Conditional Readiness

Control, Surrender & Resistance

Step-Working Guide · The Recovery Files

In this workbook

1. **Conditional Readiness** — key ideas, worksheet

Each topic's scored self-assessment and mind map are in the app.

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TOPIC

Conditional Readiness

KEY IDEAS

Conditional Readiness

The Bargaining of Partial Surrender

Conditional readiness is the selective willingness that attempts to control which defects are addressed and how transformation occurs. It involves negotiating with the spiritual process rather than surrendering completely.

Selective Defect Willingness

Pick and Choose

We may be willing to lose anger but want to keep sarcasm. We might surrender dishonesty but protect our people-pleasing. This selectivity maintains partial control and limits access to complete spiritual change.

Priority and Sequence Control

Directing the Process

We want to choose the order of change. 'I'll deal with the easy stuff first.' 'I'm not ready for the big one yet.' This prevents trust in divine timing and wisdom about the most effective sequence for transformation.

Surface vs. Deep Change

Behavior vs. Nature

We are often willing to change behavior (stop yelling) but resist inner transformation (stop judging). We want to keep the core of the defect while managing its expression to avoid consequences.

Gradual vs. Complete

Controlling the Pace

We prefer comfortable, incremental improvement over sudden, dramatic change. We resist the idea of rapid removal because it feels overwhelming. This limits the spiritual process to human comfort levels.

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Spiritual Process Negotiation

Making Deals with God

We try to bargain: 'I'll give up X if I can keep Y.' We set conditions on our willingness. This maintains the illusion of equal partnership rather than the humility of complete surrender.

Unconditional Spiritual Readiness

The Goal of Step 6

The path forward is developing the wisdom to offer complete willingness, trusting that divine wisdom will provide what is truly needed. It's about surrendering ALL conditions while maintaining active participation.

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WORKSHEET

Conditional Readiness Mapping

MAP

Mapping Your Conditions

Selective Defect Willingness

Example: "I'm willing to remove dishonesty but want to keep people-pleasing..."

Priority & Sequence Control

Example: "I want anger removed first because it's obvious..."

Surface Vs. Deep Change

Example: "I'll stop yelling but don't want to lose the passion..."

Gradual Vs. Complete

Example: "I want perfectionism reduced gradually, not all at once..."

ACTION

Unconditional Readiness Plan

Target Conditional Pattern:

Impact on Spiritual Growth:

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Goal for Unconditional Readiness:

Action Steps:

_____ _____ _____

SYSTEM

Management System

Daily Unconditional Practice:

Complete Defect Inventory:

Control Release Practices:

Complete Surrender Accountability: