

100 Steps To Recovery Program

We believe that people who are recovering are extraordinary and resourceful people by nature. We've had to be just to get to this point. We have been touched by life in a unique manner. We feel so much; we care so deeply; we have such special gifts to give.

But along with that highly intimate experience of life comes a pressing responsibility: We must go to (seemingly) extreme lengths to take care of our Selves, far more than the non-anointed must. And this responsibility (actually an opportunity, when you get through the first part of it) calls for a couple of things:

- An urgent priority to put our Self first
- A willingness to go to any lengths
- A plan

The **100 Steps to Recovery™** Program can be a part of your plan. Take the test and track your progress over the months or years. Set the pace that empowers you - don't have this index be something you try to get full points on just to feel good. Flow with it over time.

Instructions for this program are on the last page.

PROGRESS CHART

Date	Points (+/-)	Score

100 STEPS TO RECOVERY PROGRAM 100-POINT CHECKLIST

#	Sections			
	A	B	C	D
25				
24				
23				
22				
21				
20				
19				
18				
17				
16				
15				
14				
13				
12				
11				
10				
9				
8				
7				
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4				
3				
2				
1				

GIVE YOURSELF CREDIT AS YOU GET POINTS FROM THE 100-POINT PROGRAM. FILL IN COLUMNS FROM THE BOTTOM UP.

A. . SHIFTS TO MAKE AND DISTINCTIONS TO GET

- From resisting and hesitating, to **willingness to face it and try hard.**
- From blaming and complaining about how things are, to **becoming responsible** for how I helped them be this way, even if I didn't intend to or want them this way.
- From hanging out and drifting through life, to authentically **choosing to be fully alive for the rest of my life.**
- From thinking a lot, ruminating and figuring things out, to feeling all of my feelings about life and acting on those feelings, right or wrong.
- From attempting to control the situation or people, to actually **letting it or them go** the way they will anyway. *Nothing* is worth trying to control.
- From denying that there is a problem, to **admitting** that my life is not the way I want it because I have a problem, probably a big one.
- From helping out or working on others, to strictly working **on myself**, even if it means that people go.
- From making excuses and explaining why my life isn't the way I really want it, to **admitting** that something has a grip on me.
- From seducing others and promoting myself, to attracting the right people just because of who I am.
- From fighting the way things really are right now in my life, to **accepting fully** that they are *perfect* the way they are even if I can't stand it, because of how I am being or where I am along my path.
- From succumbing to fate and circumstance, to surrendering to a Higher Power, God or Self.
- From medicating and covering up the gift I am and have, to **honoring, developing and sharing** this gift with others, healthily.
- From misrepresenting, lying or wearing rose-colored glasses, to **telling the truth** as I feel it, because it feels good to do so.
- From making decisions and acting out of possible consequence, to **choosing my actions** because they feel right to (the real) me.
- From acting out or trying to control my acting out, to **losing the desire** to act out.
- From wondering, waiting and questioning my judgment, to **realizing that I do know what is best.**
- From** being an addict, to being a **human being.**
- From reacting and responding, to **causing** who and what happens in my life.
- From having no or barely a clue, to **becoming aware.**
- From doing more, to **being more.**
- From recovering, to being **restored.**
- From needing and craving, to **purely wanting.**
- From being attentive, to being **present.**
- From adrenaline, to **passion.**
- From saying what you should, to being **authentic.**

_____ Number of boxes checked (25 max)

B. ACTIONS TO TAKE AND HABITS TO INTEGRATE

- Go to 90 meetings in 90 days.
- Go to 2-3 meetings per week until you lose the desire to act out; then 1 meeting per week for maintenance and insurance.
- Get a sponsor who knows you, where you're at and the ropes of recovery.
- Sponsor another person when you're ready. (It forwards your recovery.)
- Start acting immediately on your inklings and feelings, rather than wait for your thoughts and logic to distract you.
- Let go of many things, responsibilities and projects you should do or want to do; be left with only those few that you **must** do for yourself. Be willing to be very bored.
- Stay away from opportunities, places, people or situations that lead to you acting out.
- Do a good turn for one person each day. Don't talk about it, just do it, and do it for YOU, not for them.
- Plan something every evening that you look forward to doing.
- Remove all sources of stress from your life, even if it means making changes.
- Make a list of at least 50 people you have hurt or injured in your life.
- Contact these 50 people and offer to make amends to their satisfaction and yours.
- Share this list with your sponsor or someone who can hear it and not judge you. Share the nature of your wrongs, not the instances.
- Develop 3 close friends who are in recovery whose company you enjoy (not people you feel you can or should help).
- Get or develop 3 close friends who are currently winning in life.
- Take a vacation within 3 months doing only what you want to do, even if it seems like nothing.
- Start working out at least 3 times per week to get your body moving and to let off stress.
- Work the Clean Sweep Program and keep your score above 90.
- Work the NeedLess Program and go for 100 points.
- Stop tolerating anything, anyone, anytime.
- Don't be a bear; just don't put up with anything you don't want to. Have it all **your way.**
- Spend more time with yourself in healthful places: the tub, reading, listening to music.
- Spend more time sharing what you feel, rather than what you think.
- Read at least 10 publications on your area(s) of addiction.
- Start a journal and write in it every day what you are discovering to be True about you and your life.
- Design a specific and personal recovery plan for yourself, one that you feel fits perfectly.

