

SPIRITUALLY SUSTAINABLE EARNING SIGNPOSTS

WARNING SIGNS

PHYSICAL

"How is our physical and financial health affecting our earning?"

1. We feel anxiety, a tense stomach, racing heartbeat, headache, nausea, sleeplessness, difficulty concentrating.
2. We don't know our "numbers." We are in vagueness and unsure about how our use of time affects our earning, spending plan, and solvency goals.
3. Our money is unmanageable, we are behind on bills, we are consistently late or ask for extensions.
4. We are debting. Our earnings are not sufficient to cover our survival level spending plan. We accept jobs that pay below our basic needs. We do not see how we can thrive.

EMOTIONAL

"How is earning affecting our mood and relationships?"

1. We are worried and anxious. We constantly check our bills against our insufficient bank account. We feel like there isn't enough money or time. We are not enough.
2. We are overly emotional. We cry or lash out without provocation, or we are numb. We cannot access our feelings. We suppress our emotions, sometimes by acting out with other addictive behaviors.
3. We are living in fantasy and suffering with longing. We are not active in a Higher Power inspired vision for our life. We lose time daydreaming about how our life will improve when we get the big job, raise, or windfall. We are obsessing about some imagined major event that will "save us."
4. We are isolating. We use lack of funds as an excuse to avoid spending time with friends and family. It feels safer to stay home and be afraid, than to go out and be loved.

MENTAL

"How do our thoughts and perceptions affect our earning?"

1. We think we need to throw money at our problems to solve them. Or we use credit in a delusional attempt to bring instant gratification. We think we need to earn a massive amount before we are successful in recovery.
2. We think we have to do it all ourselves, that nobody could or would help us with our problems even if we had the courage to ask.
3. We are stuck in resentment, negative thinking, ruminating thoughts of deprivation, despair, and disaster. We think we have to suffer in order to earn.

4. We are dishonest and in denial, pretending to ourselves and others. In self deception we can bypass the discomfort of our situation. Others, perhaps even those close to us, may have no idea of the financial pressures that weigh heavily upon us.

SPIRITUAL

"How is earning affecting our conscious contact with Higher Power?"

1. We do not pray. We are consumed with self-will and we busy ourselves with ineffective action. We do not believe a loving Higher Power would care, let alone champion us. We do not stop to communicate with a Higher Power.
2. We do not meditate. The chatter in our mind is so loud and pervasive that we cannot quiet ourselves long enough to hear Higher Power's will for our life.
3. We are angry at the world. We resent society and institutions and feel that the world is broken and we are broken.
4. We are in an existential crisis. It feels as if life has no meaning. We may ask, "What is the point of it all?"

SIGNS OF RECOVERY

PHYSICAL

"How is earning affecting our physical and financial health?"

1. Spiritually Sustainable Earning manifests in our bodies as: ease in digestion, relaxed shoulders and jaw, deep oxygenating breathing, restful sleep, clarity and ease in focusing.
2. We know the "numbers". We have clarity because we keep track of our earning, spending, and time. We regularly review the numbers, so we know the exact effect of our finances on our time, spending, and/or solvency goals.
3. Our cash flow is regular and predictable. We schedule payments and pay our bills on time without dipping into our prudent reserve.
4. We are financially sober or solvent. Our earning is sufficient to cover our thriving spending plan. We are reducing our debt, or are debt-free. We ask for raises and our earnings match our effort, experience and expertise.

EMOTIONAL

"How is earning affecting our mood and relationships?"

1. We are happy, joyous, and free. We are using the tools of Debtors Anonymous and can relax and take it easy with all aspects of our life.

2. We practice healthy expression of our emotions. Through emotional highs and lows, we acknowledge our true feelings, discuss them with supportive people, and integrate them into a life of gratitude, in which we are fully expressed.
3. From a state of acceptance we take action. We accept life on life's terms, and are not invested in outcomes. We know the difference between what we can and cannot change, and when we are dissatisfied, we take appropriate action toward changing our life.
4. We are in right relationship with others. "To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends – this is an experience you must not miss." (Alcoholics Anonymous, p. 89)

MENTAL

"How are our thoughts and perceptions affecting our earning?"

1. We recognise money does not solve our problems. Through working the program we gain the patience to save and plan for what we want. We learn that our happiness is not dependent on the amount of money we earn but on our quality of life.
2. We reach out to our fellows and are open to new ideas and suggestions. We rely on our Higher Power to guide us. We are no longer alone in our situation.
3. We know we are capable of earning or creating what we need, increasing our capacity to experience positive outcomes. We notice our flawed thinking and choose to let it pass. We realise money is abundant and flows spontaneously in life.
4. We are honest with ourselves and others. Living in reality, we learn financial support can come to us in many different ways. Our Higher Power has a bigger imagination than we do.

SPIRITUAL

"How is earning affecting our conscious contact with Higher Power?"

1. We make time for prayer. We act when directed by Higher Power. We have experienced the power of prayerful living, and we make time to communicate with Higher Power.
2. We meditate and live with conscious intention. We have peace of mind. We can be still and recognize the guidance of Higher Power, or Higher Consciousness.
3. We live and let live. We accept our imperfections and those of others. Abiding imperfection is part of Higher Power's perfect plan. We are in alignment with our Higher Power's will for us
4. We live a full life of purpose. "Having had a spiritual awakening as a result of these steps, we tried to carry this message to compulsive debtors, and to practice these principles in all our affairs." (*Twelfth Step of Debtors Anonymous*)