

Chapter 3

*M*irror, Mirror, on the Wall:
Recovery-based Belief System

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*The beliefs you live by form and shape the world
you live in; if you change the beliefs you live by,
you will change your world.*

-Stanley Phillips

Well, are you or aren't you? Should you or shouldn't you? Can you or can't you? Are you chemically dependent? Should you or should you not remain abstinent from all alcohol and other drugs? Should you go to that wedding tonight? Should you room with your best friend who gets high every night after work?

"It depends," you say. It depends on your mood, what time of day you're asked, how *thirsty* you are, how unhappy you are, how squirrely you are.

I say that the answer is simpler than that. I say that it depends on one thing and one thing only: on what you believe at the core of who you are. And depending on how deeply held your core beliefs are about Recovery-based choices, Recovery-based actions, and Recovery-based living you'll never waver in knowing the answer to the questions I listed above and so much more.

What are the essential, fundamental core truths that you maintain about chemical dependency and what it means to you to be a chemically dependent individual? What is it that you believe about the necessity to remain abstinent from ALL alcohol and other drugs? What is it that you believe about [re]constructing and preserving a Recovery-based lifestyle? What is it that you believe about what your role is in remaining abstinent? The answer to these questions and questions like those is what makes up your *Recovery-based belief system*.

Your Recovery-based belief system influences the choices you make as well as the actions that you take. In order to make choices and take actions that preserve your Recovery-based lifestyle, you need to adopt and live from a Recovery-based belief system.

Conversely, if you consistently make choices and take

actions that show no regard for your Recovery-based lifestyle, it's likely that you have [re]adopted your old using-based belief system. This inevitably occurs to most people. Don't be alarmed if and when it happens to you. There are steps you can take, if you're of a mind to do so, that will enable you to get back on the right path again.

A Recovery-based belief system is most easily maintained by frequent and consistent contact with your Recovery-based support system. It's critical that you maintain contact with people who are knowledgeable about abstinence, chemical dependency, Recovery, relapse prevention, and spirituality. For when left to your own devices, when the going gets tough, you tend to hide out. Your using-based belief system, reinforced by denial and other perceptual distorters, will take over and begin to erode the core of your Recovery-based belief system. Being exposed to the repeated utterances of a Recovery-based belief system will reinforce your newly forming belief system.

Having said that, how about if we roll up our sleeves and get to work. Do so by approaching the material in this chapter in a thoughtful, deliberate manner. It is intended to serve as a catalyst for you to *learn about yourself* rather than for you to learn about any specific subject matter. As such, it will be necessary to take on this material in little bite-size pieces rather than swallow it whole.

Pathfinder's Checklist

Ten elements of a Recovery-based belief system.

- 1) What you believe about whether or not chemical dependency is a disease.

- 2) What you believe about whether or not chemical dependency is a primary, chronic, progressive, prone to relapse, and often times fatal disease.
- 3) What you believe about whether or not you're chemically dependent.
- 4) What it means to you that you're chemically dependent.
- 5) What it means about you to the people in your life that you're chemically dependent.
- 6) What it means to you about the adjustments and alterations you need to make to the way you live your daily life as a result of being chemically dependent.
- 7) What it means to you about the adjustments and alterations you need to make about the way you think about and relate to your self as a result of being chemically dependent.
- 8) What it means to you about the adjustments and alterations you'll need to make to the way that you think about and relate to the people in your life as a result of being chemically dependent.
- 9) What it means to you about the adjustments and alterations you'll need to make to the way that you think about and relate to your Higher Power as a result of being chemically dependent.
- 10) What it means to you about the adjustments and alterations you'll need to make to the way that you think about and practice spirituality in your day-to-day life as a result of being chemically dependent.

Now that was a mouthful. To make the material in this chapter more easily digestible, I'm going to break

down all of what I just said for you throughout the rest of this chapter. Take your time as you go through the rest of the material in this chapter. Do not attempt to read through this material all at once. This chapter should take months for you to totally digest and integrate into your belief system. Yes, it could be months before you're able to work out at the deepest levels of who you are all that you need to think about in this chapter. So take your time. Take the following material on in small chunks. Come back to it over and over and over again.

Okay? Sharpen your pencil. Go slow. Be thoughtful. Take a break when you're feeling overwhelmed. Go on to another chapter in this book when you've become bored with the material in this chapter. This is the only way that you'll benefit from reading this chapter!

