

# Feeling Exercise<sup>1</sup>

Write your feelings in the first column and work your way across. Do both sustainable and unsustainable emotions.<sup>2</sup> Sustainable is life-giving. Unsustainable sucks the life out of us. Being happy about something can depend on what you are pleased about. Sad might be difficult, but it is a needed sustainable feeling based on my current circumstances.

Complete a sentence each day or every other day to become comfortable with talking about your feelings.

<b>I feel</b>	<b>When</b>	<b>Because</b>
<i>I feel hopeful</i>	<i>When I attend a COSA meeting.</i>	<i>Because I know I am being heard.</i>

<sup>1</sup> Adapted from *Adult Children of Alcoholics Big Red Book*

<sup>2</sup> Drop the Rock the Ripple Effect by Fred H. pages 29–30

# I Am Statements

I am statements (identity statements) are things we tell ourselves that become a part of our core being—believing that they are a part of who I am<sup>3</sup>. They can have positive or negative effects, but acknowledging them and where they come from is an essential part of recovery.

Write several I am statements that are healthy and affirmative:

I am statement:	When is the first time I recall telling myself this?	When I say this to myself, what feelings arise?
<i>I am a mother.</i>	<i>When I gave birth to my first son.</i>	<i>I feel honored, and like I have value.</i>

Write several I am statements that are not healthy:

I am statement:	When is the first time I recall telling myself this?	What can I say to reframe this way of thinking?
<i>I am fat.</i>	<i>I was four years old, and it was after being told I was fat. I always had a distended belly.</i>	<i>I choose to believe that the scale does not lie. It tells me I am not fat.</i>

Tell your story... Journal about one I am statement from each of the above categories.

<sup>3</sup> [Dream Think Do: Intentional Identity Statements](#)

# Step Eleven Retreat<sup>4</sup>

## What is it?

A time away from our busy lives to connect with our Higher Power on a level that could not happen while in the events of our regularly scheduled life. This usually takes extra time to prepare for.

It is a time to ...

- Undistracted time: Put away our digital devices.
- Free ourselves from distractions.
- Calm our spirit.
- Silence our inner critic.
- Set aside other responsibilities.

## Common whys are...

- To get away from everyday responsibilities.
- To gain clarity that can only come through calming my spirit.
- To find direction in my life.
- To recognize old behaviors.
- To create a stronger connection with Higher Power.

## Items to take with you.

- Things that bring you comfort.
- Things that ground you in the here and now.
- Journal
- Pen or pencils
- Paper
- Book(s) to read.
- Daily devotionals.
- Prayers—The Set Aside prayer, Serenity Prayer, Step Prayers, etc.
- Music

## Ideas

- Set an allotted time for purposeful connection.  
Example:
  - For 4 hours on a Saturday morning, in nature.
  - A weekend at a retreat center.
  - Get away from it all—the stress, insanity, people, and devices—at your favorite space.

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<sup>4</sup> Created in collaboration by 2023 Step Study Committee

# Step Eleven Retreat Worksheet<sup>5</sup>

1. Where will you go? What location?

2. What day/days will you set aside time?

3. What items will you take with you?

4. Who will be your spiritual guide?

5. Are there special instructions from your spiritual guide?

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<sup>5</sup> Created in collaboration by 2023 Step Study Committee