You are NOT your Brain: The Power of Spirituality in Recovery

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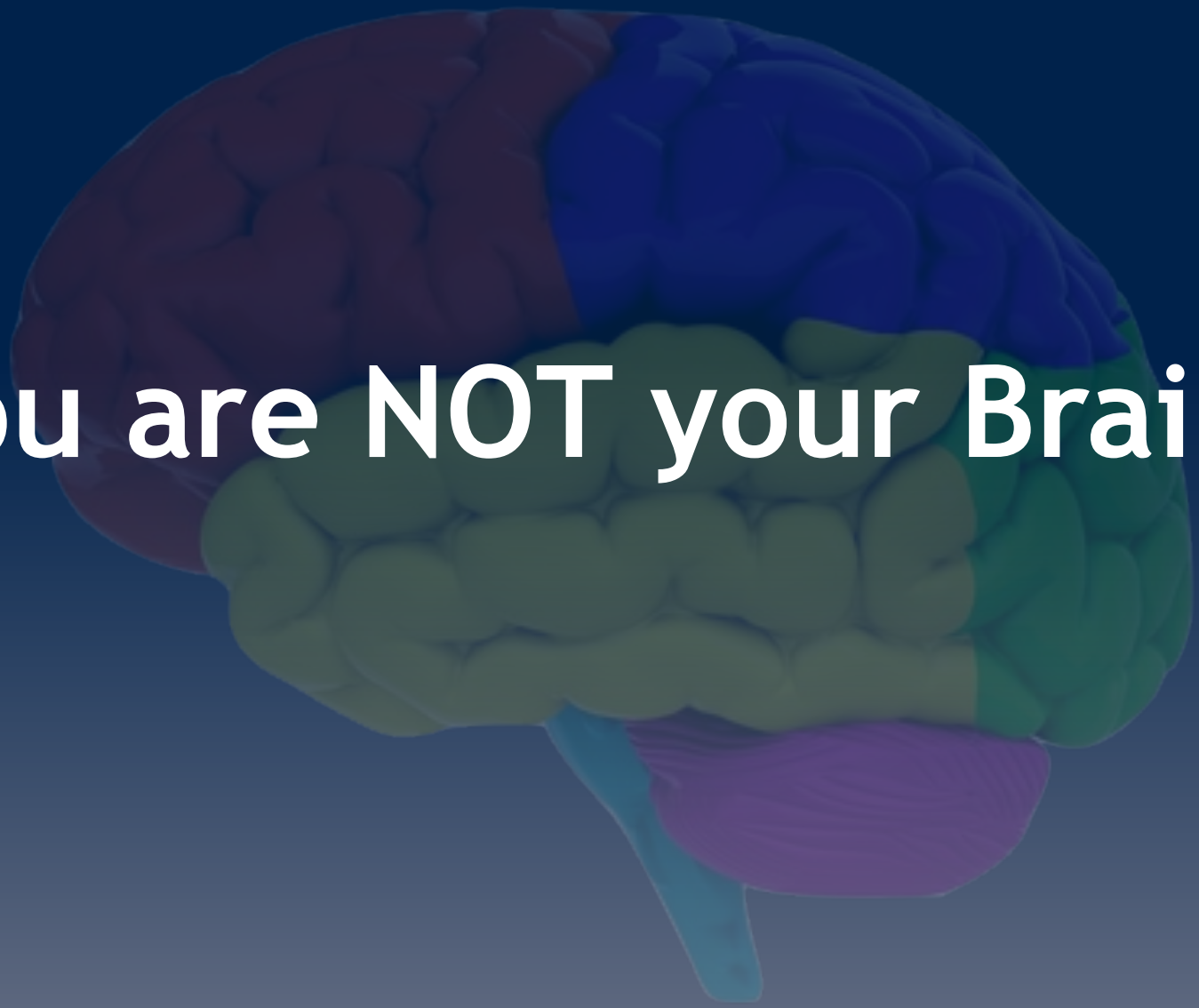
spir·it·u·al·i·ty

the quality of being concerned with the human spirit or soul as opposed to material or physical things.

You are NOT your Brain!



The severely limited power of “me”

vs.

The Infinite Power of “WE”

My Story

Tapping into Spiritual
Power:
3 Tools

The Spiritual Power of Observation

Daily Personal Inventory

Ego-brain Tendencies	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Eternal Self Attributes
Self-Pity								Letting Go & Moving On
Self-Justification								Proactive Accountability
Self-Condemnation								Self-Acceptance
Dishonesty								Honesty
Impatience								Patience
Anger								Kindness & Compassion
Resentment								Forgiveness
Pride (doing it my way)								Humility (doing it God's way)
Jealousy								Trust/Appreciation
Envy								Gratitude
Laziness								Activity
Procrastination								Promptness
Insincerity								Sincerity
Negative Thinking								Positive Thinking
Immoral Thinking								Spiritual Thinking
Criticizing								Empathy
Shame/Fear								Connection/Faith
Judgmental/Mind Reading								Seeking to Understand
All or Nothing Thinking								Measured Reactions
Catastrophizing								Trusting in God
Denial								Accepting Responsibility
Minimizing								Telling the Whole Truth
Intellectualizing								Feeling with your Heart
Avoidance								Facing it Head On
Diversion								Transparency
Apathy								Uncover & Deal with Underlying Feelings/Issues
Spiritualization/Religiosity								Connect with God & Face True Feelings
Terminal Uniqueness								Connection
Blaming Others								Accept Responsibility

The Spiritual Power of
Surrender

5-Step Surrender Process

- Be Aware
- Stand Your Ground!
- Surrender the Ego-brain's Way
- ASK
- ACT on it NOW!

The Spiritual Power of
Connection

Intimacy:

Into-me-you-see

There is Great HOPE!

1. YOU are NOT your brain!
2. YOU are NOT alone!
3. If we can do it, so can you!