

PATHWAY TO PEACE

A JOURNEY OF SELF-ACCEPTANCE



The Serenity Prayer



God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it;
Trusting that He will make all things right
if I surrender to His Will;
That I may be reasonably happy in this life
and supremely happy with Him
Forever in the next.
Amen.

--Reinhold Niebuhr

Acceptance is the Answer

From page 417 of *The Big Book of Alcoholics Anonymous*:

"And ***acceptance*** is the answer to *all* my problems today. When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life — unacceptable to me,

and I can find no serenity until I ***accept*** that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake."

"Until I could ***accept*** my alcoholism, I could not stay sober; unless I ***accept*** life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes."



Acceptance, the process by which my understanding travels the sometimes painful path from my brain to my heart.

Hope for Today

April 25th

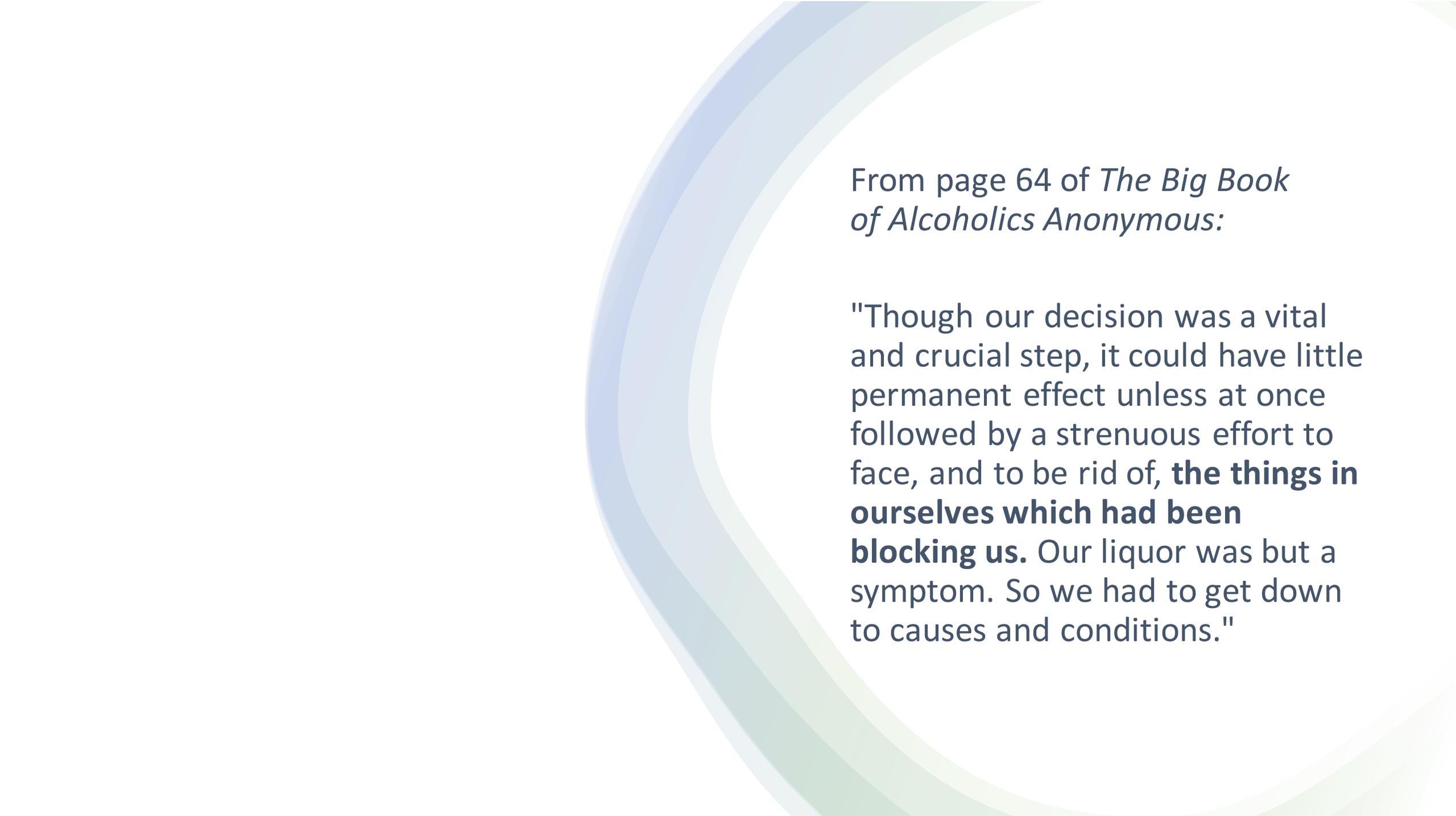


From page 62 of *The Big Book of Alcoholics Anonymous*:

"Selfishness-self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, *self*-delusion, *self*-seeking, and *self*-pity, we step on the toes of our fellows and they retaliate."

"Above everything, we alcoholics must be rid of this *selfishness*. We must, or it kills us!

God makes that possible. And there often seems no way of entirely getting rid of *self* without His aid."



From page 64 of *The Big Book of Alcoholics Anonymous*:

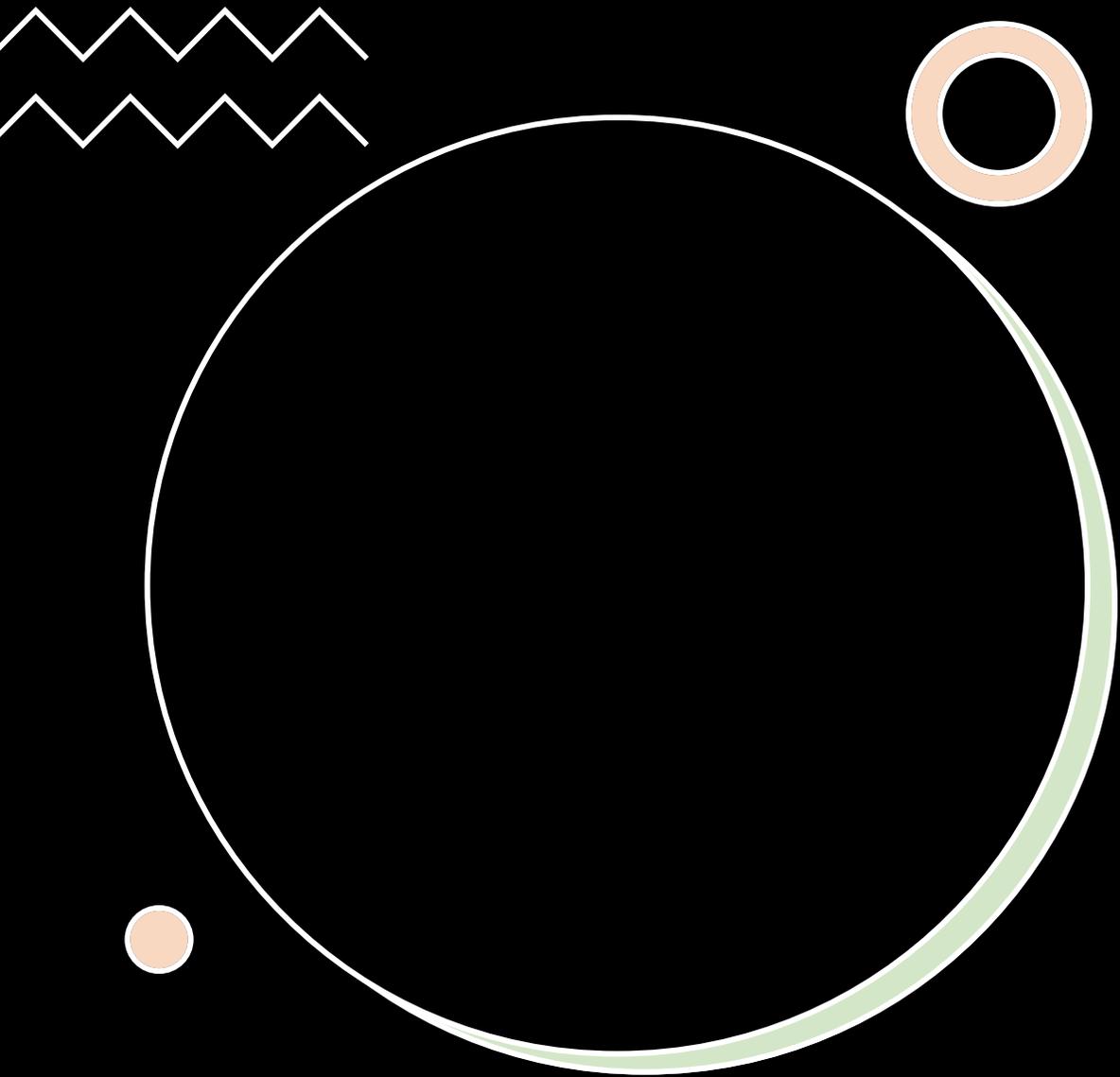
"Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, **the things in ourselves which had been blocking us**. Our liquor was but a symptom. So we had to get down to causes and conditions."

"Love is what we were born with. Fear is what we have learned here. The spiritual journey is the relinquishment-or unlearning-of fear and the acceptance of love back into our hearts."

-A Return To Love

By: Marianne
Williamson





The hole in me, the neediness, the hunger, the ache in my life that I tried to fill or stay distracted from by using addictive behavior is actually the perfectly logical result of not knowing and therefore not accepting myself as I am.

-drop the rock

By: Bill P., Todd W., Sara S.



Self acceptance is more important than self abuse. I cannot abuse myself into spirituality by shaming and ridiculing myself. I cannot open a flower with a sledgehammer only God opens flowers.

-drop the rock

By:Bill P., Todd W., Sara S.

RECOVERY CLASSICS

HEALING THE
SHAME
THAT
BINDS
YOU



New York Times bestselling author
JOHN BRADSHAW

Expanded and Updated Edition



"Our healthy shame is essential as the foundation of our spirituality. By reminding us of our essential limitations, healthy shame lets us know that we are not God."

"Just as there are two kinds of cholesterol HDL (healthy) and LDL (toxic) so also are there 2 forms of shame: innate (healthy) shame and toxic life destroying shame."

*- Healing the Shame that Binds You
By: John Bradshaw*

"When we are exposed without any way to protect ourselves we feel the pain of shame. If we are continually overexposed shame becomes toxic."

*- Healing the Shame that Binds You
By: John Bradshaw*

"Because toxic shame stays hiding and covers itself up we have to track it down by learning to recognize its many faces and its many distracting behavioral cover-ups."



"People will readily admit guilt, hurt or fear before they will admit shame. Toxic shame is the feeling of being isolated and alone in a complete sense."

"One may have an all pervasive sense of never quite belonging, of being on the outside looking in."

*- Healing the Shame that Binds You
By: John Bradshaw*

"Codependency is a condition wherein one has no inner life. Happiness is on the outside. Good feelings and self-validation lie on the outside. They can never be generated from within."

"Neurotic or toxic shame is the root and fuel and all of all compulsive addictive behaviors."

*- Healing the Shame that Binds You
By: John Bradshaw*



"The demand for a false self to cover and hide the authentic self necessitates a life dominated by doing and achievement. Everything depends on performance and achievement rather than on being."

"Toxic shame looks to the outside for happiness and validation since the inside is flawed and defective. Toxic shame is spiritual bankruptcy."

*- Healing the Shame that Binds You
By: John Bradshaw*

"Once internalized toxic shame is functionally autonomous which means that it can be triggered without any attending stimulus. One can be alone and trigger a shaming spiral through internal self talk."

"Toxic shame is multigenerational, it is passed from one generation to the next. Shame based people find other shame based people and get married."

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"The good news is you can recover, uncover and discover your true self and your personal power."

But you must be willing to come out of hiding and embrace your toxic shame."

*- Healing the Shame that Binds You
By: John Bradshaw*



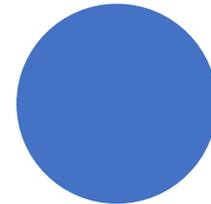


Healing and Recovery

The Externalization Process

1) "Coming out of hiding by social contact, which means honestly sharing our feelings with significant others."

