Seek Guidance

“Other people in our lives help us to develop trust and loving attitudes, we demand less and give more. We are slower to anger and quicker to forgive. We learn about the love we receive in our Fellowship. We begin to feel lovable which is a feeling totally alien to our old egocentric selves.” (NA Basic Text, p. 97)

1. Describe a time in the past that you used the skill of Seek Guidance and had a successful outcome.

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2. Describe a time in the past week that you used the skill of Seek Guidance and had a successful outcome.

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3. During times of distress, it may be difficult to reach out to others. Identify three skills you can use to motivate yourself to use Seek Guidance.

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2. ________________________________________________________________________________________________

3. ________________________________________________________________________________________________

4. Identify three people you can utilize to Seek Guidance in times of distress.

1. ________________________________________________________________________________________________

2. ________________________________________________________________________________________________

3. ________________________________________________________________________________________________