

## Living one day at a time, enjoying one moment at a time

For some people, anxiety is about catastrophizing about the future and their thinking might start of typically with “What if ...”. For example: “What if I fail my exam, then I will not become a Vet and be stuck in this dead end job for the rest of my life”.

Living in this fearsome future is causing you anxiety, and some of that anxiety might be helpful, but you need to bring it back to today. What can I do about it today? There may be nothing, so stop worrying about it. Alcoholics Anonymous end with this prayer after each meeting:

God, grant me the serenity,  
to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the difference.

If there *is* something you can do about, then ask yourself: “What can I do about it *today*: I can get my books out and start revising”. The next two lines to the prayer above is:

Living one day at a time,  
Enjoying one moment at a time,

This is a trick Alcoholics Anonymous use. The alcoholic is faced with the dilemma that he or she can never drink again, this is terrifying, so their support person will remind them that they only have to give up alcohol one day at a time (or half a day if that is too much to get their head around).

They have a ‘Just for Today’ card which they give out to newcomers and they suggest they read it every day for a while. Here are some extracts from it “Take what you like and leave the rest”, so either read it all every day or take the verse or verses you like and copy them out and read them every day (first thing in the morning is best). Start Training your mind to ‘keeping it in the day’

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You might also find this website useful: Google “Defeating Anxiety AA Style: One Day At A Time” and find a website article by Tesia Blake

<https://byrslf.co/defeating-anxiety-aa-style-one-day-at-a-time-4ae6470f2301>

The full version of ‘Just for Today’ can be [found here](#)

## **Just for Today**

Just for today I will try to live through this day only, and not tackle my whole life problem at once. I can do something for 12 hours that would appall me if I felt I had to keep it up for a lifetime.

Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my luck as it comes, and fit myself to it.

Just for today I will try and face my problems rather than avoid them, one day at a time, one step at a time.

Just for today I will live in the solution and not the problem.