Sacramento Native American Health Center Text Messages - Created by White Bison

* **Welcome to Sacramento Native American Health Center's text messaging program! These msgs will let us help you stay on top of your health.**
  + - Sorry, we could not understand your response. Please reply with your sobriety date in MMDDYY format. Example: 050114 for May 01, 2014.
    - Congratulations! This is the start of a new and wonderful journey!
    - Thank you. You will no longer receive text messages from us.
* **Can you see yourself and/or your family benefitting from sobriety and meetings today? Text YES if you can. Text NO if you can't**
  + - Wonderful! Meetings are not about \fixing\" your problems. They are about finding new ways of thinking
    - Remember, meetings are not about \fixing\" your problems. They are about finding new ways of thinking
* **(1/2) One of the most important choices is deciding what you are saying \yes\" to and what you are saying \"no\" to. Text \"YES\" if you are choosing"(2/2) sobriety today. Text NO if not.**
  + - Great job! One day at a time!
    - The program is about progress, not perfection. One day at a time. Let's try again tomorrow!
* **Change starts from within. Are you ready and willing to make some changes in your life today? Text CHANGE if you are willing today.**
  + - You move towards and become what you think about. Think about the changes you are willing to make today!
* **Conflict precedes clarity. Conflict is a guidance system that shows you are beginning to grow & change. Text CONFLICT if you are experiencing it today.**
  + - Conflict & struggle are natural parts of growing. Remember, clarity will always follow conflict. Talk to your counselor about your struggles today.
* **Positive warriors are grounded in a love-based thought system. They are men/women of honor & integrity. Text WARRIOR if you are living this way today.**
  + As people who are suffering from drugs & alcohol abuse, we can learn to live as Positive Warriors. It all begins with honesty. It begins with Step 1.
* **My present thoughts determine my future. Text POSITIVE if you have positive thoughts today. Text NEGATIVE if you have negative thoughts today.**
  + - Keep working to build yourself up. We must become aware of our negative self-talk and habits. Share some with the group.
    - We must become aware of our negative self-talk & habits. Always build yourself up with positive, loving and kind thoughts. Share some with the group.
* **You are a beautiful child of the Creator. You were born for a purpose. If you want to find your purpose, look within yourself. Text PURPOSE for more.**
  + Every human being is born with different gifts and talents. If you ask Creator to guide you, little signs will begin to appear to help reveal your purpose.
* **All who live a purpose-guided life are visited by the mind-changer. It causes doubt and confusion. Text DOUBT if it is visiting you today.**
  + A positive warrior knows that overcoming the mind-changer helps us grow. Learning our traditions helps keep the mind-changer away.
* **When you change the way you look at things, the things you look at change. Text LOOK for more.**
  + - (1/2) When we choose to look at things with a new perspective, they begin to take on a new meaning. What was previously blocked becomes open.(2/2) What didn't make sense, suddenly does.
* **The secret to the purpose of life is hidden in the seed of service to others. Text SERVICE if you're doing your part to serve today. Text IDEAS if you are not.**
  + - (1/2) You could help an elder bring in groceries, help someone by telling your story, or carry in rocks for a sweatlodge. (2/2) Giving back is a natural part of our culture.
    - Keep up the good work! Giving back is a natural part of our culture.
* **(1/2) Start the day with prayer or ceremony. Just commit to doing this each day for 30 days & see how your life changes. Text PRAYER (2/2) if you're willing to make this commitment.**
  + Start each day by asking Creator what his/her will is for you today. Ask for guidance on how you can be of service. Be open and pay attention.
* **(1/2) The definition of sacrifice is \to make sacred\". Often we look at being sober as a sacrifice that we must make. We are actually honoring" (2/2) the sacredness of our life. Text SACRED if you agree.**
  + Keep honoring your life today and the lives of your loved ones! Good job, keep coming back!
