



**GOOD LIFE
RECOVERY**


**Practical Spirituality:
Our Way of Life in Recovery**

Sue Diamond, M.A.
 Founder/Director Good Life Recovery
www.goodlifercovery.ca

What is Spirituality to You?

When you think of spirituality: what comes to mind?


- ❖ Do you think of church?
- ❖ Do you think of religion?
- ❖ Do you think of a punishing God?
- ❖ Do you think of the intelligence and wonder of life?



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What is Spirituality to You?

- ❖ We all have a spirit, and addiction has interfered with our knowing ourselves in this way.
- ❖ Many people, when they sober up we have a negative idea of spirituality and confuse it with religion.
- ❖ Is that true for you? If so, is it because of negative experiences in your family of origin?
- ❖ Or, were you not exposed to spirituality growing up?



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A Healthy Understanding

Definition:

Religious: Scrupulously faithful; pertaining to or connected with a monastic religious order; often containing a moral code of human affairs.

Spiritual: Of or relating to the spirit or soul, as distinguished from the physical nature; of or relating to sacred things or matters.



Spirituality in Recovery

- ❖ A very necessary and integral part of quality recovery.
- ❖ It forms the foundation – a solid, safe landing place.
- ❖ It is the ultimate form of connection – THE most important factor found in long-term contented sobriety.



Make it Practical

- ❖ Practice living by spiritual principles:
- ❖ Develop your 'faith' in the universal life force (energy) that has created you and everything else that is alive.
- ❖ Feel the positivity of that force and let it become a part of you and the way you are in world.
- ❖ Find your spiritual 'north start' and let it be your guide in everyday life.



Practice Methods

Make it personally appealing:

Find what works for you:

- ❖ Read spiritual books that uplift your mind.
- ❖ Do mind-body practices – yoga, tai chi; chi gong.
- ❖ Learn mindfulness practices and/or meditation.
- ❖ Spend time in nature.
- ❖ Learn to be inwardly still.



Everyday Spirituality – Walk Your Walk

- ❖ Am I easy to get along with – as a partner, a co-worker, a friend?
- ❖ Am I gentle with those who rub me the wrong way?
- ❖ Am I competitive to feel superior or am I collaborative and celebrate the successes of others?
- ❖ Do I put down the activities of others, when I don't agree or wish to participate?
- ❖ Am I a bringer of harmony or disharmony?



Everyday Spirituality – Walk Your Walk

- ❖ Am I considerate of the needs and wants of others I am in contact with?
- ❖ Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
- ❖ Do I engage enough with recovery meetings, or activities that develop my spirituality?
- ❖ Do I share all of me, the good and the bad, accepting as well as giving help?



Spirituality Journal

1. Write down some of the things that help you find a state of calm and connection to something bigger than yourself.
2. Write down ways you aspire to grow in, that will help you show up in life and demonstrate your emotional sobriety.



Spirituality Journal:

Write a few lines about how you hope to be remembered and how your work in recovery has played a part.