Conscious Contact Development

The Twelve Steps

Step-Working Guide · The Recovery Files

In this workbook

1. **Conscious Contact Development** — key ideas, worksheet

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

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TOPIC

Conscious Contact Development

KEY IDEAS

Conscious Contact Development

Integrating Spirit into Life

Conscious contact is the ultimate goal of Step 11: continuous spiritual connection that extends beyond formal prayer time into every moment of the day. It's about living life with spiritual awareness.

Micro-Spiritual Practices

Small Moments, Big Impact

Develop 'transition moments'—brief prayers between tasks, check-ins before meetings, or moments of gratitude during routine chores. These micro-practices weave spirituality into the fabric of your day.

Spiritual Decision Making

Pause and Consult

Before making decisions, pause. Seek spiritual guidance. Consider principles. Does this choice align with my values? Does it bring peace or anxiety? This builds trust in spiritual direction.

Spiritual Lesson Recognition

Learning from Everything

Every interaction and challenge contains a spiritual lesson. Recognizing these 'embedded lessons' transforms daily difficulties into opportunities for growth and maturity.

Integration Across Areas

No Compartments

Move beyond compartmentalized spirituality. Apply principles at work, in family relationships, and during recreation. Authentic spirituality doesn't switch off when you leave a meeting.

Relationship & Service

Connection with Others

Conscious contact transforms relationships. We listen better, respond with more patience, and view interactions as opportunities for service rather than just personal transactions.

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The Result

A Spiritual Way of Life

The result isn't perfection, but a new way of living. We gain emotional stability, resilience, and a sense of purpose that permeates all activities. We become channels for peace and helpfulness.

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WORKSHEET

Conscious Contact Plan

PLAN

Assessment & Goals

Where do you naturally maintain contact?

Primary Integration Challenges

Specific Integration Goals

MICRO

Micro-Spiritual Practices

Transition Moments (e.g., between calls, entering home)

Routine Check-ins

Environmental Cues

INTEGRATION

Integration Across Life Areas

Workplace / Professional

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Family & Relationships

Recreation & Leisure

DECISION

Spiritual Decision-Making

My Consultation Process

Discernment Strategy (How I know it's guidance)

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