

The Battle of Wills

Control, Surrender & Resistance

Step-Working Guide · The Recovery Files

In this workbook

1. **The Battle of Wills** — key ideas, worksheet

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

TOPIC

The Battle of Wills

KEY IDEAS

The Battle of Wills

Self-Will vs. Spiritual Direction

Will assertion is the persistent pursuit of personal agenda despite spiritual guidance suggesting a different direction. It's a complex pattern of prioritizing desires over spiritual alignment.

This internal conflict creates exhaustion and spiritual division. Recovery requires identifying where we are fighting against the current of spiritual guidance.

Personal Agenda Pursuit

My Way or No Way

Pursuing individual plans even when spiritual guidance points elsewhere. Prioritizing personal desires over what seems spiritually directed.

This creates divided loyalty. We cannot fully serve two masters—our self-will and our Higher Power.

Guidance Rationalization

Arguing with Wisdom

Finding logical reasons to dismiss direction that challenges preferences. Reinterpreting spiritual guidance to align with personal desires.

Our minds are clever lawyers, arguing the case for self-will while pretending to seek the truth.

Desire-Based Decisions

Impulse Over Insight

Making choices primarily based on what we want or what feels good in the moment, rather than seeking and trusting spiritual guidance.

This elevates immediate gratification above long-term spiritual wellbeing, often leading to regret.

Plan Frustration

Resistance to Reality

Becoming angry or resentful when plans don't unfold according to personal timelines. Interpreting obstacles as unfair rather than guided.

Frustration is often the sound of self-will colliding with reality. Acceptance is the key to peace.

Impulsive Action

Acting Before Asking

Acting on desires without taking time to consider spiritual perspective. Pursuing opportunities immediately rather than seeking guidance first.

We act first and pray later, usually asking for our mess to be blessed rather than for guidance to be given.

Spiritual Negotiation

Bargaining with God

Trying to bargain with a Higher Power to get what we want. Promising compliance in exchange for personal desires.

We treat our spiritual relationship like a business deal rather than a surrender of will.

Guidance Avoidance

Willful Ignorance

Avoiding prayer or meditation when we suspect guidance might conflict with our desires. Choosing not to ask because we don't want to hear the answer.

We hide from the light to protect our shadows, maintaining the illusion that our way is the only way.

Developing Alignment

The Path to Peace

Consistently seeking spiritual guidance before pursuing desires. practicing 'Thy will be done' and holding personal plans lightly.

Alignment brings harmony. When we stop fighting the current, we can float.

Surrender & Freedom

Victory in Yielding

Finding peace in spiritual alignment even when it means releasing personal desires. Trusting that spiritual will serves our deepest needs.

In the surrender of self-will, we find the freedom we were desperately trying to seize through control.

WORKSHEET**Will Assertion Worksheet**

Understanding Self-Will vs. Spiritual Direction

PATTERNS**Recognizing Patterns**

1. Which will assertion category affects you most powerfully?

2. What specific experiences have you noticed that surprise you?

3. How have your patterns evolved throughout recovery?

4. What situations trigger your strongest will assertion?

PSYCHOLOGY**The Psychology of Self-Will**

5. How does understanding this as a spiritual challenge affect your view?

6. How might your addiction history have shaped your self-will?

7. How do your patterns interact (e.g., avoidance enabling pursuit)?

8. What early warning signs indicate emerging will assertion?

MAP

Personalized Will Map

List specific examples for each category:

Personal Agenda Pursuit:

Guidance Rationalization:

Desire-Based Decisions:

Plan Frustration:

Impulsive Action:

Spiritual Negotiation:

ALIGNMENT

Developing Alignment

9. What practices effectively align your will with guidance?

10. How do you distinguish authentic guidance from personal desire?

11. How do you handle discomfort when guidance conflicts with desire?

ACTION

Action Plan

Primary Will Assertion Pattern to Address:

Clear Goal:

Action Steps (Small, practical):

Accountability Measures:
