

Steps 4, 5, 6, 7 Getting Right with Self

Rick R., Pensacola, FL 5-5-2025

Vital Spiritual Experiences

Dr Carl Jung describes these as Ideas, Emotions, and Attitudes which were once the guiding forces of our lives which are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate us. (paraphrased from page 27 of the Big Book)

Here are some of these old, threadbare rationalizations that have led to subsequent surrenders later in sobriety. "God will constantly disclose more to you and to us." Page 164

- The idea that he can control and enjoy his drinking is the great obsession of every abnormal drinker. (These allergic types can never safely use alcohol in any form page xxiii)
- Willpower will keep me sober. (this utter inability to leave it alone, no matter how great the necessity or the wish page 34)
- Valuing purchase power vs spiritual power. (lack of power was our dilemma page 45 delusion that he can wrest satisfaction and happiness out of this world if he only manages well page 61)
- What I think you think of me defines my identity. (he wants to enjoy a certain reputation page 73)
- Peace of mind is the destination not the journey. (trudge the road OF happy destiny page 164)
- I don't know and subordination are signs of weakness. (we can laugh at those who think spirituality the way of weakness page 68)
- Change the world instead of myself and my perceptions. (an actor who wants to run the whole show pages 60-61)
- Victim vs volunteer (we began to see that the world and its people really dominated us page 66)
- Coincidences vs realizations of the presence of God. (we will suddenly realize that God is doing for us what we could not do for ourselves page 84)
- Problems are usually consequences of poor decisions based on self. (which later placed us in a position to be hurt page 62)
- Lack of role clarity blocks spiritual growth. (He is the Father we are His children page 62)
- This exercise is a sort of Spiritual Dialysis