

120
DAYS
SOBER

THE ALCOHOL DIARIES

Truth Seekers

1
00:01:06,650 --> 00:00:20,700
[Music]

2
00:01:09,469 --> 00:01:06,660
thank you

3
00:01:12,080 --> 00:01:09,479
[Music]

4
00:01:31,470 --> 00:01:12,090
foreign

5
00:02:05,929 --> 00:01:46,430
[Music]

6
00:02:05,939 --> 00:02:12,260
foreign

7
00:02:52,460 --> 00:02:49,590
[Music]

8
00:03:50,390 --> 00:02:52,470
foreign

9
00:03:52,789 --> 00:03:50,400
[Music]

10
00:03:56,869 --> 00:03:52,799
greetings and salutations friends and

11
00:04:00,470 --> 00:03:56,879
welcome back I am here with you on a

12
00:04:05,270 --> 00:04:00,480
special occasion of sorts to uh talk

13
00:04:08,930 --> 00:04:05,280

about and celebrate 120 days sober no

14

00:04:11,509 --> 00:04:08,940

alcohol for 120 days and uh we're

15

00:04:13,910 --> 00:04:11,519

calling this the alcohol Diaries and I

16

00:04:16,449 --> 00:04:13,920

thought it was important perhaps

17

00:04:18,710 --> 00:04:16,459

for others as well

18

00:04:21,949 --> 00:04:18,720

experiencing problems I've talked to

19

00:04:25,189 --> 00:04:21,959

many many people who like me their

20

00:04:27,770 --> 00:04:25,199

alcohol increase or excuse me alcohol

21

00:04:31,670 --> 00:04:27,780

use increased dramatically over the

22

00:04:35,510 --> 00:04:31,680

pandemic and lockdowns and mine sure did

23

00:04:37,850 --> 00:04:35,520

and it started becoming a very unhealthy

24

00:04:42,590 --> 00:04:37,860

huge problem for me

25

00:04:44,810 --> 00:04:42,600

and for those uh not affected by this uh

26

00:04:46,550 --> 00:04:44,820

it's probably still no surprise to you

27

00:04:49,969 --> 00:04:46,560

that

28

00:04:53,090 --> 00:04:49,979

um a huge use of alcohol can create many

29

00:04:55,790 --> 00:04:53,100

problems in your life and I believe

30

00:04:59,629 --> 00:04:55,800

both physical and psychological and

31

00:05:02,930 --> 00:04:59,639

mental problems uh of course it causes

32

00:05:06,830 --> 00:05:02,940

uh on the physical side I had gained

33

00:05:08,270 --> 00:05:06,840

something like 20 pounds and uh for

34

00:05:10,370 --> 00:05:08,280

those who've known me for a long time

35

00:05:13,070 --> 00:05:10,380

especially in my real life I've always

36

00:05:15,590 --> 00:05:13,080

been known to be like

37

00:05:17,749 --> 00:05:15,600

you know stick thin suddenly I'm

38

00:05:21,590 --> 00:05:17,759

sporting a huge

39

00:05:23,150 --> 00:05:21,600

spare tire walking around looking uh not

40

00:05:25,790 --> 00:05:23,160

very good

41

00:05:29,150 --> 00:05:25,800

um but honestly the appearance part of

42

00:05:30,409 --> 00:05:29,160

it is the least of the issues that that

43

00:05:33,469 --> 00:05:30,419

can cause

44

00:05:35,930 --> 00:05:33,479

uh increased weight and especially

45

00:05:38,870 --> 00:05:35,940

increased fat percentage in your body

46

00:05:40,189 --> 00:05:38,880

can lead to many other serious chronic

47

00:05:42,350 --> 00:05:40,199

illnesses

48

00:05:44,749 --> 00:05:42,360

and in my case it was starting to really

49

00:05:48,170 --> 00:05:44,759

take its toll I was feeling lethargic I

50

00:05:51,110 --> 00:05:48,180

wasn't getting things done I was being

51

00:05:54,529 --> 00:05:51,120

extremely lazy as one is

52

00:05:56,510 --> 00:05:54,539

probably uh you should expect someone to

53

00:05:59,450 --> 00:05:56,520

be lazy when they put on an extra 20

54

00:06:02,689 --> 00:05:59,460

pounds and all they do is sit around

55

00:06:05,450 --> 00:06:02,699

their house eating uh food not very good

56

00:06:07,430 --> 00:06:05,460

for them and drinking constantly and

57

00:06:09,409 --> 00:06:07,440

that's kind of where I found myself now

58

00:06:14,450 --> 00:06:09,419

I've done a lot of thinking about

59

00:06:17,090 --> 00:06:14,460

just why maybe uh that alcohol use

60

00:06:18,890 --> 00:06:17,100

increased so much and I'm sure I can

61

00:06:22,909 --> 00:06:18,900

blame some of it on the pandemic after

62

00:06:26,029 --> 00:06:22,919

all it was a scary time for many of us I

63

00:06:28,730 --> 00:06:26,039

had uh close friends and people that I

64

00:06:30,529 --> 00:06:28,740

knew in the real world who were dropping

65

00:06:33,770 --> 00:06:30,539

dead from this thing

66

00:06:35,090 --> 00:06:33,780

and I myself became something of a

67

00:06:38,090 --> 00:06:35,100

germaphobe

68

00:06:39,350 --> 00:06:38,100

and uh had a real hard time dealing with

69

00:06:41,990 --> 00:06:39,360

all of this

70

00:06:44,510 --> 00:06:42,000

so that was certainly part of it it

71

00:06:45,550 --> 00:06:44,520

could also I could blame part of it on

72

00:06:50,330 --> 00:06:45,560

the

73

00:06:53,090 --> 00:06:50,340

frustration and lack of income maybe as

74

00:06:56,150 --> 00:06:53,100

the pandemic destroyed my business as it

75

00:06:57,110 --> 00:06:56,160

did many small business owners

76

00:07:00,529 --> 00:06:57,120

um

77

00:07:04,309 --> 00:07:00,539

but you know uh I suppose I had always

78

00:07:06,230 --> 00:07:04,319

probably drank too much but not to that

79

00:07:09,469 --> 00:07:06,240

excess as I was during the pandemic

80

00:07:11,450 --> 00:07:09,479

never had been an all-day drinker all

81

00:07:13,689 --> 00:07:11,460

not all day I should say everyday

82

00:07:17,450 --> 00:07:13,699

Drinker is what I mean

83

00:07:19,850 --> 00:07:17,460

uh you know and during the pandemic well

84

00:07:21,890 --> 00:07:19,860

you know I have no work to do

85

00:07:24,650 --> 00:07:21,900

businesses in the [h__\h]

