

Unhealthy practices used to self comfort

- OCD - everything in order
- Browsing Online Auctions
- Getting small
- Worrying
- Instagram +1
- Ebay
- Sugar +8
- Not 'getting around to it'+1
- Distraction with electronics
- Carbs +7
- Alcohol +90
- Chocolate +4
- Cigars +2
- Caffeine +25
- youtube +3
- News feed of the newest hot technology
- Being a Victim +2
- Pre workout and a 5 mile run
- Reruns of "The Office"
- Detaching from people to hide from responsibility +4
- Netflix +5
- Sitting in front of the TV in silence
- Masturbating +8
- Instagram
- Social +1
- Passivity/waiting +1
- Facebook videos
- Wondering if my old girlfriends miss me +2
- Video games +3
- Researching anything and everything
- Facebook
- Youtube +4
- Work Email, clearing every email out +3
- Sleeping in+4
- Alcohol+4
- Sports news +1
- Fantasy of being the hero
- Nature
- Money
- Sudoku as a mindless task +1
- Food +3
- Food +1, KFC, specifically +1
- Gym / Working Out +1
- Carbs

- The next project +1
- Self-pity
- Spending too much time on hobbies
- Work +2
- Social media +1
- Fantasies about old girlfriends +1
- Or potential new ones (see above)
- Self Loathing
- Using pity to the wrong end, to use it for my gain
- Being 'overly helpful' for the buzz of being thanked/appreciated +3
- Serving people and trying to earn approval+2
- Work+1
- Get's around to it
- Performance +1
- Facebook scrolling past girlfriends/hook ups +1
- Shopping
- Success
- Pity Party
- Nicotine

- Always on the go
- Self-righteous blaming
- Porn+8
- Seeking validation from my wife+4
- Images of beautiful girls +1
- Watching TV re-runs+1
- Buying the next thing +4
- Moving onto the next project to avoid the pain of stillness +1
- Sexual fantasy
- Elk hunting videos- youtube
- Validation through sweeping +1
- Reading to distraction
- Purchasing lotto tickets and fantasies about wealth
- facebook/youtube
- texting old GFs
- going to FB to see what's up with old GF.
- talking to the cute girl at the gym
- Chatting w/a woman I work with
- Working
- Withdrawing

Healthy ways I receive comfort

- Hot tub +2
- Crying when I need to +2
- Napping
- Hiking
- Listening to other guys who struggle
- Naps
- Cleaning
- Serving my family/son
- Deep Breathing+3
- Drinking Water
- Receiving care from my physical therapist +1
- Listening to the birds singing behind my house
- Watching bluebirds/cardinals at the feeder
- Sitting with my wife and enjoying conversation+2
- Organizing my garage/shop + 3
- Silence in nature +36
- Openly and honestly communicating with my wife +4
- Warm sunlight +26
- One Minute Pause +2
- Mornings by the fireplace
- Sitting by a fire +1
- Building a fire
- Getting out of the city
- A pipe instead of a cigar
- Working out +2
- Taking walks during work
- Yoga led by female teachers+2
- Ocean water+3
- Read some
- Naps
- Long warm showers +5
- Morning Runs
- Evening Walk +1
- Decaf coffee
- Running +4
- Naps +1
- Letting Things Go
- Disc golf
- Stillness+2
- Asking questions, sitting in my skin even if uncomfortable
- Mountain biking+1
- Kayaking+3
- Walking with my Dog+2
- Walking bear footed to help ground in reality again
- Playing music +2

- Playing with my kids +1
- Receiving gifts
- Exercise+1
- Meditating
- Journaling +1
- Walking a golf course on a warm day
- Yoga in the sun
- Woodwork
- Surfing +1
- Coffee with a friend +1
- Sitting in a good memory
- Walks with my wife +2
- Immersing myself in beauty+1
- Walking (slowing down)+2
- Saying Good Things about myself in the mirror
- A Good drive
- Driving the scenic route +1
- Looking at good art
- Fly Fishing
- Receiving touch from my wife
- Gardening
- Cooking in camp oven
- Drinking tea (slowly)
- Swim
- Exodus 90 - Lenten practice
- Scrolling through pics of wife/kids
- Hiking +7
- Shooting Compound Bow

- Listening to beautiful music
- Solitude with bose headphones
- Sitting in woods by myself +3
- Staring off into distance
- Reading Scripture+3
- Doing nothing
- Taking daily naps+1
- Coffee ritual +1
- Gardening.
- Quitting caffeine
- Enjoying a really good beer (but only one) +1
- Massage
- Woodworking+1
- Driving the Land Rover offroad
- Yard work
- Read something interesting instead of TV
- Staring at the view - waters and mountains
- Pause app
- Worship
- Watching Andy Griffith show
- Lighting a fire in the stove
- Reading poetry (especially from my daughter)
- Long conversations with wise, older women +1
Sabbath (with really good meals)+1
- Prayer / Meditation
- Talk with my wife or a friend
- Writing a story

- Watching our favorite shows as a couple with my wife
(laughing at Brooklyn 99 while snuggling on the couch)
+ 2
- Pause
- Laying in my wife's lap
- Fire(build, start, enjoy)+3
- Fly fishing+1
- hand tool woodworking +1
- Playing with the dogs
- Archery (tense & letting go)
- Turning compost
- Walks in the SNOW... anything in the snow actually +1
- Bouldering +1
- Journaling
- Twilight Bike Rides
- Praying on the beach
- soaking in the sun
- making music

- Letico 365
- Walking
- listening to good music
- making music
- driving
- letting God love me
- Cleaning/organizing the house
- Hanging with the kids
- Looking for wild mushrooms
- Photographing nature
- Going fast on winding roads in my car
- Training dog
- Exercise
- Massage
- Bird hunting
- Shotgunning
- grilling/smoking (meat & cigars)