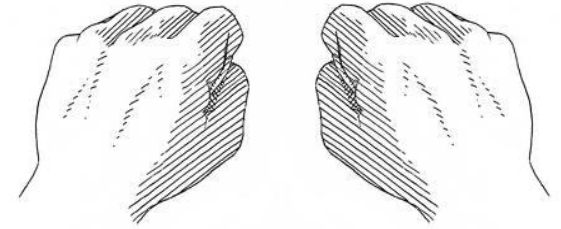


Spirituality

“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 holy CONNECTION to...
 - the Moment
 - Myself & Others
 - Nature/Environment
 - High Power
 - God (of your understanding)



“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 and 12 Traditions of Alcoholics Anonymous, pg. 58*)

Spiritual Recovery			Spiritual Relapse		
A lifestyle practice of connection that <i>pursues</i> transformation of the mind, body and spirit.			A lifestyle practice of connection that <i>resists</i> transformation of the mind, body and spirit.		
CHARACTER	DESCRIPTION	RESULTS	CHARACTER	DESCRIPTION	RESULTS
<i>Disciplined</i>	Doing what I’m learning.	Respect	<i>Bitterness</i>	Sharp emotion 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 help from anyone, I can do this on my own!”	Stubborn
<i>Servanthood</i>	Freely helping or supporting w/out asking for a favor in return.	Joy	<i>Dangerous</i>	Attitudes and/or behaviors that generate threats of violence or harm to self or others.	Needless Suffering
<i>Humility</i>	Not thinking less of yourself, but thinking of yourself less.	Serenity	<i>Lawless</i>	Carelessly breaking, bending, or manipulating rules.	Chaos
<i>Safety</i>	My attitudes and actions are not threatening or enabling chaos.	Trust	<i>Self-Centered</i>	It’s all about: ME, ME, ME, or I, I, I.	Isolation