86

00:07:27,589 --> 00:07:24,660

government's not helping you know that

87

00:07:29,330 --> 00:07:27,599

in fact the government became a source

88

00:07:30,950 --> 00:07:29,340

of frustration for many small business

89

00:07:34,129 --> 00:07:30,960

owners because it was the government

90

00:07:36,230 --> 00:07:34,139

telling us that we could not do business

91

00:07:38,809 --> 00:07:36,240

or the restrictions around everything

92

00:07:40,189 --> 00:07:38,819

that made doing business nearly

93

00:07:42,230 --> 00:07:40,199

impossible

94

00:07:44,749 --> 00:07:42,240

so like many

95

00:07:50,930 --> 00:07:44,759

um my business was just completely

96

00:07:57,230 --> 00:07:54,110

still haven't returned to pre-pandemic

97

00:08:00,529 --> 00:07:57,240

levels and never will

98

00:08:02,809 --> 00:08:00,539

um and then I was equally frustrated by

99

00:08:03,650 --> 00:08:02,819

the fact that other things that I would

100

00:08:07,610 --> 00:08:03,660

do

101
00:08:10,490 --> 00:08:07,620
uh to make up for lack of uh you know a

102
00:08:13,129 --> 00:08:10,500
good income week in business I used to

103
00:08:15,529 --> 00:08:13,139
Uber if I was having a tough week

104
00:08:17,390 --> 00:08:15,539
financially I would just go Uber two or

105
00:08:19,969 --> 00:08:17,400
three nights and make up the difference

106
00:08:21,409 --> 00:08:19,979
couldn't do that or I could but I'd be

107
00:08:23,629 --> 00:08:21,419
putting my life in my hands or at least

108
00:08:25,249 --> 00:08:23,639
that's what I thought at the time so I

109
00:08:26,089 --> 00:08:25,259
didn't do that

110
00:08:28,790 --> 00:08:26,099
um

111
00:08:31,369 --> 00:08:28,800
and I suppose like many you know

112
00:08:33,949 --> 00:08:31,379
um the pandemic also I'm sure put a lot

113
00:08:35,870 --> 00:08:33,959

of stress on people's relationships and

114

00:08:36,889 --> 00:08:35,880

marriages I'm sure I'm not the only

115

00:08:39,529 --> 00:08:36,899

person

116

00:08:41,630 --> 00:08:39,539

who may have felt like

117

00:08:44,089 --> 00:08:41,640

um their marriage was strained during

118

00:08:46,550 --> 00:08:44,099

this time after all

119

00:08:48,470 --> 00:08:46,560

it's a stressful time for both you and

120

00:08:50,750 --> 00:08:48,480

your significant other or spouse you're

121

00:08:53,570 --> 00:08:50,760

both dealing with all this extra stress

122

00:08:57,230 --> 00:08:53,580

maybe a little quicker to argue quicker

123

00:09:00,530 --> 00:08:57,240

to have problems in your marriage

124

00:09:03,170 --> 00:09:00,540

and also you you could be

125

00:09:05,210 --> 00:09:03,180

uh for those people Married with

126

00:09:06,470 --> 00:09:05,220

Children we have to remember that the

127

00:09:10,250 --> 00:09:06,480

schools shut down

128

00:09:12,230 --> 00:09:10,260

so many people were faced with uh you

129

00:09:15,170 --> 00:09:12,240

know having to provide

130

00:09:18,230 --> 00:09:15,180

care for their children 24 7 for an

131

00:09:20,150 --> 00:09:18,240

indefinite amount of time I remember

132

00:09:24,670 --> 00:09:20,160

that there seemed to be one point where

133

00:09:26,750 --> 00:09:24,680

there was no clear concise even uh

134

00:09:29,930 --> 00:09:26,760

understanding of when schools would

135

00:09:32,389 --> 00:09:29,940

reopen you know like maybe next year

136

00:09:35,449 --> 00:09:32,399

schools will be open so great I have to

137

00:09:39,410 --> 00:09:35,459

do this for a year somehow I'm supposed

138

00:09:41,329 --> 00:09:39,420

to just move on and uh you know not be

139

00:09:44,030 --> 00:09:41,339

affected with a business that's

140

00:09:46,009 --> 00:09:44,040

destroyed no income now I've got to take

141

00:09:49,009 --> 00:09:46,019

care of both of my children all day and

142

00:09:51,769 --> 00:09:49,019

all night for the foreseeable future

143

00:09:54,530 --> 00:09:51,779

this of course uh stressed me out

144

00:09:56,990 --> 00:09:54,540

tremendously and I

145

00:09:58,190 --> 00:09:57,000

was deeply affected by that stress

146

00:09:59,690 --> 00:09:58,200

usually

147

00:10:01,670 --> 00:09:59,700

you know

148

00:10:03,769 --> 00:10:01,680

stress is a part of life you learn to

149

00:10:05,570 --> 00:10:03,779

deal with those I always say I roll with

150

00:10:09,769 --> 00:10:05,580

the punches and keep going

151
00:10:12,769 --> 00:10:09,779
but uh huge blow uh I was about to say

152
00:10:15,290 --> 00:10:12,779
to a man it's a huge blow to anybody to

153
00:10:17,750 --> 00:10:15,300
have their income just destroyed and

154
00:10:19,009 --> 00:10:17,760
gone and and now uh what are you

155
00:10:21,710 --> 00:10:19,019
supposed to do

156
00:10:24,590 --> 00:10:21,720
and then add the stress of the children

157
00:10:25,730 --> 00:10:24,600
and you know uh because of the pandemic

158
00:10:27,590 --> 00:10:25,740
situation

159
00:10:29,150 --> 00:10:27,600
I remember there was a time when I

160
00:10:30,290 --> 00:10:29,160
couldn't even take my kids to the local

161
00:10:33,110 --> 00:10:30,300
park

162
00:10:35,509 --> 00:10:33,120
uh that wasn't allowed so you're sitting

163
00:10:38,810 --> 00:10:35,519

in your house with a business that's

164

00:10:43,670 --> 00:10:38,820

destroyed no income and now you have

165

00:10:45,590 --> 00:10:43,680

your children 24 7 on top of it

166

00:10:47,990 --> 00:10:45,600

um you know I try to make the best of it

167

00:10:50,870 --> 00:10:48,000

with my children and

168

00:10:53,569 --> 00:10:50,880

um we did what we had to do which is

169

00:10:55,730 --> 00:10:53,579

that homeschooling but

170

00:10:58,850 --> 00:10:55,740

yeah some of you know that I have a

171

00:11:01,550 --> 00:10:58,860

special needs child and uh you can

172

00:11:04,009 --> 00:11:01,560

imagine trying to keep a special needs

173

00:11:07,730 --> 00:11:04,019

child on a tablet for hours and hours a

174

00:11:10,310 --> 00:11:07,740

day it just doesn't work and uh I

175

00:11:11,870 --> 00:11:10,320

remember getting really pissed off both

176

00:11:13,910 --> 00:11:11,880

my wife and I got really pissed off

177

00:11:17,810 --> 00:11:13,920

because there's some like 30 children in

178

00:11:20,090 --> 00:11:17,820

my in my son's class and every day for

179

00:11:24,110 --> 00:11:20,100

the virtual classes the only person that

180

00:11:25,490 --> 00:11:24,120

showed up was my son with me uh and of

181

00:11:28,009 --> 00:11:25,500

course I have to sit right next to him

182

00:11:29,630 --> 00:11:28,019

the entire time and I have to he tries

183

00:11:31,370 --> 00:11:29,640

to run out of the room we have to lock

184

00:11:32,930 --> 00:11:31,380

the door to keep him in the room with

185

00:11:36,350 --> 00:11:32,940

the tablet he didn't want to do it and

186

00:11:38,569 --> 00:11:36,360

he would have screaming fit meltdowns uh

187

00:11:40,250 --> 00:11:38,579

because he didn't want to do it and uh I

188

00:11:42,650 --> 00:11:40,260

can't say that I blame him and he was

189

00:11:45,230 --> 00:11:42,660

the only one that showed up out of uh 30

190

00:11:47,090 --> 00:11:45,240

students on most of the days and made me

191

00:11:49,190 --> 00:11:47,100

wonder what what would they do if if

192

00:11:51,410 --> 00:11:49,200

Zachary didn't show up because we'd show

193

00:11:53,329 --> 00:11:51,420

up to these virtual classes and there'd

194

00:11:55,790 --> 00:11:53,339

be something like four teachers or two

195

00:11:58,550 --> 00:11:55,800

teachers and two aides or something on

196

00:12:01,910 --> 00:11:58,560

the other end of the webcam you know

197

00:12:04,190 --> 00:12:01,920

and I was extremely frustrated by that

198

00:12:07,250 --> 00:12:04,200

my younger son had a little easier time

199

00:12:10,430 --> 00:12:07,260

on it because he didn't mind so much

200

00:12:12,949 --> 00:12:10,440

doing the the virtual classes but still

201
00:12:15,610 --> 00:12:12,959
uh somehow I'm supposed to keep two

202
00:12:19,370 --> 00:12:15,620
children on a on a

203
00:12:22,610 --> 00:12:19,380
on a tablet for hours and hours a day it

204
00:12:24,470 --> 00:12:22,620
was really really stressful and I was so

205
00:12:26,090 --> 00:12:24,480
happy and delighted when they were going

206
00:12:28,250 --> 00:12:26,100
back to school still I was a little bit

207
00:12:32,569 --> 00:12:28,260
concerned about the germs and the you

208
00:12:35,449 --> 00:12:32,579
know whatever but I I was thanking God

209
00:12:37,670 --> 00:12:35,459
that at least they would be not required

210
00:12:40,790 --> 00:12:37,680
you know I didn't have to chain them to

211
00:12:43,970 --> 00:12:40,800
a tablet for another year

212
00:12:46,670 --> 00:12:43,980
um very very stressful time but I I'm

213
00:12:49,190 --> 00:12:46,680

certain that I can't blame all of the

214

00:12:52,190 --> 00:12:49,200

all of that and the stress of the

215

00:12:54,710 --> 00:12:52,200

pandemic on my uh increased consumption

216

00:12:56,269 --> 00:12:54,720

of alcohol I'm sure some of it was pure

217

00:13:00,530 --> 00:12:56,279

selfishness

218

00:13:02,990 --> 00:13:00,540

I had done a lot of notes and uh reading

219

00:13:06,350 --> 00:13:03,000

and thinking about this situation

220

00:13:10,129 --> 00:13:06,360

and I have determined that I selfishly

221

00:13:14,329 --> 00:13:10,139

always made alcohol a reward you know

222

00:13:17,509 --> 00:13:14,339

like today sucked let's drink it off uh

223

00:13:19,910 --> 00:13:17,519

you know bad things happen today let's

224

00:13:22,430 --> 00:13:19,920

drink and forget about them of course

225

00:13:26,750 --> 00:13:22,440

none of this ever works but alcohol

226

00:13:30,949 --> 00:13:26,760

became sort of release an escape and a

227

00:13:33,170 --> 00:13:30,959

a reward for me having a bad day drink a

228

00:13:35,389 --> 00:13:33,180

12 pack that'll make it better it

229

00:13:38,210 --> 00:13:35,399

doesn't but somehow in the mind of an

230

00:13:39,590 --> 00:13:38,220

alcoholic it would or it could

231

00:13:42,410 --> 00:13:39,600

where it did

232

00:13:44,509 --> 00:13:42,420

and no it only compounds the problems it

233

00:13:48,590 --> 00:13:44,519

only uh

234

00:13:50,090 --> 00:13:48,600

it only also uh delays a solution for

235

00:13:52,610 --> 00:13:50,100

those problems when you're drinking

236

00:13:54,530 --> 00:13:52,620

heavily you're not solving problems

237

00:13:56,870 --> 00:13:54,540

you're escaping from those problems for

238

00:13:58,970 --> 00:13:56,880

as long as possible until you absolutely

239

00:14:00,110 --> 00:13:58,980

positively have to deal with those

240

00:14:02,090 --> 00:14:00,120

problems

241

00:14:03,230 --> 00:14:02,100

and uh that's something that I've

242

00:14:05,030 --> 00:14:03,240

learned

243

00:14:07,250 --> 00:14:05,040

so

244

00:14:10,310 --> 00:14:07,260

um views be damned today we're still

245

00:14:12,530 --> 00:14:10,320

going to broadcast this uh what I think

246

00:14:14,150 --> 00:14:12,540

is important

247

00:14:16,550 --> 00:14:14,160

um like we got a lot of great feedback

248

00:14:19,250 --> 00:14:16,560

from our last uh installment of this

249

00:14:22,810 --> 00:14:19,260

series the alcohol Diaries 90 days sober

250

00:14:25,370 --> 00:14:22,820

now we're up to 120 days actually it's

251

00:14:26,870 --> 00:14:25,380

127 days today

252

00:14:36,230 --> 00:14:26,880

so

253

00:14:39,410 --> 00:14:36,240

changed since the 90-day check-in that

254

00:14:42,829 --> 00:14:41,629

um I will say this and we should talk

255

00:14:45,350 --> 00:14:42,839

about this

256

00:14:48,949 --> 00:14:45,360

from zero to 90 days

257

00:14:52,189 --> 00:14:48,959

I had very little cravings

258

00:14:55,250 --> 00:14:52,199

for alcohol I had very little you know a

259

00:14:58,250 --> 00:14:55,260

couple of times I one time I especially

260

00:15:00,530 --> 00:14:58,260

I drove I was having a really bad day

261

00:15:02,990 --> 00:15:00,540

bad things happened I was getting more

262

00:15:05,449 --> 00:15:03,000

and more pissed off oh and uh let me

263

00:15:07,310 --> 00:15:05,459

make a note here to talk about triggers

264

00:15:08,689 --> 00:15:07,320

triggers are important what what is it

265

00:15:10,910 --> 00:15:08,699

that triggers people to drink and

266

00:15:13,610 --> 00:15:10,920

especially drink to excess and I've

267

00:15:16,189 --> 00:15:13,620

learned what mine are and some of them

268

00:15:17,870 --> 00:15:16,199

are surprising and uh you may be

269

00:15:19,610 --> 00:15:17,880

surprised by some of the things that

270

00:15:21,470 --> 00:15:19,620

will trigger some people with drinking

271

00:15:26,449 --> 00:15:21,480

problems

272

00:15:28,730 --> 00:15:26,459

um but back to this change so from zero

273

00:15:31,250 --> 00:15:28,740

to 90 days I had very little very strong

274

00:15:33,170 --> 00:15:31,260

Cravings I was not constantly thinking

275

00:15:35,150 --> 00:15:33,180

about drinking or obsessed with drinking

276

00:15:36,290 --> 00:15:35,160

occasionally the thought would enter my

277

00:15:38,569 --> 00:15:36,300

mind like

278

00:15:41,090 --> 00:15:38,579

boy it'd be nice to have a drink or a

279

00:15:43,550 --> 00:15:41,100

few drinks or 10 drinks or 20 drinks

280

00:15:46,009 --> 00:15:43,560

today especially when I was experiencing

281

00:15:47,689 --> 00:15:46,019

what many would consider not that bad a

282

00:15:50,870 --> 00:15:47,699

day but I would consider a bad day

283

00:15:53,569 --> 00:15:50,880

everything is relative of course so uh

284

00:15:55,610 --> 00:15:53,579

from zero to 90 days only one time was

285

00:15:57,889 --> 00:15:55,620

it really really did I have a very

286

00:16:00,949 --> 00:15:57,899

strong craving and tough time and

287

00:16:03,230 --> 00:16:00,959

continued to uh and really had a problem

288

00:16:06,650 --> 00:16:03,240

in fact on that day I drove to the bar

289

00:16:09,230 --> 00:16:06,660

and I sat at a bar that sold takeout

290

00:16:11,990 --> 00:16:09,240

um I was never one for bars occasionally

291

00:16:14,629 --> 00:16:12,000

but not you know not I was not a social

292

00:16:16,670 --> 00:16:14,639

Drinker I was I drink alone kind of a

293

00:16:20,269 --> 00:16:16,680

person which is a problem in and of

294

00:16:23,509 --> 00:16:20,279

itself of course so one day

295

00:16:25,790 --> 00:16:23,519

during the zero to 90 day phase of this

296

00:16:28,129 --> 00:16:25,800

uh abstinence from alcohol I drove to

297

00:16:30,350 --> 00:16:28,139

the bar and I sat in my car for

298

00:16:33,050 --> 00:16:30,360

uh no exaggeration had to be 20 minutes

299

00:16:35,930 --> 00:16:33,060

or a half hour just thinking about going

300

00:16:37,730 --> 00:16:35,940

in and getting the alcohol

301
00:16:39,230 --> 00:16:37,740
you know I was going to buy a 12 pack or

302
00:16:41,870 --> 00:16:39,240
whatever I was going to do

303
00:16:43,370 --> 00:16:41,880
uh or actually to make sure that I got

304
00:16:45,769 --> 00:16:43,380
good and drunk that day I was going to

305
00:16:48,530 --> 00:16:45,779
go in and have four or five beers in the

306
00:16:50,030 --> 00:16:48,540
bar and then buy a 12 pack to make sure

307
00:16:53,150 --> 00:16:50,040
that you know

308
00:16:54,470 --> 00:16:53,160
I drank to completion or to probably

309
00:16:56,329 --> 00:16:54,480
passing out

310
00:16:58,550 --> 00:16:56,339
and I sat there for a good 20 minutes

311
00:17:00,769 --> 00:16:58,560
thinking about the uh

312
00:17:04,370 --> 00:17:00,779
thinking about going in and doing that

313
00:17:06,829 --> 00:17:04,380

and I had this you know uh insane battle