* **When an individual starts getting into wellness, there comes a day along their path that they start to draw healthy boundaries. Text BOUNDARIES for more.**
  + Setting boundaries is a healthy part of our recovery. It says we are no longer available for abuse or harmful behaviors. You have the right to do this.
* **(1/2) Thinking creates actions, actions repeated create habits, habits build character, & character gives you your destiny, or the direction in (2/2) which life takes you. Text DESTINY if your thoughts are taking you in a positive direction today. Text CHANGE if you need some motivation today.**
  + By incorporating the principles, laws & values, such as trust, respect, honesty & commitment that are part of our cultures, our thinking will begin to change.
  + Keep up the good work! As we start to incorporate our cultural values into our lives, our thinking will lead to positive actions and positive results.
* **(1/2) Quality sobriety means that you come back to some kind of a value system which respects people & is responsible.**
* **(1/2) The secret to sobriety is to have an ongoing relationship with the Creator. First, you use his guidance to get you through your addiction. (2/2) Creator is involved in 3 parts: helping us see the addiction, helping us get sober, & being involved in helping us to wellness. Text CREATOR for more.**
  + Spirituality makes us and our families strong. Going back to the teachings of our ancestors will bring positive change.
* **(1/2) Most of our behaviors on the negative side have to do with fear. Fear is actually behind everything. Fear is the beginning of anger. (2/2) All fear comes in two categories: either losing something we have or not getting something we want. Text FEAR to learn more about it.**
  + If we live our lives without trusting in the Creator, we will experience fear. We need to realize that the Creator is the one that gives us our needs.
* **(1/2) A spiritual person is someone who gets off track 30-50 times/day. Being a spiritual person does not mean you are perfect. (2/2) Anxiety, tension and stress is a natural feedback system to show you that you are off track. Text TRACK for some motivation today.**
  + It doesn't matter how far off track we get. Working steps is about allowing us to come back, find the Red Road & get back on track. We have the tools now.
* **Have you participated in a sweat ceremony this week or attended a powwow? Text PRIDE if you have!**
  + Keep it up! Our ceremonies and cultural events will help keep us on the right track!
* **(1/2) When the student is ready, the teacher appears. If we are to be ready, we need to remember to get quiet first. (2/2) Text QUIET if you feel ready to learn about recovery.**
  + It is often in the quiet stillness that Creator gives us opportunities to learn. See what you can learn from your group or meeting today.
* **(1/2) I will not waste a moment focusing on yesterday's misfortunes, heartaches, or defeats. I will go forward, looking (2/2) with hope for each day as it comes. Text HOPE for more.**
  + We mustn't dwell on things we cannot change. It is important in recovery to reflect on past experiences in order to improve upon ourselves or learn the lesson.
* **(1/2) The prizes of life are at the end of each journey, not at the beginning. I don't know how many steps it takes to get to the end, (2/2) only that I must persist until I succeed. Text PERSIST if you feel motivated today or ENCOURAGEMENT if you don't.**
  + (1/2) Most of our true learning comes from watching the actions of others. Learning is change, to change is to learn. (2/2) Where do you see actions of others helping you learn? We want to know!
  + (1/2) Remember, the struggles in life help shape us into who we're meant to become. If you stay on the Red Road, (2/2) the results of your hard work will change your life for the better! Stay strong! If you keep on this path of wellness, the results of your hard work will change your life for the better.
* **A person needs love the most when they deserve it the least. Can you think of someone who needs some love? Text LOVE for more tips.**
  + (1/2) In recovery, forgiveness is part of healing. But it doesn't always mean we keep negative people in our life. (2/2) Being loveful can mean not participating in unhealthy behavior.
* **The teachings of the Medicine Wheel can help guide us. The east is the direction of new beginnings. Text EAST for this Medicine Wheel teaching.**
  + The east brings the lessons of survival, trust, independence, boundary testing and initiating action. This is what we get in Steps 1-3.
