:41:13,579

friends need your help you're not there

899

00:41:18,349 --> 00:41:15,900

family may need your help you're just

900

00:41:19,970 --> 00:41:18,359

not there because you checked out you're

901
00:41:24,349 --> 00:41:19,980
off in your uh

902
00:41:26,450 --> 00:41:24,359
own you know uh self-destructive world

903
00:41:28,250 --> 00:41:26,460
you're not thinking about other people

904
00:41:30,770 --> 00:41:28,260
you're thinking about yourself while I'm

905
00:41:33,230 --> 00:41:30,780
in your own self-pity you become very

906
00:41:37,130 --> 00:41:33,240
selfish and I did I freely admit that

907
00:41:40,730 --> 00:41:37,140
but I've worked on that and now I have

908
00:41:43,190 --> 00:41:40,740
probably have some uh some fences to

909
00:41:46,910 --> 00:41:43,200
mend and and I have to make up for that

910
00:41:50,569 --> 00:41:46,920
period and uh luckily most of the people

911
00:41:54,410 --> 00:41:50,579
that are you know I I owe something to

912
00:41:56,930 --> 00:41:54,420
are understanding and and willing to uh

913
00:41:58,910 --> 00:41:56,940

give me the opportunity to mend those

914

00:42:01,609 --> 00:41:58,920

fences

915

00:42:03,890 --> 00:42:01,619

another note uh

916

00:42:07,010 --> 00:42:03,900

I have been getting back to Old Hobbies

917

00:42:08,690 --> 00:42:07,020

like my love of hiking and nature

918

00:42:10,550 --> 00:42:08,700

I uh

919

00:42:12,589 --> 00:42:10,560

I don't know while I was drinking I

920

00:42:15,530 --> 00:42:12,599

would just sit in the cabin and drink I

921

00:42:17,089 --> 00:42:15,540

wouldn't there's there's so many

922

00:42:19,430 --> 00:42:17,099

beautiful things around that cabin

923

00:42:22,750 --> 00:42:19,440

there's hiking trails off in the woods

924

00:42:27,050 --> 00:42:22,760

there's even waterfalls and creeks and

925

00:42:31,069 --> 00:42:27,060

rivers and lakes and beautiful

926
00:42:33,109 --> 00:42:31,079
beautiful surroundings to go explore and

927
00:42:34,790 --> 00:42:33,119
I used to like that like well I don't

928
00:42:37,250 --> 00:42:34,800
know what's in those woods but I see a

929
00:42:41,510 --> 00:42:37,260
trail going in there why don't we go

930
00:42:43,550 --> 00:42:41,520
check it out I hung over the last thing

931
00:42:46,250 --> 00:42:43,560
I wanted to do is go on a five mile hike

932
00:42:48,050 --> 00:42:46,260
in the woods to nowhere but now I find

933
00:42:50,210 --> 00:42:48,060
myself getting back to Nature and doing

934
00:42:51,710 --> 00:42:50,220
things like that and I'm enjoying that

935
00:42:54,050 --> 00:42:51,720
very much

936
00:42:55,670 --> 00:42:54,060
Getting Back To Nature always makes you

937
00:42:58,790 --> 00:42:55,680
feel better and I would encourage

938
00:43:02,349 --> 00:42:58,800

anybody regardless of your situation to

939

00:43:06,470 --> 00:43:02,359

spend more time doing that old Hobbies

940

00:43:09,490 --> 00:43:06,480

or activities while drinking I ignored a

941

00:43:13,430 --> 00:43:09,500

lot of things I I didn't

942

00:43:16,490 --> 00:43:13,440

explore my interests my interests became

943

00:43:18,589 --> 00:43:16,500

drinking that was my only interest for a

944

00:43:21,530 --> 00:43:18,599

time so

945

00:43:24,290 --> 00:43:21,540

the thought of like uh spending time

946

00:43:26,470 --> 00:43:24,300

doing like Electronics projects or you

947

00:43:30,470 --> 00:43:26,480

know I used to enjoy computers robots

948

00:43:32,329 --> 00:43:30,480

micro controllers all these things uh

949

00:43:35,569 --> 00:43:32,339

and I would just spend time nerding out

950

00:43:38,450 --> 00:43:35,579

on that stuff before uh the pandemic and

951
00:43:41,329 --> 00:43:38,460
my drunk time came getting back to that

952
00:43:44,089 --> 00:43:41,339
now and I'm enjoying that uh you know

953
00:43:47,930 --> 00:43:44,099
hobbies are enjoyable

954
00:43:49,970 --> 00:43:47,940
but if if you're again just wallowing in

955
00:43:51,650 --> 00:43:49,980
your own self-pity and and your hobby

956
00:43:54,410 --> 00:43:51,660
becomes drinking

957
00:43:56,690 --> 00:43:54,420
you know you're just not exploring those

958
00:44:00,170 --> 00:43:56,700
things with the same level of interest

959
00:44:02,750 --> 00:44:00,180
and uh excitement that you did before

960
00:44:04,309 --> 00:44:02,760
drinking now I seem to be getting back

961
00:44:06,829 --> 00:44:04,319
to those things

962
00:44:11,450 --> 00:44:06,839
I have a note here too

963
00:44:15,710 --> 00:44:13,730

well we'll go to diet first and then

964

00:44:20,450 --> 00:44:15,720

we'll get back to that one I don't know

965

00:44:28,370 --> 00:44:24,530

due to my lack of uh due to my increased

966

00:44:30,770 --> 00:44:28,380

mental Clarity dealing with uh things I

967

00:44:33,470 --> 00:44:30,780

have decided to get back to some old

968

00:44:36,170 --> 00:44:33,480

unfinished business and I'm not going to

969

00:44:40,010 --> 00:44:36,180

get deeply into the whole story but some

970

00:44:42,589 --> 00:44:40,020

time ago I quit uh being a stage

971

00:44:43,910 --> 00:44:42,599

magician I stopped doing magic shows and

972

00:44:46,309 --> 00:44:43,920

there was a lot of reasons for that

973

00:44:48,890 --> 00:44:46,319

principally among them was that my son

974

00:44:51,050 --> 00:44:48,900

was diagnosed with autism he's

975

00:44:54,470 --> 00:44:51,060

non-verbal he required a great deal of

976

00:44:56,329 --> 00:44:54,480

time and energy and then also some

977

00:44:59,089 --> 00:44:56,339

personal things happened right around

978

00:45:00,950 --> 00:44:59,099

the same time that just turned me off of

979

00:45:04,309 --> 00:45:00,960

that whole world

980

00:45:07,250 --> 00:45:04,319

but uh this increased mental Clarity has

981

00:45:10,370 --> 00:45:07,260

reminded me how much I loved that I was

982

00:45:14,390 --> 00:45:10,380

good at it too God damn I was good at it

983

00:45:16,790 --> 00:45:14,400

and I enjoyed uh the rehearsal for that

984

00:45:18,589 --> 00:45:16,800

for those who don't know if you're going

985

00:45:22,190 --> 00:45:18,599

to stand in front of people even for

986

00:45:25,309 --> 00:45:22,200

let's say 30 minutes that's hundreds of

987

00:45:27,650 --> 00:45:25,319

hours of practice to do it right to be

988

00:45:30,829 --> 00:45:27,660

able to be good enough to really stand

989

00:45:33,829 --> 00:45:30,839

there and and do a great job

990

00:45:35,150 --> 00:45:33,839

uh and make those memories for people I

991

00:45:36,770 --> 00:45:35,160

considered it an incredible

992

00:45:39,530 --> 00:45:36,780

responsibility to stand in front of

993

00:45:41,870 --> 00:45:39,540

people and do a magic show for many

994

00:45:43,550 --> 00:45:41,880

people all they see is the Magician on

995

00:45:46,130 --> 00:45:43,560

television they never see one in person

996

00:45:47,510 --> 00:45:46,140

you become something of a unicorn it was

997

00:45:50,210 --> 00:45:47,520

something special but it was a

998

00:45:53,030 --> 00:45:50,220

responsibility that I took incredibly

999

00:45:55,430 --> 00:45:53,040

seriously and ask any good magician when

1000

00:45:58,970 --> 00:45:55,440

they see a bad one you want to smack

1001
00:46:02,329 --> 00:45:58,980
them because that ruins the art for many

1002
00:46:04,910 --> 00:46:02,339
many people right

1003
00:46:06,710 --> 00:46:04,920
for whatever reason I I walked away from

1004
00:46:10,670 --> 00:46:06,720
that world for well for many reasons

1005
00:46:12,349 --> 00:46:10,680
maybe someday I'll share more about that

1006
00:46:14,390 --> 00:46:12,359
um and and by the way some people

1007
00:46:17,690 --> 00:46:14,400
brought up some of those reasons uh

1008
00:46:20,870 --> 00:46:17,700
trying to slag me but that's a story for

1009
00:46:24,829 --> 00:46:20,880
another time it's enough to say that uh

1010
00:46:27,410 --> 00:46:24,839
I have gained enough mental Clarity and

1011
00:46:31,250 --> 00:46:27,420
perspective now to realize that there

1012
00:46:35,390 --> 00:46:31,260
are some things that I have unfinished

1013
00:46:38,690 --> 00:46:35,400

business with and uh that calling to go

1014

00:46:42,050 --> 00:46:38,700

and finish that thing

1015

00:46:44,150 --> 00:46:42,060

that I started has become stronger

1016

00:46:46,970 --> 00:46:44,160

and um

1017

00:46:50,030 --> 00:46:46,980

I'm glad for that I'm glad too that

1018

00:46:53,569 --> 00:46:50,040

whatever was preventing me from pursuing

1019

00:46:56,150 --> 00:46:53,579

that unfinished business has been lifted

1020

00:46:58,550 --> 00:46:56,160

I feel better about it I feel better

1021

00:47:01,730 --> 00:46:58,560

about the reasons I quit I feel better

1022

00:47:02,510 --> 00:47:01,740

about the possibility of going back to

1023

00:47:05,510 --> 00:47:02,520

that

1024

00:47:07,790 --> 00:47:05,520

uh if you would have told me

1025

00:47:10,849 --> 00:47:07,800

um even a few months ago that I would

1026

00:47:14,030 --> 00:47:10,859

decide that I would never believed you I

1027

00:47:15,770 --> 00:47:14,040

was done so done

1028

00:47:17,809 --> 00:47:15,780

but then I realized through this

1029

00:47:19,910 --> 00:47:17,819

increased mental Clarity and perspective

1030

00:47:22,790 --> 00:47:19,920

that I was walking away for the wrong

1031

00:47:25,370 --> 00:47:22,800

reasons and I was hating an entire art

1032

00:47:27,349 --> 00:47:25,380

form because of some of the people in it

1033

00:47:30,349 --> 00:47:27,359

and that's wrong

1034

00:47:31,790 --> 00:47:30,359

no I'd like to get back to that part of

1035

00:47:35,089 --> 00:47:31,800

uh

1036

00:47:38,630 --> 00:47:35,099

the grinding on the rehearsal you know

1037

00:47:41,450 --> 00:47:38,640

uh and by the way I've begun the process

1038

00:47:43,370 --> 00:47:41,460

of getting my hands back ask any

1039

00:47:45,829 --> 00:47:43,380

magician that quits for a number of

1040

00:47:48,530 --> 00:47:45,839

years you're gonna have to really work

1041

00:47:50,390 --> 00:47:48,540

your ass off to get your hands back in

1042

00:47:53,690 --> 00:47:50,400

the condition I did a lot of sleight of

1043

00:47:56,329 --> 00:47:53,700

hand that does not come easy

1044

00:47:59,150 --> 00:47:56,339

um but I'm enjoying that and I can

1045

00:48:02,329 --> 00:47:59,160

already feel those the muscle memory I

1046

00:48:04,849 --> 00:48:02,339

was in I was impressed and amazed at the

1047

00:48:09,050 --> 00:48:04,859

muscle memory was still there

1048

00:48:13,130 --> 00:48:09,060

you do some of those moves 5 000 times

1049

00:48:15,050 --> 00:48:13,140

to learn them and do them well it did

1050

00:48:17,930 --> 00:48:15,060

stick with me it is like riding a bike

1051

00:48:20,150 --> 00:48:17,940

now just like riding a bike if you

1052

00:48:21,470 --> 00:48:20,160

haven't ridden a bike in five years and

1053

00:48:23,270 --> 00:48:21,480

you get back home one you're going to be

1054

00:48:25,490 --> 00:48:23,280

a little wonky for a while but you still

1055

00:48:27,710 --> 00:48:25,500

remember how to ride the bike so my

1056

00:48:29,750 --> 00:48:27,720

muscle memory is there I just have to

1057

00:48:32,870 --> 00:48:29,760

build up my uh

1058

00:48:34,370 --> 00:48:32,880

build those skills back but it's not I

1059

00:48:36,829 --> 00:48:34,380

thought it was impossible for a time I

1060

00:48:39,230 --> 00:48:36,839

thought I've taken too long off it'll be

1061

00:48:42,410 --> 00:48:39,240

impossible for me to go back to that

1062

00:48:44,690 --> 00:48:42,420

it's Mission Impossible and again maybe

1063

00:48:47,990 --> 00:48:44,700

it's the increased perspective or

1064

00:48:50,030 --> 00:48:48,000

whatever it is I I've learned no it's

1065

00:48:52,910 --> 00:48:50,040

not it's not as impossible as I thought

1066

00:48:55,450 --> 00:48:52,920

I just have to set my mind to it

1067

00:48:58,370 --> 00:48:55,460

start rehearsing and get my hands back

1068

00:49:01,790 --> 00:48:58,380

but I can already tell

1069

00:49:03,770 --> 00:49:01,800

they're coming back and uh I can't tell

1070

00:49:07,250 --> 00:49:03,780

you how happy I am about that because I

1071

00:49:10,730 --> 00:49:07,260

thought those skills were gone forever

1072

00:49:12,950 --> 00:49:10,740

now I have a note here uh better overall

1073

00:49:15,710 --> 00:49:12,960

diet uh

1074

00:49:18,470 --> 00:49:15,720

the first two weeks I had no dietary

1075

00:49:21,290 --> 00:49:18,480

change I still ate garbage

1076

00:49:23,450 --> 00:49:21,300

um so now I'm eating low carb high

1077

00:49:26,210 --> 00:49:23,460

protein and I'm exploring other options

1078

00:49:27,530 --> 00:49:26,220

and also I've begun the process of

1079

00:49:29,870 --> 00:49:27,540

supplementing

1080

00:49:32,510 --> 00:49:29,880

I'm trying some different supplements to

1081

00:49:34,730 --> 00:49:32,520

help with both the weight loss and just

1082

00:49:35,510 --> 00:49:34,740

overall health

1083

00:49:38,030 --> 00:49:35,520

um

1084

00:49:40,430 --> 00:49:38,040

for the past 80 days or so once I made

1085

00:49:44,089 --> 00:49:40,440

that dietary change I've had almost no

1086

00:49:46,010 --> 00:49:44,099

processed foods no packaged Foods just

1087

00:49:49,430 --> 00:49:46,020

Whole Foods and what does that mean that

1088

00:49:51,849 --> 00:49:49,440

means real fruit real vegetables fresh

1089

00:49:56,450 --> 00:49:51,859

everything as fresh as possible and

1090

00:49:57,470 --> 00:49:56,460

healthy protein options meat salmon you

1091

00:50:01,130 --> 00:49:57,480

know

1092

00:50:02,990 --> 00:50:01,140

chicken whatever but Whole Foods I'm not

1093

00:50:06,010 --> 00:50:03,000

eating chicken nuggets I'm eating

1094

00:50:10,910 --> 00:50:06,020

chicken breast I'm not eating you know

1095

00:50:13,670 --> 00:50:10,920

uh just no packaged or processed foods

1096

00:50:16,970 --> 00:50:13,680

and maybe that has contributed to My

1097

00:50:19,430 --> 00:50:16,980

overall sense of well-being that has

1098

00:50:24,290 --> 00:50:19,440

increased tremendously I just feel

1099

00:50:26,030 --> 00:50:24,300

better overall I feel much much in a

1100

00:50:28,970 --> 00:50:26,040

better place now I feel completely

1101

00:50:30,470 --> 00:50:28,980

healthy I've also had doctor visits

1102

00:50:32,809 --> 00:50:30,480

every month which is something I never

1103

00:50:35,990 --> 00:50:32,819

would have done before but that has

1104

00:50:37,930 --> 00:50:36,000

helped just every month make it to the

1105

00:50:39,950 --> 00:50:37,940

next doctor visit

1106

00:50:42,109 --> 00:50:39,960

now we're going to talk about the

1107

00:50:44,510 --> 00:50:42,119

negatives but there's not many of them

1108

