

## The Twelve Steps of Heart t' Heart

- 1 We admitted we were powerless over compulsive addictive behaviors\* – that our lives had become unmanageable. (Mosiah 4:5; Alma 26:12)
- 2 Came to believe that a Power greater than ourselves could restore us to sanity. (Mosiah 4:9; Alma 26:12)
- 3 Made a decision to turn our will and our lives over to the care of God as we understood Him. (2 Ne. 10:24; Omni 1:26; Mosiah 3:19; 2 Nephi 4:34)
- 4 Made a searching and fearless moral inventory of ourselves. (Alma 15:17; Mosiah 4:2; Jacob 4:6–7; Ether 12:27)
- 5 Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. (Mosiah 26:29; Alma 22:18)
- 6 Were entirely ready to have God remove all these defects of character. (Helaman 3:35; 2 Nephi 31:19; Mosiah 2:20–21)
- 7 Humbly asked Him to remove our shortcomings. (Alma 36:18; Alma 38:8; Moroni 10:32; Mosiah 5:2; Alma 34:15–16)
- 8 Made a list of all persons we had harmed and became willing to make amends to them all. (3 Nephi 12:9; 3 Nephi 12:24; 3 Nephi 12:44–45)
- 9 Made direct amends to such people wherever possible except when to do so would injure them or others. (Mosiah 27:35; 3 Nephi 12:25; Mosiah 26:30)
- 10 Continued to take personal inventory and when we were wrong promptly admitted it. (2 Nephi 4:18; 2 Nephi 10:20; Mosiah 26:30)
- 11 Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. (2 Nephi 32:3; Alma 37:37; Helaman 10:4)
- 12 Having had a spiritual awakening as the result of these steps, we tried to carry this message to others still suffering from the effects of compulsive behaviors and to practice these principles in all our affairs. (Alma 5:7; Mosiah 27:36–37; Moroni 7:3)

\*Any problem may be inserted here, in place of "compulsive addictive behaviors." Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by A.A. World Services, Inc.

Dearest Friends,

## Letting Go of the Lies to Hold On to Abstinence

This morning, as I was doing some meditative reading and writing (capturing), I found myself pondering how easy it is to slip back into the mind-set of spiritual self-sufficiency. I find myself so prone to forget that *all* power comes from God—both in heaven *and in earth* (Mosiah 4:11).

I want so much to be free of my weaknesses, these temptations and sins that do so easily beset me, but even after fifteen years of knowing the Lord will give me His power *if I will receive it and act upon it*, I still only let Him empower me a percentage of the time. Oh, admittedly, it's a pretty high percentage—I guess it's about 75 to 80% of the time. That's why I've lost 75 to 80% of my desire to practice my addiction. And 75 to 80% of the time I don't struggle with any temptation—the disposition to use my addiction is just gone from me.

But then there's the other 20 to 25% of the time, when I'm either wrestling, pacing, struggling, sweating through a siege of temptation or—every once in a while—getting swept away by the temptation and doing something compulsive, usually one of my second or third choice addictions.

This morning I pondered the "why" of my behavior.

Why, when I know that the Lord has the power and the generosity and kindness to come to my rescue and either lighten my struggle or completely relieve me of it...Why do I still hold back and insist I must be strong on my own?

The answer that came to my heart and mind was not new to me, but it was a reminder of what I am always forgetting: *As long as you are in a mortal state, Colleen, you will be subject to the lies of the adversary. 75% of the time, you look unto the Lord and seek His counsel and truth to cast out the lies. The other 25% of the time, you try some other method to get rid of them, but to no lasting effect, because the lies are riveted upon your heart. Only the Lord has the power to dissolve those rivets.*

As I listened to that thought and sat with it, I saw the truth that I

## Dearest Friends

*Continued from page 1*

will never *outlive* the lies that weaken my soul and tempt me to postpone my recovery just one more day.

I saw that neither can I just do more and more good works, hoping the lies will go away. They follow me through all my efforts to do good and are waiting for me in my first idle moment.

