

Flint Area Unity Council - ~ - Newsletter - ~ -



June 2021; No. 69
Vol. 6; Issue 9
A.A. Help Line
(810) 234-0815
Meetings Opened and
Zoom Meetings on Website

The F.A.U.C. Website is www.geneseecountyaa.org
Newsletter at <https://geneseecountyaa.org/f-a-u-c-newsletter>

The A.A.W.S. licensed Smart Phone Meeting Guide app
has Flint Area A.A. Meetings and is free at the app store.

The F.A.U.C. 2021 A.A. Meeting Books are available. Call James P. at 313-613-3703 to get yours.

“The problem of resolving fear has two aspects. We shall have to try for all the freedom from fear that is possible for us to attain. Then we shall need to find both the courage and grace to deal constructively with whatever fears remain.” AS BILL SEES IT, 61, RESOLVING FEAR, Grapevine, January 1962.

“The achievement of freedom from fear is a lifetime undertaking, one that can never be wholly completed. When under heavy attack, acute illness, or in other conditions of serious insecurity, we shall all act to this emotion-well or badly, as the case may be. Only the self-deceived will claim perfect freedom from fear.” AS BILL SEES IT, 263, FEAR AND FAITH, Grapevine, January 1962. FEAR. “This short word somehow touches about every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it. It set in motion trains of circumstances which brought us misfortune we felt we didn’t deserve.” Alcoholics Anonymous, HOW IT WORKS, page 67.

All three quotes reprinted with A.A.W.S. permission.

“Were entirely ready to have God remove these defects of character.”¹



“The important thing is this: to be able at any moment to sacrifice what we are for what we could become.”²

Sacrifice - (transitive verb) to suffer loss of, give up, renounce, injure, or destroy especially for an ideal, belief, or end.

¹ Alcoholics Anonymous, page 59, Step 6.

² Charles Dubois, May 28, 1804 – November 13, 1867, Belgian naturalist.

“...when AA tells us that our goal is to be free from fear, it is not suggesting that we will cease to experience fear. What it is suggesting is that we can be free from a certain kind of fear, the fear which is “an evil and corroding thread” (Big Book, p. 67) running through human existence.

“The perceived threat can be to life and limb or to my physical well-being and security, as in its primal form... The fear is a function of the value and the perceived threat to it. The higher the value and the stronger the perception, the greater the fear.

“Self-centered fear results from a distortion of value and perception as regards what I have and what I want. We take inventory of fear because, as self-centered fear, the emotion is a prime manifestation of our spiritual disease.

“...spiritual principles will help us to become progressively free from fear. But they all work with gratitude, grounded in faith and in humility.”³

“As faith grows, so does inner security. The vast underlying fear of nothingness commences to subside. We of A.A. find that our basic antidote for fear is a spiritual awakening.”⁴ – As Bill Sees It

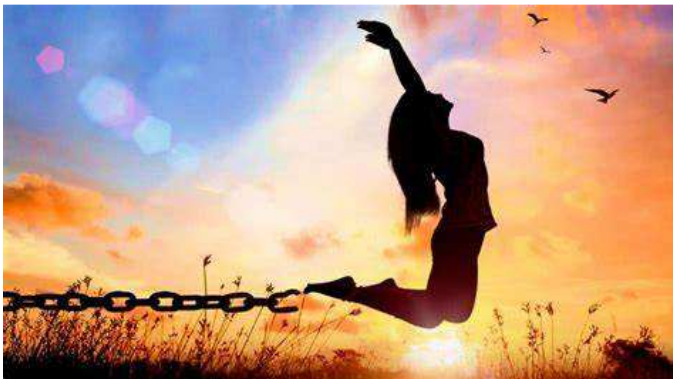
³ http://practicethesepinciplesthebook.com/fear_389.html

⁴ As Bill Sees It, 196, ANTIDOTE FOR FEAR, Grapevine, January 1962.

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Eliminating Fear Involves Learning These 7 Skills:

- 1) Learn to trust yourself-trust that you will make good decisions, research and learn what you need and if you make a mistake you can correct it.
- 2) Take ownership of your life-Taking purposeful action rather than reacting to events.
- 3) Identify the components of your fear. (Rejection, failure, so on).
- 4) Neutralize the above components. Know and trust that If one of those things happen you can deal with it or you can find help with it. Don't suffer it before it has happened.
- 5) Build your self-esteem. Learn to like yourself. You forgive mistakes by others, why not yourself?
- 6) Know that you can learn whatever you need to succeed at what you are afraid of-whether they are practical skills or emotional skills, you can master them if necessary.
- 7) Believe at your very core that this can be done. This is not just for other people. This is for you. You are just as good as the next person. ⁵

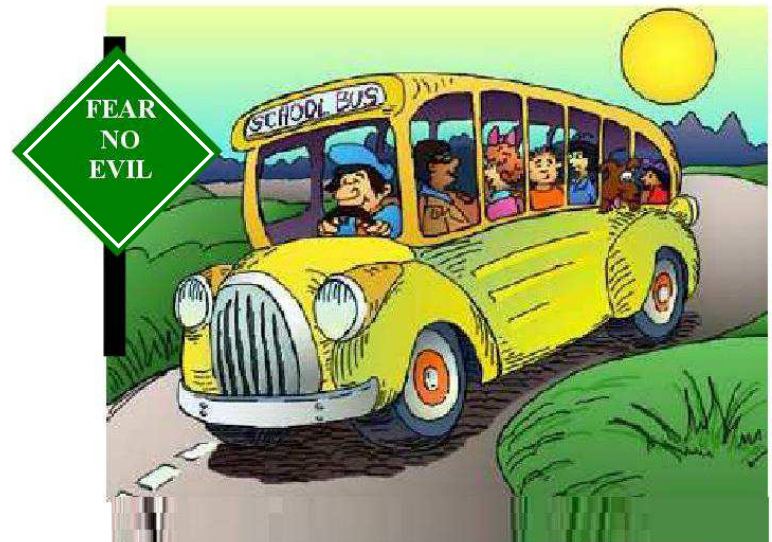
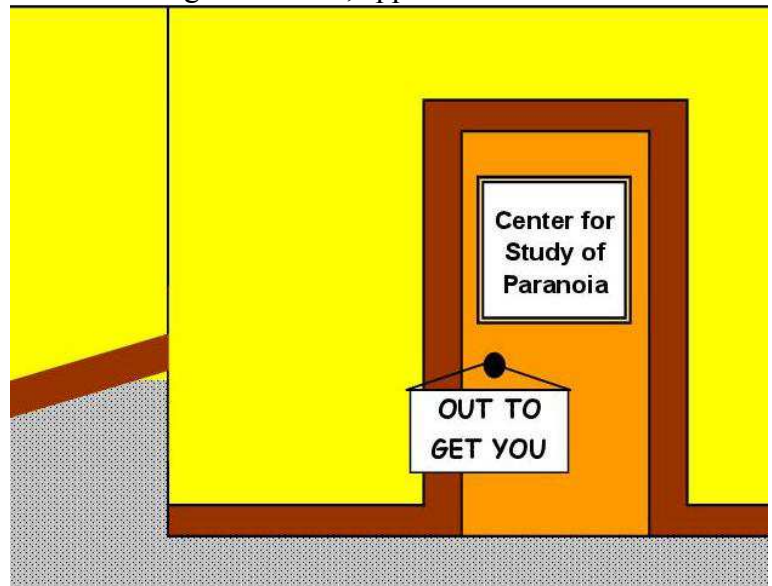


“YOU WILL NOT BREAK LOOSE UNTIL YOU REALIZE YOU YOURSELF FORGE THOSE CHAINS THAT BIND YOU.” ⁶

⁵<https://www.psychologytoday.com/intl/blog/dysfunction-interrupted/202101/the-7-skills-necessary-overcome-fear>

⁶ Gary Renard

You're either afraid, or you are not. You're either brave, or you are not. You can't show both at the same time. Courage faces fear, apprehension does not.