The first set of beliefs I would like you to consider is *the beliefs that you have about chemical dependency*. Just because you're told that chemical dependency is a disease doesn't mean that you necessarily believe it to be so. If you don't believe that chemical dependency is a disease, then, what do you believe that chemical dependency is?

Why is it important for you to know what you believe chemical dependency is? Simply, your beliefs shape and form your actions. If you believe that chemical dependency is a disease that you can manage, then your actions will match that belief. If you believe that chemical dependency is not a disease, then it would be unlikely that you'll bother attempting to manage something that doesn't need to be managed.

Pathfinder's Compass

What you believe about what chemical dependency is.

- 1) Write about or discuss whether or not chemical dependency is a disease.
- 2) Write about or discuss whether or not chemical dependency is a primary, chronic, progressive, prone to relapse, and often times fatal disease.
- 3) Write about or discuss whether or not you believe that the idea that chemical dependency is a disease is merely an excuse that allows a chemically dependent individual to avoid taking responsibility for their consumption of alcohol and other drugs.
- 4) Write about or discuss whether or not the consumption of alcohol and other drugs by a chemically dependent individual is a willful act that a chemically dependent individual has complete control over doing or not doing.
- 5) Write about or discuss whether or not chemical dependency is caused by moral depravity.
- 6) Write about or discuss whether or not chemical dependency is caused by weakness of character.
- 7) Write about or discuss in detail whether or not chemical dependency is caused by a character flaw.
- 8) Write about or discuss whether or not chemical dependency is caused by insufficient willpower.
- 9) Write about or discuss whether or not chemical dependency is caused by an addictive personality.

Pathfinder's Exercise

- 1) What did you learn from your discussions and

journaling about what you believe and don't believe about chemical dependency?

- 2) What are you still unwilling to accept about chemical dependency being a disease?
- 3) What beliefs about chemical dependency must you continue to clarify through readings and discussions with your Recovery-based support system?
- 4) What daily actions do you need to take as a result of what you've learned from your discussions and journaling about what you believe and don't believe about chemical dependency?

The second set of beliefs that I would like you to focus on is *the beliefs that you hold about what it means about you that you're a chemically dependent individual*. Taking on the identity of being chemically dependent is a tough pill to swallow. You may resist doing so for different reasons. Perhaps you may resist taking on the identity because you want to continue consuming alcohol and other drugs. Perhaps you may resist taking on the identity because you don't want to be like *those other people* who are chemically dependent. You may resist taking on that identity because you have many harsh judgments about chemically dependent individuals—judgments you don't want to be true about you. Perhaps you may resist taking on the identity because you're concerned about what your friends and family members may think of you and how they may treat you as a result of you admitting that you were chemically dependent. Whatever the reason(s), if you don't believe that you're a chemically dependent individual, it's likely that you won't live your life as if you were a chemically dependent individual who needs to take

concrete specific actions in order to remain abstinent from ALL alcohol and other drugs.

Pathfinder's Compass

What you believe that it means about you that you're chemically dependent.

- 1) Write about or discuss in detail whether or not you're chemically dependent.
- 2) Write about or discuss in detail what it means to you that you're chemically dependent.
- 3) Write about or discuss in detail what it means about you that you're chemically dependent.
- 4) Write about or discuss in detail what's most difficult for you about accepting that you're chemically dependent.
- 5) Write about or discuss in detail those beliefs of yours that prevent you from accepting that you have a disease called chemical dependency.
- 6) Write about or discuss in detail those beliefs of yours that prevent you from accepting yourself as being an individual who's chemically dependent.
- 7) To accept that you're chemically dependent means you would have to accept *what* about who you are?
- 8) To accept that you're chemically dependent means you would have to accept *what* about who you could no longer be?
- 9) To accept that you're chemically dependent means you would have to accept *what* about who you could no longer associate with?
- 10) To accept that you're chemically dependent means that you would have to accept *what* about where

you could no longer go?

- 11) To accept that you're chemically dependent means that you would have to accept *what* about what you would no longer be *allowed* to do?
- 12) To accept that you're chemically dependent means that you would have to accept *what* about what you would no longer be *capable* of doing?

Pathfinder's Exercise

- 1) What did you learn from your discussions and journaling about what you believe about what it means about you to be a chemically dependent individual?
- 2) What are you able to accept about yourself in regards to being a chemically dependent individual?
- 3) What are you unable to accept about yourself in regards to being a chemically dependent individual?
- 4) What do you need to continue to clarify through readings and discussions with your Recovery-based support system about what you need to continue working at accepting about yourself in regards to you being a chemically dependent individual?
- 5) What daily actions do you need to take as a result of you accepting the fact that you're a chemically dependent individual?

