



## **Letter Two: Obsession Of The Mind Compulsion In The Body**

Dear Friend,

Before I became an alcoholic I had always prided myself on my strength of character, belief system, and personality. That is to say I thought I was so strong in some areas of my life that I thought I could not be changed or even waver from my core principals and beliefs.

But there was always something that was curious to me, which was how at the end of certain extreme situations – a person can come out almost unknowable.

That is, a person going in could be loaded with beliefs, moral character, a witty personality, and overall positive outlook on life, and then after going thru a certain situation such as torture, isolation, prison, or severe depression, they would be almost unrecognizable to their loved ones.

This was very interesting to me because it relies almost completely on something that we cannot control... the situation in which we may find ourselves.

Its like the young man who gets so lost in a new romantic relationship that all he can do is think, feel, and act to please his new found lover. He is so blinded by love that he is unable to see any fault in her or any changes that are happening to himself.

I remember this very well... when I was 20 years old and used to be a gospel street preacher, so strong in my faith and beliefs that I stood on the street corner and preached to thousands of people till the early hours of the morning, spent my days running bible studies and counseling people in the faith... and one night a young woman came to me and asked some bible questions...



One thing led to another and we started a relationship. At the time I was unable to see how this relationship started to affect my personality. I withdrew from my normal group of people and spent more and more time with my new friend.

As time went on, my preacher friends did not like that I was in this new relationship as they thought it was ungodly, this frustrated me and caused me to isolate even more and cling tighter to this new relationship.

Over the course of a few months many things changed... I was unable to see the changes happening in real time and wasn't able to control my emotions, thoughts, and feelings.

As time passed by I ended up leaving the preaching group and starting a life with my new partner. Still to this day 17 years later it is hard to even remember some of those parts of my personality and life from back in the preaching days because they had been changed thru the power of the situation.

Being an alcoholic is a lot like this.

At first... your relationship with drinking is casual and fun, your deep rooted thoughts and cares, anxieties and fears seem to melt away when you spend time with your drink.

And it works... she gives you the escape you have been looking for your entire life. Finally you can be so consumed with something / someone else... that you just disappear.

With my relationship with the woman who I am now married, things started out like this. Even though I was a preacher and seemed to have it all figured out, there were certain areas of my life that I wanted to hide from "sin" (if you want to give it that name) that I didn't want to come to grips with.



Instead of thinking about the issues that were causing dis-ease in my mind... I was able to think about someone else and obsess about our relationship and future together... I was consumed with someone elses feelings, thoughts, and desires... I found a perfect place to hide.

But over time certain changes started to happen... some good... some bad.

With alcohol this gets a lot worse.

Once you are hypnotized and caught in the trap of alcoholic hysteria... it is unable to see which way is up, which way is down, and who you were before you began.

Its like a ship lost at sea being tossed to and fro...

When you look at it thru a close up camera you see the ship rocking violently, back and forth, up and down, taking on water, with no direction, no where to turn, your body being thrown around like a rag doll caught in the jet stream of a 747, and you see no way out.

You are in the situation... the situation has become you.

However if we were to put the camera on a helicopter, plane or even a satellite... you would be able to see that you are just a few miles off the coast... in a few hours you could rest your weary legs and tired mind on the strength of dry land and safety.

But... you cannot see your way out when you are in the situation.

Much like when you get angry at someone... say someone hits your car because they were being a dumbass and texting while driving...

Instantly that switch FLIPS and you are consumed with rage, and consumed with anger at this person you don't even know because HE put YOUR life in danger by texting and driving... and now your brand new car is all jacked up... and its HIS FAULT.



And you are right... you are completely justified with these feelings.

But... are you in control... are you thinking, speaking rationally.

The facts remain... he could have hurt you... but he didn't...

The car is messed up... but will get fixed...

And you don't know... perhaps he is a doctor and the text was that he was needed in the ER or something... you would think a doctor would know better... but who knows.

The point here is that somehow... some way... you allowed someone else to FLIP your switch.

And so it is with alcohol.

You are allowing a chemical to flip your switch and control your thoughts, feelings, desires, and behavior... and much like that relationship that hijacked your affections...

Alcohol Has Hijacked Your Mind

And you didn't even see it coming... you might not even see it now.

Because you are on the ship and the camera is zoomed in on YOU.

It may be hard to see dry land... it may be impossible to see a way out... you feel trapped... unsafe... hopeless, helpless, a victim of another thing "DONE" to you.

Imagine driving a car where the windshield is nothing but a rear view mirror...

You cannot see what is coming... only what has been.

You cannot properly react to life as its coming... only after the events have already past.



You cannot see what street you are on, where to turn, or what is coming next.

You might as well not be in the drivers seat... but there you are trying to drive.

When I was active in my addiction I wish someone had told me that life didn't have to be this way... I wish someone was there to show me that dry land and stable ground was just a few miles away...

I wish someone had taken the time to explain to me what was going on so that I didn't have to wonder what is wrong with me, why am I so weak, why does this drink run my life?

That is what I am giving you with these letters... a way out... a stable footing on a solid ground up high enough that you can see the situation for what it is...

A situation.

Nothing more – nothing less.

You have found yourself caught up in a situation where alcohol has taken over.

Where you cannot see what is really going on... what is really at stake or how to get out of it...

I am going to pull back the curtain and show you what is really going on so you can stop being in the situation and start looking from the outside in...

HERE IS WHAT IS REALLY GOING ON:

Over years and years of repeated drinking, your mind now clings to alcohol as your go to solution for any problem, upset, or speed bump that crosses your path.

After all... alcohol worked wonders at first... it was fun, some of it tasted pretty good, it was socially acceptable... and made you the person you wanted to be...



No fear, no anxiety, you feel alright.

But over time... it turned on you...

More was needed to get the same feeling...

You tried and tried to moderate to just have enough to ease your worries...

But it didn't work.

You started to HAVE to drink... not because you wanted to... because you HAD to.

And now you feel like shit... you are jittery, your thoughts race endlessly, you are anxious, you try to escape that fucked up hangover feeling... but nothing helps...

But more alcohol... and it doesn't really help all that much anymore... you just don't know a better way.

THERE IS A BETTER WAY... it just lies outside your realm of focus right now.

We need to put the camera higher up... and BAM there it is.

It's a new way of life... a focused deliberate - on purpose life.

Where the rear view mirror has been replaced with a brand new clean glass windshield.

And you no longer go thru life reacting to what comes your way... but calculating and responding.

And you realize that no matter what happens... no matter how much craziness is out there beyond that windshield... you can stop the world with just one breath, one pause, one moment.

You are in control... not alcohol... not your racing thoughts.

But YOU... being in the moment... allowing yourself to feel...



You realize that you can go drink whenever you want... but you no longer have to – so you no longer really want to... because that leads to the endless cycle that started this whole thing in the first place.

You are now ready to live a new life, breath a new breath, and experience sobriety.

Right now it seems like so much needs to be done...

You have to fix this, fix that, deal with issues, personal, relationships, money, jobs, houses, where are you going to start...

MARCUS.... You don't understand how jacked up my life is right now...

Every time I turn around someone drags me back into the crap that keeps me stuck. Work, family, money, it never stops, it never goes away!

Believe me, I understand how tough it can be, I know what it is like to be constantly haunted and followed by thoughts, obsessions, worries, and stress.

After all that is the core of what addiction is...

### An Obsession of The Mind And A Compulsion In The Body

Obsessive-compulsive disorder (OCD) is characterized by repetitive, unwanted, intrusive thoughts (obsessions) and irrational, excessive urges to do certain actions (compulsions). Although people with OCD may know that their thoughts and behavior don't make sense, they are often unable to stop them.

