



① ME

12th STEP: MY STORY: MY TRUTH TODAY.

Intro: Granddaughter Daughter Sister Wife Mother
IN Recovery from Work Addiction
CODA
Alan ARA

IN Discovery of myself TRUE SELF
SANITY
GOD'S idea of ME

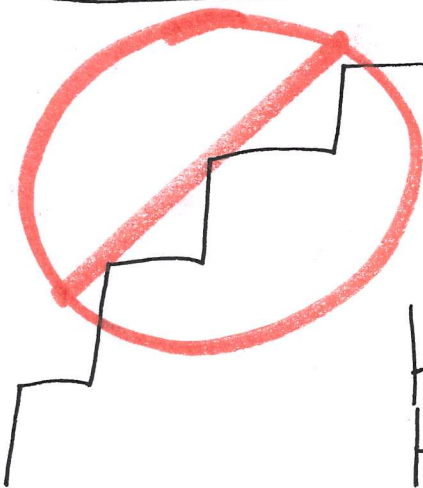


Dark
Scary
Closed
Un cared for
Uncomfortable

DIS EASE

THE PAST

MY HOUSE /
MY LIFE.



HATING SELF
HATING LIFE

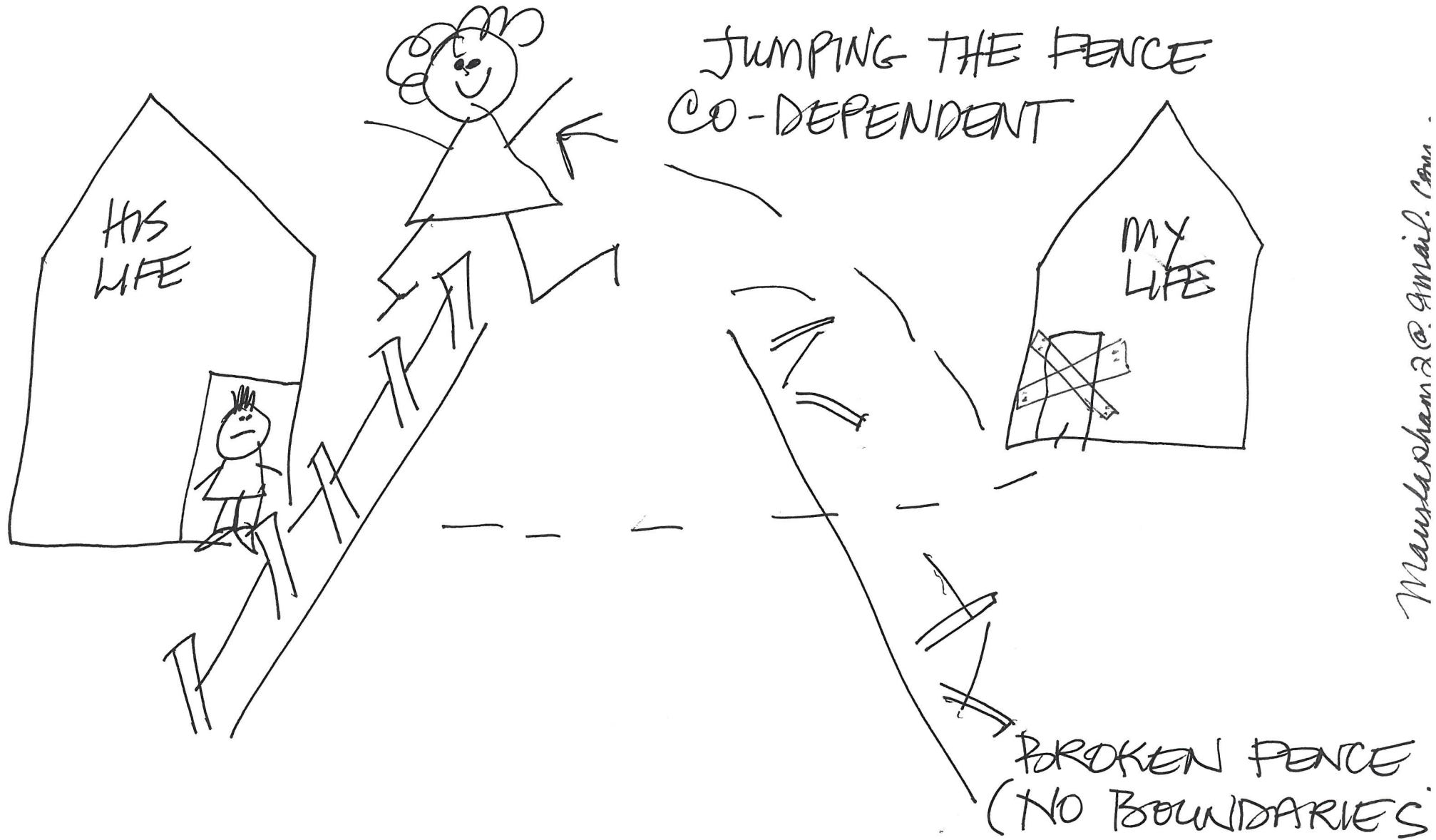


NO BOUNDARIES

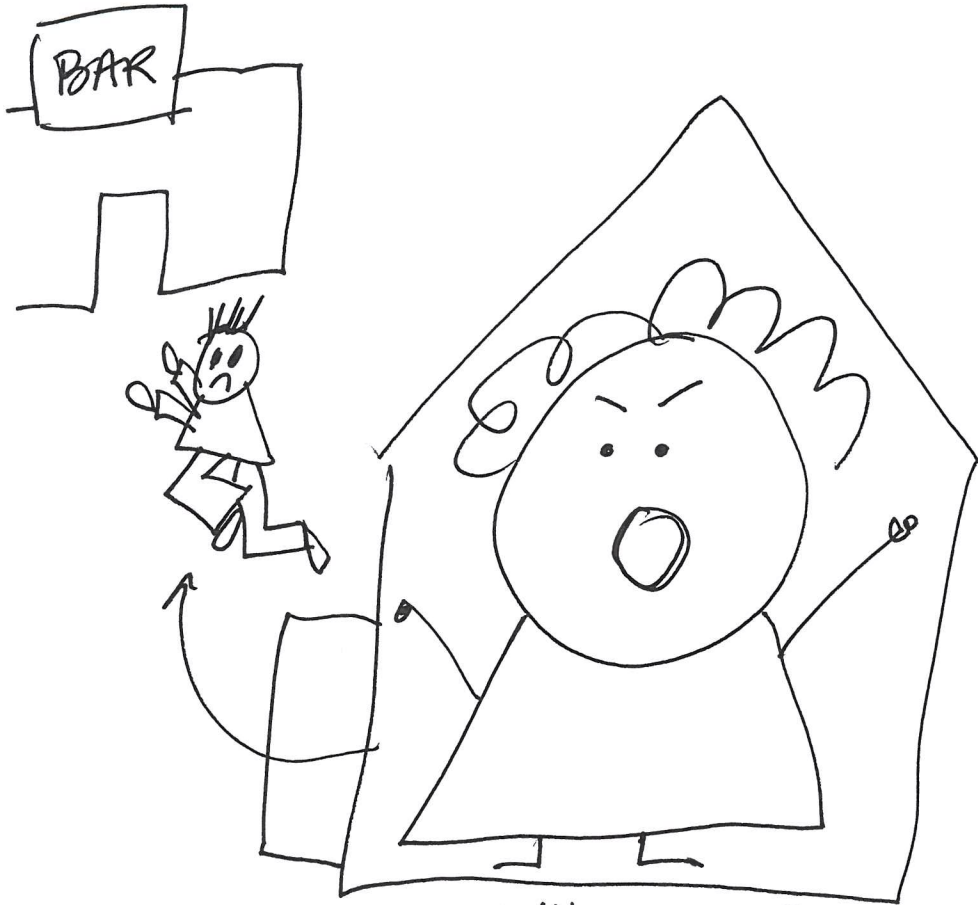
NO REQUESTS

NO SELF CARE

② MARRIAGE



③ LATE MARRIAGE (FAMILY)

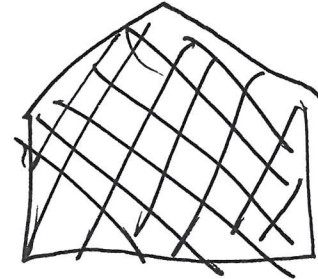


WHO TO BE
HOW TO BE
WHEN / WHY / WHERE

CODEPENDENT

*married an alcoholic
of course I did.*

Didn't have to take Responsibility for my life
When my plans/schemes didn't work: HIS FAULT.



MY HOUSE
NO ONE
IS
HOME.
UNCARED FOR.
EMPTY

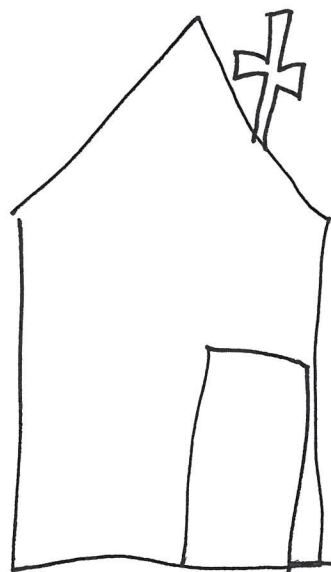
KIDS:
ABANDONED:
NO ONE
HOME



Maudsley. I am in.

3A

RECOVERY



INTO OUR PAST
Feelings
Attitudes
Beliefs.



Campfire
STORIES
WISDOM

AN EXPERIENCE:

I AM NOT ALONE

I AM LOVED
UNCONDITIONALLY

I AM
HEARD -

I CAN TELL
THE TRUTH

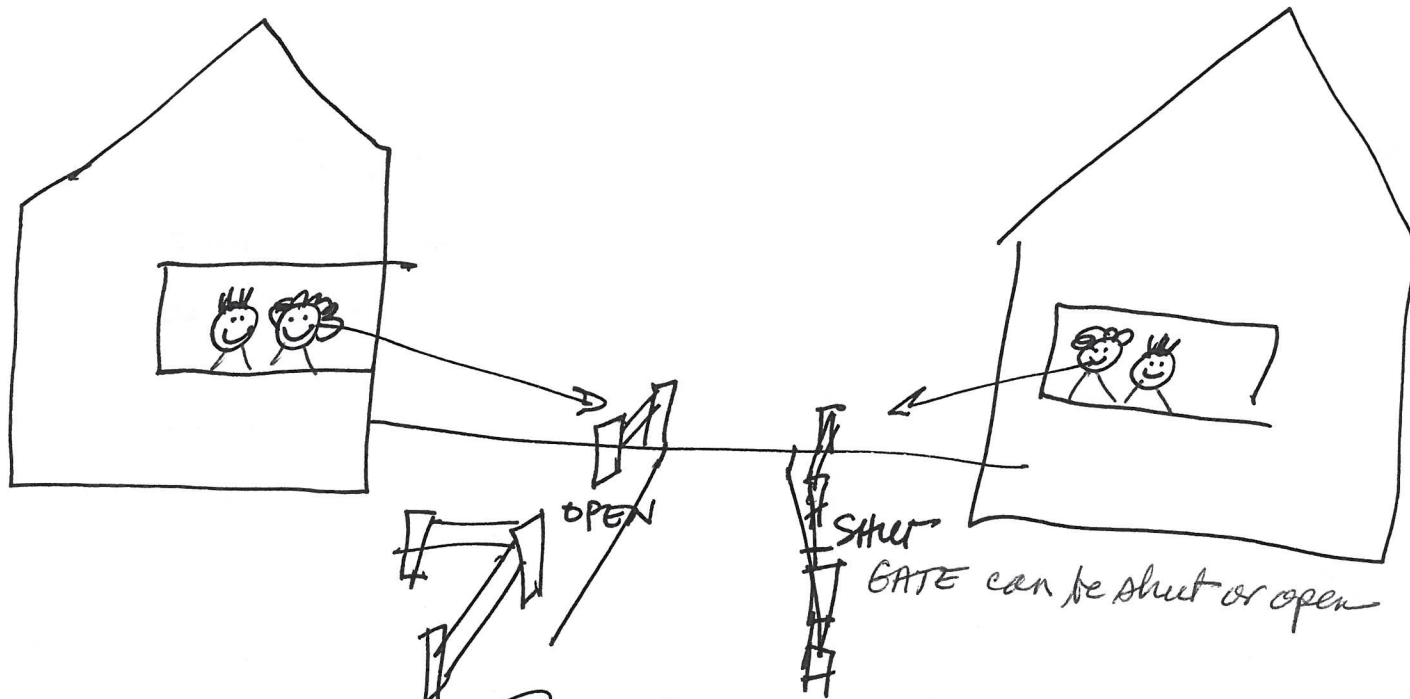
I CAN TELL
MY TRUTH.

3B CP



EXPERIENCE of
LOVE LIGHT
all the time
(WHEN I AM PRESENT
WHEN I ALLOW IT
CONSENT to IT
my only effort is CONSENT)
DIVINE INDWELLING.

④ LEARNING



RESPECT — INVITE EACH OTHER IN.
EACH TAKING RESPONSIBILITY
for SELF

INTIMACY
TRESPASS

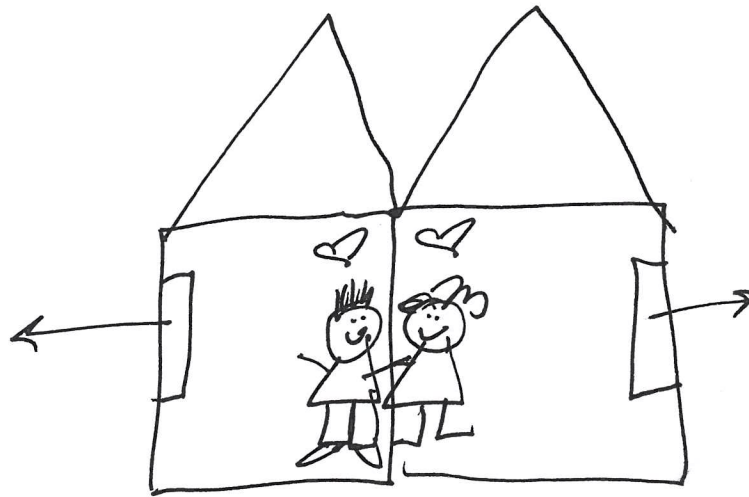
FEELINGS
NEEDS
HEALTH
DREAMS



5.

TODAY

Practice SELF CARE so AVAILABLE to LOVE
OTHER.



Love from
ABUNDANCE,
NOT CONTROL
FROM LACK (FEAR)

FUTURE

BUILT TOGETHER

SHARED INTIMACY + SKILL BUILDING

JOY
FUN

CLARITY SANITY

FEELING HEARD W RESPECT

Billy's Exhort

WE DID NOT COME
HERE TO BE COMMON.

We did not travel this
great distance
to give up
give in
and lie down.

We came here to WAKE UP
and be JOYFUL;
to stand up and be powerful;
to open up our hearts
our minds
and our eyes
as we expand our knowledge
and perception. - Heather K
O'Hara

YOU ARE EXTRAORDINARY + YOU ARE POWERFUL BEYOND BELIEF!
YOU ARE DEEPLY LOVED + INVARIABLE.

The Light of God
surrounds ~~the~~ me

The Love of God
~~flows through us~~
enfolds ~~the~~ me

The power of God
flows thru ~~the~~ me

Wherever (I) am
GOD IS.

I am loved by God
and all is well.

from
Course in Miracles

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