Control and Self-Reliance Resistance

Control, Surrender & Resistance

Step-Working Guide · The Recovery Files

In this workbook

1. **Control and Self-Reliance Resistance** — key ideas, worksheet

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

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TOPIC

Control and Self-Reliance Resistance

KEY IDEAS

Control and Self-Reliance Resistance

The Illusion of Personal Power

This module addresses the profound preference for self-directed change over spiritual transformation. It's not just wanting to help; it's an insistence on willpower, management, and personal oversight that blocks the surrender essential for deep recovery.

Willpower Preference

The Try-Harder Trap

We may believe we can fix our defects through determination alone. 'If I just try harder, I can overcome this.' This creates a barrier by maintaining the illusion that the same will that failed to prevent addiction can somehow accomplish spiritual transformation.

Management Over Removal

Negotiating with Defects

We often prefer to modify or control defects rather than have them removed. 'I want to keep my anger but use it better.' This avoids the complete surrender that allows divine power to do the work we cannot do.

Spiritual Intervention Resistance

Skepticism and Discomfort

We might feel uncomfortable with the idea of divine intervention, preferring psychological or therapeutic explanations. We resist asking a Higher Power for help because it feels 'magical' or 'weak.'

Control Surrender Discomfort

Fear of the Unknown

Surrendering control feels unsafe. We want to direct the timeline and methods of our change. Letting go of oversight feels like abandonment, not trust. We fear what will happen if we aren't driving the bus.

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Self-Sufficiency Identity

The Strong One

When independence is core to our identity, needing help—especially divine help—feels like failure. We take pride in being self-reliant and struggle with the humility of spiritual dependence.

The Path to Freedom

Partnership, Not Passivity

Surrender isn't giving up responsibility; it's accepting our limitations. It's moving from self-reliance to spiritual reliance, discovering that true power comes not from holding on tight, but from letting go.

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WORKSHEET

Control Resistance Mapping

MAP

Mapping Your Control Patterns

Willpower & Self-Effort

Example: "I try to meditate my anger away instead of asking for help..."

Management Over Removal

Example: "I want to keep my perfectionism but just dial it down..."

Spiritual Intervention Resistance

Example: "Praying for removal feels too magical/unrealistic..."

Control Surrender Discomfort

Example: "I'm anxious not knowing WHEN change will happen..."

ACTION

Surrender Action Plan

Target Resistance Pattern:

Impact on Spiritual Growth:

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Goal for Developing Surrender:

Action Steps:

_____ _____ _____

SYSTEM

Surrender System

Daily Surrender Practice:

Powerlessness Recognition:

Spiritual Partnership:

Accountability:

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