

Building Spiritual Trust

Spiritual Life

Step-Working Guide · The Recovery Files

In this workbook

1. **Building Spiritual Trust** — key ideas, worksheet

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

TOPIC

Building Spiritual Trust

KEY IDEAS

Building Spiritual Trust

Understanding Trust Deficiency

Trust deficiency isn't just occasional doubt; it's a complex pattern of questioning spiritual care, reliability, and involvement. It often masquerades as healthy skepticism or realism but leads to spiritual isolation and anxiety.

Higher Power Care Doubt

The Core Uncertainty

This involves questioning whether your Higher Power is genuinely concerned with your personal circumstances. It leads to feeling that you must handle all practical matters alone while God handles only 'spiritual' ones.

Surrender Consequence Fear

The Fear of Letting Go

The persistent worry that surrendering control will lead to negative outcomes or harm. It's the belief that if you don't maintain tight control, disasters will occur or opportunities will be lost.

Self-Reliance Beliefs

The Burden of Independence

The conviction that most problems require entirely personal solutions and that relying on spiritual guidance is a sign of weakness or immaturity. This creates an exhausting burden of responsibility.

Guidance Reliability Questions

Can I Trust the Signal?

Doubting whether spiritual guidance is real, accurate, or practical. This leads to dismissing intuition and spiritual direction as 'just imagination' or wishful thinking.

Passivity Assumptions

Misunderstanding Surrender

The mistaken belief that spiritual trust means doing nothing. True trust involves collaborative action—taking appropriate steps while relying on spiritual results, not becoming passive.

The Path Forward

Developing Trust Practices

Building trust is a skill. It involves actively recognizing care, practicing safe surrender in small steps, and moving from fear-based control to collaborative spirituality.

WORKSHEET

Trust Deficiency & Action Plan

MAP

Mapping Your Trust Deficiency

Identify specific examples of how these patterns manifest in your life.

Higher Power Care Doubt

Example: "I doubt HP cares about my job search..."

Surrender Consequence Fear

Example: "If I surrender my relationship, I'll end up alone..."

Self-Reliance Beliefs

Example: "I must handle finances alone to be responsible..."

Guidance Reliability Questions

Example: "Is this intuition or just my wishful thinking?"

REFLECTION

Understanding Your Trust Profile

Which category affects you most powerfully, and why?

How have your trust patterns evolved during recovery?

What situations trigger your strongest trust deficiency?

How might trauma or past betrayals influence your capacity for spiritual trust?

ACTION

Trust Building Action Plan

Specific Trust Pattern to Address:

Measurable Goal:

Action Steps:

Accountability:

Potential Challenges:
