

# The Early Lies

What it looks like	Operating Lie	Truth	Where I catch it	What I use to combat it
Martyr complex, want credit for trying	I am alone in this struggle and always will be	<b>I have many brothers that have gone through my same experience</b>	When I isolate, don't call, don't go to meetings	Call, go to meetings, meet with brothers. Read the stories of others.
Pissed off, frustrated, don't listen	No one understands my experience and circumstances	<b>Many of my brothers understand and have compassion for my circumstances</b>	Sulking, pouting, remain quiet and don't share	Listen to and ask others about their experiences. Share privately and in meetings
Stubborn silence	I will never be able to speak/share this with anyone	<b>I can learn to share and be comfortable with others knowing my truth</b>	Holding back, over generalizing, fudge, lie	Share frequently, completely, appropriately, honestly

Pity party	I am permanently and irreparably damaged	<b>I can, like many others, learn the skills and tools of recovery and enjoy the blessings of sobriety</b>	Discouragement, despair, want to give up	Make sure I have input and contact with those successful in their sobriety & recovery
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