* **The teachings of the Medicine Wheel can help guide us. The south is the direction of choice. Text SOUTH for this Medicine Wheel teaching.**
  + The south brings confidence, secure boundaries, and an abundance of energy. Here we develop our abilities to communicate, perform and improve from Steps 4-6.
* **The teachings of the Medicine Wheel can help guide us. The west is the direction of reflection and insight. Text WEST to learn this Medicine Wheel teaching.**
  + The west brings us teachings on influence and leadership. Courage must be combined with reflection and introspection. We learn these lessons through Steps 7-9.
* **The teachings of the Medicine Wheel can help guide us. North is the direction of spiritual renewal & wisdom. Text NORTH to learn this Medicine Wheel teaching.**
  + (1/2) The north is the direction of renewal, integrity & mastery. It's the time we address questions like Who am I, Why am I & Where am I going?(2/2) It teaches us about recovering our true selves through Steps 10-12.
* **What is one thing you learned from your ancestors or family that could help you be a better person today? Our Elders can be a powerful guidance system for us. They have tradition & spiritual knowledge that we can use & apply to our own lives. Text ELDER for more.**
  + There is a big difference between Elders and old people. Make sure you seek the guidance and wisdom of an Elder in your community to help you on the Red Road.
* **(1/2) When we make decisions or experience conflict we need to look at the greater whole. The end result we want to accomplish is peace of mind. (2/2) If we keep this goal in mind, we will, overall, live a happy & fulfilling life. Text PEACE for more information.**
  + Be honest & own your own stuff. Focus on keeping your side of the street clean. You can then learn to let things go. This will help with peace of mind.
* **One of the best gifts you could give your loved ones is to get well! The more work you do on yourself, the better you can be for others. Text GIFT for more.**
  + (1/2) The more work you do on yourself, the better equipped you are to have good relationships with your loved ones. (2/2) Keep up the good work & always ask for help when stuck.
* **Where can you see what you have learned in your recovery so far that it is having a positive impact on your family or friends? (2/2) Text JUDGE if you're having trouble with this.**
  + People who aren't well may try & drag you back down. Remember, hurt people. Stay on the Red Road & be the positive influence they may not have otherwise.
* **(1/2) When we communicate we must speak the truth, for only the truth shall make us free. This was the way of our ancestors, (2/2) & this will be my own way from now on. Text TRUTH for more.**
  + We will be great speakers from now on because we will speak from principles that we have learned in our recovery. We will speak from the heart.
* **(1/2) Sponsors provide a mirror through which you can see yourself; they share their experience, hope & strength in stories that can help you change.(2/2) your thinking. Text SPONSOR if you are interested in getting connected with a sponsor in your community.**
  + Sponsors are a big support system and can help us as a guide on the Red Road. Talk to your counselor for suggestions on getting a sponsor.
* **(1/2) The Red Road is about a spiritual way; it is not always smooth. There are bumps, dips & even pot holes along the way. (2/2) Spiritual growth takes effort & resiliency. Text RED ROAD for some motivation today.**
* **Service is sharing our gifts, doing the Creator’s work. Once you begin to serve, with a little prayer & faith, you will feel really good! Text SERVICE for more.**
  + There are different ways to be of service. It could be sharing your story, volunteering, or being a good listener. Think about how you could be of service.
* **Being sober holds great responsibility; be sure that you walk your talk. Make sure others benefit from your comments & your behavior. Text SOBER for more.**
  + As much as you must look to others that are healthy in their recovery, like a sponsor, others will be looking to you. Be a positive example.
* **(1/2) Working through resentments is not a one-time exercise; it is something we do over & over. (2/2) Carrying around resentments distorts our view of the Creator. Text RESENTMENT if you are struggling with this today.**
  + Having resentments is a normal every day part of life. The key to our recovery is to learn to let things go & set healthy boundaries.
