

## Corrective Measures

A standard list of corrective measures:

- (1) Stop it.
- (2) Stop thinking about it.
- (3) Keep your mouth shut.
- (4) Mind your own business.
- (5) Do something useful.

A list of corrective measures I have acquired over the years:

If you don't plug your phone in, it dies. If you don't plug into God, so do you.

Want more power? Plug in for longer. Then use the power. It's useless unless applied to constructive action.

Have a plan for the day. Have it include plenty of useful, outward-turned activity, some life-maintenance, some physical activity, and some fun.

If you are tempted to say something, ask, "is it both kind and necessary? Must it be said by me? Must it be said now?"

If you're judging, ask yourself if anyone asked for your opinion. If not, stop it.

Pity was supposed to be for others, not for self. Find someone worse off than you and help them.

If you're angry, pause. Pause as long as necessary, praying for peace and guidance. If neither come, remove yourself temporarily from the situation so as not to cause harm.

If you're frightened, remember that God is looking after who you really are. Anything that is real cannot be destroyed. Anything that can be destroyed is not real.

If you've got a problem, don't think about the problem beyond briefly jotting down pros and cons of different courses of action. Think about God. Think about how the problem will certainly be solved as have all others. Know that you will be guided and kept safe. Everything works out in the end. If it's not worked out, it's not the end.

If you must ask for advice, ask one excellent person, not five mediocre ones. Then follow it. The worst thing it can be is a terrible mistake, and you make those all the time anyway. Step Ten will fix that.

"Anything you offer me by way of advice cannot possibly be worse than what I have planned for myself," (Bill C.)

If you feel guilty, make amends now for what you feel guilty about or make a concrete plan if you are physically unable to make amends now. If you still feel guilty, stop attacking people in your mind. If you still feel guilty after that, drop the excessive spiritual ambition and sense of entitlement and get over yourself. You're flawed. We get it. So we are. If still stuck, ask yourself who are you not to forgive yourself when God already has. Answers on a postcard.

If you're not actively seeking guidance from God in prayer and meditation, the chances are that you'll be running on self-will, unless you're at peace and filled with quiet joy. If in doubt, pray for the next right action and for strength.

Think about the past only (1) to work out who to make amends to (2) to work out who to forgive (3) to work out how you would do things differently in the future.

Think about the future only for practical planning purposes.

If very agitated, bring yourself back to the moment by "listening" to your five senses and concentrating on those. They are telling you what is happening right now. Is anything bad actually happening right now?

Remember the rhetorical question slogan: how important is it anyway?

If you're depressed, consider the option that it may be your life that is depressing more than some internal condition. Find someone functional and happy and get them to review your typical day and week. They'll probably spot some corkers.

If you can't get through to anyone on the phone, ask yourself what you would tell a newcomer or sponsee if they found themselves in the predicament you're in.

"Your problem is that you think you're separate from God. You're wrong," (Mildred F.)

"Faith is the courage to take action despite the fear," (Sheldon F.)

"I'm not scared of who might be around the corner. I know who's around the corner. My Higher Power."