

3-S Group #8: Taking Steps on the Spiritual Path

Materials Required

1. Meditative Video Segment, and the equipment required for playing the video
2. “Tardiness” door sign to be placed on the door at the end of the video: “Entrance to the group room is not be permitted once the video has finished. The video has finished. Please join us next week.”
3. Wall Posters prominently displayed – In large letters ...
 - a. Commitment: “Today I renew my commitment to my spiritual path.”
 - b. The Ten Spiritual Qualities (the Paramis) – the Spiritual Self’s Muscles: “generosity, morality, renunciation, wisdom, effort, tolerance, truth, strong determination, loving kindness, and equanimity”
4. Timer (for meditation and other timed exercises)
5. Pencils and notepaper for each participant.
6. Tape (to adhere poster paper to the walls and “I” statements to flipchart)
7. Paper and easel board with marker for recorder
8. Flipchart on which is written the Noble Eightfold Path with empty space left below each Step where group members will tape their “I” statements (see Template at end of group text).
9. 16 pre-written “I” statements on separate pieces of paper (see Template at end of group text).
10. Container to hold the 16 pre-written “I” statements.
11. Blank paper for each group member to write two new “I” statements.

Therapeutic Goals

1. To provide a therapeutic context for a cognitive shift from habitual activation of the addict self-schema to increased activation of a spiritual self-schema that has as its focus doing no harm to self and others
2. To increase awareness of the automaticity of schematic processes, such as the addict self-schema.
3. To provide an opportunity for the creation of new cognitive scripts and behavioral action sequences that are consistent with the individual’s spiritual/religious faith. This session provides the opportunity for ...
 - a. the practice of meditation on the in-and-out breath (to increase the ability to focus the attention and still the mind)
 - b. the practice of mindfulness in learning about the Noble Eightfold Path.
 - c. the repetition of “I” statements pertaining to specific steps on the Path.
 - d. the creation of personally meaningful goals for the Path.

Begin Group

1. Video

A commercially available meditation video of tranquil nature scenes is played to mark the beginning of each 3-S group session. The purpose of playing a meditative video at this time is to provide a buffer, or transition period, during which group members can begin to detach

from their often chaotic lives, in readiness for the activation of their Spiritual selves through the practices of meditation and mindfulness. The video also provides a “tardiness window.” Out of respect for the group, punctuality is expected of group members. However, if group members are unavoidably detained, they will be permitted to enter the group room late only during the playing of the video. Once the video has finished, the group room door is closed, the tardiness sign is placed on the door (see list of required group materials) and any late members will not be permitted to enter. They will, of course, be encouraged to return, on time, the following week. Repeated lateness should be discussed with the client during individual sessions.

Nigel Holton, “Road to Doneghal,” *Eversound Expressions*, Eversound (2002) (5 minutes)

2. Welcome

At the end of the video the therapist places the “tardiness sign” on the outside of the group room door and welcomes all members to the 3-S group [Note: ground rules for the group, if any, (e.g., time management strategies used, policy regarding eating/drinking during group, etc.) may be reviewed at this time.]

Therapist script:

Welcome to Spirituality Group Therapy.

3. Introductions

Immediately following the welcome, the therapist asks group members to introduce themselves, by standing and saying their first names. [Note: as new group members may be added each week, it is important to have all group members introduce themselves every week.]

Therapist script:

Let’s begin by introducing ourselves. One at a time, please stand and say your first name; then remain standing. [Therapist begins]. Hello, my name is

4. Commitment

Following the introductions, while group members are still standing, they are asked to renew their commitment to their Spiritual path by reading aloud the words on the Commitment Statement Poster [“Today I renew my commitment to my Spiritual path”] that is displayed prominently on the front of the group room (see list of required group materials). Group members are then seated.

Therapist script:

While we are still standing, let’s renew our commitment to our Spiritual path by together reading the Commitment Statement aloud. [Therapist points to Commitment Poster]. All together ... Today I renew my commitment to my spiritual path.