* **(1/2) Many who have personally suffered life's setbacks will be chosen to assist in Creator's healing work. These setbacks will prepare them (2/2) for the healing journey. Text HEALING for more.**
  + Your life experience can be used to help others heal. There is true healing power in sharing your story. Try sharing in group if you haven't already.
* **Keeping Faith strong & showing the willingness to keep going will keep you on the Red Road. Prayer will keep Faith & willingness strong. Are you praying?**
* **(1/2) What did you learn about your own thoughts at a recent meeting? If you change your intent, could you change your thinking & see new solutions? (2/2) Text INTENT if you can see a difference.**
  + Being in recovery allows us new ways of thinking and problem solving. It is up to us to use those tools.
* **Being on the Red Road brings about Hope. Just being committed to following the Red Road will bring others who remind us of that Hope. Text HOPE for more**.
  + Creator has a way of bringing people into our life to teach us the lessons we need to learn. If we are willing, we will cross paths with those who inspire Hope.
* **(1/2) Values serve as anchors in times of change; they serve as standards for making decisions. (2/2) They are the markers that point the way in a storm. Text VALUES for more.**
  + (1/2) What values do you currently have? Are they in harmony with the Creator? Are they making your life easier? (2/2) Be thinking about the values that come from your recovery.
* **Our experiences in life often happen because they are lessons to be learned, but that doesn't always mean they are our lessons to learn. Text LESSONS for more.**
  + Often people or situations are put in our life for learning purposes. Keep in mind that every experience is an opportunity for learning.
* **Use the eastern powers to ask the Creator to guide your thinking & remove any thoughts of dishonesty, self-pity, & self-seeking motives. Text EAST for more.**
  + Each day make sure you ask the Creator to guide your thinking. You will start to find that your thinking, & therefore actions, become more positive.
* **Use the southern powers to help you. You may encounter setbacks, conflicts, & challenges. Understand that these are keys to your growth. Text SOUTH for more.**
  + Natural law says that for anything to grow, it must first struggle to do so. Inside every conflict is the solution. Today, be an option thinker.
* **Today, use the western powers of letting go. This is the direction of forgiveness and analyzing the day. Text WEST for more.** 
  + Each day take time to reflect upon how the day went. Is there anything you need to ask forgiveness for, or to forgive? Is there anything you need to let go?
* **Today, use the northern powers. This is the direction of wisdom. Face this direction and pray whenever you feel weak or lost. Text NORTH for more.**
  + This is the direction that we gain wisdom and help of the spiritual world. By doing this, our decisions and insight will be good & fair.
* **(1/2) Ask for spiritual support from spiritual advisors, clergy, or participating in cultural traditions. (2/2) Our connection to the Creator is what helps get us through the hard times. Text SUPPORT for more tips.**
  + If you don't have a spiritual advisor ask your counselor or a trusted Elder in the community for suggestions.
* **Today, make a commitment to do everything in the name of love. Often when people need love the most, they deserve it the least. Text LOVE for more.**
  + Today, choose to align your thinking and spirit with love-based principles. These are honesty, commitment, forgiveness, & building up others.
* **Our culture is prevention. Uncover the healthy values & traditions in the community & practice them. Keep the culture in focus. Text CULTURE for more.**
  + If you don't know any of your cultural traditions, find out! What do you have going on in your community to help you when you go home?
* **Having a sense of purpose for our lives brings peace of mind. How do you understand your purpose? What has the Creator revealed to you?**
* **You cannot give away what you do not have; it is important to learn from Elders, Sponsors, and mentors from all directions. Text LEARN for more.**
  + (1/2) Elders and sponsors share wisdom. They're in tune with the unseen world of spirituality. (2/2) Elders provide perspective, make us think differently, bring us back on track.
* **(1/2) Think about unmanageability. When does that create a pot hole in your Red Road Journey? (2/2) Step back & look at who is really in charge! What happens when you let go? Text GO for a tip.**
  + (1/2) In our recovery, what areas of our life have become unmanageable? When we try to manage our lives on our own, (2/2) we end up in trouble. Remember to bring the Creator with you.
