

# **Jason Bouldin Payor**

**Loving Life in Every Way,**

**Spiritually, Mentally & Physically!**



**Living Life Happy, Joyous & Free with True  
Meaning & Purpose!**

**Working an Honest Program in Recovery  
Every Day, Week, Month & Year Since 2014!**

**From:**  
**Helpless, Hopeless & Withdrawn**  
**Alcoholic!**



**With Disability & Death**  
**on His Doorstep!**



# An Organic Relationship to Alcoholism

## *'A History Worth Mentioning'*

My story is not unique and commonly aligns with all those who struggle or have struggled with the disease of addiction. I am one of the fortunate survivors who, by the *"Grace of God that I Pray to Everyday"*, is still alive given another chance at life, love, joy, and the pursuit of happiness. Today, almost 10 years later, I am living proof that *"Recovery is possible, it works if you really want it and it transforms your life in its entirety!"*

With this opportunity, I have discovered the unbounding, true gift of recovery. I genuinely feel as though I have found a meaning and purpose for my life that I thought not possible so many years ago in the wake of destruction that addiction brings to all of those afflicted by the disease. Out of smoky disaster of desperation, hopelessness and even death, I have been gifted a new life and a new beginning to which I am eternally grateful. I am blessed beyond measure to have had the opportunity of professional long-term treatment as well as supportive masses of family, friends, colleagues, and professionals who have stood by me never relinquishing to the disease of addiction helping save my life and heal me spiritually, mentally, and physically.

I am finding just as others have found, authentic, lasting recovery and *"The existential foundation for a purpose driven life!"* What I am learning along the path of continued recovery is, *"I genuinely lacked a tangible vision, mission, meaning and purpose for life as well as the inability for loving others equally and wholeheartedly!"* Fortunately, in the silver lining of my chronic illness of addiction, I was brought to a point at which I would uncover some of the most powerful, raw emotions necessary for a meaningful purpose driven life. One such emotion and subsequent feeling into behavioral action is through the simple task of selflessly sharing what I have learned and continue to learn from others in recovery, in order, to create effective change in others without a Quid Pro Quo!

Another thing I am experiencing is the inherent supernatural power of *'love, empathy, compassion, mercy, tolerance, and grace'* which remains the infinite power source of continued healing in ways I thought nonexistent and impossible to obtain, especially in the active phases of my addiction. What I am beginning to understand is that addictions is cunning, deceitful, dysfunctional and disillusioned which is completely riddled with insidious negative reinforcements. And, what we find is insanity and death through which the treatment resistant condition teaches us *'addicts'* to hate ourselves spiritually, mentally and physically to the point at which we don't care if we live or die. Not to mention, the involuntary *'craziness'* of seeking the temporary artificial fix if only for just a few minutes further degrading us into a dysfunctional, deflated, and defeated mind, body, and spirit leading us to total desperation, jails, mental health institutions and death.

Along this journey path of recovery, I have been gifted the ability for helping those that struggle with addiction. I witness every day, similar people and personalities who need and deserve love, help, and support in a battle one of the most insidious, treatment resistant and destructive forces known to humankind. Daily, I am witness to similar stories and themes of mental health illnesses all of which appear to have the common denominator of spiritual, mental, physical and emotional arrested development uncovering behavioral immaturity as the result which is not compatible with societal norms. Most mental health professional would agree that the disease pathology of addiction begins at our birth, adolescence and young adulthood where in the client's biopsychosocial uncovers that which many of us with mental health diagnoses were deprived of *'normal'* constitutional growth and development finding major post-traumatic stress disorders from extremely dysfunctional environments subsequently delaying our development milestones. Fortunately, the majority of the global populations of the world who have experienced dysfunctional emotional, and spiritual delays do not become addicted to substances or behaviors but some of us unfortunately attempt to change and reshape our malignant ways of living and thinking through a never-ending destructive pattern of self-medicated drug induced comas in an attempt to forget our past histories of stunted growth milestones.

Unfortunately, some of us find ourselves in the vortex of addiction, attempting to treat a disease of complexity and veracity unfamiliar for sustaining life which invariably leads to death. For some, there is a laborious and painstaking treatment road to recovery where lifelong continued care plan becomes the new normal permeating and transforming us spiritually, mentally, and physically through the eyes, minds, and hands of countless treatment professionals. Whom, by the *'Grace of the Supernatural Powers of Our Creator God'* teach us how to be: *'loving, generous, compassionate, merciful, helpful, patient and tolerant angels of recovery'* and *surprisingly*, who find it in their own hearts and intestinal fortitudes to lead us, guide us and instruct us slowly into corrected forms and faces out of our malformed, destructive past histories and subsequent *'arrested developments'* of our childhoods.

