

7th Step Mastermind Day 4 Summary

7-Step Workshop Final Session

The group met for their final week of a 7-Step workshop, focusing on character defects and their impact on recovery. Blake shared challenges with finding purpose in his new job rather than in his recovery program, while Sarah discussed struggles with self-reliance and impatience in her parenting, particularly regarding her relationship with her daughter-in-law and granddaughter. Cristian described difficulties accepting his child Nick's transition, specifically struggling with using correct pronouns, due to conflicting beliefs about Christianity and family acceptance. Angelo shared positive progress in his recovery, noting peace and blessings following his retirement from a toxic work situation and reflecting on how his perspective had changed since stopping alcohol and marijuana use.

Recovery and Personal Challenges Discussion

The meeting focused on personal recovery experiences and challenges. Angelo discussed his current state of peace despite facing loneliness and sexual issues, while noting that financial concerns are improving. Paulie shared his struggle with greed and fear about the future, particularly regarding retirement planning and providing for family. Raymond guided the discussion toward the seventh step of recovery, emphasizing the importance of humility and seeking God's help to overcome defects of character that could lead to pain and suffering. The conversation ended with Raymond preparing to discuss job-related challenges with Blake, though the transcript ended before this discussion began.

Recovery and Work-Life Balance Challenges

Blake shared his struggle balancing his recovery work with a new job, expressing concern about potential sacrifices to his recovery progress. Raymond advised Blake to consider the costs of his service work and suggested using recovery principles to set appropriate boundaries. Sarah discussed her situation with her son and daughter-in-law, revealing she had damaged the relationship and was worried about relapsing into old patterns when trying to reconnect. Raymond advised Sarah to take a spiritual approach, emphasizing the importance of humility, prayer, and following the 12-step process to repair the relationship with her family.

Retirement and Recovery Insights

Angelo shared his positive experience with retirement, noting a significant reduction in stress from 100% to 5%. He discussed learning about the spiritual principle of "self-effacing" in recovery, which he believes is a key aspect of anonymity and humility. Raymond agreed with Angelo's insights about the importance of humility and not seeking validation in recovery, comparing it to Jesus's example of self-effacement. The conversation concluded with Raymond mentioning plans to visit London in two weeks and suggesting they meet up.

Financial Planning and Security Concerns

Paulie discussed his struggles with vainglory and financial concerns, particularly regarding providing for his family after his death. He acknowledged that while he has life insurance, it's not sufficient to support his family's needs, leading to irrational fears about their financial security. Raymond suggested that

Paulie take an inventory of his financial reality to determine if his fears are rational or not, emphasizing the importance of assessing current assets and planning accordingly.

7-Step Guidance Process Applications

Raymond facilitated a discussion on practical applications of the 7-step guidance process, using real-life scenarios to illustrate how to address personal and relational challenges. Paulie shared his concerns about life insurance and estate planning, while Cristian discussed his struggle with addressing his son Nick using male pronouns due to pride and fear of judgment from other Christians. Raymond advised Cristian to focus on loving his family while maintaining his principles, emphasizing the importance of humility in navigating such situations. The conversation ended with Raymond announcing the upcoming 8th step, which will focus on relationships and how character defects cause harm.