* **Today, I will practice changing for myself, for I know I don't have the power to change anyone else. Text CHANGE for more.**
  + I can only control my actions & reactions. I cannot control what anyone else does. Today I will focus on what I can do to change in a positive way.
* **Worrying about things generally is worst in the middle of the night. Sponsors are there to help if you reach out and ask. Text REACH for more.**
  + No one will judge you for asking for help. It takes a strong person to reach out. Be strong & keep doing things to better yourself!
* **What wisdom do you have that you can give away to someone else? What wisdom have you gained in your recovery journey? Are you sharing it? Text WISDOM for more.**
* **Our lives move in seasons: spring, summer, fall, & winter. Each season brings new challenges. Work with the seasons, not against them. Text SEASONS for more.**
  + (1/2) Everything moves in cycles & circles including your recovery journey. Watch this video to learn what 'recovery season' you're in to best (2/2) help your spiritual maintenance http://www.youtube.com/watch?v=wue34ddAz9w
* **Honesty with yourself is one of the principles for recognizing where change needs to take place. Text HONESTY to learn more.**
  + In order to change your character defects, you must be completely honest with yourself. Only then can you ask Creator to remove them & start working on healing.
* **Listen to others in your group or meeting. Listen to their stories, find new thought patterns, & opportunities for renewal. Text LISTEN for more.**
  + Take what you like and leave the rest behind. Others' experience can help you just as much as yours can help them. Remember to listen, as well as share.
* **Practice means that we work at something continuously. We must continue to practice the teachings, values, & principles of the Red Road. Text RED ROAD for more.**
* **Be willing to listen to the small voice within. Pride & anger can cover it up. Willingness opens the path to your heart & to the Creator. Text WILLING for more.**
  + Be mindful of your thoughts. Your willingness to keep your mind clear of negative thoughts and actions will help you in your recovery.
* **Shame can paralyze us with fear. Sponsors, Elders, & the Creator have heard it all, nothing surprises them. Text SHAME for more.**
  + Today let your shame go. You cannot change your past, but you can learn from it. You can use the lessons for good today, and you have the courage inside!
* **My word is good. If I say it, you can count on it. I will make sure my commitments are good so I can stay in balance. Text COMMITMENT for more.**
  + (1/2) Doing what we say will show that our word is good & we can begin to rebuild trust with others. Make sure that you keep (2/2) your word to yourself, in order to show that you can achieve goals you set.
* **Talking Circles can provide guidance that helps you work on your recovery. If you don’t have a Talking Circle nearby, start one! Text CIRCLE for tips.**
  + Talk to your counselor about starting a circle in your area if there isn't one, or work with someone in the community who knows how to start one.
* **Recovery brings spiritual awareness; we become focused on things larger than ourselves. Where is your focus today?**
* **Each of the 12 Steps provides resources for course correction. Which one will you review today? What course corrections can you make? Text COURSE for help.**
  + Try sharing in your group today about help you may need. Sometimes just putting your issue out to the greater group helps us find answers when we are stuck.
* **It's ok to cry, tears are nature’s way of refreshing emotions & memories so that they can heal. It's natural for everyone to cry. Text HEAL for more.**
  + Tears are said to be the highest form of prayer. They do not make you weak. Tears can break through a dam of hurt & create new beginnings
* **(1/2) Understand that people will see & feel things differently than you. Each day, try & see things from the perspective of another. (2/2) Through understanding, you will gain respect & trust. Text UNDERSTAND for more.**
  + Understanding others' struggles helps us not to judge, & helps others not to judge us. If we gain understanding, we can be more patient & willing to help others
* **Wellness in mind, body, and spirit brings peace of mind. What can you work on today to create more wellness in your life?**
* **(1/2) Everything is interconnected; we can't respect ourselves without respecting others, the earth, & the Creator. (2/2) In order to get respect, you must first be respectful. Text RESPECT for more.**
  + All circles have opposites that make the circle strong. Your weakness may be another's strength. You must respect all aspects of the circle.