Next, let's focus on what you believe both our culture and the people in your life believe about chemical dependency and people who are chemically dependent. Our

culture doesn't make it easy for you to claim the fact that you're chemically dependent. There's much judgment and ridicule directed at anyone who's chemically dependent. The values of our culture—the virtues that our culture honor, the qualities and characteristics that our culture scorn can make it difficult for you to claim your identity of being chemically dependent without feeling ashamed of yourself for being so. But you must do so in order to remain clean and sober. Use this next section to flesh out what you believe that the culture as a whole and the people in your life more specifically may believe about you being chemically dependent.

Pathfinder's Compass

What you believe that it means about you to other people that you're chemically dependent.

- 1) Write about or discuss in detail what chemical dependency is thought to be in our culture.
- 2) Write about or discuss in detail how our culture explains what cause(s) chemical dependency.
- 3) Write about or discuss in detail how our culture views an individual who is chemically dependent.
- 4) Write about or discuss in detail what it means about you according to our culture that you're chemically dependent.
- 5) Write about or discuss in detail what chemical dependency means to the people in your life.
- 6) Write about or discuss in detail what the people in your life believe causes chemical dependency.
- 7) Write about or discuss in detail how the people in your life view a chemically dependent individual.

- 8) Write about or discuss in detail what it means about you to the people in your life that you're chemically dependent.
- 9) To accept that you're chemically dependent means that your friends and family would have to accept *what* about who you are?
- 10) To accept that you're chemically dependent means that your friends and family would have to accept *what* about who you could no longer be?
- 11) To accept that you're chemically dependent means that your friends and family would have to accept *what* about who you could no longer associate with?
- 12) To accept that you're chemically dependent means your friends and family would have to accept *what* about where you can no longer go?
- 13) To accept that you're chemically dependent means that your friends and family would have to accept *what* about what you would no longer be *allowed* to do?
- 14) To accept that you're chemically dependent means that your friends and family would have to accept *what* about what you would no longer be *capable* of doing?

Pathfinder's Exercise

- 1) What did you learn from your discussions and journaling about what you believe that it means to your friends and family that you're a chemically dependent individual?
- 2) What did you learn from your discussions and

journaling about what you believe that your friends and family members are able to accept about you in regards to you being chemically dependent?

- 3) What did you learn from your discussions and journaling about what you believe that your friends and family members are unable to accept about you in regards to you being chemically dependent?
- 4) What did you learn from your discussions and journaling about what actions you need to take in order to [re]build the bridges between you and your friends and family members?

The next set of beliefs to examine is the beliefs that you have about your relationship with alcohol and other drugs. You need to identify what you believe at the core of who you are about whether or not you're powerless over ALL alcohol and other drugs, what impact alcohol and other drugs has had on your life, whether or not you can consume alcohol and other drugs in a controlled manner, and whether or not you should remain abstinent from ALL alcohol and other drugs.

Pathfinder's Compass

Your beliefs about your relationship with alcohol and other drugs.

- 1) Write about or discuss in detail what being powerless over alcohol and other drugs means to you.
- 2) Write about or discuss in detail how being powerless over alcohol and other drugs manifested itself

in your day-to-day life when you were consuming alcohol and other drugs.

- 3) Write about or discuss in detail how being powerless over your consumption of alcohol and other drugs impacted your life.
- 4) Write about or discuss in detail what being powerless over alcohol and other drugs means about your [in]ability to consume alcohol and other drugs without losing control of yourself and your consumption of alcohol and other drugs.
- 5) Write about or discuss in detail what role abstinence from ALL alcohol and other drugs plays in the [re]construction and preservation of a Recovery-based lifestyle.
- 6) Write about or discuss in detail what the significance is of *doing the next right thing* for [re]constructing and preserving your Recovery-based lifestyle as a result of you being powerless over alcohol and other drugs.
- 7) Write about or discuss in detail what being powerless over alcohol and other drugs means about what you can and cannot do, where you can and cannot go, and with whom you can and cannot go there with.
- 8) Write about or discuss in detail what the significance is of acknowledging the existence of a power greater than yourself known as your Higher Power as a result of you being powerless over alcohol and other drugs.
- 9) Write about or discuss in detail the words that you would use to deny that you were powerless over your consumption of alcohol and other drugs by

rationalizing about your consumption of alcohol and other drugs.

