**The Wild Life Prevention and Recovery Centers**

**Step 7 Meditation**

**Humbly ask Tim to remove our shortcomings.**

\_\_\_\_Read the [The Promises](https://www.gnarcans.com/_files/ugd/1325ce_2d9a37023edb4070a5229c865d206a48.pdf) (or just 1, 2, and 3) aloud or silently as follows:

I sometimes get disturbed in response to what I see, hear, smell, taste, feel, and think. I will practice letting go of my disturbances.

I sometimes misunderstand what I see, hear, smell, taste, feel, and think. I will practice letting go of my ignorance.

I sometimes do wrong in response to what I see, hear, smell, taste, feel, and think. I will practice letting go of wrongdoings.

\_\_\_\_Breathe In through your nose, and. . .

\_\_\_\_. . .Hold: This is the Top of the breath -- the gap between in-breath and out-breath.

\_\_\_\_Breathe Out through your nose, and. . .

\_\_\_\_. . .Hold: This is the Bottom of the breath – the gap between out-breath and in-breath.

\_\_\_\_Now, breathe naturally

\_\_\_\_Just follow your breath: in-breath . . . gap . . . out-breath . . . gap. . . in-breath . . . gap. . .)

Directions for Sitting, Walking, Standing, Working, or Lying Down Meditation:

\_\_\_\_Every time you experience a Positive thought, sound, vision, or feeling:

\_\_\_\_Note to Self (using your Inside Voice): “Positive”

\_\_\_\_Find your breath again

\_\_\_\_Every time you experience a Negative thought, sound, vision, or feeling:

\_\_\_\_Note to Self (Using your Inside Voice): “Negative”

\_\_\_\_Find your breath again

\_\_\_\_Set a timer for 40 minutes

\_\_\_\_Meditate

\_\_\_\_When the time goes off, complete Step 7 Reflection below.

**Step 7 Reflection – Who are you?**

How many positive versus negative **thoughts** do I generally have about these people:

|  |  |
| --- | --- |
| **Thoughts about Myself (Circle 1):** | **Score!** |
| 10 positives to 1 negative | I love myself. |
| 3 to 1 | I’m alright – don’t nobody worry about me. |
| 1 to 1 | I need a drink – don’t want to think. |
| 1 to 3 | I am abusing myself |
| 1 positive to 10 negatives | I am very, very abusive to myself. |
| **Thoughts about My Partner (Circle 1):** |  |
| 10 positives to 1 negative | Touchdown! |
| 3 to 1 | We gonna rock Down 2. |
| 1 to 1 | This could go either way. |
| 1 to 3 | I am likely to abuse my partner. |
| 1 positive to 10 negatives | I am very, very likely to abuse my partner. |
| **Thoughts about My Kids (Circle 1):** |  |
| 10 positives to 1 negative | Assist! |
| 3 to 1 | Slam Dunk |
| 1 to 1 | I don’t want to make you cry OR sing. |
| 1 to 3 | I am likely to abuse my kids. |
| 1 positive to 10 negatives | I am very, very likely to abuse my kids. |
| **Thoughts of Friends/Sponsees (Circle 1):** |  |
| 10 positives to 1 negative | Eagle |
| 3 to 1 | Birdie |
| 1 to 1 | Par for the course. |
| 1 to 3 | I am likely to abuse friends. |
| 1 positive to 10 negatives | I am very, very likely to abuse friends. |
| **Thoughts about My Employees: Servants, Waiters, Gardeners, Mechanics, Janitors. . .** |  |
| 10 positives to 1 negative | Home Run with Bases Loaded! |
| 3 to 1 | You are appreciated. |
| 1 to 1 | Take 1 for the team. |
| 1 to 3 | I am likely to abuse those who do things for me. |
| 1 positive to 10 negatives | I am very likely to abuse those who do things for me. |