314

00:17:09,169 --> 00:17:06,839

with myself you know your logical side

315

00:17:11,270 --> 00:17:09,179

tries to take over and say like if you

316

00:17:12,829 --> 00:17:11,280

do that you're just gonna regret it and

317

00:17:15,650 --> 00:17:12,839

then you got to start the counter all

318

00:17:17,870 --> 00:17:15,660

over again you'll feel like you left

319

00:17:20,510 --> 00:17:17,880

down you let down the people who are

320

00:17:23,390 --> 00:17:20,520

cheering you on doing so well without

321

00:17:27,230 --> 00:17:23,400

alcohol many many things went through my

322

00:17:29,150 --> 00:17:27,240

mind but I didn't do it I did not go in

323

00:17:30,730 --> 00:17:29,160

I did not have any drinks I didn't

324

00:17:33,770 --> 00:17:30,740

purchase any alcohol

325

00:17:37,970 --> 00:17:33,780

I drove my car home

326

00:17:40,190 --> 00:17:37,980

and I uh was thankful that I was able to

327

00:17:43,070 --> 00:17:40,200

resist the temptation of that very very

328

00:17:44,210 --> 00:17:43,080

that one was terrible very very strong

329

00:17:46,789 --> 00:17:44,220

craving

330

00:17:48,890 --> 00:17:46,799

as I recall I even got out of my car and

331

00:17:52,370 --> 00:17:48,900

started walking to the bar from the

332

00:17:54,230 --> 00:17:52,380

parking lot twice then said no go back

333

00:17:58,310 --> 00:17:54,240

to the car think about this before you

334

00:18:01,250 --> 00:17:58,320

do it you know terrible day uh as far as

335

00:18:03,409 --> 00:18:01,260

Cravings are concerned so from zero to

336

00:18:07,490 --> 00:18:03,419

ninety I only had that one really bad

337

00:18:11,710 --> 00:18:07,500

that one was bad and uh I got through it

338

00:18:15,830 --> 00:18:11,720

but I have to say that now this

339

00:18:19,850 --> 00:18:15,840

92 what we're at now which is 127 days I

340

00:18:23,450 --> 00:18:19,860

have had many many many more uh terribly

341

00:18:25,970 --> 00:18:23,460

bad Cravings to drink and uh that

342

00:18:28,270 --> 00:18:25,980

overwhelming obsessive thoughts

343

00:18:31,370 --> 00:18:28,280

hours and hours of arguing with myself

344

00:18:33,770 --> 00:18:31,380

at least I can say I've I haven't yet

345

00:18:35,990 --> 00:18:33,780

gotten in the car and went to the bar

346

00:18:40,010 --> 00:18:36,000

during these strong craving periods but

347

00:18:42,409 --> 00:18:40,020

I have been experiencing them now uh on

348

00:18:45,289 --> 00:18:42,419

in retrospect some of this may be due to

349

00:18:47,390 --> 00:18:45,299

the fact that I have stopped going to

350

00:18:50,630 --> 00:18:47,400

Alcoholics Anonymous meetings

351
00:18:52,310 --> 00:18:50,640
and maybe on reflection that might have

352
00:18:54,470 --> 00:18:52,320
been a mistake there's something about

353
00:18:57,470 --> 00:18:54,480
these AAA meetings well we can talk

354
00:18:58,669 --> 00:18:57,480
about AAA here's what I could say there

355
00:19:00,529 --> 00:18:58,679
are some things about Alcoholics

356
00:19:03,409 --> 00:19:00,539
Anonymous that I found extremely helpful

357
00:19:05,210 --> 00:19:03,419
and uh many kind people there who have

358
00:19:06,470 --> 00:19:05,220
similar issues to you that you can

359
00:19:09,230 --> 00:19:06,480
relate with

360
00:19:12,169 --> 00:19:09,240
but there is a certain culty aspect of

361
00:19:14,930 --> 00:19:12,179
it that I did not like and after a while

362
00:19:17,150 --> 00:19:14,940
I just said I I I actually I never

363
00:19:20,090 --> 00:19:17,160

consciously said I'm not I'm going to

364

00:19:22,789 --> 00:19:20,100

stop going I just sort of did uh so for

365

00:19:26,690 --> 00:19:22,799

the past 30 days I haven't gone

366

00:19:27,710 --> 00:19:26,700

um or more 30 37 or so days I haven't

367

00:19:31,610 --> 00:19:27,720

gone

368

00:19:33,890 --> 00:19:31,620

and that may be part of why I'm

369

00:19:36,710 --> 00:19:33,900

experiencing these issues maybe because

370

00:19:38,810 --> 00:19:36,720

when you go to the AAA meeting you get

371

00:19:42,049 --> 00:19:38,820

constantly reminded of the consequences

372

00:19:45,350 --> 00:19:42,059

of what happens if you do what they call

373

00:19:47,270 --> 00:19:45,360

picking up going and buying alcohol and

374

00:19:51,350 --> 00:19:47,280

uh I hadn't had that constant reminder

375

00:19:52,850 --> 00:19:51,360

for 37 days so maybe my mind is now uh

376

00:19:54,710 --> 00:19:52,860

playing tricks on me and having an

377

00:19:56,690 --> 00:19:54,720

easier time playing tricks on me because

378

00:19:59,390 --> 00:19:56,700

I can't push those thoughts out as

379

00:20:01,430 --> 00:19:59,400

quickly as I could while I was attending

380

00:20:04,730 --> 00:20:01,440

constant meetings every day

381

00:20:06,950 --> 00:20:04,740

uh well not constant one or two a day uh

382

00:20:08,210 --> 00:20:06,960

usually I would go five times a week at

383

00:20:09,950 --> 00:20:08,220

least

384

00:20:12,830 --> 00:20:09,960

um but like I said there was something

385

00:20:15,409 --> 00:20:12,840

there's something culty about uh

386

00:20:17,690 --> 00:20:15,419

Alcoholics Anonymous uh you know they

387

00:20:20,150 --> 00:20:17,700

say we have the only solution and I

388

00:20:21,770 --> 00:20:20,160

don't know about that and they they may

389

00:20:23,570 --> 00:20:21,780

or maybe it's just that they force you

390

00:20:24,770 --> 00:20:23,580

to confront things that you'd rather not

391

00:20:27,710 --> 00:20:24,780

confront

392

00:20:30,409 --> 00:20:27,720

and we can go through uh some of the

393

00:20:32,330 --> 00:20:30,419

things that I've problems maybe that

394

00:20:36,289 --> 00:20:32,340

I've had uh

395

00:20:38,810 --> 00:20:36,299

the 12 steps I I maybe the other problem

396

00:20:40,909 --> 00:20:38,820

In fairness to Alcoholics Anonymous uh

397

00:20:44,029 --> 00:20:40,919

because hey I've done great and and they

398

00:20:52,310 --> 00:20:44,039

were a big part of help for me early on

399

00:20:57,529 --> 00:20:55,310

yeah my wife is saying 120 days sober

400

00:20:59,630 --> 00:20:57,539

but still nasty I've just been having

401
00:21:02,390 --> 00:20:59,640
these issues I had these children all

402
00:21:04,610 --> 00:21:02,400
day and uh right before broadcast they

403
00:21:06,710 --> 00:21:04,620
all start screaming and making huge

404
00:21:08,510 --> 00:21:06,720
amounts of noise and for those unaware

405
00:21:10,850 --> 00:21:08,520
I'm getting hammered in the comments by

406
00:21:12,950 --> 00:21:10,860
these audio files uh you know I'm gonna

407
00:21:14,870 --> 00:21:12,960
literally I'm gonna make a bumper about

408
00:21:17,450 --> 00:21:14,880
the fact that I have a wife and children

409
00:21:18,770 --> 00:21:17,460
in my house so that I don't you know

410
00:21:21,590 --> 00:21:18,780
small children

411
00:21:23,630 --> 00:21:21,600
uh but that won't stop them uh you know

412
00:21:24,470 --> 00:21:23,640
people are going to complain no matter

413
00:21:26,810 --> 00:21:24,480

what

414

00:21:28,610 --> 00:21:26,820

these audio files though I just don't

415

00:21:30,950 --> 00:21:28,620

want to give them an excuse to [h__\h] and

416

00:21:32,570 --> 00:21:30,960

moan and complain so somebody was like

417

00:21:34,909 --> 00:21:32,580

empty in the bathtub and then the

418

00:21:38,750 --> 00:21:34,919

microphone it sounded like a Hollywood

419

00:21:39,770 --> 00:21:38,760

sound effect it was so loud you know and

420

00:21:45,070 --> 00:21:39,780

uh

421

00:21:51,770 --> 00:21:48,890

so back to Al Clark's Anonymous I have

422

00:21:53,810 --> 00:21:51,780

uh decided I'm gonna start going back

423

00:21:56,390 --> 00:21:53,820

tomorrow will be my first meeting in a

424

00:21:58,250 --> 00:21:56,400

while I'm going tomorrow night uh or

425

00:22:01,430 --> 00:21:58,260

tomorrow afternoon depending on my

426
00:22:04,010 --> 00:22:01,440
schedule I have some other things to do

427
00:22:05,810 --> 00:22:04,020
um and we can talk about the fact the

428
00:22:10,190 --> 00:22:05,820
other thing is that In fairness to

429
00:22:13,730 --> 00:22:10,200
Alcoholics Anonymous I may have

430
00:22:16,130 --> 00:22:13,740
you know not done it right uh I never

431
00:22:17,289 --> 00:22:16,140
shared uh you know for those unaware you

432
00:22:19,190 --> 00:22:17,299
go to a

433
00:22:22,370 --> 00:22:19,200
Alcoholics Anonymous meeting and

434
00:22:24,049 --> 00:22:22,380
everybody shares I'm not a Sherry kind

435
00:22:28,490 --> 00:22:24,059
of you know I didn't share I would just

436
00:22:31,070 --> 00:22:28,500
listen uh never shared uh maybe I should

437
00:22:33,770 --> 00:22:31,080
I don't know but talking about my

438
00:22:37,190 --> 00:22:33,780

problems in front of a bunch of

439

00:22:39,169 --> 00:22:37,200

strangers didn't seem to appeal to me

440

00:22:40,310 --> 00:22:39,179

in fact even going to the meetings and

441

00:22:42,649 --> 00:22:40,320

hearing a bunch of other people's

442

00:22:44,210 --> 00:22:42,659

problems really didn't appeal to me but

443

00:22:46,310 --> 00:22:44,220

there is something about Alcoholics

444

00:22:49,310 --> 00:22:46,320

Anonymous for many many people it works

445

00:22:52,909 --> 00:22:49,320

and and I kind of think who am I to

446

00:22:54,950 --> 00:22:52,919

argue with uh what works for millions of

447

00:22:58,250 --> 00:22:54,960

people and what has worked for millions

448

00:22:59,810 --> 00:22:58,260

of people is the 12 steps and Alcoholics

449

00:23:03,830 --> 00:22:59,820

Anonymous

450

00:23:05,510 --> 00:23:03,840

so um here are the 12 Steps uh we

451
00:23:07,549 --> 00:23:05,520
admitted we were powerless over alcohol

452
00:23:10,190 --> 00:23:07,559
that our lives have become unmanageable

453
00:23:12,350 --> 00:23:10,200
uh and I'm gonna talk about each one so

454
00:23:14,270 --> 00:23:12,360
this one I didn't have any problem with

455
00:23:16,610 --> 00:23:14,280
obviously my life had become

456
00:23:19,010 --> 00:23:16,620
unmanageable and I couldn't stop

457
00:23:21,409 --> 00:23:19,020
drinking every day or I wouldn't have

458
00:23:22,730 --> 00:23:21,419
sought out help number two came to

459
00:23:25,490 --> 00:23:22,740
believe that a power greater than

460
00:23:26,870 --> 00:23:25,500
ourselves could restore us to sanity uh

461
00:23:29,390 --> 00:23:26,880
some of you know I was raised Christian

462
00:23:31,850 --> 00:23:29,400
I'm somewhat uh still Christian and

463
00:23:35,870 --> 00:23:31,860

spiritual so I had no problem with this

464

00:23:37,970 --> 00:23:35,880

one of course God is all-powerful and if

465

00:23:40,370 --> 00:23:37,980

if you're experiencing a problem in your

466

00:23:43,970 --> 00:23:40,380

life I have no problem believing that

467

00:23:46,730 --> 00:23:43,980

God uh could restore us to sanity

468

00:23:49,070 --> 00:23:46,740

uh number three made our made a decision

469

00:23:50,710 --> 00:23:49,080

to turn our will and our lives over to

470

00:23:53,750 --> 00:23:50,720

the care of God as we understood him

471

00:23:56,330 --> 00:23:53,760

this I had no problem with as well I had

472

00:23:58,070 --> 00:23:56,340

experienced other very difficult hard

473

00:24:01,010 --> 00:23:58,080

times in my life when I turned to God

474

00:24:03,289 --> 00:24:01,020

for strength guidance assistance and

475

00:24:05,450 --> 00:24:03,299

help so I had no problem with that

476

00:24:07,930 --> 00:24:05,460

number four made a searching and

477

00:24:10,970 --> 00:24:07,940

fearless moral inventory of ourselves

478

00:24:13,130 --> 00:24:10,980

that's where I'm stuck yeah I don't even

479

00:24:15,890 --> 00:24:13,140

know what I'm supposed to do with that

480

00:24:18,409 --> 00:24:15,900

but more on that later

481

00:24:20,390 --> 00:24:18,419

five admitted to God to ourselves and to

482

00:24:21,470 --> 00:24:20,400

another human being the exact nature of

483

00:24:22,730 --> 00:24:21,480

our wrongs

484

00:24:24,710 --> 00:24:22,740

six

485

00:24:27,289 --> 00:24:24,720

we're entirely ready to have God remove

486

00:24:29,210 --> 00:24:27,299

all these defects of character seven

487

00:24:30,470 --> 00:24:29,220

humbly ask him to remove our

488

00:24:32,930 --> 00:24:30,480

shortcomings

489

00:24:34,370 --> 00:24:32,940

eight here's a step I've always had a

490

00:24:36,830 --> 00:24:34,380

problem with made a list of all the

491

00:24:40,250 --> 00:24:36,840

persons we had harmed and became willing

492

00:24:44,690 --> 00:24:42,770

now of course this is just not

493

00:24:46,370 --> 00:24:44,700

anybody that you've ever heard in your

494

00:24:48,169 --> 00:24:46,380

life though I'm sure you can certainly

495

00:24:49,789 --> 00:24:48,179

include those I I believe this is

496

00:24:52,370 --> 00:24:49,799

supposed to refer to the people that

497

00:24:53,930 --> 00:24:52,380

you've hurt through your substance abuse

498

00:24:56,270 --> 00:24:53,940

or drinking

499

00:24:58,010 --> 00:24:56,280

and uh I don't even I don't even know

500

00:25:00,110 --> 00:24:58,020

where to begin with that one like you

501
00:25:02,690 --> 00:25:00,120
know uh I've gotten in a fist fight one

502
00:25:04,549 --> 00:25:02,700
in my younger years drunk do I find that

503
00:25:07,130 --> 00:25:04,559
guy and apologize for punching him in

504
00:25:09,409 --> 00:25:07,140
the face drunk and uh does he even

505
00:25:11,630 --> 00:25:09,419
remember that I was drunk at 20 years

506
00:25:14,330 --> 00:25:11,640
old and punched him in his face and

507
00:25:16,310 --> 00:25:14,340
bloodied his nose I I don't know how do

508
00:25:19,970 --> 00:25:16,320
I find that guy these are the problems

509
00:25:21,830 --> 00:25:19,980
that I had with AA but In fairness I

510
00:25:23,450 --> 00:25:21,840
never sought out a sponsor and I

511
00:25:25,310 --> 00:25:23,460
probably should do that because the

512
00:25:27,710 --> 00:25:25,320
sponsor is there to answer these type of

513
00:25:30,230 --> 00:25:27,720

questions I never had a sponsor so I was

514

00:25:31,250 --> 00:25:30,240

just left puzzled with how to handle

515

00:25:34,250 --> 00:25:31,260

these

516

00:25:37,250 --> 00:25:34,260

for me it seemed to be nearly impossible

517

00:25:38,390 --> 00:25:37,260

steps and also on step eight I don't I

518

00:25:41,630 --> 00:25:38,400

don't

519

00:25:43,370 --> 00:25:41,640

all the people I harmed or could have

520

00:25:45,230 --> 00:25:43,380

harmed you know you can start with your

521

00:25:47,230 --> 00:25:45,240

own family the things that you screwed

522

00:25:49,250 --> 00:25:47,240

up while you were supposed to be

523

00:25:51,049 --> 00:25:49,260

responsible and doing things for your

524

00:25:52,669 --> 00:25:51,059

family maybe you screwed things up for

525

00:25:53,930 --> 00:25:52,679

your wife your children that I have no

526

00:25:58,010 --> 00:25:53,940

problem with but

527

00:25:59,810 --> 00:25:58,020

you know uh what about everyone else I'm

528

00:26:01,490 --> 00:25:59,820

certain that there's a huge list of

529

00:26:03,950 --> 00:26:01,500

people that I may have harmed while

530

00:26:05,269 --> 00:26:03,960

under the influence of alcohol I don't

531

00:26:07,310 --> 00:26:05,279

know how to find them all I don't know

532

00:26:10,130 --> 00:26:07,320

what to say to them all I don't know if

533

00:26:12,590 --> 00:26:10,140

I would cause more harm than good and

534

00:26:14,750 --> 00:26:12,600

that leads us to step number nine made

535

00:26:17,269 --> 00:26:14,760

to recommend to such people wherever

536

00:26:19,250 --> 00:26:17,279

possible except when to do so would

537

