

CLIENT WORKBOOK *AND 3-S JOURNAL*

The client is provided with a Personal 3-S Notebook and Journal for identifying addictions and action plans, monitoring self-schema activation, and for keeping logs, imagery exercises, and other relevant material for strengthening and activating the spiritual self-schema.

STRENGTHENING

your

SPIRITUAL

SELF

3-S WORKBOOK AND JOURNAL

Session 1

WHO AM I?

Addict self :

a habit pattern of the mind
it causes suffering
it is not your real self.

Real self:

your spiritual nature
always there – can't be taken away –
but addict self makes it difficult to experience.

Spiritual path:

Morality – doing no harm to yourself or others
Mastery of the Mind – controlling mental habit patterns
Wisdom – knowing your true nature and
being committed to your personal spiritual Path

10 spiritual qualities = spiritual “muscles” needed for the Path:

Strong determination

Effort

Equanimity

Morality

Loving kindness

Tolerance

Wisdom

Renunciation

Generosity

Truth

You already have these spiritual muscles –
you just need to give them a good “work out” to strengthen them.

GOAL OF SESSION #1:

Introduction to the 3-S program – for people of all faiths.

Make a commitment to your spiritual path (see Commitment Worksheet)

Learn about habit patterns of the mind:

Become aware of the addict self's "automatic pilot" that takes control of your mind and prevents you from being on your spiritual path.

BUILDING YOUR SPIRITUAL MUSCLES:

During session: Role-play using your spiritual muscles

At-home practice assignments:

1. Three times daily 'Self Check-In':

Cue: _____ (e.g., telephone ringing)

Instructions: Interrupt yourself at least three times each day, using your cue (for example, the telephone ringing) to see "who is in control" – simply become aware of whether or not the addict self is turned 'on' (in control of your mind) when you are interrupted by your cue?

2. Spiritual Stretch:

Instructions: Begin each day with your spiritual stretch. See diagram for instructions.

3. Spiritual quality assigned: **STRONG DETERMINATION**

Instructions: Find your own strong determination and express it during the week by completing your assignments and staying on your spiritual path.

3-S WORKSHEET: Session #1
COMMITMENT TO MY SPIRITUAL PATH

1. I am committed to strengthening and using a Spiritual path in my recovery from addiction.

2. Being on a spiritual path requires that I be committed to doing no harm to myself or others.

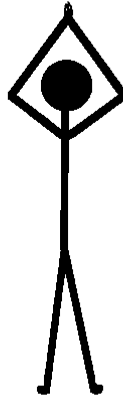
3. I understand that training my mind for a spiritual path requires strong determination and effort on my part, and I am committed to working diligently on my spiritual practice (both during sessions and between sessions).

Signed: _____ Dated: _____

the 3-S Stretch

#1: Reach your arms high above your head, press your palms together, and affirm:

Today I take my
Spiritual path



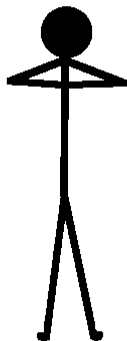
#2: With palms together, press your thumbs against your forehead between your eyebrows, and affirm:

Thoughts reflecting
... insert spiritual quality here ...



#3: With palms together, press your thumbs against your mouth, and affirm:

Words reflecting
... insert spiritual quality here ...



#4: With palms together, press your thumbs against the midpoint of your chest, and affirm:

Emotions reflecting
... insert spiritual quality here ...



#5: With palms together and fingers pointing away from the body, press the heels of your hands against your lower abdomen, and affirm:

Actions reflecting
... insert spiritual quality here ...



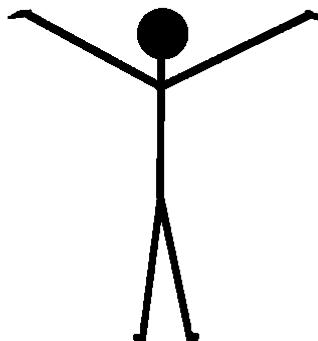
#6: With arms outstretched and to your sides and palms facing away from the body, open your hands wide, with fingers outstretched, and affirm:

Perceptions reflecting
... insert spiritual quality here ...



