



## **What Do I Do? – (Getting Started up the Mountain)**

When it comes to taking on a life change such as dealing with a substance use problem or trying to overcome any bad habit, getting started can feel like we are standing at the bottom of an enormous mountain without any gear or tools, thinking “How in the world am I going to climb this huge mountain???”

Well, the answer to the “How do I get started?” question with addiction or other habits (like weight loss for example) is the same answer as one would expect from the “How do I climb this mountain?” question. The answer is that we do not have to climb the mountain in one day. We don’t even have to climb it in one week...not in one month either: We just have to take a few small steps “up the mountain” today and that’s all. That’s all getting started really is.

This is all about just reframing our perspective and readjusting our focus a little bit. The huge mountain-like task ahead of us is always going to seem overwhelming when we look up the entire mountainside all the way up to the peak. Instead, if we keep our eyes focused on just the few rocks that we need to climb that are right in front of us and then move forward and upward, that is all it takes to get started. Yes, it is that simple!

To put it in real life perspective... (Some examples)

- If you feel like you need to go to the gym and get in shape, but an hour-long workout is overwhelming: Go to the gym for 15 minutes – If that’s too much, do a few pushups at home – If that’s too much, try to do one pushup! – Do what you can!
- Quitting smoking too much to imagine? Smoke a third less cigarettes today – If that’s too much, smoke one less – Do what you can! Just do something!

Hopefully, the point is made, getting started is all about making any steps forward, no matter how small. That is all that you to do to get yourself going forward in the right direction. If you want to do more, then do more but for now, the only requirement is that you do something!

(Oh yeah, one more thing – Wake up again tomorrow and do it again, even if it just a little -keep it going. Then you’ve got it started and you are really moving forward toward your goals and before you know it you will be halfway up the mountain! – Try it, it works!)