

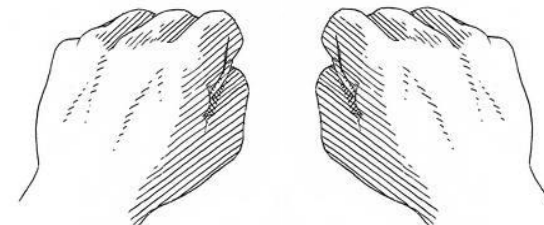
# Physical

“Physical excellence does not of itself produce a good mind and character. On the other hand, excellence of mind and character will make the best of the physique it is given.” –Plato



Physical nature corresponds to:

- Biological human needs and
- physical expression in
  - This Moment & Myself
  - Relationship(s) with Other(s)
  - Nature/Environment/Setting
  - Higher Power
  - God (as you understand Him/It)



“We are convinced to a man that alcoholics of our type are in the grip of a progressive illness. Continue to speak of alcoholism as an illness, a fatal malady.” (Alcoholics Anonymous, pg. 30, 92)

Physical Recovery			Physical Relapse		
The aspect of humanness that refers to <i>maturing</i> physical behavior, presentation or expression of intrinsic worth.			The aspect of humanness that refers to <i>deteriorating</i> physical behavior, presentation or expression of intrinsic worth.		
CONDUCT	APPEARANCE	RESULT	CONDUCT	APPEARANCE	RESULT
<b><i>Bodily Wellness</i></b>	Healthy diet, exercise, sleep; treatment of illness & injury.	Energetic	<b><i>Wellness Neglect</i></b>	Intentional neglect of responsible habits towards wellness.	Lethargic
<b><i>Hygienic</i></b>	Maintaining routine washing or sanitizing body (head – toe).	Approachable	<b><i>Unkempt</i></b>	Neglecting to maintain regular washing or sanitizing the body.	Avoided
<b><i>Restraint</i></b>	Restriction from potentially harmful substances & behavior.	Disciplined	<b><i>Indulgent</i></b>	Actively engaging in harmful substances or behaviors.	Careless
<b><i>Safe Environment</i></b>	Choosing to be where risks are limited or removed.	Responsible	<b><i>Risky Environment</i></b>	Choosing to be where risks or temptations are readily available.	Jeopardy
<b><i>Open Posture</i></b>	Head, shoulders and eye contact is held in attention.	Engaged	<b><i>Closed Posture</i></b>	Head, shoulders and eye contact is not maintaining attention.	Disengaged