

Habits take the path of least resistance. Good or bad. Just like electricity. If it's well grounded it obediently runs your Sony HD TV so you can improve your mind watching Dancing With The Stars. If it's not well grounded you get toasted. It works exactly the same with habits.

What you need to do from now on is to make sure when you start doing something a lot, it's good for you. If it isn't, switch channels. **Switch habits.** You'll still have them but they'll be working for you — not against you.

**REMEMBER! Anyone who purposely does something to hurt themselves and the people around them — and pays for it — is a JERK!**

You don't want to be a jerk. If you are you won't be able to get anyone to come down and bail you out of jail.

Ease into it. Start with something easy, like your nose. If you absolutely have to do something with it — Pick it, don't pack it — which brings us to the most important aspect of straightening up your act. . .

### **EXCUSES!**

**THERE ARE NONE!** Period. Rocks is hard and water's wet. Period. You do it or you don't. Period. No one ever cares why you *couldn't* do it. They only care if you *did* it. Period. **NO EXCUSES! EVER. PERIOD.** Thank you very much.

### **TALKING TO YOURSELF IN THE MIRROR . . .**

**I**s a terrific way to let yourself know what's going on with you. You talk to yourself all the time anyway so why not use it constructively?

Here's some things I talk about with me. Maybe they'll give you

some ideas — like soup starter. Think up your own things to talk about with you. It's fun, it's easy and it doesn't cost anything. Spend a lot of time doing this. There're all sorts of things to talk about with yourself that are good for you . . .

## ***THINGS TO TALK ABOUT WITH YOU***

### ***Vanity***

**C**ontrary to popular belief, vanity can be a most constructive motivation. Since you are the one who has to look at you in the mirror every day, you might as well like what you have to look at. Be vain. It's good for you. Spruce yourself up.

### ***Memory Boosting***

**R**emember to remind yourself tomorrow that you are still going to be doing it today.

### ***Panel Discussions***

**H**ave a panel discussion with yourself about what you plan to do and your goals for the day. These should be exactly the same thing you plan to do every day to straighten up your act. Think short term — daily, hourly, minutely or secondly if you have to. At the same time, think long term — weekly, monthly, yearly, foreverly. *If nothing is your goal then nothing is what will happen.* Choose your goals just like you choose your habits. Then talk about them with yourself.

### ***Habits***

**R**eview your habits — good and bad. Re-enforce the good ones. Erase the bad ones. Remember. If you do something, or more important to you — if you don't do something enough times it will become a habit.

### ***Self-Abuse***

**S**lap yourself if you fall off your program. The only way to save yourself from being a jerk with a death wish is to start

trying again — *immediately*. The second you blow it. Every little bit helps. As long as you keep trying you'll get there — just like the Little Engine That Could. Practice makes perfect. Practice also makes habits. If you blow it, slap yourself and get right back to taking care of business.

### *Redecorating*

**E**xpress yourself artistically. Redecorate all the mirrors in your house — including the one on the coffee table. **Write JERK!** In electric pink day-glo lipstick across each one so that every time you look in the mirror to talk to yourself it will remind you of what you are trying to do and — and not do. It also serves a more practical purpose. It's really hard to snort a line off warm lipstick.

### *Bucks*

**T**alk about all the money you'll be saving by passing on the powder. Squirrel it away. See what happens in a few weeks. See what happens in a week. You might even be able to get a phone in your own name.

**C**onstantly think about how much money you are saving by *not* doing something. It used to kill me. I thought nothing of dropping a hundred dollars whenever I needed a “boost” but it took me an hour to decide if a twenty-five dollars pair of sneakers was really worth all that money. I mean, the shoes would only last two or three years.

**Y**ou've only got so much money and nobody's *ever* got enough money for drugs. Every time you get the urge to go out and buy something nasty, go right out and buy something that's good for you — or squirrel the money away. If you spend all your money on good stuff you won't have any money left to spend on bad stuff.

### *Keep Yourself Informed*

It only takes one to have a conversation. Talk with yourself about everything that has to do with you. Let yourself know what it is you are going to be doing. Then, let yourself know when you've done it. Ideas, plans and dreams don't become realities until you vocalize them. Talking is the next step after thinking and the last step before doing. Keep yourself current on what's happening with you.

### *The Ultimate No-No*

**N**EVER, NEVER, NEVER say you are sorry to yourself about yourself to you or anyone else. If you do this you are falling back into being a jerk. *De-jerk yourself immediately!* Victim talk is weak and saying you are sorry is victim talk. We're all sorry. You know what happens to the weak animal in the pack.

I can see by the old clock on the wall it's time to, as they say at the bar on the corner, stop talking and start chalking.

It's your break . . .

## **GET OUT FROM BEHIND THE 8-BALL**

*(How to fix it enough to fix it)*

**T**his is the drill for one week beginning the second you actually decide to stop being a jerk and straighten up your act for real. What you're going to be doing is breaking nasty old habits and patterns by replacing them with new positive ones. In principle it's not too much harder than putting together a Mr. Potato Head. You just have to decide to do it. You've got lead in your pencil, you just don't know who to write to — yet.

## DO THIS EACH DAY FOR ONE WEEK

(7 Days)

### CLEAN OUT YOUR ENVIRONMENT

(*And Keep It Clean*)

Remove temptations. Throw away any paraphernalia – drugs, pipes, needles, liquor, scales, bongos, papers, guns, pills, old prescriptions and anything else laying around the house that makes it easy for you to do what you don't want to do any more. It will show other people, and yourself, that you are making a serious attempt to un-destroy your life — but most important, *it shows you*. That's what counts. Besides, if it's not there you can't do it. Duh.

### KEEP IT MOVING

Stay busy as a bee. Use your down time constructively. Tire yourself out in a positive way. Anything you do that's positive and doesn't aggravate your "problem" is good for you. Wash the car. Clean the house. Feed the cat. Get a job. Read a book. Write a book. Go places that are new and different. *Anything — just stay busy for seven days*. When you at home do things that make your house a nicer environment that is conducive to straightening up your act.

### PEOPLE

(*Loser*)

Write down the names of the three people in your life that have the strongest influence on you to do the things you don't want to be doing anymore. You won't be seeing them this week. *Stay away from them!* You don't have to explain yourself, but if you're worried about offending them, tell them you're recovering from an illness. They're probably so high or hung over it'll take them a couple of days to notice you haven't been around. If you do run into them, tell them what you're trying