#7: With arms outstretched above your head, hands wide open, press your palms upwards towards the sky, and affirm:

Open and receptive to
... Insert spiritual quality here



#8: Returning to the starting position, with your hands raised high above your head, press your palms together, and affirm:

I am my
Spiritual nature



Session 2

TRAINING

Mastery of the Mind

“Right” Effort –

Taking back control from the ‘addict self’ takes practice

“Right” Mindfulness –

Become aware of all your thoughts, feelings, behaviors

“Right” Concentration –

Meditation retrains your mind toward your spiritual path

Meditation instructions:

- Find a quiet place where you will not be disturbed
- Sit with your back straight (on cushion on floor or in a chair)
- Close your eyes
- Breathe normally through your nose (do not try to regulate the breath)
- Concentrate on the sensations in and around your nostrils (the rim and insides of your nose) and on your upper lip just below your nostrils that is caused by the breath passing in and out
- Just keep your concentration fixed there – this is your **anchor** – simply observe the sensations caused by the breath as it passes over your ‘anchor’ point
- (Examples of sensations you might experience: tickle, tingle, pressure, perspiration. Also notice if the breath is long or short, does it pass mainly through one nostril or both, is it warm or cool).

If your mind wanders, note ‘mind has wandered away’, and immediately return it to your anchor. Continue to observe the changing sensations around your nostrils and upper lip caused by the in and out breath.

Techniques if you have difficulty returning to your anchor:

- *Count your breaths, but don’t get caught up in counting. The goal is to stay focused on your ‘anchor’ not on numbers.*
- At the beginning of a breath, make a commitment to noticing everything you can about the sensations caused by just that one breath. Then do the same for the next breath -- commit yourself to your practice, just one breath at a time.

GOAL OF SESSION #2:

Begin the training in 'Mastery of the Mind'.

Learn how to be mindful and how to meditate on the breath

BUILDING YOUR SPIRITUAL MUSCLES:

During session: Meditation on in- and out-breath

At-home practice assignments:

1. Three times daily 'Self Check-In':

Cue: _____ (e.g., telephone ringing)

Instructions: Interrupt yourself at least three times each day, using your cue (for example, the telephone ringing) to see "who is in control" – simply become aware of whether or not the addict self is turned 'on' (in control of your mind) when you are interrupted by your cue?

2. Spiritual Stretch:

Instructions: Begin each day with your spiritual stretch. See diagram for instructions.

3. Spiritual quality assigned: **EFFORT**

Instructions: Find your own **EFFORT** and express it during the week by completing your assignments and staying on your spiritual path.

4. Meditation:

Instructions: Meditate on the in- and out-breath for at least 10 minutes each day (preferably morning and evening).

Session 3

TRAINING

Mastery of the Mind #2

What to do when the addict self interrupts the spiritual self

Before the addict self interrupts:

Predict the addict self's sabotage habits

Know the addict self's early warning signs

Monitor ongoing thoughts and emotions with 'self check-ins'

When it interrupts – interrupt it!

Slow it down before it takes control again:

Shout 'STOP' to yourself

Examine and name it – e.g., "craving is here"

Then, refocus on your spiritual path:

Recite self-affirmation*, prayer, or mantra

Remember the saying – "the whole world is medicine" –
focus on nature's beautiful sights, sounds, smells, tastes,
and textures

Sing spiritual song/hymn

Meditate

*My Personal Self-Affirmation for my spiritual path is:

GOAL OF SESSION #3:

Continue training in 'Mastery of the Mind'.
Learn how to handle addict self intrusions

BUILDING YOUR SPIRITUAL MUSCLES:

During session: Identified thoughts, feelings, and behaviors associated with the addict self and created a personal self-affirmation for remaining in spiritual self (see Addict Self Intrusions Worksheet)

At-home practice assignments:

1. Three times daily 'Self Check-In':

Cue: _____ (e.g., telephone ringing)

Instructions: Interrupt yourself at least three times each day, using your cue (for example, the telephone ringing) to see "who is in control" – simply become aware of whether or not the addict self is turned 'on' (in control of your mind) when you are interrupted by your cue?

2. Spiritual Stretch:

Instructions: Begin each day with your spiritual stretch. See diagram for instructions.

3. Spiritual quality assigned: **EQUANIMITY** (having a calm and balanced mind)

Instructions: Find your own **EQUANIMITY** and express it during the week by completing your assignments and staying on your spiritual path.

4. Meditation:

Instructions: Meditate on the in- and out-breath for at least 10 minutes each day (preferably morning and evening) – increasing the amount of time by 5 minutes each week.

5. Self-affirmation:

Instructions: Practice reciting your self-affirmation during the week; use it when the addict self tries to take over control.

3-S Worksheet: Session #3: Handling addict self intrusions

Do not be discouraged if the addict self intrudes. Addict self intrusions are to be expected. That you are aware of them, and are willing to interrupt them before they cause harm, is a sign of spiritual progress.

BE PREPARED FOR ADDICT SELF INTRUSIONS

Predict ways the addict self may try to sabotage your spiritual progress:
Place a check mark next to the items below that describe your addict self's sabotage

tricks: Missing 3-S therapy sessions

Missing daily methadone dose

Missing regular drug counseling sessions

Missing urine tests

Denying any drug use

Minimizing the harm caused by drug use

Isolating yourself

Going to high risk places

Being with high risk people

Doing high risk activities

Other: _____

Identify Early Warning Signs of an Addict Self Intrusion:

Thoughts: _____

Feelings: _____

Behaviors: _____

IF YOU CAN'T PREVENT THEM, INTERRUPT THEM

Remember, routine is the addict self's helper. When you change your routine frequently, you have to stop momentarily to think about what you are doing. This interrupts the automatic pilot of the addict self long enough for you to return to your spiritual path.

I plan to give myself a moment of mindfulness this week by changing my routine, as follows:

(Examples: wear watch on other wrist or ring on different finger; take a different route home, sit in a different chair, move frequently used items, set an hourly beeper).

THEN, REFOCUS ON YOUR SPIRITUAL PATH

RECITE YOUR SELF-AFFIRMATION

“ _____ ”

Session 4

TRAINING

Morality – do no harm to self or others

“Right” Speech
“Right” Action
“Right” Livelihood

Addict Self:

Harmful speech, action, livelihood

Addict self → Serious medical harm
such as HIV, hepatitis, and other STDs

Spiritual self:

provides motivation to prevent harm to self and others

Mindful Action vs Automatic Reaction:

The Addict self just reacts.

The Spiritual self acts – **mindfully** –

by learning how to prevent HIV, hepatitis, other STDs;
by understanding that craving and desire are impermanent;
by remembering – **‘this too shall pass’**

GOAL OF SESSION #4:

Begin training in 'Morality/Ethics'.

Increase motivation to prevent harm to self and others, with a focus on medical harms such as HIV, hepatitis, and other STDs

BUILDING YOUR SPIRITUAL MUSCLES:

During session: Transform craving by observing its impermanence

At-home practice assignments:

1. Three times daily 'Self Check-In':

Cue: _____ (e.g., telephone ringing)

Instructions: Interrupt yourself at least three times each day, using your cue (for example, the telephone ringing) to see "who is in control" – simply become aware of whether or not the addict self is turned 'on' (in control of your mind) when you are interrupted by your cue?

2. Spiritual Stretch:

Instructions: Begin each day with your spiritual stretch. See diagram for instructions.

3. Spiritual quality assigned: **MORALITY** (doing no harm to self or others)

Instructions: Find your own **MORALITY** and express it during the week by completing your assignments and staying on your spiritual path.

4. Meditation:

Instructions: Meditate on the in- and out-breath for at least 10 minutes each day (preferably morning and evening) – increasing the amount of time by 5 minutes each week.

5. Self-affirmation:

Instructions: Practice reciting your self-affirmation during the week; use it when the addict self tries to take over control.

6. Attend a risk reduction educational session - mindfully:

An educational session on how to prevent transmission of infectious diseases has been scheduled for you on:

Date: _____ Time _____ Location _____.

7. Transform drug craving or sexual desire:

Instructions: If drug craving or inappropriate sexual desire arises, carefully examine it. First, acknowledge its presence -- 'my mind has craving in it' or 'my mind has desire in it.' Then investigate the sensations in your body associated with the craving or desire. What does it feel like – hot/cold, pressure, pain – where are the sensations located? Now dissect, dissolve, and disintegrate these sensations by penetrating them deeper and deeper with your mind. Notice how these sensations arise and pass away. Say to yourself 'this too shall pass.' Eventually the craving/desire will stop if you continue to observe it deeply. Know that this is its nature – impermanent.

Session 5

TRAINING

Morality (continued) – every day ethics

“Right” Speech

“Right” Action

“Right” Livelihood

Remember the meaning of
‘first you harm yourself, then you harm others’ –
anger hurts you before it hurts the person you are angry with.

Remember the meaning of
‘you are heir to all your actions’ –
the consequences of all your actions, good and bad,
will eventually be experienced by **you**

Treat yourself with compassion;
only then can you
treat others with compassion

Repetitive thoughts –
background music of the mind –
we don’t pay much attention to them, but they’re always there.

Addict self repetitive thoughts
lead to behaviors that harm self and others.

Spiritual self repetitive thoughts
lead to acts of compassion for self and others

Remember...
all beings are just like you,
they too want to be happy and free of suffering

GOAL OF SESSION #5:

Continue training in 'Morality/Ethics'.

Learn about every day ethics in speech, action, and livelihood

BUILDING YOUR SPIRITUAL MUSCLES:

During session: Learned *metta* meditation ('metta' means loving kindness):

Instructions: After your meditation on the in- and out-breath, imagine your body being filled with love and compassion ...

Recite silently:

Understanding that all beings, like myself, have a desire for happiness, I now develop loving-kindness towards all beings.

Recite (3 times):

May I be happy and free from suffering,
May all beings be happy and free from suffering too.

Then visualize different individuals (beginning with someone you neither love nor hate) or imagine people in different parts of the world, and while doing so repeat three times:

May I be happy and free from suffering,
May ...(other's name)... be happy and free from suffering too.

At-home practice assignments:

1. Three times daily 'Self Check-In':

Cue: _____ (e.g., telephone ringing)

Instructions: Interrupt yourself at least three times each day, using your cue (for example, the telephone ringing) to see "who is in control" – simply become aware of whether or not the addict self is turned 'on' (in control of your mind) when you are interrupted by your cue?

2. Spiritual Stretch:

Instructions: Begin each day with your spiritual stretch. See diagram for instructions.

3. Spiritual qualities assigned: **LOVING KINDNESS** and **TOLERANCE**

Instructions: Find your own **LOVING KINDNESS** and **TOLERANCE** and express them during the week by completing your assignments and staying on your spiritual path.

4. Meditation:

Instructions: Meditate on the in- and out-breath for at least 10 minutes each day (preferably morning and evening) – increasing the amount of time by 5 minutes each week.

5. Self-affirmation:

Instructions: Practice reciting your self-affirmation during the week; use it when the addict self tries to take control.