00:50:47,030 --> 00:50:44,520

uh and overall

1109

00:50:49,970 --> 00:50:47,040

it was a struggle for me to figure the

1110

00:50:52,490 --> 00:50:49,980

negatives out of quitting drinking but

1111

00:50:55,430 --> 00:50:52,500

there are some uh and we can talk about

1112

00:50:57,530 --> 00:50:55,440

them I have a note here the first one is

1113

00:50:59,390 --> 00:50:57,540

awkwardness at Social Gatherings

1114

00:51:00,530 --> 00:50:59,400

especially where everyone else is

1115

00:51:02,870 --> 00:51:00,540

drinking

1116

00:51:06,049 --> 00:51:02,880

I just feel funny uh if everybody else

1117

00:51:08,089 --> 00:51:06,059

is is drinking and I'm not you know you

1118

00:51:09,650 --> 00:51:08,099

feel a little out of place especially

1119

00:51:12,549 --> 00:51:09,660

when it's people that I used to drink

1120

00:51:15,230 --> 00:51:12,559

with and I have I'm not gonna

1121

00:51:18,950 --> 00:51:15,240

be grudge any of my friends or family who

1122

00:51:21,290 --> 00:51:18,960

drink to drink at whatever you know or

1123

00:51:22,970 --> 00:51:21,300

to not drink around me you know some

1124

00:51:25,250 --> 00:51:22,980

people will walk on eggshells when they

1125

00:51:26,750 --> 00:51:25,260

hear you quit drinking or you might have

1126

00:51:28,970 --> 00:51:26,760

alcohol related issues they don't want

1127

00:51:30,589 --> 00:51:28,980

to drink around you I decided I don't

1128

00:51:32,270 --> 00:51:30,599

want to do that to anybody so I tell

1129

00:51:34,849 --> 00:51:32,280

everybody like do what you're gonna do

1130

00:51:37,190 --> 00:51:34,859

like if I if I'm gonna start drinking

1131

00:51:38,870 --> 00:51:37,200

I'm gonna start drinking you being next

1132

00:51:41,390 --> 00:51:38,880

to me with a beer is not going to

1133

00:51:44,690 --> 00:51:41,400

trigger me any more than I would trigger

1134

00:51:46,790 --> 00:51:44,700

myself so some people have uh drank

1135

00:51:49,609 --> 00:51:46,800

around me but it hasn't bothered me

1136

00:51:54,890 --> 00:51:52,430

and but I feel more Awkward I feel

1137

00:51:56,690 --> 00:51:54,900

awkward being the the sober guy I was

1138

00:51:58,130 --> 00:51:56,700

never the sober guy I was never the

1139

00:52:00,069 --> 00:51:58,140

designated driver that was always

1140

00:52:03,530 --> 00:52:00,079

somebody else

1141

00:52:07,010 --> 00:52:03,540

uh so that is a negative because I've

1142

00:52:09,049 --> 00:52:07,020

got like like social anxiety that I

1143

00:52:11,030 --> 00:52:09,059

didn't have before because I'd be drunk

1144

00:52:15,829 --> 00:52:11,040

and laughing right with them you know

1145

00:52:17,510 --> 00:52:15,839

now I yeah I'm a little awkward and a

1146

00:52:19,010 --> 00:52:17,520

little more

1147

00:52:21,470 --> 00:52:19,020

I don't know

1148

00:52:24,650 --> 00:52:21,480

just awkward it's just awkward to be the

1149

00:52:26,690 --> 00:52:24,660

sober one when everybody's drinking

1150

00:52:29,630 --> 00:52:26,700

I have another note here I have

1151
00:52:31,670 --> 00:52:29,640
increased anxiety and stress levels but

1152
00:52:33,530 --> 00:52:31,680
the difference is now I'm trying new

1153
00:52:35,809 --> 00:52:33,540
healthier strategies to deal with that

1154
00:52:37,730 --> 00:52:35,819
anxiety or stress rather than alcohol so

1155
00:52:39,829 --> 00:52:37,740
this is a negative this one I mentioned

1156
00:52:40,790 --> 00:52:39,839
is a negative and a positive at the same

1157
00:52:44,450 --> 00:52:40,800
time

1158
00:52:47,089 --> 00:52:44,460
I definitely feel like higher levels of

1159
00:52:48,430 --> 00:52:47,099
anxiety and stress sometimes because I

1160
00:52:50,990 --> 00:52:48,440
don't have that

1161
00:52:53,030 --> 00:52:51,000
erase button you know like if yesterday

1162
00:52:55,609 --> 00:52:53,040
was a shitty day I would just drink 15

1163
00:52:58,130 --> 00:52:55,619

beers and erase it and we'll start over

1164

00:53:01,970 --> 00:52:58,140

and I and I didn't carry over stress now

1165

00:53:04,609 --> 00:53:01,980

I am feeling a little bit more

1166

00:53:07,190 --> 00:53:04,619

I I feel like I have more anxiety I

1167

00:53:09,950 --> 00:53:07,200

don't have that effort button anymore

1168

00:53:13,010 --> 00:53:09,960

called alcohol that was my effort button

1169

00:53:13,849 --> 00:53:13,020

you know feeling anxiety just drink it

1170

00:53:16,250 --> 00:53:13,859

away

1171

00:53:20,930 --> 00:53:16,260

don't worry about it tomorrow will be

1172

00:53:22,910 --> 00:53:20,940

better usually not but yeah so uh while

1173

00:53:26,030 --> 00:53:22,920

I am feeling increased anxiety and

1174

00:53:28,370 --> 00:53:26,040

stress levels at times

1175

00:53:30,530 --> 00:53:28,380

we that's a negative it feels like a

1176

00:53:32,329 --> 00:53:30,540

negative but the positive part of that

1177

00:53:34,609 --> 00:53:32,339

is that I'm trying new healthier

1178

00:53:37,190 --> 00:53:34,619

strategies to deal with that anxiety or

1179

00:53:39,950 --> 00:53:37,200

stress rather than just drinking it away

1180

00:53:43,609 --> 00:53:39,960

which doesn't really help but just again

1181

00:53:45,290 --> 00:53:43,619

it'll kick the problem down the line

1182

00:53:47,630 --> 00:53:45,300

um another negative that I have

1183

00:53:51,109 --> 00:53:47,640

experienced is that I've had increased

1184

00:53:52,970 --> 00:53:51,119

insomnia and uh and

1185

00:53:56,450 --> 00:53:52,980

and anxiety

1186

00:53:58,630 --> 00:53:56,460

uh my doctor has we've tried some

1187

00:54:01,790 --> 00:53:58,640

prescriptions that haven't really helped

1188

00:54:04,849 --> 00:54:01,800

uh I was prescribed and again this is a

1189

00:54:06,710 --> 00:54:04,859

how I not a how to so but you can ask

1190

00:54:08,450 --> 00:54:06,720

your doctor if you're experiencing these

1191

00:54:10,130 --> 00:54:08,460

symptoms again I'm not a health

1192

00:54:12,410 --> 00:54:10,140

professional or offering any medical

1193

00:54:15,109 --> 00:54:12,420

advice this is not a how-to this is a

1194

00:54:17,030 --> 00:54:15,119

how I uh and one of the ways that I

1195

00:54:19,130 --> 00:54:17,040

dealt with that increased insomnia and

1196

00:54:20,870 --> 00:54:19,140

anxiety is through the advice of a

1197

00:54:22,910 --> 00:54:20,880

doctor who prescribes several different

1198

00:54:26,930 --> 00:54:22,920

things for anxiety I was prescribed

1199

00:54:29,270 --> 00:54:26,940

aspirone which I tried briefly it just

1200

00:54:30,950 --> 00:54:29,280

made me a little nauseous and dizzy it

1201

00:54:33,530 --> 00:54:30,960

didn't really help with anxiety so we

1202

00:54:36,049 --> 00:54:33,540

quickly discontinued that after trying

1203

00:54:41,210 --> 00:54:36,059

it for a few days

1204

00:54:42,049 --> 00:54:41,220

um for insomnia I was prescribed

1205

00:54:44,750 --> 00:54:42,059

um

1206

00:54:46,849 --> 00:54:44,760

how do you say this hydroxyzine which

1207

00:54:48,829 --> 00:54:46,859

actually is like an antihistamine but

1208

00:54:50,990 --> 00:54:48,839

it'll make you drowsy

1209

00:54:52,910 --> 00:54:51,000

that didn't seem to really do much for

1210

00:54:55,730 --> 00:54:52,920

me it made me a little drowsy but

1211

00:54:59,270 --> 00:54:55,740

wouldn't put me out and also for

1212

00:55:00,650 --> 00:54:59,280

insomnia something called silenor or

1213

00:55:03,049 --> 00:55:00,660

Doxepin

1214

00:55:06,349 --> 00:55:03,059

which again isn't any anxiety medicine

1215

00:55:08,690 --> 00:55:06,359

but it is prescribed off label for sleep

1216

00:55:12,410 --> 00:55:08,700

aid the doxpin was somewhat helpful but

1217

00:55:15,530 --> 00:55:12,420

then it doesn't seem to help so uh now

1218

00:55:17,089 --> 00:55:15,540

you know we may try increasing dosage of

1219

00:55:19,730 --> 00:55:17,099

that

1220

00:55:22,130 --> 00:55:19,740

um in short I think the root of my

1221

00:55:24,890 --> 00:55:22,140

problem with insomnia was I used to just

1222

00:55:28,430 --> 00:55:24,900

drink myself to sleep which isn't really

1223

00:55:31,910 --> 00:55:28,440

sleep it's more like passing out

1224

00:55:33,109 --> 00:55:31,920

in any case I don't have you know I used

1225

00:55:35,690 --> 00:55:33,119

to

1226

00:55:38,270 --> 00:55:35,700

when my mind was racing and I couldn't

1227

00:55:41,829 --> 00:55:38,280

rest I would just drink until that

1228

00:55:44,270 --> 00:55:41,839

alcohol dulled me out to the point of uh

1229

00:55:48,109 --> 00:55:44,280

unconsciousness but again that's not

1230

00:55:49,849 --> 00:55:48,119

healthful sleep so uh now I'm trying to

1231

00:55:50,930 --> 00:55:49,859

deal with the sleeplessness in other

1232

00:55:53,750 --> 00:55:50,940

ways

1233

00:55:56,270 --> 00:55:53,760

sometimes I just have straight insomnia

1234

00:55:57,650 --> 00:55:56,280

can't sleep I've skipped whole nights of

1235

00:56:00,230 --> 00:55:57,660

sleep

1236

00:56:03,410 --> 00:56:00,240

um but I'm working on that and this of

1237

00:56:04,990 --> 00:56:03,420

course may be a side effect of quitting

1238

00:56:09,530 --> 00:56:05,000

drinking because of God increased

1239

00:56:12,109 --> 00:56:09,540

anxiety now or stress or whatever mind

1240

00:56:13,970 --> 00:56:12,119

racing you can't stop your mind from

1241

00:56:17,089 --> 00:56:13,980

racing with 15

1242

00:56:18,589 --> 00:56:17,099

drinks of alcohol anymore you I have to

1243

00:56:21,890 --> 00:56:18,599

find new ways of dealing with that

1244

00:56:24,589 --> 00:56:21,900

insomnia and that anxiety the anxiety

1245

00:56:26,450 --> 00:56:24,599

seems less of a problem the insomnia

1246

00:56:28,309 --> 00:56:26,460

seems like a bigger problem because if

1247

00:56:31,670 --> 00:56:28,319

you can't sleep you're not resting

1248

00:56:33,950 --> 00:56:31,680

you're not well rested you're you know

1249

00:56:36,589 --> 00:56:33,960

things can suffer so that's a big

1250

00:56:39,230 --> 00:56:36,599

problem and I'm trying to deal with it I

1251

00:56:42,049 --> 00:56:39,240

don't think so far based on my

1252

00:56:45,790 --> 00:56:42,059

experience that medication is going to

1253

00:56:49,370 --> 00:56:45,800

help me with that so I've all but uh

1254

00:56:51,470 --> 00:56:49,380

withdrawn from using any medication for

1255

00:56:54,829 --> 00:56:51,480

either insomnia or anxiety instead

1256

00:56:58,250 --> 00:56:54,839

choosing to deal with those things uh

1257

00:57:00,770 --> 00:56:58,260

through meditation spiritual practice

1258

00:57:02,750 --> 00:57:00,780

other things I'm trying

1259

00:57:06,589 --> 00:57:02,760

I have another note on the negative side

1260

00:57:08,030 --> 00:57:06,599

restlessness I just feel like

1261

00:57:11,450 --> 00:57:08,040

Restless

1262

00:57:14,210 --> 00:57:11,460

you know uh sometimes I

1263

00:57:16,430 --> 00:57:14,220

I mean to just sit down and watch a

1264

00:57:18,950 --> 00:57:16,440

movie and relax before bed but I can't

1265

00:57:20,210 --> 00:57:18,960

my mind is racing there's all these

1266

00:57:22,970 --> 00:57:20,220

things going on

1267

00:57:27,230 --> 00:57:22,980

I don't have the alcohol to dull my mind

1268

00:57:31,190 --> 00:57:27,240

out and quiet my demons in my head I

1269

00:57:33,589 --> 00:57:31,200

guess so I'm feeling very restless and

1270

00:57:36,410 --> 00:57:33,599

also uh sort of an increased anxiety

1271

00:57:38,210 --> 00:57:36,420

about unfinished projects you know I go

1272

00:57:39,770 --> 00:57:38,220

I really got to finish that and then

1273

00:57:43,549 --> 00:57:39,780

it's it's three o'clock in the morning

1274

00:57:45,470 --> 00:57:43,559

you know for an example this uh this

1275

00:57:47,270 --> 00:57:45,480

cabin I like it's three o'clock in the

1276

00:57:49,670 --> 00:57:47,280

morning it's got to be light out for me

1277

00:57:52,069 --> 00:57:49,680

to work on that porch I can't work on it

1278

00:57:55,069 --> 00:57:52,079

at three o'clock in the morning dummy me

1279

00:57:56,930 --> 00:57:55,079

is unable to sleep thinking maybe I

1280

00:57:59,510 --> 00:57:56,940

could just get some work lights and just

1281

00:58:01,430 --> 00:57:59,520

do it now because I can't sleep I might

1282

00:58:02,750 --> 00:58:01,440

as well use this insomnia for something

1283

00:58:05,569 --> 00:58:02,760

right

1284

00:58:07,309 --> 00:58:05,579

these are some examples of things that I

1285

00:58:09,950 --> 00:58:07,319

have been experiencing

1286

00:58:12,470 --> 00:58:09,960

and and I guess a lot of this is due to

1287

00:58:15,049 --> 00:58:12,480

I used alcohol as an off switch for my

1288

00:58:18,290 --> 00:58:15,059

brain I really did and now I have no

1289

00:58:21,530 --> 00:58:18,300

more reality escapism you know reality

1290

00:58:24,950 --> 00:58:21,540

smacks you in the face when when you're

1291

00:58:26,990 --> 00:58:24,960

when you quit using that crutch and you

1292

00:58:29,210 --> 00:58:27,000

don't have the off switch or the reality

1293

00:58:31,630 --> 00:58:29,220

escapism anymore

1294

00:58:34,190 --> 00:58:31,640

you're gonna you're gonna experience

1295

00:58:36,890 --> 00:58:34,200

restlessness and more insomnia I guess

1296

00:58:38,930 --> 00:58:36,900

so I'm just thinking that what I'm

1297

00:58:41,450 --> 00:58:38,940

experiencing is a natural part of this

1298

00:58:44,270 --> 00:58:41,460

process I'm told by others further along

1299

00:58:48,530 --> 00:58:44,280

than me that that may decrease

1300

00:58:52,430 --> 00:58:48,540

now I also again this is a negative but

1301
00:58:55,490 --> 00:58:52,440
uh maybe it's not I have a note here

1302
00:58:57,289 --> 00:58:55,500
that I have less creative output and

1303
00:58:58,490 --> 00:58:57,299
that may be due to no more creative

1304
00:59:01,190 --> 00:58:58,500
crutch

1305
00:59:04,430 --> 00:59:01,200
uh many of you know I'm a musician and

1306
00:59:06,770 --> 00:59:04,440
songwriter uh since quitting drinking I

1307
00:59:08,510 --> 00:59:06,780
used to write and record at least a few

1308
00:59:12,109 --> 00:59:08,520
songs a month even if I didn't release

1309
00:59:14,990 --> 00:59:12,119
them now I'm down to almost nothing

1310
00:59:16,609 --> 00:59:15,000
um and I think that's because no more

1311
00:59:19,430 --> 00:59:16,619
creative crutch I'm not getting drunk

1312
00:59:21,109 --> 00:59:19,440
and writing songs constantly you know

1313
00:59:22,849 --> 00:59:21,119

that was one of my excuses for drinking

1314

00:59:26,030 --> 00:59:22,859

well I'm gonna get drunk and write some

1315

00:59:29,510 --> 00:59:26,040

songs like as if that makes drinking 15

1316

00:59:33,410 --> 00:59:29,520

beers excusable somehow but this is the

1317

