Cycle of Emotional Illness & Recovery

I have minor difficulties
I feel sad
I have more and more problems
I have disagreements with family and friends
I feel worried and anxious
I am irritable
I indulge in excessive daydreaming
I feel guilty
I feel depressed
I have psychosomatic ailments
I am losing interest in activities
I feel indifferent about most things
I make excuses
I try a change of location
I blame other people and situations
I feel inferior
I withdraw and avoid people
I develop chronic depression
I become dependent upon prescription medication or other drugs
I am unable to function
I feel extremely lonely
I am preoccupied with myself and my problems
I am unable to concentrate
I make varied and frustrating attempts to get help
I am afraid of living and of dying
I have an irrational but overwhelming fear
I feel panic and terror
I abuse drugs
I can no longer rely on my alibi system
I feel I am a failure
I consider suicide
I am in complete despair

Emotional Bottom

I admit complete defeat
I have an honest desire to get well
I find the fellowship of Emotions Anonymous
I feel hopeful
I accept help and find some relief
I learn emotional illness can be relieved
I find relief from tension
I attend EA meetings regularly
I feel optimistic
I benefit from the shared experience of the program
I work the Twelve Steps
I meet recovering people who were formerly ill
I increase my faith in a Higher Power
I learn new attitudes, feelings, and values
I seek help with my fourth-step inventory
I can laugh again
I am not as fearful
I gain self-respect and begin to like myself
I am grateful
I am able to accept reality
I am happier
I accept my responsibilities
I feel a sense of well-being
I am able to love again
I have more faith and courage
I find life becomes smoother
I know the joy of living
I understand serenity and peace of mind

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