

SPIRITUAL PRINCIPLES OF UA

Each of the 12 Steps guides us in a Spiritual Principle:

The 1st Step – Surrender: Surrender is bravely admitting that we can't control everything about our under-earning issues and the chaos they bring. It's recognizing we need help and a new path to find stability.

The 2nd Step – Belief is having faith that there's something bigger than us, something that can help us heal and find clarity. It's opening up to the idea that we can transform and get better, even when it seems impossible.

The 3rd Step – Commitment is promising ourselves that we'll put in the time and effort to reach our goals, no matter what hurdles come our way. In this Step, it's about deciding to follow our Higher Power's guidance with determination on our journey to recovery.

The 4th Step – Truth means looking deep within ourselves, without holding back. It's about honestly examining our weaknesses, as well as our strengths, to

truly understand who we are. This sets the stage for self-discovery and growth.

The 5th Step – Honesty/Integrity involves being real and admitting when we've done wrong. It's about taking responsibility for our actions, and showing sincerity in seeking resolution and growth.

The 6th Step – Willingness is the readiness to let go of our flaws with an open heart. It's the quality of being happy to embrace change when it's necessary for our growth. We are eager to let go of our shortcomings and embrace a better version of ourselves.

The 7th Step – Humility is the key to personal growth. It's about approaching our Higher Power with a humble heart, asking for help to overcome our faults, and willingness to grow beyond our limitations.

The 8th Step – Reflection is about honestly and empathetically reviewing our past actions. It's taking stock of the people we've hurt and genuinely wanting to make things right with them, laying the foundation for healing and positive change.

The 9th Step – Amends: Making amends is about healing through heartfelt actions. It's sincerely apologizing to those we've harmed, whenever it won't cause further pain or harm. This allows us to mend relationships and pave the way for forgiveness and growth.

The 10th Step – Vigilance means keeping a close eye on ourselves. It's regularly checking our thoughts and actions, and when we make mistakes, promptly admitting them. This helps us maintain our newfound clarity and honesty.

The 11th Step – Attunement is like connecting with a spiritual compass. It's about establishing a deep bond with a Higher Source of guidance, love, and strength to navigate our healing journey.

The 12th Step – Service means selflessly sharing the intangible gifts of our transformed lives. It's about offering our newfound wisdom and positive outlook to help others on their paths. By sharing our experiences and insights, we contribute to a cycle of growth and healing in our community and beyond.

Underearners tend to live in vagueness—this is our “addiction.”

Time recording is one way to come out of this. We start recording our time, using whatever format or platform works for us, and we begin to notice **patterns**. We see how much time we are spending on our goals, our B job, our spiritual work, self-care, relationships, and how much time is spent doing other things. Time recording also helps us to find out how much time it takes to accomplish **daily activities** such as getting ready for the day or going grocery shopping. As an underearner it's easy to underestimate or overestimate. **Time recording** helps us to achieve **Time Sobriety**. Being able to see and acknowledge both what we have accomplished and what we have not accomplished is central to our recovery.

WHAT TO KEEP IN MIND AS WE WORK THIS PROGRAM

The spiritual, physical, psychological, and social aspects of our Common Problem: Underearning/ Underbeing is incurable, progressive and lethal. Medical or scientific solutions can't resolve this problem as it's a spiritual issue rooted in self centeredness. However, there is hope for recovery. Someone did it before us by helping us. We are encouraged to expose ourselves to the wisdom of the Fellowship, and extend this support to others, thus "paying it forward."

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