- 10) Write about or discuss in detail the words that you would use to deny that you were powerless over your consumption of alcohol and other drugs by *minimizing* the extent of your alcohol and drug consumption and the impact it had on your life.
- 11) Write about or discuss in detail the words that you would use to deny that you were powerless over your consumption of alcohol and other drugs by *blaming* other people or circumstances for your consumption of alcohol and other drugs.
- 12) Write about or discuss in detail the words that you would use to deny that you were powerless over your consumption of alcohol and other drugs by *intellectualizing* about your consumption of alcohol and other drugs.
- 13) Write about or discuss in detail the words you would use to deny that you were powerless over your consumption of alcohol and other drugs by *bargaining* about your consumption of alcohol and other drugs.

Pathfinder's Exercise

- 1) What did you learn from your discussions and journaling about what it means to be powerless over alcohol and other drugs?
- 2) What did you learn from your discussions and journaling about what you haven't accepted about the idea that you're powerless over alcohol and other drugs?

- 3) What did you learn from your discussions and journaling about what impact alcohol and other drugs has had on your life?
- 4) What did you learn from your discussions and journaling about what actions you need to take in order to consume alcohol and other drugs in a controlled manner?
- 5) What did you learn from your discussions and journaling about actions you need to take in order to consume ONLY those alcohol and other drugs that are *not* your alcohol and drug of choice?
- 6) What did you learn from your discussions and journaling about the different ways you deny the extent of your powerlessness over alcohol and other drugs?

The next set of beliefs to examine is the belief system you have about creating and becoming involved with a Recovery-based support system. You may be able to abstain from alcohol and other drugs alone, but why would you want to? The answer to that question lies at the heart of what you believe about yourself and what it means to you to need and/or accept help from other people, what you believe about you and your comfort level of asking for and accepting help from others, as well as what you believe about the necessity of being a member of a larger Recovery-based community. Remember, it's what you believe that will make it easy or more difficult to connect with a Recovery-based community. Take time to see what you need to overcome in order to most comfortably create a Recovery-based support system and become a member of a Recovery-based community.

Pathfinder's Compass

Your beliefs about the role of a Recovery-based support system and a Recovery-based community in your life.

- 1) Write about or discuss in detail the role that a *Recovery-based support system* plays in remaining abstinent from alcohol and other drugs.
- 2) Write about or discuss the role that *Recovery-based support meetings* play in remaining abstinent from alcohol and other drugs.
- 3) Write about or discuss in detail the role that a *Recovery-based mentor or sponsor* plays in remaining abstinent from alcohol and other drugs.
- 4) Write about or discuss in detail the role that daily contact with your *Recovery-based support system* plays in remaining abstinent from alcohol and other drugs.
- 5) Write about or discuss in detail the importance of your willingness to ask for help plays in remaining abstinent from alcohol and other drugs.
- 6) Write about or discuss in detail the importance of your willingness to accept help from others plays in remaining abstinent from alcohol and other drugs.
- 7) Write about or discuss in detail your beliefs that interfere with your willingness to develop a Recovery-based support system.
- 8) Write about or discuss in detail your beliefs that interfere with your willingness to attend Recovery-based support meetings.
- 9) Write about or discuss in detail your beliefs about the kind of a person who attends Recovery-based support meetings.

- 10) Write about or discuss in detail your beliefs about what it would mean about you to regularly attend Recovery-based support group meetings.
- 11) Write about or discuss in detail your beliefs about who *those other people* are who attend Recovery-based support meetings.
- 12) Write about or discuss in detail your beliefs about why you're not like *those other people* who attend Recovery-based meetings.
- 13) Write about or discuss in detail your beliefs about why you won't acknowledge that you're like other people who attend Recovery-based support meetings.
- 14) Write about or discuss in detail your beliefs about the kind of a person who needs help from others.
- 15) Write about or discuss in detail your beliefs that interfere with your willingness to develop a relationship with a Recovery-based mentor or sponsor.
- 16) Write about or discuss in detail your beliefs that interfere with your willingness to call people in your Recovery-based support system every day.
- 17) Write about or discuss in detail your beliefs that interfere with your willingness to ask for help.

Pathfinder's Exercise

- 1) What did you learn from your discussions and journaling about the importance of a Recovery-based support system?
- 2) What did you learn from your discussions and journaling about what you haven't accepted about the importance of a Recovery-based support sys-

tem?

- 3) What did you learn from your discussions and journaling about the importance of attending Recovery-based support group meetings?
- 4) What did you learn from your discussions and journaling about what you haven't accepted about the importance of attending Recovery-based support group meetings?
- 5) What did you learn from your discussions and journaling about your level of comfort in asking for help?
- 6) What did you learn from your discussions and journaling about your level of comfort in accepting help?

At the core of a Recovery-based lifestyle is the *active practice* of spirituality. I emphasize *active practice*. For spirituality is not a mind game about the workings of the Universe but a blueprint for how to interact with the people and circumstances of your life. Unfortunately, the fear that actively practicing spirituality activates within each of us can turn our spiritual practice into a mind game.

In order to practice your spirituality, you need to be aware of your beliefs that interfere with you practicing your spirituality. Use the following talking points as a way to weed out those beliefs.

Pathfinder's Compass

Your beliefs about how to practice in your day-to-day life.

- 1) Write about or discuss in detail what a spiritual awakening is.

- 2) Write about or discuss in detail your beliefs that interfere with you experiencing a spiritual awakening.
- 3) Write about or discuss in detail what a Higher Power is.
- 4) Write about or discuss in detail your beliefs that interfere with you [re]connecting with your Higher Power.
- 5) Write about or discuss in detail what it means to you to practice rigorous honesty in all your affairs.
- 6) Write about or discuss in detail your beliefs that interfere with you practicing rigorous honesty in all of your affairs.
- 7) Write about or discuss in detail how to apply the phrase, *Let Go and Let God* to your day-to-day living.
- 8) Write about or discuss in detail your beliefs that interfere with you *Letting Go and Letting God*.
- 9) Write about or discuss in detail how to apply the *Serenity Prayer* to your day-to-day living.
- 10) Write about or discuss in detail what beliefs you hold that interfere with you practicing the *Serenity Prayer* in your day-to-day living.
- 11) Write about or discuss in detail what it means to you to *surrender* your will.
- 12) Write about or discuss what beliefs you hold that interfere with you surrendering your will.
- 13) Write about or discuss in detail what it means to you to *make amends to the people you've harmed*.
- 14) Write about or discuss in detail your beliefs that interfere with you making amends to the people you've harmed.

- 15) Write about or discuss in detail what you feel gratitude for.
- 16) Write about or discuss in detail what beliefs you hold that interfere with you feeling gratitude.
- 17) Write about or discuss in detail what humility means to you and how you can practice it.
- 18) Write about or discuss in detail what beliefs you hold that interfere with you practicing humility in your day-to-day life.
- 19) Write about or discuss in detail what it means to you *to give to others in order that you may keep for yourself*.
- 20) Write about or discuss in detail what beliefs you hold that interfere with you doing service work.

Pathfinder's Exercise

- 1) What did you learn from your discussions and journaling about what interferes with you experiencing a spiritual awakening?
- 2) What did you learn from your discussions and journaling about what interferes with you [re]connecting with your Higher Power?
- 3) What did you learn from your discussions and journaling about what fears you need to overcome in order to practice spirituality on a daily basis?
- 4) What did you learn from your discussions and journaling about what leaps of faith you must take in order to practice spirituality on a daily basis?

The final area of examination is your beliefs about what the important action steps are in regards to each

individual building block of a Recovery-based lifestyle. This section is intended to give you the big picture overview about what you believe about what actions you need to take in each area of your life. You can tell how solid your Recovery-based belief system is becoming by how conflicted or unconflicted you are about what you believe in each area of your life.

Pathfinder's Compass

Your beliefs about the building blocks of a Recovery-based lifestyle.

- 1) Write about or discuss in detail the role that *abstinence* from ALL alcohol and other drugs plays in remaining abstinent from alcohol and other drugs.
- 2) Write about or discuss in detail the role that *self-care* plays in remaining abstinent from alcohol and other drugs.
- 3) Write about or discuss in detail the role that *stress management* plays in remaining abstinent from alcohol and other drugs.
- 4) Write about or discuss in detail the role that *Recovery-based behavior* plays in remaining abstinent from alcohol and other drugs.
- 5) Write about or discuss in detail the role that *Recovery-based thinking* plays in remaining abstinent from alcohol and other drugs.
- 6) Write about or discuss in detail the role that *Recovery-based management of feelings* plays in remaining abstinent from alcohol and other drugs.
- 7) Write about or discuss in detail the role that a *Recovery-based environment* plays in remaining

- abstinent from alcohol and other drugs.
- 8) Write about or discuss in detail the role that *Recovery-based relationships* play in remaining abstinent from alcohol and other drugs.
 - 9) Write about or discuss in detail the role that a *Recovery-based support system* plays in remaining abstinent from alcohol and other drugs.
 - 10) Write about or discuss in detail the role that *Recovery-based support group meetings* play in remaining abstinent from alcohol and other drugs.
 - 11) Write about or discuss in detail the role that a *Recovery-based mentor or sponsor* plays in remaining abstinent from alcohol and other drugs.
 - 12) Write about or discuss in detail the role that your *Higher Power* plays in remaining abstinent from alcohol and other drugs.
 - 13) Write about or discuss in detail the role that a *spiritual* practice plays in remaining abstinent from alcohol and other drugs.