5. Overview of 3-S development program philosophy: The therapist provides the following overview each week:

Therapist script:

Each of you are here today because you have made a commitment to abandon the addict self that has caused such suffering in your lives, and to develop instead your Spiritual self which will provide you with access to the peace and happiness of your true Spiritual nature. I know I don't have to tell you that although the addict self promises you relief from suffering, it is actually taking you on a path that leads to unending physical, emotional, and spiritual suffering. You all know that once it takes over – once it goes on automatic pilot – your welfare and the welfare of loved ones is of no importance to the addict self: it can easily convince you that absolutely nothing else matters except getting high. The goal of this program is to help you to see the addict self for what it is – a habit pattern of the mind that causes tremendous suffering. You will learn how to interrupt its habitual scripts – those “tapes” that play over and over in your head that urge you to use drugs just one more time, or to engage in other behaviors that can cause harm to you or others. These include sharing drug paraphernalia and having unsafe sex both of which can transmit HIV and other infections that can cause even greater suffering in your lives. In this program you will learn how to recognize the voice of the addict self and to stop it before it can harm you or others. You will do this by seeking refuge and strength in your true Spiritual nature. In this program, we view you as your Spiritual nature. That's the real you, not the addict self. Over the years of addiction, you may have come to doubt that you even have a Spiritual nature, or you may feel that it is now inaccessible to you. At this point, just have faith that it is still there; that it is always there. Your true Spiritual nature may be temporarily hidden from view, but trust that it is there. All you need is a way to access it – a path – that's your Spiritual path. However, in order to develop or strengthen this Spiritual path you will need a Spiritual self that has strong spiritual muscles – [therapist points to the parami poster – see list of required materials] – your Spiritual self's muscles are these 10 spiritual qualities that the addict self has tried to destroy. Together we will help you strengthen those spiritual muscles so that your Spiritual self stays strong and so that access to your Spiritual nature is available to you in every moment of every day. Just like strengthening physical muscles, strengthening your spiritual muscles takes training and practice. Each week we will practice meditation and do mindfulness exercises together that will help you to stay on your Spiritual path and access your Spiritual nature, but you also need to practice between groups. To get the most out of these group sessions, you will need to make the effort to

quiet your mind, to focus your attention, and to listen carefully to what I and the other group members are saying.

6. Agenda: The therapist provides group members with the agenda for the session. Providing an agenda aids in keeping the group focused and facilitates time management.

Therapist script:

Today we are going to begin as we always do by practicing meditation on the in and out breath. We will do this for five minutes. We will then work on some new material for about 30 minutes. After this we will end as we always do with a discussion and review, and our spiritual stretch.

7. Meditation Practice

Each group session provides an opportunity to practice meditation on the in- and out-breath (*anapanasati*). This brief 5-minute practice session is primarily for the purpose of reviewing the technique, for providing rationale for its use as a means by which the automaticity of the addict self is reduced and the spiritual self is accessed, and for encouraging daily practice. Group members are encouraged to practice daily for longer periods (e.g., 30-60 minutes daily).

Meditation on the in- and out-breath (*anapanasati*) with rationale and step-by-step instructions:

Meditation Rationale:

Therapist Script:

- *Our minds have a center or resting place – a peaceful stillness that is available to each of us where we can go to experience our true Spiritual nature. Some people may experience this stillness as their Spirit, or God or their Higher Power. Whatever way you experience it, just know that it is always there within you.*
- *Habit patterns of the mind (like the addict self) cause the mind to wander away from its center – this stillness. In fact, the addict self thrives in the wandering mind. When we don't have mastery of the mind – when we let the mind jump here and there out of control, it can very easily get carried away by the addict self.*
- *We begin each group with meditation practice because it is through meditation that we begin to take back control from the addict self and give it to the Spiritual self.*
- *Meditation trains the mind to return to its center – it provides an **anchor**. Just like an anchor on a boat stops the boat from drifting away on the tide, your meditation anchor prevents your mind from being swept away by*

emotional storms and strong currents of craving and aversion. In other words, it prevents the addict self from taking control of your mind..

- *When you practice meditation **every day** you are creating a new habit pattern of the mind so that whenever your mind tries to wander away from its Spiritual home, for example towards addict thoughts, you are quickly able to pull it back before the addict self takes over.*
- *In our meditation practice we focus on the in and out breath because as long as we live, the breath is always there. When you meditate on the breath, it might help you to think of what you are doing as connecting with your Spirit. In fact, the Latin derivation of the word 'spirit' is breath. So you can think of your meditation on the breath as your connection with your spirit which is your anchor in all of life's storms.*

Meditation Instructions:

Therapist script:

When you practice meditation at home, you will need to choose a quiet place where you will not be disturbed. If you wish you may sit crossed legged on a cushion on the floor, you may kneel, or you may sit in a chair with your back straight. You should feel comfortable, but not so comfortable that you fall asleep. While meditating, it is important to remain alert.

Let's do this now:

[In a slow, calm voice, the therapist narrates the first 1-2 minutes of the 5 minute practice]

- *Remain seated in your chairs. Sit with your back straight, feet flat against the floor, hands on your lap.*
- *Now close your eyes [Therapist checks that client is comfortable doing this in session. Clients who are uncomfortable closing their eyes are instructed to close their eyes half-way and to focus on an object within their vision. As clients' comfort levels increase over the course of treatment, clients are encouraged to close their eyes more and more, and to do their daily at-home practice with their eyes closed.]*
- *Just breathe normally through your nose.*
- *As you continue breathing normally through your nose, begin to focus your attention on the sensations in and around your nostrils, and on your upper lip just below your nostrils, that are caused by the breath passing in and out. You may feel a slight tickle, or a feeling of warmth or coolness, or heaviness or lightness.*
- *Just keep your concentration fixed there – **this area is your anchor** – the place you will always return to -- observe the changing sensations you experience in that area as the breath passes over your 'anchor.'*

- *At the beginning of every breath, commit yourself to noticing everything you can about the sensations caused by just that one breath. Then do the same for the next breath -- committing yourself to your practice, just one breath at a time.*
- *If thoughts arise, gently, but firmly, bring your awareness back to your anchor, and again commit yourself to remaining focused on the in and out breath, one breath at a time.*
- *...Pause briefly (e.g., 5 seconds) to give group members opportunity to experience the breath...*
- *Again, focus all your attention on the changing sensations around your nose and upper lip that are caused by the breath as it goes in and out. Notice whether the breath is long or short? Does the air pass through one or both nostrils? Is the air cool or warm?*
- *If your mind wanders again, just note 'mind wandered away', and immediately return it to your anchor. No need to get discouraged, it is the mind's nature to wander, and your job to train it, so just keep bringing it back. Gently, but firmly bring it back. Just as you would train a young child not to stray away from home, you patiently train your mind to stay close to its Spiritual home.*
- *If you are having difficulty bringing your mind back, you can try counting your breaths, just up to 10, but don't get caught up in counting. The goal is to stay focused on your 'anchor' not on numbers.*

We'll continue meditating on the in- and out-breath in silence for another 4 minutes. I will let you know when the time is up.

At end of 4 minutes, therapist asks client to open their eyes.

Meditation practice feedback

Therapist ensures that each group member has understood the technique. The following are examples of questions to pose to the group in the event that group members are having difficulty with their practice:

Therapist script:

Open your eyes.

How was that for you today?

Were you able to keep your attention focused on your anchor?

Could you experience your breath? Where did you feel it?

Did you notice if the air moved through one nostril more than the other; or if the breath was long or short, or if it was warm or cool?

What sensations did you feel (e.g., tickle, tingle, pressure, perspiration, etc.)?

