Obeisance to all teachers. - Addiction can be cured when skills and reasons applied for 41 days.

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A 11 X 17 inch page that details resons and skills	;										stity				l and	rect				£	_		ges	E .			ictio	r \$\$									
about addiction. Important job formulas to								_			chas	5	σου		bt	s di		izes		tien	Injal		guag	eave	ded	황	add	y fo									
remember can be written in the main spaces.					<u>e</u>		Io :	ō l	ist		II ≥	seal	orks		nop	ange	day	erial	<u>e</u>	inpa	Pata	e :	l lan	E	gra	W V	es /	ione									
New words to learn can also be written. This also		rse	ğ	= be	<u> a</u>	st	con	igddi	ii ex	ogic	s la	a of	S WC	ight.	ond	chi	one	mat	easn	ays	s of	a Gi	lo al	ıt Ai	n be	d no	E	e -u									
show person / source who does/said these ideas		to	p0 t	ayer	tion	itere	Self-	E .	+ ev	- ₹	orce	dat	levil	e We	bey	thing	spc	ion	a tro	41 d	utra	vakr	ate t	sho	e ca	erso	orge	ti									
This can be mailed to anyone who needs this		Sklis	ettin	o bra	ddict	i-	<u>}</u>	pole	bod sse c	stu	of fe	ıved	le=c	sol o	Joo.	eryt	e er	tent	e s	eed	gas	hta	ansi	e is	ldos	» d	an fo	vest									
page. Updated 12/3/2023		V	<u> </u>	ž	¥ (S.	ō i	<u>-</u>	ő ž	<u> </u>	Ğ	S	<u>D</u>	P	45 4	<u>. ú</u>	5	드	5	ž	<u>≻</u>	Ϋ́ .	5 8	5 36	<u>a</u>	<u>×</u>	30	<u>=</u>	24	22 24	2.4	25	26 2	7 20	20	40	44 42
Reasons->	VIV Coorgo sir		1	2 3	4	5	ь		8 5	9 10	11	1 12	13	14	15 1	6 17	18	19	20	21	22	23	24 2	5 26	27	28	29	30	31	32 33	34	35	36 3	7 38	39	40	41 42
Auto suggestion of goal at bed time	VK George sir	1																																			
Walk with internal gaze 10 Conditions of perfect chastity	Rev. Andrez Lukianic Mahavir Jaina	2																																			
Chrochet	ivianavir Jaina	3																																			
Keystone habit	Charles Duhigg	4																																			
Mental Health Ambassador	Stress removers	5																																			
Listen WNYC AM 820 radio to sleep	Stress removers	5						-																													
Drink - Two mouth water cause sleep		/																																			
	Flinahash	8																																			
Saying rosary	Elizabeth	9																																			
Read Nobel book	Kay	10																																			
Understand Dopamine dynamics	Dr. Anna Lembke	11																																			
Yetzer Hara- Spice it with Torah reading	Rabbi Michael Skobac	12_						-						-																							
Chastity Brings one closer to God	Gamil Hanna	13																																			
Do motion in toilet		14																																			
Walk with down cast eye	Dunnley & Adult	15																																			
Fast help with chastity	Prophet Muhammed	16																																			
Compounding effect of 1% good is large		17																																			
Body disregard Reason of dopamine	Mahataa Candhiii	18						-						-																							
Chant rama nama or similar for chastity	Mahatma Gandhiji	19																																			
Richard Sepie conditions of chastity	Investo Classic	20																																			
Atomic Habits	James Clear	21																																			
13 virtues	Benjamin Franklin	22																																			
Make my shoe in bad world - JBFC	Yov Ben Yosef	23																																			
Radiance - Transcendence	APJ Abdul Kalam	24						-						-																							
Early to bed and rise	Mary Pulical	25																																			
Meditation	Jon Kabat-Zinn	26																																			
Be altruistic - not selfish	14th Dalai Lama	27																																			
Write expenses	Grandapa KJ Mathai	28																																			
Walk 20 mins daily in light	Common Processor	29																																			
Job start before 9 AM	Cyrus Brown	30						-						-																							
Everyday awake at 6 AM	Dr. Leon Stern	31																																			
Daily 2 fruit + 3 vegetables	Trsitate counseling	32																																			
Know human nature etc		33																																			
Learn botanical names and rock names		34																																			
Always one password RAMA		35																																			
Pay attention - curiosity = memory		36												-																							
Read WISDOMLIB.ORG		37																																			
Have melodic voice for wireless talk	Mayia "Caatha" 4000	38																																			
Learn Physics and Chemistry per song	Movie "Seetha" 1960	39																																			
Recollect what read in texts - 2 times		40																																			
Admin manager read and apply policy		41																																			
Life tacks		42	.	6	NA -	I,	- -	-			.	I.	\. J_	_	_ _		N4 -	I.					1		\\\\ _	 -				-	 			- C	 	_	
Life tasks		F	5	5	M T	- W	T	F	S	5	M	1	vv 1	1	F 5	5	M T	۱۵	W T	F	5	5	M		W T	F	5	5	M	22 5	W T	F	S -	3	IVI 1	1 40	W
Paid bills on due date? V/N			1	2 3	4	5	р	/	8	9 10	11	1 12	13	14	15 1	6 17	18	19	20	21	22	23	24 2	5 26	27	28	29	30	31	32 33	3 34	35	36 3	7 38	39	40	41
Paid bills on due date? Y/N		+				+				+	1		+					+						+		_	-				+			+			
Took medicine? Y/N				-		+				+	1													+		-	-				+			+			+
Write Journal / letter? Y/N		+				+				1	1			\rightarrow				\dashv			_	_		+-		-+					+ +			+			
Physcial work 1 hour? Y/N				+		\perp				1	1							\rightarrow				-		+		-+	-				+ +		-	+			
Study 1 hour daily? GED HAM Y/N				-		+				+	1							+						+			+				+			+			+
Any sign of mental illness? Y/N				-		\perp			-	1	1											_		+			_				+	-	_	-			$\overline{}$
Quarrel? Y/N						\perp				1	1													+			_				+ +			+			
Number of pages read?				-		+				1	1										_	_		+			-				+			+			
Cash balance?				-		\perp				1	1										-			+							+			-			
Weight?						\perp																		+							1						
Kept appointments? Due dates Y/N																																					

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