

Surrender !

Weakness or Power?



Lee Surrenders to Grant

Powerlessness & Unmanageability

This task is designed to assist you in providing and accepting, on a gut level, your individual powerlessness and unmanageability. This task cannot be over-emphasized because until each of us accepts the seriousness and devastating effects of our areas of powerlessness and unmanageability, and the effects it has on the people, places, and things in life that are most important to us, we will continue to play the game of life alone and in frustration at times.

A. Some examples of *Powerlessness* are:

(Check those that apply to you)

☐

Do you ever stay up late when you know you need sleep?

☐

Do you ever try to get up early when you're tired and just can't get out of bed?

☐

How many diets and exercise routines have you begun in your life?

☐

How many times have you known what was the right thing to do, only to not do it?

☐

Have you ever tried to control another person or situation only to find it was uncontrollable?

☐

Do you ever promise your family or anyone else that you will be home for dinner or attend another function only to show up late...*or not at all?*

☐

How about the endless promises to our children? "I promise I'll be at the game next time. You know that you're more important than my job."

B. Examples of *Unmanageability* are:

(Check those that apply to you)

☐

There are physical conditions that are unmanageable i.e., cholesterol, diabetes, blood pressure.

☐

I have surrendered to certain physical or emotional defects as being genetic and out of my control.

☐

I have difficulty surrendering completely to a power bigger than myself.

☐

There are relationships possibly my marriage that I peacefully coexist in surrendering to the fact that it will never be any better than it is.

☐

For whatever reason, I have had difficulty holding jobs or I have consistently taken jobs below my ability resulting in problems at home.

☐

There are times I feel inferior to certain people or situations or worse yet superior to them.

After "*checking*" or answering "*yes*" to one or more of the preceding questions, don't be discouraged. Welcome yourself to the human race and admit you are powerless, that your life is unmanageable, and that you need a caddy to help you carry your life's baggage. It's also time to begin thinking about coming to grips with the fact that there is a Power greater than yourself who can run your life much better than you can and *really* surrender to that Power with the help of someone you are accountable to daily.

POWERLESSNESS

1. How have you lost self-respect due to any of the areas you "*checked*" or answered "*yes*" to?

- 1.
- 2.
- 3.

2. What is it about these areas that your spouse, children, and/or family & friends object to most?

- 1.
- 2.
- 3.

3. How have you tried to control these areas only to fall short?

- 1.
- 2.
- 3.

4. What type of physical symptoms have you experienced as a result of these areas? Circle those that apply.

Headache – Dizziness - Tightness in Head, Chest, Stomach, Legs – Chest Pains – High Blood Pressure – High Cholesterol – Cholesterol is regulated by medication – Acid Reflux – Acid Reflux is regulated by medication.

UNMANAGEABILITY

1. What does unmanageability mean to you?

2. What could you identify as your "social" unmanageability?

- 1.
- 2.
- 3.

3. What goals have you set for your life?

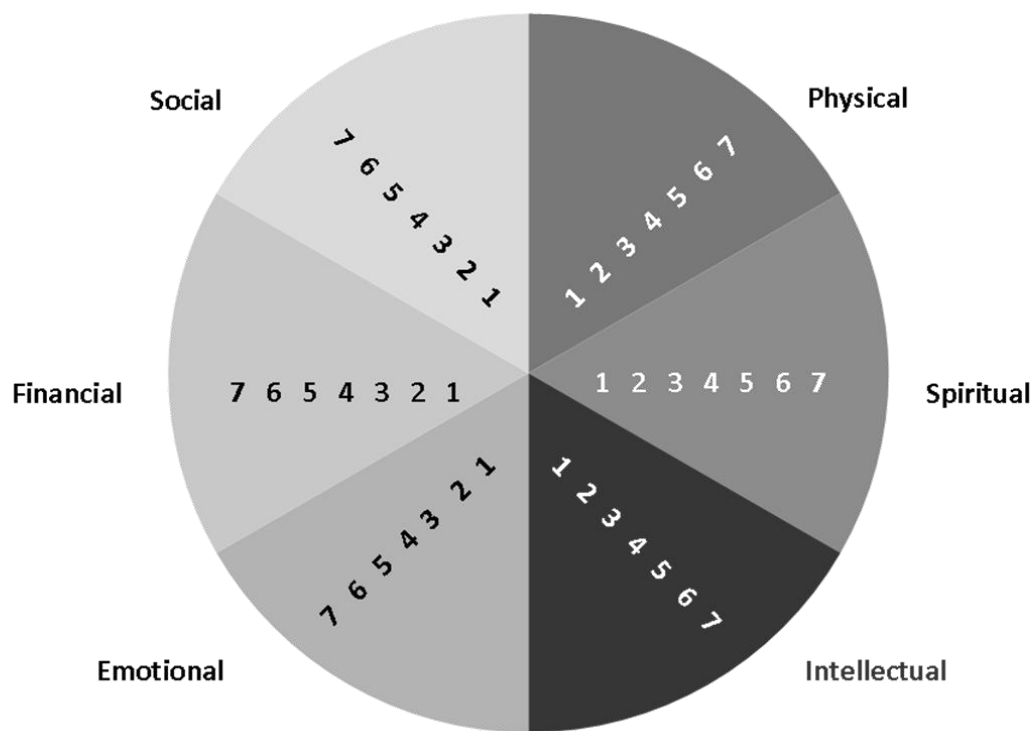
- 1.
- 2.
- 3.

4. Give 15 ways that not controlling "outcomes" can make my life more peaceful.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

Life Balance Test

Circle the number that best represents your level of satisfaction in that area of your life then connect the dots.
("7" = Very satisfied; "1" = Very dissatisfied)



Now, connect the dots. The rounder the wheel, the more balanced your life. Imagine how your car would travel if the wheels were in this shape!

Notes

[illegible]

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