



20 - 20 - 20 Formula For Recovery



Program of Recovery Tools

Ask God for an abstinent day.
Pray every day
Quiet time daily
Call Sponsor

FOLLOW YOUR FOOD PLAN
Writing
Read 1 page out of the BB
Read other program literature
Attend 3 meetings a week
Make 3 phone calls/day
Practice Anonymity
Be of service!

It works if you work it, now work it, you're worth it!

Western Meditation

Meditation, in the language of the Big Book – means concentrated thought, specifically about what happened over the previous 24 hours and what needs correcting and about what I am going to do over the next 24 hours.

Directions:

Choose a quiet place. Take this time to silently connect to God and feel His presence. Breathe naturally and be with what is.

Meditate or repeat an inspirational phrase or word of your choice, which could include the serenity prayer, the 3rd step or 7th step prayers.

Take a moment to be grateful for all of the good that was done for you and for all of the blessings that you have received.

Create a positive visualization – Imagine God's Goodness, blessings, kindness, and compassion flowing into you like fresh water from a spring.

Set your intension by writing a question that you would like intuitive guidance on. OR, another way is to just set your intension is to ask: "God, please show me what I need to know so that I can be free from wrong motives and do your will throughout the day."

Listen to your thoughts and cultivate awareness. As thoughts come into your mind, write them down. Guidance can take the form of images, thoughts, feelings or inspiration.

Stop writing when the flow of thoughts slows down.

Examine what you have written down. What is the voice of addiction and what is the voice of recovery?

Test each thought using the 4 Standards to separate God thoughts from self-thoughts.

Are these thoughts completely **honest, pure unselfish** and **loving**?

Are these thoughts in line with our duties, to our family to our country?

Are these thoughts in line with our understanding of the teachings found in our spiritual literature?

Discuss what you have written with another person.

Commit to acting on "God thoughts" and discard the "self-thoughts."

Gratitude: What am I grateful for today?

Growth: What did I do today that I feel proud of OR which shows a **good quality** about myself?

Good: What good did I experience or witness today?

Giving: What did I do for others today?

Was I willing to inconvenience myself to help another person today?

Was I willing to let others' needs be satisfied before my wants?

Did I help another person without waiting to be asked?

Glitches: What did not go well today? List

Gains from Glitches: What did you gain from the glitch? What did this situation help you to appreciate?

Goals: What are my goals for tomorrow?

Where am I heading in terms of achieving my goals?

AEIOUY

- A** = Anger. Was I angry or resentful today?
- E** = emotions. What were my other emotions? Was I restless, irritable or afraid?
- I** = What have I done for myself today?
- O** = What did I do for Others today?
- U** = Unresolved. What do I have unresolved?
- Y** = Yeah or Yippee. What do I have to be grateful for? What did I do for fun today?

AEIOUY

- A** = Abstinent?
What did my food look like today? Moderate? Mindful?
Anything I do not feel good about in my food today?
- E** = Exercise.
What did I do today for my physical recovery?
- I** = What did I do for myself today?
My recovery? What did I do well today?
Which character assets did I display today?
- O** = Others.
What did I do for another today?
For an OA fellow? My family, community?
- U** = Uncover.
Where was I resentful, selfish, dishonest, afraid? Is an inventory needed? Am I avoid looking at something, do I need to discuss it with another? Do I owe an apology?
- Y** = Yippee!
What am I grateful for today?

AEIOUY

- A** = abstinence. What did I do for my abstinence? Did I get to a meeting, work with others?
- E** = exercise. What exercise did I do today?
- I** = What have I done for myself today?
- O** = What did I do for Others today?
- U** = Unresolved. What do I have unresolved?
- Y** = Yeah or Yippee. What do I have to be grateful for? What did I do for fun today?