



Freedom from Chronic Relapse
Recovery Reflections Session 6
Morning Light: Cultivating Daily Diligence

You don't need to show these to anyone, but you may want to review your answers with your sponsor or a trusted SA sharing partner. Be as honest as you possibly can.

1. **Should you be doing something different?**
Frequent & Quiet Reflection Time? / Prayer? / Steps? / Phone calls? / More (or Different) Meetings? / Reading SA or AA Approved Literature? / Journaling? / 90-Day Withdrawal Meetings?
2. **How can you incorporate new habits 'of surrender' into your daily life that support your recovery?**
3. **How do you stay motivated to continue working on your recovery, even when you feel good?**
4. **What role does your spiritual condition play in your day-to-day recovery?**
5. ***"All this was scary. We couldn't see the path ahead, except that others had gone that way before. Each new step of surrender felt it would be off the edge into oblivion, but we took it. And instead of killing us, surrender was killing the obsession!" SAWB p. 61***
Are you afraid?
6. **Who do you see in your Program circle of friends who has successfully become sober?**
7. **Can you trust that what has worked for others will also work for you?**
8. **How do you define diligence in your recovery?**
9. **How do you stay motivated to continue working on your recovery, even when life is going well?**
10. **How can you incorporate new habits into your daily life that support your recovery?**
11. **You NEVER need to act out again. Ever.**
12. **Sobriety... Long-term sobriety... starts today.**