6. Transform drug craving or sexual desire:

Instructions: If drug craving or inappropriate sexual desire arises, carefully examine it. First, acknowledge its presence -- ‘my mind has craving in it’ or ‘my mind has desire in it.’ Then investigate the sensations in your body associated with the craving or desire. What does it feel like – hot/cold, pressure, pain – where are the sensations located? Notice how these sensations arise and pass away. Say to yourself ‘this too shall pass.’ Eventually the craving/desire will stop if you keep observing it very carefully. Know that this is its nature – impermanent

7. Practice ‘metta’

Instructions: (a) Add metta statements to the end of your daily meditation on the in- and out-breath; and (b) when you have an encounter with someone that leads to negative emotion repeat your ‘metta’ statement (may I be happy and free of suffering; may ...(name).. be happy and free of suffering too) until the emotion passes. Remember ‘you are heir to your actions’.

Session 6

TRAINING

Wisdom

“Right” Thinking (intention)
“Right” View (understanding)

Know that everything begins with the mind
You are not your addict self – this is not your true nature
Addict self is a habit pattern of the mind
Habit patterns can be changed

Fill your mind with a new habit pattern -- your spiritual self
Your spiritual self provides a path to your true nature.

Need to have a **DAILY PLAN** for
Weakening the addict self and
Strengthening the spiritual self

DAILY PLAN

Make a commitment to your spiritual self
Use all your senses
to fill your mind with your spiritual self
throughout the day –
sight, sound, taste, smell, and touch

GOAL OF SESSION #6:

Begin training in 'Wisdom'.

Learn that the addict self is a habit pattern of my mind that can be replaced by my spiritual self which will provide a path to my true nature. To do this I must fill my mind with my spiritual self.

BUILDING YOUR SPIRITUAL MUSCLES:

During session: Learned how to create a daily plan for filling the mind with my spiritual self (see Daily Plan Worksheet):

At-home practice assignments:

1. Three times daily 'Self Check-In':

Cue: _____ (e.g., telephone ringing)

Instructions: Interrupt yourself at least three times each day, using your cue (for example, the telephone ringing) to see "who is in control" – simply become aware of whether or not the addict self is turned 'on' (in control of your mind) when you are interrupted by your cue?

2. Spiritual Stretch:

Instructions: Begin each day with your spiritual stretch. See diagram for instructions.

3. Spiritual quality assigned: **WISDOM**

Instructions: Find your own **WISDOM** and express it during the week by completing your assignments and staying on your spiritual path.

4. Meditation:

Instructions: Meditate on the in- and out-breath for at least 10 minutes each day (preferably morning and evening) – increasing the amount of time by 5 minutes each week.

5. Self-affirmation:

Instructions: Practice reciting your self-affirmation during the week; use it when the addict self tries to take over control.

6. Transform drug craving or sexual desire:

Instructions: If drug craving or inappropriate sexual desire arises, carefully examine it. First, acknowledge its presence -- 'my mind has craving in it' or 'my mind has desire in it.' Then investigate the sensations in your body associated with the craving or desire. What does it feel like – hot/cold, pressure, pain – where are the sensations located? Notice how these sensations arise and pass away. Say to yourself 'this too shall pass.' Eventually the craving/desire will stop if you keep observing it very carefully. Know that this is its nature – impermanent

7. Practice 'metta':

Instructions: (a) Add metta statements to the end of your daily meditation on the in- and out-breath; and (b) when you have an encounter with someone that leads to negative emotion repeat your 'metta' statement (may I be happy and free of suffering; may ...(name).. be happy and free of suffering too) until the emotion passes. Remember 'you are heir to your actions'.

8. Use your Daily Plan for filling the mind with your spiritual self:

Instructions: Using the Daily Plan you developed in the session (included in this Workbook) begin filling your mind with your spiritual self in all your daily activities. Make changes to the Plan as needed to fill your mind more and more.

3-S Worksheet: Session #6

DAILY PLAN for “Filling the mind” with the Spiritual Self

Cues/Reminders to remember your Spiritual nature

Sights 1. _____ 3. _____
 2. _____ 4. _____

(e.g., post it notes, refrigerator magnets, a flower, pictures, statues, books, movies)

Sounds 1. _____ 3. _____
 2. _____ 4. _____

(e.g., songs/hymns, birds, wind chimes, or city sounds such as car horns)

Tastes 1. _____ 3. _____
 2. _____ 4. _____

(e.g., identify a frequently consumed food or drink to serve as cue)

Smells 1. _____ 3. _____
 2. _____ 4. _____

(e.g., identify a favorite scent to serve as cue)

Touch 1. _____ 3. _____
 2. _____ 4. _____

(e.g., an embrace, stroking your pet, the texture of an object placed in pocket as cue)

DAILY PLAN

Morning		Evening	
Upon arising:		Early evening	
Morning:		Late evening	
Afternoon:		Upon retiring:	

Session 7

TRAINING

Wisdom (continued)

Renunciation = give up whatever separates you from your spiritual nature

Give up the addict self-identity:

Give up addict thoughts
Give up addict speech
Give up addict emotions
Give up addict behavior

Generosity = give to yourself and others your true spiritual nature

Accept your spiritual self-identity:

Know your spiritual self's five ENEMIES

Craving (for sensual pleasure)
Aversion (ill-will/hatred)
Sluggishness (laziness)
Agitation (restlessness)
Doubt (about your Path)

Know your spiritual self's five FRIENDS

Faith (devotion to your spiritual path)
Effort (determination and hard work)
Awareness (your mindfulness)
Concentration (your meditation anchor)
Wisdom (experience balance of mind)

Begin acting **'as if'** you are your spiritual self
As they say in AA/NA, 'Fake it, 'til you make it!'

GOAL OF SESSION #7:

Continue training in 'Wisdom'.

Learn that I must renounce (give up) my addict self and take on my spiritual self. This requires getting to know my spiritual self's 5 enemies and 5 friends.

BUILDING YOUR SPIRITUAL MUSCLES:

During session: Learned how visualize taking on the role of my spiritual self.

At-home practice assignments:

1. Three times daily 'Self Check-In':

Cue: _____ (e.g., telephone ringing)

Instructions: Interrupt yourself at least three times each day, using your cue (for example, the telephone ringing) to see "who is in control" – simply become aware of whether or not the addict self is turned 'on' (in control of your mind) when you are interrupted by your cue?

2. Spiritual Stretch:

Instructions: Begin each day with your spiritual stretch. See diagram for instructions.

3. Spiritual qualities assigned: **RENUNCIATION AND GENEROSITY**

Instructions: Find your own **RENUNCIATION AND GENEROSITY** and express them during the week by completing your assignments and staying on your spiritual path.

4. Meditation:

Instructions: Meditate on the in- and out-breath for at least 10 minutes each day (preferably morning and evening) – increasing the amount of time by 5 minutes each week.

5. Self-affirmation:

Instructions: Practice reciting your self-affirmation during the week; use it when the addict self tries to take over control.

6. Transform drug craving or sexual desire:

Instructions: If drug craving or inappropriate sexual desire arises, carefully examine it. First, acknowledge its presence -- 'my mind has craving in it' or 'my mind has desire in it.' Then investigate the sensations in your body associated with the craving or desire. What does it feel like – hot/cold, pressure, pain – where are the sensations located? Notice how these sensations arise and pass away. Say to yourself 'this too shall pass.' Eventually the craving/desire will stop if you keep observing it very carefully. Know that this is its nature – impermanent

7. Practice 'metta':

Instructions: (a) Add metta statements to the end of your daily meditation on the in- and out-breath; and (b) when you have an encounter with someone that leads to negative emotion repeat your 'metta' statement (may I be happy and free of suffering; may ...(name).. be happy and free of suffering too) until the emotion passes. Remember 'you are heir to your actions'.