It's been a great trip!!! Right through the Valley of the Shadow of Death.

“Bravery is being the only one that knows you're afraid.” Franklin Jones, 1908 – 1980.

“They call it ‘the great remover’: it removes everything that makes you happy,” says Norm (not his real name) on the insidiousness of alcohol addiction.

To get over fear, do one scary thing a day.

FLINT AREA UNITY COUNCIL AIMS AND PURPOSES

- 1) To promote Unity among Flint Area A.A., and harmony with Al-Anon and Ala-teen groups.
- 9) The Council will create service committees and be financially responsible for them.

The **F.A.U.C. Aims and Purposes with Election Procedures** is on the website www.geneseecountyaa.org.

“Any group or district of the Fellowship is free to use the symbol of a circle and triangle on newsletters, meeting schedules or other A.A. material.”

From “The A.A. SERVICE MANUAL Combined With the TWELVE CONCEPTS for WORLD SERVICE” by Bill W. page S41, reprinted by permission of A.A.W.S.

Deep Seated Internal Fears

Phobias are far easier to identify. The source is fairly easy to isolate and then one can work towards eliminating that fear. Most of us are riddled with other kinds of deep-seated fears that are not so easy to identify. Ruth Soukup details seven kinds of fear archetypes that detail the manner in which fear manifests in our lives. Find out your own fear archetype here.

These 7 archetypes include the following:

- 1) Procrastinator – afraid of making a mistake.
- 2) Rule Followers – afraid of authority and consequences of breaking the rules.
- 3) People Pleaser – afraid of being judged or not being up to expectations of others.
- 4) Outcast – afraid of rejection and therefore reject others before they can be rejected.
- 5) Self-Doubter – afraid of not being worthy or capable.
- 6) Excuse Maker – afraid of being blamed.
- 7) Pessimist – afraid of adversity.

Understanding the manner in which fear starts and then perpetrates towards our deepest subconscious mind is useful in understanding why action is the only option.

Fear takes root with imagination. Just as our creative minds allow us to imagine a great future that pulls us towards creating it, it is also the capability that allows us to create gloomy scenarios. We tend to create these scenarios based on our past experiences, belief systems, and fertile minds, as we paint expectations in a light that seems most convincing to ourselves.

Once this fearful future event has been prophesized in our minds, we start to feel the fear in our bodies. Some feel it in the head, others in the heart area or the gut, and others still feel the fear in every part of their body.

This is what sometimes leads to a paralysis stage where inaction feels like the only choice that we have. Paralysis is not merely an absence of action – sometimes paralysis manifests itself in a surge of energy, albeit in a direction that takes us away from facing the real problem.

The unhelpful actions or inaction while facing fear is what then plummets us into creating mind schemas that we use to create future fears.

<https://www.shiwanigurwara.com/2021/01/15/over-come-the-multiple-shades-of-fear/>



So one lumber jack asks another, “You use a chain saw everyday, why do you fear it so much?” The answer? “Common sense.”

What do you call the fear of being trapped in a chimney? Claus-trophobia.

A man was sitting on the edge of the bed, observing his wife, looking at herself in the mirror, fearful of the look on her face.

Her birthday was not far off so he asked what she'd like for her birthday. “I'd like to be six again”, still looking in the mirror. On her birthday, he arose early, made her a nice big bowl of Lucky Charms, and then took her to Six Flags theme park. What a day! He put her on every ride in the park – the Death Slide, Wall of Fear, every Roller Coaster – any and everything there.

Nine hours later they staggered out of the park. Her head was reeling and her stomach felt upside down. He then took her to a McDonald's where he ordered her a Happy Meal with extra fries and a chocolate shake.

Then it was off to a movie, popcorn, a soda pop, and her favorite candy, M&M's. What a fabulous adventure!

Finally she wobbled home with her husband and collapsed into bed exhausted. He leaned over his wife with a big smile and lovingly asked, “Well Dear, what was it like being six again?”

Her eyes slowly opened and her expression changed to the one he feared, “I meant my dress size, you dumbass!” A good marriage would be between a blind wife and a deaf husband.

Ned & Jed



Say Jed, y'know what the meaning of fear is?

Running the wrong way when the wind blows the falling tree the wrong way.



Not give a name to; it's an emotion by thinking someone or something is dangerous.. Meditate on it to relax.

I don't have time for peaceful meditation when a tree's falling.

That's right, so do so before and then live in the moment.

Do tell, that's close, but not the whole story.

The name Fear is Irish. It means "man". Fear is generally used as a boy's name.

F.A.U.C. Committees; Officers & Chairs.

Committee Chairs with names. (Visit the website www.geneseecountyaa.org to email the F.A.U.C.).

F.A.U.C. Chair: Gordon G.

F.A.U.C. Secretary: Doug G.

Pass The Hat Assoc. Treasurer (P.T.H.A.): Steve C.

Accessibility for All Alcoholics: Ruth H.

A.A. Answering Service: Wayne T.

C.P.C. - Cooperation with the Professional Community: Sam S.

Corrections: Chris R. Co-Chair: Erica S.

Grapevine: Greg S.

Literature/Meeting Books/Newsletter: James P.

P.I. - Public Information: Erica S.

Treatment: Kamesha M. **Website:** Doug G.

Young People: OPEN.

F.A.U.C. Newsletter

Editor: Doug G. Coeditors: Mike J, Drew K. Tim H.

The May 2021 Newsletter went to 161 emails. If you would like a Newsletter via email, send Editor a request to farfromittoday@aol.com.

2021 F.A.U.C. Meetings; Date: Place: Host Group.

Next F.A.U.C. Meeting: Meetings are on the 3rd Saturdays of the month at 12:30 pm for the General Assembly. **Host groups are encouraged to Host at their location** (but will meet at St. Mary's School if needed).

~~January 16: Arid Club; Van Slyke Group.~~

~~February 20: Arid Club; Alano House.~~

~~March 20: St. Mary's School; Eastside St. Mary's.~~

~~April 17: Thetford Senior Center; Thetford A.A.~~

~~May 15: St. Mary's School; F.A.U.C.~~

June 19: St. Bartholomew's; Swartz Creek Group.

July 17: OPEN.

August 21: OPEN.

September 18: OPEN.

October 16: St. Mary's School; Women in A.A.

November 20: OPEN.

December 18. Local 659; Van Slyke Group.



LET'S FACE IT;
ONE OF US IS
IN THE WRONG
CARTOON!

A.A Treasurer's addresses:

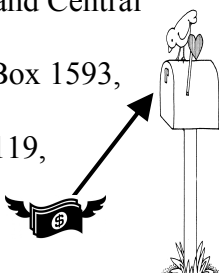
A.A.W.S., Inc., P.O. Box 459, Grand Central Station, New York, NY 10163

C.M.I.A. 32, c/o kdonoghue, PO Box 1593, Midland, MI 48641

F.A.U.C. 4225 Miller Rd., Suite 119, Flint, MI 48507

Please make checks payable to

Pass The Hat Association, Inc.



Group NEWS

- * C.M.I.A.32 – June 6th Meeting will be hosted by District 26 at the Arenac Community Center, 583 E. Cedar St, Standish, MI. See the Flyer at the end of the Newsletter. Visit www.cmia32.org for map and details.
- * F.A.U.C. meets June 19 at St. Bartholomew's, 9252 Miller Rd. Swartz Creek at 12:30 pm.
- * The F.A.U.C. Annual Picnic is on Sunday, July 25th at Bluebell Beach, 5500 Bray Road, Flint, 48505.
- * The Soberfest contact number to register Baseball and/or Softball teams is 810-236-6834. July 18, 2021. Visit <https://www.facebook.com/FlintSoberfest/>
- * The Clio Group meeting, Bethany United Methodist Church Thursdays moved to 7:00 pm from 7:30 pm.
- * Go to <https://geneseecountyaa.org/meetings-currently-open-for-attendance/> for meetings open for attendance.
- * East Side St. Mary's has reopened – now 14 meetings there.
- * Otter Lake A.A. reopens Sunday June 6, 6 pm at 5812 Forest Ave, Otter Lake.
- * 164 Pages to Freedom, 7:30 pm Monday, Atherton United Methodist Church, 4010 Lippincott Blvd. reopens Jun 7. Group wants a Newsletter announcement? Email farfromittoday@aol.com by the 20th of the month.

