

Character Defects

Anger Anxiety
Arrogance Blaming Others
Closed Mindedness Codependency
Controlling Attitude Covetousness
Dependency Depression
Dishonesty Envy
FEAR Gluttony
Greed Gossiping
Hate Inconsiderate
Impatience Inferiority
Intolerance Jealousy
Judgmental Laziness
Lust Manipulation
Minimizing Perfectionism
Pessimism Prejudice
PRIDE Procrastination
Rationalization RESENTMENT
Rigidity Self Centeredness
Selfishness Self Loathing
Self Pity Suspicion
Sloth Unrealistic Expectations



The 9th Step Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through.

We are going to know a new freedom and a new happiness.

We will not regret the past, nor wish to shut the door on it.

We will comprehend the word serenity and we will know peace.

No matter how far down the scale we have gone, we will see how our experience can benefit others.

That feeling of uselessness and self-pity will disappear.

We will lose interest in selfish things and gain interest in our fellows.

Self-seeking will slip away. Our whole attitude and outlook upon life will change.

Fear of people and of economic insecurity will leave us.

We will intuitively know how to handle situations that used to baffle us.

We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises?

We think not.

They are being fulfilled among us - sometimes quickly, sometimes slowly.

They will always materialize if we work for them.

RECOVERY MORNING



Begin your day with your favorite daily reflections.

Then spend some time in prayer; a heart to heart talk with your higher power.....



The Serenity Prayer

God, Grant me the Serenity to Accept the things I cannot change, the Courage to change the things I can, and the Wisdom to know the difference.

Third Step Prayer

God, I offer myself to Thee to build with me and to do with me as Thou wilt.

Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life.

May I do Thy will always! Amen

Seventh Step Prayer

My Creator, I am now willing that you should have all of me, good & bad.

I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows.

Grant me strength, as I go out from here to do your bidding. Amen

Eleventh Step Prayer

God, please direct my thinking, especially divorcing it from self-pity, dishonest or self-seeking motives.

God, as I face indecision today and cannot determine which course to take, I ask for inspiration, an intuitive thought or a decision.

Please help me to relax, take it easy and not struggle.

God, please show me all through the day what my next step is to be, and give me whatever I need to take care of such problems.

I ask especially for freedom from self-will.

As I go through my day, please help me to pause, when agitated or doubtful, and ask You for the right thought or action.

Thy will be done.

Amen

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Acceptance

And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, situation - some fact of my life - unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment.

Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my alcohol alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy.

I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.

The Lord's Prayer

Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power, and the glory forever and ever.

Amen