

— WALT'S JOURNEY —

CROCK POTS & COMMON SENSE

THE FIRST 90 DAYS

A Field Guide for
Crisis-to-Ownership
Transitions



— FIRST FIELD EDITION —

WALT ADKINS JR.

I'm giving you this book because the next ninety days matter. This is not therapy or legal advice, and it does not replace any requirements, treatment, or expectations you may already have. This book is meant to be used, not agreed with. Read it one chapter at a time and follow the instructions. When you mess up or miss a day, don't start over — resume. The goal here is not perfection, but consistency. What you do with this book, and what comes from it, is your responsibility.

Crock Pots & Common Sense

The First 90 Days

A Field Guide for Crisis-to- Ownership Transitions

Walter Adkins Jr.

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First Field Edition

To the Person Holding This Book

If this book was handed to you, something important just happened.

You survived something that could have ended your life.

Or you stood at a moment where things could have gone very differently.

That matters.

You may feel ashamed.

You may feel angry.

You may feel numb, scared, or defensive.

You may feel nothing at all.

All of that is normal.

Here is what I want you to know, clearly
and without exaggeration:

You are not in trouble.

You are not being judged by this book.

You are not being fixed by this book.

And you are not expected to change
everything today.

But you are responsible for what happens
next.

Not forever.

Not perfectly.

Just next.

This book exists for one reason:

to help you take ownership of the space
between crisis and stability.

No one can do that work for you.

But you don't have to do it all at once.

The next 90 days matter because they
shape momentum, not because they
guarantee outcomes.

What you do repeatedly in this window
will slowly become who you trust
yourself to be.

You don't need motivation.

You don't need a breakthrough moment.

You don't need to make promises you won't keep.

You need to stay.

Stay honest.

Stay reachable.

Stay engaged.

Stay long enough for your nervous system to calm and your thinking to clear.

You will make mistakes.

You will have days where you want to walk away.

That does not disqualify you.

Quitting does.

This book will not chase you.

It will not beg you.

It will not rescue you.

It will sit quietly and wait for you to pick it back up when you are ready to take the next right step.

You are still here.

That means your story is not finished.

Turn the page when you're ready.

Not because someone told you to.

Because you decided to stay.

To the First Contact Professional

If you are holding this book, thank you for the role you play.

Whether you are a police officer, first responder, QRT member, judge, counselor, clinician, pastor, social worker, or volunteer—you often meet people on their worst day, at their lowest moment, or in the middle of a decision they don't yet know how to make.

This book is not meant to replace your work.

It is not a treatment plan.

It is not therapy.

It is not legal advice.

It is not a program.

It is a handoff tool.

It exists to help people begin taking ownership after crisis—when systems transition, paperwork ends, and responsibility quietly returns to the individual.

You already know the hard truth:
consequences alone don't change people,
and rescue alone doesn't last.

What does last is when a person begins to trust themselves again—slowly, imperfectly, through repeated small decisions.

This book speaks in plain language.

It avoids clinical jargon.

It does not shame.

And it does not excuse behavior.

It reinforces values shared across recovery pathways, including personal accountability, daily discipline, community support, and—when appropriate—faith-based recovery and twelve-step principles.

You may choose to hand this book to someone as:

- a bridge after crisis
- a stabilizer during transition

- a companion through the first 90 days
- or simply a signal that someone believes they are capable of staying

You are not responsible for whether they read it.

You are not responsible for their outcome.

Your role, often unseen and unthanked, is to open a door and step back.

If this book helps even one person stay engaged long enough to choose responsibility over retreat, then it has done its job.

With much respect and appreciation I just want to thank you.

Thank you for doing the job you do.

PROFESSIONAL NOTE

This First Field Edition of *Crock Pots & Common Sense* was developed specifically for use in transitional and first-contact environments — including law enforcement response, drug court settings, detention facilities, detox programs, and recovery ministries.

It is not a treatment program, therapy substitute, or legal guide.

It is a structured personal responsibility tool designed to reinforce stability, daily rhythm, and long-term thinking during the first critical months of transition.

The framework emphasizes small, repeatable habits, personal

accountability, and consistency — values aligned with recovery programs, faith-based initiatives, and evidence-informed behavioral change models.

This book is intended to be handed over with confidence as a steady companion resource, reinforcing the work already being done by professionals on the front lines.

TABLE OF CONTENTS

To the Person Holding This Book.....v

To the First Contact Professional.....xi

PROFESSIONAL NOTExvii

TABLE OF CONTENTSxx

HOW TO USE THIS BOOKxxi

Chapter 1 – Why We Don’t Do Microwaves..... 1

Chapter 2 – The Crock Pot Method21

Before You Put This Book Down2

ABOUT THE AUTHOR..... 13

HOW TO USE THIS BOOK

(Read This First)

This book is meant to be used, not studied.

You do not need to understand it fully.

You do not need to agree with it.

You do not need to feel ready.

You need to follow it.

Here is exactly how to use this book:

Step 1 — Read One Chapter at a Time

Do not read ahead.

Do not skim.

Do not binge.

Read one chapter, then stop.

This book is built to work in sequence.

Step 2 — Answer the Question at the Beginning of the Chapter

Each chapter starts with a challenge question.

Answer it honestly.

Out loud if you can.

On paper if possible.

Do not overthink it.

Do not make it sound good.

Just answer it.

Step 3 — Do the Application at the End of the Chapter

Every chapter ends with clear actions.

Do them exactly as written.

Not harder.

Not creatively.

Not perfectly.

Just do them.

These actions are designed to stabilize you, not inspire you.

Step 4 — Use This Book Daily for 90 Days

Not when you feel like it.

Not when you're motivated.

Daily.

Some days you will read.

Some days you will review.

Some days you will just hold the book.

All of that counts.

What matters is staying engaged.

Step 5 — When You Fall Off, Do Not Start Over

You will miss days.

You will mess up.

You will want to quit.

Do not restart the book.

Pick up where you left off and continue.

Winners don't restart.

They resume.

One Important Rule

This book works alongside support systems.

If you are in:

- detox
- treatment
- drug court
- probation or parole
- a recovery program
- a faith-based program

Follow their rules and use this book.

This is not a replacement.

It is reinforcement.

Final Instruction

Do not wait to feel ready.

Read the next chapter now.

Read it because someone trusted you with this book.

Read it because you are still here.

Read it because staying matters more than understanding.

Turn the page.

CROCK POTS & COMMON SENSE

Chapter 1 – Why We Don't Do Microwaves

CHALLENGE QUESTION

Are you looking for fast relief — or lasting stability?

Read the question.

Answer it honestly.

You do not need to explain it to anyone.

We live in a microwave world.

Fast food.

Fast money.

Fast fixes.

Fast promises.

Everything around us is built for speed. If something takes too long, we assume it's broken. If progress feels slow, we assume we're failing. We've been trained—subtly and relentlessly—to believe that real change should happen quickly. And if it doesn't, something must be wrong with us.

Here is a truth most people don't hear often enough:

The things that matter most in life do not grow fast.

Health doesn't grow fast.

Trust doesn't grow fast.

Character doesn't grow fast.

Faith doesn't grow fast.

Financial stability doesn't grow fast.

Strong families don't grow fast.

They grow slow.

Once you understand that, everything changes.

My Season of Microwaves

There was a time in my life when I wanted everything fixed immediately.

If I messed up, I wanted redemption right away.

If I was hurting, I wanted relief instantly.

If I was broke, I wanted money overnight.

If relationships were strained, I wanted reconciliation without the uncomfortable work of rebuilding trust.

I didn't want the process.

I wanted the result.

Looking back, I can see I wasn't lazy. I was desperate.

Desperation makes people reach for shortcuts.

It makes people believe the next program, the next promise, the next plan will finally fix everything.

But desperation never produces stability.

Every time I tried to rush my way into a better life, I ended up right back where I started—tired, frustrated, and convinced I was broken.

The truth was simpler.

I wasn't broken.

I was impatient.

The Crock Pot Moment

At some point, a simple image changed how I thought about change.

A crock pot.

You don't use a crock pot because you're in a hurry.

You use it because you understand something important:

Low heat.

Long time.

Deep results.

That's when it clicked.

If slow cooking works for food,
it works for life.

You can't microwave discipline.

You can't rush trust.

You can't force stability.

But you can slow-cook a better life.

That idea became more than a phrase. It became a lens—a way to look at habits, goals, and rebuild seasons.

And when I stopped trying to fix my life quickly, something unexpected happened.

My life finally started changing.

The Lie We've Been Sold

We've been sold a dangerous lie.

That if it doesn't happen fast, it isn't real.

That if it isn't exciting, it isn't working.

That if you aren't transformed in thirty days, you've failed.