8. Use your Daily Plan for filling the mind with your spiritual self:

Instructions: Using the Daily Plan you developed in the session (included in this Workbook) begin filling your mind with your spiritual self in all your daily activities. Make changes to the Plan as needed to fill your mind more and more.

9. Act 'as if' you are your spiritual self:

Instructions: Take on the role of your spiritual self, much like an actor takes on a role. Get to know your spiritual self's five friends and five enemies, and then go about your day acting 'as if' you are your spiritual self. Take on this self-identity in your daily life.

Session 8

Maintaining the Spiritual Path

Truth

Truth is essential for maintenance of your Path

Be honest with yourself

Be honest with others

Be honest with your environment – treat it gently

Know that you can take refuge ...

In your spiritual guide(s)

In your spiritual teachings

In your spiritual community

There are resources in your community to help you

Above all ...

Remain vigilant for addict self intrusions

Remain mindful of your true spiritual nature, and

Remember your 'anchor' when facing a storm

Be Happy !

GOAL OF SESSION #8:

Maintaining the spiritual path

Learn that TRUTH is essential for staying on my spiritual path, and that there are people and places and things I can turn to help me stay on my spiritual path.

BUILDING YOUR SPIRITUAL MUSCLES:

During session: Made a list of community resources to help me.

At-home practice assignments:

1. Three times daily 'Self Check-In':

Cue: _____ (e.g., telephone ringing)

Instructions: Interrupt yourself at least three times each day, using your cue (for example, the telephone ringing) to see “who is in control” – simply become aware of whether or not the addict self is turned ‘on’ (in control of your mind) when you are interrupted by your cue?

2. Spiritual Stretch:

Instructions: Begin each day with your spiritual stretch. See diagram for instructions.

3. Spiritual quality assigned: **TRUTH**

Instructions: Find your own **TRUTH** and express it during the week by completing your assignments and staying on your spiritual path.

4. Meditation:

Instructions: Meditate on the in- and out-breath for at least 10 minutes each day (preferably morning and evening) – increasing the amount of time by 5 minutes each week.

5. Self-affirmation:

Instructions: Practice reciting your self-affirmation during the week; use it when the addict self tries to take over control.

6. Transform drug craving or sexual desire:

Instructions: If drug craving or inappropriate sexual desire arises, carefully examine it. First, acknowledge its presence -- 'my mind has craving in it' or 'my mind has desire in it.' Then investigate the sensations in your body associated with the craving or desire. What does it feel like – hot/cold, pressure, pain – where are the sensations located? Notice how these sensations arise and pass away. Say to yourself 'this too shall pass.' Eventually the craving/desire will stop if you keep observing it very carefully. Know that this is its nature – impermanent

7. Practice 'metta':

Instructions: (a) Add metta statements to the end of your daily meditation on the in- and out-breath; and (b) when you have an encounter with someone that leads to negative emotion repeat your 'metta' statement (may I be happy and free of suffering; may ...(name).. be happy and free of suffering too) until the emotion passes. Remember 'you are heir to your actions'.

8. Use your Daily Plan for filling the mind with your spiritual self:

Instructions: Using the Daily Plan you developed in the session (included in this Workbook) begin filling your mind with your spiritual self in all your daily activities. Make changes to the Plan as needed to fill your mind more and more.

9. Act 'as if' you are your spiritual self:

Instructions: Take on the role of your spiritual self, much like an actor takes on a role. Get to know your spiritual self's five friends and five enemies, and then go about your day acting 'as if' you are your spiritual self. Take on this self-identity in your daily life.

10. Follow-up on community resources:

Instructions: During the week, make contact with one or more of the community resources you identified during the session.