THESE MEETINGS ARE OPEN AND LISTED ON THE WEBSITE.

June 2021 Flint Area Open Speaker Meetings *

- * = Addresses of Locations can be found in the 2020 Flint Area Groups Meeting Book (Page #)
- Thu 3 7:00 pm, Van Slyke (17).
 - Fri 4 12 noon, Eye Opener, Arid Club (8).
 - Sat 5 7:30 pm, East Side St. Mary's (6)
 - Sun 6 6:00 pm, Torrey Rd. Group, Arid Club (8).
 - Sat 12 7:30 pm, East Side St. Mary's (6)
 - Sun 13 6:00 pm, Torrey Rd. Group, Arid Club (8).
 - Sat 19 7:30 pm, East Side St. Mary's (6)
 - Sun 20 6:00 pm, Torrey Rd. Group, Arid Club (8).
 - Sat 26 7:30 pm, East Side St. Mary's (6)
 - Sun 37 6:00 pm, Torrey Rd. Group, Arid Club (8).
 - Mon 28 7:00 pm, Montrose HOPE (10).

If your meeting is now opened for attendance with an Open Speaker, please contact the editor at

A New Freedom

Filmed inside correctional facilities in the U.S. and Canada, this 30 minute video features a diverse group of A.A. members who are currently incarcerated or have been incarcerated and are staying sober one day at a time.



A New Freedom DVD

SKU: DV-18 In Stock

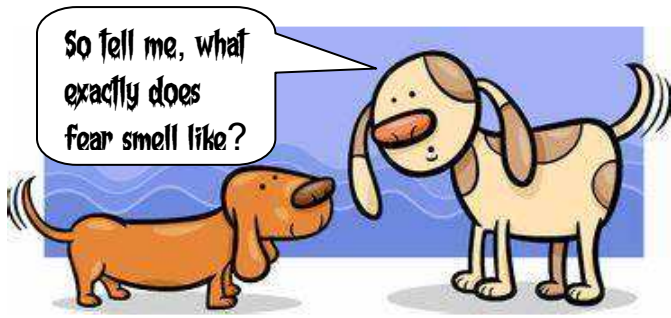
\$8.00

Filmed inside correctional facilities in the U.S. and Canada, this 30 minute video features a diverse group of A.A. members who are currently incarcerated and are staying sober one day at a time.

< 1 > Add to Cart Add to Wishlist

Email this product to a friend

SKU DV-18; \$8.00 from A.A.org at the on-line bookstore or order through the F.A.U.C. Literature Chair, 313-613-3703, James P.



"Celebrity FEAR Factor" tonight has celebrity contestants threatened with total anonymity.

"If you look into your own heart, and you find nothing wrong there, what is there to worry about?"

"WHAT IS THERE TO FEAR?"

Confucius Says

TO FEAR? "WHAT IS THERE TO FEAR?"

The fear of facing your fear can be harder to overcome than facing the fear itself.
 Isabell Shee; pro golfer, 3/13/1995 - .

'we have nothing to fear except fear itself' originated with Michel de Montaigne in the sixteenth century. 2/28/1533, to 9/23/1592.



- KNOW WITHOUT KNOWS



"He who fears he shall suffer, already suffers what he fears."
 "A good marriage would be between a blind wife and a deaf husband."
 Montaigne



40 Synonyms for

AFRAID

- Chicken out
- Cowed
- Fearful
- Frantic
- Frightened
- Horrified
- Horror
- Jittery
- Jumpy
- Nervy
- Panicky
- Petrified
- Scared
- Cold sweat
- Agitated
- Alarmed
- Harassed
- Timorous
- Lily-livered
- Cowardly
- Startled
- Intimidated
- Shaking like a leaf
- Glued to the spot
- Panic/Terror-stricken
- Scared out of smb wits
- Shell-shocked
- Tense
- Terrified
- Timid
- Uneasy
- Scared stiff
- Cowering
- In a flap
- Faint-hearted
- Hysterical
- Aghast
- Appalled
- Chicken-livered



“The opposite of fear is acceptance, which leads to curiosity, which leads to a sense of understanding, which leads to feelings of safety, trust, and finally, love.

Safe to be;

Real.

Stressed out.

Imperfect.

Safe;

to admit marriage problems,

to not have all the answers,

to make parenting mistakes,

to not have it all together,

to admit failure, struggle...”

“The world is getting too small for both an US and a Them. Us and Them have become intertwined, fixed to one another. We have no separate fates, but are bound together in one. And our fear is the only thing capable of our undoing.” Sam Killerman

Let’s start by agreeing that yes, as the patron saint of Woodstock, Wavy Gravy says, “We are all Bozos on this bus. We’ve all made mistakes. We all make mistakes.”

Now in his 80s, this iconic figure from the 60s refers to himself as a ‘temple of accumulated error...’



“Keep your sense of humor, my friend, if you don’t have a sense of humor it just isn’t funny anymore.”

“There’s always a little bit of heaven in every disaster area.”

Wavy Gravy

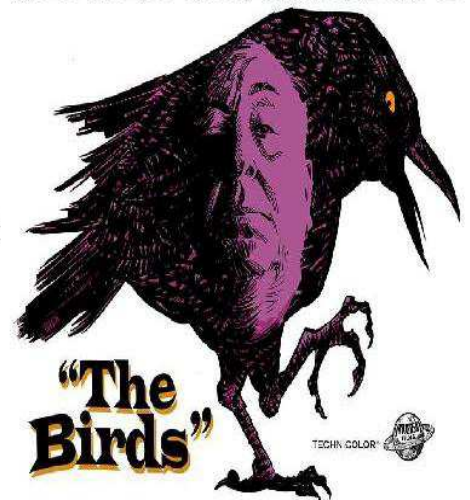
All excerpts from: <https://clarity-first.com/what-is-the-opposite-of-fear/>

THE SUM OF ALL FEARS (and there are many others...)