- Healing the Shame that Binds You
By: John Bradshaw





2) "Seeing ourselves mirrored and echoed in the eyes of at least one non shaming person. Reestablishing an interpersonal bridge."

*- Healing the Shame that Binds You
By: John Bradshaw*

3)"Working a
12 step
program"

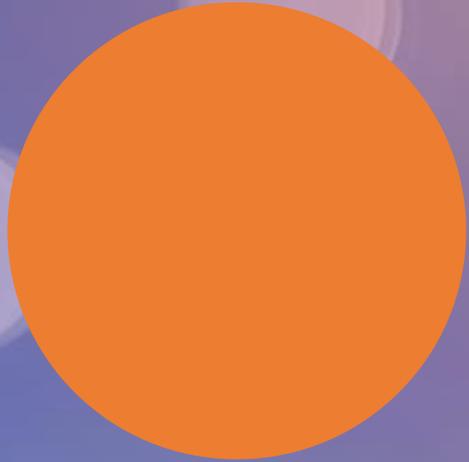
*- Healing the Shame that Binds You
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4) "Doing shame reduction work by legitimizing our abandonment trauma. We do this by writing and talking about it. Writing especially helps externalize past shaming experiences."

*- Healing the Shame that Binds You
By: John Bradshaw*



5) "MAKING NEW DECISIONS TO ACCEPT ALL PARTS OF OURSELVES WITH UNCONDITIONAL POSITIVE REGARD LEARNING TO SAY "

"I LOVE MYSELF FOR..."

*- Healing the Shame that Binds You
By: John Bradshaw*



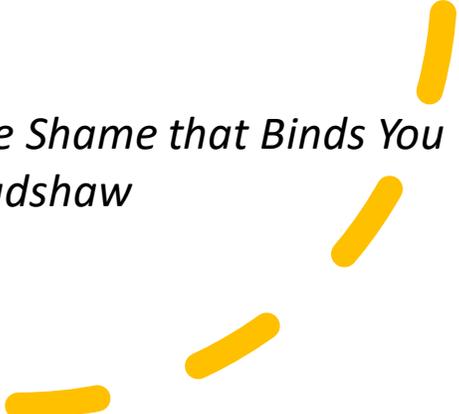
6) "Externalizing the voices in our heads. These voices keep our shame spirals in operation. Doing exercises to stop our shaming voices and learn to replace them with new, nurturing and positive voices."

- *Healing the Shame that Binds You*
By: John Bradshaw



7) "Learning to be aware of certain interpersonal situations most likely to trigger shame spirals."