I saw that I can't learn enough to break those rivets, whether my learning be of secular or sacred subjects.

I saw that I can't "process" (rehearse and rehearse my stuff) enough to break them.

I saw that *nothing short of desiring to believe the Lord Jesus Christ loves me personally and is willing to counsel and comfort, strengthen and support ME—despite all my failings and despite what others think of me—will wipe these lies out of my heart.*

I saw that I cannot be connected

**Nothing short of desiring to believe the Lord Jesus Christ loves me personally and is willing to counsel and comfort, strengthen and support me will wipe these lies out of my heart.**

to His power to save me, without being one-to-one and heart-to-heart connected to Him. I was reminded that this connection is maintained by 1) placing my desire to connect with Him (through the Holy Ghost) ahead of every other desire; 2) believing that He will respond and draw near unto me as He has promised (**D&C 88: 63**); and 3) taking faithful action in mind and body by looking unto Him in as close to every thought, word and deed as I can.

I share my testimony with you, that we must come to the Savior and allow Him to break these rivets—these lies—and cast out the lying influences that work on our hearts and minds.

We must come to Him and *experience* Him. We can do that at first through the testimonies of others, and eventually—as we keep actively seeking to know Him better—we will experience Him directly, personally. Either way, the truth can loosen those rivets and increase our percentage of genuine peace—and our percentage of gifted abstinence. I pray we may each find in Him the power and gift of remembrance—that we might remember Him closer and closer to "always." I'm going to try to surrender a few more percentage points to Him and allow Him to give me His power and His peace.

— Colleen □

## What Does "My Jesus" Mean?

There are times when I'm so full of excitement or I have some good news to tell, and I have to call my mom or I'll burst! Or I can't wait to find my husband and tell him. Or times when I'm down and disheartened and I know if I reach out to family or friends, they'll help comfort me and ease the hurt. I want to feel this way about Jesus. To me, that is what the phrase "My Jesus" means. I don't feel that way about Him yet.

Too often, I only go to Him when I've exhausted everyone else or I can't find anyone else. I want

Him to be the first one I share with—and I believe that relationship can exist. I believe that's what is intended by "counsel with the Lord in all thy doings." But I don't quite feel that way.

For example, why, when I'm wondering how to simplify my life, do I first talk to my friends and my neighbors, or read a book about it...and then maybe, if I think of it, pray and ask the Lord to help me? Why isn't He the first person I think of to tell how overwhelmed I'm feeling? Why isn't He the first person I ask for suggestions on how

to simplify? And then why don't I follow the promptings in my heart and mind with confidence?

Until I do these things regularly, until this behavior becomes as automatic as breathing, the phrase "My Jesus" isn't complete—it isn't accurate for me.

But I'm working on it. I'm closer than I was 12 years ago when I first read *He Did Deliver Me*; and I'm closer than I was a few months ago, when I last read through this section in Principle Two. I have hope that I will get there, some day.

— Name withheld on request □

# Thoughts on Admitting I'm an Addict

Some people are puzzled as to why is it so important to me to acknowledge that I am an addict. This is my answer, so far as I understand at this point.

I refused to accept the idea I was an “addict,” for more than 15 years. Admitting I was an addict meant I had lost my agency, and I could not accept that. I would tell myself, “I am free to choose—in that little space between stimulus and response, I am still the master of my destiny.” I would give myself pep talks and psych myself up in order to confront the world that puts my particular addiction in my face just about everywhere I go.

The more confident I was in this agency of mine, the harder I would fall. The last time I rejected the notion of addiction, this is how it went. I became so confident in my God-given agency that I became convinced I would not fall again.

Some number of months of clean time went by, but as the time passed I became more and more preoccupied with avoiding pornography, telling myself that I was free to choose, an agent unto myself. I kept asking Heavenly Father to help me overcome, praying that I would have the will to choose right. I fell again, of course, and what a fall it was. I nearly gave up on church because I thought I would never make it—that my case was entirely hopeless—I had been so sure that THIS time it was over.

I walked into my bishop's office, angry and distraught. As I was about to ask him to remove my name from the records of the church, there came from my mouth some other words which I no longer

recall, but they saved me from certain destruction. I know they came as inspiration from above.

**I am not an agent unto myself in this thing [addiction]. I didn't need Heavenly Father to help me overcome my addiction; I needed His strength to overcome it for me.**

I do admit that the first time I took on myself the label “addict,” it seemed to provide an excuse, but still, it led me to a 12-step group—and that 12-step group led me to what I believe is a true understanding of what it means to be an addict.

As I understand it today, I realize my thoughts years ago were all backwards. I am not free to choose in this thing. I am not an agent unto myself in this thing. I didn't need Heavenly Father to just help me overcome my addiction; I needed His strength to overcome it for me. I had surrendered the right to have the will in me to overcome—I had to submit my whole self to His will so that His will could overcome for me. My case was entirely hopeless unless God took it over for me, and that necessitated my admission that I was, and still am, an addict.

Admitting I am an addict did some wonderful things for me. First, it helped me see that as Elder

Russell M. Nelson said in October, 1988, “through chemical means, [I was] literally disconnected from [my] own will.” My decisions had surrendered my will to the natural chemicals that have so many times coursed through my body as I engaged in addictive behavior.

Admitting I am an addict has helped me to see that I really had no agency left in this matter, except in a single direction. In terms of my addiction, my agency is limited to pleading with God to overcome for me in the moment of my temptation. That is all I can do, and it is enough because the atonement can do the rest, which I cannot do for myself. Owning the reality of my addiction has allowed me to submit my will (or my agency) entirely to God, without any reservation whatsoever.

Admitting I am powerless, completely powerless, over my addiction does not give me an excuse to act out whenever the urge comes. Instead it guides me to exercise the only agency that is effective in saving me from this bondage of sin. I have learned as stated in the words of the hymn “'tis grace hath brought me safe thus far, and grace will lead me home.” Nothing else will do.

There is only one name under heaven by which I may be saved, and it is not my own. It is my Jesus Christ, the Savior. I know that of myself I am nothing, but in the strength of God (not in my own increased strength), I can do all things.

— Joe M. □

# Reflections on Step Ten and the Sacrament

I want to share with you an insight shared by Kay C. in my Heart t' Heart meeting. It was prompted by a discussion of a section in Principle 10 of *He Did Deliver Me from Bondage*, "Retaining What We Have Obtained."

We are taught in the Church that we should not partake of the Sacrament each Sunday unless we are worthy:

**D&C 46:4**—Ye are also commanded not to cast any one who belongeth to the church out of your sacrament meetings; nevertheless, if any have trespassed, let him not partake until he makes reconciliation.

**3 Nephi 12:23-24**—Therefore, if ye shall come unto me, or shall desire to come unto me, and rememberest that thy brother hath aught against thee—Go thy way unto thy brother, and first be reconciled to thy brother, and then come unto me with full purpose of heart, and I will receive you.

**3 Nephi 18:28-29** And now behold, this is the commandment which I give unto you, that ye shall not suffer any one knowingly to partake of my flesh and blood unworthily, when ye shall minister it; For whoso eateth and drinketh my flesh and blood unworthily eateth and drinketh damnation to his soul; therefore if ye know that a man is unworthy to eat and drink of my flesh and blood ye shall forbid him.

**1 Cor 11:28-29** But let a man examine himself, and so let him eat of that bread, and drink of that cup. For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body.