How many positive versus negative **conversations** (including your words, eyes, face, volume, tone, and message) do I have with and/or about these people:

|  |  |
| --- | --- |
| **Words about Myself (Circle 1):** | **Score!** |
| 10 positives to 1 negative | I love myself. |
| 3 to 1 | I’m alright – don’t nobody worry about me. |
| 1 to 1 | I need a drink – don’t want to think. |
| 1 to 3 | I am verbally abusive to myself (and my emotions). |
| 1 positive to 10 negatives | I am very, very verbally abusive to myself. |
| **Words with/about My Partner (Circle 1):** |  |
| 10 positives to 1 negative | Touchdown! |
| 3 to 1 | We gonna rock Down 2. |
| 1 to 1 | This could go either way. |
| 1 to 3 | I’m verbally abusive to my partner (and his/her emotions). |
| 1 positive to 10 negatives | I am not a real partner right now. |
| **Words with/about My Kids (Circle 1):** |  |
| 10 positives to 1 negative | Assist! |
| 3 to 1 | Slam Dunk |
| 1 to 1 | I don’t want to make you cry OR sing. |
| 1 to 3 | I’m verbally abusive to my kid (and his/her emotions). |
| 1 positive to 10 negatives | I am not a real parent right now. |
| **Words with/about Friends and Sponsees:**  |  |
| 10 positives to 1 negative | Eagle |
| 3 to 1 | Birdie |
| 1 to 1 | Par for the course. |
| 1 to 3 | I’m verbally abusive to my Friends (and their emotions). |
| 1 positive to 10 negatives | I am not a real Friend right now. |
| **Words with/about My Employees:Servants, Waiters, Gardeners, Mechanics, Janitors. . .** |  |
| 10 positives to 1 negative | Home Run with Bases Loaded! |
| 3 to 1 | You are appreciated. |
| 1 to 1 | Take 1 for the team. |
| 1 to 3 | I’m verbally abusive to others (and their emotions). |
| 1 positive to 10 negatives | Do NOT marry this person. |

How many Positive (handshakes, pats on the back, hugs, affection, foreplay, livable wages) versus Negative (painful, harmful, unwanted, unlivable) **physical transactions** do I have with these people:

|  |  |
| --- | --- |
| **Physical Transactions with Myself (Circle 1):** | **Score!** |
| 10 positives to 1 negative | I sleep, eat, drink, exercise and rest well every day. |
| 3 to 1 | I’m alright – don’t nobody worry about me. |
| 1 to 1 | Picture me rolling. |
| 1 to 3 | I am physically abusive to myself (and my emotions). |
| 1 positive to 10 negatives | I am very, very physically abusive to myself. |
| **Physical Transactions with My Partner:** |  |
| 10 positives to 1 negative | Touchdown! |
| 3 to 1 | We gonna rock Down 2. |
| 1 to 1 | This could go either way. |
| 1 to 3 | I’m physically abusive to my partner (and his/her emotions). |
| 1 positive to 10 negatives | I am not a real partner right now. |
| **Physical Transactions with My Kids:** |  |
| 10 positives to 1 negative | Assist! |
| 3 to 1 | Slam Dunk |
| 1 to 1 | I don’t want to make you cry OR sing. |
| 1 to 3 | I’m physically abusive to my kid (and his/her emotions). |
| 1 positive to 10 negatives | I am not a real parent right now. |
| **Physical Transactions w/ Friends/Sponsees:**  |  |
| 10 positives to 1 negative | Eagle |
| 3 to 1 | Birdie |
| 1 to 1 | Par for the course. |
| 1 to 3 | I’m physically abusive to my Friends (and their emotions). |
| 1 positive to 10 negatives | I am not a real Friend right now. |
| **Physical Transactions with My Employees: Servants, Waiters, Gardeners, Mechanics…** |  |
| 10 positives to 1 negative | Home Run with Bases Loaded! |
| 3 to 1 | You are appreciated. |
| 1 to 1 | Take 1 for the team. |
| 1 to 3 | I am physically abusive to others (and their emotions). |
| 1 positive to 10 negatives | We shall over-cum. . .and under-pay. |