



My Regeneration Contract

I. Where Did I Come From?

1. My compulsive escapes from the pain are/were:

2. My forms of denial are:

Who I blame for my problems is/was:

3. I alienated from God by:

4. I isolated from my identify by:

5. I alienated from:

II. Why I Am Here

1. I am here to work the 12 steps of recovery. I am responsible to know which step I am working. I am here to face my pain and work through it. My sources of pain have been:

2. I am here to take responsibility for my recovery. I will no longer blame anyone also for where I am at spiritually, emotionally, or physically. People I need to stop blaming are:



3. I am here to experience spiritual awakening so my focus is:

4. I am here to rebuild my identity in Christ. I am:

I am here to take on God's values for my life. The values I need to take on are:

5. I am here to reconcile with:

III. Where Am I Going?

1. Total Abstinence With Serenity – I want to be free from:

I want to be ruled by God's peace as I live out each day. Things I need to be at peace about me:

2. Admittance and Acceptance – I want to consistently admit my:

My goal is to demonstrate God's strength in these weaknesses. I accept responsibility to change in these weakness and trust God to make me:

3. Walking In The Spirit – My goal is to walk in the power of the Holy Spirit every day. I will do this by:

4. New Self-Image and Value System – I will see myself as:

I will be thankful for: