
Should I Try To Live My Life on LIFE'S TERMS or on GOD'S TERMS?

The Big Book Recovery Program (thru page 164) is about learning to live on God's terms, not ours. "Accepting life on life's terms" is an opinion from a story, not part of The Program. "Our real purpose is to fit ourselves to be of maximum service to God and the people about us." pg 77. **Life doesn't make terms; other people and my EGO make terms. So my choices are: other's terms, my EGO's terms, or GOD's terms?** We can't change the past, but we CAN "accept, change, or eliminate" what needs to be—with God's help... we ask God to direct our thinking and actions. The Serenity Prayer suggests we ask for wisdom to know what CAN and should be changed; and we don't waste energy trying to accept those things that need to be changed.

LIFE ON LIFE'S TERMS — Letting whatever happens direct or dictate my life

- I have to accept, and put up with, whatever crap or abuse that life dishes out.
- Believing that "whatever happens must be God's will" so therefore, it must be okay.
- God could never love me; I'm damaged goods (or) I've done too many bad things.
- My EGO is who I am. I can't change. I'm just sicker than others.
- I'm only human; so I can excuse my bad actions.
- I want what I want, when I want it.
- I'm an alcoholic. There's a bottle. I guess I'll drink it.
- If life isn't wonderful, then I must not be working a good-enough Program.
- Life is a Rat Race, and the rats are winning.
- The Early Bird gets the worm.
- Everyone is out to get me.
- If not for bad luck, I'd have no luck at all.
- Murphy's Law: Anything that can go wrong, will go wrong.
- When something goes wrong, it must be someone else's fault.
- I'll hurt you before you hurt me.
- Two can play THAT game.
- What's yours is mine, and what's mine is mine.
- Love is limited, so you are not allowed to care about anyone else; only me.
- Boasting (tough-guy syndrome): I won't turn these over—I'm proud of the stuff I did!
- Poor me. I'm a victim, so others should pity me and take care of me.
- If you have more money or stuff than me; I'm entitled to take some of it.
- I did _____, to please my parents.
- I'm stuck in a dead-end job and a dead-end life.
- Criticism and contempt prior to investigation.
- When your tool is a hammer, everything looks like a nail.
- If it doesn't fit—force it.
- When in doubt, flip out.
- If it's not perfect, it's worthless.
- Materialism. Success is the accumulation of money and stuff.
- He who dies with the most toys, wins.
- "Keep up with the Joneses" to look good.
- Anyone who isn't paranoid simply isn't paying attention.
- Everybody lies; everybody cheats, so why can't I?
- I'll take the easy way out, because I'm tired and lazy. I don't want to think or work too much.
- Accuse others of having no sense of humor (to "just lighten up") if they don't laugh at my sexist, racist, or derogatory comments.
- Life is unfair; so why bother trying?
- When I feel miserable, I'll make sure everyone else does too.
- Holding on to my resentments.
- We're all puppets in the game of life... we're on a predetermined path.
- If someone in my life is in a bad mood, it must be my fault and I have to try to fix it.
- I'm stupid; I can't learn anything.
- You can't fix stupid.
- Life sucks, and then you die.

LIFE ON GOD'S TERMS — God-Directed by fully surrendering my will. Practicing Spiritual Principles in ALL My Affairs

- There is a God and I'm not It.
- When bad people do bad things, I understand that THEY chose to do that. God didn't make them do that for some cosmic game to test me or punish me.
- Yes, life goes on and crap still happens, but God helps me deal with it.
- I can't; He can; I think I'll let Him.
- Be willing to live by spiritual principles.
- Pause, reflect, and pray for guidance. Be still, calm, and alert to God's Will.
- I redouble my spiritual efforts in order to survive.
- I will ask for help— professional or spiritual help when feeling stuck, trapped, or helpless.
- I now let God direct my path in life.
- Accept that I have character defects and become entirely willing to let them go. Uncover, discover, discard.
- Only God can love unconditionally. I won't demand it from others.
- The price of recovery is a radical change in lifestyle. I must completely give myself to this simple program.
- No more Lying, Cheating, or Stealing.
- Ask for God's protection and care with complete abandon.
- EGO is Edging God Out. It's a barrier between me, God, and others. I can DAILY surrender it.
- I get a daily reprieve from alcoholism dependent on maintenance of my spiritual condition.
- Make decisions based on honesty, unselfishness, purity, and love. These are yardsticks for behavior (Dr. Bob) ([4 absolutes](#))
- Morning Quiet Time... Prayer and meditation; conscious contact with the HP.
- Regular self-examination... a daily 'moral' inventory of myself.
- Hang on to God; to the Truth; to total abstinence; to recovering, spiritual friends.
- Restitution... righting the wrongs I've done.
- Gratitude. Practice being satisfied with what I have and with what I'm doing.
- Get involved with Spirit-filled Fellowship... loving, caring, honest sharing with other spiritual-seekers. A small, intimate 'home group' of people for accountability, encouragement, and growth.
- Trust infinite God rather than my finite self.
- Depend on my HP rather than myself or someone else (including my sponsor or spiritual advisor)
- Resist the beginnings of a slip (thoughts and behaviors).
- I will do the footwork and leave the outcome to God (God will open a path or door even if it's not what I expected or hoped for).
- God is my new Employer; HE's the one I have to answer to.
- Continue to grow in understanding and effectiveness.
- Faith without works is dead.
- If I keep my focus on God, and have the right spiritual attitude, everything else falls into place.
- I can't change the Past, but God can help me adjust my Future by living and working in Today.
- I cannot transmit something I haven't yet gotten.
- When life hands me lemons, I'll make lemonade.
- Joy, delight, and happiness are always a byproduct of trying to create joy, delight, and happiness for someone else.
- The spiritual quest is a life-long journey with no short-cuts, no quick paths, no hidden secrets, and no appeal to privilege that can short-circuit the discipline and relinquishment required.
- Carry the FULL message of recovery to others seeking a new way of life.
- Follow your passion. Travel unbeaten paths— with God. He will provide what you need for the journey.