00:59:36,349 --> 00:59:33,420

world of the of the addicted right you

1318

00:59:38,870 --> 00:59:36,359

justify well I did drink 15 beers but I

1319

00:59:42,109 --> 00:59:38,880

recorded a song half the time I would go

1320

00:59:43,549 --> 00:59:42,119

back and do the playback and go Jesus I

1321

00:59:45,589 --> 00:59:43,559

must have been really drunk because this

1322

00:59:47,630 --> 00:59:45,599

is horrible and I would put that song in

1323

00:59:50,329 --> 00:59:47,640

the trash and try it again

1324

00:59:53,030 --> 00:59:50,339

a little never sober but a little less

1325

00:59:56,089 --> 00:59:53,040

drunk so

1326

00:59:57,710 --> 00:59:56,099

you know music songwriting be damned I'm

1327

01:00:00,890 --> 00:59:57,720

not gonna start drinking just to write

1328

01:00:02,569 --> 01:00:00,900

songs again I'm okay with less creative

1329

01:00:03,770 --> 01:00:02,579

output and I've had to learn to accept

1330

01:00:05,390 --> 01:00:03,780

that

1331

01:00:07,670 --> 01:00:05,400

um

1332

01:00:11,089 --> 01:00:07,680

again on the negatives I have a note

1333

01:00:13,910 --> 01:00:11,099

here that I have anxiety around bar and

1334

01:00:16,190 --> 01:00:13,920

take out closing times

1335

01:00:18,589 --> 01:00:16,200

somehow even after not drinking for 99

1336

01:00:20,870 --> 01:00:18,599

days I'm still aware of every place that

1337

01:00:23,750 --> 01:00:20,880

I could go and procure alcohol for

1338

01:00:25,789 --> 01:00:23,760

myself at any time of the day or night I

1339

01:00:27,710 --> 01:00:25,799

know when all the local bars around me

1340

01:00:30,289 --> 01:00:27,720

close I know when all the beer

1341

01:00:33,049 --> 01:00:30,299

distributors close around me and I

1342

01:00:35,089 --> 01:00:33,059

experience a bit of anxiety around those

1343

01:00:37,250 --> 01:00:35,099

times I think the beer distributors

1344

01:00:38,990 --> 01:00:37,260

around here all close at 9 00 p.m right

1345

01:00:42,049 --> 01:00:39,000

around 9pm

1346

01:00:44,990 --> 01:00:42,059

well really leading up to 9 p.m like 8

1347

01:00:47,510 --> 01:00:45,000

P.M I start feeling anxiety going

1348

01:00:49,849 --> 01:00:47,520

the bars the uh distributor is going to

1349

01:00:51,770 --> 01:00:49,859

close and if I don't go get alcohol I'm

1350

01:00:54,109 --> 01:00:51,780

not going to be able to drink tonight

1351

01:00:56,089 --> 01:00:54,119

but then I remind myself that I didn't I

1352

01:00:58,430 --> 01:00:56,099

wasn't supposed to be drinking

1353

01:01:00,289 --> 01:00:58,440

uh to begin with tonight or I wasn't

1354

01:01:03,230 --> 01:01:00,299

planning on drinking but I still have

1355

01:01:07,130 --> 01:01:03,240

some kind of weird anxiety around the

1356

01:01:09,890 --> 01:01:07,140

bar closes closing times which is 2 A.M

1357

01:01:11,770 --> 01:01:09,900

and the the beer distributor and liquor

1358

01:01:15,109 --> 01:01:11,780

store closing times

1359

01:01:17,510 --> 01:01:15,119

and I think this is related to like

1360

01:01:19,309 --> 01:01:17,520

I kind of think to myself if I just make

1361

01:01:21,349 --> 01:01:19,319

it past nine o'clock

1362

01:01:23,630 --> 01:01:21,359

then the only other place I could get

1363

01:01:26,329 --> 01:01:23,640

alcohol would be the local bar that has

1364

01:01:28,309 --> 01:01:26,339

take out and it's more expensive and

1365

01:01:32,150 --> 01:01:28,319

you know it's almost like I'm waiting

1366

01:01:34,309 --> 01:01:32,160

for the 9 00 p.m comes and I sort of

1367

01:01:36,410 --> 01:01:34,319

breathe aside a little sigh of relief

1368

01:01:39,530 --> 01:01:36,420

but I still have more anxiety because I

1369

01:01:42,289 --> 01:01:39,540

know that I can go to a bar with takeout

1370

01:01:44,329 --> 01:01:42,299

until 2 A.M or I could just go drink in

1371

01:01:46,789 --> 01:01:44,339

the bar until 2 A.M and then get take

1372

01:01:50,390 --> 01:01:46,799

out which I've done in the past

1373

01:01:51,530 --> 01:01:50,400

at 2 A.M or 1am I start having a bunch

1374

01:01:53,569 --> 01:01:51,540

of anxiety

1375

01:01:55,309 --> 01:01:53,579

and this may be part of my insomnia

1376

01:01:57,470 --> 01:01:55,319

problem but in any case

1377

01:01:59,210 --> 01:01:57,480

around 1am I start thinking I start

1378

01:01:59,990 --> 01:01:59,220

having that argument with myself you

1379

01:02:02,270 --> 01:02:00,000

know

1380

01:02:05,510 --> 01:02:02,280

you still got an hour if you want to

1381

01:02:07,430 --> 01:02:05,520

break this sober streak and maybe that's

1382

01:02:09,710 --> 01:02:07,440

my demon talking to me trying to

1383

01:02:12,230 --> 01:02:09,720

convince me that I can have some drinks

1384

01:02:14,829 --> 01:02:12,240

and it'll probably be okay just a

1385

01:02:18,530 --> 01:02:14,839

six-pack or whatever don't go too crazy

1386

01:02:21,170 --> 01:02:18,540

but every day around 1am I have this

1387

01:02:24,049 --> 01:02:21,180

argument with myself or something

1388

01:02:25,309 --> 01:02:24,059

similar to what I'm describing and I

1389

01:02:28,069 --> 01:02:25,319

gotta hold on

1390

01:02:29,930 --> 01:02:28,079

you know and by the way this isn't every

1391

01:02:32,690 --> 01:02:29,940

night I don't experience this every

1392

01:02:36,289 --> 01:02:32,700

night but a few times a week I do

1393

01:02:38,030 --> 01:02:36,299

and uh it is it's rough you know because

1394

01:02:39,950 --> 01:02:38,040

then I start having this argument with

1395

01:02:42,829 --> 01:02:39,960

myself maybe I will go get a six-pack

1396

01:02:44,930 --> 01:02:42,839

and you know if I just drank a six-pack

1397

01:02:47,809 --> 01:02:44,940

I'm not really hurting you know I'll go

1398

01:02:49,490 --> 01:02:47,819

back to sober Steve tomorrow

1399

01:02:52,789 --> 01:02:49,500

and then I can

1400

01:02:56,150 --> 01:02:52,799

you know get over this uh

1401
01:02:57,710 --> 01:02:56,160
sort of constant I don't know Alcoholics

1402
01:03:00,289 --> 01:02:57,720
Anonymous they call it that the

1403
01:03:01,970 --> 01:03:00,299
obsession with alcohol

1404
01:03:04,730 --> 01:03:01,980
Eddie in any case

1405
01:03:08,630 --> 01:03:04,740
I hate 9 p.m and I hate

1406
01:03:11,450 --> 01:03:08,640
1am leading up to 2 A.M or I hate 8 P.M

1407
01:03:13,250 --> 01:03:11,460
leading to 9 p.m because then I start

1408
01:03:15,470 --> 01:03:13,260
thinking about

1409
01:03:17,809 --> 01:03:15,480
the the bar or excuse me the liquor

1410
01:03:19,069 --> 01:03:17,819
stores and the beer distributors are

1411
01:03:24,309 --> 01:03:19,079
closing soon

1412
01:03:27,609 --> 01:03:24,319
so if you want to break that streak

1413
01:03:30,109 --> 01:03:27,619

you know make no mistake about it total

1414

01:03:32,210 --> 01:03:30,119

abstaining from anything is a form of

1415

01:03:34,670 --> 01:03:32,220

suffering I just have a problem with

1416

01:03:37,010 --> 01:03:34,680

that at between eight and nine pm and

1417

01:03:38,990 --> 01:03:37,020

between 1 and 2 A.M

1418

01:03:40,849 --> 01:03:39,000

I hate that it doesn't happen every

1419

01:03:42,109 --> 01:03:40,859

night but when it does happen I hate it

1420

01:03:44,510 --> 01:03:42,119

because I feel like I'm having an

1421

01:03:47,809 --> 01:03:44,520

argument with myself and I've been close

1422

01:03:49,910 --> 01:03:47,819

I even drove to the to the bar once and

1423

01:03:52,490 --> 01:03:49,920

I sat in my car in front of the bar for

1424

01:03:56,170 --> 01:03:52,500

a good 20 minutes thinking about going

1425

01:03:58,630 --> 01:03:56,180

in and then I thought better of it

1426

01:04:01,130 --> 01:03:58,640

and just drove home

1427

01:04:03,890 --> 01:04:01,140

uh that's the closest that I've come by

1428

01:04:06,289 --> 01:04:03,900

the way to breaking my sober streak

1429

01:04:07,849 --> 01:04:06,299

but I hate those times because I have

1430

01:04:10,190 --> 01:04:07,859

all this anxiety around those times

1431

01:04:14,690 --> 01:04:10,200

again not every night but some nights

1432

01:04:16,730 --> 01:04:14,700

but I will say when 2aam comes I have a

1433

01:04:19,309 --> 01:04:16,740

tremendous sigh of relief because there

1434

01:04:22,150 --> 01:04:19,319

is literally no alcohol anywhere in my

1435

01:04:26,329 --> 01:04:22,160

house believe me I've checked

1436

01:04:28,430 --> 01:04:26,339

at 3am right having a tough time you

1437

01:04:32,150 --> 01:04:28,440

know maybe if I found a bottle

1438

01:04:36,530 --> 01:04:32,160

I didn't find any bottles uh

1439

01:04:39,349 --> 01:04:36,540

so 2 A.M I breathed this when those

1440

01:04:42,470 --> 01:04:39,359

nights happen where I'm struggling I

1441

01:04:45,170 --> 01:04:42,480

have a tremendous uh I feel a tremendous

1442

01:04:47,450 --> 01:04:45,180

sense of relief because there's no

1443

01:04:48,410 --> 01:04:47,460

alcohol in my house and

1444

01:04:50,270 --> 01:04:48,420

um

1445

01:04:51,770 --> 01:04:50,280

there's nobody I know that I can call at

1446

01:04:55,069 --> 01:04:51,780

three o'clock in the morning and borrow

1447

01:04:58,370 --> 01:04:55,079

a bottle from you know so I kind of know

1448

01:05:00,170 --> 01:04:58,380

when that 2 A.M comes like I made it

1449

01:05:02,809 --> 01:05:00,180

another day and I may drink tomorrow

1450

01:05:04,789 --> 01:05:02,819

night but I can't possibly drink tonight

1451

01:05:06,349 --> 01:05:04,799

because everything's closed there's no

1452

01:05:10,430 --> 01:05:06,359

alcohol anywhere near me there's nowhere

1453

01:05:12,890 --> 01:05:10,440

for me to get alcohol you know uh

1454

01:05:14,930 --> 01:05:12,900

so that anxiety around bar and take out

1455

01:05:17,690 --> 01:05:14,940

closing times may continue

1456

01:05:20,990 --> 01:05:17,700

uh but it may lessen in time I'm hopeful

1457

01:05:23,270 --> 01:05:21,000

that it will I've noticed it less I

1458

01:05:26,089 --> 01:05:23,280

guess lately than when I first when I

1459

01:05:28,309 --> 01:05:26,099

first quit I I noticed it almost every

1460

01:05:31,990 --> 01:05:28,319

night or at least every other night now

1461

01:05:35,089 --> 01:05:32,000

once or twice a week maybe

1462

01:05:37,849 --> 01:05:35,099

and I also have anxiety around being

1463

01:05:40,010 --> 01:05:37,859

alone at the cabin

1464

01:05:42,049 --> 01:05:40,020

um I don't know maybe it's just that

1465

01:05:43,069 --> 01:05:42,059

like here with my family I feel like if

1466

01:05:44,930 --> 01:05:43,079

I went and

1467

01:05:47,510 --> 01:05:44,940

picked up that's what they call an

1468

01:05:50,150 --> 01:05:47,520

alcohol Alcoholics Anonymous when you go

1469

01:05:52,250 --> 01:05:50,160

buy alcohol again picking up if I went

1470

01:05:55,789 --> 01:05:52,260

and picked up here at home

1471

01:05:57,950 --> 01:05:55,799

immediately I would feel like a sense of

1472

01:06:01,789 --> 01:05:57,960

letting my family or my wife down but if

1473

01:06:05,150 --> 01:06:01,799

I was by myself I might not

1474

01:06:06,770 --> 01:06:05,160

feel that shame or whatever it is so I

1475

01:06:08,630 --> 01:06:06,780

have a little bit of anxiety about being

1476

01:06:11,030 --> 01:06:08,640

by myself at the cabin while I go there

1477

01:06:12,970 --> 01:06:11,040

on the weekends to work but so far I've

1478

01:06:16,609 --> 01:06:12,980

been pretty good at uh

1479

01:06:18,710 --> 01:06:16,619

not again driving to the bar there and

1480

01:06:21,950 --> 01:06:18,720

picking up alcohol

1481

01:06:23,750 --> 01:06:21,960

so uh again on the negative I've I have

1482

01:06:25,190 --> 01:06:23,760

a note here and this is a negative as

1483

01:06:27,349 --> 01:06:25,200

well as a positive

1484

01:06:29,510 --> 01:06:27,359

this one's on both lists I've been

1485

01:06:31,609 --> 01:06:29,520

forced to face problems no Escape

1486

01:06:34,370 --> 01:06:31,619

anymore and that can be a little

1487

01:06:36,470 --> 01:06:34,380

overwhelming so when you completely

1488

01:06:39,349 --> 01:06:36,480

abstain from alcohol you don't have that

1489

01:06:41,690 --> 01:06:39,359

crutch anymore or that escape I'm forced

1490

01:06:44,390 --> 01:06:41,700

to face problems you know I can't I

1491

01:06:46,849 --> 01:06:44,400

can't I've got nowhere to run when the

1492

01:06:49,789 --> 01:06:46,859

problem pops up I gotta deal with it

1493

01:06:51,710 --> 01:06:49,799

I don't have that escape anymore and

1494

01:06:53,089 --> 01:06:51,720

that does feel a little overwhelming you

1495

01:06:55,970 --> 01:06:53,099

know and I I have a little bit of

1496

01:06:57,289 --> 01:06:55,980

anxiety worrying that some problems are

1497

01:07:00,410 --> 01:06:57,299

going to pop up that are going to be

1498

01:07:03,349 --> 01:07:00,420

bigger than I can handle and I'm gonna

1499

01:07:06,950 --> 01:07:03,359

um you know go back to alcohol to deal

1500

01:07:08,870 --> 01:07:06,960

with some big problem but so far I think

1501
01:07:10,609 --> 01:07:08,880
things have been good I've been pretty

1502
01:07:12,829 --> 01:07:10,619
good at uh

1503
01:07:15,349 --> 01:07:12,839
just dealing with whatever comes my way

1504
01:07:18,230 --> 01:07:15,359
again an Alcoholics Anonymous you're

1505
01:07:19,789 --> 01:07:18,240
taught one day at a time so I just

1506
01:07:22,609 --> 01:07:19,799
handled these things one day at a time

1507
01:07:24,770 --> 01:07:22,619
and do the best I can to deal with

1508
01:07:25,670 --> 01:07:24,780
whatever problems arise one day at a

1509
01:07:29,690 --> 01:07:25,680
time

1510
01:07:31,250 --> 01:07:29,700
uh so that's my list as you notice

1511
01:07:33,410 --> 01:07:31,260
there's an awful lot more on the

1512
01:07:35,750 --> 01:07:33,420
positive side than the negative side and

1513
01:07:37,730 --> 01:07:35,760

the negatives may not be negatives it's

1514

01:07:41,270 --> 01:07:37,740

just I haven't felt

1515

01:07:44,930 --> 01:07:41,280

that they're I haven't found the wisdom

1516

01:07:47,529 --> 01:07:44,940

in those things on my negative list yet

1517

01:07:50,930 --> 01:07:47,539

maybe they're here to teach me something

1518

01:07:53,569 --> 01:07:50,940

uh maybe in time I will see them as a

1519

01:07:55,910 --> 01:07:53,579

positive kind of like this you know uh

1520

01:07:58,430 --> 01:07:55,920

having to face your problems is probably

1521

01:08:00,650 --> 01:07:58,440

a positive I just see it as a negative

1522

01:08:02,390 --> 01:08:00,660

because it sucks I can't drink myself

1523

01:08:06,349 --> 01:08:02,400

into a coma and forget about this

1524

01:08:09,950 --> 01:08:06,359

tonight that sucks for me that sucks I

1525

01:08:12,349 --> 01:08:09,960

hate that and I hate uh not having that

1526

