Repetition Confirms and Strengthens, and a Working Faith Becomes Habitual

FIRST CONVERSATION *"...we should establish ourselves in a sense of God's Presence by continually conversing with Him."*

FIRST LETTER — THE LINE BEHIND THE SAYING *"...by often repeating these acts, they become habitual, and the presence of God becomes quite natural to us."*

— Brother Lawrence, *The Practice of the Presence of God*

Out loud, four times a day — on waking, at midday, late afternoon, and at night — until it is habit. You are not describing today. You are describing the man you are becoming. And while we are in the steps, call me every day. *— John*

AFFIRMATIONS I

from the first assignment on

1. I see myself going to seven meetings a week.
2. Going to meetings is fun and interesting.
3. I look forward to each meeting.
4. Meeting and talking to people is fun.
5. I stay and talk to two people after each meeting. I talk about the fact that I have a sponsor and we are going to be doing the steps together.
6. I get the phone numbers of two other men after each meeting, and I text or call them.
7. I see myself focusing on the needs of others, rather than myself.
8. I see myself establishing a relationship with the God of my understanding.
9. I read the Big Book every day.
10. I fulfill all assignments my sponsor gives me, with eager anticipation for the next assignment.
11. I am eager to forgive people for the wrongs they have done to me.
12. I recognize that the growth and maintenance of the spiritual experience is my only hope for recovery.
13. I love everyone in the fellowship even though sometimes I may not agree with what they say or do.
14. I see myself sober, happy, and fulfilled.
15. I am willing to go to any length for sobriety.

"Our whole attitude and outlook upon life will change... They will always materialize if we work for them." — p. 84. **Say them until they are true, then keep saying them.**