00:26:20,750 --> 00:26:19,260

injure them or others and that's another

538

00:26:23,149 --> 00:26:20,760

thing like how do you know that you're

539

00:26:25,909 --> 00:26:23,159

not going to do more harm than good and

540

00:26:28,130 --> 00:26:25,919

again these are probably questions that

541

00:26:30,529 --> 00:26:28,140

I should find a sponsor and and work

542

00:26:33,529 --> 00:26:30,539

through with the sponsor number nine

543

00:26:36,230 --> 00:26:33,539

made uh or number 10 continue to take

544

00:26:38,450 --> 00:26:36,240

personal inventory and where we were

545

00:26:40,730 --> 00:26:38,460

wrong promptly admitted it now that's a

546

00:26:43,070 --> 00:26:40,740

problem for a lot of people nobody likes

547

00:26:44,930 --> 00:26:43,080

admitting they're wrong

548

00:26:46,789 --> 00:26:44,940

um and I'm certain I struggle with that

549

00:26:49,669 --> 00:26:46,799

but I'm willing to do that one that when

550

00:26:52,850 --> 00:26:49,679

I don't have a huge problem with

551
00:26:55,070 --> 00:26:52,860
um yeah 11 sought through prayer and

552
00:26:57,529 --> 00:26:55,080
meditation to improve our conscious

553
00:26:59,750 --> 00:26:57,539
contact with God as we understood him

554
00:27:02,269 --> 00:26:59,760
praying only for knowledge

555
00:27:04,310 --> 00:27:02,279
of his will for us and the power to

556
00:27:06,409 --> 00:27:04,320
carry that out

557
00:27:08,390 --> 00:27:06,419
um yeah that one I have no problem with

558
00:27:09,890 --> 00:27:08,400
it because as I said before at various

559
00:27:12,110 --> 00:27:09,900
times during my life I was having a

560
00:27:14,649 --> 00:27:12,120
tough time and I did seek out God for

561
00:27:17,630 --> 00:27:14,659
help guidance assistance

562
00:27:19,970 --> 00:27:17,640
and support you know

563
00:27:22,010 --> 00:27:19,980

number 12 having had a spiritual

564

00:27:26,510 --> 00:27:22,020

awakening as a result of these steps we

565

00:27:28,730 --> 00:27:26,520

try to carry this message to alcoholics

566

00:27:31,130 --> 00:27:28,740

and to practice these principles in all

567

00:27:34,010 --> 00:27:31,140

of our Affairs and this one I don't

568

00:27:38,029 --> 00:27:34,020

really have a problem with but I do a

569

00:27:40,130 --> 00:27:38,039

little bit because let's say for example

570

00:27:42,950 --> 00:27:40,140

that I go through all these steps and I

571

00:27:45,529 --> 00:27:42,960

feel that I have cured from any

572

00:27:47,029 --> 00:27:45,539

um any issues with alcohol or substance

573

00:27:49,970 --> 00:27:47,039

abuse or whatever

574

00:27:52,090 --> 00:27:49,980

uh is it really my place to push what

575

00:27:55,789 --> 00:27:52,100

worked for me onto others that are

576

00:27:58,669 --> 00:27:55,799

having the same issues according to the

577

00:28:00,950 --> 00:27:58,679

AAA philosophy it is my place it is uh

578

00:28:03,950 --> 00:28:00,960

it is a calling that you have to take

579

00:28:07,310 --> 00:28:03,960

this message to those still suffering

580

00:28:09,710 --> 00:28:07,320

uh with this with similar issues

581

00:28:11,029 --> 00:28:09,720

and uh I don't know I always felt a

582

00:28:13,130 --> 00:28:11,039

little weird about getting involved with

583

00:28:15,409 --> 00:28:13,140

other people's problems now certainly if

584

00:28:18,409 --> 00:28:15,419

somebody were to reach out to me and ask

585

00:28:20,330 --> 00:28:18,419

me say Stephen I heard that you're 120

586

00:28:22,070 --> 00:28:20,340

days sober can we talk and what what

587

00:28:24,529 --> 00:28:22,080

worked for you because I'm struggling

588

00:28:26,390 --> 00:28:24,539

hell yes I would talk to anybody

589

00:28:28,909 --> 00:28:26,400

uh that is struggling with similar

590

00:28:31,370 --> 00:28:28,919

issues but for me to just take it upon

591

00:28:33,350 --> 00:28:31,380

myself to start interjecting my solution

592

00:28:35,630 --> 00:28:33,360

to other people's problems

593

00:28:37,370 --> 00:28:35,640

well the AAA solution

594

00:28:40,490 --> 00:28:37,380

that's where I felt it got a little bit

595

00:28:43,730 --> 00:28:40,500

culty and and I don't know but again I

596

00:28:45,710 --> 00:28:43,740

in in full fairness to the program I

597

00:28:48,470 --> 00:28:45,720

found it to be extremely extremely

598

00:28:50,510 --> 00:28:48,480

helpful in the beginning uh in the

599

00:28:52,970 --> 00:28:50,520

beginning you're uh

600

00:28:54,190 --> 00:28:52,980

not drinking and a little confused about

601
00:28:57,169 --> 00:28:54,200
everything

602
00:28:59,930 --> 00:28:57,179
that meeting every day at least gives

603
00:29:01,730 --> 00:28:59,940
you at least gives you some kind of

604
00:29:05,810 --> 00:29:01,740
structure you know like I'm gonna go

605
00:29:08,570 --> 00:29:05,820
here work on myself work on my ability

606
00:29:10,669 --> 00:29:08,580
to stay sober work on the problems that

607
00:29:12,890 --> 00:29:10,679
I'm experiencing and I did that just by

608
00:29:15,409 --> 00:29:12,900
listening to other people and for those

609
00:29:17,450 --> 00:29:15,419
unaware an AAA meeting really does go

610
00:29:20,090 --> 00:29:17,460
like you know a bunch of people sitting

611
00:29:22,510 --> 00:29:20,100
around and and people sharing

612
00:29:25,970 --> 00:29:22,520
the difficulties that they're having

613
00:29:28,430 --> 00:29:25,980

continuing to abstain from alcohol

614

00:29:30,529 --> 00:29:28,440

but often it degenerates into people

615

00:29:33,490 --> 00:29:30,539

telling stories of how bad their lives

616

00:29:37,430 --> 00:29:33,500

were while they were still using alcohol

617

00:29:38,930 --> 00:29:37,440

and uh those are things that I don't

618

00:29:41,630 --> 00:29:38,940

know I guess we could all relate to

619

00:29:44,750 --> 00:29:41,640

those of us with similar issues so maybe

620

00:29:45,590 --> 00:29:44,760

that's helpful just being reminded of

621

00:29:48,110 --> 00:29:45,600

the

622

00:29:50,330 --> 00:29:48,120

sort of shenanigans that take place when

623

00:29:54,830 --> 00:29:50,340

you're drinking and partying a lot and

624

00:29:56,810 --> 00:29:54,840

yeah so I uh I at both times I I have

625

00:29:59,090 --> 00:29:56,820

found the AAA to be extremely helpful

626

00:30:00,590 --> 00:29:59,100

but then it's sort of puzzling I don't

627

00:30:02,990 --> 00:30:00,600

understand this

628

00:30:06,110 --> 00:30:03,000

um some of these steps

629

00:30:08,210 --> 00:30:06,120

um I I don't understand also like how

630

00:30:11,810 --> 00:30:08,220

long am I supposed to spend on each step

631

00:30:14,990 --> 00:30:11,820

and again I have this uh I have this

632

00:30:17,510 --> 00:30:15,000

book they call it the big blue book part

633

00:30:20,649 --> 00:30:17,520

of me if I'm out of frame for one moment

634

00:30:26,389 --> 00:30:23,870

terribly unprepared so they call this

635

00:30:29,090 --> 00:30:26,399

the Big Blue Book

636

00:30:30,230 --> 00:30:29,100

this is Alcoholics Anonymous the Big

637

00:30:33,590 --> 00:30:30,240

Blue Book

638

00:30:37,430 --> 00:30:33,600

and uh I'm sure I'm sure there's some

639

00:30:40,310 --> 00:30:37,440

answers in this book but I haven't read

640

00:30:44,090 --> 00:30:40,320

the whole thing so uh

641

00:30:45,769 --> 00:30:44,100

um I have uh homework to do which is

642

00:30:48,049 --> 00:30:45,779

reading this

643

00:30:49,870 --> 00:30:48,059

Big Blue Book

644

00:30:53,149 --> 00:30:49,880

um and I guess I have a lot of questions

645

00:30:55,730 --> 00:30:53,159

about Alcoholics Anonymous and uh I'm

646

00:30:58,250 --> 00:30:55,740

having uh

647

00:31:00,409 --> 00:30:58,260

this come this book was given to me by

648

00:31:05,690 --> 00:31:00,419

the way by the Light Of Hope

649

00:31:13,430 --> 00:31:09,310

I want to thank them for that so

650

00:31:16,010 --> 00:31:13,440

AAA for me has been a lot of help but

651

00:31:19,250 --> 00:31:16,020

also a lot of puzzling questions that

652

00:31:21,590 --> 00:31:19,260

sort of remain unanswered and to be

653

00:31:23,690 --> 00:31:21,600

clear a lot of that is my own fault

654

00:31:26,029 --> 00:31:23,700

maybe I'm too shy sitting in a group

655

00:31:28,310 --> 00:31:26,039

with a bunch of strangers to go excuse

656

00:31:29,889 --> 00:31:28,320

me I don't understand this [h__h] and I

657

00:31:32,090 --> 00:31:29,899

should

658

00:31:34,850 --> 00:31:32,100

nobody's going to fault me for being

659

00:31:38,870 --> 00:31:34,860

confused or they're all very nice people

660

00:31:41,210 --> 00:31:38,880

there in my experience I have met many

661

00:31:43,850 --> 00:31:41,220

many very kind people there

662

00:31:45,230 --> 00:31:43,860

I don't think anybody would uh fault me

663

00:31:47,870 --> 00:31:45,240

for uh

664

00:31:49,010 --> 00:31:47,880

asking questions for saying uh I don't

665

00:31:55,010 --> 00:31:49,020

understand

666

00:31:57,289 --> 00:31:55,020

spend on each of them and so

667

00:31:59,269 --> 00:31:57,299

I think one of the points of a is to

668

00:32:01,490 --> 00:31:59,279

work through all the steps but if I'm

669

00:32:03,289 --> 00:32:01,500

confused about the steps and how to do

670

00:32:05,510 --> 00:32:03,299

them or how long to spend on each of

671

00:32:09,110 --> 00:32:05,520

them I'm not getting through the steps

672

00:32:11,990 --> 00:32:09,120

so I'm sort of stuck in place uh

673

00:32:13,850 --> 00:32:12,000

yeah and uh John Griffin says Steve you

674

00:32:16,490 --> 00:32:13,860

made 120 don't be too hard on yourself

675

00:32:18,590 --> 00:32:16,500

yeah I'm not being too hard on myself

676

00:32:20,389 --> 00:32:18,600

Aaron says this is kind of like a

677

00:32:23,570 --> 00:32:20,399

meeting yeah and I'm the only one

678

00:32:25,490 --> 00:32:23,580

sharing but we'll have time for everyone

679

00:32:27,130 --> 00:32:25,500

else and I will certainly take questions

680

00:32:30,590 --> 00:32:27,140

and comments

681

00:32:33,409 --> 00:32:30,600

uh yeah

682

00:32:36,889 --> 00:32:33,419

read the spiritual exercises of Saint

683

00:32:38,510 --> 00:32:36,899

Ignatius it's all it's all there I'm

684

00:32:43,029 --> 00:32:38,520

gonna make a note of that right now

685

00:32:50,090 --> 00:32:47,810

exercises of Saint Ignatius

686

00:32:52,070 --> 00:32:50,100

I've never heard of that before Patty

687

00:32:53,649 --> 00:32:52,080

but I'm going to look that up I can work

688

00:32:56,210 --> 00:32:53,659

on that see that's the other thing

689

00:32:58,669 --> 00:32:56,220

abstaining from alcohol gives you uh

690

00:33:01,669 --> 00:32:58,679

plenty of homework to do to keep it

691

00:33:03,169 --> 00:33:01,679

going moonlik says I can assist you

692

00:33:05,570 --> 00:33:03,179

Stephen if you would like yes I would

693

00:33:07,669 --> 00:33:05,580

like the inbox me and we can talk off

694

00:33:09,590 --> 00:33:07,679

there about Mike the questions and

695

00:33:14,210 --> 00:33:09,600

concerns that I have and the problems

696

00:33:18,470 --> 00:33:16,549

um since quitting alcohol there has been

697

00:33:21,350 --> 00:33:18,480

many many benefits for me one of them

698

00:33:23,269 --> 00:33:21,360

has been better problem solving and less

699

00:33:24,830 --> 00:33:23,279

procrastination

700

00:33:26,930 --> 00:33:24,840

um when I was drinking I would put off

701
00:33:29,210 --> 00:33:26,940
solving problems because why should I

702
00:33:31,850 --> 00:33:29,220
solve those problems today I can just

703
00:33:35,870 --> 00:33:31,860
drink you know 15 beers and escape from

704
00:33:38,990 --> 00:33:35,880
those problems and then I can uh deal

705
00:33:41,690 --> 00:33:39,000
with them when I have to not when I

706
00:33:43,070 --> 00:33:41,700
should or when I need to

707
00:33:44,630 --> 00:33:43,080
um there's something about being a

708
00:33:47,630 --> 00:33:44,640
drinker you just kind of procrastinate

709
00:33:49,909 --> 00:33:47,640
on things you know and um

710
00:33:53,269 --> 00:33:49,919
personal goals always seem to get pushed

711
00:33:55,430 --> 00:33:53,279
back for me like well I was too hungover

712
00:33:57,169 --> 00:33:55,440
this week five days out of the week so I

713
00:33:59,509 --> 00:33:57,179

didn't get those projects done during

714

00:34:01,549 --> 00:33:59,519

the day I'll do them next week then you

715

00:34:03,190 --> 00:34:01,559

drink more next week and

716

00:34:05,930 --> 00:34:03,200

it's the next week

717

00:34:08,329 --> 00:34:05,940

now I have gotten better at trying to

718

00:34:10,310 --> 00:34:08,339

solve problems when they arise instead

719

00:34:12,169 --> 00:34:10,320

of procrastinating on them worrying

720

00:34:14,690 --> 00:34:12,179

about them escaping from them in a

721

00:34:17,510 --> 00:34:14,700

bottle or whatever

722

00:34:20,210 --> 00:34:17,520

another note that I made is better

723

00:34:23,930 --> 00:34:20,220

overall health

724

00:34:27,050 --> 00:34:23,940

um I feel great for the most part you

725

00:34:30,530 --> 00:34:27,060

know last weekend at the cabin I stacked

726

00:34:32,570 --> 00:34:30,540

two tons of firewood by myself and uh

727

00:34:35,270 --> 00:34:32,580

that was a lot of bending over and a lot

728

00:34:38,930 --> 00:34:35,280

of carrying and a lot of heavy stuff and

729

00:34:42,169 --> 00:34:38,940

uh my body was beaten and badly bruised

730

00:34:43,609 --> 00:34:42,179

and my hands too I learned a lesson

731

00:34:45,889 --> 00:34:43,619

which is that you should always wear

732

00:34:47,750 --> 00:34:45,899

work gloves when you're stacking two

733

00:34:49,609 --> 00:34:47,760

tons of firewood who would have guessed

734

00:34:52,250 --> 00:34:49,619

all that Wood Rough against your hands

735

00:34:53,810 --> 00:34:52,260

would scratch your hands all up and my

736

00:34:58,270 --> 00:34:53,820

hands are killing me my back's still

737

00:35:03,470 --> 00:35:01,609

but in general I feel like I have much

738

00:35:06,349 --> 00:35:03,480

better overall health

739

00:35:09,650 --> 00:35:06,359

I'm able to tackle a lot more physical I

740

00:35:11,150 --> 00:35:09,660

have a note here physical projects I'm

741

00:35:13,490 --> 00:35:11,160

able to tackle a lot more physical

742

00:35:15,170 --> 00:35:13,500

projects probably due to the fact that

743

00:35:17,089 --> 00:35:15,180

I'm not hungover so much when you're

744

00:35:20,030 --> 00:35:17,099

hungover and nobody feels like stacking

745

00:35:21,890 --> 00:35:20,040

two tons of firewood honestly I didn't

746

00:35:24,470 --> 00:35:21,900

feel like stacking two tons of firewood

747

00:35:27,349 --> 00:35:24,480

sober but I had a lot better chance of

748

00:35:29,150 --> 00:35:27,359

getting it done when I woke up unhung

749

00:35:32,270 --> 00:35:29,160

over you know

750

00:35:34,490 --> 00:35:32,280

So Physical projects are not as big of a

751
00:35:37,790 --> 00:35:34,500
dread for me they don't take as long I'm

752
00:35:40,970 --> 00:35:37,800
able to get work on these tasks and get

753
00:35:43,609 --> 00:35:40,980
them finished and

754
00:35:45,950 --> 00:35:43,619
I have another note here feeling more

755
00:35:48,050 --> 00:35:45,960
accomplished and accomplishing more

756
00:35:50,630 --> 00:35:48,060
things I'm just able to do more things

757
00:35:53,690 --> 00:35:50,640
because I'm not wasting time on the

758
00:35:56,690 --> 00:35:53,700
recovery hangover days

759
00:35:58,670 --> 00:35:56,700
um there was a time I'm sure not long

760
00:36:00,230 --> 00:35:58,680
ago last year where I might have drank

761
00:36:02,270 --> 00:36:00,240
too much at the cabin the night before

762
