

SobrietyWoD Class 5
A Program of Action

A program, in the sense we are discussing, is simply a way of living that stands outside of our own feelings or decisions. If you have ever been a part of a group, you have, to some extent, followed a program.

There is little debate concerning how powerful the implementation of a program can be not only for us as addicts but for anyone attempting to achieve lasting change.

Years of living by feelings and attempting to “fix” those feelings often lead to disorganized and undisciplined lives.

We typically reach the point of being willing to try a new approach once we have become thoroughly convinced that our way is not working and will likely never work. It is at this point that many of us became willing to consider taking some suggestions and following a new course.

Discussion:

What are some examples of “programs” that you have or are currently following?

How has following a “program” rather than been useful in your recovery?

Programs are powerful because they stand firm and unchanging while our feelings and thoughts are constantly shifting. Like a compass or a map it can help us navigate life’s difficulties.

One problem many of us encounter when attempting to begin any type of fitness regimen is knowing where to even begin. Questions like:

“How do I know if I am working the right muscles, in the right way, and often enough?”

“Am I getting the right balance of strength, cardio, stamina work?”

“Will this give me a 6 pack?”

“High reps? Low reps? Heavy? Light? Chest? Tri’s? Ahhhhhhhhh!”

With all of the constant voices in our ear giving us often contradictory answers to all of these questions, it’s easy to get overwhelmed and simply give up. But here is where CrossFit is strongest. CF guides all of this plus has guidelines concerning food, sleep, and rest. Finally, a program that can take care of all of these needs if we just follow it!

So how do we choose a program?

1. Look at and talk to the people who follow it.
2. Determine if they have what you are looking for.
3. Commit! Then take it one day at a time.

Discussion:

How could following a physical program help with your recovery journey?