

# The Spiritual Cycle of Recovery

Self-Reliance and fear is where I lived for many years. While I went to God in prayer, bringing my prayers like half bricks for small prayers and cinderblocks for the big ones, I always re-packed them up in my basket and left with them. I didn't leave any thing with God. I didn't trust God. He had disappointed me many times and I wasn't willing to take a chance on trusting Him again so I was polite and made small talk and even let Him know about things I knew He already knew. It starts with a choice.... And those choices lead to choices...

**EGO: self-knowledge** would fix it.  
(Pg.40, 27:1, 7:2). **Self-will**, Pg. 11:3, 71T 76:3, 87:1 the things in ourselves...blocking us pg. 64 Self protection leads to self-sabotage

Or **Die to Self**, Turn to God (Bridge to shore of faith- Pg. 53 and 56) & **Change**: Pg.567: 1, 143:1,52,84T, 27, XXIX, 50:4,

## Leads to a Behavior

a. **Binge**: Physical allergy and mental obsession (pg. xxviii) cycle  
b. **Emotional Hangover** (pg. 88 in 12 & 12), which leads to emotional binges Or  
"**Pause, Ponder & Pray: God** does not make too hard terms with those who seek Him . . . way is broad and roomy. (Pg. 46) / Why don't you choose your own conception of God? (Pg. 12), "I simply had to believe..." Pg.10b, 47M

**Self-reliance leads to Fear**: Driven by 100 forms of fear; God doesn't create Fear, I do because Of my self-reliance and because I'm not enough & I know it! Pgs. 62, 68; I become controlling! Pg.30, 31, 52

**Resentments**: # 1 offender, it destroys more alcoholics than Anything else. From it stem all forms of spiritual disease. (Pg. 64) (...Because I didn't get my way in past!)

**Selfishness-Self-centeredness**: the root of our troubles! (pg.62) Our past way of functioning was self-centered because it relied on, focused on, and demanded my perspective/my needs while the cure is other centered. (Who's directing this show?)

Or  
**God Reliance leads to Faith (Faith means Courage Pg.68)**

1. I was created for Faith, it is built in me (pg55) (Trust God and Clean House! Pg.98)
2. Faith means Courage; all men of faith have courage, they trust their God! Pg. 68
3. Living In God's Hands (pgs. 80, 100, 120, 124), (I can walk over Niagara falls on a wire in ballet slippers (life can be scary!) or I can expand my spiritual foundation and cross the falls on a 4 ft. wide platform IN GODS Hands...(pg. 102 top)
4. Faith takes Action! Step 3 (Turn), Seek (pg. 46), Draw near (pg. 57), search diligently within yourself (pg. 55), willing to believe (Pg. 12:4, 47:2, 57:1, 93 T), Restraint of tongue and Pen (Pg.91 in 12&Pg.12), cease fighting: 66T, 67T, 84, 98, 103; pause Pg. 87, saying, "Thy will be done"- leads to efficient, Pg. 88, 67, 85M.

## Choice:

(Self) I'm mad at you; I don't trust you! (**Blocked** Pgs. 64,71,72) Self rules / progressive illness 30b Or

(God) Who can you trust? (Pg. 68)

Living on a Spiritual basis: Pg.42, 46M, 47M

Form **a relationship with HP** (Pgs. 13, 28, 29, 72, 99b-100, 164, 420)

## Reliance on Whom?

**Self** (Pg. xxviii T, 68) Or

**GOD** (PG 52b, 68, 98, 164)

Dependence/Reliance on & Trust In God

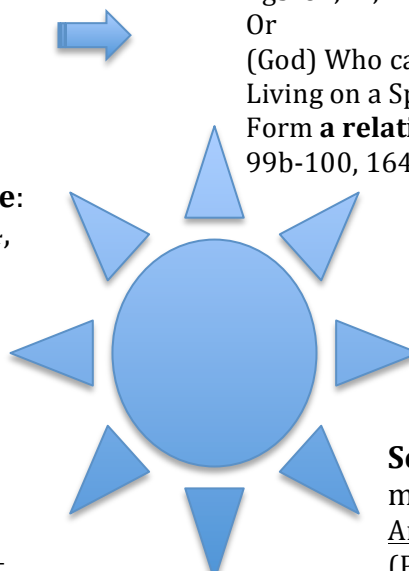
**Self-reliance** leads to Maladaptive coping mechanisms and character flaws, controlling And self! False sense of power, no true peace. (Pg. 30, 11)

Or

**God Reliance** leads to Faith: Acceptance, surrendering outcomes, courage. (417-420 and 68).

Nothing . . . happens in Gods World by accident (pg. 417)

A Way of (pg.50, 84+), Design for (pg. 15, 28, 81), manner of (pg. 58) and new way of living (pg. 124)



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