[Note: If any group member is not experiencing any sensations, expand the area of concentration to include the entire nose as well as the area between the nostrils and the upper lip.]

Therapist script continued:

Did you experience the monkey mind? It is very persistent, isn't it?

Can you see how it could get you in trouble if you are not aware of where it has wandering off to?

Were you able to bring your attention back to your anchor each time it wandered away? It takes a lot of practice, doesn't it?

[Note: As needed, therapist explains that it is not uncommon for individuals to have difficulty returning the mind to the anchor, and that continued effort to bring the mind back to the anchor has lasting benefits even if the mind wanders away again.]

8. Presentation of new material with experiential exercise:

New material is provided experientially each week for the purpose of helping group members to increase mindfulness and to practice activation of the Spiritual self-schema. The therapist uses a technique that requires group members to attend carefully to the instructions as they are being provided. Instructions for all exercises are provided slowly and clearly, just once. After the instructions are given, group members are permitted one question in the event further clarification is necessary. If a group member still does not understand the instructions, he or she may ask another group member to repeat the instructions aloud to the entire group. This technique fosters mindfulness and group cohesion and cooperation.

New material: Taking Steps on your Spiritual Path

The purpose of this segment is to increase mindfulness and to make the Noble Eightfold Path personally meaningful in the lives of group members. The exercise requires careful thought, repetitive speech, and action. Group members read aloud 16 pre-written "I" statements" and identify which step of the Eightfold Path each statement refers to. They are then asked to chose one step of the Path to work on, and to create an additional personally meaningful "I" statement.

Therapist script:

*This program may be unlike others you have attended in that its primary objective is **not** to make you stop using drugs. Rather, **its primary objective** is to help you find your Spiritual path. A natural by-product of taking a Spiritual path is, of course, doing no harm to self or others which includes making the decision not to use drugs. Unless your decision to stop using drugs is made in the larger context of a commitment to your Spiritual path, it will probably be just a temporary decision because it will be a decision without a firm foundation and support.*

Have you heard the saying 'It's not quitting that's the problem, it's staying quit'?

Probably everyone in this room has abstained from drug use at one time or another, right? So you know from personal experience that quitting isn't the problem. It's staying quit !

In this program, we believe that you won't 'stay quit' until you stop identifying with the addict self, and instead begin to experience your true Spiritual nature. This requires taking your Spiritual path in all your daily activities.

*In our mindfulness exercise today, you are going to learn about the steps we need to take in order to travel a Spiritual path throughout our daily lives. I will review the steps briefly. **It is important that you listen carefully**, because in what I say there will be clues to help you in the exercise you will be doing together later.*

Therapist reveals the flipchart on which is written the Noble Eightfold Path (prepared in advance of the session). Therapist ensures that group members are attending to what is about to be said, and then reads the next part of the script verbatim, emphasizing those phrases that are underlined, and pointing to the relevant words on the flipchart. Group members attention to these words and phrases are essential for the successful completion of the next part of the exercise.

Therapist script (continued)

Okay. Listen carefully now.

*Today we are going to review the Noble Eightfold Path that leads to liberation from suffering. [Therapist points to flipchart.] This Eightfold Path is for people of all faiths. It simply says that we all need to have an **ethical or moral foundation** for the path we take through life. That makes sense, right? This means not saying or doing anything that will cause harm to ourselves or others – specifically it includes: Right speech which means not speaking in any way that causes harm, including not telling lies, not speaking harshly, and not gossiping. Right Behavior which means not taking life, not taking what does not belong to you, not engaging in sexual activity that causes harm, and not using drugs or alcohol. And, Right Livelihood which means not making your living by hurting yourself or others.*

*The Noble Eightfold Path also says that we need to train our minds because our wandering monkey minds will always try to wander away into areas that may cause harm. **Gaining mastery of our minds** requires mindfulness, concentration, and strong effort. Mindfulness and concentration go together. Mindfulness means being aware in every moment. Concentration means remaining focused. It might help to remember the difference between them as:*

concentration is what holds the flashlight perfectly still, so that mindfulness can become aware of what was previously hidden in the dark. Both mindfulness and concentration are essential for becoming aware of one's Spiritual nature, and keeping the addict self from taking over. Mastery of the mind also requires strong effort. You have to be willing to work very hard to discipline your monkey mind and keep it on your Spiritual path.

