

WHOLE, COMPLETE, LOVABLE as correlates of WORKABILITY

CONSCIOUSNESS	Awareness blooms like eternal dawn
FREEDOM	A radiant diamond
RELATING	Bridges connect our shared paths
EMPATHY	A heart empowers another's beat
LOVE	A dance in harmony
EQUALITY	Different petals, one vibrant bloom
SECURITY	A fortress cradles your peace
SUCCESS	Echoes of effort in the wind's ascent
HARMONY	Nature's symphony plays in unison
PEACE	Whispers of stillness in the cosmic void
HEALING	Life's fountain flows within
INTEGRITY	An oak is an oak
AUTHENTICITY	True colors shine brightly
HONESTY	Voice is a clear mirror
HAPPINESS	Heart's sunlight warms the soul

In the intricate web of existence, where shadows often murmur sweet nothings that lure the heart away from its noble cause, one finds the secret to the unseen fortress of resolve. A whispered wind, carrying echoes of a distant song, drifts through the valleys of longing where temptation weaves its delicate threads. Yet, in the stillness, there resides a rock, unmoved by the allure of momentary pleasures.

In the tapestry of sorrow where silent tears form unseen rivers, the soul discovers a hidden strength akin to an ancient tree, roots deeply intertwined with the essence of the earth itself. The weeping of the boughs is not in vain, for they know the rain shall pass, and from their tears, the soil gains life.

Amidst the raucous storm of vigor's pride, where the loudest voices seek dominion over silence, there floats a delicate feather, descending with grace yet holding the power to redirect torrents. Its descent is not weakness but a testament to the quiet force that shapes mountains with gentle persistence.

In the realm of insatiable thirst, where desires burn hotter than coal fires, there flows a hidden stream, pure and everlasting. Those who seek it, undistracted by the mirages cast by the ardent sun, find their lips quenched by waters sweeter than honey, more precious than lost gold.

Under celestial skies where compassion takes the form of soft rain on parched lands, even the most barren heart is revived. In the nurture of the merciful lies an unspoken bond, a silent promise that kindness planted shall yield a harvest in hearts unseen but deeply felt.

In the maze of illusions where falsehoods wear guises of truth, a flame of purity remains untainted. Its light guides not with the intensity of the sun but with the steady glow of a distant star, unwavering, leading souls through nights of uncertainty to dawns of clarity.

And when the drums of discord beat loudest, their rhythm seeks to drown the soft footsteps of those who tread the path of peace. Yet the travelers persist, their steps creating ripples in the fabric of strife, spreading outward until even the fiercest cascades find a moment of stillness, echoing the eternal truth that peace whispers louder than war ever roars.

In these metaphors, wisdom unfurls like petals of the lotus, each layer revealing deeper truths. Thus, in resisting the seductive serpent of darkness, and in embracing the humble, the mournful, the gentle, and the righteous, one finds not only the strength to stand but the grace to transcend.

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Questions to write answers to from "Co-Dependents Anonymous" Text Book

Consider saying the questions out loud, then write whatever answers come to mind.

Note: Answer the questions that apply to you. Many people have found a lot of freedom in doing this process.

1. What abuse or neglect did I experience in childhood?
2. Where did I learn to pretend or turn my head when I or other people were being neglected or abused?
3. Who in my childhood displayed these behaviors or instructed me not to tell or share my feelings about it?
4. Where did I learn that avoiding others was safer than being involved?
5. Where did I learn to control others for my sense of well-being?
6. How did I learn that I wasn't good enough or was better than others?
7. When where and how did I learn to deny my own thoughts, feelings, or needs for the sake of others or, conversely, to demand that the world revolve around me?
8. How did I know never to tell the family secrets and why?
9. Where did I learn to behave in neglectful or abusive ways that are intellectually, emotionally, physically, or sexually or spiritually harmful?
10. Where did I learn to express these behaviors which are often communicated in the extremes from silence to violence?
11. How did I learn to allow them to be expressed toward me?
12. Where and how did I learn that having a relationship would make me whole?
13. Did I learn these things through others' words or action? If so, whose?
14. How had I come to survive life through codependent behaviors rather than living life through a sense of freedom?
15. What are my true feelings about all of these questions?