That lie has done more damage than failure ever has.

Failure teaches lessons.

False expectations teach shame.

Shame doesn't build better people.

It builds people who quit.

This book exists to undo that lie.

Not with hype.

Not with pressure.

But with permission.

Permission to grow slowly.

Permission to rebuild quietly.

Permission to become steadily.

COMMON SENSE TAKEAWAY — CHAPTER 1

Fast change impresses people.

Slow change transforms lives.

Remember this:

You are not behind because you're
moving slowly.

You are ahead because you're still
moving.

APPLICATION — CHAPTER 1

(Use This Section the Way It Fits Your Moment)

You do not need to rush this section.

Read it once.

Return to it when your mind is clearer.

STEP 1 — IDENTIFY THE PATTERN

Read the statements below and check any that are true for you—now or in the past.

I look for fast solutions when things feel uncomfortable

I get discouraged when progress feels slow

I have started over more times than I want to admit

I want change, but I don't trust it will last

I expect things to feel different quickly

I lose confidence when results take time

Recognition is enough.

STEP 2 — UNDERSTAND THE DISTINCTION

Read this carefully:

Fast change creates relief.

Slow change creates stability.

Relief feels good.

Stability lasts.

Most people don't fail because they don't care.

They fail because they expect change to happen faster than it can.

Nothing is wrong with you if progress feels slow.

STEP 3 — MAKE ONE CLEAR CHOICE

Choose one statement you are willing to accept:

I am willing to trade speed for stability

I am willing to build instead of rush

I am willing to stay engaged even when progress feels boring

I am willing to stop starting over

I am willing to take change one step at a time

You are choosing direction, not perfection.

STEP 4 — YOUR FIRST PRACTICAL STEP

For the next seven days, focus on one small, repeatable action.

Examples:

- [] Show up to what is required of me
- [] Keep a simple daily routine
- [] Follow through on one responsibility
- [] Avoid decisions that create chaos
- [] Do the next right thing when unsure

Small is intentional.

Small is sustainable.

STEP 5 — WHEN YOU ARE READY TO WRITE

When you feel ready—now or later—
write one sentence:

What am I trying to rush that needs time
instead?

One sentence is enough.

FINAL NOTE FOR THIS CHAPTER

This chapter is not asking you to change your life.

It is asking you to change your expectations.

Slow does not mean weak.

Slow means stable.

When you are ready, continue to the next chapter.

CROCK POTS & COMMON SENSE

Chapter 2 – The Crock Pot Method

CHALLENGE QUESTION

If you could only change one thing right now, what would matter most?

Read the question.

Do not answer ten things.

Hold one.

In Chapter 1, you were given permission to slow down.

This chapter gives you direction.

Because slowing down without direction feels like drifting.

And drifting never built a life.

The Crock Pot Method is simple enough to remember and strong enough to work.

Here it is:

Pick one thing.

Make it small.

Make it daily.

Let time do the heavy lifting.

That's it.

No fancy system.

No complicated charts.

No complete life overhaul.

Just consistency—the most underrated force in the world.

Why Most People Burn Out

Most people don't fail because they don't care.

They fail because they try to change everything at once.

They redo their diet, their schedule, their finances, their relationships, their mindset—all in the same week. They announce big plans, feel powerful for a few days, then quietly crash when life gets hard.

That isn't discipline.

That's overload.

Discipline isn't loud.

Discipline is patient.

Discipline understands that real change is built one brick at a time.

My Turning Point

I didn't rebuild my life with big moments.

I rebuilt it with:

boring walks

quiet mornings

showing up when nobody noticed
staying when quitting felt easier

There were no applause moments.

No dramatic turnaround scenes.

Just small, stubborn faithfulness.

And something unexpected happened.

Those small choices added up to
something big.

Not overnight.

But over time.

That's crock pot living.

The Three Pillars of the Crock Pot Method

1. Small beats spectacular

The habit you keep beats the habit you announce.

2. Daily beats occasional

Once a week is a wish.

Every day is a practice.

3. Time beats talent

You don't need to be gifted.

You need to be consistent.

These three pillars built everything I now stand on.

COMMON SENSE TAKEAWAY — CHAPTER 2

You don't rise to your goals.

You fall to your habits.

Build better habits—and your life follows.

APPLICATION — CHAPTER 2

(Keep This Simple and Practical)

You are not choosing a perfect habit.