With a strong moral foundation and mastery of our minds, we can develop wisdom. Wisdom involves Right Thought (or right intention) and Right View (or right understanding) about our true nature. Wisdom requires that we commit ourselves to think only of our Spiritual path and to abandon all addict thoughts. With wisdom we can come to view ourselves not as our addict self, but as our true spiritual nature.

Okay, if you have listened carefully to what I just said, you will have everything you need for the next exercise. Let's see how mindful you were.

Exercise: The Noble Eightfold Path (Part I: 15 minutes)

Therapist script:

There are 16 pieces of paper in this container. On each piece of paper is written a statement that belongs with one of the Steps of the Noble Eightfold Path. That means that there are two statements for each of the 8 steps. One statement begins 'I will...' and the other statement begins 'I will not...'

I will pass around the container and each person, in turn, will take out one piece of paper until there are none left. That means that some or all of you will get 2 or more pieces of paper.

Each person, in turn, will:

read your statement aloud to the group – say it with feeling, as if you are an actor rehearsing your lines – really try to experience your Spiritual nature as you say the words;

then **tape your statement to the flipchart in the space below the step of the Eightfold Path** that you think your statement refers to.

Once everyone in the group has read and placed one statement, we will return to the first person who will read and placed their second statement, and so forth, until all 16 statements have been read and placed on the flipchart.

*If you need help reading or placing your statement, you may ask the group for help. However, you will have only **30 seconds** to read and place each statement. I'll give you a hint, there are certain key words in each statement that suggest which step the statement refers to.*

Okay, Let's begin. Will the first person, please read your statement aloud and place it on the correct position on the board ...

Once everyone has placed their statements on the board, the therapist asks the group members whether they all agree with the placement of the statements or whether they would like to move any of them, keeping in mind that there are only two statements for each of the 8 steps.

Therapist script (continued):

Okay, all the statements have been placed.

As a group decide if this is the correct placement of all the statements.

Remember, there are only 2 statements for each of the 8 steps on the path; one of the two statements begins 'I will ...' and the other begins 'I will not ...'

*You have **2 minutes** to discuss any changes you wish to make starting now.*

You did very well. [Therapist provides appropriate feedback about group's placement of the statements, and physically makes any necessary changes to the placement of the statement on the board.]

Therapist reveals the correct placement, making any necessary changes on the flipchart.

Exercise: The Noble Eightfold Path (Part II: 5-10 minutes)

In the next part of the exercise, the therapist provides each group member with two small pieces of paper and a pen/pencil. Therapist will then instruct each group member to select **one** of the steps of the Noble Eightfold Path that they would like to work on during the week. They will then write two new "I" statements for that step. The statements should begin "I will ..." and "I will not..." and should be personally meaningful. Therapist should emphasize that the group member should think of something they are actually willing to do (and something they are willing to abstain from doing) in the coming week.

Therapist script:

*In the next part of the exercise, each of you is free to choose any **one** step of the path that you would like to work on during the coming week.*

*You will have **2 minutes** to **write two new “I” statements for the Step you have chosen**. Just like the statements already placed on the board, your statements should begin: “I will...” and “I will not...”.*

Your new statements should be personally meaningful. They should reflect what you are personally willing to do (and what you are willing to abstain from doing) in your own life next week in order to stay on your Spiritual path.