01:08:14,750 --> 01:08:12,359

ability to do that anymore

1527

01:08:17,570 --> 01:08:14,760

but I you know

1528

01:08:18,829 --> 01:08:17,580

I I think this of course is a healthier

1529

01:08:22,789 --> 01:08:18,839

way to be

1530

01:08:24,530 --> 01:08:22,799

so uh tonight's presentation is a bit

1531

01:08:26,689 --> 01:08:24,540

personal but I've done this for the

1532

01:08:29,630 --> 01:08:26,699

benefit of those also struggling with

1533

01:08:31,910 --> 01:08:29,640

addiction or alcohol-related issues I

1534

01:08:34,249 --> 01:08:31,920

hope you found it helpful if you believe

1535

01:08:37,269 --> 01:08:34,259

that you have a problem I do have some

1536

01:08:40,610 --> 01:08:37,279

advice but again seek medical help

1537

01:08:41,209 --> 01:08:40,620

consult a medical professional

1538

01:08:43,910 --> 01:08:41,219

um

1539

01:08:46,910 --> 01:08:43,920

but I I would advise people if they're

1540

01:08:49,610 --> 01:08:46,920

thinking of abstaining from alcohol to

1541

01:08:52,370 --> 01:08:49,620

formulate a plan and set a date to start

1542

01:08:54,470 --> 01:08:52,380

this is what has worked for me I kept

1543

01:08:57,470 --> 01:08:54,480

putting it off in fact I told several

1544

01:09:00,050 --> 01:08:57,480

friends in recovery you know

1545

01:09:02,209 --> 01:09:00,060

um how terrible my life had become I was

1546

01:09:06,530 --> 01:09:02,219

honest with a few people that I know

1547

01:09:08,390 --> 01:09:06,540

were in recovery and uh and

1548

01:09:10,309 --> 01:09:08,400

you know all of them said the same thing

1549

01:09:12,229 --> 01:09:10,319

we'll just put the bot you know put the

1550

01:09:13,490 --> 01:09:12,239

drinks down tomorrow wake up and say

1551

01:09:15,410 --> 01:09:13,500

this is going to be the first day that

1552

01:09:17,570 --> 01:09:15,420

I'm gonna be sober and I wasn't willing

1553

01:09:21,229 --> 01:09:17,580

to do that for a while

1554

01:09:23,090 --> 01:09:21,239

I had to formulate a plan and then set a

1555

01:09:24,650 --> 01:09:23,100

date to start

1556

01:09:28,370 --> 01:09:24,660

I knew I was going to be dealing with

1557

01:09:31,669 --> 01:09:28,380

anxiety and uh terrible insomnia because

1558

01:09:34,910 --> 01:09:31,679

the last time I quit drinking totally uh

1559

01:09:36,829 --> 01:09:34,920

years ago had the same issues so

1560

01:09:39,590 --> 01:09:36,839

um I found a qualified medical doctor

1561

01:09:42,289 --> 01:09:39,600

who's familiar with or better yet he

1562

01:09:43,789 --> 01:09:42,299

specializes in addiction medicine as

1563

01:09:46,010 --> 01:09:43,799

well as being you know a general

1564

01:09:49,189 --> 01:09:46,020

practitioner

1565

01:09:51,530 --> 01:09:49,199

um so I would tell you find a medical

1566

01:09:53,870 --> 01:09:51,540

doctor who's familiar with or better yet

1567

01:09:56,229 --> 01:09:53,880

specializes in addiction medicine and

1568

01:09:59,090 --> 01:09:56,239

get yourself as much support as possible

1569

01:10:01,790 --> 01:09:59,100

find resources local to you to help

1570

01:10:04,189 --> 01:10:01,800

there are things like alcohol Alcoholics

1571

01:10:06,890 --> 01:10:04,199

Anonymous or other groups that you may

1572

01:10:10,550 --> 01:10:06,900

find helpful like Narcotics Anonymous

1573

01:10:12,650 --> 01:10:10,560

and these groups are focused on uh sort

1574

01:10:15,950 --> 01:10:12,660

of group therapy and helping you stay on

1575

01:10:17,150 --> 01:10:15,960

track and meet your goals

1576

01:10:19,610 --> 01:10:17,160

um

1577

01:10:21,229 --> 01:10:19,620

I'm still uh a little unsure of

1578

01:10:24,350 --> 01:10:21,239

Alcoholics Anonymous did I find it

1579

01:10:26,689 --> 01:10:24,360

helpful in the beginning I did but

1580

01:10:28,729 --> 01:10:26,699

um lately I'm rethinking it and I'm

1581

01:10:31,669 --> 01:10:28,739

going to less meetings but I still think

1582

01:10:34,209 --> 01:10:31,679

that it is helpful I've met a lot of

1583

01:10:37,729 --> 01:10:34,219

really kind and generous people there

1584

01:10:41,870 --> 01:10:37,739

who struggle with issues similar to my

1585

01:10:43,790 --> 01:10:41,880

own and maybe it is that talking to and

1586

01:10:46,850 --> 01:10:43,800

meeting people that are having similar

1587

01:10:48,169 --> 01:10:46,860

issues that is helpful and you may find

1588

01:10:49,610 --> 01:10:48,179

that helpful

1589

01:11:00,709 --> 01:10:49,620

uh

1590

01:11:03,950 --> 01:11:00,719

undertaking a similar journey and also

1591

01:11:06,649 --> 01:11:03,960

try to find people that have been in

1592

01:11:09,610 --> 01:11:06,659

recovery for a long time they can offer

1593

01:11:12,229 --> 01:11:09,620

a lot of wisdom and help you

1594

01:11:15,890 --> 01:11:12,239

as far as alcoholics anonymous you know

1595

01:11:18,110 --> 01:11:15,900

I'm I'm still doing it uh I'm just but

1596

01:11:19,850 --> 01:11:18,120

I'm struggling with it because

1597

01:11:22,669 --> 01:11:19,860

there's just

1598

01:11:24,649 --> 01:11:22,679

you know things that I'm I'm not quite

1599

01:11:27,530 --> 01:11:24,659

understanding and I've read the whole

1600

01:11:29,689 --> 01:11:27,540

Blue Book and uh but I haven't gotten a

1601

01:11:32,510 --> 01:11:29,699

sponsor until that may be part of my

1602

01:11:35,570 --> 01:11:32,520

problem because a sponsor can help you

1603

01:11:38,090 --> 01:11:35,580

to you know if you have questions about

1604

01:11:40,430 --> 01:11:38,100

the steps or or something that you're

1605

01:11:42,770 --> 01:11:40,440

having issues with or trouble with the

1606

01:11:45,189 --> 01:11:42,780

sponsor can help I haven't done that and

1607

01:11:49,669 --> 01:11:45,199

I'm going to think about doing that

1608

01:11:53,270 --> 01:11:49,679

and maybe I I will gain more clarity

1609

01:11:54,590 --> 01:11:53,280

about the steps and and my I don't want

1610

01:11:56,149 --> 01:11:54,600

to call them problems I don't I don't

1611

01:11:59,030 --> 01:11:56,159

have any problems with Alcoholics

1612

01:12:01,610 --> 01:11:59,040

Anonymous I have a lot of questions and

1613

01:12:04,669 --> 01:12:01,620

things that maybe I don't understand but

1614

01:12:07,790 --> 01:12:04,679

these past 90 days a group very local to

1615

01:12:09,530 --> 01:12:07,800

me has been tremendously helpful uh some

1616

01:12:11,990 --> 01:12:09,540

of them may be watching this they know

1617

01:12:13,430 --> 01:12:12,000

who they are or listening and I want to

1618

01:12:16,250 --> 01:12:13,440

thank each and every one of them for

1619

01:12:20,270 --> 01:12:16,260

sharing their experience I haven't

1620

01:12:22,070 --> 01:12:20,280

shared once uh but I listened and that's

1621

01:12:24,290 --> 01:12:22,080

been helpful to know there's other

1622

01:12:26,330 --> 01:12:24,300

people that struggled with similar

1623

01:12:29,090 --> 01:12:26,340

issues and to hear how they dealt with

1624

01:12:31,550 --> 01:12:29,100

it or how their life has improved has

1625

01:12:34,430 --> 01:12:31,560

been extremely helpful to me

1626

01:12:37,550 --> 01:12:34,440

now everybody keeps asking me what are

1627

01:12:40,070 --> 01:12:37,560

my plans going forward uh because I had

1628

01:12:43,550 --> 01:12:40,080

mentioned that I haven't made a decision

1629

01:12:44,990 --> 01:12:43,560

I haven't and I still haven't I have not

1630

01:12:46,729 --> 01:12:45,000

made a decision that I'm just going to

1631

01:12:48,950 --> 01:12:46,739

quit alcohol forever

1632

01:12:52,310 --> 01:12:48,960

haven't made that decision part of me

1633

01:12:53,330 --> 01:12:52,320

still thinks of uh the Center PATH and

1634

01:12:58,970 --> 01:12:53,340

Buddhism

1635

01:13:02,149 --> 01:12:58,980

often

1636

01:13:03,590 --> 01:13:02,159

advice to take the Middle Road

1637

01:13:06,709 --> 01:13:03,600

and

1638

01:13:14,090 --> 01:13:10,669

complete addiction is the wrong road

1639

01:13:16,550 --> 01:13:14,100

and uh some may argue that completely

1640

01:13:20,090 --> 01:13:16,560

abstaining from something that you like

1641

01:13:22,610 --> 01:13:20,100

or enjoy like alcoholic beverages may

1642

01:13:25,910 --> 01:13:22,620

also be the wrong road and maybe the

1643

01:13:28,610 --> 01:13:25,920

center path is the best for you because

1644

01:13:34,189 --> 01:13:28,620

if you take the Center PATH if I were to

1645

01:13:34,850 --> 01:13:34,199

return to occasional alcohol use

1646

01:13:37,610 --> 01:13:34,860

um

1647

01:13:39,770 --> 01:13:37,620

the first is through this experience I'm

1648

01:13:41,870 --> 01:13:39,780

fairly sure that I would never return to

1649

01:13:45,530 --> 01:13:41,880

a daily drinker

1650

01:13:47,630 --> 01:13:45,540

but addiction can be a strange demon and

1651
01:13:50,630 --> 01:13:47,640
and there's no way to know that for sure

1652
01:13:54,590 --> 01:13:50,640
I'm fairly certain but again these

1653
01:13:57,350 --> 01:13:54,600
things tend to tend to uh

1654
01:14:00,250 --> 01:13:57,360
tend to be able to fool you or you know

1655
01:14:03,110 --> 01:14:00,260
entice you so for all I know

1656
01:14:06,709 --> 01:14:03,120
my thoughts on taking the Center PATH

1657
01:14:08,689 --> 01:14:06,719
being the best for me may just be that

1658
01:14:11,149 --> 01:14:08,699
demon alcohol

1659
01:14:15,169 --> 01:14:11,159
finding a way back in

1660
01:14:17,709 --> 01:14:15,179
and I am a little afraid to uh go

1661
01:14:21,950 --> 01:14:17,719
attempt that Center PATH again because

1662
01:14:23,390 --> 01:14:21,960
for all I know I would start off uh you

1663
01:14:25,490 --> 01:14:23,400

know

1664

01:14:29,030 --> 01:14:25,500

just drinking once a week or

1665

01:14:31,310 --> 01:14:29,040

occasionally at a social function or

1666

01:14:33,830 --> 01:14:31,320

whatever and I would do this with the

1667

01:14:37,729 --> 01:14:33,840

best of intentions so hey maybe I'll

1668

01:14:41,990 --> 01:14:37,739

just drink six beers uh once a week and

1669

01:14:43,729 --> 01:14:42,000

not drink 15 beers a day but my concern

1670

01:14:46,250 --> 01:14:43,739

and worry is that

1671

01:14:47,870 --> 01:14:46,260

I would eventually return to that level

1672

01:14:51,950 --> 01:14:47,880

of consumption

1673

01:14:54,229 --> 01:14:51,960

so for now I have decided to do I'm at

1674

01:14:57,350 --> 01:14:54,239

99 days

1675

01:15:00,290 --> 01:14:57,360

I have decided to do another 75 days

1676

01:15:03,770 --> 01:15:00,300

sober and some people have asked me what

1677

01:15:06,470 --> 01:15:03,780

my plans are so I'm going to tell you I

1678

01:15:09,050 --> 01:15:06,480

will be doing something called 75 hard

1679

01:15:11,090 --> 01:15:09,060

and I don't know exactly when I'm

1680

01:15:13,010 --> 01:15:11,100

beginning the program because there's

1681

01:15:15,590 --> 01:15:13,020

you know

1682

01:15:19,010 --> 01:15:15,600

maybe I'm kicking that can too but it's

1683

01:15:22,490 --> 01:15:19,020

a tough tough Fitness and diet regimen

1684

01:15:25,130 --> 01:15:22,500

called 75 hard you can look it up and

1685

01:15:27,050 --> 01:15:25,140

it's very very popular for people in the

1686

01:15:28,070 --> 01:15:27,060

health and fitness and people trying to

1687

01:15:30,709 --> 01:15:28,080

lose weight

1688

01:15:33,290 --> 01:15:30,719

I may remind the audience that though

1689

01:15:36,290 --> 01:15:33,300

I've lost 10 or 15 pounds I may have

1690

01:15:40,130 --> 01:15:36,300

another 10 or 15 to go

1691

01:15:43,250 --> 01:15:40,140

um uh or 15 Max Maybe 10. and uh it

1692

01:15:45,410 --> 01:15:43,260

seems I've hit a plateau so I'm looking

1693

01:15:47,750 --> 01:15:45,420

for options I did this once before and

1694

01:15:50,149 --> 01:15:47,760

only got halfway through it mostly

1695

01:15:53,209 --> 01:15:50,159

because on this program it's called 75

1696

01:15:55,430 --> 01:15:53,219

hard you can look it up there's certain

1697

01:15:58,370 --> 01:15:55,440

rules the first rule is you cannot

1698

01:16:01,130 --> 01:15:58,380

consume any alcohol for the entire 75

1699

01:16:03,290 --> 01:16:01,140

days so instantly I like this program

1700

01:16:05,930 --> 01:16:03,300

because this will give me another 75

1701

01:16:07,130 --> 01:16:05,940

days of sobriety and maybe after I

1702

01:16:09,530 --> 01:16:07,140

finish this

1703

01:16:12,050 --> 01:16:09,540

then I can decide whether I will

1704

01:16:14,510 --> 01:16:12,060

continue abstaining from alcohol or go

1705

01:16:17,390 --> 01:16:14,520

back to occasional use

1706

01:16:21,649 --> 01:16:17,400

um but the 75 heart is tough I only made

1707

01:16:24,050 --> 01:16:21,659

it 38 days into it last time and I gave

1708

01:16:26,270 --> 01:16:24,060

up because I started drinking so or

1709

01:16:29,090 --> 01:16:26,280

maybe I made it 20 no it was 28 I'm

1710

01:16:30,950 --> 01:16:29,100

sorry I think I made it 28 days and then

1711

01:16:33,050 --> 01:16:30,960

I started drinking

1712

01:16:34,790 --> 01:16:33,060

and and then I was like oh I'll continue

1713

01:16:36,709 --> 01:16:34,800

the program but I'm not going to stop

1714

01:16:39,470 --> 01:16:36,719

drinking and then you're just ruining

1715

01:16:40,250 --> 01:16:39,480

you're ruining the whole thing

1716

01:16:43,729 --> 01:16:40,260

um

1717

01:16:47,750 --> 01:16:43,739

so in 75 hard you drink a gallon of

1718

01:16:50,330 --> 01:16:47,760

water a day you pick a sensible healthy

1719

01:16:52,930 --> 01:16:50,340

diet which I'm already on so I'm just

1720

01:16:55,250 --> 01:16:52,940

going to continue that diet that I'm on

1721

01:16:59,570 --> 01:16:55,260

you drink a gallon of water a day

1722

01:17:02,209 --> 01:16:59,580

sensible diet no alcohol you read 10

1723

01:17:04,850 --> 01:17:02,219

minutes a day from a non-fiction book

1724

01:17:08,030 --> 01:17:04,860

and you exercise twice a day for 45

1725

01:17:11,630 --> 01:17:08,040

minutes one of which has to be outside

1726

01:17:14,169 --> 01:17:11,640

rain sleet or snow one of those has to

1727

01:17:17,090 --> 01:17:14,179

be outside for 45 minutes

1728

01:17:20,209 --> 01:17:17,100

you can go look up reviews on YouTube

1729

01:17:23,810 --> 01:17:20,219

for 75 hard and maybe I'll do a separate

1730

01:17:26,390 --> 01:17:23,820

video for this program but uh people are

1731

01:17:28,669 --> 01:17:26,400

getting tremendous results as far as

1732

01:17:32,030 --> 01:17:28,679

their overall health well-being mental

1733

01:17:33,290 --> 01:17:32,040

fortitude mental toughness you know I

1734

01:17:35,209 --> 01:17:33,300

remember when I did it before it was

1735

01:17:37,070 --> 01:17:35,219

right it was a thunderstorm outside it

1736

