

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.