A		E	
Achluophobia	Fear of darkness	Entomophobia	Fear of insects
Acrophobia	Fear of heights	Ephophobia	Fear of teenagers
Aerophobia	Fear of flying	Equinophobia	Fear of horses
Algophobia	Fear of pain	F, G	
Alektorophobia	Fear of chickens	Gamophobia	Fear of marriage
Agoraphobia	Fear of public spaces or crowds	Genophobia	Fear of knees
Aichmophobia	Fear of needles or pointed objects	Glossophobia	Fear of speaking in public
Amaxophobia	Fear of riding in a car	Gynophobia	Fear of women
Androphobia	Fear of men	H	
Anginophobia	Fear of angina or choking	Heliophobia	Fear of the sun
Anthophobia	Fear of flowers	Hemophobia	Fear of blood
Anthropophobia	Fear of people or society	Herpetophobia	Fear of reptiles
Aphenphosmophobia	Fear of being touched	Hydrophobia	Fear of water
Arachnophobia	Fear of spiders	Hypochondria	Fear of illness
Arithmophobia	Fear of numbers	I-K	
Astraphobia	Fear of thunder & lightning	Iatrophobia	Fear of doctors
Ataxophobia	Fear of disorder or untidiness	Insectophobia	Fear of insects
Atelophobia	Fear of imperfection	Koinonophobia	Fear of rooms full of people
Atychiphobia	Fear of failure	Kyriofelonophobia	Fear of cartoons
Autophobia	Fear of being alone	L	
B		Leukophobia	Fear of the color white
Bacteriophobia	Fear of bacteria	Lilapsophobia	Fear of tornadoes & hurricanes
Barophobia	Fear of gravity	Lockiophobia	Fear of childbirth
Bathmophobia	Fear of stairs or steep slopes	M	
Batrachophobia	Fear of amphibians	Mageirocophobia	Fear of cooking
Belonephobia	Fear of pins & needles	Megalophobia	Fear of large things
Bibliophobia	Fear of books	Melanophobia	Fear of the color black
Botanophobia	Fear of plants	Microphobia	Fear of small things
C		Mysophobia	Fear of dirt & germs
Cacophobia	Fear of ugliness	N	
Catagelophobia	Fear of being ridiculed	Necrophobia	Fear of death or dead things
Catoptrophobia	Fear of mirrors	Fear of death or dead things	
Chionophobia	Fear of snow	Noctiphobia	Fear of the night
Chromophobia	Fear of colors	Nosocomophobia	Fear of hospitals
Chronomentrophobia	Fear of clocks	Nyctophobia	Fear of the dark
Claustrophobia	Fear of confined spaces	O	
Coulrophobia	Fear of clowns	Obesophobia	Fear of gaining weight
Cyberphobia	Fear of computers	Octophobia	Fear of the figure 8
Cynophobia	Fear of dogs	Ombrophobia	Fear of rain
D		Ophiophobia	Fear of snakes
Dendrophobia	Fear of trees	Ornithophobia	Fear of birds
Dentophobia	Fear of dentists		
Domatophobia	Fear of houses		
Dystychiphobia	Fear of accidents		
E			
Ecophobia	Fear of the home		
Elurophobia	Fear of cats		

"It could be the most terrifying motion picture I have ever made!"— *Alfred Hitchcock*

ALFRED HITCHCOCK'S



Starring BOB TAYLOR, JESSICA TANDY, SUZANNE PLESSETTE and introducing "TIPPI" HEDREN
based on Daphne Du Maurier's Story. Screenplay by EVAN HUNTER. Directed by Alfred Hitchcock

P	
Papyrophobia	Fear of paper
Pathophobia	Fear of disease
Pedophobia	Fear of children
Philophobia	Fear of love
Phobophobia	Fear of phobias
Podophobia	Fear of feet
Pogonophobia	Fear of beards
Porphyrophobia	Fear of the color purple
Pteridophobia	Fear of ferns
Pteromerhanophobia	Fear of flying
Pyrophobia	Fear of fire
Q-S	
Samhainophobia	Fear of Halloween
Scolionophobia	Fear of school
Selenophobia	Fear of the moon
Sociophobia	Fear of social evaluation
Somniphobia	Fear of sleep
T	
Tachophobia	Fear of speed
Technophobia	Fear of technology
Tonitrophobia	Fear of thunder
Trypanophobia	Fear of needles or injections
U-Z	
Venustraphobia	Fear of beautiful women
Verminophobia	Fear of germs
Wiccaphobia	Fear of witches & witchcraft
Xenophobia	Fear of strangers or foreigners
Zoophobia	Fear of animals

From: <https://www.healthline.com/health/list-of-phobias#az-list-of-fears>

Phobia [ˈfɒbiə] **NOUN phobias (plural noun):**
An extreme or irrational fear of or aversion to something.

**PHOBIA'S LET
FEAR RUN
WILD.**



The Fear Factor: Phobias

From aviophobia, the fear of flying, to zelophobia, the fear of jealousy, the list of phobias that harrow the human mind runs long.

By Heather Hatfield, Reviewed by Brunilda Nazario, MD
FROM THE WEBMD ARCHIVES

Phobias come in many different forms. Acrophobia is the fear of heights. Aviophobia is the fear of flying. Felinophobia is the fear of cats. Myxophobia is the fear of slime. Xyrophobia is the fear of razors. While some are well-recognized, others are unheard of, but whatever the phobia, the person suffering from it is living with fear and anxiety.

"Phobias are the most common mental disorder," says R. Reid Wilson, PhD, spokesman for the American Psychological Association. "Over their lifetimes, 11% of people will have a phobia."

What are phobias, and how can someone get treatment for a fear that prevents them from shaving? WebMD looks at the different phobias that harrow the human mind, and experts explain what treatment options stand a chance against razors.

Fear vs. Phobia

"Phobias involve the experience of persistent fear that is excessive and unreasonable," says Wilson, who is author of the book *Don't Panic*. "Phobias are cued when a person approaches a particular situation or object, or even anticipates the approach of it, and they understand the fear they will experience as a result of that situation will be unreasonable and excessive."

The key to distinguishing a fear from a phobia is that that while most people get the jitters if a spider crawls on their arm, people suffering from arachnophobia -- the fear of spiders -- are physically and/or psychologically impaired by it.

"To be defined as a phobia, the fear must cause some level of impairment," says Wilson. "I had a woman come in who was afraid of spiders, and it got to the point where she wouldn't go out at night because she couldn't see where they were."

How does someone get to the point where they are so afraid of spiders that they can't go outside?

"There are nature and nurture components to phobias," says Kathy Hoganbruen, PhD, National Mental Health Association spokesperson. "While we don't know exactly why or where phobias originate, they are a type of mental illness, with genetics playing a role, as well as environment, meaning maybe someone had a negative or traumatic experience related to the core of their phobia."

Fear Itself

When Franklin Delano Roosevelt said, "The only

Continued on page 9.

Continued from page 8.

thing we have to fear is fear itself," he was describing phobophobia -- the fear of being afraid.

Though FDR had a different message in mind, he unknowingly hit on something else: Phobias run the gamut of life and include everything from spiders to outer space.

"The most common phobias involve natural disasters or elements, like water and lightning; animals or insects, like spiders; and blood, injuries, or injections, such as people who faint at the sight of blood or a needle," says Hoganbruen.

Fear of flying is another a well-recognized phobia, and since 9/11, has only gotten worse.

"Fear of flying, in recent times, has become more common," says Hoganbruen. "Since 9/11, it has come up much more than it did in the past."

Then there are social phobias, which include the fear of public speaking, the fear of test taking, or the fear of people, in general.

According to Phobialist.com, which catalogues hundreds of tormenting phobias, people suffer from the fear of the number 8, or octophobia, and the fear of 13, triskaidekaphobia; the fear of noise, or acousticophobia; the fear of ventriloquists dummies or wax statues, or automatonophobia; the fear of sitting down, or kathisophobia; and the fear of beautiful women, or venustraphobia.

How can a person possibly be treated for the fear of all that is the number 8 -- eight french fries on a plate, eight words in a sentence, eight on the jersey of a football player?

Fear No More

"People are generally not treated for phobias," says Wilson. "A very small percentage -- 6% of people with a phobia -- go in for treatment, in part because they are not totally disabled by it, so they find their way around."

Not before a person's phobia is extremely severe do they seek help, Wilson explains to WebMD.

"The treatment that was most common in the past was called systematic desensitization," says Wilson. "It was a pretty standard treatment -- people were taught to relax and in that relaxed state, in a hierarchical way, they would have increased degrees of exposure to their fear."

As the person became anxious, the stimulus would be removed, and they would be allowed to relax. Then they would start over again -- but up the ante and go one step further.

"Now, we are much more provocative in treating people with phobias," says Wilson. "Using cognitive-behavioral treatment, instead of allowing a

person to relax after being exposed to the stimulus, we teach them how to manage their feelings."

The American Psychological Association defines cognitive-behavioral modification as "a therapeutic approach that combines the cognitive emphasis on the role of thoughts and attitudes influencing motivations and response with the behavioral emphasis on changing performance through modification of reinforcement contingencies."

Simply, if you change the way you think, it will change the way you act, and if you change the way you act, it will change the way you think.

"One of the shifts I've been making is to have people with phobias work on the attitudes they carry with them," says Wilson. "It's a game against the phobia: Invite the feelings that make you fearful and anxious and learn to tolerate them, setting aside relaxation as a core piece of treatment and using intensity instead -- that's the fastest way to get better."

It's also using more than one technique to solve the problem.

"Not all therapists stick to one treatment doctrine or another," says Hoganbruen. "Many combine several different techniques -- systemic desensitization, behavioral therapies, cognitive behavioral therapies -- into a treatment regimen."

Treating Phobias With Technology

The treatment of phobias is going high-tech as well, with virtual reality being used as a tool in helping people overcome their anxieties.

"Virtual reality is the other newer treatment being used for phobias," says Wilson. "It's three to four years away from being used on a broad basis because the equipment is so expensive to use, but there are four or five places in the U.S. that are using it today."

The University of Washington is one institution that uses virtual reality (VR), coupled with real life, in treating phobias. According to a news release, "Researchers at the University of Washington's Human Interface Technology Lab measured aversion and anxiety responses of students, some of whom had a clinical phobia of spiders, before and after undergoing VR therapy. During the therapy, some of the subjects touched a realistic model of a large spider while grasping a virtual one."

The combination of fact with fiction worked: Those students were able to come twice as close to a real spider after completing three therapy sessions, and reported a greater decrease in anxiety during treatment, than those who underwent VR therapy alone.

Excerpt from: <https://www.webmd.com/anxiety-panic/features/fear-factor-phobias>

Anxiety is part of life -- It starts as a mental state, but anxiety often shows physical symptoms.

12 Physical Symptoms of Anxiety.

- 1) Rapid Heartbeat
- 2) Fast Breathing
- 3) Fight or Flight Response
- 4) Tense Muscles
- 5) High Blood Sugar
- 6) Sleep Problems
- 7) Problems Fighting Off Germs
- 8) Upset Stomach
- 9) Bowel Problems
- 10) Weight Gain
- 11) Men's Sexual Problems
- 12) Women's Sexual Problems

Anxiety is part of life -- we all feel it from time to time. When you do, there are a few things you can try to help calm your emotions. If you feel anxious often and nothing seems to help, talk with your doctor about other ways to manage it.

- 1) Exercise
- 2) The Great Outdoors
- 3) Gardening
- 4) Sex
- 5) Meditation
- 6) Yoga
- 7) Acupuncture
- 8) Aromatherapy (Unless you are Asthmatic).
- 9) Massage
- 10) Biofeedback - A trained therapist guides you to think of things that make you anxious, while a computer reads your brain waves and gives you feedback.
- 11) Sleep
- 12) Limit Alcohol
- 13) Set Priorities
- 14) Keep a Journal

<https://www.webmd.com/anxiety-panic/ss/slideshow-anxiety-physical-symptoms>



YUUUP !



The Next Frontier: Emotional Sobriety

by Bill Wilson

Copyright © AA Grapevine, Inc, January 1958

I think that many oldsters who have put our AA “booze cure” to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA—the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance—urges quite appropriate to age seventeen—prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I’ve taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy, and good living—well, that’s not only the neurotic’s problem, it’s the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That’s the place so many of us AA oldsters have come to. And it’s a hell of a spot, literally. How shall our unconscious—from which so many of our fears, compulsions and phony aspirations still stream—be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden “Mr. Hyde” becomes our main task...

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God’s help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety. Of course I haven’t offered you a really new idea—only a gimmick that has started to unhook several of my own “hexes” at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.

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I knew a guy who had an irrational fear of overly intricate clusters of commercial buildings.

He had a complex complex complex.

“There are moments when everything goes well, but don’t be frightened.” Jules Renard, 1864 – 1910.

Why do Germans fear hotdogs with cheese?

Because for them, it is a Wurst-Käse scenario.

I have a fear of speed bumps.



But I am slowly getting over it.

I have a fear of negative numbers.

I'll stop at nothing to avoid them.

My wife asked me why I carry a gun around the house...

I told her, "Fear of the CIA".

She laughed, I laughed, the Amazon Echo laughed.

I shot the Amazon Echo.

I have a fear of elevators...

...but I'm taking steps to avoid it.

I've been diagnosed with a chronic fear of giants...

Feefphobia...

Claustrophobia is the fear of closed spaces

For example, I am going to the liquor store and I'm afraid that it's closed.

**NEVER
BE
AFRAID
TO
TRY
SOMETHING
NEW.
REMEMBER,
AMATEURS
BUILT
THE
ARK;
PROFESSIONALS
BUILT
THE
TITANIC.**



Dope on a Rope (motivation to overcome fear)

There once was this criminal who had committed a crime.

(Because, hey, that’s what criminals do. That’s their job!)

Anyway, he was sent to the king for his punishment.

The king told him he had a choice of two punishments.

He could be hung by a rope, or,

Take what’s behind the big, dark, scary mysterious iron door.



The criminal quickly decided on the rope. As the noose was being slipped on him, he turned to the king and asked:

“By the way, out of curiosity, what’s behind that door?”

The king laughed and said:

“You know, it’s funny, I offer everyone the same choice, and nearly everyone picks the rope.”

“So,” said the criminal, “Tell me. What’s behind the door? I mean, obviously, I won’t tell anyone,” he said, pointing to the noose around his neck.

The king paused then answered:

“Freedom, but it seems most people are so afraid of the unknown that they immediately take the rope.”



~ From HOW TO BE HAAPPY DAMMIT
by Karen Salmansohn



Heard it *'Round the Rooms!* and maybe not.



“When we talk or pray to God, we get one of three answers, Yes, No, or, I’ve got a better idea.” From an Open Talk by Gordon G.

"Alcoholic drinking's three stages: impulsive, compulsive, repulsive."

"Minds are like parachutes. They only function when they are open."

"We have good news and bad news here. The good news is you never have to drink again even if you want to. The bad news is that we're your new friends."

“Sometimes I talk to myself. Then we both laugh and laugh.”

Whist is a descendant of the 16th-century game of trump or ruff. Whist replaced the popular variant of trump known as ruff and honours. The game takes its name from the 17th- century whist (or wist) meaning quiet, silent, attentive, which is the root of the modern wistful. According to Daines Barrington, whist was first played on scientific principles by a party of gentlemen who frequented the Crown Coffee House in Bedford Row, London, around 1728. Edmond Hoyle, suspected to be a member of this group, began to tutor wealthy young gentlemen in the game and published *A Short Treatise on the Game of Whist* in 1742. It became the standard text and rules for the game for the next hundred years.



A whist drive is a **social event** at which progressive games of whist are played across a number of tables which are numbered or ordered into a sequence. In it the winning (or sometimes losing, dependent on the local custom) pair of a hand "progress" around the room, i.e. one person moves up the table sequence and one person moves down.

" YOU DON'T WANT TO GO TO THE PICTURES, YOU DON'T WANT TO GO TO THE WHISTDRNE — WHAT DO YOU WANT TO DO? "

"What I don't like about office Christmas parties is looking for a job the next day." Phyllis Diller; July 17, 1917 – August 20, 2012.

Meetings. The one word that describes why we have not reached our potential and maybe never will. (For you of A.A., that means you have work to do outside of meetings).

"If you think you are too small to be effective, you have never been in the dark with a mosquito." Betty Reese; February 13, 1940 - February 5, 2021.

"His insomnia was so bad that he could not sleep during office hours."

Arthur Baer; January 9, 1886 – May 17, 1969.

Even if you are on the right track, you will get run over if you just sit there. Will Rogers; November 4, 1879 – August 15, 1935.

What Happens to Your Body When You Stop Drinking Alcohol

1) You might dodge accidents.

Alcohol plays a role in at least half of all serious trauma injuries and deaths from burns, drownings, and homicides. It's also involved in four out of 10 fatal falls and traffic crashes, as well as suicides.

