

12 Steps On The PATH To Freedom

THE MIND

1) How often have I made promises to myself and/or others to stop my substance/process/co-dependent use or specific behaviors? Be specific – list 3 examples.

2) What do I think or feel just before I engage in/use and/or behave that way AGAIN? Am I ever conscious of it? Or am I into it long before I realize it, or don't realize it at all?

3) How long does it generally take for me to realize that I am engaging in my addictive behaviors AGAIN?

4) How does engaging my addictive behavior make me feel, after the fact? What is my reaction?

5) Do I make another better/stronger resolution to stay abstinent from these addictive behaviors? Do I believe the "next time" it won't happen?

6) On my own will power or with my methods, has it ever worked? How successful have I been at staying abstinent, one day at a time?

7) How honest have I been with myself about my self centered efforts and failures to 'control' my life?

