

Self-Centered Motivations

Resentment & Harm

Step-Working Guide · The Recovery Files

In this workbook

1. **Self-Centered Motivations** — key ideas, worksheet

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

TOPIC

Self-Centered Motivations

KEY IDEAS

Self-Centered Motivations

The Core of Addiction

Self-centeredness often persists in recovery, influencing us to approach activities, relationships, and amends primarily to serve our own needs rather than as genuine service.

Masquerading as Recovery

Hidden Agendas

We might make amends to relieve guilt, help others to feel superior, or sponsor people for validation. These are transactional approaches rather than transformative ones.

Expectation and Entitlement

Conditions on Service

Expecting forgiveness, praise, or restored relationships as 'payment' for our recovery efforts leads to resentment when others don't respond as we hope.

Image Management

Looking Good vs. Being Real

Engaging in recovery activities primarily to maintain a reputation prevents authenticity. We must shift from managing perceptions to genuine spiritual growth.

Developing Service Orientation

Shift to Other-Centeredness

The goal is to find satisfaction in right action itself. We practice unconditional service, authentic accountability, and humility, regardless of external validation.

Freedom from Self

Spiritual Awakening

Transforming motivations offers profound freedom. By letting go of self-interest, we discover the deep satisfaction of contributing to others' welfare and healing.

WORKSHEET

Self-Centered Motivations Worksheet

MAPPING

Mapping Motivations**Guilt and Shame Relief Focus**

Examples (e.g., apologizing just to feel better):

Expectation-Based Motivations

Examples (e.g., expecting praise for staying sober):

Image Management

Examples (e.g., sharing to look 'good'):

Self-Serving Service

Examples (e.g., sponsoring to feel wise):

REFLECTION

Self-Reflection

What category of self-centered motivation affects you most powerfully?

How have your motivations for recovery work evolved?

What factors intensify your self-centered motivations?

SERVICE

Developing Service Orientation

What strategies help shift you from self to service?

How do you balance self-care with genuine service?

What would satisfaction in 'right action itself' look like?

PLAN

Action Plan

Specific motivation pattern to address:

Goal for service orientation:

Practical action steps:

Potential challenges (e.g., old resentments):