01:17:40,490 --> 01:17:37,080

was raining like hell and I was still

1737

01:17:42,890 --> 01:17:40,500

gung-ho on finishing this 75 days so I'm

1738

01:17:45,770 --> 01:17:42,900

like no I'm I'm gonna go jog in the rain

1739

01:17:47,750 --> 01:17:45,780

I don't care if it's a thunderstorm and

1740

01:17:50,350 --> 01:17:47,760

it was raining like hell I'd took an

1741

01:17:52,970 --> 01:17:50,360

umbrella and ran my ass for 45 minutes

1742

01:17:55,010 --> 01:17:52,980

and it does there's something about that

1743

01:17:57,110 --> 01:17:55,020

that builds that mental toughness like

1744

01:17:59,330 --> 01:17:57,120

I'm finishing this thing

1745

01:18:01,550 --> 01:17:59,340

I failed the first time but I'm going to

1746

01:18:04,010 --> 01:18:01,560

try again and

1747

01:18:06,050 --> 01:18:04,020

now having already been sober for 99

1748

01:18:08,090 --> 01:18:06,060

days I feel like the abstaining from

1749

01:18:10,970 --> 01:18:08,100

alcohol is going to be

1750

01:18:14,330 --> 01:18:10,980

much easier trying to finish this 75-day

1751

01:18:16,669 --> 01:18:14,340

program so with any luck I will have

1752

01:18:19,130 --> 01:18:16,679

another 75 days sober

1753

01:18:22,010 --> 01:18:19,140

uh going forward and by the way also in

1754

01:18:24,530 --> 01:18:22,020

the 75 hard program if you miss one of

1755

01:18:26,390 --> 01:18:24,540

those exercise days you've got to start

1756

01:18:29,630 --> 01:18:26,400

over so in other words if you're at day

1757

01:18:32,510 --> 01:18:29,640

30 and you screw up and forget to do one

1758

01:18:35,270 --> 01:18:32,520

of the two 45-minute exercise

1759

01:18:37,669 --> 01:18:35,280

uh sessions that day you got to start

1760

01:18:38,810 --> 01:18:37,679

back over at day one if you screw up and

1761

01:18:43,310 --> 01:18:38,820

you drink

1762

01:18:45,950 --> 01:18:43,320

an alcoholic beverage at 35 or 74 days

1763

01:18:49,790 --> 01:18:45,960

you got to start over at day one

1764

01:18:51,770 --> 01:18:49,800

and uh if you miss reading 10 minutes of

1765

01:18:53,510 --> 01:18:51,780

non-fiction if you miss drinking a

1766

01:18:56,270 --> 01:18:53,520

gallon of water that day

1767

01:18:58,370 --> 01:18:56,280

if you fail in any of the rules of this

1768

01:19:00,649 --> 01:18:58,380

75 hard challenge you have to start back

1769

01:19:03,110 --> 01:19:00,659

over at day one and that's very

1770

01:19:04,970 --> 01:19:03,120

motivating right if you're on day 50

1771

01:19:07,610 --> 01:19:04,980

right and you're like I don't really

1772

01:19:10,370 --> 01:19:07,620

feel like doing that 45 minute job or I

1773

01:19:13,250 --> 01:19:10,380

already did one I'm tired no you don't

1774

01:19:15,950 --> 01:19:13,260

want to start all over at day one so

1775

01:19:17,750 --> 01:19:15,960

with any luck friends uh I'm not sure

1776

01:19:20,990 --> 01:19:17,760

when I'm gonna start sometime this week

1777

01:19:23,570 --> 01:19:21,000

I'm going to start this program

1778

01:19:25,970 --> 01:19:23,580

um maybe I'll do it tomorrow I'll start

1779

01:19:30,169 --> 01:19:25,980

because that would mean tomorrow would

1780

01:19:32,930 --> 01:19:30,179

be day 100 of my sobriety and if I do

1781

01:19:37,070 --> 01:19:32,940

seven the 75 hard and complete it that

1782

01:19:39,350 --> 01:19:37,080

will mean I will hit 175 days sober I

1783

01:19:41,030 --> 01:19:39,360

have been slacking on the exercise I've

1784

01:19:42,950 --> 01:19:41,040

been exercising more than I was

1785

01:19:47,169 --> 01:19:42,960

certainly much much more than I was when

1786

01:19:49,610 --> 01:19:47,179

I was drinking but I uh have not

1787

01:19:51,729 --> 01:19:49,620

exercised near as much as I should be

1788

01:19:54,950 --> 01:19:51,739

especially trying to lose

1789

01:19:56,810 --> 01:19:54,960

uh 10 pounds right I've got probably got

1790

01:20:00,110 --> 01:19:56,820

10 pounds to go

1791

01:20:02,090 --> 01:20:00,120

uh so that's my plans I'm gonna do the

1792

01:20:04,010 --> 01:20:02,100

75 hard I encourage all of you to look

1793

01:20:06,110 --> 01:20:04,020

into it maybe if anybody wants to do it

1794

01:20:07,669 --> 01:20:06,120

with me we'll do a panel and talk about

1795

01:20:10,790 --> 01:20:07,679

it

1796

01:20:13,550 --> 01:20:10,800

um and I hope that people will allow me

1797

01:20:15,709 --> 01:20:13,560

the Indulgence of getting off topic and

1798

01:20:19,370 --> 01:20:15,719

talking about things like we talked

1799

01:20:22,790 --> 01:20:19,380

about tonight or this 75 hard program

1800

01:20:26,330 --> 01:20:22,800

and I think that's part of uh you know

1801
01:20:29,810 --> 01:20:26,340
the journey too you have to be healthy

1802
01:20:32,030 --> 01:20:29,820
first and foremost and I feel much

1803
01:20:36,229 --> 01:20:32,040
healthier for this journey

1804
01:20:37,970 --> 01:20:36,239
I hope that my experience May Inspire or

1805
01:20:40,070 --> 01:20:37,980
help anybody out there similarly

1806
01:20:43,250 --> 01:20:40,080
struggling and maybe give you some

1807
01:20:45,410 --> 01:20:43,260
reasons we saw the positives there's so

1808
01:20:48,169 --> 01:20:45,420
many more positives

1809
01:20:52,070 --> 01:20:48,179
to doing this to abstaining from alcohol

1810
01:20:55,610 --> 01:20:52,080
than there is negatives right you know

1811
01:20:57,709 --> 01:20:55,620
the negatives are are so tiny compared

1812
01:20:58,250 --> 01:20:57,719
to the positives

1813
01:21:02,630 --> 01:20:58,260

um

1814

01:21:05,030 --> 01:21:02,640

I'm Gonna Keep it going so my plan is to

1815

01:21:07,430 --> 01:21:05,040

abstain from alcohol for another 75 days

1816

01:21:09,410 --> 01:21:07,440

while I complete this fitness challenge

1817

01:21:12,470 --> 01:21:09,420

I think this is like kicking it up a

1818

01:21:13,550 --> 01:21:12,480

notch now I'm already eating very

1819

01:21:16,310 --> 01:21:13,560

healthy

1820

01:21:20,750 --> 01:21:16,320

and I'm already abstaining from alcohol

1821

01:21:23,990 --> 01:21:20,760

this will add the exercise and will I

1822

01:21:27,709 --> 01:21:24,000

think kick start my or end my Plateau

1823

01:21:29,930 --> 01:21:27,719

here the scale hasn't moved in a while

1824

01:21:32,030 --> 01:21:29,940

um and I think that's just a plateau my

1825

01:21:34,430 --> 01:21:32,040

your I I wasn't aware of this but your

1826
01:21:35,450 --> 01:21:34,440
metabolic rate if you lower your calorie

1827
01:21:38,689 --> 01:21:35,460
intake

1828
01:21:40,970 --> 01:21:38,699
and change your diet your your metabolic

1829
01:21:43,550 --> 01:21:40,980
rate just slows down because your body

1830
01:21:46,370 --> 01:21:43,560
realizes like oh you're not taking in 2

1831
01:21:47,209 --> 01:21:46,380
000 calories of carbs in beer every

1832
01:21:49,729 --> 01:21:47,219
night

1833
01:21:52,430 --> 01:21:49,739
we'll slow everything down and your

1834
01:21:55,610 --> 01:21:52,440
metabolism will slow down and one of the

1835
01:21:58,130 --> 01:21:55,620
ways to ramp it back up again is is

1836
01:22:01,790 --> 01:21:58,140
certainly much more exercise so

1837
01:22:03,890 --> 01:22:01,800
I'm gonna do uh do the 75 hard challenge

1838
01:22:06,050 --> 01:22:03,900

I encourage you to look into it I think

1839

01:22:09,350 --> 01:22:06,060

it is and I love the guy who came up

1840

01:22:10,750 --> 01:22:09,360

with it I think that uh he's like a

1841

01:22:14,090 --> 01:22:10,760

no-nonsense

1842

01:22:18,830 --> 01:22:14,100

you know like he was complaining uh

1843

01:22:21,050 --> 01:22:18,840

about the people who uh who message him

1844

01:22:24,950 --> 01:22:21,060

and say things like and it's Andy

1845

01:22:27,050 --> 01:22:24,960

frisella 75 hard there's a book you can

1846

01:22:29,750 --> 01:22:27,060

get but I've outlined it for you there's

1847

01:22:32,149 --> 01:22:29,760

plenty of Guides Online

1848

01:22:35,090 --> 01:22:32,159

um if you Google what is the 75 hard

1849

01:22:37,310 --> 01:22:35,100

challenge it says absolutely no alcohol

1850

01:22:39,830 --> 01:22:37,320

or cheat meals are allowed it doesn't

1851
01:22:41,810 --> 01:22:39,840
specify what counts as a cheat meal well

1852
01:22:44,090 --> 01:22:41,820
I think we all know that and you're to

1853
01:22:46,310 --> 01:22:44,100
complete two 45-minute workouts per day

1854
01:22:49,790 --> 01:22:46,320
one of them has to be outside no matter

1855
01:22:52,070 --> 01:22:49,800
what the weather drink 4.5 liters or one

1856
01:22:53,990 --> 01:22:52,080
gallon of water each day

1857
01:22:55,490 --> 01:22:54,000
and also you have to take a Daily

1858
01:22:57,410 --> 01:22:55,500
Progress photo

1859
01:23:01,010 --> 01:22:57,420
so uh I'm gonna

1860
01:23:03,050 --> 01:23:01,020
enlist the help of spooky I don't think

1861
01:23:05,390 --> 01:23:03,060
anybody wants to see my spare tire but

1862
01:23:08,689 --> 01:23:05,400
I'm doing this so I'll take a picture

1863
01:23:10,850 --> 01:23:08,699

every day and maybe we'll get spooky to

1864

01:23:13,610 --> 01:23:10,860

animate it and you can see the change

1865

01:23:14,630 --> 01:23:13,620

that I go through for this 75-day period

1866

01:23:17,450 --> 01:23:14,640

right

1867

01:23:19,550 --> 01:23:17,460

uh I think I would love to especially if

1868

01:23:21,830 --> 01:23:19,560

it if it works if it works and I lose

1869

01:23:23,510 --> 01:23:21,840

that spare tire what's left of it I've

1870

01:23:24,350 --> 01:23:23,520

already lost about half of that spare

1871

01:23:26,750 --> 01:23:24,360

tire

1872

01:23:28,790 --> 01:23:26,760

and by the way also with that weight

1873

01:23:30,590 --> 01:23:28,800

loss came a little bit you know I'm

1874

01:23:33,290 --> 01:23:30,600

getting my self-esteem back I'm not

1875

01:23:35,090 --> 01:23:33,300

worried about my gut hanging out or what

1876

01:23:37,610 --> 01:23:35,100

I look like anymore

1877

01:23:40,310 --> 01:23:37,620

or less I'm I'm not worried as much

1878

01:23:42,050 --> 01:23:40,320

because I could see that it's uh and

1879

01:23:44,030 --> 01:23:42,060

people have noticed in my personal life

1880

01:23:46,790 --> 01:23:44,040

that I've lost weight

1881

01:23:49,250 --> 01:23:46,800

you know I just felt like a jab of the

1882

01:23:53,090 --> 01:23:49,260

Hut man I was just drinking and a little

1883

01:23:55,910 --> 01:23:53,100

big freaking fat laying around it wasn't

1884

01:23:58,550 --> 01:23:55,920

good so I'm on a healthier path now

1885

01:24:00,830 --> 01:23:58,560

we're gonna do this so I'm doing it you

1886

01:24:02,750 --> 01:24:00,840

can do it with me let me know what your

1887

01:24:05,390 --> 01:24:02,760

experience and by the way if you have

1888

01:24:08,450 --> 01:24:05,400

done the 75 hard challenge let me know

1889

01:24:10,850 --> 01:24:08,460

in the comments uh what was your results

1890

01:24:11,510 --> 01:24:10,860

would you recommend it

1891

01:24:14,149 --> 01:24:11,520

um

1892

01:24:16,910 --> 01:24:14,159

so that's all I got for you friends but

1893

01:24:19,990 --> 01:24:16,920

we I don't want to ignore the live chat

1894

01:24:26,149 --> 01:24:20,000

and I appreciate everyone indulging me

1895

01:24:28,010 --> 01:24:26,159

views be damned tonight uh we uh took a

1896

01:24:29,750 --> 01:24:28,020

detour and I think that's good and

1897

01:24:32,270 --> 01:24:29,760

that's healthy

1898

01:24:35,450 --> 01:24:32,280

so uh I want to thank each and every one

1899

01:24:37,490 --> 01:24:35,460

of you for uh get letting me get this

1900

01:24:39,410 --> 01:24:37,500

off my chest because I do think it may

1901

01:24:42,050 --> 01:24:39,420

be helpful to others and and it was

1902

01:24:45,709 --> 01:24:42,060

certainly helpful to me to get this out

1903

01:24:48,229 --> 01:24:45,719

of my system and talk about it uh we are

1904

01:24:51,350 --> 01:24:48,239

gonna check in too I'm surprised to see

1905

01:24:53,930 --> 01:24:51,360

I did not expect uh super chats tonight

1906

01:24:56,090 --> 01:24:53,940

because uh

1907

01:24:59,930 --> 01:24:56,100

you know this is not our normal show

1908

01:25:01,910 --> 01:24:59,940

this is uh but what hey uh thank you for

1909

01:25:04,490 --> 01:25:01,920

your for your positive encouragement and

1910

01:25:07,189 --> 01:25:04,500

support so we'll read those super chats

1911

01:25:08,689 --> 01:25:07,199

that we got tonight Lord Ludacris says

1912

01:25:11,330 --> 01:25:08,699

come black congrats on reaching a

1913

01:25:13,189 --> 01:25:11,340

milestone that so many never reach keep

1914

01:25:15,290 --> 01:25:13,199

up the great work and one day at a time

1915

01:25:16,970 --> 01:25:15,300

kind of generous 4.99 Super Chat thank

1916

01:25:19,370 --> 01:25:16,980

you for your kindness generosity and

1917

01:25:21,709 --> 01:25:19,380

support long time show supporter Lord

1918

01:25:25,189 --> 01:25:21,719

Ludacris plaid well it's just Lord

1919

01:25:29,870 --> 01:25:28,250

okay Anthony Peterson with a Kylie

1920

01:25:32,330 --> 01:25:29,880

Jenner's five dollar Super Chat says

1921

01:25:34,310 --> 01:25:32,340

99th day of sobriety

1922

01:25:36,470 --> 01:25:34,320

happy 99th day well thank you Anthony

1923

01:25:38,630 --> 01:25:36,480

for your support encouragement I really

1924

01:25:40,910 --> 01:25:38,640

really appreciate it and then here's

1925

01:25:42,950 --> 01:25:40,920

Sweet Caroline

1926

01:25:44,990 --> 01:25:42,960

long time show supporter and channel

1927

01:25:47,390 --> 01:25:45,000

member

1928

01:25:49,189 --> 01:25:47,400

with the kinings address 999 Super Chat

1929

01:25:51,350 --> 01:25:49,199

says just want you to know how much we

1930

01:25:53,510 --> 01:25:51,360

love and care for you you're doing a

1931

01:25:56,209 --> 01:25:53,520

fantastic job at this taking it one day

1932

01:25:59,450 --> 01:25:56,219

at a time well thank you sweet Caroline

1933

01:26:01,250 --> 01:25:59,460

and you know uh that's probably one of

1934

01:26:03,050 --> 01:26:01,260

the things that I have anxiety about is

1935

01:26:05,510 --> 01:26:03,060

I feel like if I go back to drinking

1936

01:26:07,310 --> 01:26:05,520

even if I just occasionally drink I'll

1937

01:26:10,370 --> 01:26:07,320

feel like maybe I'm letting people down

1938

01:26:13,250 --> 01:26:10,380

or something it's weird

1939

01:26:15,709 --> 01:26:13,260

um but I do thank you for your kindness

1940

01:26:17,510 --> 01:26:15,719

uh and that's something that I've been

1941

01:26:20,090 --> 01:26:17,520

working on one day at a time you just

1942

01:26:22,010 --> 01:26:20,100

take one day deal with whatever's going

1943

01:26:23,689 --> 01:26:22,020

on in that one day and you get on to the

1944

01:26:26,030 --> 01:26:23,699

90.

1945

01:26:27,890 --> 01:26:26,040

Tanya Hilliard with the Kylie Jenner's

1946

01:26:30,290 --> 01:26:27,900

ten dollars says congratulations on 90

1947

01:26:32,209 --> 01:26:30,300

days I know it wasn't easy but you made

1948

01:26:33,950 --> 01:26:32,219

it this far and you are amazing enjoy

1949

01:26:36,770 --> 01:26:33,960

your show well thank you Tanya for your

1950

01:26:38,930 --> 01:26:36,780

kindness generosity and support we

1951

01:26:40,490 --> 01:26:38,940

appreciate your kindness generosity and

1952

01:26:42,649 --> 01:26:40,500

support and I appreciate everybody's

1953

01:26:46,010 --> 01:26:42,659

kind words and encouragement

1954

01:26:47,390 --> 01:26:46,020

uh I thought I saw another one maybe I

1955

01:26:49,610 --> 01:26:47,400

missed

1956

01:26:53,450 --> 01:26:49,620

I don't know why that list is not

1957

01:26:58,129 --> 01:26:56,030

oh no I guess we got them all okay so

1958

01:27:00,790 --> 01:26:58,139

great so thank thanks to everybody for

1959

01:27:03,410 --> 01:27:00,800

your kindness generosity and support now

1960

01:27:05,689 --> 01:27:03,420

uh and Sweet Caroline says we love you

1961

01:27:10,129 --> 01:27:05,699

Stephen right back at you sweet Caroline

1962

01:27:12,770 --> 01:27:10,139

I appreciate it uh so I am going to take

1963

01:27:14,750 --> 01:27:12,780

a uh I am going to take

1964

01:27:16,250 --> 01:27:14,760

comments and questions from the live

1965

01:27:17,330 --> 01:27:16,260

chat so if you have any comments or

1966

01:27:19,729 --> 01:27:17,340

questions and they could be about

1967

01:27:24,590 --> 01:27:19,739

anything not just about tonight's topic

1968

01:27:27,410 --> 01:27:24,600

which I agree was uh off topic for us

1969

01:27:30,229 --> 01:27:27,420

uh crypto Alchemist 90 days two

1970

01:27:33,470 --> 01:27:30,239

Saturdays ago so that would mean 99 days

1971

01:27:35,810 --> 01:27:33,480

total thank you for uh for recognizing

1972

01:27:38,149 --> 01:27:35,820

that and for your question any questions

1973

01:27:41,510 --> 01:27:38,159

for me put them in all capital layer

1974

01:27:44,030 --> 01:27:41,520

letters or comments and we'll be sharing

1975

01:27:46,129 --> 01:27:44,040

your comments or questions Loco Moco

1976

01:27:48,770 --> 01:27:46,139

says just know you're not alone new sub

1977

01:27:52,070 --> 01:27:48,780

99 days and going stay strong brother

1978

01:27:55,370 --> 01:27:52,080

P.S you know we can't do occasional

1979

01:27:57,649 --> 01:27:55,380

I know and uh I'm trying to make my

1980

01:27:59,750 --> 01:27:57,659

peace with that Loco Moco and I'm having

1981

01:28:01,910 --> 01:27:59,760

that I'm having a real hard time with

1982

01:28:04,430 --> 01:28:01,920

that that's why they tell you to do one

1983

01:28:08,930 --> 01:28:04,440

day at a time because the thought of

1984

01:28:11,689 --> 01:28:08,940

okay I'm gonna quit alcohol forever is

1985

01:28:15,169 --> 01:28:11,699

overwhelming to me it's it's it's too

1986

01:28:17,450 --> 01:28:15,179

much to to think about forever so maybe

1987

01:28:20,750 --> 01:28:17,460

it is right to just focus on one day at

1988

01:28:23,510 --> 01:28:20,760

a time and not worry about forever Loco

1989

01:28:25,910 --> 01:28:23,520

Moco also says bloated yeah I was a

1990

01:28:28,370 --> 01:28:25,920

bloated Jabba the Hutt mess and the

1991

01:28:31,610 --> 01:28:28,380

thought of becoming fat Vince Neil to me

1992

01:28:33,770 --> 01:28:31,620

was really terrible like I literally

1993

01:28:35,090 --> 01:28:33,780

would think a fat Vince Neil when I was

1994

01:28:38,450 --> 01:28:35,100

looking in the mirror and seeing this

1995

01:28:40,550 --> 01:28:38,460

gut coming on me you know or uh or like

1996

01:28:42,830 --> 01:28:40,560

if you saw The Doors movie that fat Jim

1997

01:28:45,770 --> 01:28:42,840

Morrison when he got all big and fat and

1998

01:28:48,229 --> 01:28:45,780

gross that's what I was feeling like and

1999

01:28:50,090 --> 01:28:48,239

and listen I hate to be shallow it

2000

01:28:51,950 --> 01:28:50,100

sounds shallow like really everything

2001

01:28:55,010 --> 01:28:51,960

that's going on you're an addict your

2002

01:28:56,870 --> 01:28:55,020

drinking 15 or 20 beers a day and you're

2003

01:28:58,669 --> 01:28:56,880

worried about your

2004

01:29:01,490 --> 01:28:58,679

appearance

2005

01:29:03,169 --> 01:29:01,500

yeah I guess I was you know but that was

2006

01:29:04,310 --> 01:29:03,179

the least of it that really was the

2007

01:29:07,850 --> 01:29:04,320

least of it

2008

01:29:09,410 --> 01:29:07,860

B Baker says mike that milk thistle and

2009

01:29:12,229 --> 01:29:09,420

other health food supplements can help

2010

01:29:13,490 --> 01:29:12,239

restore your liver go to one they will

2011

01:29:16,370 --> 01:29:13,500

get you

2012

01:29:18,649 --> 01:29:16,380

on that has a good mix of stuff yeah I'm

2013

01:29:21,470 --> 01:29:18,659

looking into supplements now I wanted to

2014

01:29:23,209 --> 01:29:21,480

stick with as much healthy food as

2015

01:29:25,669 --> 01:29:23,219

possible and not worry so much about

2016

01:29:27,470 --> 01:29:25,679

supplements though I did on the advice

2017

01:29:29,810 --> 01:29:27,480

of my doctor he gave me a vitamin D

2018

01:29:31,729 --> 01:29:29,820

prescription I was severely deficient in

2019

01:29:33,830 --> 01:29:31,739

vitamin D

2020

01:29:36,770 --> 01:29:33,840

and uh

2021

01:29:40,010 --> 01:29:36,780

so I got a prescription for that and I'm

2022

01:29:42,830 --> 01:29:40,020

taking a big heaping

2023

01:29:44,390 --> 01:29:42,840

vitamin D supplement but other than that

2024

01:29:47,090 --> 01:29:44,400

I've just been healthy eating and I've

2025

01:29:49,010 --> 01:29:47,100

discovered a few things like I really

2026

01:29:51,709 --> 01:29:49,020

like certain vegetables that I never

2027

01:29:54,890 --> 01:29:51,719

knew I liked like zucchini I never ate

2028

01:29:56,450 --> 01:29:54,900

zucchini I mean zucchini now

2029

01:29:58,610 --> 01:29:56,460

um on the diet that I'm on you really

2030

01:30:02,030 --> 01:29:58,620

got to try to fill up you can't eat

2031

01:30:05,990 --> 01:30:02,040

potatoes I can't eat pasta potatoes

2032

01:30:07,669 --> 01:30:06,000

Rices even corn I can't eat so all the

2033

01:30:11,090 --> 01:30:07,679

vegetables that I can eat leafy green

2034

01:30:14,090 --> 01:30:11,100

spinach broccoli zucchini cucumbers

2035

01:30:16,430 --> 01:30:14,100

whatever I can eat I'm loading up on and

2036

01:30:18,410 --> 01:30:16,440

that's the good part about the diet that

2037

01:30:21,830 --> 01:30:18,420

I'm on B Baker I don't have to limit

2038

01:30:25,250 --> 01:30:21,840

calories or I could eat whatever I want

2039

01:30:27,709 --> 01:30:25,260

out of the things I'm allowed to eat

2040

01:30:30,350 --> 01:30:27,719

so so far it's worth it's worth yeah B

2041

01:30:32,629 --> 01:30:30,360

Baker fat Vince Neil is a thing yeah you

2042

01:30:34,430 --> 01:30:32,639

don't want to become fat Vince Neil

2043

01:30:36,590 --> 01:30:34,440

right

2044

01:30:38,030 --> 01:30:36,600

Sweet Caroline said even if you did miss

2045

01:30:39,709 --> 01:30:38,040

a game it's okay because we're all human

2046

01:30:43,669 --> 01:30:39,719

and we make mistakes so don't be harder

2047

01:30:46,490 --> 01:30:43,679

yourself we all f up yeah uh archaic

2048

01:30:48,649 --> 01:30:46,500

revival says zucchini rock yeah I got

2049

01:30:51,590 --> 01:30:48,659

I'm getting a I don't have a spiralizer

2050

01:30:53,950 --> 01:30:51,600

and uh I just been eating them sliced up

2051

01:30:58,070 --> 01:30:53,960

and a little bit of olive oil and butter

2052

01:31:00,470 --> 01:30:58,080

and uh some good spices salt pepper and

2053

01:31:01,729 --> 01:31:00,480

a little bit of other spice I think I

2054

01:31:03,950 --> 01:31:01,739

don't know what it's I have some kind of

2055

01:31:06,110 --> 01:31:03,960

garden herb and vegetable spice you put

2056

01:31:08,870 --> 01:31:06,120

on vegetables pretty good

2057

01:31:11,810 --> 01:31:08,880

today we had uh carrots and zucchini

2058

01:31:13,610 --> 01:31:11,820

mixed it's kind of like that carrots and

2059

01:31:15,950 --> 01:31:13,620

broccoli mix but zucchini instead of

2060

01:31:17,090 --> 01:31:15,960

brown I don't know it was good oh and

2061

01:31:19,330 --> 01:31:17,100

the other thing that I've been eating

2062

01:31:21,890 --> 01:31:19,340

that I never thought I would eat is is

2063

01:31:24,649 --> 01:31:21,900

cauliflowered rice

2064

01:31:27,950 --> 01:31:24,659

I I never liked cauliflower but somehow

2065

01:31:30,050 --> 01:31:27,960

if you grind it up and put salsa on it

2066

01:31:31,810 --> 01:31:30,060

it's okay I've been eating these healthy

2067

01:31:37,010 --> 01:31:31,820

bowls that have like

2068

01:31:40,550 --> 01:31:37,020

sausage peppers onions spinach and riced

2069

01:31:42,229 --> 01:31:40,560

cauliflower not bad pretty good oh and I

2070

01:31:43,790 --> 01:31:42,239

did lie when I said I didn't have any

2071

01:31:46,370 --> 01:31:43,800

processed food

2072

01:31:49,370 --> 01:31:46,380

I did I had three quarters of a frozen

2073

01:31:53,270 --> 01:31:49,380

pizza once in about 85 days I think

2074

01:31:56,750 --> 01:31:53,280

that's okay one time oh and I I did eat

2075

01:31:59,030 --> 01:31:56,760

two pieces of pizza from a pizza place

2076

01:32:01,669 --> 01:31:59,040

but other than that by the way last

2077

01:32:04,129 --> 01:32:01,679

Saturday at the cabin I ate a

2078

01:32:05,270 --> 01:32:04,139

cauliflower crust pizza which turned out

2079

01:32:08,090 --> 01:32:05,280

to be

2080

01:32:10,729 --> 01:32:08,100

almost acceptable but I screwed up and I

2081

01:32:13,250 --> 01:32:10,739

bought a cauliflower crust pizza

2082

01:32:16,010 --> 01:32:13,260

with pepperoni and sausage but it was

2083

01:32:18,290 --> 01:32:16,020

fake it was fake vegetarian pepperoni

2084

01:32:21,530 --> 01:32:18,300

and sausage and that kind of ruined it

2085

01:32:23,510 --> 01:32:21,540

for me uh the crust was fine so I've

2086

01:32:25,250 --> 01:32:23,520

learned I can deal with cauliflower

2087

01:32:27,790 --> 01:32:25,260

crust pizza but you got to put real

2088

01:32:31,850 --> 01:32:27,800

toppings on it bacon

2089

01:32:33,110 --> 01:32:31,860

bacon sausage you know ground meat uh

2090

01:32:37,850 --> 01:32:33,120

pepperoni

2091

01:32:40,610 --> 01:32:37,860

uh yeah mushrooms you know I don't know

2092

01:32:43,790 --> 01:32:40,620

I got a like a vegetarian one

2093

01:32:45,770 --> 01:32:43,800

and the the crust was fake I guess the

2094

01:32:47,830 --> 01:32:45,780

sauce was real the cheese was real but

2095

01:32:51,530 --> 01:32:47,840

the pepperoni and the sausage were gross

2096

01:32:54,169 --> 01:32:51,540

uh vegetarian sausage vegetarian

2097

01:32:56,030 --> 01:32:54,179

pepperoni no I think that pizza would

2098

01:32:58,430 --> 01:32:56,040

have been delicious and completely

2099

01:33:01,729 --> 01:32:58,440

acceptable just felt like

2100

01:33:02,810 --> 01:33:01,739

like thin crust pizza right it was like

2101

01:33:06,050 --> 01:33:02,820

crispy

2102

01:33:08,450 --> 01:33:06,060

the crust was fine it was just the rest

2103

01:33:11,090 --> 01:33:08,460

of it was too much fake if you're gonna

2104

01:33:13,790 --> 01:33:11,100

have pizza only one thing can be fake

2105

01:33:16,310 --> 01:33:13,800

the crust is fake everything else has to

2106

01:33:19,490 --> 01:33:16,320

be real real cheese real sauce real meat

2107

01:33:22,729 --> 01:33:19,500

then I so I'm gonna try that next

2108

01:33:24,770 --> 01:33:22,739

otherwise uh yeah archaic revival don't

2109

01:33:26,870 --> 01:33:24,780

overlook Sprouts a lot of people told me

2110

01:33:29,450 --> 01:33:26,880

about Sprouts I've never been a fan

2111

01:33:33,709 --> 01:33:31,550

Tom Whitmore says I'll have 20 years

2112

01:33:35,870 --> 01:33:33,719

into in December contact me and I can

2113

01:33:38,629 --> 01:33:35,880

help you thanks Tom you can email me at

2114

01:33:40,850 --> 01:33:38,639

true seekershow gmail.com I'm gonna put

2115

01:33:43,129 --> 01:33:40,860

my email address up there

2116

01:33:45,770 --> 01:33:43,139

uh

2117

01:33:50,270 --> 01:33:45,780

oh one second let me see if I can find

2118

01:33:54,950 --> 01:33:52,550

where is that at

2119

01:33:58,250 --> 01:33:54,960

from here it is here's our show

2120

01:34:00,050 --> 01:33:58,260

email address feel free to email me uh I

2121

01:34:01,189 --> 01:34:00,060

could use people like you to give me

2122

01:34:03,830 --> 01:34:01,199

some advice

2123

01:34:06,110 --> 01:34:03,840

uh that might be very helpful so

2124

01:34:07,790 --> 01:34:06,120

questions or comments for me

2125

01:34:09,890 --> 01:34:07,800

uh please put them in all capital

2126
01:34:12,890 --> 01:34:09,900
letters our cake Revival will I ever

2127
01:34:15,229 --> 01:34:12,900
know true love well I love you you know

2128
01:34:16,790 --> 01:34:15,239
not to steal from another show host but

2129
01:34:19,370 --> 01:34:16,800
if nobody told you they loved you today

2130
01:34:20,990 --> 01:34:19,380
archaic revival I just did

2131
01:34:23,510 --> 01:34:21,000
so uh

2132
01:34:25,970 --> 01:34:23,520
true love I I don't know you know I I've

2133
01:34:27,110 --> 01:34:25,980
been very fortunate I I found my wife a

2134
01:34:30,050 --> 01:34:27,120
long time ago

2135
01:34:32,450 --> 01:34:30,060
and uh

2136
01:34:34,910 --> 01:34:32,460
I I was lucky to find her

2137
01:34:38,390 --> 01:34:34,920
but I believe that there is someone for

2138
01:34:40,610 --> 01:34:38,400

everyone you just gotta look more right

2139

01:34:41,870 --> 01:34:40,620

mysterious moon basis says I've been

2140

01:34:43,490 --> 01:34:41,880

through it all brother if you need

2141

01:34:46,310 --> 01:34:43,500

anything you know where to find me well

2142

01:34:47,930 --> 01:34:46,320

I appreciate that I appreciate your uh

2143

01:34:49,850 --> 01:34:47,940

willingness to share and I appreciate

2144

01:34:50,990 --> 01:34:49,860

