

# The Teardrops of Recovery: From Fear to Joy

A workshop for discovering ah-hah moments while working in our recovery

1	Seeing the devastation from not recognizing powerlessness and unmanageability
2	Being overwhelmed by failure to play God or allowing others to play God
3	Embracing the difficulty of releasing control
4	Diminishing our denial; often the blindness to our own goodness
5	Losing secrets; recognizing commonness
6	Fearing the not knowing how to behave in healthy ways
7	Choosing humility over self-will
8	Piercing the veil of our manifest codependency; losing my rightness
9	Dropping expectations of how others think of me. The resolving commitment to move from our codependency
10	Continuing self-examination is difficult; why is it so simple, yet so difficult?
11	Unwilling to or afraid of the answers, "We may find answers we never prayed for, nor ever imagined."
12	Being of service in all things in my life