_____ Number of boxes checked (25 max)

C. SKILLS TO MASTER AND STANDARDS TO HONOR

- I am able to PACE MYSELF and not let adrenaline take over. I catch myself before this dynamic occurs.
- I am able TO WANT (a lot) rather than crave or need a lot.
- I am able to get my NEEDS MET fully by positioning myself well, putting myself first and having others give me exactly what I need.
- I know what the truth is in the moment, and I TELL THE WHOLE TRUTH.
- I INSTRUCT PEOPLE exactly how to speak and interact with me. I know what works for me in this and I'm relentless in having them do it as I need it.
- I am able to DISCERN WHO PEOPLE ARE, whether they are good for me and what I like about them. Then I honor what I've discerned.
- I SAY NO, when I don't want something or when I don't feel like doing something, even though I could.
- I can GET the other person: What they are saying, feeling, thinking and doing.
- I have no qualms about WALKING AWAY from toxic people or situations where I will get disturbed or abused. I do not argue or get angry.
- I know how to FULLY RESOLVE/HANDLE MATTERS, so that whatever I work on does not come back to bite me for at least 5 years.
- I am UNCONDITIONALLY CONSTRUCTIVE in all that I say or do, but I do not suffer fools.
- I am able to SAVE MONEY and manage my financial affairs without incident or disturbances.
- I know how to CONTRIBUTE TO OTHERS (as a gift) rather than seduce, hook or do favors for them.
- I know how to DEVELOP ANOTHER without running my trip on them.
- I know how to LOVE ANOTHER without having to do anything or prove it to them or myself.
- I am able to FORGIVE; in fact, I grant a lifetime of forgiveness to everyone I know, did know, don't know and won't ever know.
- I am able to GRANT POWER to another without losing my own sense of myself. I can TRUST.
- I SYNTHESIZE what I learn; I don't just repeat or copy it. I adjust it to who I am, thus adding to it.
- I am able to MAKE COMMITMENTS and keep them without suffering.
- I can DANCE IN CONVERSATIONS; I respond to and build on what the other person has said.
- I naturally make OTHER PEOPLE RIGHT, because they are.
- I naturally MAKE GOD RIGHT, because.....
- I have THE EDGE; people don't dump on or mess with me.
- I am able to STAND UP FOR what I believe in or want, without having to use a soapbox.
- I UNDERPROMISE and OVERDELIVER.

_____ Number of boxes checked (25 max)

D. WHAT TO STOP DOING AND WHAT TO DO INSTEAD

- Stop TOLERATING and start changing it and others to be exactly as you need and want. OK to intrude.
- Stop COMPLAINING and start REQUESTING. People can hear and *respond* to a request; they react to and take complaints personally.
- Stop SUFFERING and start taking RESPONSIBILITY for what you have created.
- Stop REACTING to others and to situations that remind you of other past scenarios and start RESPONDING to what is really going on NOW.
- Stop TALKING ABOUT stuff and start SPEAKING FOR how you want it.
- Stop TELLING PEOPLE what to do and how to be and start INSTRUCTING people how to treat you.
- Stop trying to CATCH UP and get CAUGHT UP.
- Stop WAITING TO RESPOND and start SAYING WHAT COMES TO MIND immediately. It's manipulative to not respond if you're not pleased.
- Stop REMINISCING about the past and start CREATING MEMORIES in the present.
- Stop WASTING YOUR TIME with people who won't be there or care for you for your lifetime, and start DEVELOPING true friendships that last forever.
- Stop SPENDING YOUR MONEY and start INVESTING IN YOURSELF and your future.
- Stop TRYING and start ACCOMPLISHING.
- Stop DOING IT YOURSELF and start WORKING WITH A PARTNER.
- Stop RUSHING and PUSHING and start being EARLY and EFFORTLESS.
- Stop SETTING SHOULD'S and start SETTING GOALS that turn you on.
- Stop FOCUSING ONLY ON YOURSELF and start DEVELOPING YOUR VISION for humankind. (But wait until you are almost fully recovered so you'll be effective.)
- Stop JUDGING OTHERS and start BEING COMPASSIONATE, especially when they don't deserve it.
- Stop choosing based on CONSEQUENCES; start choosing based on DESIRE.
- Stop MAKING MESSSES and start MAINTAINING ORDER AND NEATNESS at home, work, in the car.
- Stop FIGHTING and start SURRENDERING TO THE FLOW. Take the path of least resistance. Stop FORCING YOURSELF to do stuff and start doing only what comes EASY.
- Stop HOPING and start ASSUMING THE WORST and making your plans accordingly.
- Stop smoking, eating sugar or using caffeine. These substances keep you from recovering fully.
- Stop TRYING TO BE SOMEBODY; your only job in life is TO BE GREAT.
- Stop BLINDLY TRUSTING others and start having FAITH IN YOURSELF.

_____ Number of boxes checked (25 max)

INSTRUCTIONS

There are 3 steps to completing the **100 Steps to Recovery™** Program.

Step 1: Fill in the squares. Give yourself credit upon completion of the item. Add up the number of checked boxes and keep a current tally at the bottom of each of the 4 sections.

Step 2: Color in the Progress Chart on the front page. If you have 9 squares filled in for the Self-section, color in the bottom 9 boxes, and so on. Always start from the bottom up. The goal is to have the entire chart be filled in. In the meantime, you have a current picture of how you are doing in each of the four areas.

Step 3: Keep playing until all boxes are filled in. You can do it! This process may take a year or two but you can achieve Recover! Use your coach or a friend to assist you. And check back once a year to upgrade and track your progress.

Note: You may reword any of these questions to better suit your needs.

BENEFITS

On the lines below, jot down specific benefits, results and shifts that happened in your life because you completed an item in the **100 Steps to Recovery™** Program.

Date	Benefit
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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