

Rebellious Wellness ^{over} 50

One Man's Journey to Sobriety and the joy that followed



One man's journey to sobriety and the joy that followed

Gregory Anne: Welcome back everybody to another fabulous episode of The Rebellious Wellness Over 50 podcasts. Today my guest, Stefan Neff, is going to talk about anesthesia, well, not really . He's an anesthetist and author and a person who is an expert in addiction and recovery. So, Stefan, welcome,

Stefan Neff: Stef. Oh, thank you so much.

It's an honor for me to be on your show and to be sharing a bit about my transformation and the lessons that I had to learn the hard way.

Gregory Anne: Yeah, I'm happy to have you. I don't think I've talked about recovery.

The difficult journey that coming back from a place of addiction can be. And I don't care whether it's an over 50 woman, 20 year old kid, 60 year old man. It's a struggle. Right. Would you say that that's fair?

Stefan Neff: It's the most beautiful journey that you possibly could go on, and as with every journey, it has its ups and downs and lefts and rights.

Talk about the journey of Frodo in Lord of the Rings, . That's nothing. Okay. That's absolutely nothing with the journey that you go on. When you decide that you're sick and tired of being sick and tired mm-hmm. , because that is, that is the reality for many people who are drinking too much. And alcohol

I mean, it's so ubiquitous in our society. Such a normal thing. Yeah, it's a normalized addiction and it is, we have been socially engineered to accept it and we are against a multi-trillion dollar industry, which employs a very, very expensive people who are very clever in making us believe that it's absolutely normal to drink and actually, why shouldn't you drink? Drinking is beautiful.

It's crazy. We are living in a very strange society. You are already a bit on a back foot there when you are living in a society where they can get alcohol everywhere. And where it is very encouraged. Give you an example. I like to binge watch from now, then Netflix and things like that.

There's a lovely study where people actually watched a thousand hours of two streaming channels and they looked at the most commonly watched things and watched thousand hours of it and made a note every time that alcohol is being shown, drunken, consumed, displayed, every three minutes.

Regardless what you watch. Wow. Every three minutes it's being pushed in front of you and it's quite amazing whilst there's no alcohol advertisement in many places. My bottom, the heroes in one of the streaming channels seem to be really liking their beer whilst the heroes, regardless in which genre, uh, in another streaming.

Really like their whiskey. So this is the background of the society in which we live. Yeah. Then comes of course, the genetics. Unfortunately I've got a full house. Alcohol has played a big role in my family. On both sides of the family.

So I'm pretty certain that I've got genetics. So society, genetics, yeah. Maybe I was set up, fair call, but then of course comes trauma. I was growing up and by the way, rebellious over 50.

That's exactly, uh, what we are on about, I'm 56, so I'm spot on in your mark here for, the listeners out there. I grew up Well, boys don't cry and you're a man and there were certain masks that were supposed to wear. And Germany was quite strong in these masks. So I had maybe a lot of the wrong core beliefs in placed by people, well meaning people such as my parents.

But in hindsight these core beliefs were maybe not so suitable for a productive life. Let's rephrase that because ultimately when you run away from trauma, , you can run away to drugs, to alcohol, to gambling, to sex, to food, but also to work. That's what I did. I ran away first before I became an alcoholic, I became a workaholic.

Hmm. And that in the German society. Oh. He's, you know, look at him. He goes to school, then he goes three times in the afternoon and goes stacking shelves somewhere. He's earning his own money. A young man, look at him. So I became a workaholic far earlier than I became an alcoholic.

And that was good. Okay. So, because it allowed me to actually become really good, why did I run? . I never realized until I was really in my forties. I didn't have a great upbringing, latchkey child, typical of my generation. No really big traumas and, uh, like ace or something like that.

But then when I was 13, I became the victim of a gang assault and that really shook me. Nowadays we would call it P T S D, but then no one gave a damn about it. I obviously survived. I put a ringleader behind bars. He threatened to kill me. And I, in my. Eighties thinking I saw myself as lethal weapon as Mel Gibson going for a life and death fight to

the end, or Bruce Willis. You know, those kind of things die hard. I saw myself as that and that's exactly how I handled it. I became, this maybe a little pudgie young teenager became Rambo, literally. It was a very dark time. When I was then 18, I had a body, like a Greek god

Good. There are some benefits of something like that when you train four hours a day. Okay, that's cool. But these were five years of darkness. and this five year of darkness came on top of screwed core beliefs came on top of many other things and I made it up as I went.