everybody's willingness to share I got a

2145

01:34:55,310 --> 01:34:51,000

few people that know a lot about

2146

01:34:58,669 --> 01:34:55,320

nutrition helping me in email as well

2147

01:35:00,110 --> 01:34:58,679

we have Road stub s Channel member thank

2148

01:35:02,689 --> 01:35:00,120

you for being a channel member says

2149

01:35:05,090 --> 01:35:02,699

meditation four times a day well that's

2150

01:35:08,209 --> 01:35:05,100

a little extreme honestly I'm settling

2151
01:35:10,669 --> 01:35:08,219
for once a day right now uh Road stub

2152
01:35:12,350 --> 01:35:10,679
and even sometimes then I get busy and

2153
01:35:16,250 --> 01:35:12,360
forget

2154
01:35:19,550 --> 01:35:16,260
um I'm trying to spend more time doing

2155
01:35:21,709 --> 01:35:19,560
that I do at the cabin now have a place

2156
01:35:22,490 --> 01:35:21,719
to meditate for the first time really my

2157
01:35:24,770 --> 01:35:22,500
life

2158
01:35:26,750 --> 01:35:24,780
I have a dedicated space for that in the

2159
01:35:30,590 --> 01:35:26,760
sun room I've even got a Buddha statue

2160
01:35:33,350 --> 01:35:30,600
I've got a mat everything and it's

2161
01:35:36,189 --> 01:35:33,360
inspiring to meditate there so I'm

2162
01:35:38,870 --> 01:35:36,199
hoping that'll increase my

2163
01:35:42,410 --> 01:35:38,880

I'll do more meditating now that I have

2164

01:35:44,390 --> 01:35:42,420

a place dedicated to do that road stub s

2165

01:35:46,930 --> 01:35:44,400

also says grow a vegetable garden well

2166

01:35:49,910 --> 01:35:46,940

we're heading into October here

2167

01:35:52,370 --> 01:35:49,920

uh but I do plan on doing that in the

2168

01:35:54,709 --> 01:35:52,380

spring I had a vegetable garden in the

2169

01:35:57,649 --> 01:35:54,719

city uh raised bed garden and we got

2170

01:36:01,149 --> 01:35:57,659

tons of food out of there and I enjoyed

2171

01:36:05,330 --> 01:36:01,159

spending the time doing it and I enjoyed

2172

01:36:07,070 --> 01:36:05,340

uh eating the food and certainly growing

2173

01:36:09,830 --> 01:36:07,080

your own food is healthier than buying

2174

01:36:13,729 --> 01:36:09,840

your own food because we did all organic

2175

01:36:17,870 --> 01:36:13,739

no fertilizers no pesticides no GMOs

2176
01:36:19,970 --> 01:36:17,880
just Heirloom Seeds grown from seeds

2177
01:36:22,189 --> 01:36:19,980
mostly and then put into the container

2178
01:36:25,189 --> 01:36:22,199
garden that we had not container raised

2179
01:36:26,570 --> 01:36:25,199
bed garden I loved it I'm planting a

2180
01:36:28,490 --> 01:36:26,580
garden at the cabin but there's some

2181
01:36:29,270 --> 01:36:28,500
obstacles to that and we're going to try

2182
01:36:31,430 --> 01:36:29,280
to

2183
01:36:33,229 --> 01:36:31,440
get over those obstacles most of which

2184
01:36:35,570 --> 01:36:33,239
is there's no soil it's in the mountains

2185
01:36:39,229 --> 01:36:35,580
it's all rocks

2186
01:36:43,550 --> 01:36:41,390
yeah I agree and that's why we call this

2187
01:36:45,709 --> 01:36:43,560
the alcohol Diaries because I've taken

2188
01:36:48,410 --> 01:36:45,719

things out of my journal that I put into

2189

01:36:53,450 --> 01:36:48,420

my notes for tonight

2190

01:36:57,290 --> 01:36:55,490

Carol Powell says well done Stephen

2191

01:36:58,970 --> 01:36:57,300

Moore power to you what you've achieved

2192

01:37:01,610 --> 01:36:58,980

is Starlight plus you look really fresh

2193

01:37:04,129 --> 01:37:01,620

too glowing for sure well let's hope I'm

2194

01:37:06,890 --> 01:37:04,139

not pregnant Carol Powell but uh yeah

2195

01:37:09,890 --> 01:37:06,900

people have to notice they they notice

2196

01:37:12,590 --> 01:37:09,900

that I appear healthier and and that's

2197

01:37:14,030 --> 01:37:12,600

good right archaic revival says sober is

2198

01:37:16,010 --> 01:37:14,040

fine more connected with nature and

2199

01:37:18,410 --> 01:37:16,020

you're not missing anything by being

2200

01:37:20,330 --> 01:37:18,420

sober drugs don't equal good time I'm

2201

01:37:22,610 --> 01:37:20,340

learning that yeah

2202

01:37:24,290 --> 01:37:22,620

Loco mocos is walking hiking in the

2203

01:37:27,890 --> 01:37:24,300

elements grounds me it really helps with

2204

01:37:30,350 --> 01:37:27,900

the Cravings it's empowering yeah

2205

01:37:34,970 --> 01:37:30,360

Tyler Durden says you look a lot

2206

01:37:36,470 --> 01:37:34,980

healthier I'm glad I feel a lot better

2207

01:37:38,750 --> 01:37:36,480

Martin Wright if you ever need a friend

2208

01:37:41,030 --> 01:37:38,760

I'm here well thank you for that I

2209

01:37:43,790 --> 01:37:41,040

appreciate your kindness and generosity

2210

01:37:46,850 --> 01:37:43,800

and willingness to help a fellow man

2211

01:37:52,570 --> 01:37:49,010

Loco Moco says sounds like a plan

2212

01:37:58,430 --> 01:37:55,910

yes for those just joining us tonight we

2213

01:38:02,330 --> 01:37:58,440

did a discussion on quitting alcohol I

2214

01:38:04,430 --> 01:38:02,340

have not had alcohol for 99 days and my

2215

01:38:06,649 --> 01:38:04,440

plan going forward is to do a fitness

2216

01:38:08,750 --> 01:38:06,659

program called 75 hard you can look it

2217

01:38:11,870 --> 01:38:08,760

up where you have no alcohol

2218

01:38:14,990 --> 01:38:11,880

uh a sensible diet no cheat meals you

2219

01:38:18,229 --> 01:38:15,000

drink a gallon of uh

2220

01:38:20,629 --> 01:38:18,239

a gallon of water every day and exercise

2221

01:38:23,030 --> 01:38:20,639

twice a day for 45 minutes in one of

2222

01:38:25,490 --> 01:38:23,040

those uh exercise sessions must be

2223

01:38:28,010 --> 01:38:25,500

outside you take a picture every day and

2224

01:38:29,870 --> 01:38:28,020

read 10 minutes of non-fiction I'm going

2225

01:38:33,050 --> 01:38:29,880

to be reading self-help books because I

2226

01:38:35,030 --> 01:38:33,060

need all the help I can get and

2227

01:38:37,729 --> 01:38:35,040

I suddenly remembered that I have some

2228

01:38:40,610 --> 01:38:37,739

Tony Robbins books I've never read and

2229

01:38:42,709 --> 01:38:40,620

regardless of anything that anybody has

2230

01:38:44,689 --> 01:38:42,719

to say about Tony Robbins I do think

2231

01:38:47,209 --> 01:38:44,699

that he's sort of inspirational and it

2232

01:38:49,430 --> 01:38:47,219

gets you motivated to uh get some things

2233

01:38:51,830 --> 01:38:49,440

done so that's what I'm planning on

2234

01:38:54,110 --> 01:38:51,840

reading or maybe some history books or

2235

01:38:56,510 --> 01:38:54,120

biographies uh

2236

01:39:00,370 --> 01:38:56,520

John 7 says proud of you well thank you

2237

01:39:05,149 --> 01:39:03,649

fried zucchini is heaven yeah I'm just

2238

01:39:08,750 --> 01:39:05,159

putting it in Pam a little bit of olive

2239

01:39:11,270 --> 01:39:08,760

oil and some seasoning it's much better

2240

01:39:13,669 --> 01:39:11,280

I didn't even realize that I like

2241

01:39:14,930 --> 01:39:13,679

zucchini I did have zucchini noodles

2242

01:39:16,550 --> 01:39:14,940

before

2243

01:39:19,729 --> 01:39:16,560

when I was trying to lose weight the

2244

01:39:21,830 --> 01:39:19,739

last time I was on a low carb diet but

2245

01:39:26,030 --> 01:39:21,840

you know what's interesting is that

2246

01:39:28,669 --> 01:39:26,040

I uh yeah our cake Revival I got a sun

2247

01:39:30,590 --> 01:39:28,679

room I have a greenhouse room at the

2248

01:39:33,590 --> 01:39:30,600

cabin so that might be you never know

2249

01:39:37,490 --> 01:39:35,810

our cake Revival vitamin D is obtained

2250

01:39:39,110 --> 01:39:37,500

from sunlight no need to supplement

2251
01:39:40,970 --> 01:39:39,120
usually yeah I'm trying to get outside

2252
01:39:42,770 --> 01:39:40,980
in order to get that natural vitamin D

2253
01:39:44,689 --> 01:39:42,780
but on the advice of a doctor I was

2254
01:39:46,729 --> 01:39:44,699
severely vitamin D deficient and he

2255
01:39:48,070 --> 01:39:46,739
thinks that could be because during the

2256
01:39:50,450 --> 01:39:48,080
pandemic

2257
01:39:52,250 --> 01:39:50,460
one thing that I did do right I guess

2258
01:39:54,229 --> 01:39:52,260
besides drink trying to drink myself

2259
01:39:56,270 --> 01:39:54,239
into a coma is I was taking all these

2260
01:39:57,770 --> 01:39:56,280
supplements I was taking a lot of

2261
01:40:00,169 --> 01:39:57,780
Vitamin D supplements and then I just

2262
01:40:02,030 --> 01:40:00,179
stopped that and my body might have

2263
01:40:03,950 --> 01:40:02,040

stopped naturally producing it as much

2264

01:40:05,030 --> 01:40:03,960

because it was used to the supplement I

2265

01:40:07,669 --> 01:40:05,040

don't know

2266

01:40:11,270 --> 01:40:07,679

I'm going to take the supplement

2267

01:40:13,490 --> 01:40:11,280

um I like my doctor a good good guy and

2268

01:40:14,990 --> 01:40:13,500

and gave me a lot of good advice and he

2269

01:40:17,330 --> 01:40:15,000

uh

2270

01:40:19,310 --> 01:40:17,340

yeah fraps up

2271

01:40:21,290 --> 01:40:19,320

a Buddha statue I thought you were a

2272

01:40:24,350 --> 01:40:21,300

Christian actually to anybody who asked

2273

01:40:27,169 --> 01:40:24,360

me about my religion I tell them that I

2274

01:40:30,290 --> 01:40:27,179

am both I would like to consider myself

2275

01:40:32,629 --> 01:40:30,300

a Buddhist and a Christian and I think

2276

01:40:34,310 --> 01:40:32,639

that you can be both and I believe that

2277

01:40:37,129 --> 01:40:34,320

being a Christian made me a better

2278

01:40:40,129 --> 01:40:37,139

Buddhist and being into Buddhism or a

2279

01:40:43,010 --> 01:40:40,139

Buddhist made me a better Christian

2280

01:40:45,770 --> 01:40:43,020

um I really enjoy the meditative

2281

01:40:47,450 --> 01:40:45,780

practices and I don't think you know

2282

01:40:49,310 --> 01:40:47,460

growing up I was Catholic they would

2283

01:40:51,830 --> 01:40:49,320

tell you oh no that's from the devil you

2284

01:40:54,350 --> 01:40:51,840

can't meditate because I think it's a

2285

01:40:57,290 --> 01:40:54,360

control form they don't want to lose you

2286

01:41:00,709 --> 01:40:57,300

to a Buddhist uh

2287

01:41:03,110 --> 01:41:00,719

organization or you know

2288

01:41:05,930 --> 01:41:03,120

I was told that you couldn't be both

2289

01:41:06,970 --> 01:41:05,940

growing up and after a while you throw

2290

01:41:10,850 --> 01:41:06,980

away

2291

01:41:12,050 --> 01:41:10,860

old dogma and old belief systems and

2292

01:41:14,689 --> 01:41:12,060

form your own

2293

01:41:17,510 --> 01:41:14,699

I actually have what I call frap sap the

2294

01:41:20,030 --> 01:41:17,520

Jeet Kune doe School of spirituality I

2295

01:41:21,770 --> 01:41:20,040

take what works and I leave the rest so

2296

01:41:24,410 --> 01:41:21,780

whatever works for me meditation works

2297

01:41:26,810 --> 01:41:24,420

for me and if a priest or a Christian

2298

01:41:28,910 --> 01:41:26,820

minister tells me I can't do that I'm

2299

01:41:31,310 --> 01:41:28,920

not interested in what he has to say

2300

01:41:34,729 --> 01:41:31,320

because I have seen the benefits of

2301

01:41:37,370 --> 01:41:34,739

meditation in my life and studying uh

2302

01:41:39,709 --> 01:41:37,380

Buddhist scripture and texts and

2303

01:41:40,669 --> 01:41:39,719

philosophies has tremendously benefited

2304

01:41:43,250 --> 01:41:40,679

me

2305

01:41:45,890 --> 01:41:43,260

I think it's okay to be both or to be

2306

01:41:47,870 --> 01:41:45,900

interested in both to try to be to

2307

01:41:50,270 --> 01:41:47,880

follow both

2308

01:41:51,950 --> 01:41:50,280

um and again I subscribe to the Bruce

2309

01:41:54,410 --> 01:41:51,960

Lee you know take what works and leave

2310

01:41:58,550 --> 01:41:54,420

the rest so for me meditation has been

2311

01:42:00,770 --> 01:41:58,560

helpful I try to do that and also uh you

2312

01:42:03,590 --> 01:42:00,780

know being a Christian I

2313

01:42:06,410 --> 01:42:03,600

but I'm human I'm attempting both

2314

01:42:07,850 --> 01:42:06,420

uh and maybe doing my own version of

2315

01:42:09,290 --> 01:42:07,860

both right

2316

01:42:11,149 --> 01:42:09,300

glad you've done this show tonight

2317

01:42:13,370 --> 01:42:11,159

thanks Steve and that's from Steve Ronan

2318

01:42:16,850 --> 01:42:13,380

longtime show supporter good good to see

2319

01:42:20,030 --> 01:42:16,860

you here and thank you for being here

2320

01:42:23,090 --> 01:42:20,040

uh there is Christian meditation yes and

2321

01:42:26,810 --> 01:42:23,100

uh there is also Christian prayer which

2322

01:42:29,510 --> 01:42:26,820

is a form of meditation and I also like

2323

01:42:31,550 --> 01:42:29,520

the rosary Patty Wilhelm I find that

2324

01:42:33,410 --> 01:42:31,560

meditative

2325

01:42:36,410 --> 01:42:33,420

um there's something about those beads

2326

01:42:39,050 --> 01:42:36,420

and going through the rosary prayers you

2327

01:42:42,890 --> 01:42:39,060

know the Hail Marys the our fathers and

2328

01:42:46,250 --> 01:42:42,900

moving those beads as you recite and I

2329

01:42:49,129 --> 01:42:46,260

learn to pray the rosary from nuns

2330

01:42:52,850 --> 01:42:49,139

who've taught you to visualize as you're

2331

01:42:56,030 --> 01:42:52,860

saying the prayer you visualize what the

2332

01:42:58,689 --> 01:42:56,040

prayer is about and all of those things

2333

01:43:01,250 --> 01:42:58,699

I find that to be

2334

01:43:04,310 --> 01:43:01,260

despite what I think of Catholicism I

2335

01:43:06,109 --> 01:43:04,320

still I like the rosary everybody I

2336

01:43:08,270 --> 01:43:06,119

guess has to find their own way to pray

2337

01:43:09,709 --> 01:43:08,280

and their own thing that they're good

2338

01:43:12,890 --> 01:43:09,719

you know

2339

01:43:15,770 --> 01:43:12,900

I like the Rosary uh some there's just

2340

01:43:18,050 --> 01:43:15,780

something about it that uh feels good to

2341

01:43:23,149 --> 01:43:20,750

Buddha Idols are remnants of Marduk idol

2342

01:43:24,830 --> 01:43:23,159

worship Babylonian invasion of Asia

2343

01:43:25,310 --> 01:43:24,840

could be

2344

01:43:26,990 --> 01:43:25,320

[Music]

