

RECOVERING A LOVING RELATIONSHIP WITH OURSELVES USING THE 12 Steps.....by Ken and Mary

We will not be going through all of these questions during the workshop, but wanted to give additional information that you can use to enhance the loving relationship with yourself. We have underlined the areas that we will use for this workshop.



Step 1: We admitted we were powerless over others—that our lives had become unmanageable.

When looking at working the Steps on how we love ourselves and have a loving relationship with ourselves, we may see the first step as.....

Step 1: We admitted we were powerless over how we treated ourselves-- that our lives had become unmanageable.

or

Step 1: We admitted we were powerless over what in the world does it means to have a loving relationship with ourselves -- that our lives had become unmanageable.

List our all the ways you are powerless over loving yourself and having a loving relationship with yourself. Areas to look at:

- 1. Shame blocks***
- 2. Fear blocks***
- 3. Over commitment***
- 4. Outside distractions***
- 5. Compulsions or Addictions***
- 6. Etc.***

Then list out your specific ways that you become unmanageable in each of the areas of powerlessness. Be very clear in your examples of each area.

Lastly, your feelings about it all. Journal how you feel with each item you write. Feelings are different from States of Consciousness, so it's helpful just to journal your feelings. Some feeling words are:

Fear, Lonely, Shame, Anger, Guilt, Shame, Pain, Joy

CODEPENDENT ADAPTATION



DIMINISHING HEART



FEARFUL THINKING



OVER INDULGENT OR CRITICAL PARENT



ADAPTIVE CHILD

WHO'S INSIDE

LOVING HIGHER SELF



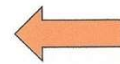
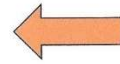
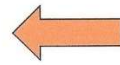
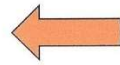
LOVING ADULT



LOVING PARENT



LOVING CHILD





Step 2: Came to believe that a power greater than ourselves could restore us to sanity.

Questions:

- 1. Do you believe that your Higher Power loves you unconditionally and wants the best for you?**
- 2. Whose voices do you hear with your Higher Power when you are feeling vulnerable, depressed, in a shame spiral, sad, angry.....Mom, Dad, Clergy, Religion, Teacher, Family Member, Coach, etc. And, what do they say?**
- 3. Is that voice one that you want to "Turn Your Will and Life" over to?**
- 4. Describe a Loving Higher Power you CAN "Turn Your Will and Life" over to.**
- 5. Are you willing to intervene on those voices and tell yourself the truth of who your Loving Higher Power?**
- 6. What would it mean if your Higher Power restored you to love and loving of yourself?**
- 7. How would your life be different?**
- 8. How would your relationship with yourself be different?**
- 9. How would this then effect your relationships with others?**



Step 3: Made a decision to turn our will and lives over to the care of God as we understood God.

Questions:

- 1. Ask yourself, is it Self Loving to turn my will and life over to my Higher Power? If yes, why? If no, why?**
- 2. Am I willing to put into actions the tools of Self Loving and leave all outcomes up to my Higher Power? If yes, why? If no, why?**
- 3. How would my self loving feel if I practiced consciously loving myself without any expectations of what it is supposed to look like? If I lived each moment, each day from a loving place of surrender to my Higher Power?**
- 4. Am I ready to make a decision in my Self Loving to turn my will and life over to the care of God as I understand God? If yes, why? If no, why?**



Step 4: Made a searching and fearless moral inventory of ourselves.

- 1. How have I harmed my self by not loving myself, my inner child, my inner teen, my inner spiritual self, my inner parent, my inner adult.....Physically, Emotionally, Sexually, Spiritually and Intellectually?**
- 2. What consequences did I experience as a result?**
- 3. How has that affected me Physically, Emotionally, Sexually, Spiritually and Intellectually?**
- 4. How do I feel about each item?**
- 5. As a result of my recovery, how have I loved myself Physically, Emotionally, Sexually, Spiritually and Intellectually?**
- 6. How do I feel about each item?**



Step 5: Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.

- 1. Share your 4th Step with your Sponsor, Friend, Clergy or another loving person familiar with codependence.**
- 2. Do something loving for yourself after.**
- 3. Affirm to yourself how courageous you are in your recovery.**



Step 6: Were entirely ready to have God remove all these defects of character.

Questions:

- 1. Are you ready to love yourself unconditionally?**
- 2. Are you ready to love your human-ness?**
- 3. Are you ready to be lovingly accountable for your mistakes?**
- 4. Are you ready to treat yourself with loving kindness?**
- 5. Are you ready to lovingly empower yourself?**
- 6. Are you ready to practice loving empowered communication?**
- 7. What would my life look like if I loved myself....let your imagination soar.**



Step 7: Humbly asked God to remove our shortcomings.

- 1. Write out a prayer to your Higher Power asking that your blocks to loving yourself be removed.**
- 2. List out new thoughts and new behaviors to replace the old thoughts and behaviors and begin to practice one or two a day. Always remembering to let go of any expectation of outcomes.**
- 3. List out your gratitude's, daily, to yourself and to your Higher Power for the changes and the gifts you have received in recovery in loving yourself.**



STEP 8: Made a list of all persons we had harmed and became willing to make amends to them all.

- 1. See who is on your list.....your inner child, your inner teen, your parent self, your adult self, your spiritual self, your addict...all YOU. You and all those parts of you are the only ones on this list.***
- 2. Are you willing to forgive yourself? Ask yourself what would your life look like if you forgave yourself?***



Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

- 1. Write out an amends letter to each part of you. Amends is a four-step process: First the apology, Second being specific about what you did, Third being specific about how you are going to change it and Fourth is follow-through. Be sure to include the first three in your amends letter.***
- 2. With each letter, visualize that part of you as you read your letter out loud. Sometimes it is helpful to have a picture of yourself to read to.***
- 3. Create a spiritual ritual to surrender your letters to your Higher Power.***
- 4. Begin practicing daily forgiveness of yourself of the past ways in which you were not loving to yourself.***



STEP 10: Continued to take personal inventory and when we were wrong promptly admitted it.

How have I loved myself, shown up for myself, cared for myself, respected myself or any other ways of loving self-care in the five areas of and are there any areas that I need to be accountable to myself in mistakes I might have made in the treatment of myself. Practice an Attitude of Gratitude daily:

Physical:

Emotional:

Spiritual:

Sexual:

Intellectual:



STEP 11: Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

Questions:

- 1. Do you know and trust that God's will for you is for you to love yourself unconditionally and with abandon?***
- 2. How does your loving yourself enhance your relationship with your Higher Power?***
- 3. How does your practice of conscious contact with your Higher Power enhance your loving relationship with yourself?***

Pray and Meditate daily, if even for a minute.....nurture and evolve your relationship with your Higher Power.



STEP 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to other codependents, and to practice these principles in all our affairs.

Questions:

- 1. What does it mean to carry the message about loving the self?***
- 2. What are ways to be of service to others around loving the self?***
- 3. Are you willing to be of service? Sponsor? Open a Meeting? Sit on a Committee, 7th Tradition, Share your recovery, Etc.?***
- 4. How do you evolve your recovery and practice the principles of our program into all areas of your life?***