5 LEVELS OF LIVING: Where am I in My Recovery?

5. CONTRIBUTING: Ups and Downs
   giving back, helping others, counseling, guiding, encouraging, supporting, mentoring, assisting, rescuing, praying, volunteering, teaching, coaching, confident, effortless, trusting.

4. THRIVING: Ups and Downs
   self-actualization, successful, achievement, easy progress, recognition, learning, improving roles, improving performance, studying success, relaxed effort, believing.

3. STRIVING: Ups and Downs
   trying to stay ahead, stressful, overworking, motivated, goal oriented, pressured, pushing, pulling, narrow focus, hard won progress, determined, persistent, aggressive, possibility thinking.

2. SURVIVING: Ups and Downs
   just making it, trying to stay afloat, trying to stay on budget, trying to make ends meet, spinning wheels, going nowhere fast, hurry up and wait, beating head against wall, anger, worry, doubt.

1. STRUGGLING: Ups and Downs
   trying to keep from drowning, trying to make it, falling behind, losing ground, slipping back, one step forward and two backwards, always short, bad luck, missed opportunities, lack of luck, borrowing from Peter to pay Paul, desperate oppositional attitude, lack of confidence, blaming, whining, fear.