Now I am not one for liking to put a name on something or say someone is mentally ill or what not... but I do know what its like to have an obsession in the mind and a compulsion to drink.

I also know that what you are experiencing right now is nothing more than a situation... I like to look at it as a form of hysteria.

Think of the child who gets overwhelmed and does not know how to deal with emotions, feelings, thoughts, and urges.



For her, things are tough, real, imploding and there is an impending sense of doom.

Her daddy knows that everything is going to be ok...

But in that moment she cannot hear you, she cannot see a way out, she is consumed by these feelings and thoughts and sees no way out... all she can do is scream and break down.

And to her... it is REAL... its truth... its what is right now and she can't get out.

This is what happens in a society that is taught to believe that these things are real. Getting an F on a test or not making a pile of cash is real and bad and horrible... and there is no recovery.

To this poor child she cannot see that its just an act and we are all playing our parts. As an adult I know that getting an f does not mean I am a failure... it doesn't even mean im bad at a certain subject.

It just means I didn't remember some stupid shit my teacher thinks I need to remember.

Its when we take our thoughts seriously that we get in trouble... our thoughts are nothing but chemical impulses which we explain via words in our brains... they are neither good nor bad till we make them so.

Like when you get the urge to drink and all you can think about is getting your ass to a barstool or liquor store so you can shut that damn mind up...

The thoughts were nothing till you put legs on them and made them walk.

I can think things all day... sometimes I think funny things, serious things, and sometimes for no reason a thought pops in my head to slap the old lady at the store... for no reason.





Now I can stress and say... MARCUS you terrible person... slap an old lady... what the hell is wrong with you.

Or I can just say... huh... chemicals firing, words firing... doesn't mean a thing... just random electrical firings in my brain pairing with random words based on what I see right now.

I remember when I used to preach there was this verse in the bible that said "take every thought captive" as if we were in this war with every single thoughts.

And scientists say that the average person has like 40,000 thoughts per day... that's a pretty big war to fight and a lot of captives to keep track of. I no longer think that is what the bible is trying to tell us.

Because when you let go and accept your mind for what it is... then you don't have to fight anymore.

And funny thing about that... when you stop fighting... your thoughts start to change for the better.

You see for the last 26 years or however long you have been at this life... your mind has been trained by the outside world.

Your situation, your circumstances, your family, and society has trained you how to think and what you should and should not think about.

And we never stopped to think about thinking... we just let it happen... and that is ok... but that is also what brought us to where we are today.

And on top of that... our thoughts have told us how to feel.

Its like when I first started trying to get help for my addiction back in 2012... I went to see a therapist and told her what I was feeling... she said... you have anxiety...



AND BAM... all the sudden this fucking anxiety was everywhere... now that I had a name for it... it showed up all the time and drove me up the damn wall.

Until then it was just a weird feeling... but now it was its own life force with a name and fear and struggle and now I had to fight it. Which made it even worse... which made me name it even more and try to figure it out... I even found new names... now I could have social anxiety, and eating anxiety, and all kinds of anxiety... all because I named it and made it real.

But it wasn't real... it was just a feeling.

Repressing feelings makes us more sick than the feelings were in the first place.

Take a look at how wild and crazy sex has gotten all over tv and in our lives... its like we cannot get away from it... and that is what happens when the church tried to repress something rather than just letting it be what it is.

And even worse things happen when we try to repress these chemical impulses in our brains we call thoughts that turn to words which we judge as good or bad every second they appear.

So instead of trying to stop these thoughts... why not just let them be and look at them for what they are... just electric zaps... triggering words which were made up by man.

One of the most important lessons I had to learn to get and stay sober was that I am not the sum of my thoughts.

This means... what I think about does not equal who I am.

Remember the example of how people are changed in extreme situations? That is an example where your thoughts can be changed without your doing so... sure you can try to get away from it... but soon enough it will start to affect you.

Would this then make you your thoughts? Are you your mind?



