

12 Steps On The PATH To Freedom

THE WILL

1. Am I having any trouble in any personal relationships?

2. How successful have I been in controlling my emotions successfully?

3. Am I prey to negativity and victimhood? Do I experience satisfaction from my way of living?

4. What does supporting myself look like?

5. In what areas of my life, do I feel valued?

6. How often do I experience fear, anxiety or a feeling of being overwhelmed?

7. How often do I experience joy or happiness?

8. Have I been willing to support or to assist others in need? Or am I only focused on my own selfish needs? (Codependent behavior is NOT supportive!)

9. How successful has asserting my will on others or events been for me? What is my definition of 'free will'?

10. Do I repeatedly do what I don't really want to do? Where does this show up in my life?

11. Do I repeatedly not do what I want to do? What do I attribute this behavior to? Is my 'will' working for me in my life?
