

Freedom From Chronic Relapse

You don't need to show these to anyone, but you may want to review your answers with your sponsor or a trusted SA sharing partner. Be as honest as you possibly can.

1. How has your understanding of a 'higher power' influenced your recovery?
2. Is your addiction beyond any human's ability to help?
Can the members of your home group keep you sober?
Can your sponsor keep you sober?
Can watching this video keep you sober?
Can speaker recordings keep you sober?
What about phone calls and meetings?
3. None of these, by themselves, can keep someone sober.
4. How do you define a Higher Power in your life?
5. What does it mean to surrender to something greater than yourself?
6. How do you strive to maintain your connection to your Higher Power daily?
7. How does the vastness of the ocean symbolize your Higher Power?
8. How can you deepen your relationship with your Higher Power moving forward?
9. Reflect on a time when you felt supported by something greater than yourself. What did that experience teach you?
10. What is your quiet reflection time like in the mornings? (actively & submissively listening in silence... not merely talking & reading)
11. You NEVER need to act out again. Ever.
12. Sobriety... Long-term sobriety... starts today.



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