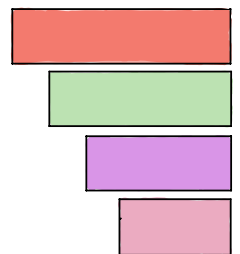




THE
ALL
TERRAIN
-Podcast-



Ep.43 Steph Macleod

HOW DO YOU FACE CHANGE?

I FACE IT WITH GREAT DIFFICULTY!

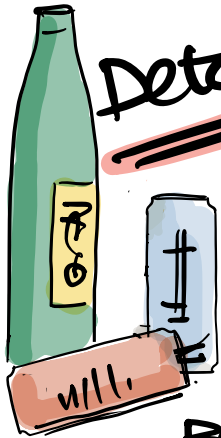


THE PROSPECT OF CHANGING CAN BE QUITE OVERWHELMING!

IT'S TOUGH!



I HAVE LEARNT I NEED TO MAKE CHANGES A LOT SMALLER — one day at a time



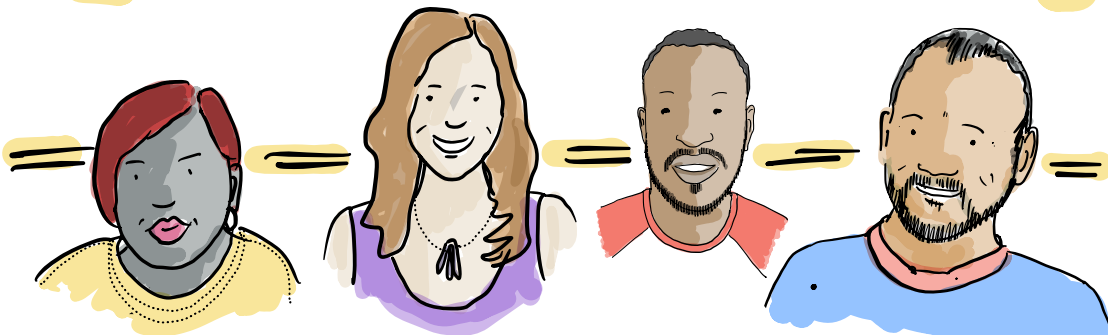
Detox

GETTING THE POISON OF DRINK/DRUGS OUT OF MY BODY WAS HORRIFIC!

IF YOU CAN GET THROUGH TODAY — TOMORROW CAN TAKE CARE OF ITSELF.

MAKING POSITIVE LIFE CHANGES CAN BE SCARY EVEN WHEN YOU KNOW IT'S THE RIGHT ONE

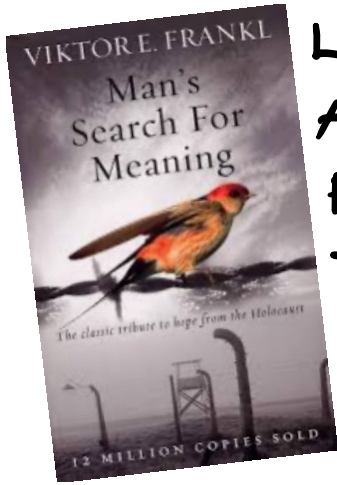
I HAD TO LEARN TO BE SELF-AWARE BECAUSE ADDICTION IS COMPLETE OPPOSITE OF THAT



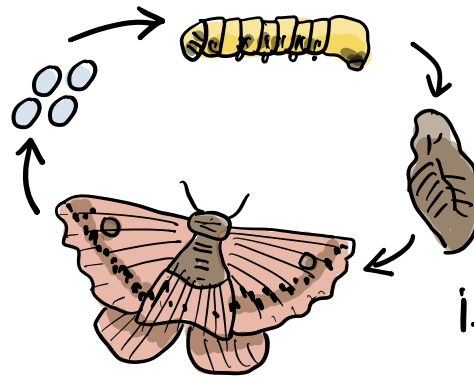
I NEED A COMMUNITY AROUND ME AS MY BEST IDEAS OFTEN GET ME IN TROUBLE

LESS SELF SUFFICIENT!

HOW DO YOU MOVE THROUGH SUFFERING?