00:36:04,849 --> 00:36:02,280
and then woke up too late and I didn't

763
00:36:07,010 --> 00:36:04,859

get that two tons of firewood stacked

764

00:36:09,530 --> 00:36:07,020

because I felt like [h__h] the next day

765

00:36:10,849 --> 00:36:09,540

and again we'd get back to the

766

00:36:12,349 --> 00:36:10,859

procrastination then I would say well

767

00:36:14,630 --> 00:36:12,359

I'll do it next weekend

768

00:36:16,490 --> 00:36:14,640

I just won't drink as much the night

769

00:36:18,770 --> 00:36:16,500

before or whatever

770

00:36:21,050 --> 00:36:18,780

um so physical projects are not

771

00:36:24,109 --> 00:36:21,060

taking as long I'm getting more

772

00:36:25,790 --> 00:36:24,119

accomplished uh all good news on that

773

00:36:30,170 --> 00:36:25,800

front

774

00:36:32,810 --> 00:36:30,180

I also have a no digestion issues no

775

00:36:36,170 --> 00:36:32,820

more bad digestion heartburn

776

00:36:38,150 --> 00:36:36,180

stomach aches and more when I was

777

00:36:40,250 --> 00:36:38,160

drinking obviously you have bad

778

00:36:40,970 --> 00:36:40,260

digestion

779

00:36:42,530 --> 00:36:40,980

um

780

00:36:44,270 --> 00:36:42,540

I don't think it's good to drink all

781

00:36:46,910 --> 00:36:44,280

that alcohol can't be good for your gut

782

00:36:49,970 --> 00:36:46,920

your intestines anything to drink that

783

00:36:53,690 --> 00:36:49,980

much alcohol beverages

784

00:36:57,050 --> 00:36:53,700

um at least to the excess that I was so

785

00:36:59,630 --> 00:36:57,060

I guess it feels good for me lately uh

786

00:37:02,450 --> 00:36:59,640

it feels like there's nothing

787

00:37:04,790 --> 00:37:02,460

nothing going on I'm not getting

788

00:37:07,310 --> 00:37:04,800

heartburn all the time

789

00:37:11,750 --> 00:37:09,470

um and I have a note here healthier

790

00:37:13,670 --> 00:37:11,760

choices so since quitting drinking I am

791

00:37:17,030 --> 00:37:13,680

making healthier choices I have a much

792

00:37:20,089 --> 00:37:17,040

better diet I'm avoiding processed foods

793

00:37:20,990 --> 00:37:20,099

and I'm on a low carb diet

794

00:37:23,810 --> 00:37:21,000

um

795

00:37:26,450 --> 00:37:23,820

no more drunk eating when I would drink

796

00:37:28,970 --> 00:37:26,460

I would eat anything once drunk I would

797

00:37:33,109 --> 00:37:28,980

eat pizza cheese steaks uh McDonald's

798

00:37:35,630 --> 00:37:33,119

whatever anything tacos Taco Bell

799

00:37:37,370 --> 00:37:35,640

any any food you could get after you're

800

00:37:40,190 --> 00:37:37,380

already drunk because remember drunk

801
00:37:41,990 --> 00:37:40,200
logic if you eat after you're good and

802
00:37:44,450 --> 00:37:42,000
pissed drunk you'll feel better the next

803
00:37:46,790 --> 00:37:44,460
day so just put anything in your stomach

804
00:37:49,370 --> 00:37:46,800
no matter how terrible it is for your

805
00:37:51,410 --> 00:37:49,380
for your body I ate a lot of garbage

806
00:37:53,750 --> 00:37:51,420
food drunk eating so no more drunk

807
00:37:56,089 --> 00:37:53,760
eating for me that's a plus

808
00:37:59,930 --> 00:37:56,099
the end

809
00:38:02,510 --> 00:37:59,940
I have so far lost 15 pounds and uh

810
00:38:05,870 --> 00:38:02,520
that's with very little change mostly

811
00:38:08,390 --> 00:38:05,880
just better diet I um

812
00:38:10,069 --> 00:38:08,400
I'm doing a little bit more exercise and

813
00:38:12,710 --> 00:38:10,079

certainly the physical project at the

814

00:38:14,569 --> 00:38:12,720

cabin I'm sure are helping but uh like

815

00:38:16,609 --> 00:38:14,579

many people I joined the gym three weeks

816

00:38:19,250 --> 00:38:16,619

ago still haven't gone once yet I'm

817

00:38:20,990 --> 00:38:19,260

working on that hopefully uh this week I

818

00:38:23,930 --> 00:38:21,000

will start hitting the gym

819

00:38:28,130 --> 00:38:23,940

but I lost 15 pounds and that's mostly

820

00:38:31,190 --> 00:38:28,140

all fat from the spare tire here

821

00:38:33,470 --> 00:38:31,200

I'm looking better I'm feeling better

822

00:38:36,050 --> 00:38:33,480

I'm sure certain that I was starting to

823

00:38:38,630 --> 00:38:36,060

get some uh

824

00:38:40,849 --> 00:38:38,640

self-esteem issues from looking like a

825

00:38:44,329 --> 00:38:40,859

fat guy

826

00:38:47,569 --> 00:38:44,339

and uh that has slowly started to go

827

00:38:50,569 --> 00:38:47,579

away I still have a ways to go maybe 10

828

00:38:51,290 --> 00:38:50,579

pounds still I don't know

829

00:38:53,510 --> 00:38:51,300

um

830

00:38:55,370 --> 00:38:53,520

you know what's funny is I asked my

831

00:38:57,050 --> 00:38:55,380

medical doctor

832

00:38:59,750 --> 00:38:57,060

how much more weight should I lose

833

00:39:01,430 --> 00:38:59,760

what's my ideal weight and he looked at

834

00:39:03,530 --> 00:39:01,440

me and he just goes just put a shirt on

835

00:39:06,290 --> 00:39:03,540

nobody can see that and I go that's not

836

00:39:08,750 --> 00:39:06,300

what I'm asking what is the healthy

837

00:39:10,069 --> 00:39:08,760

weight that I should be at it goes well

838

00:39:11,750 --> 00:39:10,079

it's different for all people then he

839

00:39:13,490 --> 00:39:11,760

looks at me and again he goes it's not

840

00:39:15,290 --> 00:39:13,500

that bad you're fine right now you don't

841

00:39:16,569 --> 00:39:15,300

really need to lose weight I'm like no I

842

00:39:19,010 --> 00:39:16,579

still have

843

00:39:21,230 --> 00:39:19,020

I still think that my body fat

844

00:39:23,450 --> 00:39:21,240

percentage has got to be too high due to

845

00:39:25,910 --> 00:39:23,460

the remainder of the spare tire here

846

00:39:28,310 --> 00:39:25,920

then get a straight answer from him I'm

847

00:39:30,950 --> 00:39:28,320

gonna do some research and see what I

848

00:39:31,970 --> 00:39:30,960

should be at now I'm six foot three so

849

00:39:35,450 --> 00:39:31,980

uh

850

00:39:37,550 --> 00:39:35,460

whatever whatever healthy weight should

851
00:39:40,190 --> 00:39:37,560
be for a six foot three man that's what

852
00:39:42,410 --> 00:39:40,200
I want to go for

853
00:39:48,290 --> 00:39:42,420
um I don't want to go too far and be

854
00:39:52,250 --> 00:39:51,349
so lost 15 pounds mostly all fat spare

855
00:39:55,790 --> 00:39:52,260
tire

856
00:39:58,550 --> 00:39:55,800
slowly melting that's going away

857
00:40:00,710 --> 00:39:58,560
as far as the mental benefits there has

858
00:40:03,290 --> 00:40:00,720
certainly been increased Focus increased

859
00:40:05,990 --> 00:40:03,300
energy increased productivity and output

860
00:40:08,390 --> 00:40:06,000
I'm able to do more things I have more

861
00:40:10,730 --> 00:40:08,400
energy to do more things and I have a

862
00:40:13,310 --> 00:40:10,740
tremendous more amount of ability to

863
00:40:16,550 --> 00:40:13,320

focus on a given task and and finish

864

00:40:19,130 --> 00:40:16,560

tasks before starting new ones or giving

865

00:40:21,589 --> 00:40:19,140

up on a task you know when I was

866

00:40:23,210 --> 00:40:21,599

drinking heavily before I would sort of

867

00:40:24,950 --> 00:40:23,220

try to get something accomplished or

868

00:40:27,530 --> 00:40:24,960

done and then if it became too difficult

869

00:40:29,270 --> 00:40:27,540

or problems arose I would just give up I

870

00:40:31,790 --> 00:40:29,280

would check out and go drink then worry

871

00:40:34,970 --> 00:40:31,800

about it the next day not doing that now

872

00:40:38,150 --> 00:40:34,980

I have that the an incredible amount of

873

00:40:40,550 --> 00:40:38,160

increased focus and ability to get more

874

00:40:42,470 --> 00:40:40,560

things done

875

00:40:44,930 --> 00:40:42,480

um now I just have this note here things

876

00:40:46,730 --> 00:40:44,940

got tougher after hitting 90 days bad

877

00:40:49,670 --> 00:40:46,740

Cravings more thoughts about drinking

878

00:40:51,410 --> 00:40:49,680

yeah so after the 90 days

879

00:40:54,290 --> 00:40:51,420

um I started having a whole lot more

880

00:40:55,670 --> 00:40:54,300

thoughts about drinking and I still even

881

00:40:56,810 --> 00:40:55,680

today

882

00:41:00,410 --> 00:40:56,820

um

883

00:41:02,150 --> 00:41:00,420

today I had my kids who were not not the

884

00:41:05,870 --> 00:41:02,160

best today they were having they were

885

00:41:07,310 --> 00:41:05,880

fighting a lot screaming carrying on

886

00:41:08,390 --> 00:41:07,320

um and I was thinking about drinking

887

00:41:12,109 --> 00:41:08,400

again

888

00:41:14,810 --> 00:41:12,119

and uh I didn't and I won't but I've

889

00:41:18,650 --> 00:41:14,820

noticed that the the change from 90 to

890

00:41:20,569 --> 00:41:18,660

120 days at least for me has been a

891

00:41:22,609 --> 00:41:20,579

dramatic increase in thoughts about

892

00:41:25,490 --> 00:41:22,619

drinking and

893

00:41:28,670 --> 00:41:25,500

um I find myself thinking you did 90

894

00:41:31,010 --> 00:41:28,680

days you can do 90 days again you know

895

00:41:33,770 --> 00:41:31,020

you can have some drinks and you'll be

896

00:41:36,589 --> 00:41:33,780

fine and you can go back to uh mostly

897

00:41:38,270 --> 00:41:36,599

not drinking when you're done and but I

898

00:41:41,329 --> 00:41:38,280

don't want to do that at least not just

899

00:41:44,630 --> 00:41:41,339

yet so I've sort of committed that I'm

900

00:41:47,630 --> 00:41:44,640

gonna hit another 60 days here which

901
00:41:51,650 --> 00:41:47,640
will put me at six months sober

902
00:41:55,250 --> 00:41:51,660
um I'm determined to do that so I I feel

903
00:41:57,170 --> 00:41:55,260
like my resolve is incredibly strong

904
00:41:58,130 --> 00:41:57,180
that these

905
00:42:00,050 --> 00:41:58,140
um

906
00:42:01,910 --> 00:42:00,060
cravings and thoughts about drinking are

907
00:42:04,490 --> 00:42:01,920
not going to affect me I'm not going to

908
00:42:08,210 --> 00:42:04,500
keep I've just decided I'm not caving

909
00:42:09,530 --> 00:42:08,220
for uh at least until I hit 180 days I'm

910
00:42:12,890 --> 00:42:09,540
not caving

911
00:42:16,250 --> 00:42:12,900
and that resolve feels good like I feel

912
00:42:19,089 --> 00:42:16,260
strong in my commitment to not drink for

913
00:42:23,270 --> 00:42:19,099

the next 60 or so days

914

00:42:26,150 --> 00:42:23,280

53 days but who's counting

915

00:42:28,490 --> 00:42:26,160

another note I had here is a return to

916

00:42:31,970 --> 00:42:28,500

spiritual practices maybe it's AAS

917

00:42:32,990 --> 00:42:31,980

pushing you towards God maybe it's my

918

00:42:36,589 --> 00:42:33,000

own

919

00:42:38,390 --> 00:42:36,599

um maybe it's the increased Clarity that

920

00:42:41,810 --> 00:42:38,400

is brought about by the lack of alcohol

921

00:42:43,849 --> 00:42:41,820

clouding your judgment and your mind but

922

00:42:46,790 --> 00:42:43,859

I have found myself returning to

923

00:42:48,650 --> 00:42:46,800

spiritual and religious practices I'm

924

00:42:52,130 --> 00:42:48,660

reading a spiritual text

925

00:42:55,190 --> 00:42:52,140

almost every day I'm trying to meditate

926
00:42:58,069 --> 00:42:55,200
I'm trying to pray but not pray for me

927
00:43:00,710 --> 00:42:58,079
pray for others other people in need

928
00:43:02,569 --> 00:43:00,720
have been praying for Ukraine and people

929
00:43:06,770 --> 00:43:02,579
suffering throughout the world those

930
00:43:09,170 --> 00:43:06,780
hungry those without homes people

931
00:43:11,030 --> 00:43:09,180
affected by the the hurricanes in

932
00:43:13,370 --> 00:43:11,040
Florida

933
00:43:15,890 --> 00:43:13,380
um in any case I've got to return to

934
00:43:17,569 --> 00:43:15,900
spiritual practices and I feel like I

935
00:43:19,390 --> 00:43:17,579
have a better relationship with that

936
00:43:22,550 --> 00:43:19,400
higher power

937
00:43:25,490 --> 00:43:22,560
and whatever your interpretation of that

938
00:43:28,849 --> 00:43:25,500

higher power is God's Source the great

939

00:43:30,710 --> 00:43:28,859

spirit whatever you want to call it uh

940

00:43:32,809 --> 00:43:30,720

Heavenly Father

941

00:43:35,390 --> 00:43:32,819

I have a feel like I have a better

942

00:43:37,550 --> 00:43:35,400

relationship with that right now

943

00:43:39,589 --> 00:43:37,560

uh while I was drinking it was in kind

944

00:43:43,370 --> 00:43:39,599

of a dark place could care less about

945

00:43:46,190 --> 00:43:43,380

God the universe you know the Angels

946

00:43:48,890 --> 00:43:46,200

Devils didn't matter to me I was in a

947

00:43:51,170 --> 00:43:48,900

dark place and felt somewhat abandoned

948

00:43:53,450 --> 00:43:51,180

so uh didn't have a good relationship

949

00:43:55,270 --> 00:43:53,460

with God or or spirituality for that

950

00:43:58,849 --> 00:43:55,280

time

951
00:44:01,370 --> 00:43:58,859
so uh I have realized too I I just have

952
00:44:02,690 --> 00:44:01,380
a note here on my triggers now one of my

953
00:44:06,349 --> 00:44:02,700
triggers is

954
00:44:09,650 --> 00:44:06,359
uh anger anger is a big trigger to drink

955
00:44:12,050 --> 00:44:09,660
for me so uh I've been playing uh

956
00:44:14,809 --> 00:44:12,060
Incredible Hulk lately you know like

957
00:44:18,109 --> 00:44:14,819
don't make me angry

958
00:44:19,730 --> 00:44:18,119
I I just you have to realize what is

959
00:44:22,490 --> 00:44:19,740
those things that trigger you to drink

960
00:44:25,730 --> 00:44:22,500
and I must have been a pretty angry

961
00:44:28,730 --> 00:44:25,740
drunk because and I'm sure I was but uh

962
00:44:29,690 --> 00:44:28,740
anger getting pissed off is one of those

963
00:44:31,970 --> 00:44:29,700

things

964

00:44:34,250 --> 00:44:31,980

uh that would trigger me to drink and

965

00:44:36,349 --> 00:44:34,260

usually it would be something like you

966

00:44:38,390 --> 00:44:36,359

know the world is so unfair

967

00:44:40,790 --> 00:44:38,400

uh I've worked so hard on this business

968

00:44:41,750 --> 00:44:40,800

and uh announcing the [h__h] because of

969

00:44:45,470 --> 00:44:41,760

this

970

00:44:47,329 --> 00:44:45,480

stupid government nonsense and and these

971

00:44:48,349 --> 00:44:47,339

rich [h__h] They Don't Care About Us

972

00:44:53,089 --> 00:44:48,359

and

973

00:44:53,990 --> 00:44:53,099

gonna go drink

974

00:44:56,329 --> 00:44:54,000

um

975

00:44:58,849 --> 00:44:56,339

and let me see

976

00:45:01,609 --> 00:44:58,859

also I'm sure there has been some

977

00:45:04,130 --> 00:45:01,619

triggers related to the show you know we

978

00:45:07,550 --> 00:45:04,140

we do good work here

979

00:45:09,290 --> 00:45:07,560

um and we do something like an expose on

980

00:45:13,670 --> 00:45:09,300

somebody and then they threaten to sue

981

00:45:15,470 --> 00:45:13,680

me uh or send me legal threat letters

982

00:45:18,290 --> 00:45:15,480

people have

983

00:45:20,630 --> 00:45:18,300

copyright striked our channel here

984

00:45:22,790 --> 00:45:20,640

endangering our Channel

985

00:45:24,770 --> 00:45:22,800

and it's continued existence that would

986

00:45:26,270 --> 00:45:24,780

trigger me and I would get pissed off

987

00:45:27,410 --> 00:45:26,280

and drink

988

00:45:30,530 --> 00:45:27,420

so

989

00:45:33,050 --> 00:45:30,540

and anybody will tell you that you

990

00:45:36,650 --> 00:45:33,060

should probably try to avoid triggers

991

00:45:40,010 --> 00:45:36,660

and uh oh another big trigger is people

992

00:45:45,050 --> 00:45:40,020

when we do these um

993

00:45:46,910 --> 00:45:45,060

sort of exposure shows or exposed shows

994

00:45:50,270 --> 00:45:46,920

um the people that we do them about

995

00:45:52,190 --> 00:45:50,280

