



**GOOD LIFE
RECOVERY**


Unity & Peace of Mind in Recovery

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Finding Unity

- ❖ There is a unifying force underlying all creation.
- ❖ Some people call it Creator, Allah, Universe, Spirit, God, or Love, to name a few.
- ❖ It's a fact of life that must be part of a solid recovery plan.

How do you define this force?



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Unity with Our Own Selves

In order to connect with this unifying force in life, we have to start with the nearest of near - Our own self.

Our addiction takes us away from this connection.

- It inebriates us
- It numbs us out
- It creates a false and superficial self

We never get to really know who we are.



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Our Sober Selves

Sobriety can be thought of as an opportunity to explore the existential questions, "Who am I?" "What is my purpose in life?"

It's a chance to go deep within and tap into what matters to us - what our values are.

We can finally remove the screens and the filters that keep us from knowing ourselves – the denial, avoidance, and/or defensiveness.



How did your addiction keep you from knowing yourself?

Spending Time with Ourselves

❖ Making time for quiet contemplation, reflection or journaling is the key to learning who we are.

❖ That can be hard for many of us – because when we go inside our own skin, what we find can be uncomfortable.

❖ We have spent a lifetime criticizing and berating ourselves.

❖ This negative attitude towards ourselves is a toxic and corrosive thread that impedes emotional and spiritual growth.



How have you been critical about yourself?

Spending Time with Ourselves

❖ There may also be unaddressed painful events that live inside. The hurt, sadness, grief or anger has been tucked away and feels too big and scary to face.

❖ We may have hurt other people. We may have been dishonest, took things that didn't belong to us; undermined, gossiped, lied to others, or cheated our business partners.

❖ Going inward means facing the truth about these behaviors, and the fact we have never repaired them.



What uncomfortable feelings/events live inside you?

The Way Forward To Greater Unity

- ❖ Tapping into the universal, omnipresent force of good, is an inner resource in recovery.
- ❖ We come to know that we are loved for who we are and forgiven for all we have done. That it is a given.
- ❖ Our part in the process is to "clean up the wreckage of our past" and learn to forgive and love ourselves.



Am I OK today with who I am? If not, what can I do?

Kindness is the Cure

- ❖ We begin by being kind with ourselves. We talk to ourselves with patience and understanding.
- ❖ In addition, we hold ourselves accountable for our current and past actions.
- ❖ This is very different than "blaming" ourselves or others.
- ❖ We get honest about what we have done and become willing to make repairs with our fellow human beings.



What can I do to be more comfortable in my own skin?

Love is the Universal Answer

- ❖ Forgiveness, kindness and LOVE are the keys to moving forward in recovery.
- ❖ We forgive ourselves without taking ourselves off the hook, or find excuses to make the same mistake, over and over again.
- ❖ We become more loving to ourselves and others as the cure to being our best self in recovery.
- ❖ It is this approach that connects with the underlying unifying force of Love that heals all our problems.



Hands on Heart Meditation

Take 3 deep breaths in and out and say:

- ❖ May I be kind and loving to everyone today, including myself, as my first and only response.
- ❖ May I always stay connected to my highest self and act accordingly.
- ❖ May I cultivate peace within so that I can bring it into my world and spread it to those I meet.
- ❖ May I be willing to help others, and be of service, thinking only of how to be caring to those who are suffering around me.