

# Spiritual Condition

Spiritual Life

Step-Working Guide · The Recovery Files

## In this workbook

1. **Spiritual Condition** — key ideas, worksheet

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

## TOPIC

# Spiritual Condition

## KEY IDEAS

## Spiritual Condition

### The Foundation of Recovery

Spiritual condition encompasses far more than religious beliefs; it is the fundamental relationship with spiritual principles and a power greater than oneself.

Examining this condition is essential because addiction is fundamentally a spiritual problem requiring spiritual solutions. Without this transformation, we remain vulnerable to the self-will that drives addiction.

### Playing God

#### Control Attempts

Trying to manage outcomes beyond our power, force solutions, or control others' emotions and behaviors.

This reflects the illness of believing we can run the universe through self-will, leading to constant frustration when reality doesn't conform to our plans.

### Self-Will & Ego

#### Blocking Connection

Believing our way is superior, resisting guidance, and trusting our own judgment over spiritual principles.

Ego dominance maintains separation from spiritual resources and prevents the humility necessary for growth, perpetuating the isolation of addiction.

### Spiritual Pride

#### Ego in Disguise

Feeling spiritually superior to others, judging their practices, or using spiritual knowledge to feel better than others.

This corrupts spiritual growth into ego enhancement, blocking genuine community and the humility needed for continued recovery.

# Misusing Concepts

## Spiritual Rationalization

Using spiritual principles to justify harmful behavior or avoid responsibility (e.g., 'everything happens for a reason').

This twists spiritual truths into tools for self-justification and bypassing, avoiding the practical work of facing reality and making amends.

## Spiritual Laziness

### Neglecting Maintenance

Avoiding spiritual practices when they become difficult or require effort, expecting growth without discipline.

Recovery requires action. Neglecting prayer, meditation, or community leaves us vulnerable to the spiritual emptiness that addiction once filled.

## Disconnection

### The Spiritual Void

Feeling purposeless, spiritually isolated, or experiencing existential anxiety despite activity.

This emptiness is often what we tried to treat with alcohol. Recognizing it allows us to seek the true solution: authentic connection with a Higher Power.

## Fear of Surrender

### Clinging to Control

Resisting surrender because we fear the outcome, losing identity, or having to give up what we want.

Fear blocks access to the power we need. We must realize that our self-reliance failed us, and trusting a Higher Power offers the only path to freedom.

## Spiritual Materialism

### Collecting Experiences

Treating spiritual growth as a personal achievement or trophy rather than a gift to be used for service.

True spirituality leads to service and humility, not ego inflation. We seek growth to be more useful to others, not to feel special.

# Healthy Condition

## The Solution

Regular surrender, humility, consistent practice, service to others, and applying principles in all affairs.

We move from spiritual illness to health by practicing dependence on a Higher Power. This transformation turns recovery into a pathway for extraordinary living.

**WORKSHEET****Spiritual Condition Worksheet**

Mapping Your Foundation & Action Planning

**MAP****Personalized Spiritual Map**

List specific examples of how each pattern operates in your life:

Playing God & Control Attempts:

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Self-Will & Ego Dominance:

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Spiritual Pride & Superiority:

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Misusing Concepts & Rationalization:

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Spiritual Laziness & Avoidance:

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Fear of Surrender:

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**UNDERSTANDING**

## Core Understanding

1. Which dimension resonates most powerfully with your experience?

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2. How has your understanding of spiritual condition evolved?

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3. When does your spiritual awareness feel genuine vs. performative?

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4. How does spiritual avoidance influence your stability?

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### PSYCHOLOGY

## Psychology of Development

5. How does seeing spiritual condition as primary affect your approach?

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6. Distinguish between healthy practice and spiritual materialism:

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7. How has your view of "dependence vs. self-reliance" changed?

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8. How do spiritual illness patterns block divine connection?

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#### PLANNING

### Action Planning

Priority Pattern (The one to address first):

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Goal:

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Action Steps:

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Accountability:

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#### PRACTICE

### Spiritual Practice

Morning Routine:

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Community Participation:

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Service & Action:

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Evening Review:

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