

Professor Hirschlein

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12-Step Journals:Step#3

The statement; “we came to believe” means to me that it is by faith in God that I will be restored back to the soundness of my mind. I must renew my mind daily and believe that God will help me, to achieve freedom from whatever addiction that may have a strong hold on my life. There is a scripture in Romans 12:2 that reminds me, I must not conform to this world, in other words for me, it is conforming to an addiction, Therefore, I must renew my thinking and action, I must believe that I am set free, and accept God’s perfect will for my life and be free from the bondage of addiction.

The evidence that I have about a “higher power” is God, my heavenly father who is always with me. I can go to him in prayers, telling him about all my cares and concerns and my weakness, and by letting him know that I need His supernatural help. From this encounter I experience a peace and calm that comes over me. I seek God’s presence to reassure me that I am not alone. I may not be able to see God, but I can feel His presence and power working in my life which enables me to be spiritually strong.

Some of the changes in my thinking and behavior that are necessary for my restoration to sanity, is to have a positive mind set, and a determination to do better. Surrounding myself with people who have a relationship with God and believing His word will make the conversations agreeable. Attending church services and self

developmental workshops on a regular basis and also exercising good moral conduct in my daily activities while interacting with others will help to restore my sanity.

Having a closed mind can be harmful to my personal recovery. In order to recover I have to have an open mind and be willing to adapt to new changes that will help me in my personal recovery. It is easy to remain in a comfort zone, and stick to what is familiar, fear of the unknown can also be a barrier. This is where I must exercise faith in God and look at situations from a different perspective. An open mind attitude will certainly bring a delightful change on my road to personal recovery.