

## WHY WORK THE STEPS?

### Drugged States of Mind

**HELL-** Pain, Suffering, Hopelessness, Desperation, and Despair.

**HUNGER-** Obsession, Addiction, Can't Ever Get Enough of Anything

**ANIMALITY** – Compulsion, Don't Care About Right or Wrong; Total Self-Centeredness

**ANGER** – Fighting, Argumentative, Trauma, and Drama

**HUMANLY** - Controlling Other People and Being Controlled By Other People

**HEAVENLY** – Only Happy When I Get What I Want. Plus Controlling and Being Controlled By Human Being

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**LISTENER** – Listen and Learn From Other People Experiences

**SELF-LEARNING** – Realization Teach Myself; Learn From My Own Experiences

**TEACHER** – I Share What I Learn With Other People

**ENLIGHTENMENT** – Awaken; Consciousness, Freedom From Control of People.

### How To Change My State of Mind

I am a human made up of three parts: a Body (Physical), Soul (Mental), and Spirit (God inside). So when I think God I think Spirit. I did not know how experience the God part (Spirit) because I did not how to identify or grow that part of me. I have to learn to THINK, ACT, and FEEL spiritual part of my life in my Body and Soul. ALL people have a Spirit (Life inside). Therefore ALL people has inside of them, whether we can feel it, think it, or express it (emotions) we all have:

- Love
- Joy
- Peace
- Endurance (Longsuffering)
- Kindness (Gentleness)
- Goodness
- Faith
- Humility (Need Help, Meekness)
- Balance (Temperance)

ONLY the person can CHANGE their OWN State of Mind by Learning and Teaching Themselves how to THINK, ACT, and FEEL:

HOPE	SURRENDER	ACCEPTANCE	HONESTY
OPEN-MINDEDNESS	WILLINGNESS	FAITH	TOLERANCE PATIENCE
HUMILITY	UNCONDITIONAL LOVE	CARING	SHARINGP