3-S Worksheet: Session #8

TAKING REFUGE

Getting the support you need on your spiritual path

Spiritual guide (s)

Spiritual teachings

Scriptures _____

Books _____

Videotapes _____

Audiotapes _____

Spiritual Community:

Friends and family also on a spiritual path:

Name _____ Telephone _____

Name _____ Telephone _____

Name _____ Telephone _____

Name _____ Telephone _____

Name _____ Telephone _____

Community resources:

(example: places of worship, meditation groups, fellowship groups, such as AA/NA)

Name and location	Meeting day and time
-------------------	----------------------

Reading List

- a Kempis, T. (1984). *The Imitation of Christ*. New York: Vintage Spiritual Classics.
- Anonymous. (2001). *The Cloud of Unknowing and other works*. London, England: Penguin Classics.
- Bennett-Goleman, T. (2001). *Emotional Alchemy. How the mind can heal the heart*. New York: Random House.
- Bien, T., & Bien, B. (2002). *Mindful Recovery. A Spiritual Path to Healing from Addiction*. New York: John Wiley & Sons.
- Blofeld, J. (1977). *Mantras. Sacred Words of Power*. New York: E. P. Dutton.
- Borg, M., Powelson, M., & Riegert, R. (Eds.). (1996). *The Lost Gospel Q. The original sayings of Jesus*. Berkeley, CA: Seastone.
- Dogen, Z. M. (1983). *From the Zen Kitchen to Enlightenment* (translated by Thomas Wright). New York: Weatherhill.
- Feldman, C. (2001). *The Buddhist Path to Simplicity. Spiritual Practice for Everyday Life*. London, England: Thorsons.
- Goldstein, J. (1993). *Insight Meditation. The Practice of Freedom*. Boston: Shambala.
- Hart, W. (1987). *The Art of Living. Vipassana Meditation as taught by S. N. Goenka*. San Francisco, CA: Harper Collins.
- Henepola Gunaratana, B. (2002). *Mindfulness in Plain English*. Somerville, MA: Wisdom Publications.
- Herrigel, E. (1953). *Zen in the Art of Archery*. New York: Vintage.
- John of the Cross, S. (1959). *Dark Night of the Soul*. New York: Doubleday.
- Kabat-Zinn, J. (1994). *Wherever you go there you are*. NY: Hyperion.
- Kornfield, J. (1997). *Jesus and Buddha. The parallel sayings*. Berkeley, CA: Seastone.
- McDonald, K. (1984). *How to Meditate. A Practical Guide*. Somerville, MA: Wisdom Publications.
- Meyer, M. (Ed.). (1992). *The Gospel of Thomas. The Hidden Sayings of Jesus*. (Interpretation by Harold Bloom). New York: Harper Collins.

- Nhat Hanh, T. (1975). *The Miracle of Mindfulness*. Boston, MA: Beacon Press.
- Nhat Hanh, T. (1988). *The Sun My Heart*. Berkeley, CA: Parallax Press.
- Nhat Hanh, T. (1991). *Peace is Every Step*. New York: Bantam Books.
- Nhat Hanh, T. (1995). *Living Buddha, Living Christ*. New York: Riverhead Books.
- Nhat Hanh, T. (1998). *Teachings on Love*. Berkeley, CA: Parallax Press.
- Pagels, E. (1979). *The Gnostic Gospels*. New York: Vintage.
- Palmer, M. (2001). *The Jesus Sutras. Rediscovering the lost scrolls of Taoist Christianity*. New York: Ballantine.
- Roberts, B. (1993). *The Experience of No-Self. A Contemplative Journey*. Albany, NY, SUNY Press.
- Suzuki, S. (1970). *Zen Mind, Beginner's Mind*. New York: John Weatherhill, Inc.
- Teresa of Avila. (1961). *Interior Castle*. In E. a. T. b. E. A. Peers (Ed.). New York: Doubleday.
- Thubten Zopa, R. (1993). *Transforming Problems into Happiness*. Boston, MA: Wisdom.

Other recommendations:

- 1.
- 2.
- 3.
- 4.
- 5.