

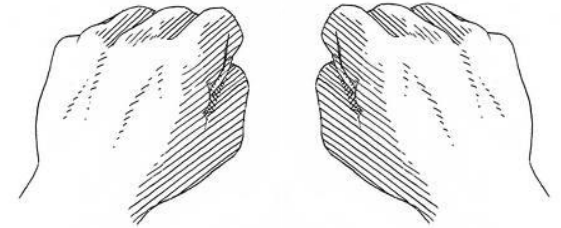
Spiritual

“We are spiritual people, experiencing humanness.”



The nature of humanity that refers to the way individuals

- Seek and express meaning or purpose.
- Experience sacred or divine CONNECTION to...
 - This Moment & Myself
 - Relationship(s) with Other(s)
 - Nature/Environment/Setting
 - Higher Power
 - God (as you understand Him/It)



“To those who have made progress (in recovery), it amounts to a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be” (12 Steps & 12 Traditions of AA, pg. 58)

Spiritual Recovery			Spiritual Relapse		
A lifestyle practice that <i>pursues</i> transformation			A lifestyle practice that <i>resists</i> transformation		
CHARACTER	TRAINING	RESULTS	CHARACTER	TRAINING	RESULTS
<i>Disciplined</i>	Consistently doing what I’m learning.	Respect	<i>Bitterness</i>	Sharp expression of contempt, disappointment or unfairness.	Ungrateful
<i>Accountability</i>	Doing the right thing, when it doesn’t feel comfortable.	Reliable	<i>Arrogance</i>	“I don’t need to change or learn anything new... I got this!”	Stubborn
<i>Servanthood</i>	Freely helping w/out asking for a favor in return.	Joy	<i>Dangerous</i>	Attitudes &/or behaviors incite threats of violence or harm.	Needless Suffering
<i>Humility</i>	Not thinking less of yourself, but thinking of yourself less.	Serenity	<i>Lawless</i>	Carelessly breaking, minimizing, or manipulating rules.	Chaos
<i>Safety</i>	Attitudes and actions are <i>not</i> threatening or enabling chaos.	Trust	<i>Self-Centered</i>	It’s ALL about: ME, ME, ME, or I, I, I.	Isolation