2) Your Heart Gets Healthier

You might think that a regular glass of red wine or other alcoholic beverages might be good for your heart. But that may not be true, or true only for light sippers (less than one drink a day). If you use more than that, cutting back or quitting may lower your blood pressure, levels of fat called triglycerides, and chances of heart failure.

3) Your Liver May Heal

Your liver's job is to filter toxins. And alcohol is toxic to your cells. Heavy drinking -- at least 15 drinks for men and eight or more for women a week -- can take a toll on the organ and lead to fatty liver, cirrhosis, and other problems. The good news: your liver can repair itself and even regenerate.

4) You Might Drop Pounds

when you stay away from alcohol, the number on your scale may well start moving down.

5) Your Relationships May Improve

if you drink alone, or down multiple drinks a day, it could turn into an unhealthy habit. If you can't control it, it may lead to a condition called alcohol use disorder.

6) Lower Cancer Risks (Maybe)

It's clear that alcohol, and heavy drinking in particular, can up your chances of several types of cancers, including in your esophagus (food pipe), mouth, throat, and breast.

7) Your Sex Life Might Improve

A bit of alcohol may make couples friskier. But anything more than a drink or so a day has the opposite effect, especially if you abuse or are addicted to alcohol.

8) You'll Sleep Better

Alcohol might get you drowsy at first. But once you fall into slumber, it can wake you up repeatedly in the night. Plus, it disrupts the important REM stage of sleep and may interfere with your breathing.

9) You'll Get Sick Less

Even just one bout of drinking too much may weaken your body's germ-fighting power for up to 24 hours. Over time, large amounts of alcohol blunt your immune system and your body's ability to repair itself.

10) Lower Your Blood Pressure

If you drink a lot and your blood pressure is too high, you might be able to bring your numbers back down to normal by doing one simple thing: giving up alcohol.

11) Clear Your Brain

Alcohol dependence can make it harder to think or remember things. Over time, heavy drinking can cloud your perception of distances and volumes, or slow and impair your motor skills. It can even make it harder for you to read other people's emotions.

12) Withdrawal

If you're a heavy drinker, your body may rebel at first if you cut off all alcohol. You could break out in cold sweats or have a racing pulse, nausea, vomiting, shaky hands, and intense anxiety. Some people even have seizures or see things that aren't there (hallucinations). Your doctor or substance abuse therapist can offer guidance and may prescribe medication like benzodiazepines or carbamazepine to help you get through it.

How Caffeine Affects Your Body

Wakes You Up

Caffeine boosts your energy and mood and makes you more alert. That can sometimes be helpful, especially in the morning or when you're trying to work. Though your body doesn't store it, caffeine can affect you for up to 6 hours after you swallow it. But more is not always better. Too much can push you over the line from alert to jittery and anxious.

Interferes With Sleep

Too much caffeine can make it hard to nod off when you go to bed at night. Even moderate amounts can cause insomnia in some people, especially if you have it too close to bedtime. The effects may be worse as you age. Avoid caffeine in the afternoon and evening if you notice it affects your sleep. And remember, it's not just in tea and coffee. It's also in chocolate, energy drinks, and other prepackaged foods and drinks.

Raises Heart Rate

Caffeine is a stimulant and may cause your heart to beat a little faster as it wakes you up. For most folks that's not a problem. But if you have too much caffeine or you're overly sensitive, your pulse may go up too much or stay high too long. It may even feel like your heart beats in a weird rhythm, sometimes called heart palpitations. Some people say it feels as if their ticker skips a beat.

Causes a Headache

If you have caffeine every day, whether in a pill, energy bar, or cup of coffee, you build up tolerance. Then, without your daily dose, you might get a "rebound" headache. It may be worse if you quit caffeine completely and all at once. You'll find your head will feel better if you reduce caffeine a little at a time.

Makes You Pee (Well, duh, says the editor!)

Caffeine is a diuretic, which means it can make you pee more. Around 300 milligrams of caffeine -- the amount in three cups of coffee -- is enough to do it if you're not used to it. Water loss is minor and is unlikely to cause dehydration as long as you are otherwise healthy. The diuretic effect can fade if you get the same regular daily dose of caffeine because you build up tolerance.

Boosts Sports Performance

If you do "endurance" sports, like running, biking, or swimming, caffeine might help you go faster and with less muscle pain. It seems to work best in a non-liquid form, like a pill, taken about an hour before you exercise so that your body can absorb it completely. Around 200 to 400 milligrams (2 to 4 cups of coffee) should do it.

Helps You Recover From a Workout

Some studies show that caffeine can help your body recover more quickly after hard exercise by making and restocking a stored form of fuel called glycogen. It seems to do this best if you combine it with carbohydrates, like in certain sports gels, sports bars, and drinks. Just take care not to overdo the caffeine, which could have the opposite effect on recovery or performance if it interferes with your sleep.

Raises Blood Pressure

Though the reason isn't clear, caffeine can spike your blood pressure for a short while and sometimes over the long term as well. It could be that it blocks a hormone that keeps your arteries wide and pressure down. Or it might cause your body to release more adrenaline, a hormone that raises blood pressure. Talk to your doctor about how much caffeine you can have if you have high blood pressure or heart problems.

Protects Against Disease

Caffeine seems to help prevent gallstones and inflammation, among other medical problems. Some studies show that regular caffeine might help keep away certain neurological diseases, like Parkinson's, Alzheimer's, Huntington's, multiple sclerosis, and epilepsy. More research is needed.

Affects Menopause

Women pass through menopause around age 50, a phase that brings an end to their monthly cycle. Caffeine can worsen the sudden body heat and sweats, known as hot flashes, that often happen at this time of life. The symptoms can go on for 10 years or more. Your doctor may be able to help you with hormone therapy if they get in the way of your everyday routine.

Editor's note:

Drink Coffee. Do stupid things faster!

<https://www.webmd.com/diet/ss/slideshow-how-much-caffeine>

How Much Caffeine Is Too Much?

It depends on your weight, diet, medications, and overall health. Up to about 400 milligrams of caffeine a day is OK for most healthy adults. Over 600 milligrams daily is probably too much. But some people are just more sensitive to it. If you notice stomach problems, headaches, muscle twitches, or heart palpitations, it might be time to cut back. Talk to your doctor about how much is safe if you're pregnant or have heart trouble.

Surprising Caffeine Sources

Where Do You Get Your Caffeine?

You probably already know that you can get caffeine from coffee -- about 150 milligrams per cup. But you might not know about some of the other places that caffeine lurks in your diet. Breakfast cereal? Bottled water? Yes! Read on to learn more.

Green Tea

Black Tea

Iced Tea

Some Breakfast Cereal

The ones with caffeine often have chocolate flavor. Cocoa Puffs have around 2 milligrams per cup.

Energy Bars and Gels

Bottled Water

Some manufacturers add caffeine to bottled water, often along with flavors, and sometimes caloriesDecaf

Coffee

Soda

Energy Drinks

Caffeinated Gum

Dark Chocolate

Hot Cocoa

Ice Cream

Over-the-Counter Pain Meds

Some of these combine aspirin and acetaminophen. Both have caffeine.

Why Does It Matter?

Caffeine isn't always a bad thing. In moderate amounts it can boost energy, memory, and athletic performance. It even seems to protect against certain diseases, like type 2 diabetes and Alzheimer's. But too much can make you anxious and jittery. It can affect your sleep, digestion, blood pressure, and heart rate. Children should be careful, as well. Too much caffeine can damage a child's developing heart, blood vessels, and nervous system. So make sure to keep track of how much you -- and your children -- get.

How Much is Too Much?

Different people can handle different amounts. But there is a limit to what you should have every day, even if it doesn't bother you. Up to about 400 milligrams a day is usually OK for adults as part of a healthy diet. Once you hit 600, you're probably getting too much. For kids, the limits are much lower, ranging from 45 to 100 milligrams per day depending on their age.

Reviewed by [Hansa D. Bhargava, MD](#) on June 22, 2020

Reviewed by [Carol DerSarkissian](#) on March 11, 2021

This tool does not provide medical advice.