[Note: If clarification is required, therapist may provide the following example:

For example, if you chose the step ‘Right Action’ to work on during the week, your new ‘I will’ statement might be: ‘I will use condoms every time I have sex next week’ and your new ‘I will not’ statement might be ‘I will not have unsafe sex next week’].

When 2 minutes has elapsed, therapist calls ‘time’ and asks group members to tell the group which Step of the Eightfold Path they chose to work on and to read their two statements aloud. If time permits, and if it is logistically feasible, therapists asks group members to tape their statements to the flipchart with the other statements below the step they chose to work on.

Therapist script:

Time’s up.

One at a time, tell the group which step you chose to work on and read your two statements aloud to the group. Read them with feeling, as if you are an actor rehearsing your lines – really try to experience your Spiritual nature as you say the words.

[If time and logistics permit, group members are also asked to tape their statements to the flipchart under the step they chose to work on.]

...{therapist pauses while group members complete the task}...

*Great job. Well, today you’ve said “I will” and “I will not” many times, haven’t you? Saying aloud what you will and won’t do to stay on your Spiritual path is an excellent start, but you know it is not enough. Now you’ve got to give your words feet – you’ve got to put your words into action. As they say in AA and NA, ‘You can’t just talk the talk, you’ve got to walk the walk.’ So, when you leave here today commit yourself to **acting as if** you are someone on a Spiritual path. Another saying that is appropriate here is ‘fake it, till you make it.’ If you need to begin by acting – that’s fine. In fact, that is perfectly normal. Just keep on acting the part of your Spiritual self in all your daily activities until your Spiritual self becomes your automatic pilot.*

9. Questions and Answer Period:

Following the experiential presentation of new material, the therapist poses questions for group discussion in order to determine how well group members have understood the relevance of the new material to their daily lives, specifically, to the prevention of harm to self and others, and whether group members can identify the spiritual qualities that they demonstrated during the session.

Therapist script:

- A. *How can what you learned today help you remain abstinent during the coming week?*
- B. *How can what you learned today prevent the transmission of infections such as HIV?*
- C. *Which spiritual muscles did you exercise today? [Therapist points to the poster].*

10. Summary:

Therapist provides a brief review of the entire session

Therapist script:

Today,

- *We practiced meditation on the in- and out-breath and mindfulness in order to begin taking back control from the addict self and to strengthen the spiritual self.*
- *We learned that this takes strong Spiritual muscles and that a rigorous training program with daily practice is needed to keep them strong.*
- *We learned that remaining abstinent from drugs requires staying on a Spiritual path.*
- *We learned about the Noble Eightfold Path that people of all faiths can use to walk a Spiritual path and experience their true nature.*
- *We learned that we have to “give our words feet”. As they say in AA/NA, if you are going to stay clean and sober, ‘you can’t just talk the talk, you’ve also got to walk the walk.’ Walk your Spiritual path.*

In a few minutes the group will be over. Until we meet again next week, keep reminding yourself of your true nature. Once you are back into the routine of daily life, it can be easy to lose sight of who you really are. Just remember, you are not your addict self – the addict self is that habit pattern of mind that lies to you over and over again promising you relief from your suffering when in fact it just causes more and more suffering. Don’t forget that. Remind yourself of your Spiritual nature and its capacity for love and

compassion, and enact it in your daily life. I know you can do it. Just keep practicing your meditation daily and try to be more mindful in everything that you do. When you practice, you are strengthening your spiritual muscles and making your Spiritual self stronger and your addict self weaker. Each step you take on your Spiritual path, no matter how small, takes you closer to your goal. You have taken several steps today. Well done. Let's end as we always do with our Spiritual stretch.