And then three things happened. I was 18, I went to university and I realized that a ring leader would never, ever fight me. He was an idiot. Secondly, I found girls, Third, I found alcohol. I will never remember that day because I was sitting with friends in the afternoon in a German beer garden under a huge oak.

A summer, a summer the sun was shining. I had a big glass of beer and I drunken most of it, and suddenly there was this wave of dopamine just washing over me, and the world felt good. and I started laughing out of the blue, giggling like a little girl. And it was the best feeling of love that I could have ever imagined.

And there a friendship was born with the alcohol. That was the first time when I realized how much I can escape my reality with alcohol. So there was a workaholic, uh, learn a holic up until then, then workaholic, and now an alcoholic. And unfortunately, I never learned how to deal with my emotions and with my feelings and with those things that really drive you in a deep core.

And so I kept going with these behaviors and as a workaholic, you do very well. and when you've got PTSDs, you do very well as a doctor because you don't get caught out. I became very good in emergencies. I thrived in chaos. I, I was literally

the hero. This Rambo kind of, attitude became me. So when the shit hit a fan in the emergency department that was me.

I was at home and I became a teacher for other doctors, how to deal with chaos, how to deal with these emergencies, and I was teaching every, every course that there is under the sun. It was all fun. But ultimately I was continuing to hide. I was continuing to run away from my emotions, from my trauma, and I did so for a long, long time, for decades really, until there was no more dopamine to be discharged.

There was only anger and resentment because trauma didn't stop there. But I still had the same coping mechanisms of running away, of trying to escape from reality, working too hard and then drinking too hard. And with hindsight, my goodness. But it was what it was.

My body did the best it could because it hated the pain that I was feeling. So it tried to convince me, come on, have a drink, because then at least that pain will go away. Yes, there might be other pains, but that's tomorrow. Um, right now, come on. Can you imagine just that, ah, that sound effect after two three glasses of wine.

Oh, and so this was my life. Working far too hard, drinking far too hard. Um, there were times when I tried to stop drinking like so many of us. Um, but ultimately because I didn't replace it with anything sensible, um, it was too easy for me to fall back onto it until I was really so down and out, um, that I couldn't go on any longer like that.

I was so much in pain. I was so much in tears. It was just layer and layer and layer layer of trauma that ultimately there was not enough vodka in a whole town to actually stop the pain. And that's when my life changed. But it is, I mean, that was my story.

And, I was always a law abiding citizen. I was a high functioning alcoholic as you mm-hmm. . So I never got in trouble with the law. I turned up sometimes rather smelling of alcohol at work. Probably in the first few years that were still deemed very acceptable or even normal.

But then later on I had a few incidences where colleagues took me aside and said, Hey, look man, um, get your shit together. But as with everything, denial is the biggest hallmark of alcoholics and of drug. So, of course that's not me, me. I'm not an alcoholic. Look, it's him over there now. He is an alcoholic, but me, I'm just a social drinker.

Gregory Anne: Yeah. Well, and don't you think rationalization is another one of the techniques we rationalize why we're gonna drink tonight or tomorrow, or this wedding is coming up and all my friends drink

Stefan Neff: and Exactly. Yeah. ,

Gregory Anne: we need company. Right. .

Stefan Neff: Oh. And, and you nailed it.

That's exactly what I wrote in my book, there's a chapter called the heroin Free Wedding . And it starts along the lines that a young woman and her mom, standing together washing up. And the young woman says, look, can we talk about the upcoming wedding? And mom says, that's our wedding, that's our wedding.

And she said, brilliant. Uh, mom, I thought about it. I would like to have a heroin free. And mom drops the plate and says, oh my God, are you using heroin? Where did that come all about? And she says, no, I'm not using heroin. I want a heroin free wedding. Would you be okay with that?

And Mom says, you silly. Of course. They hack each other and it's all, all right. And then her daughter continues and says, well, since we are talking about a subject, I also thought we are gonna have an alcohol free wedding. Mom is, shocked you can't do that

No way. It's so interesting, isn't it?

Gregory Anne: Yeah, yeah, yeah, yeah. I'm sure that that would be the result. I mean, the response for many parents or siblings. Or guests. Exactly. You know? What do you mean there's no booze at this wedding? What kind of wedding is this?

Stefan Neff: Exactly, exactly. So it is exactly, it is a tricky one, but here we are.

This is the society in which we live. You said it worked quite right, Greg, we surround ourselves with likewise folk. And it's really, really a problem because of course you do that subconsciously, with a bit of intent. Plus you wanna make sure that you don't stand out.

But if all of you are drinking, then it's all normal. Right? And if you're, in a mummy wine culture where you all are having two three classes of wine before you even pick up the children, call that a nice relaxing with the friends, well guess what? Yeah. Hmm. Mm-hmm. we're already.

into the wrong thing. Now, you go now into a bottle shop, you can find alcohol without the carbs.

So it's good for you. So you can go to your workout and you look good in your spandex and then,

Gregory Anne: no, don't say that.

Stefan Neff: Surfed it. Exactly. And so it's complete new marketing Yeah. Or what we call pinkification. 10 years ago there were alcohol in all kind of

typical kind of things. Now you go into a bottle shop and you find a corner for the girls. Typically smaller bottles, that you can hide in your, whatever you guys carry with you

Gregory Anne: purse.

Stefan Neff: Thank you. They are pink purses. You have got smaller things with often higher alcohol, which is easier to drink and therefore you drink more of it.

Uh, it's pink because you're a girl and you deserved it, and with your friends. Oh my God. Um, so it's so easy, so easy to fall into that trap.

Gregory Anne: I have to go back to what you said about, sorry to interrupt, but what you were talking about The streaming, Netflix, the programs and how many images or people we see drinking and, they took cigarettes out of movies and television because they didn't want to influence people.

Young people, I guess mostly, but we don't see anybody smoking anymore. Maybe, I mean, maybe an independent, maybe Netflix still has people smoking on Yellowstone. They smoke, um, but they don't care about booze in the same way.

Ah-huh. On the

Stefan Neff: contrary, it is sponsored. Yeah. It is paid for, I can assure you there.

It's just not put on out there for everyone to know. It's a very insidious kind of thing. Intriguing that you say that because in German television it's still quite normal that you can see smoking.

Gregory Anne: Oh, really?

Stefan Neff: Yeah. And it's interesting because I don't see as much, uh, alcohol being used in German television.

Um, so it's quite intriguing. There are slight differences indeed. Right. But I think that the problem is not the problem of a country. It's a problem of a Western society. Mm-hmm. We have got, if you look at chemical addiction, one in three of us are chemically addicted. , and I say that again.

One in three, if you're really conservative and you say, no, no, no, no, no. Okay, one in four. That is, that is already conservative. Um, so one in four. Now if you imagine that each and every one of us has got at least one significant other, then you can say that at least half of the population are affected by chemical addiction.

And I think that is something else that we need to bring home. It is a disease of denial. It's a disease of hiding, and first of all, it is a disease. it's not somehow a moral failure. Mm-hmm. . It's not that you're a bad person. No. You are just, you have learned to try to escape. You have learned to minimize your pain

With the help of alcohol. You have learned that maybe alcohol gives you a bit of a Dutch courage. Um, and something you've learned when you were 16, you're still doing. 50. When you are meeting someone new your glass of wine is like your pacifier. It is there and if someone asks you a question, you take a sip of wine whilst you're thinking about the answer.

Yeah. Little things like that. So, you know, the alcohol gives you a very nice way. It lubricates the tongue, so to speak, and that can be very nice. Until it comes, of course, to a point.

Gregory Anne: And you mentioned genetics. I have to just address that because there are definitely gene variations associated with addiction.

I work with a woman who has a gene testing company. and studies the biochemical pathways of these variations and how they express and people, and then what to do about 'em, like what to put upstream to help with that downstream problem.

And it's fascinating. And it goes to what you're saying, it's not a moral failing. People have these parts of themselves that they then beat themselves up for, and society also joins in. Let's all gang up on them because they must be Laz or they don't care. Um, E except, I mean obviously there are caring people in their programs, all that stuff.

But as a general way of thinking, most people would say it's the person not wanting to quit. .

Stefan Neff: Exactly. And that's just bullshit. Yeah, that's absolutely bullshit. Many alcoholics really want to quit and they've tried it and they've tried it all. We don't

drink in the week and only on a Saturday. We don't drink on a Saturday, but only during the week

We don't drink hard stuff. We drink only soft. So no, we don't drink stuff. So funny. Stuff, it doesn't bloody matter. Um, because ultimately many of us are drinking because of psychological reasons. Because you're dealing with or you don't want to deal with trauma. You have never learned how to deal with your emotions.

Uh, these emotions are complete rogue waves that are washing over you and you have no idea what to do. And that's where the transformation happens. When you are lucky enough that people love you and guide you towards a solution. In my case, it was a four week inpatient rehab and I went there eight years, nine years now ago, and it was the most scariest place I've ever been.

The most beautiful place I've ever been and anything in between. and it's beautiful. It is. It was wonderful because it took me out of my life and I was transplanted into that safe bubble. And there under the guidance of people who were addicts themselves, or are addicts. That sounds weird because you are not just an alcoholic

when you are, ER 25 or 35 or 55, you will always be, I will die an alcoholic. Mm-hmm. , I will die a holic I'm alcoholic because I was a workaholic much earlier than I was an alcoholic food aholic. Okay. Eating disorders because you soon realize, I mean, if you just stop drinking, you can, you can just white knuckle it, stop drinking.

Guess what? , the next thing comes along. You will smoke like a chimney. Or the moment you stopped smoking like a chimney, you eat everything that is in the fridge. You find partners on Tinder until your fingers bleed from, from Right. Or I dunno where you swipe left or right.

Okay. Sex, pornography, gambling. Yeah. We just jump from one poison to the other. Okay. If we don't address the trauma, if we don't do the work that needs to be done for you to become a different person. And it's that work, those new traumas by addressing the old trauma, so to speak.

Uh, the, the sheer effect that you learn how anger actually feels, how sadness actually feels when you don't run away from it. When you don't try to numb it. when you actually experience it and then see, oh, it's over. Cause all these emotions are waves of neurochemicals and they pass. An anxiety attack to actually, once you feel it and you actually see your hands are tingling and you breathe shallow and it all takes a certain kind of behavior once you actually realize that.

No. Okay. Hello. This is an anxiety attack. Hello, anxiety. I haven't seen you for all August then. Then you can see A you recognize them. B, you can see that they're of messengers from your body. For example, an anxiety attack. That's quite easily for me if I haven't hydrated, if I'm tired, if I'm a bit angry, if I feel lonely.

Hungry, angry, lonely, tired, are powerful, powerful, um, drivers for me to drink and equally for my body to send me messages, like being very anxious. And nowadays I can use that because I've done the work, I've figured myself out and it's, it's beautiful. That is the power of a rehab. That's the power of you working with people who maybe have been where you were or where you are, and are saying, actually, depression lies to you.

Addiction lies to you. Those messages, like there is no hope for me. There's no one could possibly understand how I feel. All those kind of platitudes absolute bullshit. It was so beautiful for me to see in rehab because everyone who was looking after me was an addict

and they all got their shit together. They were alcoholics, gamblers, you name it. Um, these were the people and it was, it was beautiful because you can't bullshit a bullshiter.

They all knew what

Gregory Anne: they've all said everything you were gonna say, right?

Stefan Neff: Absolutely. Absolutely. And that was so powerful.

Then two weeks into rehab, the, the boss of the rehab took me out for a coffee. They said, I'm gonna introduce you to someone. And we drove an hour to a cafe somewhere and I walked in to a bit of a quiet part of the cafe and there set a colleague of mine.

A colleague I knew I had organized conferences. I had invited him as a speaker, so I knew him, I respected him and I thought, oh my God, what's happening here? And it turns out that he was using, IV drugs, that he was using opioids in the past and had got his shit together. And we talked and talked honest about addiction.

He was one of my peers who had got himself right. and it was such a wow moment where I had to say, okay, a, it is far more common than I think. That was the lesson I learned. There are people who have gone through it and are successful now living a life that I actually yearn to have. And that was beautiful.

That was the, the journey that I came to love and came to respect and came to cherish and this transformation didn't stop there. The first transformation is that you stopped drinking, but then thereafter the other transformation such as waiting to happen, that you're going out there and actually changing maybe your moral beliefs, your core beliefs, you learn about integrity.

you learn about humility, you learn about your own anger, about a hothead in you and maybe what to do about this person and so on. The lessons are endless, and there's not a, not a day now happening where I don't experience a new lesson. So turning sober was only the start.

And since then, my life is constantly changing in a good way. Because there's constantly new trauma, there's constantly new things happening. But nowadays I see that I've got choice, I've got a privilege of turning older, becoming wiser. I mean, despite all odds against all odds. Yeah. I think I've turned a little bit more, more knowledgeable and with every day

I can show leadership at work within my family. I can model ways of behaving, so therefore I can break the intergenerational trauma and the intergenerational crap. If

I think about my genes, my two young men have got the same genes, okay? So I've handed them the same. They have seen me at my worst when I was drinking.

They also have seen my transformation. They see me now doing this show. They see me in my, my show, writing my books. They see me trying to help others. So they see these attitudes, the new me, and they have taken quite a lot of that on.

and that is something that is a gift that I can give to my children, for which I am proud. This is a legacy that I can leave. Yes, I've got the legacy of my genetic burden, so to speak, but I've also got that legacy where I turn myself around and keep working. , and that's really what I do. You either work on becoming a better man, you work on your sobriety, or you work on your medical unwellness or mental unwellness.

Shall I really say? You work on your relapse. These are the two options. Whatever you do, it's either leading towards one side or towards the other side. I just choose more often than not to go towards the now. I wanna look after myself. That's, that's powerful.

Gregory Anne: You didn't, it's very powerful, very, very powerful.

And, that's, that day-to-day commitment that's honorable that you are sticking with your commitment. Now, you haven't mentioned a group, an organization that helps you with this or helps you stay on track. And I know that there are a couple of biggies out there.

Pros and cons for all the ones that I know of. did, did one particular group help you or was this just an independent organization that you were lucky enough to find yourself in?

Ultimately

Stefan Neff: it was the, it was the organization, uh, it was that rehabilitation hospital, although it worked on the 12 steps.

Okay. So we used the 12 Steps as a program, and indeed my book, My Steps to Sobriety, I've written in order to show people that these 12 steps are very up to date nowadays, and not just something that is, you know, from the 1930s, lots of God thrown in, and you get the church ramped down your throat.

That's actually completely untrue. there are very religious 12 step groups. Let's be clear about that. And the other effect is that most 12 step groups are typically meeting in church halls. And the reason for that is they're cheap and there is space they're designed to meet and it's quiet.

That is really why many groups are meeting there. It has nothing to do with the fact that this might be a very religious group or not. There are many secular groups out there, and therefore already to saying, I mean, if you are of Jewish belief or if you're Islam or whatever, Buddha is your God, doesn't matter.

It absolutely doesn't matter. This is, a system that works and that is so powerful.

Therefore in its own right the 12 step program works if you do the work. Once you actually do the hard steps, the hard steps is to admit that enough is enough, and to admit that you can't do it. We all so clever. We all think we know it all. Come on. I'm a doctor. I know it. I mean, come on.

Look at me. Yeah. My bottom. I had no clue what was going on inside of me. I was just emotionally impotent, honestly. It was an amazing thing, but it was a very hard thing Okay. To change, to feel the anger to write those long lists of resentments. He was John. He did that. That's how it made me feel.

And then it went down, down the list and then a few days later, someone came back to the same list and said, okay, now we've got John did that. That made, that's how it made you feel. , what was your role in that scenario? Mm-hmm. , where were you in that scenario? Yeah. Yeah. And then suddenly you realize, oh shit, okay.