<https://www.webmd.com/diet/ss/slideshow-how-much-caffeine>

Ordering Coffee from some places in and out of this world.

Spanish - *Quisiera una taza de cafe* - "I would like a cup of coffee"

French - *Je voudrais un café* - "I would like a cup of coffee"

Italian - *Vorrei un caffè per favore.* - "I would like some coffee please"

Arabic - *Ureed funjaan qahwa min fadlik* - "I would like a cup of coffee."

Japanese - *Kōhī wo hitotsu kudasai* - "one coffee, please"

Dutch - *Ik wil graag een kop koffie* - "I would like a cup of coffee"

Swedish - *Jag vill ha en kopp kaffe.* - "I would like a cup of coffee"

Russian - *Я хотел бы чашку кофе* - "I would like a cup of coffee"

Portuguese - *Eu gostaria de uma xícara de café* - "I would like a cup of coffee"

German - *Ich möchte eine Tasse Kaffee* - "I would like a cup of coffee"

Klingon - *ylnlaHbe'chugh yu', vaj ylnchoHlaH* - "I would like a cup of coffee"

Klingon D-7 Battle Cruiser



This is a small list of character defects
Abrasiveness, hostility, belligerence, being generally bad-humored. Do I have to make other people suffer when I am angry, annoyed, even hurt?

Ambition – an earnest desire for some type of achievement or distinction, as power, honor, fame, or wealth. Seeking these things rather than to be a worker among workers, or to be as useful as possible to God and my fellow human beings.

Anger, hatred, aggression, resentment, being argumentative, defiant, oppositional, irritable or sullen.

Anxiety – A general way of viewing things with an eye toward what is wrong, what might be wrong, what has been wrong or what is going to be wrong. Excessive worry, especially about things I cannot change. Failing to live in the now.

Apathy, indifference.

Arrogance, conceit– Offensive display of superiority or self-importance; overbearing pride. An excessively favorable opinion of one's own ability, importance, wit, etc. Being a know-it-all. Telling others how I am better than someone else, or thinking those thoughts to myself.

Being undependable – being late, not being where I should be, not doing what is mine to do, letting others down, not doing my part.

Childishness- being immature, foolish, naive, self-centered, dependent.

Closed mindedness – Contempt prior to investigation. Disregarding things and ideas just because they are new and unknown. Being unwilling to try things or follow suggestions. Failing to remain teachable. Having a mind firmly unreceptive to new ideas or arguments. Can I at least SEE the other point of view?

Controlling attitude toward people, places and things; self will – Trying to control others by manipulation, bribery, punishment, withholding things or tricking them into acting as I wish, even when I believe it is in their best interest to do so.

Failing to be equal partners with others and to consider their knowledge and opinions. Trying to force outcomes.

Dependency, over dependency, co dependency – Relying on others to provide for me or do for me what I ought to provide for myself (or letting or getting others to provide things for my family or others I should be providing for). Feeling I must be in a relationship, or must hold on to others who

want to move on. Letting others control me to an extreme due to my fear of being alone, abandoned, or independent.

Depression, pessimism, complaining – Generally seeing the dark side of things. Entertaining, feeding and indulging in negative thoughts.

Dishonesty and hypocrisy- Sins of omission and commission. Telling lies, hiding things, telling half truths or pretending something is so that isn't.

Withholding important information. Adding untrue details to stories and situations. Telling lies about another person. Hurting someone's reputation. Pretending to be or to believe something I don't, especially giving the impression that I am virtuous. Stealing, cheating, taking things that aren't mine and that I'm not entitled to.

Fear

Gluttony, greed – Wanting and taking too much: food, sex, time, money, comfort, leisure, material possessions, attention, security. Acquiring things (material things, relationships, attention) at the expense of others. Feeling entitled to (like I have done something to deserve) things like money, time off, privileges, material things, praise, inclusion, benefits.

Gossiping – Speaking or writing about others in a negative manner, especially to get them in trouble or to feel superior to them and bond with someone else against the target of the gossip. When I find myself talking about someone, I must pause and check out why I am mentioning their name. Am I talking about them with genuine love, interest, and/or concern? Or am I really putting them down?

Humility, a lack of humility – Feeling better than and/or worse than others, and being self centered.

Impatience – Being frustrated by waiting, wanting often to be some time in the future, wanting something to change or improve rather than accepting it as it is.

Intolerance – Not accepting people or things for who or what they are.

Inventory taking, being judgmental, criticizing – Noticing and listing, out loud or to myself, the faults of others.

Irritability and touchiness – emotionally sensitive, easily offended

Jealousy and envy – Wanting what others have, feeling we don't have enough or deserve more, wishing we had what others do instead of them. This applies to material possessions like houses, cars, money and such. It also applies to non material things like relationships, a nice family, children, parents, friends and partners, and fulfilling work relationships. (Continued on page 17).

(Continued from page 16).

We can envy others their looks and physical appearance, their talents and physical abilities or attributes such as thinness, tallness, sports ability or musical talent.

Laziness, procrastination, sloth – Not doing as much as is reasonable for us to do. Putting things off repeatedly. Not carrying our own load as much as we are able. Letting others provide things for us that we ought to get for ourselves.

People-pleasing, being a “yes” person – Being false by saying yes when I mean no, and feeling resentful about it. Trying to trick others into liking me by saying what I think they want to hear, rather than what is true.

Perfectionism, compulsiveness, being a workaholic – Expecting or demanding too much from myself or others. Treating things that aren't perfect as not good enough. Not recognizing a good try or progress. Concentrating too much on what is wrong.

Prejudice and favoritism- Pre-judging people based on a group they belong to. Negative or positive feelings about someone based on their religion, race, nationality, age, disability, sexual orientation, accent, politics, economic status, physical characteristics like height, weight, hair style, clothing style, physical fitness, age. Not treating everyone as equal and devaluing or elevating a person or people in my family, meetings, workplace, school, or any group of people.

Pride – a high or inordinate opinion of one's own dignity, importance, merit, or superiority, whether as cherished in the mind or as displayed in bearing, conduct, etc. Being grandiose or arrogant.

Pride in reverse, guilt – from Step Four, page 45 of the 12 Steps and 12 Traditions – Spending too much time thinking about how bad I am, how I screwed up, what's wrong with me.

Rationalization, minimizing and justifying, self-justification – Saying and/or believing I had good motives for bad behavior. Saying that I did bad things for good reasons, or that what I did really wasn't that bad.

Resentment – The feeling of displeasure or indignation at some act, remark, person, etc., regarded as causing injury or insult.

Rigidity and fear of change.

Sarcasm, cruelty, meanness.

Sex: misuse of sex – withholding sex to get my way, being promiscuous, using people, cheating on a partner; lust.

Shyness, aloofness, being self-conscious (what are people thinking about me?)

Self-centeredness, selfishness, self-seeking, attention-seeking – Spending excessive time thinking about myself. Considering myself first in situations. Not having enough regard for others or thinking about how circumstances hurt or help others. Thinking about what I can get out of situations and people, what's in it for me? Spending too much time considering my appearance, acquiring things for myself, pampering myself, indulging myself.

Self pity, being discouraged.

From: <https://spiritualprinciples.org/list-of-character-defects/>

You sure get lots of mileage out of the character defects & baggage you carry.



Ok, ok, so I've got a problem, but it isn't as hairy as you think.



DENIAL is
a
Character
Defect and
can be a
real beast.

9 Reasons You Can't Think Straight – Reasons You May Have Brain Fog

What Is It?

“Brain fog” isn’t a medical condition. It’s a term used for certain symptoms that can affect your ability to think. You may feel confused or disorganized or find it hard to focus or put your thoughts into words.

Pregnancy

Many women find it’s harder to remember things during pregnancy. Carrying a baby can change your body in lots of ways, and chemicals released to protect and nourish your baby may bring on memory problems.

Multiple Sclerosis (MS)

This disease affects your central nervous system and can change the way your brain “talks” to the rest of your body. About half the people who have MS have issues with memory, attention, planning, or language. Learning and memory exercises can help, and a therapist can give you new ways to handle the tasks you have trouble with.

Medication

Some kinds of drugs -- over-the-counter and prescribed -- can cause brain fog. If you take medicine and notice that your thinking isn’t as clear as it should be or you suddenly can’t remember things, call your doctor. Be sure to let them know all the medications you take.

Cancer and Cancer Treatment

Chemotherapy -- a treatment for cancer that uses strong drugs -- can lead to what’s sometimes called “chemo brain.” You may have trouble remembering details like names or dates, have a hard time multi-tasking, or take longer to finish things. It usually goes away fairly quickly, but some people can be affected for a long time after treatment. Cancer itself can also cause “brain fog,” for instance, if the cancer has affected the brain.

Menopause

Women may find it harder to learn or remember things when they reach this stage of life. It happens about a year after their last period, usually around age 50. Along with brain fog, they also may have hot flashes -- sudden sweating with a higher heart rate and body temperature -- and other body changes. Hormone supplements and other types of medication may help.

Chronic Fatigue Syndrome (CFS)

With this condition, your body and mind are tired for a long time. You may feel confused, forgetful, and unable to focus. There’s no known cure for CFS, but medication, exercise, and talk therapy may help.

Depression

You may not remember things well or be able to think through problems easily. It’s hard to know if this is linked to the loss of energy and motivation that comes with depression, or if depression affects your brain in a way that causes the fog. Treatment for your depression, which includes medication and talk therapy, should help get you back on track.

Sleep

You need sleep to help your brain work the way it should, but too much can make you feel foggy, too. Aim for 7 to 9 hours. To get good rest at bedtime, you may want to avoid caffeine and alcohol after lunch and keep the computer and smart phone out of your bedroom. It also can help to get to bed and wake up at the same time every day.

Lupus

This long-term disease causes your immune system to attack your body, and the symptoms can be different in different cases. About half the people with lupus have problems with memory, confusion, or trouble concentrating. There’s no cure, but medication and talking with a therapist can help.

<https://www.webmd.com/brain/ss/slideshow-brain-fog>

C.R.S. (Can’t remember Sh*t) is my most leading cause of Brain Fog. The harder I try to remember, sometimes the foggier my thoughts get, and it gets so bad that I go into a room in the house to get something, see a sparrow or a robin through the window and think how nice it would be to be able to fly, and then can’t remember why I was there in the first place, and it’s chronic. ~ Editor’s note.



It’s either Santa Claus or the Invisible Man that’s real. I can’t see which it is. I guess being a spelunker isn’t much help.

MYTH: Hangovers Are No Big Deal

FACT: Heavy drinking rocks the central nervous system. It tinkers with brain chemicals -- leading to headache, dizziness, and nausea -- and sends you running to the bathroom so often you become dehydrated. The morning-after price can include a pounding headache, fatigue, cotton mouth, queasy stomach -- and a weakened immune system.

MYTH: Hangovers Are Gender-Blind

FACT: Don't go crazy with free drinks on Ladies' Night. If a man and woman drink the same amount, the woman is more likely to feel the effects. That's because men have a higher percentage of water in their bodies, which helps dilute the alcohol they drink. When women drink the same amount, more alcohol builds up in the bloodstream.

MYTH: Only Bingers Get Hangovers

FACT: You don't have to get wasted to pay a price the next morning. Just a couple of drinks can trigger a headache and other hangover symptoms for some people. Having water or a nonalcoholic drink between each beer or hard drink can help keep you hydrated and cut down on the overall amount of alcohol you drink.

MYTH: Wine is the Gentlest Choice

FACT: Red wine contains tannins, compounds that are known to trigger headaches in some people. Malt liquors, like whiskey, also tend to cause more severe hangovers. If you're worried about how you'll feel in the morning, the gentlest choices are beer and clear liquors, such as vodka and gin.

MYTH: Diet Cocktails Are a Safe Bet

FACT: Diet drinks may help if you're counting calories, but not if you're trying to avoid a hangover. Research suggests that having fruits, fruit juices, or other sugar-containing liquids can make for a less intense hangover.

MYTH: Liquor Before Beer

FACT: It's the amount of alcohol you drink (not the order of your drinks) that matters most. Standard drinks -- a 12-ounce glass of beer, a 5-ounce glass of wine, or a 1.5-ounce "shot" of liquor -- have about the same amount of alcohol. Don't be fooled by the size of your drink or by any saying about alcohol use that includes the phrase "never fear."

MYTH: Pop Pain Relievers Before Bed

FACT: Over-the-counter painkillers peak in about four hours, so a bedtime dose won't help by the time you wake up. A better plan is to take the pills when you first wake up. Don't take acetaminophen (Tylenol) after a night of drinking. The combination could hurt your liver.

MYTH: Eat Pasta Before Bed

FACT: Wrong on two counts. First, eating at bedtime (after you're already drunk) is no help. Food has to be in your stomach before Happy Hour to have any impact. Second, although any food can slow down how fast your body absorbs alcohol, fat does it best. So go for steak or pizza before your first martini, and you might escape a hangover. One bedtime tip that does help -- drink water to fight dehydration.

MYTH: Alcohol Helps You Sleep Well

FACT: Just the opposite. While a nightcap may help you doze off more quickly, too much undermines the quality of your sleep. You don't spend as much time in all-important REM cycles and you tend to wake up too soon. If you've been drinking heavily, a hangover might strike in the last part of the night, leaving you too uncomfortable to get back to sleep.

MYTH: Hair of the Dog

FACT: More alcohol in the morning does nothing but postpone a hangover. The worst symptoms hit when blood-alcohol levels drop to zero. If you have a screwdriver at breakfast, this moment will just come later in the day. And if you find you can't function without a wake-up cocktail, you should talk with your doctor about getting help for alcohol addiction.

MYTH: Coffee Is the Cure

FACT: Caffeine can narrow your blood vessels and may make your hangover worse. After a night of drunkenness, it's best to sip water and sports drinks to counter dehydration and replace lost electrolytes -- especially if you threw up.

MYTH: Herbal Remedies Can Help

FACT: British researchers reviewed the studies on hangover pills, such as yeast and artichoke extract. They found no compelling evidence that they worked. Another British team found a supplement made from prickly pear cactus may reduce nausea and dry mouth from hangovers, but not the dreaded headache. The only proven cure? Time.

NO MYTH: Alcohol Poisoning

FACT: Alcohol poisoning is a life-threatening emergency. Symptoms include:

Confusion, stupor

Vomiting

Seizures

Slow, irregular breathing

Low body temperature, bluish skin

It's easy to blow off these symptoms as the price of partying hard, but if you see someone vomit multiple times or pass out after drinking heavily, there's a risk of severe dehydration or brain damage. Call 911.

From: https://www.webmd.com/balance/ss/slideshow-hangover-myths?ecd=wnl_day

AREA 32 Assembly

June 6, 2021



Join us Sunday June 6, 2021 at the Arenac Community Center

583 E Cedar St, Standish, Mi 48654

To conduct the business of Area 32 Central Michigan AA

Hosted by District 26 Unity Council

- Morning Session
- 9:00-9:30 Fellowship and Coffee
- 9:30-9:45 Opening and Group Concerns
- 9:45-11:15 General Service Meeting, "GSR Meeting"
- 9:45-10:30 Finance Committee
- 10:30-11:15 DCM Meeting
- 11:15-12:15 Committee Meetings
- 11:15-12:15 Officers and Delegates Meeting
-
- 12:15-1:00 BREAK/LUNCH
- Afternoon Session
- 1:00 -3:00 General Assembly Meeting (End time is approximate)

Open Meeting. All are welcome to attend

There will be a room for Alanon

For more info call: Ted 989-429-8100