11. The Spiritual Stretch.

The Spiritual Stretch is shown in the Appendix. Its purpose is for group members to renew their commitment to staying on their Spiritual path throughout the day in their thoughts, words, deeds, and perceptions, and to be open to the experience and expression of their Spiritual nature in all their daily activities. Group members stand and, in while in various postures, recite the following the affirmations

Therapist script:

Please stand, and repeat after me:

- 1. Today I take my Spiritual path (hands raised above the head, palms together).*
- 2. May my thoughts reflect my Spiritual nature (hands in front of forehead, palms together);*
- 3. May my words reflect my Spiritual nature (hands in front of mouth, palms together);*
- 4. May my emotions reflect my Spiritual nature (hands in front of chest/heart, palms together);*
- 5. May my actions reflect my Spiritual nature (hands in front of abdomen, palms together);*
- 6. May my perceptions reflect my Spiritual nature (hands outstretched to side, fingers pointing towards the ground);*
- 7. May I be open and receptive to my Spiritual nature (hands outstretched to side, fingers pointing towards the sky);*
- 8. I am my Spiritual nature (back to starting position with hands raised above the head, palms together).*

12. End.

Therapist script:

It was good to see you all today. See you next week.

For therapist: **FLIPCHART LAYOUT FOR GROUP EXERCISE**

The flipchart should be prepared prior to the beginning of group - written with the headings only, leaving space below each heading (each step) for the group members to place/tape their "I" statements.

The correct placement of the 16 statements is shown below only for the therapist information (the statements are not to be written on the flipchart). The 16 statements are written on separate pieces of paper or cardstock (see following page for template). The ?placeholder? is for the personally meaningful "I" statements generated by each group member.

THE NOBLE EIGHTFOLD PATH

Moral/Ethical Foundation

Right Speech:

I will not tell lies.
I will tell the truth
?placeholder?

Right Behavior:

I will not use drugs.
I will do no harm
?placeholder?

Right Livelihood:

I will not sell drugs.
I will earn an honest living
?placeholder?

Mastery of the mind

Right Mindfulness:

I will not go on automatic pilot.
I will be aware in every moment
?placeholder?

Right Concentration

I will not let my mind wander.
I will focus on my 'anchor'
?placeholder?

Right Effort:

I will not allow my mind to be lazy.
I will work hard to train my mind
?placeholder?

Wisdom

Right Thinking / Intention:

I will not think addict thoughts.
I will think only of my Spiritual Path
?placeholder?

Right View / Understanding

I will not view myself as my addict self.
I will view myself as my true Spiritual nature
?placeholder?

For therapist: Below are the 16 “I” statements for Part I of the Group Exercise . Copy and cut along perforation. Distribute all 16 statements randomly to the group members (the number of statements each group member receives will depend upon the size of the group).

I will not tell lies.	I will not sell drugs.
I will work hard to train my mind	I will earn an honest living.
I will tell the truth	I will focus on my ‘anchor’
I will be aware in every moment	I will do no harm
I will not view myself as my addict self.	I will view myself as my true Spiritual nature
I will not go on automatic pilot.	I will not think addict thoughts.
I will think only of my Spiritual Path	I will not allow my mind to be lazy.
I will not let my mind wander.	I will not use drugs.

Template for Part II of Group Exercise. Therapist: Copy and cut along perforation. Provide each group member with one 'I will...' and one 'I will not...' blank which will be filled in with a personally meaningful 'I' statement.

STEP: _____ I will _____	STEP: _____ I will <u>not</u> _____
STEP: _____ I will _____	STEP: _____ I will <u>not</u> _____
STEP: _____ I will _____	STEP: _____ I will <u>not</u> _____
STEP: _____ I will _____	STEP: _____ I will <u>not</u> _____
STEP: _____ I will _____	STEP: _____ I will <u>not</u> _____
STEP: _____ I will _____	STEP: _____ I will <u>not</u> _____
STEP: _____ I will _____	STEP: _____ I will <u>not</u> _____
STEP: _____ I will _____	STEP: _____ I will <u>not</u> _____
STEP: _____ I will _____	STEP: _____ I will <u>not</u> _____
STEP: _____ I will _____	STEP: _____ I will <u>not</u> _____