don't react well and usually instead of

996

00:45:54,290 --> 00:45:52,200

addressing the evidence that we present

997

00:45:56,450 --> 00:45:54,300

they attack me personally

998

00:45:58,250 --> 00:45:56,460

and right now we've got a situation

999

00:46:00,530 --> 00:45:58,260

where a show host is straight lying

1000

00:46:03,050 --> 00:46:00,540

through his teeth to his audience and

1001
00:46:05,390 --> 00:46:03,060
everyone else that will listen about me

1002
00:46:08,270 --> 00:46:05,400
instead of addressing the evidence that

1003
00:46:11,150 --> 00:46:08,280
we presented they're attacking me

1004
00:46:13,970 --> 00:46:11,160
and that's certainly uh

1005
00:46:16,970 --> 00:46:13,980
enough to anger me

1006
00:46:19,370 --> 00:46:16,980
um and again this uh

1007
00:46:21,890 --> 00:46:19,380
getting angry about things like this is

1008
00:46:25,130 --> 00:46:21,900
a huge trigger for me

1009
00:46:27,410 --> 00:46:25,140
um so I have to be mindful of this

1010
00:46:31,550 --> 00:46:27,420
and uh

1011
00:46:33,589 --> 00:46:31,560
not allow some external Force like some

1012
00:46:35,870 --> 00:46:33,599
idiot that doesn't want to admit that he

1013
00:46:38,630 --> 00:46:35,880

just got caught lying through his teeth

1014

00:46:42,650 --> 00:46:38,640

10 times you know

1015

00:46:45,050 --> 00:46:42,660

um trigger me into uh back to this

1016

00:46:47,690 --> 00:46:45,060

unhealthy drinking that I was doing

1017

00:46:50,510 --> 00:46:47,700

you're not gonna let it happen but I do

1018

00:46:52,849 --> 00:46:50,520

have to be mindful of that that these

1019

00:46:54,050 --> 00:46:52,859

people

1020

00:46:56,150 --> 00:46:54,060

um

1021

00:46:58,069 --> 00:46:56,160

who certainly have the capability of

1022

00:47:00,230 --> 00:46:58,079

making me angry have the ability to

1023

00:47:02,809 --> 00:47:00,240

trigger me to return to

1024

00:47:06,050 --> 00:47:02,819

um to alcohol

1025

00:47:08,630 --> 00:47:06,060

so that leads me to many different

1026

00:47:12,230 --> 00:47:08,640

scenarios like do I just avoid those

1027

00:47:13,730 --> 00:47:12,240

kind of shows altogether so as not to uh

1028

00:47:17,630 --> 00:47:13,740

create

1029

00:47:20,569 --> 00:47:17,640

those triggers and and give

1030

00:47:23,630 --> 00:47:20,579

people the reason I or give people the

1031

00:47:27,170 --> 00:47:23,640

ability to trigger me back to uh an

1032

00:47:28,550 --> 00:47:27,180

unhealthy situation and and you know I

1033

00:47:32,930 --> 00:47:28,560

don't know what the right answer to that

1034

00:47:34,609 --> 00:47:32,940

is I will say that uh boy somebody lying

1035

00:47:37,130 --> 00:47:34,619

through their teeth about you especially

1036

00:47:39,349 --> 00:47:37,140

bringing in your children or your wife

1037

00:47:43,970 --> 00:47:39,359

into their lies

1038

00:47:49,609 --> 00:47:46,670

um yeah that'll make you pissed that'll

1039

00:47:52,609 --> 00:47:49,619

piss me off and it has pissed me off but

1040

00:47:54,589 --> 00:47:52,619

I've been trying to find better ways to

1041

00:47:58,069 --> 00:47:54,599

channel the anger other than channeling

1042

00:48:01,450 --> 00:47:58,079

it through a 12 pack of beer or uh more

1043

00:48:04,609 --> 00:48:01,460

or a bottle of uh Fireball or whatever

1044

00:48:07,130 --> 00:48:04,619

so I have to learn new skills to cope

1045

00:48:10,069 --> 00:48:07,140

with the things that would usually

1046

00:48:11,569 --> 00:48:10,079

trigger Me Like Somebody lying through

1047

00:48:13,670 --> 00:48:11,579

their fake teeth about me on the

1048

00:48:15,589 --> 00:48:13,680

internet certainly that's something that

1049

00:48:16,390 --> 00:48:15,599

can trigger me

1050

00:48:19,370 --> 00:48:16,400

um

1051

00:48:21,170 --> 00:48:19,380

yeah and certainly I I want to be be

1052

00:48:25,190 --> 00:48:21,180

clear in that I'm not blaming anybody

1053

00:48:27,950 --> 00:48:25,200

else if I choose to return to uh

1054

00:48:30,890 --> 00:48:27,960

drinking it'll be no one's fault but my

1055

00:48:33,230 --> 00:48:30,900

own but these triggers I think is

1056

00:48:36,230 --> 00:48:33,240

something that you have to be uh

1057

00:48:37,150 --> 00:48:36,240

you have to be aware of and try to avoid

1058

00:48:41,569 --> 00:48:37,160

those

1059

00:48:43,130 --> 00:48:41,579

don't know how to do that

1060

00:48:46,309 --> 00:48:43,140

um

1061

00:48:48,109 --> 00:48:46,319

my one of those things that I used to do

1062

00:48:49,790 --> 00:48:48,119

is when somebody was lying through their

1063

00:48:52,430 --> 00:48:49,800

teeth about me on the internet well I

1064

00:48:55,130 --> 00:48:52,440

can't change it you know [\h__\h] them and

1065

00:48:57,650 --> 00:48:55,140

then I would go drink myself into a coma

1066

00:48:59,870 --> 00:48:57,660

not a good thing to do doesn't solve any

1067

00:49:02,390 --> 00:48:59,880

issues doesn't solve any problems

1068

00:49:05,089 --> 00:49:02,400

so uh

1069

00:49:06,829 --> 00:49:05,099

yes uh John P Adventures mentioned lies

1070

00:49:09,890 --> 00:49:06,839

trigger you yes

1071

00:49:12,230 --> 00:49:09,900

uh lies definitely trigger me especially

1072

00:49:13,790 --> 00:49:12,240

people lying about my family on the

1073

00:49:15,650 --> 00:49:13,800

internet because they have some grudge

1074

00:49:17,450 --> 00:49:15,660

against me because we revealed what

1075

00:49:19,430 --> 00:49:17,460

frauds they are

1076
00:49:21,650 --> 00:49:19,440
you know why you address the evidence

1077
00:49:23,510 --> 00:49:21,660
that's my thing they never do they come

1078
00:49:25,730 --> 00:49:23,520
after me personally and suddenly there's

1079
00:49:28,370 --> 00:49:25,740
all these personal attacks ad hominem

1080
00:49:30,050 --> 00:49:28,380
attacks you know uh people are running

1081
00:49:33,230 --> 00:49:30,060
around telling people all kinds of

1082
00:49:34,790 --> 00:49:33,240
things about me right now uh instead of

1083
00:49:37,510 --> 00:49:34,800
addressing the facts and the evidence

1084
00:49:39,770 --> 00:49:37,520
that we have presented so

1085
00:49:41,450 --> 00:49:39,780
I um

1086
00:49:42,410 --> 00:49:41,460
just have to be mindful of those

1087
00:49:46,550 --> 00:49:42,420
triggers

1088
00:49:49,130 --> 00:49:46,560

and I have to uh be aware of them so

1089

00:49:52,309 --> 00:49:49,140

that I can try to avoid letting them

1090

00:49:54,710 --> 00:49:52,319

trigger me to to uh to go back to an

1091

00:49:56,390 --> 00:49:54,720

unhealthy lifestyle or or whatever the

1092

00:50:00,050 --> 00:49:56,400

case may be

1093

00:50:03,710 --> 00:50:00,060

so uh this will be I guess my friends a

1094

00:50:06,650 --> 00:50:03,720

short one that's all I've got for you

1095

00:50:08,210 --> 00:50:06,660

um I will be taking comments and

1096

00:50:11,150 --> 00:50:08,220

questions from the live chat we can have

1097

00:50:13,670 --> 00:50:11,160

a discussion now make it work like a a

1098

00:50:15,829 --> 00:50:13,680

meeting like someone suggested

1099

00:50:18,170 --> 00:50:15,839

and um

1100

00:50:19,730 --> 00:50:18,180

oh we want to thank hair Lord Ludacris

1101

00:50:22,190 --> 00:50:19,740

congrats on your continued sobriety

1102

00:50:24,050 --> 00:50:22,200

looking forward to awesome com content

1103

00:50:25,790 --> 00:50:24,060

from sober Steve some people want drunk

1104

00:50:28,250 --> 00:50:25,800

Steve back did you know that that's sad

1105

00:50:30,050 --> 00:50:28,260

but it's true I've gotten messages

1106

00:50:32,089 --> 00:50:30,060

uh I liked you better when you were

1107

00:50:34,430 --> 00:50:32,099

drunk you would yell and scream at these

1108

00:50:36,770 --> 00:50:34,440

frauds more yeah

1109

00:50:38,569 --> 00:50:36,780

um not a good thing to send me but you

1110

00:50:40,790 --> 00:50:38,579

know I understand that people feel that

1111

00:50:42,710 --> 00:50:40,800

way you have been killing it one day at

1112

00:50:44,630 --> 00:50:42,720

a time thank you Lord Ludacris plaid for

1113

00:50:46,250 --> 00:50:44,640

your kindness generosity and continued

1114

00:50:47,690 --> 00:50:46,260

support of the show it is much much

1115

00:50:49,250 --> 00:50:47,700

appreciated

1116

00:50:51,770 --> 00:50:49,260

uh

1117

00:50:53,510 --> 00:50:51,780

yes Lord Ludacris check your super chats

1118

00:50:54,950 --> 00:50:53,520

I have I'll check the rest of them just

1119

00:50:57,170 --> 00:50:54,960

to be sure that we got them all for

1120

00:50:58,970 --> 00:50:57,180

those aren't aware we do we all review

1121

00:51:02,030 --> 00:50:58,980

and supported show we read each and

1122

00:51:04,190 --> 00:51:02,040

every single chat Super Chat sent uh

1123

00:51:08,030 --> 00:51:04,200

PayPal pledge

1124

00:51:11,510 --> 00:51:08,040

cash app whatever if you become a new uh

1125

00:51:13,309 --> 00:51:11,520

YouTube member here we call that out as

1126

00:51:15,109 --> 00:51:13,319

well we like to thank each and every one

1127

00:51:18,109 --> 00:51:15,119

of you supporting our show we read each

1128

00:51:21,230 --> 00:51:18,119

and every single Super Chat and uh thank

1129

00:51:22,970 --> 00:51:21,240

each and every person that is helping

1130

00:51:25,730 --> 00:51:22,980

support the show

1131

00:51:27,710 --> 00:51:25,740

now of course I'm having an issue

1132

00:51:29,870 --> 00:51:27,720

getting into the Super chats I wanted to

1133

00:51:33,770 --> 00:51:29,880

make sure

1134

00:51:35,809 --> 00:51:33,780

that we did get them all

1135

00:51:38,930 --> 00:51:35,819

and

1136

00:51:40,970 --> 00:51:38,940

I believe that we have yes so I'll check

1137

00:51:42,109 --> 00:51:40,980

in with the PayPal pledges just to be

1138

00:51:43,849 --> 00:51:42,119

sure

1139

00:51:46,190 --> 00:51:43,859

and there's instructions for how you can

1140

00:51:48,470 --> 00:51:46,200

help us continue the show in the

1141

00:51:51,410 --> 00:51:48,480

description of this video if you're

1142

00:51:53,809 --> 00:51:51,420

sending a PayPal please do add a note

1143

00:51:57,230 --> 00:51:53,819

with your uh

1144

00:51:58,910 --> 00:51:57,240

chat room user ID and any message that

1145

00:52:01,609 --> 00:51:58,920

you want for us to send it's very simple

1146

00:52:03,530 --> 00:52:01,619

through PayPal you just click add note

1147

00:52:05,390 --> 00:52:03,540

and we want to thank Mike for a Kind and

1148

00:52:08,150 --> 00:52:05,400

Generous PayPal pledge of 10 thank you

1149

00:52:09,770 --> 00:52:08,160

for your kindness generosity and support

1150

00:52:11,450 --> 00:52:09,780

and we have Anthony Peterson with the

1151
00:52:12,890 --> 00:52:11,460
Kylie Jenner's two dollars saying wish

1152
00:52:14,870 --> 00:52:12,900
you the best for your future and

1153
00:52:16,970 --> 00:52:14,880
sobriety thank you I appreciate that

1154
00:52:20,030 --> 00:52:16,980
reload reload thanks for sharing your

1155
00:52:21,770 --> 00:52:20,040
thoughts my pleasure and Views be damned

1156
00:52:24,349 --> 00:52:21,780
I'm sure this is not going to be a very

1157
00:52:27,650 --> 00:52:24,359
well viewed uh show

1158
00:52:29,630 --> 00:52:27,660
uh that's okay uh I think it's important

1159
00:52:32,750 --> 00:52:29,640
enough to share this with other people

1160
00:52:35,210 --> 00:52:32,760
that may be having similar issues

1161
00:52:37,790 --> 00:52:35,220
how is the cabin coming along well good

1162
00:52:39,829 --> 00:52:37,800
and bad I'm ahead of schedule on the

1163
00:52:42,170 --> 00:52:39,839

firewood this year

1164

00:52:44,150 --> 00:52:42,180
and next week I will finish all the

1165

00:52:46,609 --> 00:52:44,160
firewood and I don't usually finish till

1166

00:52:48,890 --> 00:52:46,619
like the middle of November and that

1167

00:52:51,170 --> 00:52:48,900
usually means that I'm out there cold in

1168

00:52:53,150 --> 00:52:51,180
the snow even sometimes

1169

00:52:55,130 --> 00:52:53,160
uh or at least in the freezing cold

1170

00:52:57,410 --> 00:52:55,140
still trying to put up firewood for the

1171

00:52:59,150 --> 00:52:57,420
winter but this year almost done I'm

1172

00:53:02,150 --> 00:52:59,160
going to spend one more day processing

1173

00:53:04,790 --> 00:53:02,160
very small firewood so that we have

1174

00:53:06,770 --> 00:53:04,800
plenty for the for those unaware my

1175

00:53:09,049 --> 00:53:06,780
cabin has a wood cook stove

1176

00:53:11,690 --> 00:53:09,059

and you don't put huge logs in there you

1177

00:53:13,970 --> 00:53:11,700

put little stuff you know

1178

00:53:16,190 --> 00:53:13,980

um so I'm gonna spend one more day doing

1179

00:53:18,770 --> 00:53:16,200

the firewood next weekend and then we'll

1180

00:53:20,750 --> 00:53:18,780

be done I suppose the bad news is I'm

1181

00:53:23,089 --> 00:53:20,760

failing terribly at building this porch

1182

00:53:25,970 --> 00:53:23,099

roof I thought it was going to go a

1183

00:53:29,270 --> 00:53:25,980

certain way and it hasn't gone my way I

1184

00:53:32,030 --> 00:53:29,280

need eight big tree beams to even begin

1185

00:53:33,770 --> 00:53:32,040

I've only got two or three of them but

1186

00:53:37,870 --> 00:53:33,780

I'm gonna hit it again next week and

1187

00:53:40,670 --> 00:53:37,880

we'll see how we do if I have to I will

1188

00:53:43,849 --> 00:53:40,680

pause the the porch project for the

1189

00:53:45,470 --> 00:53:43,859

winner because honestly I just I don't

1190

00:53:52,250 --> 00:53:45,480

work well

1191

00:53:55,490 --> 00:53:52,260

freezing cold I noticed that um I have

1192

00:53:57,770 --> 00:53:55,500

let's see yeah I watch a lot of uh cabin

1193

00:54:00,170 --> 00:53:57,780

channels and off-grid channels and

1194

00:54:02,510 --> 00:54:00,180

there's a guy named uh

1195

00:54:05,329 --> 00:54:02,520

Sean James from the channel myself

1196

00:54:08,089 --> 00:54:05,339

Reliance and he

1197

00:54:10,609 --> 00:54:08,099

through a Canadian winner will be out

1198

00:54:13,309 --> 00:54:10,619

there in the snow and the ice building a

1199

00:54:16,250 --> 00:54:13,319

log cabin I'm not him I just I don't

1200

00:54:18,609 --> 00:54:16,260

know man I it once it goes to like 30 or

1201
00:54:22,430 --> 00:54:18,619
something nope I'm not going outside

1202
00:54:26,690 --> 00:54:22,440
unless I have to I can't work in that

1203
00:54:29,569 --> 00:54:26,700
kind of I just can't do it so uh it was

1204
00:54:30,829 --> 00:54:29,579
40 something this past weekend and I was

1205
00:54:33,530 --> 00:54:30,839
having a hard time

1206
00:54:35,390 --> 00:54:33,540
and plus there's just too much to do

1207
00:54:37,010 --> 00:54:35,400
there at the cabin I've got to put the

1208
00:54:38,450 --> 00:54:37,020
firewood up I'm trying to build the

1209
00:54:41,049 --> 00:54:38,460
porch

1210
00:54:43,609 --> 00:54:41,059
um other stuff going on there

1211
00:54:45,290 --> 00:54:43,619
next week I hope that I will do better

1212
00:54:48,349 --> 00:54:45,300
I'm going to spend one day processing

1213
00:54:49,790 --> 00:54:48,359

firewood one day working on the porch I

1214

00:54:51,890 --> 00:54:49,800

suppose the problem with the porch is

1215

00:54:54,950 --> 00:54:51,900

that it's not like I just have a pile of

1216

00:54:57,890 --> 00:54:54,960

lumber from Home Depot and I can start

1217

00:55:00,309 --> 00:54:57,900

building this porch roof I have to go

1218

00:55:02,690 --> 00:55:00,319

into the woods and get the wood first

1219

00:55:07,130 --> 00:55:02,700

and then stack it up and then I'm going

1220

00:55:08,990 --> 00:55:07,140

to have to debark the trees and it's a

1221

00:55:11,030 --> 00:55:09,000

