

## **Surrendering to the Recovery Process in UA - Pamphlet**

“Surrendering creates energy and space. It means turning ourselves over to something greater than ourselves. It leads us together, hand by hand, to liberation from underearning and under-being.”

—A UA member

### **Surrender Versus Submitting**

Surrendering is a key concept of recovery from underearning. But many of us balk at the idea. It sounds weak like we've lost. We can reframe the idea of surrender in a way that may be easier to swallow.

Instead of thinking of surrendering as being defeated, we think of it as aligning with a Higher Power, or the program. Framed this way, surrender has a more collaborative and empowering feeling. This shift in language can make the concept more accessible.

The most important thing is to find a language that works. We need to find a way to accept the concept of surrender, or our recovery will be hampered.

By coming to UA, we have tools, fellowship, literature, Spirit, and a way to get a plan of action. We do these 12-step things because we are different from others, and we have a complicated mindset. We depend on the program for structure and a spiritual approach. We sometimes have a hard time surrendering because we were taught to do finances alone. Earning is crucial to our lives; without income, it will be difficult to just survive, and render us observers rather than participants in the world.

Admitting we were powerless over underearning and under-being — that our lives had become unmanageable, is just the beginning. After accepting this two-part step of surrendering and realizing how difficult our lives were, we then become open to surrendering all these: the time-drunkenness, unaided ego, and illusions of controlling it all. By letting go we receive freedom.

Some of us had few achievements before coming to UA. Our efforts to make everything work on our own were not sustainable. Addicts' thoughts are odd in general, but left to our own devices, we can be dangerous. Hope comes from the spiritual tool kit that has been laid at our feet. We need help.

Let's reflect upon the past. We did things without plans, without accountability, and with an unrealistic time frame. Maybe we tried to control people, places, things, and situations without realizing we were sabotaging ourselves. Our character defects and the underearning symptoms were running unchecked. We tried to solve our problems through self-will, which only seemed to make them worse. We may have given up on our dreams, turned our backs on our gifts, and fallen into hiding and biting.

It's a common experience for those who've been in the program for a while to hit a road bump. They may complain to their sponsor, "I did all my step work. I made my calls. I gave action meetings. Where's my cash and prizes?" When we are in this frame of mind, we are in the grips of the disease. The disease thrives on negativity and selfishness.

We get frustrated knocking on doors that don't open, or open, only to slam shut. It may feel even more frustrating because, through UA recovery, we've finally discovered what we want to be when we grow up. We have a vision and are working toward it.

This is when our sponsor may remind us that we may have to take "baby steps." We may leap and fall. It's part of the process of building our dreams. Let's give it some time. We are powerless over the timeline of our vision and goals. That we have visions and goals and are pursuing them, is a miracle in itself.

**Suggested actions that can support the process of surrender in UA:**

- We seek out a sponsor and start working on the Steps. If we've worked the Steps in another program, that's great, but unfortunately, the "credits don't transfer."
- We establish a practice of prayer and meditation (Step 11).
- We read UA-approved literature and get familiar with how the disease affects us.

- We focus on the actions and let go of the results. The results are in Higher Power's hands. Higher Power is gentle with us and only wants us to do our best.
- We work with an action partner to keep on track with our goals for the day.
- We share in meetings and make outreach calls. Our Sponsors may suggest making three outreach calls a day.
- We ask for help from the UA fellowship, friends, colleagues, or outside professionals to support our recovery.
- We attend 12-step workshops and retreats on surrendering.
- We hold an action meeting on how to surrender and let go of perfectionism.
- We put down negative thinking, remembering the underearning disease thrives on it.

Together, we can walk in the direction of our dreams. We work with others to build a solid spiritual foundation. By working the UA 12 steps with a sponsor, we open ourselves to a psychic change. We can then trust that things will fall into place and surrendering to our process makes sense. © 2024 WSC Literature Committee - UA WSC 2024 Conference Approved.