

Insights, experience, and recovery -Step 4,6,7,10

Posted by 1-12steps - 09 Aug 2024 15:10

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If you'd ask me if everything is ok, i'd smile politely and brush you off. Leaving you with no idea how many step-4 entries i'm carrying with me....

When i ask myself "What am i angry about?" I honestly have a hard time identifying it....

So I found the following list helpful, yes the questions are similar, and that's on purpose, tried and tested - it works!

The serenity test: What are you feeling?

What did you want to turn out differently?

What's the par between your expectations and reality?

What do you want-expect-dream about in regard to this?

How do you compare yourself to other, or to yourself in the past?

What aspect of your life are you only willing to accept on a temporary basis?

What are you hoping will improve in the long term?

Why aren't you happy?

What would make you happy assuming your situation today doesn't change?

What are you unhappy about?

What about your situation, if it changed, would allow you to be happy with it?

What are you only willing to accept, on the condition that something else will happen? what will need to happen?

What are you worried about?

What are you afraid of?

What is causing you unrest?

What complaints do you have?

What could you complain about?

What's wrong with your life?

what's bad in your life?

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enjoy...