2345

01:43:30,109 --> 01:43:27,000

um

2346

01:43:36,590 --> 01:43:32,330

unknown sender says think upon these

2347

01:43:44,410 --> 01:43:38,890

yeah you're right

2348

01:43:49,370 --> 01:43:47,270

Loco Moco says some days it's minute by

2349

01:43:51,350 --> 01:43:49,380

minute but it passes I go through a

2350

01:43:54,350 --> 01:43:51,360

grieving process without my substances

2351

01:43:55,270 --> 01:43:54,360

fat mince Vince Neil love your laugh by

2352

01:43:58,970 --> 01:43:55,280

the way

2353

01:44:00,890 --> 01:43:58,980

good thank you and yeah like you know I

2354

01:44:02,629 --> 01:44:00,900

grew up with Motley Crue that was one of

2355

01:44:06,169 --> 01:44:02,639

the first bands that I was interested in

2356

01:44:08,629 --> 01:44:06,179

and it was right before grunge hit right

2357

01:44:10,850 --> 01:44:08,639

and uh you know girls girls girls on

2358

01:44:12,590 --> 01:44:10,860

wild side and all that you know they

2359

01:44:15,890 --> 01:44:12,600

were and I wanted to be a musician just

2360

01:44:19,609 --> 01:44:15,900

like them so they Vince Neil and mcmars

2361

01:44:22,010 --> 01:44:19,619

and Tommy Lee and and uh Nikki Sixx they

2362

01:44:25,070 --> 01:44:22,020

were sort of Heroes to me growing up

2363

01:44:27,470 --> 01:44:25,080

and uh it's tough to see them now

2364

01:44:28,910 --> 01:44:27,480

because they I think that they're on the

2365

01:44:30,229 --> 01:44:28,920

take they shouldn't be taking money

2366

01:44:33,770 --> 01:44:30,239

they're using

2367

01:44:36,950 --> 01:44:33,780

playback of of some of the tracks and

2368

01:44:39,530 --> 01:44:36,960

backing tracks and that's not a real

2369

01:44:41,149 --> 01:44:39,540

metal or rock band

2370

01:44:42,590 --> 01:44:41,159

they should be playing their instruments

2371

01:44:45,109 --> 01:44:42,600

and if they're not good enough to they

2372

01:44:47,990 --> 01:44:45,119

shouldn't take the ticket money and if

2373

01:44:53,450 --> 01:44:48,000

uh Vince Neil has become fat Vince Neil

2374

01:44:57,350 --> 01:44:55,669

there is some terrible videos of him

2375

01:44:59,930 --> 01:44:57,360

where he sounds like he's just mumbling

2376

01:45:02,030 --> 01:44:59,940

the words he shouldn't take that kind of

2377

01:45:03,590 --> 01:45:02,040

ticket money you know it's expensive to

2378

01:45:06,770 --> 01:45:03,600

go to a concert what is a good concert

2379

01:45:08,810 --> 01:45:06,780

cost now for one ticket 50 bucks 75

2380

01:45:12,109 --> 01:45:08,820

bucks I don't know I haven't been to one

2381

01:45:14,030 --> 01:45:12,119

in ages since having children but I'm

2382

01:45:15,530 --> 01:45:14,040

just one to think you shouldn't take the

2383

01:45:17,090 --> 01:45:15,540

money unless you're gonna put on a

2384

01:45:18,950 --> 01:45:17,100

really good performance and care enough

2385

01:45:23,330 --> 01:45:18,960

to do that and I don't think that they

2386

01:45:25,189 --> 01:45:23,340

are lately it's it's sad to see

2387

01:45:27,770 --> 01:45:25,199

you should take advantage of your new

2388

01:45:29,689 --> 01:45:27,780

games where you lose fat and put on 10

2389

01:45:32,169 --> 01:45:29,699

to 12 pounds of muscle in one year by

2390

01:45:36,350 --> 01:45:32,179

doing the big four compound movements

2391

01:45:39,109 --> 01:45:36,360

deadlift squat bench press barbell curl

2392

01:45:40,850 --> 01:45:39,119

I'm looking into weights dirty pox but I

2393

01:45:42,169 --> 01:45:40,860

tried lifting weights a few times in my

2394

01:45:45,709 --> 01:45:42,179

life and it never worked for me I've

2395

01:45:48,350 --> 01:45:45,719

always been like stick thin you know

2396

01:45:50,209 --> 01:45:48,360

um but I'm willing to give it a try I

2397

01:45:52,490 --> 01:45:50,219

also thought that if I got bigger

2398

01:45:55,970 --> 01:45:52,500

shoulders and arms my gut might look

2399

01:46:00,109 --> 01:45:55,980

smaller so hey there's that

2400

01:46:05,450 --> 01:46:00,119

any strategy uh any strategy that I can

2401

01:46:08,390 --> 01:46:05,460

use to uh minimize the spare tire uh and

2402

01:46:11,149 --> 01:46:08,400

let me let me get that down here so

2403

01:46:11,930 --> 01:46:11,159

anybody who did want to email me uh who

2404

01:46:12,530 --> 01:46:11,940

is

2405

01:46:15,350 --> 01:46:12,540

um

2406

01:46:18,410 --> 01:46:15,360

looking for uh you know

2407

01:46:20,870 --> 01:46:18,420

advice or want to offer advice for

2408

01:46:23,689 --> 01:46:20,880

tonight's show subject feel free to

2409

01:46:25,729 --> 01:46:23,699

email me and I'll try to get back to

2410

01:46:27,709 --> 01:46:25,739

each and every one of you

2411

01:46:30,950 --> 01:46:27,719

I also want to remind everybody that

2412

01:46:33,890 --> 01:46:30,960

Alcohol Anonymous is in every city

2413

01:46:36,890 --> 01:46:33,900

everywhere you are uh so you can Google

2414

01:46:39,290 --> 01:46:36,900

Alcohol Anonymous Alcoholics Anonymous

2415

01:46:41,090 --> 01:46:39,300

meetings near me that's how I found the

2416

01:46:43,550 --> 01:46:41,100

group that I go to which is a few

2417

01:46:46,570 --> 01:46:43,560

minutes from my house I could walk there

2418

01:46:49,370 --> 01:46:46,580

I should start doing that

2419

01:46:51,590 --> 01:46:49,380

and and also if you do live someplace

2420

01:46:55,850 --> 01:46:51,600

remote like even if you live in Alaska

2421

01:46:58,609 --> 01:46:55,860

or Antarctica you can attend virtual uh

2422

01:47:01,149 --> 01:46:58,619

Zoom Alcoholics Anonymous meetings I'm

2423

01:47:04,310 --> 01:47:01,159

just now learning this because uh

2424

01:47:06,470 --> 01:47:04,320

my where my cabin is the nearest

2425

01:47:08,209 --> 01:47:06,480

Alcoholics Anonymous meeting is an hour

2426

01:47:10,490 --> 01:47:08,219

away so if I feel like I really really

2427

01:47:14,030 --> 01:47:10,500

need a meeting while I'm there at the

2428

01:47:17,870 --> 01:47:14,040

cabin I can find a virtual AAA meeting

2429

01:47:21,229 --> 01:47:17,880

to attend and uh I would recommend it

2430

01:47:24,649 --> 01:47:23,270

so any more questions or comments for me

2431

01:47:26,209 --> 01:47:24,659

please put them in all capital letters

2432

01:47:29,030 --> 01:47:26,219

otherwise we're going to be wrapping

2433

01:47:31,550 --> 01:47:29,040

things up here and uh

2434

01:47:34,370 --> 01:47:31,560

tomorrow we'll be returning to our

2435

01:47:36,649 --> 01:47:34,380

normally scheduled programming I believe

2436

01:47:38,050 --> 01:47:36,659

tomorrow we're finally doing the aerial

2437

01:47:41,090 --> 01:47:38,060

phenomenon

2438

01:47:43,310 --> 01:47:41,100

documentary review we are going to have

2439

01:47:46,129 --> 01:47:43,320

spooky and I believe Brianna from that

2440

01:47:48,350 --> 01:47:46,139

one time I've got abducted by aliens is

2441

01:47:50,510 --> 01:47:48,360

going to be visiting us as well so if

2442

01:47:53,390 --> 01:47:50,520

you like those Crystal hippie [h__h]

2443

01:47:55,790 --> 01:47:53,400

tomorrow night 9 p.m I encourage you to

2444

01:47:57,590 --> 01:47:55,800

be here I also want to remind everybody

2445

01:47:59,930 --> 01:47:57,600

if you're listening in audio podcast

2446

01:48:02,510 --> 01:47:59,940

land we love and appreciate you but

2447

01:48:04,729 --> 01:48:02,520

you're missing half the fun so go on

2448

01:48:07,669 --> 01:48:04,739

over to YouTube Patrice Seekers one word

2449

01:48:09,709 --> 01:48:07,679

in the search bar look for me the

2450

01:48:11,750 --> 01:48:09,719

strange guy with sunglasses go to that

2451

01:48:14,149 --> 01:48:11,760

Channel smash the Subscribe button hit

2452

01:48:16,129 --> 01:48:14,159

that notification Bell and you too will

2453

01:48:18,350 --> 01:48:16,139

know when we're doing a live taping for

2454

01:48:20,870 --> 01:48:18,360

the podcast and can come here

2455

01:48:23,270 --> 01:48:20,880

uh we encourage you to not just listen

2456

01:48:26,090 --> 01:48:23,280

to the show not just watch the show come

2457

01:48:28,790 --> 01:48:26,100

to our live chats and be a part of the

2458

01:48:32,030 --> 01:48:28,800

show you can hear we take comments and

2459

01:48:34,790 --> 01:48:32,040

questions from the live audience every

2460

01:48:37,189 --> 01:48:34,800

single show we love that interactivity

2461

01:48:38,030 --> 01:48:37,199

and welcome you to become a part of the

2462

01:48:40,430 --> 01:48:38,040

show

2463

01:48:42,470 --> 01:48:40,440

uh you are most welcome

2464

01:48:44,149 --> 01:48:42,480

so any more comments or questions from

2465

01:48:46,910 --> 01:48:44,159

me please promote capital letters

2466

01:48:50,390 --> 01:48:46,920

otherwise we are going to be bouncing

2467

01:48:53,750 --> 01:48:50,400

out of here Sweet Caroline says the goat

2468

01:48:55,310 --> 01:48:53,760

the greatest of all time Brianna

2469

01:48:57,530 --> 01:48:55,320

I don't know

2470

01:48:59,149 --> 01:48:57,540

Crystal hippie [h__h] for sure but I'm

2471

01:49:01,669 --> 01:48:59,159

anxious to see what a crystal hippie

2472

01:49:03,830 --> 01:49:01,679

[h__h] thinks about movie I know what I

2473

01:49:06,290 --> 01:49:03,840

think of it I've got nodes Spooky's got

2474

01:49:11,030 --> 01:49:06,300

notes we're going to talk about that

2475

01:49:11,040 --> 01:49:17,050

uh one second

2476

01:49:21,350 --> 01:49:19,609

Hank mcgurkus have you ever felt like

2477

01:49:24,530 --> 01:49:21,360

lying in the bathtub with your socks on

2478

01:49:27,229 --> 01:49:24,540

no wet socks is gross uh anytime I get

2479

01:49:29,810 --> 01:49:27,239

wet socks I change my socks at the cabin

2480

01:49:31,850 --> 01:49:29,820

especially I have extra pairs of socks

2481

01:49:33,530 --> 01:49:31,860

always available because sometimes

2482

01:49:35,629 --> 01:49:33,540

you'll be hiking and you do something

2483

01:49:38,030 --> 01:49:35,639

stupid like step in a puddle you didn't

2484

01:49:40,609 --> 01:49:38,040

see or a creek you didn't see or

2485

01:49:43,850 --> 01:49:40,619

whatever I always have extra socks not a

2486

01:49:46,550 --> 01:49:43,860

fan of wet socks gross

2487

01:49:48,770 --> 01:49:46,560

30 pucks says I was a rake man and one

2488

01:49:51,470 --> 01:49:48,780

year I had a different body eat what you

2489

01:49:54,169 --> 01:49:51,480

want once you stay just under calorie

2490

01:49:56,090 --> 01:49:54,179

Surplus buy a used cheap barbell and you

2491

01:49:58,430 --> 01:49:56,100

only need 200 pounds of weight plates

2492

01:50:02,050 --> 01:49:58,440

yeah I'm looking into that pragmatic is

2493

01:50:07,250 --> 01:50:05,149

pragmatic shares alcohol is a crutch for

2494

01:50:10,910 --> 01:50:07,260

the hundred hungry ghosts or the preda

2495

01:50:14,270 --> 01:50:10,920

in the Bardo photo tiny neck big bellied

2496

01:50:16,310 --> 01:50:14,280

never satiated yeah I

2497

01:50:18,530 --> 01:50:16,320

some days I would wake up the next day

2498

01:50:20,810 --> 01:50:18,540

pragmatic and then I would count the

2499

01:50:23,390 --> 01:50:20,820

empty beers and I would go Jesus I drank

2500

01:50:25,970 --> 01:50:23,400

18 beers or whatever I drank

2501

01:50:27,890 --> 01:50:25,980

and I I didn't know that I had the

2502

01:50:29,870 --> 01:50:27,900

ability to drink that many right you

2503

01:50:32,209 --> 01:50:29,880

never it was never enough I could just

2504

01:50:33,470 --> 01:50:32,219

keep going until I passed down and

2505

01:50:38,689 --> 01:50:33,480

that's why you know you have a problem

2506

01:50:40,070 --> 01:50:38,699

right if you can't stop at a few and I

2507

01:50:43,850 --> 01:50:40,080

really would love to be one of those

2508

01:50:46,129 --> 01:50:43,860

people that just drinks a few really uh

2509

01:50:47,209 --> 01:50:46,139

special sort of craft beers and stops

2510

01:50:49,250 --> 01:50:47,219

for the night

2511

01:50:51,890 --> 01:50:49,260

but I don't know that I have that in me

2512

01:50:54,530 --> 01:50:51,900

yet that is uh

2513

01:50:56,930 --> 01:50:54,540

yet to be determined right and if you're

2514

01:50:59,090 --> 01:50:56,940

just joining us prank magic I've hit 99

2515

01:51:01,310 --> 01:50:59,100

days sober and now I'm doing that

2516

01:51:03,350 --> 01:51:01,320

program called 75 hard you can look it

2517

01:51:05,510 --> 01:51:03,360

up it's an exercise health and fitness

2518

01:51:07,430 --> 01:51:05,520

program but you can't drink alcohol on

2519

01:51:10,430 --> 01:51:07,440

it so I'm going to get another 75 days

2520

01:51:12,530 --> 01:51:10,440

sober and you've got to exercise twice a

2521

01:51:15,470 --> 01:51:12,540

day for 45 minutes drink a gallon of

2522

01:51:17,930 --> 01:51:15,480

water take Daily Progress photos and and

2523

01:51:20,629 --> 01:51:17,940

read 10 minutes I think of non-fiction

2524

01:51:24,290 --> 01:51:20,639

daily so I'm starting that this week so

2525

01:51:27,290 --> 01:51:24,300

I'm I'm gonna get to 175 days I think I

2526

01:51:29,629 --> 01:51:27,300

hope I'm hopeful you know

2527

01:51:29,639 --> 01:51:33,590

hahaha

2528

01:51:39,470 --> 01:51:36,830

Road sub says reincarnation is a fact

2529

01:51:41,330 --> 01:51:39,480

Maybe

2530

01:51:43,250 --> 01:51:41,340

Sweet Caroline says I like that Crystal

2531

01:51:47,270 --> 01:51:43,260

hippie [h__h] too yeah those Crystal

2532

01:51:52,189 --> 01:51:50,629

yeah uh Loco Moco mentioned seen Alice

2533

01:51:55,370 --> 01:51:52,199

Cooper last night he is still kicking

2534

01:51:57,530 --> 01:51:55,380

acid 74. I love his guitar player

2535

01:52:00,590 --> 01:51:57,540

did he have the hot chick guitar player

2536

01:52:02,030 --> 01:52:00,600

Loco Moco I forget her name she is

2537

01:52:04,669 --> 01:52:02,040

incredible

2538

01:52:06,590 --> 01:52:04,679

in more ways than one right and it's not

2539

01:52:10,010 --> 01:52:06,600

just because she's hot I'm a musician

2540

01:52:11,330 --> 01:52:10,020

she's incredible guitar player uh and

2541

01:52:13,010 --> 01:52:11,340

she's been playing with him for some

2542

01:52:14,930 --> 01:52:13,020

time I think she's on tour with him

2543

01:52:16,910 --> 01:52:14,940

right now she's uh one of my Facebook

2544

01:52:19,550 --> 01:52:16,920

friends uh talked to her a few times

2545

01:52:22,010 --> 01:52:19,560

addicts are an easy target for the Prada

2546

01:52:24,350 --> 01:52:22,020

the longing and hunger we have for

2547

01:52:26,330 --> 01:52:24,360

dionism feeds others

2548

01:52:30,050 --> 01:52:26,340

well there's pragmagic getting really

2549

01:52:34,910 --> 01:52:30,060

into the that's into the weeds for me

2550

01:52:36,470 --> 01:52:34,920

um you I I don't know uh but I did if

2551
01:52:38,930 --> 01:52:36,480
you're joining this late preg magic go

2552
01:52:41,750 --> 01:52:38,940
through all of the benefits of quitting

2553
01:52:44,510 --> 01:52:41,760
alcohol for 99 days and the few of the

2554
01:52:45,590 --> 01:52:44,520
negatives I did experience some things

2555
01:52:47,750 --> 01:52:45,600
that I thought

2556
01:52:51,229 --> 01:52:47,760
we're bad about quitting drinking most

2557
01:52:54,410 --> 01:52:51,239
of that is discomfort uh I'll hopefully

2558
01:53:00,109 --> 01:52:57,830
Burns Eye Blind mine uh hello beautiful

2559
01:53:04,370 --> 01:53:00,119
souls glad you are doing well with your

2560
01:53:07,609 --> 01:53:04,380
sobriety yeah well uh

2561
01:53:10,370 --> 01:53:07,619
thank you for being here there uh I'm

2562
01:53:12,290 --> 01:53:10,380
staying away from alcohol but uh

2563
01:53:14,030 --> 01:53:12,300

I guess I could drink some of your lab

2564

01:53:16,550 --> 01:53:14,040

concoctions right

2565

01:53:19,310 --> 01:53:16,560

it makes me think of uh

2566

01:53:21,709 --> 01:53:19,320

those old movies like Dr Jekyll and Mr

2567

01:53:24,709 --> 01:53:21,719

Hyde he drinks from the lab and then you

2568

01:53:27,109 --> 01:53:24,719

know that stuff Burns eye does

2569

01:53:29,629 --> 01:53:27,119

all right so uh that's all we got for

2570

01:53:32,450 --> 01:53:29,639

you tonight friends uh and we're gonna

2571

01:53:34,010 --> 01:53:32,460

bounce on out of here I do want to thank

2572

01:53:36,649 --> 01:53:34,020

each and every one of you for joining us

2573

01:53:39,290 --> 01:53:36,659

I want to uh thank you all for indulging

2574

01:53:41,450 --> 01:53:39,300

me with going way off topic tonight but

2575

01:53:43,550 --> 01:53:41,460

I thought it important to do so

2576

01:53:46,729 --> 01:53:43,560

maybe this will be helpful to many

2577

01:53:49,609 --> 01:53:46,739

people and also help me to sort of talk

2578

01:53:51,410 --> 01:53:49,619

about this more openly and honestly

2579

01:53:55,010 --> 01:53:51,420

uh

2580

01:53:57,050 --> 01:53:55,020

I want to thank each and every one of

2581

01:53:59,090 --> 01:53:57,060

you for indulging me tomorrow we're

2582

01:54:01,490 --> 01:53:59,100

returning to our usual scheduled

2583

01:54:02,990 --> 01:54:01,500

programming I also have a few interviews

2584

01:54:05,470 --> 01:54:03,000

scheduled for this week we will be

2585

01:54:09,410 --> 01:54:05,480

returning to a more active schedule

2586

01:54:12,290 --> 01:54:09,420

going into the fall here uh imagine that

2587

01:54:14,270 --> 01:54:12,300

not being hungover for a large portion

2588

01:54:16,669 --> 01:54:14,280

if that gives me more time to prepare

2589

01:54:20,209 --> 01:54:16,679

shows for you and I certainly consider

2590

01:54:24,350 --> 01:54:20,219

working on shows that are upcoming more

2591

01:54:28,010 --> 01:54:24,360

uh healthy and good for me than drinking

2592

01:54:30,410 --> 01:54:28,020

however many beers so I've been focused

2593

01:54:32,450 --> 01:54:30,420

on doing some of that and getting more

2594

01:54:34,790 --> 01:54:32,460

things done as we talked about earlier

2595

01:54:36,709 --> 01:54:34,800

so I'm going to bounce on out of here

2596

01:54:38,810 --> 01:54:36,719

we'll be back tomorrow night 9 p.m

2597

01:54:41,390 --> 01:54:38,820

Eastern Standard Time and I encourage

2598

01:54:44,209 --> 01:54:41,400

you to join us if you're interested in

2599

01:54:45,410 --> 01:54:44,219

that movie aerial phenomenon uh you'll

2600

01:54:48,770 --> 01:54:45,420

enjoy tomorrow because we'll be having

2601
01:54:49,430 --> 01:54:48,780
sort of a panel discussion and review

2602
01:54:51,350 --> 01:54:49,440
um

2603
01:54:53,030 --> 01:54:51,360
we've been planning that for some time

2604
01:54:54,649 --> 01:54:53,040
and people have been asking me to do

2605
01:54:56,810 --> 01:54:54,659
that for some time

2606
01:55:00,290 --> 01:54:56,820
we've got all three of us on board now

2607
01:55:02,689 --> 01:55:00,300
myself spooky and Brianna from that one

2608
01:55:04,970 --> 01:55:02,699
time I was abducted by aliens we'll be

2609
01:55:08,510 --> 01:55:04,980
here tomorrow night I believe 9 p.m

2610
01:55:11,270 --> 01:55:08,520
Eastern Standard Time and we'll be uh

2611
01:55:14,390 --> 01:55:11,280
talking UFOs and aliens once again

2612
01:55:16,010 --> 01:55:14,400
so uh that's all I got I want to thank

2613
01:55:18,290 --> 01:55:16,020

each and every one of you for joining us

2614

01:55:20,570 --> 01:55:18,300

until next time friends my name is

2615

01:55:24,190 --> 01:55:20,580

Stephen cambian good night and God bless

2616

01:55:50,230 --> 01:55:48,609

[Music]

2617

01:57:02,290 --> 01:55:50,240

thank you

2618

01:57:03,520 --> 01:57:02,300

[Music]

2619

01:58:08,290 --> 01:57:03,530

thank you

2620

01:58:08,300 --> 01:58:26,750

[Music]

2621

01:58:26,760 --> 01:58:30,310

foreign

2622

01:59:38,380 --> 01:58:59,180

[Music]