

Keeping a “Record of Recovery”*

It is encouraging to notice and celebrate our recovery in OA. A personal “Record of Recovery” can help us see how far we’ve come and provide evidence if we ever find ourselves thinking we haven’t made any progress.

The Spiritual Principles of the Steps

As we work the Steps, we are learning Principles to “practice in all our affairs.” Listed below are the Principles of the Steps. The next section gives a few examples of how those Principles might show up in our lives as we progress in our recovery.

Step 1 – Honesty

Step 2 – Hope

Step 3 – Faith

Step 4 – Courage

Step 5 – Integrity

Step 6 – Willingness

Step 7 – Humility

Step 8 – Self-Discipline

Step 9 – Love

Step 10 – Perseverance

Step 11 – Spiritual Awareness

Step 12 – Service

One member’s “Record of Recovery” (with Principles noted)

- I have a history of advice-giving, but when my son told me about his frustration with his girlfriend, I just gave him my undivided attention and empathy. He didn’t ask for advice, so I didn’t give it. **This is HUMILITY and LOVE.** And, frankly, a MIRACLE for me!
- I really didn’t feel like making the dinner I had planned tonight. I wanted to go out! However, I stuck with the plan, which is better for my abstinence and my budget. **This is SELF-DISCIPLINE.**
- I worked on my 4th Step this afternoon. **This is COURAGE and WILLINGNESS.**
- I was impatient with my husband this afternoon. I stopped and sent up a quick prayer for God to change my thinking. Then I apologized for snapping and admitted that I was the one who had made us late. **This is HONESTY, HUMILITY, LOVE, and SPIRITUAL AWARENESS.**
- Phone calls are hard for me, but today I called a newcomer. I answered her questions and shared some of my story and recovery with her. **I shared HOPE, and also demonstrated COURAGE and SERVICE!**

Start Your Own “Record of Recovery”

List the PRINCIPLE(s) which might apply to a new behavior or attitude you’ve noticed in yourself. (Hint: If you’re sitting here with paper and pen, looking for an example of your recovery, that is already a demonstration of WILLINGNESS!)

*Full “Living in the Solution” workshop outline and materials can be found in [the 2020 Region One Assembly Notebook](#), pages 266-269.