

ASHLEY HASEOTES

You have been asking for a spiritual course to take while in quarantine; something that would help you learn and grow during this unique time.

Welcome to The 12 Steps to Emotional Freedom and Deep Happiness course.

This course is **FREE** and is a **self guided**. I KNOW YOU HAVE AT LEAST 15 MINUTES today to journal!

Through these journal exercises you will learn to connect to the Divine Universal Energy that is available to every one of us.

It is when we are truly connected to this Higher Power where we find the answers to our deepest questions, **will I ever be truly happy, how do I let go of this fear, why do I keep making the same mistakes over and over? I want more from life.**

I borrowed these 12 Steps from the well known AA 12 steps. Indeed, I have found many of my sober friends to have profoundly moved through their spiritual paths and come out on the other side more whole and more happy than ever before! The 12 Steps in AA goes far beyond alcohol and drugs, it is deep spiritual work—trust me.

I invited my friends Morgan and Chris to attend these video chats with me, and from their very own experiences going through these steps in AA they will share with us how as non addicts we can benefit from this deep spiritual work.

Step 1 Journal Questions:

In order to change we must admit that what we have been doing, thinking and acting like up to this point isn't working for us anymore. Making the choice to change is where we all begin.

Enjoy these journal questions.

Powerless, what does this word mean to you?

Look up the definition and write it here:

What is it that you are powerless over?

What does this powerlessness look like in your life? How does it feel?

List 3 feelings or thoughts you find yourself repeatedly reaching to external sources to relieve:

1.

2.

3.

What is your go-to external source of relief?

How does this help you? How does this hurt you?

Unmanageable, what does this word mean to you?

Look up the definition and write it here:

What/how is your life unmanageable? In other words, what has been negatively affected or lost as a result of your lifestyle. You can highlight the following examples if they are applicable or write your own in the space below.

Self-esteem
mental health
reputation
hope

self confidence
finances
home
peace of mind

health
relationships
hygiene
safety

school/work
spirituality/God
quality of life
treatment of others

Step 1 Conclusion Questions:

Without reservation or lurking notion, can you say you are powerless over

_____?

Do you want to change? Sit quietly with this question. Then answer.