

8th Step Mastermind Day 2

Eighth Step Workshop Discussion

Raymond led a workshop on the Eighth Step, emphasizing the importance of thoroughly processing and resolving issues rather than oversimplifying the process. He discussed the meaning of "resolve," defining it as finding a solution to problems or settling matters, and explained how unresolved issues can continue to manifest through character defects and destroy relationships. Cristian asked about the fastest way to start the healing process, to which Raymond responded that the work had already begun with the first seven steps, emphasizing the need for honesty and seeking help from sponsors, mentors, and therapists to address unresolved issues like shame and guilt.

Shame and Recovery in Faith

Raymond discussed the concept of shame and how it leads people to hide behind various masks, including culture, family, and addiction. He explained that shame can be compounded in recovery, particularly during the fourth and eighth steps of the recovery process. Raymond emphasized that only a relationship with God can truly heal shame and guilt, urging participants to prioritize spiritual connection over religious practices. Cristian shared his perspective on the importance of honesty, open-mindedness, and willingness in recovery, particularly highlighting willingness as a key component for change.

Recovery Experience and Application

Cristian discussed his experience with reading recovery materials and expressed a desire to balance information consumption with practical application. Heather shared her personal journey in recovery, highlighting how principles like honesty, open-mindedness, and willingness guided her transformation from a desperate 20-year-old seeking help to someone who experienced significant personal growth. Both participants reflected on how recovery involves not just acquiring knowledge but implementing it in daily life.

Relapse and Recovery Insights

Heather shared her experience of relapsing after 12 years of sobriety, explaining how she had been hiding behind positive roles like "mommy" and "wife" without realizing it, which ultimately led to her relapse. Raymond discussed how people often hide their struggles through service and performance rather than true transformation, emphasizing the importance of being thorough when writing the 8th step list to allow the Holy Spirit to work. Angelo asked about potential connections between his three main issues (spending, taxes, and food) and a past memory of financial problems, though the conversation ended before this question was fully addressed.

Spiritual Recovery and Temptation Battle

Raymond discussed the importance of renouncing and confessing past actions in the context of spiritual recovery, emphasizing that while spiritual work can heal shame and align one with God, the fleshly desires and temptations may persist. He highlighted the ongoing battle between living according to the Spirit and giving in to fleshly desires, using the example of Lucifer's fall due to pride. Raymond stressed the need for continuous vigilance and protection against relapse, even after significant spiritual progress.

Personal Recovery and Purpose Alignment

Sandra discussed focusing on her personal recovery steps rather than being concerned about others' actions, emphasizing the importance of taking responsibility for her own 10% while acknowledging others' 90%. Raymond shared insights about staying aligned with God's purpose through fulfilling various life roles, noting that when people are focused on their divine assignments rather than seeking instant gratification, they are less vulnerable to relapse. Cristian reflected on how focusing on significant life purposes can help prevent engaging in minor acting-out behaviors, drawing from his reading of "Purpose Driven Life" about people-pleasing and the importance of concentrating on one's true calling rather than seeking validation in small activities.

Personal Boundaries and Spiritual Growth

Raymond discussed the importance of setting personal boundaries and maintaining spiritual practices to protect oneself from harmful influences. He shared how implementing boundaries, such as limiting phone and electronic use, helps in managing personal struggles and staying focused on one's purpose. Sandra emphasized the significance of self-care and maintaining a personal list of actions to ensure her well-being, which in turn helps her be better to others. Cristian shared his experience with obsessive thoughts and how the enemy uses personal relationships to provoke distress, highlighting the need for awareness and intervention. Raymond encouraged the group to seek help and continue their spiritual growth to fulfill their divine purpose.