Maybe he did that because of something you did, or, you immediately shot back and the whole thing got out of control because maybe of you. So suddenly you

come into that and that's painful and you have to admit that you're actually a dork or that it's impossible for you to hold back the inner madness, those kind of things.

So that is then where, where, oh, the change happens. That's where,

Gregory Anne: so I have a question about, I'm sorry to interrupt.

Stefan Neff: No, go for it. Girl.

Gregory Anne: So I had a friend more than one, but this one sticks in my mind cuz I lived nearby. We were close. People would say she's hit bottom and she'd go to rehab. and she'd come out and then she'd hit bottom again.

And then she'd hit like it was a repeating thing over the course of maybe a year and a half. Um, and I was, I mean, it's impossible to try to put myself in her shoes. We all wanted to help. My friend who was high up in the AA world said, stop helping. She needs to find her own right. It just went on and on, and I'm just wondering if you have any way of like, What is it that might have been missing for those people or is missing?

Or is it because they go home again to their life? I mean, what is it that those poor people are unable to, what are they missing in their lives?

Stefan Neff: Oh, if that was such an easy answer. I know,

Gregory Anne: I, I know it's a crazy question to even ask, but it came up so

Stefan Neff: No, no, no, no, no. It's a, it's a beautiful question. I think firstly, do you have to realize the first time you tried to start walking, how many times did you fall over?

And did someone ever say, oh my God, you fell down three times today. You ended up on your ass. Stop walking. It's not for you. No. You learn to walk, you learn to cycle. How oftentimes did you fall off the cycle? So it's the same with rehab. You

will lapse, and lapse is defined as you have a drink. Relapse is that you go full back into the addictive behavior, hiding, et cetera. So the relapse is normal.

80% relapse in the first year. So expect that. Regardless how good the initial honeymoon period was. So I think that is something, keep that in mind. Um, it is working on the reasons that you drink. You can't just go once to the gym and then you're fit and healthy for life. You don't just go two weeks to maybe two appointments with a psychologist.

Deal maybe with one little layer of trauma. Guess what? There's shitloads more waiting in your past and that is still playing havoc with your life. And that is something that might take you years to peel back these layers where there's again, another another sore spot that you need to deal with.

And like every sore spot on your body, it takes a few days to heal. In trauma that takes a few weeks and months for you to come to terms with. There might be trauma that you'd never realized that it was like with me, I had P T S D and I didn't click on it until I was literally in my early fifties.

And then suddenly it daunted on me how, how dis was driving my behaviour for what, 37 years? At that time? Four decades really where I was driven by this P T S D. Um, that is what the heart work is, so therefore she failed in her first year. Brilliant. That's all I can say. Congratulations to her because it means that she has got a new attempt at making it work.

Failure is good. Failure should be encouraged. And that was happened to me. Um, I woke up with a big hangover the next day and I expected my wife to say, oh my God, give me the, the third World War again, which was usually in our marriage.

And up until then, and she came in with love, hugged me and said, , let's figure out what went wrong. And that was such a beautiful, beautiful attitude. And we figured out, and for me, hungry, angry, lonely, tired, were the big drivers, which, uh, made me want to drink. And so we learned how to actually deal with that.

So two year friend, friend, um, kudos. It's. , it's okay to fail. It's normal.

Gregory Anne: She did finally get sober. It just took a really long time.

Stefan Neff: So I've got this gym membership and for a year now, a member of the gym.

I really need to go today once I actually see how it works there. . Okay. You get the idea? Okay. Oh yeah. Oh yeah. So doing the work in, in rehab. Some of us go through the motions but don't do the work. So that is what we need to highlight. Okay? Each journey will be individual.

Each journey will have its own challenges, but I would say, 80- 90% of those people who really come to the point that they think I want help and are then listening to this help through a rocky road, they will get better. And many of us are like me nowadays who say, wow, I went through so much shit in my life.

There's so much darkness. I wanna be the candle or maybe the torch or the lighthouse in the storm of others to actually say, Hey, it's okay not to be okay, but it's not okay to stay quiet. It's not a good, not a okay to numb. So therefore, if you look at it from that angle, that is the the key message that I want to send out to you and to your listeners.