You are choosing a sustainable one.

STEP 1 — NARROW THE FIELD

Which area needs the most stability right now?

Check one:

Physical health

Mental clarity

Sobriety or compliance

Daily structure

Financial responsibility

Relationships

Faith or grounding

Choose one.

Ignore the rest for now.

STEP 2 — IDENTIFY A SMALL ACTION

Which statement feels realistic—not impressive?

I can show up even when I don't feel like it

I can do something simple every day

I can repeat one action consistently

I can avoid making things harder than they need to be

I can focus on one responsibility at a time

You are not committing to intensity.

You are committing to repetition.

STEP 3 — CHOOSE YOUR ONE HABIT

Select one habit that fits these rules:

- Small enough to do on a bad day
- Simple enough to repeat without motivation
- Boring enough to last

Examples (or choose your own):

Wake up at the same time each day

Take a daily walk

Attend required appointments

Read one page of something grounding

[] Go to bed at a consistent time

[] Complete one daily responsibility

One is enough.

STEP 4 — SET THE TIME FRAME

For the next 30 days:

Do the habit daily.

Do not judge it.

Do not dramatize it.

Do not quit because you miss a day.

If you miss a day, resume.

Winners don't restart.

They resume.

FINAL NOTE FOR THIS CHAPTER

You are not trying to prove anything.

You are gathering evidence—evidence
that you can stay.

Staying builds trust.

Trust builds stability.

When you are ready, move on to the next
chapter.

A Closing Word

If no one has told you this recently:

Staying matters.

Resuming matters.

Trying again matters.

You are not finished.

Keep building.

Your story is not over.

Before You Put This Book Down

Do not put this book on a shelf.

This is not a book you finish.

It is a book you use.

You have just completed one pass through these pages.

That does not mean the work is done.

It means you are ready to begin again — with more clarity than before.

The first time through, you were learning how to slow down.

The next time, you will notice things you missed.

The time after that, different chapters will speak louder.

That is how growth works.

HOW THIS BOOK IS MEANT TO BE USED

This book is designed to be read in cycles.

Chapter 1 to Chapter 10.

One habit at a time.

One season at a time.

When you reach the end, you do not look for a new book.

You return to Chapter 1.

Not because you failed.

But because repetition is how ownership takes hold.

Each time you begin again:

- your understanding deepens
- your resistance shifts
- your confidence grows
- your habits strengthen

This is not starting over.

This is building layers.

WHEN TO START AGAIN

Start again when:

- life gets noisy
- habits start slipping
- motivation fades
- progress feels slow
- confidence wobbles
- or when things are going well and you want to stay that way

Stability is not maintained by finishing strong.

It is maintained by returning often.

ABOUT OWNERSHIP

At some point, something will change.

You will stop needing encouragement.

You will stop needing permission.

You will stop asking whether this works.

You will know — because you are living it.

That is when ownership takes over.

This book does not replace faith.

It does not replace community.

It does not replace truth.

It supports the daily discipline of staying.

And staying is holy work.

A WORD ABOUT WHAT THIS BOOK IS — AND IS NOT

This book is not sacred text.

It is not a substitute for Scripture.

It is not a destination.

It is a tool.

A steady companion.

A reminder.

A set of guardrails.

If this book helps you slow down enough
to listen,

steady yourself enough to stay,

and build habits that support a life of integrity —

then it has done its job.

YOUR NEXT STEP

Close this book.

Then open it again — at Chapter 1 —
when the time is right.

And keep doing that.

Again.

And again.

And again.

There is no finish line here.

There is only staying.

And staying changes everything.

ABOUT THE AUTHOR

Walter Adkins Jr. is a writer, builder, and steady-progress advocate who believes lasting change happens slowly — through discipline, consistency, and common sense.

After rebuilding his life from addiction, financial collapse, and personal setbacks, Walt learned that transformation does not come from motivation or quick fixes. It comes from



showing up, staying the course, and allowing time to do the heavy lifting.

He writes for people who are tired of starting over, burned out on hype, and ready for progress that lasts. His work focuses on patience over pressure, habits over promises, and slow, sustainable growth in health, money, faith, and daily life.

Walt is the creator of the Back Porch series and the broader Walt's Journey body of work — a collection of books and practical guides designed to help individuals rebuild stability one steady step at a time.

Based in West Virginia, he continues writing, building, and speaking about

the power of staying — proving that consistent, grounded effort can change the direction of a life.