* **Being in harmony with the Creator is an everyday renewal. Prayer will create the pathway for balance and harmony. Text PRAYER for more.**
  + The most important thing you can do each day is to begin the day with prayer. It allows you access to the spiritual laws and values.
* **Fear can undermine hope, faith, & confidence. Sometimes there is so much fear & loss, that all we can do is pray for guidance. Text GUIDANCE if you need today.**
  + Fear can really take hold of our lives & cause us to revert back to old patterns of behavior. Prayer can help guide us to stay on the Red Road in hard times.
* **(1/2) All fear fits into two categories: losing something I have or not getting something that I want. (2/2) Remember the Creator owns everything, & what you have is only given to you to take care of. Text FEAR for more.**
  + It's only when we feel fear that we will be dishonest. It is important to understand how fear changes behavior so that we can make changes to be honest instead.
* **Expect that new beginnings can bring struggles & challenges: storms, black clouds, the need to shift expectations. Text CHALLENGE for more.**
  + (1/2) With each new chapter of our lives, there may be challenges, especially when we don't know what to expect. (2/2) Recovery is a new challenge, but if we stick to it, we will grow!
* **Broken relationships consume thoughts, feelings, & create anxiety. Share with someone you trust. Sharing can bring peace of mind. Text SHARE for more.**
  + Sharing the things that are going on in your life takes courage, but can help you feel better. Bottling up your feelings can actually make you sick.
* **(1/2) Certain things can block your access to the power of the Creator like resentments, dishonesty & anger.(2/2) Ask the Creator to remove these blockages. Text BLOCKS for more**
  + When you are angry & hold resentments, you're blocking yourself from Creator's love. These blocks blind you from seeing the truth about yourself & others.
* **(1/2) Our future depends on the choices & decisions that we make today. Will you choose to use the values you learned in recovery,(2/2) or to go back to your old ways? Text CHOICE for more.**
  + Only you can make choices to make your life better. Only you can keep working on yourself. Only you can decide to ask for help. What choices will you make now?
* **If I become irritated today at someone or something, I will realize it's not what is going on, but how I'm looking at it. Text PERSPECTIVE for more.**
  + There's the point of view of the mouse and the eagle. Both will see things differently. If you become angry or doubtful, try changing your perspective.
* **(1/2) Live for today, as this is all that is guaranteed to us. You can't change the past or know what the future holds. (2/2) Today is a new day & the only day where changes can be made. Text TODAY for more.**
  + Today focus on the things you can do. You can choose to be happy, to make amends, to let go. You can choose to walk with the Creator to guide you.
* **(1/2) Forgiveness takes courage & strength. It is vital to our healing process. Forgiveness sets us free and removes blockages so that we can move forward. (2/2) Text FORGIVENESS and we will send you a link to the Journey of Forgiveness documentary.**
  + Link the journey: http://youtu.be/vZwF9NnQbWM
* **(1/2) Getting negative thoughts, shame & fear out of your head puts them into perspective. (2/2) Speak them out loud, then the healing will begin. What things do you need to share out loud today?**
* **(1/2) As a guide to your journey you have to look at your intent. Is your intent to be a strong, powerful, balanced & spiritual? (2/2) Or are you going to just get sober, and that is good enough? Text INTENT if you want more than just sobriety, but wellness.**
  + Being well requires more than just abstaining from alcohol or drugs. It involves working on yourself physically, mentally, emotionally & spiritually.
* **(1/2) Watching people is a good way to be guided in sobriety. Always be on the lookout for that quality which directs you to how you will grow next. (2/2) This gives you the ability to look forward to your next level of character development.**