The past does not equal the future, right? It doesn't matter if you are 37, 57, 77, it does make no blind bit of difference. I want you to ask yourself, who do you wanna be when you grow up? Who do you wanna be in a month in two years, in five years, and you will be amazed what you can achieve when you actually put your mind to it.

And the road to that achievement can be very different. For some of you out there, you might be into the divine, into crystals, into vibrancy, into healing. There are so many good coaches out there that start with that but then start for working through the trauma and coming from that side, there's, um, if you are more wanting into exercise as beautiful, trauma focused yoga, um, that is out there and that can be very powerful because issues lie in the tissues.

It might be nutrition because when you drink, you don't eat so healthy and you might have a lot of nutritional deficiencies, et cetera. So you might start with a diet. Maybe instead of a diet, I, I'd rather want a food plan.

So you start turning your life around this way, and then through food, you address your emotions.

All of these things will come to play. You can't just get better without addressing your sleep, addressing your emotions.

These are the the key things that you will start working on, and the more you work on them, the more it becomes normal. You create good habits, you create a better person, and we'll recognize the old trauma knocking on the door again.

And we'll be able to deal with that in a better way rather than hitting it again with another bottle of whatever your favorite poison was. . And that is the beautiful thing. So there is help out there and you just need to start somewhere with the belief that right now you have.

And may I just say you have already taken action. You are listening to this fantastic podcast here, . Because you are, that's it. You have these people who are here listening to us, they have taken action.

So congratulations. Absolutely guys, pat yourself on the shoulder. Uh, and now what's the next thing? May I suggest as soon as you switch off, well switch off, then go down there, press the like and subscribe button. Okay? So that you know more about Greg's beautiful, things that are coming out.

And then may I suggest have a glass of water, big glass of water. Down it goes. Now you have rehydrated. This is cool. You've done two things to make you feel better. How about now? A good stretch. I'm taking a deep breath. Few deep belly breaths. , well now you've got some breath work. Hey, that's free. Things you've done in one minute, how cool is that?

And so on and so on. This is what I call intentional living, and you have the choice every second to either work on becoming a better person and becoming the best version of yourself, or you work on your relapse. It's your choice. No one forces you in one way or the other.

Gregory Anne: I've never heard it put that way.

Work on your relapse. That's a really good point. Yeah.

Yeah. If you, you know, if I can get my shit together, honestly guys, you've had a very fair chance that that helps. Okay.

Stefan this has been really interesting and I love your stories and I, I think one of the biggest takeaways for me is to remember that it's okay to fail.

We're not gonna be perfect. And no matter whether it's rehab from an addiction or trying a marketing something in our business that doesn't work. You know, the restaurant, maybe they tried the new dish and nobody liked the new dish. Well, guess what doesn't mean the restaurant's failure.

That was helpful for me to hear, uh, on so many levels. So thank you very much for being here. And you have your, My steps to sobriety. Is that what it is? And it's at your website? Tell the name of your website?

Stefan Neff: That's right. My steps to sobriety, is my website.

These are the two most recent books, my Steps to Sobriety and Depression Lies To Me. And if you want to, to go there, I've written a children's book, um, Esme mindful Mouse.

It's a little mouse that needs to learn the difference between , between doing silly things that anger people and being a bad mouse. There's a big difference between being bad and doing something silly. Okay, so we can start. Building up our children from an earlier stage than waiting until they are broken adults and trying to repair them.

I believe you guys can help to make this world a better place by working on yourself, by learning about yourself.

And yeah, one day you might be coming to Greg. And have a good chat about your transformation or be on my show.

Gregory Anne: Yeah, absolutely. I love, yes, if you wanna, Stefan has a podcast,

Stefan Neff: if you wanna check me out. My steps, the sobriety, um, is my handle, so you're gonna find me pretty much, um, everywhere on, um, on the social media and can check me out and come on board with this beautiful revolution of actually looking after ourselves and becoming better people.

And maybe we can just make this world a bit of a better.

Gregory Anne: Amen to that.

I'm on board. I think all my listeners are too. Thank you again, Stefan. I loved having you. People I'll be back next week with another fabulous guest. Thanks for listening, and be well till next time.