

Questions received about changes to the longer 12 step worksheet. First in step 1 where it says “change my dis-integrative thoughts” and then in step 7 “if I am in pain, my thoughts are off-target, in error”.

I am glad you are doing worksheets and thanks for the feedback! Just as an explanation:

1. Once you recognize you live in an energetic world, relative to any energy system there are two qualities of energy – one that builds up is integrative and one that tears down is disintegrative or sin. Remember sin is an archery term that means “off the mark”. Your structure says such because it is telling you (it is the warning signal) there are energies there that do not belong. Most people want to shut off the pain - the warning system. Like cutting the alarm off and not addressing the fire that rages. Taking a drug to suppress the pain instead of dealing with the cause. So changing your disintegrative thoughts is changing the energy within that is sin – off the mark – less than love.
2. There was a lot of feedback about “If I am in pain then I am in error!” So this change is more reflective that your thoughts are off target and are in error. It is changing the identification with the error. What we do is not what we are! We are love and yes, we do a lot of “less than love” stuff but that is not who we are. Same as off God or off love. Off target is beyond off the mark – it is more like missing it all together – and is a separation from love (and God is love).

Michael has rewritten chapter 24 which explains the changes to the worksheet a little clearer. Go to

http://www.whygain.com/Chapter_24_Work_It_Out_With_Your_Best_Friend.pdf