We have been encouraged by our leaders to prepare ourselves each week to partake of the Sacrament. Elder David B. Haight, speaking in April 1983 Conference said:

*The weekly opportunity of partaking of the sacrament of the Lord's Supper is one of the most sacred ordinances of The Church of Jesus Christ of Latter-day Saints and is further indication of His love for all of us. Associated with the partaking of the sacrament are principles that are fundamental to man's advancement and exaltation in the kingdom of God and the*

**The Church teaches us [a Step Ten] inventory [is] an important step to partaking of the Sacrament each and every week.**

*shaping of one's spiritual character. We should reflect in our own weekday conduct the spiritual renewal and commitments made on Sunday. We may fail to recognize the deep spiritual significance this ordinance offers to each of us personally. Is it possible that a casual attitude on our part of routine formality of this sacred occasion might deaden our opportunity for spiritual growth?*

*We all have regrets for words or deeds or thoughts from Sabbath to Sabbath that we would like to erase from our souls. Perhaps we have erred against someone or injured them; or, if there is ill feeling in our heart, we should repent, obtain forgiveness from those affected or transgressed against, then humbly, with a contrite spirit, prepare ourselves to be worthy to partake of the sacrament. If we have sincerely repented, we can be forgiven, and spiritual healing can come to our souls. You and I have felt it.*

Elder Howard W. Hunter, speaking in April 1977 Conference said:

*To make a covenant with the Lord to always keep His commandments is a serious obligation, and to renew that covenant by partaking of the sacrament is equally serious. The solemn moments of thought while the sacrament is being served have great significance. They are moments of self-examination, introspection, self-discernment—a time to reflect and to resolve."*

Are these scriptures and this counsel from our Church leaders not, in essence, another way of describing Step 10? Are we not being counseled to "continue to take personal inventory, and when we are wrong, promptly admit it"? The Church teaches us to take this inventory as an important step to partaking of the Sacrament each and every week. But when is the

*Continued on page 5*



time to do so? Certainly not on Sunday morning, sitting in Sacrament meeting. If we wait until then, what are we to do if we discover a fault, a transgression? Wouldn't it be better to take an inventory each day, so we would never find ourselves, at the last minute, unworthy to partake of the sacrament?

— Mira C. □

Q: Did you hear about the codependent who couldn't pass her geography class?

A: She had a real problem with boundaries.

Q: Did you hear about the codependent who was kicked off jury duty?

A: She kept claiming she was the guilty one.

Q: Why did the codependent cross the road?

A: To give the chicken advice.

## Learning to Abstain One Day at a Time

2 Nephi 13:34—Take therefore no thought for the morrow, for the morrow shall take thought for the things of itself. Sufficient is the day unto the evil thereof.

I've come to realize that my recovery doesn't happen all at once. The question I have to ask myself is not "Am I willing to live the rest of my life free from my addiction?" but rather "Am I humble enough to live the rest of my life free of addiction one day at a time?"

The addictive nature of pornography has simply taken from me my agency to choose not to lust every time the temptation occurs. As I have progressed in recovery, God, by His grace, has returned to me some small portion of my agency. I don't have to give in every time a tempting situation comes along. I can ignore the temptation a lot of the time—but I am *still* powerless.

My experience has taught me that I cannot withstand every temptation on my own power. It is simply beyond me. I am still an

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addict. The key for me is to become humble enough to admit that "I need [Him] every hour;" that I need to live by Him and through Him each hour and each day. How can I call Him my Savior if I am unwilling to offer my whole soul as an offering unto Him?

As far as I understand it, "live one day at a time" is a true gospel principle. In President Hinckley's *Stand a Little Taller*, I was surprised to find several daily inspirational quotes that urged us as members to avoid trying, in the moment, to be obedient tomorrow, next month, and next year, but instead to focus on being obedient today. He said it is too difficult a thing to try all at once to be righteous for the rest of our lives. In my personal experience, this is a true principle.

— Joe M. □

*The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves. (AA Big Book)*

# Abstinence Increases as We Share Our Experience, Strength and Hope with Others

My abstinence has changed a lot over the years. What and how and when I eat now is nothing compared to what and how and when I ate 15 years ago. If I had met my current self then, I would have been so impressed with me now—the kind of abstinence I have now would have been my end goal then. But I find it's not good enough now.

