



This is the document to read out during a RAFT to Recovery meeting. The full document is available for download in the table available via this [link](#).

A section from this week's practice.

The resolve to prevent: skillful effort on the path

Guarding your raft from known hazards Proactive protection on the journey

"Indeed I would define mental health as the capacity to be aware of the gap between stimulus and response, together with the capacity to use this gap constructively. Thus, mental health, in my judgement, is on the opposite side of the spectrum of conditioning and control." ~ Rollo May

"The best way to predict the future is to create it." ~ Peter Drucker

This practice's focus is the **Resolve To Prevent** – that is our wholehearted commitment to our liberation. This is our guiding principle that helps us channel our energy wisely and compassionately away from harmful patterns and towards healing and freedom.

The **Resolve to Prevent** provides us with a skill for creating supportive conditions. This isn't about fearful avoidance or shutting ourselves off from life, but about *wise-protection*. In the early stages of our journey,, especially as our inner resources might still be developing. Prevention strategies act as essential safeguards, giving skilful habits time to strengthen. We acknowledge that it's far easier and wiser to prevent a fire from starting than to extinguish a raging blaze.

The **Resolve to Prevent** focuses on proactively creating conditions – both internally and externally – so that unhelpful and unskilful states like harmful

cravings, overwhelming negative emotions, addictive thought patterns, or relapse justifications do not arise in the first place. This intention emphasises vigilance and wise restraint, often described as ‘guarding the senses’ or ‘guarding the mind’. It stems from the recognition that certain situations, thoughts, or encounters predictably lead towards suffering or relapse back into our most destructive cravings and habits, . Rather than waiting to deal with a full-blown craving or emotional storm, the first resolve encourages us to anticipate and skilfully avoid or mitigate known risks.

Self-Reflections

Consider your own experience with prevention:

- ★ What specific triggers (internal or external) are you most aware of currently? Are there others you suspect but haven't fully identified?
 - ★ How effective are your current strategies for avoiding or managing these triggers?
 - ★ What does your daily/weekly routine look like? Does it generally support your journey, or does it contain elements that increase risk?
 - ★ What helps you feel grounded and calm?
 - ★ What tools are currently in your ‘calm toolkit’?
 - ★ What does ‘guarding the senses’ mean to you in practical terms (for example, regarding media consumption, conversations, environments)?
 - ★ If you decide to adopt a personal sajja (vow), which one would you choose and why?
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Remember to Remember

The **intention to prevent** harmful states from arising is an act of wisdom, foresight, and profound self-care. It involves honestly recognising our vulnerabilities and triggers and proactively taking steps to guard our bodies and minds and cultivate supportive conditions. While it requires diligence,

prevention is often far less draining than constantly battling fully-arisen cravings or emotional turmoil. This proactive guarding helps protect the integrity of our RAFT, steering it clear of immediate dangers while we build strength and gather further skills.

As Suzy Welch says about resolve:

“99% is a bitch. 100% is a breeze”

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