



HOW WORKING THE STEPS HELPS US COME TO PRACTICE HUMILITY

You may be thinking; “Why is it necessary for me to learn humility?” Many of us believe we are humble people, or at least are aware that pride & arrogance will not get us far in our personal & professional relations, and that practicing humility is a far better way to relate to people. Those of us that choose to practice the steps soon realize that the ego is our worst enemy.

C.S. Lewis says that “Pride is a spiritual cancer; it eats up the very possibility of *love*, and *contentment*, and of *common sense*. The madness that people discover exists in their lives when they start working the steps illustrates the lack of *all of these* that power, even the illusion of power, creates in the lives of addicts & alcoholics.

How do we become free from the trap that pride & power create? By practicing humility. How do we practice humility? By practicing the principles of this program, Honesty, Open-mindedness & Willingness, by taking a personal inventory, becoming self-aware, and constantly trying to improve ourselves.

Humility

The state of being humble

: not proud or haughty : not arrogant or aggressive.

: reflecting, expressing, or offered in a spirit of deference or submission.

The Prayer of St. Francis [The 11th Step Prayer]

Make me an instrument of your peace;
Where there is hatred, let me show love;
Where there is injury, pardon:
Where there is doubt, faith;
Where there is despair, hope
Where there is darkness, light
Where there is sadness, joy.
Grant that I may not so much seek to be consoled as to console;
To be understood, as to understand;
To be loved, as to love;
For it is in giving that we receive,

It is in pardoning that we are pardoned,
And it is in dying that we are born to Eternal Life.

St. Francis was the rich son of a cloth merchant in 13th century Italy. He renounced his fortune and took a vow to live as a poor monk. He founded the Order of St. Francis which still exists today, and wrote this prayer which is still popular worldwide. The founders of AA and NA thought so much of it that they incorporated it into their 12 step programs.

"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day 'Thy will be done.' "

(p. 87-8 BB)

"In an attitude of surrender and humility, we approach this step again and again to receive the gifts of knowledge and strength from the god of our understanding. Without this step, it is unlikely that we could experience a spiritual awakening, practice spiritual principles in our lives, or carry a sufficient message to attract others to recovery."

(p 49 BT)

How We Can Practice Humility

1. Practice Awareness of a higher power, and our daily contact with it.
2. Place your higher power's will above your own.
3. Seek guidance & advice from those who you are accountable to.
4. Be patient & try not to react in the face of difficulty, contradictions, and personal injustice. Respond with calm and mindful tranquility.
5. Recognize unhealthy thinking and refuse to follow it like we are used to.
6. Be content with life on life's terms. See every event as a chance to learn, every person as a teacher, and be open to possibilities.
7. Discipline your speech and strengthen your capacity to listen and be silent.
8. Speak with intention, do not disguise your words with flowery speech, be forthright and get to the point.
9. Try to remain unattached to others state of emotions and negative thinking, remain calm and try to stay positive.
10. Stay true to yourself & who you are, remember there is a purpose for your being.

Desiderata

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant, they too have their story.

Avoid loud and aggressive persons; they are vexations to the spirit.

If you compare yourself with others, you may become vain or bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing

fortunes of time. Exercise caution in your business affairs, for the world is full of trickery. But let not this blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore, be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams; it is still a beautiful world. Be cheerful. Strive to be happy.

--- Max Ehrmann, 1927



Ben Wilson, Transitional Housing Coordinator at Talbott Recovery, has been in recovery since 2007 and soon after became a volunteer, then an RA with the Talbott Young Adult Program. Ben now serves as the Transitional Housing Coordinator, working with both adults and young adults currently in treatment. He currently writes a blog on recovery @TRCalumni.org, and is also a frequent contributor of motivating recovery articles for the weekly Alumni Newsletter. Ben is a founding member of the Talbott Recovery Alumni Group. He says of himself, “ I love the 12-Step program, and love to share with others what it has done for me. My life today has been transformed from a disaster to a miracle at Talbott. I am forever grateful and humble to the staff at Talbott who were my treatment team; that I now get to call my peers & mentors.”

To learn more about Talbott Recovery’s Family Services, please visit http://www.talbottcampus.com/family_overview.php.

Talbott Recovery is recognized nationally as a leader and pioneer in the assessment and treatment of chemical dependency and dual diagnosis with locations in Atlanta and Dunwoody, GA. We offer specialty programs for impaired professionals, adults, and young adults. More information contact Talbott Recovery Campus-www.talbottrecovery.com or call 800.445.4232.