Is a starving person, who can't help but think about food all day weak or bad because all he can think about is food... or does he become what is on his mind... is he now food since he thinks about it all day?

If I have a job where I think about numbers and charts all day... do I become a number or a chart or am I defined by numbers and charts... of course not.

These are simply things we do... and the mind is what the brain does.

So while your brain is minding all day... remember that you don't have to mind your brain.

You don't have to think about or obsess over everything that comes your way that you do not like.

We are more than our thoughts, we are more than our minds, and we are more than our brains.

In these letters I am sending you – I will show you how to manage these unwanted thoughts, desires, obsessions, and feelings.

You will learn how to accept your thoughts and accept yourself because I will show you how your mind came to be what it is today and how up till now your life has been a series of situations that you have found yourself in, and you will learn how you no longer have to find yourself in these situations but can rather be outside of them looking in.

You will start to take things less serious and have more understanding and forgiveness for yourself as a human being, one of eight billion human beings trying to make their way thru life.

Only instead of just trying to make your way... you can now BE your way... rather than acting as a human doing things in life... you can just be... and that will now be ok.

I used to think that I had to DO to become. But I learned that I was it all along... I was what I wanted to be and I had what I was searching for.



I am going to show you how to find that in yourself.

You see our society has taught us that doing, and achieving, and buying, and owning, is what life is all about... and that is because they like to sell stuff.

Well I'm no longer buying it... and neither should you, because it's all a big marketing ploy.

The fact of the matter is that we have innate value just because we are... if not... he / she / or whatever wouldn't have created us... and since he created us and we are... we don't need to do.

We just need to be... and rest in timeless wonder that is life.

Out of that place of rest and acceptance and love is where we can do our daily tasks and live in the world. But if we try to flip this around as I did for so long... DO then rest... so I can be... you are not living from a place of power and enough... you are coming from a place of lack... and when you try to fill that lack... life is empty and all your doing ads to nothing because you are not being you... you are acting you.

Don't get me wrong... we are not on quest to find ourselves or find meaning in life... that is already there... we are about recognizing it for what it is and living out of that space.

With that said... you cannot out think this problem because this problem is created BY thinking.

As alan watts said "A person who thinks all the time has nothing to think about except thoughts. So he loses touch with reality, and lives in a world of illusion."

If all you are doing is thinking thoughts and hearing words... you can never experience life on a real plane... I can drive around naming all kinds of trees and terms about those trees... but until I sit under the shade of one and lean against the bark and touch the leaves, I never experience a tree.



Learning about something and naming something is completely different than experiencing it.

And you have experienced what it is like to be in the grips of alcohol addiction... and i want you to experience what it is like to live sober and be the you that you were meant to me.

Learning about sobriety, and addiction, mental illness, and hysteria, means nothing... until you experience the two foot drop that takes it from the mind to the heart and creates a new belief system and a new way of life for you. Once you experience this in your sobriety – things will never be the same again.

This is about a new way of life... but not in a self help – create the life you want by faking it till you make it kinda way...

You will live a new life because you are the new life.

It's one of those great paradoxes where you cannot find it by searching for it and you can not have it by desiring it. It does not work that way... because something is in the way - YOUR DESIRE.

Trust me on this... it may not make sense now, but it will. Desiring a better life is the very thing stopping you from getting it.

Stay sober today... if you get the urge... take letter one and letter two with you... read it instead of drinking because your new life is just around the corner.

If you do end up caving in to your desire... do not read these letters drunk or hungover... wait... then re read from the start again... stick with me on this... I know how tough it can be... and I also know you can make it thru...



Set a boundary for yourself and remember... today you are not going to drink even if your ass falls off... remember tomorrow you can go out and get all fucked up (if you still want to) but today we are going to stay sober... and if you read these first thing in the morning... several times a day if needed... things will start to change for you...

Still love ya... tomorrow we will talk about how to retrain the reptile brain... it will be a fun lesson.

See ya then – marcus

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