big project a lot bigger than I thought

1222

00:55:12,770 --> 00:55:11,040

I always bite off more than I can chew

1223

00:55:13,870 --> 00:55:12,780

there but eventually I get some things

1224

00:55:17,569 --> 00:55:13,880

done

1225

00:55:18,890 --> 00:55:17,579

I will uh revisit it next weekend I'm

1226
00:55:20,390 --> 00:55:18,900
going to put up the rest of the firewood

1227
00:55:21,710 --> 00:55:20,400
and then and I'm going to continue on

1228
00:55:24,170 --> 00:55:21,720
the porch for a little while a couple

1229
00:55:25,609 --> 00:55:24,180
more weeks but if it seems like this is

1230
00:55:26,809 --> 00:55:25,619
Mission Impossible and I'm not getting

1231
00:55:28,609 --> 00:55:26,819
it done before it's going to be too

1232
00:55:30,950 --> 00:55:28,619
freezing cold out there to work then I'm

1233
00:55:32,270 --> 00:55:30,960
gonna say the hell with it

1234
00:55:35,390 --> 00:55:32,280
um another thing that I'm learning since

1235
00:55:37,010 --> 00:55:35,400
quitting drinking is to uh accept the

1236
00:55:39,290 --> 00:55:37,020
things I can't change I can't change

1237
00:55:42,309 --> 00:55:39,300
it's 30 or 20 outside and I don't want

1238
00:55:45,829 --> 00:55:42,319

to work out there right

1239

00:55:47,630 --> 00:55:45,839

so I'm just gonna roll with the roll

1240

00:55:48,890 --> 00:55:47,640

with whatever happens I I don't want to

1241

00:55:50,329 --> 00:55:48,900

give up on it yet though I'm going to

1242

00:55:52,609 --> 00:55:50,339

give it another couple of weekends

1243

00:55:54,650 --> 00:55:52,619

before I decide if that's off the table

1244

00:55:56,750 --> 00:55:54,660

I would love to get it done before

1245

00:55:59,630 --> 00:55:56,760

winter because then in the spring I can

1246

00:56:01,549 --> 00:55:59,640

worry about other projects and thank you

1247

00:56:03,650 --> 00:56:01,559

sweet Caroline

1248

00:56:05,390 --> 00:56:03,660

remember Stephen your work is invaluable

1249

00:56:06,950 --> 00:56:05,400

and you are a true Knight in fighting

1250

00:56:08,390 --> 00:56:06,960

for the truth and exposing the grifters

1251
00:56:09,890 --> 00:56:08,400
we all respect

1252
00:56:11,510 --> 00:56:09,900
and have great respect for you always

1253
00:56:13,309 --> 00:56:11,520
well thank you Robert C for your

1254
00:56:16,490 --> 00:56:13,319
kindness generosity and support of the

1255
00:56:18,170 --> 00:56:16,500
show and what I believe and you also

1256
00:56:19,849 --> 00:56:18,180
apparently believe is the important work

1257
00:56:22,010 --> 00:56:19,859
that we do here

1258
00:56:23,990 --> 00:56:22,020
reload reload thank you for sharing your

1259
00:56:27,349 --> 00:56:24,000
thoughts Aaron says learned something

1260
00:56:30,890 --> 00:56:29,450
any other comments or questions for me

1261
00:56:32,390 --> 00:56:30,900
please put them in all capital letters

1262
00:56:34,849 --> 00:56:32,400
otherwise we're going to call a short

1263
00:56:37,309 --> 00:56:34,859

one today

1264

00:56:39,710 --> 00:56:37,319

um a job P of Interest says I collect

1265

00:56:43,970 --> 00:56:39,720

wood on woods and wood pallets for free

1266

00:56:45,650 --> 00:56:43,980

on hypermarkets backs yeah we burned the

1267

00:56:47,510 --> 00:56:45,660

first year I was at the cabin I was from

1268

00:56:49,190 --> 00:56:47,520

the city John P adventures and I didn't

1269

00:56:51,950 --> 00:56:49,200

know anything about going in the woods

1270

00:56:54,710 --> 00:56:51,960

to find firewood I mean I did from being

1271

00:56:56,990 --> 00:56:54,720

a Boy Scout but it didn't occur to me I

1272

00:56:59,990 --> 00:56:57,000

was from the city so I drug up

1273

00:57:01,490 --> 00:57:00,000

to the cabin all kinds of scrap wood and

1274

00:57:02,990 --> 00:57:01,500

I just cut up scrap wood that people

1275

00:57:05,630 --> 00:57:03,000

would put out in the trash in the city

1276

00:57:09,530 --> 00:57:05,640

in Philadelphia and that works but it's

1277

00:57:11,089 --> 00:57:09,540

kind of messy and uh it's not it doesn't

1278

00:57:13,730 --> 00:57:11,099

you know

1279

00:57:16,790 --> 00:57:13,740

old pallet wood does not burn as long as

1280

00:57:19,130 --> 00:57:16,800

uh you know a good tree a good log made

1281

00:57:21,589 --> 00:57:19,140

out of a tree you know split firewood

1282

00:57:23,870 --> 00:57:21,599

that burns the hottest and the longest

1283

00:57:25,490 --> 00:57:23,880

so that's what I want now I have since

1284

00:57:28,069 --> 00:57:25,500

thanks to the kindness of my neighbor

1285

00:57:30,290 --> 00:57:28,079

Matt who've kind of taught me like you

1286

00:57:32,089 --> 00:57:30,300

know there's these things called tree

1287

00:57:33,950 --> 00:57:32,099

Stephen and you can cut them down and

1288

00:57:36,230 --> 00:57:33,960

split them and stack it up and that's

1289

00:57:39,430 --> 00:57:36,240

better firewood than this trash you're

1290

00:57:42,410 --> 00:57:39,440

dragging in here from your city

1291

00:57:44,030 --> 00:57:42,420

and God bless him and others who taught

1292

00:57:46,910 --> 00:57:44,040

me the right way to do it because it

1293

00:57:48,829 --> 00:57:46,920

goes much much better now

1294

00:57:50,150 --> 00:57:48,839

um The Sweet Caroline is asking what's

1295

00:57:52,190 --> 00:57:50,160

tomorrow's show going to be about

1296

00:57:53,930 --> 00:57:52,200

tomorrow we'll return to normal topics

1297

00:57:55,970 --> 00:57:53,940

and that's all I will say because I'm

1298

00:57:58,490 --> 00:57:55,980

still trying to organize the week shows

1299

00:58:01,030 --> 00:57:58,500

so we'll see what tomorrow will bring

1300

00:58:03,890 --> 00:58:01,040

right

1301
00:58:05,690 --> 00:58:03,900
Anthony Peterson says you've Blown Away

1302
00:58:07,910 --> 00:58:05,700
a lot of my old fascination with the

1303
00:58:10,190 --> 00:58:07,920
Flying Saucer Mythos I still want to

1304
00:58:12,069 --> 00:58:10,200
believe though yeah don't we all we all

1305
00:58:17,210 --> 00:58:12,079
want to believe but

1306
00:58:21,890 --> 00:58:19,790
yeah John P says then I cut it home sure

1307
00:58:25,970 --> 00:58:21,900
if you have scrap wood I use scrap wood

1308
00:58:28,130 --> 00:58:25,980
for kindling John P because if you put a

1309
00:58:30,829 --> 00:58:28,140
plumbing torch on a piece of old pallet

1310
00:58:33,530 --> 00:58:30,839
it lights on fire almost immediately on

1311
00:58:36,470 --> 00:58:33,540
a piece of tree wood it takes a while so

1312
00:58:38,750 --> 00:58:36,480
I use old pallet wood and old scraps

1313
00:58:42,230 --> 00:58:38,760

from construction projects to start the

1314

00:58:45,289 --> 00:58:42,240

fires at the cabin and then we move to

1315

00:58:47,210 --> 00:58:45,299

you know other things right

1316

00:58:50,450 --> 00:58:47,220

Stephen Eichler

1317

00:58:53,829 --> 00:58:50,460

yeah we got that one sorry

1318

00:58:57,289 --> 00:58:53,839

and uh L Ware says positive Bros for you

1319

00:58:59,630 --> 00:58:57,299

uh Positive Vibes for you bro thank you

1320

00:59:01,730 --> 00:58:59,640

for your kindness uh much much pretty

1321

00:59:04,730 --> 00:59:01,740

appreciate it

1322

00:59:06,589 --> 00:59:04,740

Sweet Caroline do trees speak to each

1323

00:59:10,069 --> 00:59:06,599

other through chemical compounds no they

1324

00:59:12,230 --> 00:59:10,079

do so through the mycelium of of the

1325

00:59:13,730 --> 00:59:12,240

mushrooms in the forest Sweet Caroline

1326

00:59:18,650 --> 00:59:13,740

look it up it's

1327

00:59:20,990 --> 00:59:18,660

it's pretty trippy uh trees can actually

1328

00:59:22,549 --> 00:59:21,000

speak to their offspring the seedlings

1329

00:59:25,970 --> 00:59:22,559

through the mycelium they can

1330

00:59:29,210 --> 00:59:25,980

communicate that's really trippy really

1331

00:59:34,490 --> 00:59:31,430

everybody

1332

00:59:37,190 --> 00:59:34,500

Charlie UK says alcohol in our societies

1333

00:59:38,750 --> 00:59:37,200

and its uh ubiquitous availability has

1334

00:59:40,849 --> 00:59:38,760

occurred in some ways it's worse than

1335

00:59:42,470 --> 00:59:40,859

drugs I give thanks to no one in

1336

00:59:44,089 --> 00:59:42,480

particular that I remain sober and

1337

00:59:46,970 --> 00:59:44,099

healthy well congratulations for your

1338

00:59:50,510 --> 00:59:46,980

sobriety and your good health

1339

00:59:54,470 --> 00:59:50,520

um much much appreciate it

1340

00:59:56,750 --> 00:59:54,480

we buy 120 kilograms of wood for 120

1341

00:59:59,210 --> 00:59:56,760

euros

1342

01:00:02,089 --> 00:59:59,220

well here they sell it by What's called

1343

01:00:04,789 --> 01:00:02,099

the cord which is a unit of measurement

1344

01:00:08,510 --> 01:00:04,799

of the volume of the wood and it's like

1345

01:00:10,010 --> 01:00:08,520

250 Accord here 250 US dollars for one

1346

01:00:12,289 --> 01:00:10,020

quart of firewood

1347

01:00:14,690 --> 01:00:12,299

and uh

1348

01:00:16,190 --> 01:00:14,700

that's about the going rate and you have

1349

01:00:17,630 --> 01:00:16,200

to be very careful because some of those

1350

01:00:20,329 --> 01:00:17,640

people don't give you what they're

1351

01:00:23,210 --> 01:00:20,339

supposed to or the wood's not dry it's

1352

01:00:25,250 --> 01:00:23,220

wet as [h__\h] and freshly cut like the day

1353

01:00:27,289 --> 01:00:25,260

you get it and they don't tell you that

1354

01:00:29,990 --> 01:00:27,299

so it won't burn and

1355

01:00:32,390 --> 01:00:30,000

it's always best in my opinion to find

1356

01:00:34,250 --> 01:00:32,400

and process your own firewood this year

1357

01:00:36,950 --> 01:00:34,260

I cheated though

1358

01:00:39,170 --> 01:00:36,960

um yeah things being what it is

1359

01:00:40,789 --> 01:00:39,180

Aaron says I'm a Christian but Native

1360

01:00:42,710 --> 01:00:40,799

Americans there's always some kind of

1361

01:00:45,770 --> 01:00:42,720

belief that animals and stuff has a

1362

01:00:47,390 --> 01:00:45,780

spirit Bible just confirms it yeah I

1363

01:00:49,309 --> 01:00:47,400

mean asking but it's had a dog if their

1364

01:00:52,730 --> 01:00:49,319

dog has a spirit or soul

1365

01:00:54,490 --> 01:00:52,740

I think people would say yes frap zap is

1366

01:00:57,349 --> 01:00:54,500

here and says congratulations on the

1367

01:01:00,349 --> 01:00:57,359

127th day and I'm busting the biggest

1368

01:01:01,910 --> 01:01:00,359

hoaxers and their Stooges sir yeah that

1369

01:01:04,190 --> 01:01:01,920

was good work and I appreciate everybody

1370

01:01:05,150 --> 01:01:04,200

reaching out to me

1371

01:01:07,130 --> 01:01:05,160

um

1372

01:01:08,809 --> 01:01:07,140

I am aware that somebody uploaded on

1373

01:01:11,569 --> 01:01:08,819

Billy Billy which is like the Chinese

1374

01:01:13,970 --> 01:01:11,579

YouTube and it's up to 8 000 views just

1375

01:01:16,130 --> 01:01:13,980

there and then it's up to a few thousand

1376

01:01:18,170 --> 01:01:16,140

views on Odyssey and other people are

1377

01:01:22,609 --> 01:01:18,180

uploading it on Rumble and odyssey and

1378

01:01:24,950 --> 01:01:22,619

bit shoot uh I'm sure a lot more people

1379

01:01:26,750 --> 01:01:24,960

saw it because they tried to stop people

1380

01:01:28,970 --> 01:01:26,760

from seeing it and it's a good

1381

01:01:31,549 --> 01:01:28,980

documentary it's good work

1382

01:01:33,530 --> 01:01:31,559

it proves many of the things that I've

1383

01:01:36,470 --> 01:01:33,540

been saying here for a while

1384

01:01:38,809 --> 01:01:36,480

and but then of course some less than

1385

01:01:42,230 --> 01:01:38,819

scrupulous show hosts have to invent new

1386

01:01:43,789 --> 01:01:42,240

lies to deflect or muddy the waters

1387

01:01:44,990 --> 01:01:43,799

instead of addressing the evidence

1388

01:01:47,270 --> 01:01:45,000

they're going to come after me

1389

01:01:49,190 --> 01:01:47,280

personally because it's my fault

1390

01:01:51,470 --> 01:01:49,200

it's my fault they lied to Their

1391

01:01:59,150 --> 01:01:51,480

audience okay

1392

01:02:03,109 --> 01:02:01,250

yes so

1393

01:02:04,609 --> 01:02:03,119

what can I say friends for once we're

1394

01:02:06,849 --> 01:02:04,619

going to make it an early night tonight

1395

01:02:09,170 --> 01:02:06,859

and not be here for three or four hours

1396

01:02:12,470 --> 01:02:09,180

uh we've got

1397

01:02:15,289 --> 01:02:12,480

three more shows for you this week and I

1398

01:02:19,190 --> 01:02:15,299

will post more about those uh as soon as

1399

01:02:22,250 --> 01:02:19,200

I uh get them together I'm happy to be

1400

01:02:25,250 --> 01:02:22,260

back here at home it was a freezing cold

1401

01:02:26,930 --> 01:02:25,260

weekend at the cabin it was 35 or

1402

01:02:30,349 --> 01:02:26,940

something like that at night at the

1403

01:02:34,190 --> 01:02:30,359

cabin this weekend so winter is uh

1404

01:02:36,049 --> 01:02:34,200

coming in Full full on there another

1405

01:02:37,849 --> 01:02:36,059

couple of weeks and it'll be 20 at night

1406

01:02:45,049 --> 01:02:37,859

there

1407

01:02:49,309 --> 01:02:45,059

just hit 8 000 views on Billy Billy yeah

1408

01:02:54,049 --> 01:02:51,950

Patty says this is a great chat group

1409

01:02:56,630 --> 01:02:54,059

not once have I ever been attacked and

1410

01:02:58,910 --> 01:02:56,640

and you shouldn't we ask everybody to be

1411

01:03:01,549 --> 01:02:58,920

respectful it's okay to disagree with

1412

01:03:03,289 --> 01:03:01,559

people in the live chat but please be

1413

01:03:06,349 --> 01:03:03,299

um respectful

1414

01:03:08,750 --> 01:03:06,359

of the people in the live chat and the

1415

01:03:10,849 --> 01:03:08,760

guests that we have here they get a lot

1416

01:03:12,650 --> 01:03:10,859

of great feedback from some of the

1417

01:03:14,450 --> 01:03:12,660

recent guests but also we got a lot of

1418

01:03:16,130 --> 01:03:14,460

people didn't like them and and we're

1419

01:03:19,010 --> 01:03:16,140

very vocal about that I get it but

1420

01:03:20,690 --> 01:03:19,020

please just be respectful uh we can't

1421

01:03:24,410 --> 01:03:20,700

continue to have great guests if people

1422

01:03:28,490 --> 01:03:26,690

and as far as the live chat you know

1423

01:03:31,370 --> 01:03:28,500

just try to be respectful it's all we

1424

01:03:32,150 --> 01:03:31,380

ask here we're a free speech Zone though

1425

01:03:34,130 --> 01:03:32,160

um

1426

01:03:36,170 --> 01:03:34,140

and we appreciate each and every one of

1427

01:03:37,609 --> 01:03:36,180

you for joining us live I want to take a

1428

01:03:39,710 --> 01:03:37,619

moment to remind you if you're listening

1429

01:03:41,990 --> 01:03:39,720

in the if you're listening to the audio

1430

01:03:43,910 --> 01:03:42,000

podcast you are missing half the fun so

1431

01:03:46,490 --> 01:03:43,920

go on over to YouTube and click that

1432

01:03:49,130 --> 01:03:46,500

magnifying glass icon the search bar put

1433

01:03:51,890 --> 01:03:49,140

in true Seekers one word you'll see a

1434

01:03:54,349 --> 01:03:51,900

strange guy pop up with sunglasses that

1435

01:03:55,730 --> 01:03:54,359

would be me go to that Channel smash the

1436

01:03:57,530 --> 01:03:55,740

Subscribe button hit the notification

1437

01:04:00,349 --> 01:03:57,540

Bell and you too will know when we're

1438

01:04:03,230 --> 01:04:00,359

doing a live chat and you can come here

1439

01:04:05,870 --> 01:04:03,240

and be a part of the festivities you can

1440

01:04:07,970 --> 01:04:05,880

ask questions to myself and our guests

1441

01:04:10,549 --> 01:04:07,980

you can chat and interact with other

1442

01:04:13,190 --> 01:04:10,559

like-minded people interested in these

1443

01:04:14,329 --> 01:04:13,200

strange and esoteric subjects you are

1444

01:04:18,170 --> 01:04:14,339

most welcome

1445

01:04:20,270 --> 01:04:18,180

and I wouldn't be doing a very good job

1446

01:04:24,049 --> 01:04:20,280

as a YouTuber if I didn't do what all

1447

01:04:26,150 --> 01:04:24,059

YouTubers do and remind you uh that one

1448

01:04:28,609 --> 01:04:26,160

great way that you can help us here with

1449

01:04:30,589 --> 01:04:28,619

our show is to like comment subscribe

1450

01:04:33,049 --> 01:04:30,599

and share these videos share them on

1451
01:04:34,910 --> 01:04:33,059
your social media we really appreciate

1452
01:04:36,650 --> 01:04:34,920
it and I see you people retweeting the

1453
01:04:39,829 --> 01:04:36,660
shows and

1454
01:04:42,470 --> 01:04:39,839
um and helping by posting these shows on

1455
01:04:44,210 --> 01:04:42,480
your Facebook it really does help and

1456
01:04:46,190 --> 01:04:44,220
it's not just the new shows you can do

1457
01:04:48,109 --> 01:04:46,200
that with you can go and get a link for

1458
01:04:51,049 --> 01:04:48,119
an old one of your favorite shows here

1459
01:04:53,270 --> 01:04:51,059
we have a huge catalog of shows on all

1460
01:04:56,450 --> 01:04:53,280
different strange and esoteric subjects

1461
01:04:59,750 --> 01:04:56,460
from Bigfoot to aliens to UFO sightings

1462
01:05:01,849 --> 01:04:59,760
uh we cover all of that so find a show

1463
01:05:04,549 --> 01:05:01,859

you like copy the link put it on your

1464

01:05:06,530 --> 01:05:04,559

social media and that will help rise Us

1465

01:05:08,630 --> 01:05:06,540

in the search engines and help us to

1466

01:05:11,089 --> 01:05:08,640

grow the shows

1467

01:05:13,190 --> 01:05:11,099

Aaron says the shades are legendary

1468

01:05:15,890 --> 01:05:13,200

Camby and well thank you I appreciate it

1469

01:05:17,630 --> 01:05:15,900

some of you know why I wear them uh and

1470

01:05:19,190 --> 01:05:17,640

uh I'm Gonna Keep wearing them and if

1471

01:05:22,250 --> 01:05:19,200

anybody doesn't like it

1472

01:05:24,710 --> 01:05:22,260

uh that's something I can't change right

1473

01:05:27,049 --> 01:05:24,720

John P Adventure says here it's still

1474

01:05:29,089 --> 01:05:27,059

ends summer not too cold but we have

1475

01:05:32,030 --> 01:05:29,099

turned on the fireplace four times just

1476

01:05:36,049 --> 01:05:32,040

to heat the living room a bit yeah I I

1477

01:05:37,250 --> 01:05:36,059

like fall John but unfortunately my

1478

01:05:39,829 --> 01:05:37,260

neighbor and I were just talking about

1479

01:05:43,069 --> 01:05:39,839

this at the cabin it went from 85 during

1480

01:05:45,710 --> 01:05:43,079

the day to 45 during the day in the

1481

01:05:51,730 --> 01:05:45,720

space of a week or two weeks it is there

1482

01:05:56,930 --> 01:05:54,530

which live stream has the drunk guy

1483

01:05:58,609 --> 01:05:56,940

falling over it's one of the panel shows

1484

01:06:01,010 --> 01:05:58,619

I could get it to you after the show

1485

01:06:04,630 --> 01:06:01,020

Sweet Caroline but I can't go digging

1486

01:06:09,170 --> 01:06:07,549

my flock is everywhere says

1487

01:06:11,089 --> 01:06:09,180

Stephen keep up the good work I'm

1488

01:06:13,250 --> 01:06:11,099

extremely proud of you well I thank you

1489

01:06:14,390 --> 01:06:13,260

and I'm glad for people being happy for

1490

01:06:16,250 --> 01:06:14,400

my uh

1491

01:06:21,530 --> 01:06:16,260

healthier lifestyle

1492

01:06:26,690 --> 01:06:24,829

yes and Anthony Peterson says I think

1493

01:06:28,370 --> 01:06:26,700

that this group is a great example of

1494

01:06:30,650 --> 01:06:28,380

how people can have different opinions

1495

01:06:38,890 --> 01:06:30,660

and exist together yeah we have a great

1496

01:06:43,670 --> 01:06:41,930

closed with glass fireplace yeah

1497

01:06:46,609 --> 01:06:43,680

I want to get a wood burner with a glass

1498

01:06:49,730 --> 01:06:46,619

front sometime that's all my list of

1499

01:06:51,410 --> 01:06:49,740

things for still to to get for the cabin

1500

01:06:53,329 --> 01:06:51,420

and who knows maybe I'll put the old

1501

01:06:56,390 --> 01:06:53,339

burner in another cabin I build right

1502

01:07:03,289 --> 01:06:56,400

you never know what's in store for the

1503

01:07:09,109 --> 01:07:06,770

John Uh Wood Mass says very late hope

1504

01:07:12,289 --> 01:07:09,119

you're okay yes no problem you can

1505

01:07:15,289 --> 01:07:12,299

listen through the replay we're doing a

1506

01:07:16,750 --> 01:07:15,299

discussion and a talk on being 120 days

1507

01:07:20,809 --> 01:07:16,760

sober

1508

01:07:23,029 --> 01:07:20,819

uh yeah so we're gonna

1509

01:07:26,150 --> 01:07:23,039

my friend who saw me watching you

1510

01:07:29,210 --> 01:07:26,160

immediately said Neo uh well maybe I'm

1511

01:07:31,250 --> 01:07:29,220

maybe I'm the Neo of the UFO alien

1512

01:07:34,970 --> 01:07:31,260

Matrix Anthony Peterson you never know

1513

01:07:40,609 --> 01:07:37,190

and Patty is mentioning she misses her

1514

01:07:43,190 --> 01:07:40,619

fireplace yeah I uh I would not live in

1515

01:07:45,829 --> 01:07:43,200

a home without a fireplace anymore we

1516

01:07:48,710 --> 01:07:45,839

have a big fireplace here with the big

1517

01:07:51,529 --> 01:07:48,720

uh wood burner with a blower and a glass

1518

01:07:54,589 --> 01:07:51,539

front love it here at my home and in the

1519

01:07:57,170 --> 01:07:54,599

cabin we have a a wood burner in each

1520

01:08:00,410 --> 01:07:57,180

room the kitchen has a wood cook stove

1521

01:08:03,410 --> 01:08:00,420

which you can bake things on and um and

1522

01:08:05,450 --> 01:08:03,420

it heats up the kitchen and uh

1523

01:08:08,329 --> 01:08:05,460

also the living room has the biggest

1524

01:08:10,069 --> 01:08:08,339

wood burner that we can put a fan and

1525

01:08:13,609 --> 01:08:10,079

heat the entire cabin

1526

01:08:16,729 --> 01:08:13,619

if we so choose to usually though I keep

1527

01:08:18,050 --> 01:08:16,739

it low and and just close the door to

1528

01:08:20,570 --> 01:08:18,060

the other rooms of the cabin that I

1529

01:08:22,130 --> 01:08:20,580

don't use much during the winter but we

1530

01:08:23,749 --> 01:08:22,140

can heat the whole cabin from the one in

1531

01:08:25,189 --> 01:08:23,759

the living room and even the sun room

1532

01:08:28,490 --> 01:08:25,199

has a little

1533

01:08:30,530 --> 01:08:28,500

uh wood burning stove in there so if I

1534

01:08:32,689 --> 01:08:30,540

want to hang out in the in the sun room

1535

01:08:35,090 --> 01:08:32,699

there's a wood burner in there and an

1536

01:08:39,309 --> 01:08:35,100

electric fireplace as well we like to

1537

01:08:41,749 --> 01:08:39,319

keep that place cooking keep it cozy

1538

01:08:44,950 --> 01:08:41,759

one of my favorite things in life is a

1539

01:08:47,749 --> 01:08:44,960

good fireplace and uh and a campfire

1540

01:08:50,150 --> 01:08:47,759

nobody in life ever said Gee I wish I

1541

01:08:54,050 --> 01:08:50,160

had spent less time in front of a good

1542

01:08:57,169 --> 01:08:54,060

fire right never doesn't happen

1543

01:08:58,669 --> 01:08:57,179

so uh we're gonna bounce on out of here

1544

01:09:01,970 --> 01:08:58,679

friends we're going to wrap things up

1545

01:09:04,309 --> 01:09:01,980

here but we do and I appreciate

1546

01:09:07,189 --> 01:09:04,319

everybody indulging me to go way off

1547

01:09:08,870 --> 01:09:07,199

topic occasionally for these uh sober

1548

01:09:10,249 --> 01:09:08,880

living updates because I think they

1549

01:09:12,289 --> 01:09:10,259

could be helpful to other people

1550

01:09:13,610 --> 01:09:12,299

similarly struggling struggling with

1551

01:09:16,249 --> 01:09:13,620

these issues

1552

01:09:18,530 --> 01:09:16,259

and um I want to be sure to say that I'm

1553

01:09:21,110 --> 01:09:18,540

no expert make sure that if you're

1554

01:09:23,390 --> 01:09:21,120

considering abstaining from alcohol you

1555

01:09:25,309 --> 01:09:23,400

first visit a medical professional who

1556

01:09:27,289 --> 01:09:25,319

specializes in these things I'm the

1557

01:09:29,030 --> 01:09:27,299

doctor don't listen to me listen to a

1558

01:09:31,130 --> 01:09:29,040

health professional before making any

1559

01:09:34,789 --> 01:09:31,140

decisions regarding

1560

01:09:37,729 --> 01:09:34,799

um your own situation but I will say

1561

01:09:39,590 --> 01:09:37,739

that if you are similarly struggling I'm

1562

01:09:41,150 --> 01:09:39,600

no expert but I'd be happy to talk to

1563

01:09:43,130 --> 01:09:41,160

you about what worked for me what didn't

1564

01:09:46,070 --> 01:09:43,140

work for me what challenges I thought I

1565

01:09:47,630 --> 01:09:46,080

faced and what benefits I have reaped

1566

01:09:50,090 --> 01:09:47,640

from doing it I would highly recommend

1567

01:09:50,749 --> 01:09:50,100

it to everybody to take uh four months

1568

01:09:54,350 --> 01:09:50,759

off

1569

01:09:56,630 --> 01:09:54,360

there's virtually no downside to it I I

1570

01:09:59,090 --> 01:09:56,640

don't see you know I have this huge list

1571

01:10:01,970 --> 01:09:59,100

of benefits and then on the downside I

1572

01:10:06,229 --> 01:10:01,980

have it may be increased insomnia and

1573

01:10:08,570 --> 01:10:06,239

anxiety from not drinking myself to

1574

01:10:10,790 --> 01:10:08,580

sleep every night and that's not really

1575

01:10:12,770 --> 01:10:10,800

a negative that's just an observation I

1576

01:10:15,350 --> 01:10:12,780

guess it's all positive it's all good

1577

01:10:18,650 --> 01:10:15,360

things my health has increased I'm

1578

01:10:22,090 --> 01:10:18,660

certain that my family life is better

1579

01:10:25,189 --> 01:10:22,100

um I hope hopefully my wife is happier

1580

01:10:28,669 --> 01:10:25,199

I'm handling more responsibilities and

1581

01:10:31,010 --> 01:10:28,679

doing more things and I think that

1582

01:10:34,430 --> 01:10:31,020

she knows now that I'm more dependable

1583

01:10:37,550 --> 01:10:34,440

than I was when I was still using and uh

1584

01:10:41,570 --> 01:10:37,560

drinking and being hungover constantly

1585

01:10:43,490 --> 01:10:41,580

I can't think very much of much of a

1586

01:10:45,770 --> 01:10:43,500

downside right

1587

01:10:48,910 --> 01:10:45,780

uh yes and Sweet Caroline says things

1588

01:10:51,470 --> 01:10:48,920

can only go up from here Stephen I agree

1589

01:10:53,030 --> 01:10:51,480

uh John Woodman says you're a good man

1590

01:10:56,149 --> 01:10:53,040

Stephen thankfully you're getting well

1591

01:10:57,709 --> 01:10:56,159

yeah and I hope to continue in that uh

1592

01:11:00,110 --> 01:10:57,719

in this site like I said I have

1593

01:11:03,169 --> 01:11:00,120

committed I'm doing two more months and

1594

01:11:05,890 --> 01:11:03,179

we'll see where that leads me uh and and

1595

01:11:08,930 --> 01:11:05,900

I want to thank everybody for their uh

1596

01:11:10,669 --> 01:11:08,940

uh Anthony Peterson says anxiety and

1597

01:11:12,590 --> 01:11:10,679

increased insomnia is a normal reaction

1598

01:11:16,250 --> 01:11:12,600

with sobriety just tell yourself that

1599

01:11:19,669 --> 01:11:16,260

yeah I have I I know and uh you know I'm

1600

01:11:21,229 --> 01:11:19,679

working on the insomnia part either I'm

1601

01:11:23,990 --> 01:11:21,239

working on the insomnia where I'm

1602

01:11:25,850 --> 01:11:24,000

working with it sometimes when I go I'm

1603

01:11:27,890 --> 01:11:25,860

so wired there's no way I'm sleeping for

1604

01:11:30,290 --> 01:11:27,900

five hours so then I go I'll go do

1605

01:11:32,030 --> 01:11:30,300

research for five hours uh or I'll work

1606

01:11:34,669 --> 01:11:32,040

on something for the show for five hours

1607

01:11:37,250 --> 01:11:34,679

so maybe that's a side benefit I'm

1608

01:11:39,890 --> 01:11:37,260

getting a lot more done here which feels

1609

01:11:41,709 --> 01:11:39,900

good right and Patty Wilhelm says

1610

01:11:45,890 --> 01:11:41,719

wishing you a peaceful rest of your day

1611

01:11:49,010 --> 01:11:45,900

good I could use that I had a pretty

1612

01:11:51,470 --> 01:11:49,020

pretty crazy day uh with my two boys

1613

01:11:54,350 --> 01:11:51,480

home from school today for yet another

1614

01:11:55,550 --> 01:11:54,360

holiday how many holidays do these kids

1615

01:11:58,490 --> 01:11:55,560

have

1616

01:12:01,010 --> 01:11:58,500

I I I don't get it it seems like every

1617

01:12:03,470 --> 01:12:01,020

week they have a day off or a half day

1618

01:12:05,330 --> 01:12:03,480

or something like that

1619

01:12:07,550 --> 01:12:05,340

um they're in school the rest of the

1620

01:12:08,390 --> 01:12:07,560

week near as I can tell so that's good

1621

01:12:10,250 --> 01:12:08,400

news

1622

01:12:13,130 --> 01:12:10,260

so we're going to bounce on out of here

1623

01:12:16,490 --> 01:12:13,140

I will be we will be back to our usual

1624

01:12:19,310 --> 01:12:16,500

coverage of the strange the esoteric the

1625

01:12:21,350 --> 01:12:19,320

mysterious starting tomorrow night 9 p.m

1626

01:12:24,649 --> 01:12:21,360

eastern time and I welcome you to be

1627

01:12:27,050 --> 01:12:24,659

here uh we broadcast live usually Monday

1628

01:12:30,050 --> 01:12:27,060

through Thursday 9 p.m and sometimes on

1629

01:12:32,270 --> 01:12:30,060

weekends if time permits

1630

01:12:34,850 --> 01:12:32,280

um we'll be doing at least three more

1631

01:12:36,169 --> 01:12:34,860

live shows this week and I welcome you

1632

01:12:38,330 --> 01:12:36,179

to be here

1633

01:12:40,669 --> 01:12:38,340

I want to thank each and every one of

1634

01:12:43,070 --> 01:12:40,679

our kind and generous benefactors our

1635

01:12:45,530 --> 01:12:43,080

PayPal supporters our channel members

1636

01:12:47,870 --> 01:12:45,540

and those sending super chats and

1637

01:12:49,790 --> 01:12:47,880

pledges through PayPal you help make the

1638

01:12:52,010 --> 01:12:49,800

show possible thank you all for kindness

1639

01:12:53,750 --> 01:12:52,020

generosity and support and thank each

1640

01:12:56,510 --> 01:12:53,760

and every one of you for joining us here

1641

01:12:59,689 --> 01:12:56,520

for the live show especially tonight I

1642

01:13:01,850 --> 01:12:59,699

understand many people uh for many

1643

01:13:04,130 --> 01:13:01,860

people this is not on topic they don't

1644

01:13:05,930 --> 01:13:04,140

they don't really uh want to tune in for

1645

01:13:08,270 --> 01:13:05,940

this but I still think this subject is

1646

01:13:11,750 --> 01:13:08,280

important enough to give everybody an

1647

01:13:13,790 --> 01:13:11,760

update on on those things and maybe help

1648

01:13:16,669 --> 01:13:13,800

a few people that are similarly

1649

01:13:18,830 --> 01:13:16,679

struggling so that's all I got for your

1650

01:13:20,510 --> 01:13:18,840

friends until next time my name is

1651
01:13:21,350 --> 01:13:20,520
Stephen Camby and good night and God

1652
01:14:43,660 --> 01:13:21,360
bless all of you

1653
01:14:45,020 --> 01:14:43,670
[Music]

1654
01:15:03,370 --> 01:14:45,030
[Applause]

1655
01:15:05,400 --> 01:15:03,380
[Music]

1656
01:15:23,120 --> 01:15:05,410
thank you

1657
01:16:00,830 --> 01:15:50,500
[Music]

1658
01:16:28,920 --> 01:16:02,060
foreign

1659
01:17:07,130 --> 01:16:41,650
[Music]

1660
01:17:16,550 --> 01:17:09,189
oh

1661
01:17:39,709 --> 01:17:26,050
[Music]

1662
01:17:39,719 --> 01:17:42,840
foreign

1663
01:18:22,970 --> 01:17:49,390

[Music]