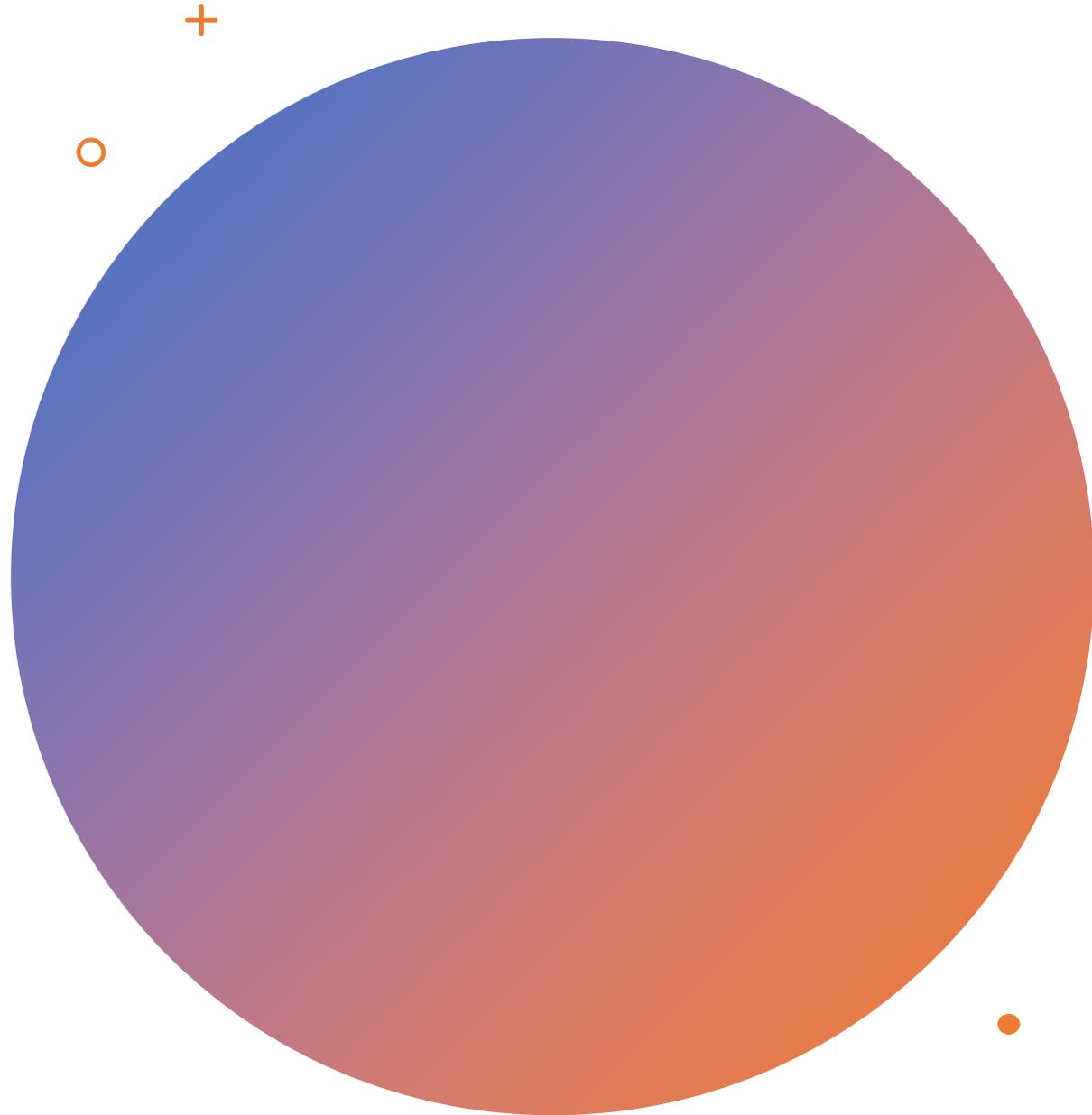
*- Healing the Shame that Binds You
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8) "Learning how to handle our mistakes and having the courage to be imperfect."

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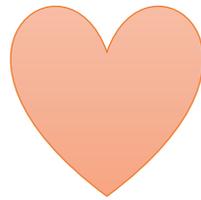


9) "Finally, learning through prayer and meditation to create an inner place of silence wherein we are centered and grounded in a personally valued Higher Power."

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Self-esteem 3 Parts



Mental, Spiritual
and Physical

Need to find a
balance

Self –esteem checklist:

1) Awareness of my thoughts; trying to turn negative to positive thinking using prayer and meditation.

2) Self-care: physical, mental/emotional and spiritual.

3) Awareness of troubling relationships and situations.

4) Forgiveness and encouragement of myself and others.

