

Characteristics, Tools and Signs of Recovery, Withdrawal

Characteristics:

FIRST CHARACTERISTIC: Having no healthy boundaries, we come immediately emotionally and sexually involved and attached to people without knowing them.

SECOND CHARACTERISTIC: Fearing abandonment, we stay in and return to painful self-destructive relationships.

THIRD CHARACTERISTIC: Fearing emotional or sexual deprivation, we compulsively pursue and engage in one relationship after another, sometimes having more than one sexual contact at a time.

FOURTH CHARACTERISTIC: We confuse love with neediness, physical and sexual attraction, pity or the need to rescue or to be rescued.

FIFTH CHARACTERISTIC: We feel empty and incomplete when we are alone. Even though we fear intimacy and commitment, we continually search for relationships and/or sexual contacts.

SIXTH CHARACTERISTIC: We sexualize stress, guilt, loneliness, anger, fear and envy. We use sex as a substitute for nurturance, care and support.

SEVENTH CHARACTERISTIC: We use sex and emotional involvement to manipulate and control others, or we become immobilized or seriously distracted by emotional and sexual obsessions.

EIGHTH CHARACTERISTIC: We assign magical qualities to others, idealizing and pursuing them, yet blaming them for not fulfilling our fantasies.

NINTH CHARACTERISTIC: We avoid responsibility for ourselves by staying in chaotic situations with people who are emotionally unavailable.

TENTH CHARACTERISTIC: We stay enslaved to emotional dependency, romantic intrigue or compulsive sexual activities until our lives become unmanageable.

ELEVENTH CHARACTERISTIC: We conceal our dependency needs from ourselves and others, growing more isolated and alienated from God, ourselves and loved ones.

TWELFTH CHARACTERISTIC: In an attempt to protect ourselves from being vulnerable, we may retreat from all intimate involvement, mistaking sexual and emotional anorexia for recovery.

Tools:

FIRST TOOL OF RECOVERY: Find a meeting that you are comfortable with and regularly attend.

SECOND TOOL OF RECOVERY: LITERATURE: Read everything you can about this disease.

THIRD TOOL OF RECOVERY: GET A SPONSOR: It is strongly recommended that you get a sponsor immediately. Even if you only get a temporary sponsor, this is a vital beginning of your recovery.

FOURTH TOOL OF RECOVERY: WRITING: Get a notebook and start to keep a written account of what is going on in your life. Share this with the group, your sponsor or someone you trust.

FIFTH TOOL OF RECOVERY: PHONE LIST: Get a copy of the phone list - and then USE IT! Knowing you are NOT alone

is very powerful!

SIXTH TOOL OF RECOVERY: HONESTY: Work on being honest, with ourself and with others.

SEVENTH TOOL OF RECOVERY: ANONYMITY: This is the "spiritual foundation" of this and all other 12 step recovery programs.

EIGHTH TOOL OF RECOVERY: OPEN-MINDEDNESS and CONFIDENTIAL 1 Y: Learn to accept ourselves and to accept other people.

NINTH TOOL OF RECOVERY: WILLINGNESS: To start working the program.

TENTH TOOL OF RECOVERY: TRUST: This is one of the hardest but also one of the most important "tools" we need in our recovery.

ELEVENTH TOOL OF RECOVERY: SERVICE: Service within the group as chairperson, secretary, inter-group representative etc.

TWELFTH TOOL OF RECOVERY: The most asked question from newcomers is, "How soon do I start working the steps?" The-answer is, "How soon do you want recovery?"