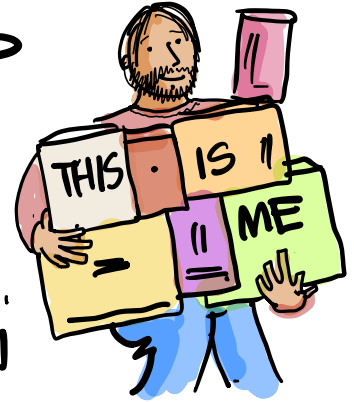
LEARNT
A LOT
FROM
THIS
BOOK!



THIS CHANGE
PROCESS
THE MOTH
GOES THROUGH
IS VERY HELPFUL
ANALOGY!

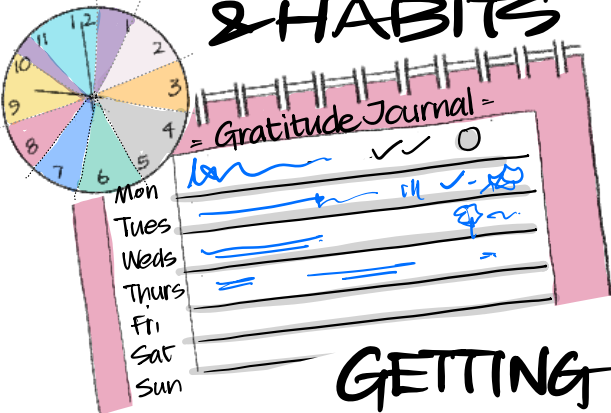
FOR ME: WHAT CAN I
LEARN FROM THIS EXPERIENCE?

& I WOULDN'T BE THE MAN I AM
TODAY IF I HADN'T GONE THROUGH
THOSE EXPERIENCES — ALTHOUGH
DON'T WANT TO GO THROUGH IT AGAIN



I DO
REACH
OUT
NOW &
I NEVER
USED TO!

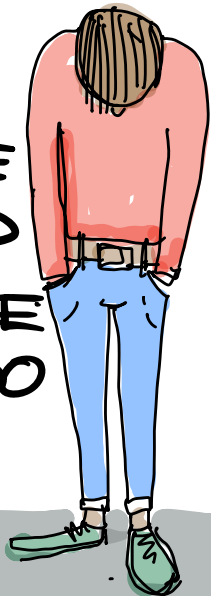
I HAVE CREATED
SMALL ROUTINES
& HABITS



I AM STILL
LEARNING

I HAVE MOVED FROM
STRUGGLING TO WORK IT
OUT PERSONALLY - TO
REACHING OUT & ASKING
OTHERS TO SHARE INSIGHTS!

SUFFERING CAN BE
A LONELY EXPERIENCE
I CAN FEEL REJECTED
BECAUSE I DON'T SEE
MYSELF AS OTHERS DO



GETTING BETTER AT
LAUGHING AT MYSELF !!

HOW DO YOU RECEIVE JOY?

I LOVE BEING AROUND

JOY CAN BE A BEAUTIFUL THING!

ALWAYS FELT GUILTY ABOUT COMPLIMENTS/GIFTS FOR ME



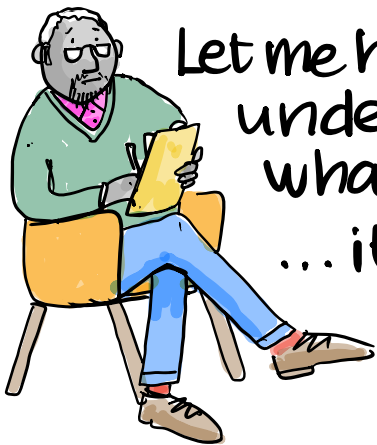
Well done
Bravo!



I AM GOING THROUGH A SELF-COMPASSIONATE JOURNEY

LEARNED THROUGH THE 12 STEP PROGRAMME TO BE **EMOTIONALLY AVAILABLE**

I AM JUST TRYING TO EXPRESS GRATITUDE AS - MUCH AS I CAN -



Let me help you understand what's happening ... it's not nonsense!