Cultivating my own
internal garden with
positive affirmations



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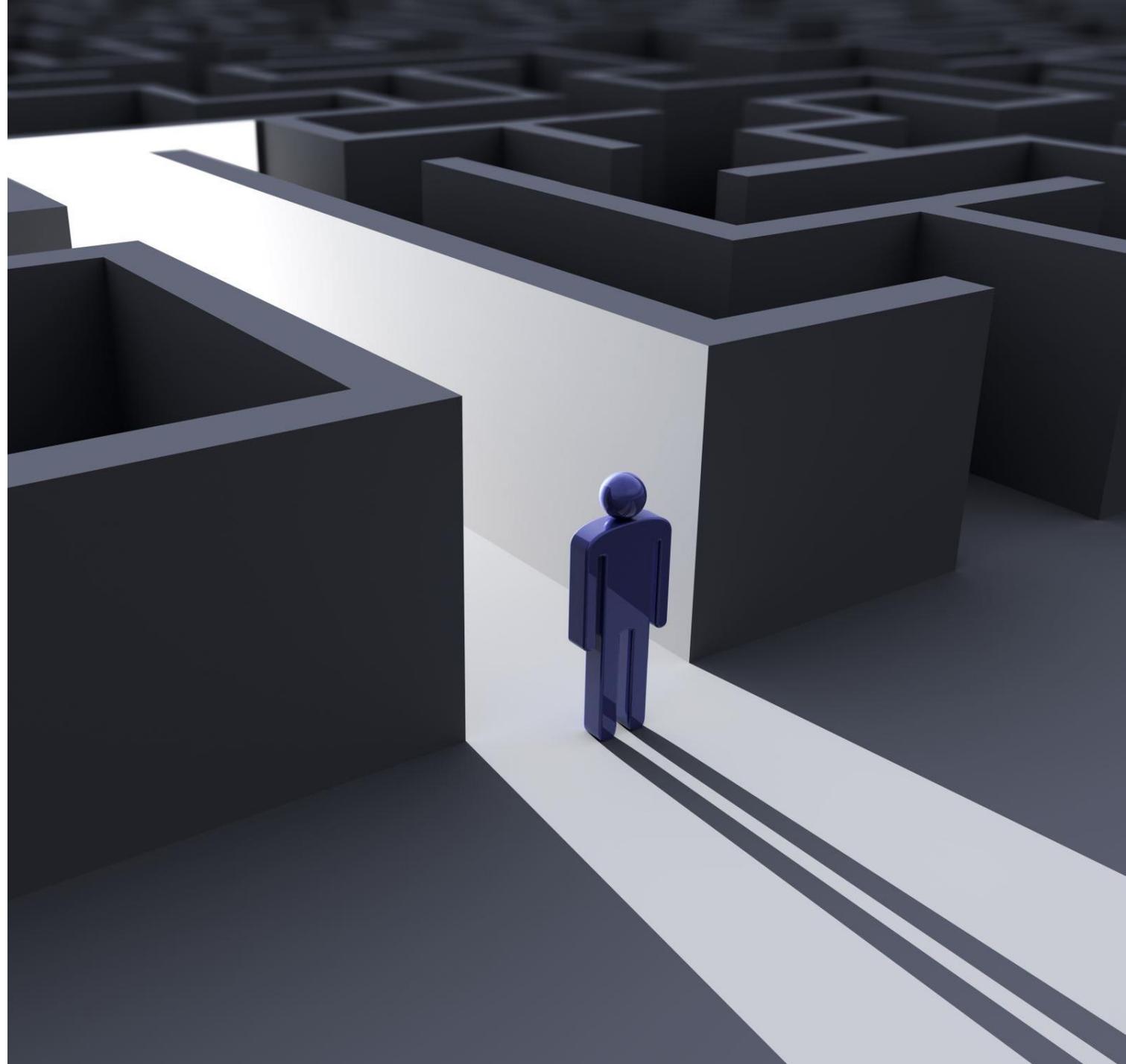
Expanded and Updated Edition