Pathfinder's Exercise

- 1) What did you learn from your discussions and journaling about what actions that you need to take in each area of your life?
- 2) What did you learn from your discussions and journaling about what role the *right action* in each area of your life plays in remaining abstinent from alcohol and other drugs?
- 3) What did you learn from your discussions and journaling about what areas of life you need to put more attention and effort into?

- 4) What did you learn from your discussions and journaling about what interferes with you giving more attention and effort to areas that require it?

Are you beginning to see how your Recovery-based belief system is an important cornerstone of your Recovery-based lifestyle? Simply, what you believe about yourself, your ability and inability to consume alcohol and other drugs in a controlled manner, the importance of living a Recovery-based lifestyle, and your relationship with your Higher Power shapes what actions you take. And depending on whether your actions are using-based or Recovery-based, you will move one step further towards consuming or abstaining from alcohol and other drugs.

When you remain committed to your Recovery-based belief system, your choices and actions can only reflect your Recovery-based belief system. On the other hand, if you notice yourself making using-based choices, that's a cue that there's a crack in your armor and that it's likely an abandonment of some aspect of your Recovery-based belief system has occurred. There's no crime in this happening, in fact, expect it to happen. But when it does happen, go back to the basics—examine your Recovery-based belief system and see where you've perhaps strayed.

Here's a helpful way to fortify your Recovery-based belief system. Below are two Pathfinder's Checklists. The first contains the tenets of a Recovery-based belief system. The second contains the tenets of a using-based belief system. Review the items in each list thoroughly. When finished, complete the Pathfinder's Exercise that immediately follows the Pathfinder's Checklist—Specific tenets of a using-based belief system.

Pathfinder's Checklist

Specific tenets of a Recovery-based belief system.

- 1) I have a primary, chronic, progressive, prone to relapse, and often times fatal disease that can be managed but never cured.
- 2) I am powerless over my consumption of alcohol and other drugs.
- 3) I can't consume ANY alcohol and other drugs.
- 4) My life became unmanageable because of my out of control consumption of alcohol and other drugs.
- 5) There exists in this universe a power greater than my self.
- 6) I have no control over people, places, and circumstances.
- 7) I can remain abstinent only one day at a time.
- 8) I need support from the Fellowship of my Twelve Step program.
- 9) I need to make amends to the people I've harmed.
- 10) I give to others so that I may keep what I have.
- 11) My self-will is the *cause* not the *salvation* of my unmanageable life.

Pathfinder's Checklist

Specific tenets of a using-based belief system

- 1) I can control how much I drink and drug.
- 2) People in my life who complain about my alcohol and other drug use make my life unmanageable.
- 3) I can consume alcohol and other drugs that were not my drug of choice.
- 4) I can *learn* how to drink and drug in a controlled,

social manner.

- 5) There is no power greater than my self.
- 6) My willpower enables me to accomplish anything I put my mind to.
- 7) I must be perfect.
- 8) I must micro-manage every aspect of my life.
- 9) I can trust no one or no thing other than my alcohol and other drugs.

Pathfinder's Exercise

- 1) Identify those beliefs from both the Recovery-based and using-based tenets in the above two checklists that you strongly agree with.
- 2) Identify those beliefs from both the Recovery-based and using-based tenets in the above two checklists that you strongly disagree with.
- 3) Identify those beliefs from both the Recovery-based and using-based tenets in the above two checklists that constantly changes from agreeing with to disagreeing with back to agreeing with back to disagreeing with.
- 4) Identify the beliefs from both the Recovery-based and using-based tenets in the above two checklists that you haven't made up your mind about.
- 5) Add your personal beliefs that did not appear in either of the above two Pathfinder's Checklists.
- 6) Identify those beliefs that are important for you to honor to preserve your Recovery-based lifestyle.
- 7) Identify what impact that honoring those beliefs will have on your Recovery-based lifestyle.
- 8) Identify what impact that not honoring those beliefs will have on your Recovery-based lifestyle.