I LOVE GIVING GIFTS TO OTHERS

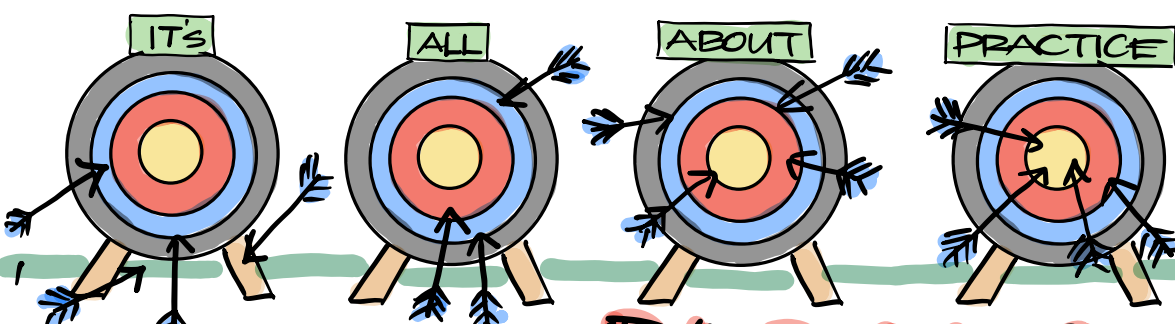
It's free mate! Scottish fella in front paid for it all!



MY VIEW OF JOY WAS WARPED THROUGH DRINK - RELEARNING WHAT **JOY IS** -

BUT I NEED TO LEARN TO RECEIVE GIFTS FROM OTHERS & GOD!

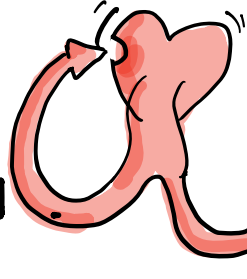
HOW DO YOU MATURE IN SERVICE?



MATURITY COMES WITH EXPERIENCE

SERVICE IS **PARADOXICAL**

POURING LOVE FORWARD ALSO POURS LOVE IN

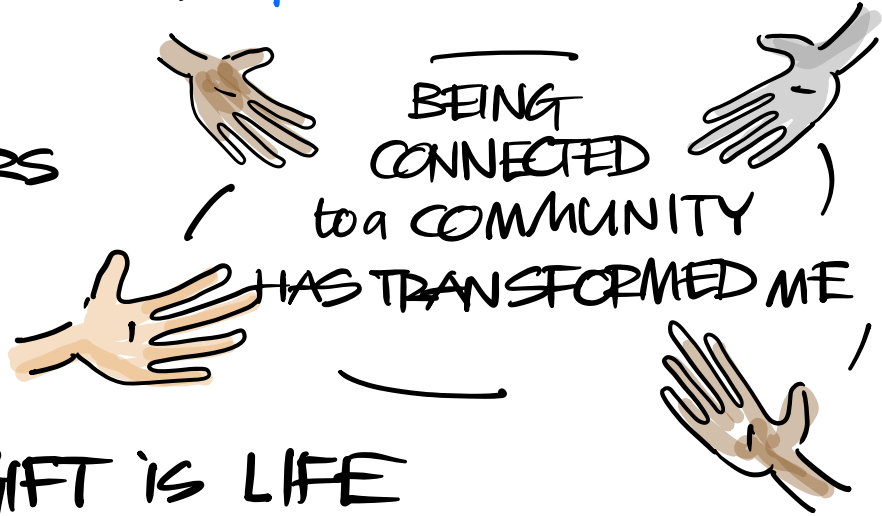


WHEN YOU POUR OUT LOVE IT DOES **ENSUE**

definition: happen or occur afterwards or as a result



THE MORE LIGHT YOU SHINE & IMPART TO OTHERS THE BRIGHTER YOU SHINE



GOD'S GREATEST GIFT IS LIFE in ALL ITS **FULNESS**

I JUST WANT TO SHARE WHAT GOD HAS GIVEN ME



PART OF IT IS JUST SHOWING UP!

I LOVE TO SEE PEOPLE RECEIVE THE GIFT & JOY OF NEW LIFE

= SONGS =

‘ ONE DAY AT A TIME ’
& ‘ LOVE CHANGES EVERYTHING ’



from the album

GOLD 2018

AVAILABLE