Paradoxically, what I experience every day in treatment of all types, is that successful comprehensive evidence based, well

supported, seasoned therapeutic treatment environments comes a meaningful, purposeful and boundless efforts, cultivations and maturations which provides clients with a newfound motivated zeal for life with significant character asset transformations. Especially as they pertain to the existential ideology of a purpose driven life where clients are able to live freely in a non-prejudiced, forgiving, unconditional acceptance for themselves and others which then creates new space for peace and harmony within our newly discovered lives regardless of education, socioeconomic status, race, religion, and culture. Notwithstanding, through the process of recovery one of the things I have uncovered is a perpetual source of spiritual, mental, and physical power with the gift of helping others in recovery just as so many have perpetually given to me have so fearlessly. And with that knowledge comes the responsibility of completing the cycle of recovery by giving it back to others providing the same landscape in the recovery environment offering a much simpler way of life focusing our attention to the narrow path of righteousness and a morally compassed true north! It really is amazing to me that the simple task of openly and honestly sharing your testimony, however difficult at times, helps so many others recovery just like yourself feeding the need for total restoration of sanity and reparation of precious life.

What a novel and simple concept, *'transparency and honesty,'* which tends to unnerve us to the point at which *'we lie by omission or misrepresent the truth of our past!'* Yet, we find quickly, unfettered transparency diametrically liberates and heals us at our deepest core once shared in a genuine atonement. Although not forgotten, the negative, shameful embarrassing details of our past tend to us deprive us of our freedom and liberty of life especially in recovery. If we ever expect to change, we must follow the laws of forgiveness letting the heavy burdens unchain us from our guilt and shame through forgiving ourselves and asking those we have harmed along the way to one day forgive our hurtful actions, words, deeds, and behaviors. And, as hard as it is, we must comply if we ever wish to move forward successfully and vigorously in our recoveries forgoing the alternative of shamefully hiding our truthful pasts in fear of ridicule and acceptance.

For many of us, addiction directly or indirectly affects us in some way, shape or form and invariably reshapes us as well as the environments we live and thrive in, which I believe, is a defect worthy of our attention and much needed repair. Addiction is an epidemiological disease of *'mind, body and spirit'* that doesn't seem to care about humanity especially for those of us where substance use disorder creates the *'addiction personality disorder'* leading us to a slow and painful death as well as keeping us much sicker for much longer if left untreated. However, without the commitment of treatment and the repayment of consequences then there is no reward of living a purpose driven recovery with juxtaposed spiritual, mental, emotional, behavioral, and physical transformation.

With work and commitment to the treatment process, some recovering addicts are blessed with a spiritual awaking catharsis and the creation of a newer, better version of themselves, which is only found through facing their personal truths and acceptance of their war-torn abnormalities. Given by long term professional *'CBT/DBT Based'* therapeutic counseling comes the outcome of cognitive restoration and reformation which liberates the sick and tired mental illness of addicts from the dead weights of their past, painful psychological traumata found in their detailed biopsychosocial histories. And, with Cognitive Behavioral Therapy comes the new primary instrument of recovery used as a *'lethal weapon in recoveries arsenal against the disease of addiction,'* unlocking new life and new beginnings ironically saving our lives and rebirthing a newer, better version ourselves.

To that end, recovery discipline implementations and executions become a much easier way to live and thrive and are much more easily derived than living in the *'slow, disorganized, and painful death of addiction.'* With hard work and a gritty determination, we find to be a much easier way to live and quantifies to about one third the effort of what it takes to remain in the *'morally failing, chronic illness of addiction.'* Yes, of course, for me, I would have preferred that none of it happened but grateful that did, since it is most definitely the correction that I needed to become the person, I am today. Now, I choose to live my life in recovery's proud honor of all people in recovery robustly and successfully thereby giving honor and respect to my predecessors as given to me! Recovery professors taught me to, *"Selflessly Giving Away What We've Been Taught"* conjoining the cycle of recovery and handing down the legacy of everlasting life, love, freedom, and the pursuit of true happiness.

I humbly submit, I have never had so much fulfillment and joy in my life personally and professionally. I have been given this gift of using my past addiction history testimony along with my past education to teach and instruct others about the biological insidiousness of the disease coupled with the positive long-term outcome of recovery. Serendipitously and gratefully, I have in many ways started to find my truest most humble *'God Given'* self as well as what is meant by *"Living in the Moment of Meaningful, Purposeful Selflessness."* Now, I am experiencing a meaning and purpose in life by helping others which is infinitely powerful and opposingly transformative!

***"Out of the depleted and derelict history that so many addicts ubiquitously share, many of us find death, but some of us find true meaning and purpose!"***

# **An Organic Relationship with Addiction Recovery**

## ***'A Future Worth with Living'***

Since 2014, I continue manage the disease of addiction like a type one diabetic manages diabetes with my daily insulin of *'prayer, meditation, peer coaching, counseling and purpose driven life.'* My lifelong recovery management plan allows me to live freely and joyfully in the amazing process of a purpose driven life which has ironically and surreptitiously uncovered my truest self, exposing who I am at my core and who *'God has meant for me to be all along!'* This cathartic spiritual awaking subsequently puts behind the deepest root causes of my mental illness and spiritual malady which were most prevalent in the active phases of my addiction. And, for many addicts like past myself, remains an eternal process of non-efficacious self-medication of supersaturated, exogenous toxic chemicals not compatible with life itself.

Since 2015, I have been studying *"The Principles of Addiction Neuroscience"* academically and professionally in a privately funded clinical cohort in an attempt to understand addiction at its core within the DRD2 Addiction Reward Cascade specifically as it pertains to *"Reward Deficiency Syndrome."* This endeavor is providing a better breadth of knowledge and understanding of the organic, biochemical, and physiological foundations and biological mechanisms of the disease of addiction which has now become my life work and labor of love! In my continued journey of recovery, I have devoted my life to understanding addiction at its organic foundations giving to my labor of love in the study of Biomedical Addiction Neuroscience. In doing so, without formal training, I have had success in Addiction Clinical Biomedical Engineering, which has further solidified my motivation for a continued career path in Biomedical Science with a focus on *"The Neurobiological & Neurophysiological Mechanisms of Addiction."*

Since 2016, I have been on quest to become a licensed mental health addiction provider to help those just like myself! I am truly blessed to have been earnestly gifted these opportunities and even more fortunate to have acquired a priceless broad-spectrum intellectual business practice acumen and competency at the highest levels in Mental & Behavioral Health Substance Use Disorder Treatment. Working full time for the past 7years in SUD treatment facilities, I have experienced more enlightenment than I thought existed where I have had the opportunity to work in tandem with some of the most seasoned, credentialed, and personable addiction recovery medicine mental-behavioral health providers as well some of the most senior high level healthcare executives in the Addiction Recovery Industry. My professional mentors and proctors provided me with a landscape and architecture to operate in high level positions effectively and correctly such as: *'Executive Director, Chief Executive Officer, Chief Compliance Officer, Director of Utilization Review, Director of Revenue Cycle Management as well as Chief Program Trainer at all levels of care.'*

Since 2017, I have been fortunate, blessed, and favored in successfully owning and operating my own Addiction Healthcare Consulting Company, ([www.SUDFACOPT.com](http://www.SUDFACOPT.com)) specializing in Mental & Behavioral Health Substance Use Disorder Discipline. As a Treatment Facility Consultant as evidenced on my resume listed on my website, you will find that I have been exposed to many areas in addiction recovery healthcare where I have successfully favored the mental health practice areas of: *"Chemical Dependency Education, Intensive CBT/DBT Cognitive Restructure Counseling, Proforma Business Development and Joint Commission Compliance striving to reach and meet the highest standard and quality care through Quality Assurance Performance Improvement Measures."*

Lately, this year in 2024 after 10 years of hard work and dedication to being "Clean and Sober" and devotion to the field of addiction and recovery, I am proud to submit have I been officially registered, vetted, accepted, cleared and approved by the FCB (Florida Certification Board and DCF(Department of Childrens and Families) Level 2 Clearance for Mental Health Professional's to practice as a Masters Level Substance Abuse Certified Addiction Professional!

***"I am truly blessed and so very thankful for all those who have helped me in my sobriety and continue to support my new life in recovery with true meaning and purpose!"***