

## SUGGESTED INTENTIONS FOR RECOVERY

(Normal and safe wants and needs to wish and hope for . . . to cultivate with mental, spiritual and emotional energy.)

1. I want to develop a more constantly loving and accepting relationship with myself. I want an increasing capacity for self acceptance.
2. I want to learn to become the best possible friend to myself.
3. I want to attract, into my life, relationships that are based on love, respect, fairness and mutual support.
4. I want to uncover a full, uninhibited self expression.
5. I want to attain the best possible physical health.
6. I want to cultivate a balance of vitality and peace.
7. I want to attract, to myself, loving friends and loving community.
8. I want increasing freedom from toxic shame.
9. I want increasing freedom from unnecessary fear.
10. I want rewarding and fulfilling work.
11. I want a fair amount of peace of mind, spirit, soul and body.
12. I want to increase my capacity to play and have fun.
13. I want to make plenty of room for beauty and nature in my life.
14. I want sufficient physical and monetary resources.
15. I want a fair amount of help (self, human, or divine) to get what I need.
16. I want God's love, grace and blessing.
17. I want a balance of work, rest and play.
18. I want a balance of stability and change.
19. I want a balance of loving interaction and healthy self sufficiency.
20. I want a full emotional expression with a balance of laughter and tears.
21. I want sexual satisfaction.
22. I want to find effective and non-abusive ways to deal with anger.
23. I want all this for each and every other being.

(excerpted from The Tao of Fully Feeling, by Pete Walker, MFT)