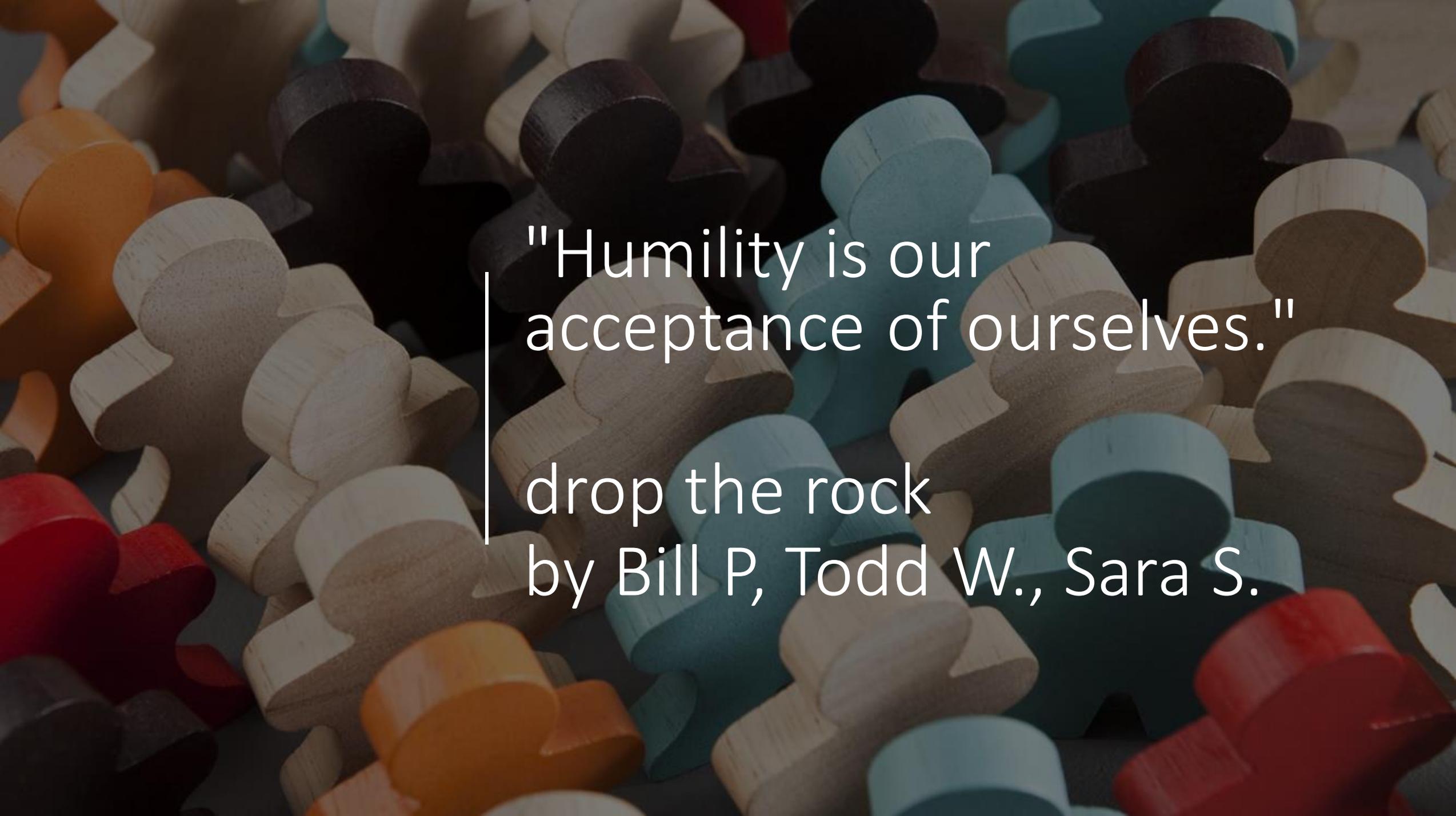
**Step 7 Humbly asked
Him to remove our
shortcomings:**

"...humility is simply a
clear recognition of who
and what we are.
We have gotten down to
our own right size."

drop the rock

By:Bill P.,Todd W., Sara S.





"Humility is our
acceptance of ourselves."

drop the rock

by Bill P, Todd W., Sara S.

"Trust and thankfulness will get you safely through this day. **Trust** protects you from **worrying** and **obsessing**. **Thankfulness** keeps you from **criticizing** and **complaining**."

-Jesus Calling February 21st



From page 84 of *The Big Book of Alcoholics*
Anonymous:

"Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime."

From page 84 of *The Big Book of Alcoholics Anonymous*:

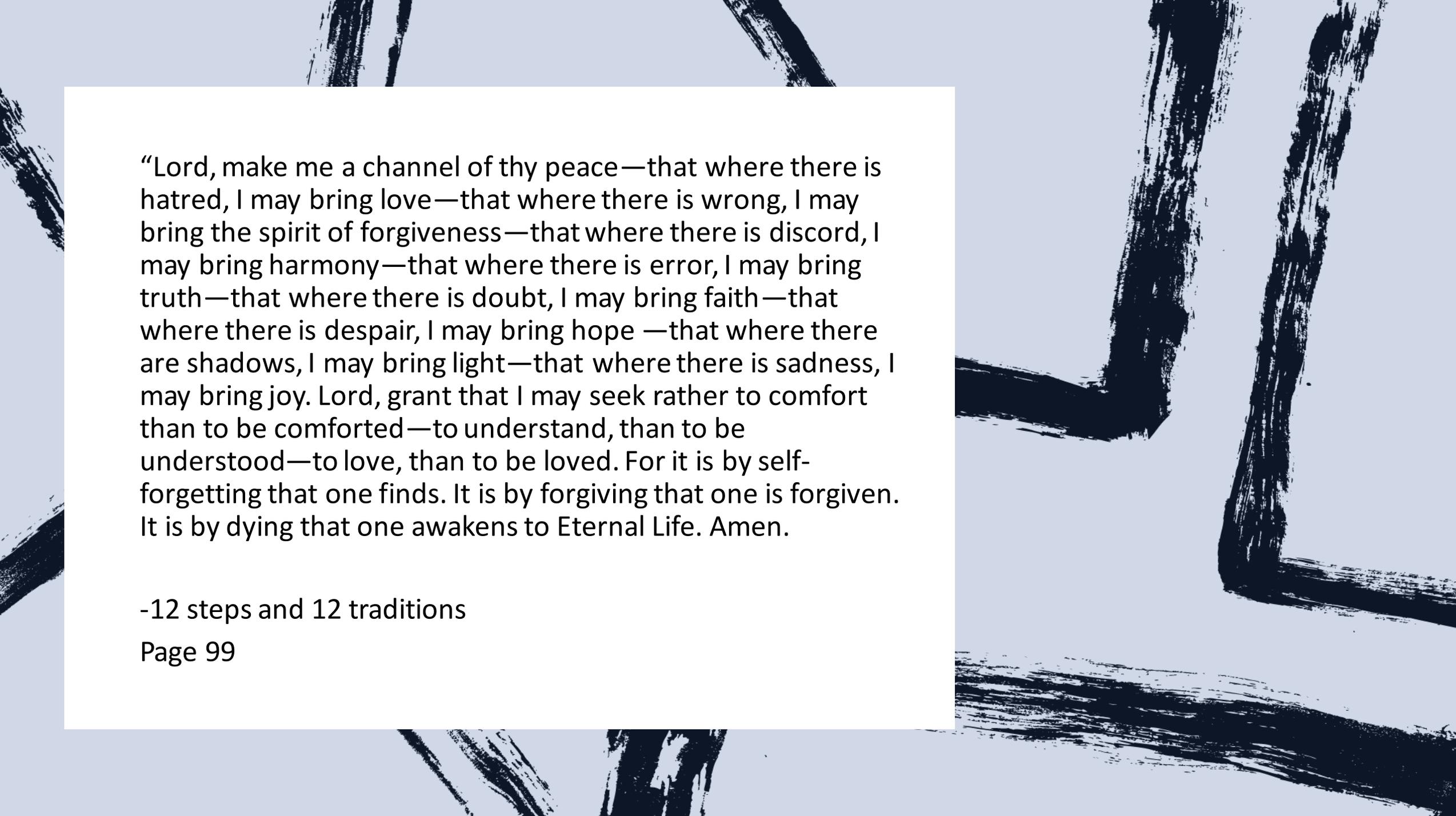
"Continue to watch for selfishness, dishonesty, resentment and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help."



There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life.

-12 steps and 12 traditions

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“Lord, make me a channel of thy peace—that where there is hatred, I may bring love—that where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony—that where there is error, I may bring truth—that where there is doubt, I may bring faith—that where there is despair, I may bring hope—that where there are shadows, I may bring light—that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted—to understand, than to be understood—to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen.

-12 steps and 12 traditions

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