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Because There Is No Solid Basis For The Sobriety.
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From Daily Reflections "Driven By A Hundred Forms Of Fear, Self-delusion, Self-seeking, And Self-pity, We Step On The Toes Of Our Fellows And They Retaliate." ALCOHOLICS ANONYMOUS, P.62 My Selfishness Was The Driving Force Behind My Drinking. I Drank To Celebrate Success A 2th, 2024

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Sobriety Checklist

Morning Routine Checklist 10 Things You Can Do To Stay Sober Today Exercise - 20-60 Minutes Read - 5

Minutes Journal - 5-10 Minutes Prayer / Meditation - 10-15 Minutes Willingness Call List - 3 People Be Of Service Meetings - Set Up & Clean U 3th, 2024

STEP FOUR - Emotional Sobriety And Food
DAILY REFLECTIONS, P. 101} Resentment Is The
"number One" Offender. It Destroys More Alcoholics
Than Anything Else. From It Stem All Forms Of Spiritual
Disease, For We Have Been Not Only Physically And
Mentally III, We Have Been Spiritually Sick. {BB, P. 64}
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Emotional Sobriety And The Twelve Steps Of AA The Untethered Soul: The Journey Beyond Yourself (p. 131). Michaele A. Singer "At The Core Of This Alienation From The Actual-self... Is The Loss Of The Feeling Of Being An Active Determining Force In Our Own Lives." Neuros 2th, 2024

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