

Seventh Handout

THE TOOLS OF PERSONAL CHANGE

STEPS

ATTITUDES
ACTIONS } FOR M.I. PURPOSES
BEHAVIORS }

- Memorize*
1. Admit I am powerless over drugs and come to believe that a power greater than myself can restore me to sanity.
 2. Make a decision to turn my will and my life over to the care of God as I understand him.
 3. Make a searching and fearless moral inventory of myself daily.
 4. Admit to God, myself, and another human being the exact nature of my wrongs immediately.
 5. Make direct amends to such people wherever possible except when to do so will injure them, myself, or others.
 6. Seek through prayer and meditation to improve my conscious contact with God as I understand him, praying only for knowledge of His will for me and the power to carry that out.
 7. Having received the gift of awareness, I will practice these principles in all my daily affairs and carry the message to all I can help.

THREE SIGNS

THINK, THINK, THINK
FIRST THINGS FIRST
EASY DOES IT

SERENITY PRAYER

GOD GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE, THE COURAGE TO CHANGE THE THINGS I CAN, AND THE WISDOM TO KNOW THE DIFFERENCE.

FIVE GUIDELINES OF "STRAIGHT THINKING"

1. Is it based on objective reality?
2. Does it protect my life and health?
3. Does it help me to achieve my short and long range goals?
4. Does it keep me out of trouble with myself and others?
5. Does it help me to feel and act in my best interest?