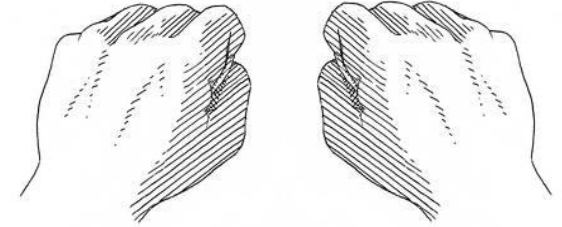


Intellectual

“What you think, you become.” - Gandhi

The nature of human intellect refers to the mindful way people

- interpret external & internal information,
- reframe or redefine:
 - This Moment & Myself
 - Relationship(s) with Other(s)
 - Nature/Environment/Setting
 - Higher Power
 - God (as you understand Him/It)



“We are certain that our intelligence backed by willpower can rightly control our inner lives and guarantee us success in the world we live in.” (Pg. 37 Twelve Steps and Twelve Traditions)

Intellectual Recovery <i>Informed</i> decision-making			Intellectual Relapse <i>Uninformed</i> decision-making		
THOUGHT	RESPONSE	RESULT	THOUGHT	REACTION	RESULT
<i>Open-Minded</i>	Able to consider challenging or unfamiliar info w/out emotion.	Tolerant	<i>Closed-Minded</i>	Unwilling to consider challenging or unfamiliar info.	Intolerant
<i>Creative</i>	Able to adapt in practical ways to enhance current situations.	Organized	<i>Disinterested</i>	Can't find motivation to create opportunities for success.	Uninspired
<i>Investigative</i>	Seeking truth &/or clarity regarding beliefs, ideas, etc.	Informed	<i>Presuming</i>	Doubtful or guarded, assuming the worst.	Contempt
<i>Rational</i>	Reasonable & sensible interpretation of given situation.	Solution Focused	<i>Irrational</i>	Unreasonable, insecure, impulsive reactions to given situations.	Ineffective
<i>Discernment</i>	Evaluation of collected information and experiences.	Intuition	<i>Ignorant</i>	“That’s not the way I look at it, and won’t attempt to try.”	Lonely