The truth is, my abstinence is sloppy. I still eat inappropriately. I still turn to food instead of to the Lord. Yes, now I eat 2 or 3 pieces of sugar free candy instead of an entire pan of brownies and a half-gallon of ice cream. There's been improvement. But I don't feel I can honestly call myself abstinent—either physically or spiritually. The end result of my eating is that it dulls the spirit and leaves me isolated from the Lord.

I have had times of good abstinence.

A few months ago I was doing great. It fell apart when company came and I ate out a lot instead of preparing the foods that

**As I sit here writing, I can feel the determination to stop eating, to turn the mess of my life over to the Lord again, becoming stronger.**

are best for me. I got off my eating schedule, and I haven't been able to get back on. The truth is, I haven't really tried all that hard to get "back on the wagon," and it's becoming evident in every area of my life. Just like an alcoholic whose performance at work, at home, and in interpersonal relationships slips when he starts drinking again, all those areas

are effected when I start eating compulsively again. I feel like I'm careening all over my life, totally out of control. This is my experience.

My strength and hope is that the Lord has intervened before and I have faith that He will again. He can guide me out of the slop and bother of this addiction and set me on a straight path again.

I am so grateful to be able to express these things to you. As I sit here writing, I can feel that desire to eat compulsively—which was so strong as I started typing this—ease and fade. The determination to stop eating compulsively, as well as the desire to turn the mess of my life over to the Lord, once again is becoming strong. I think it's safe to go eat lunch now.

— Karlene B.

## 12th Annual Heart t' Heart Conference

### *Sweet is the Peace*

*...the Lord our God did visit us with assurances that he would deliver us; yea, insomuch that he did speak peace to our souls, and did grant unto us great faith, and did cause us that we should hope for our deliverance in him.*

—Alma 58:11

**August 15 & 16, 2003  
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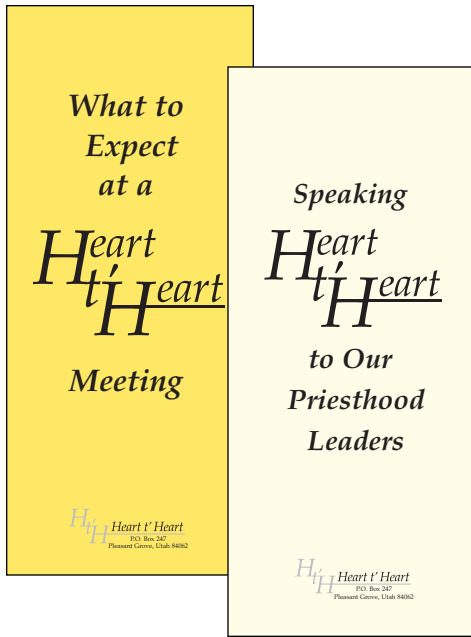
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\*Pre-registration & meals must be paid by 8-1-03. Meals cannot be ordered after Aug. 1st.

### Register for the Conference:

- online at [www.heart-t-heart.org](http://www.heart-t-heart.org)
- by phone at 1-888-790-7040
- by mail (printable registration form on-line)

# Two New Pamphlets



*Heart t' Heart's newest pamphlets are now available!*

*What to Expect at a Heart t' Heart Meeting* was written for newcomers and those who have never attended a 12-step meeting. It describes in detail what occurs in a Heart t' Heart meeting, from the welcome and introduction, through reading of the steps and traditions, as well as sharing and other types of meeting activities. It also addresses

issues such as meeting location, the "types" of people one might expect to meet, and how to deal with anonymity if you see someone you know at a meeting. (Item #0508; 20¢ each.)

*Speaking Heart t' Heart to Our Priesthood Leaders* was written to address specific concerns a bishop or stake president might have about Heart t' Heart. It gives a brief description and history of Heart t' Heart and the LDS 12-step movement, and a short description of what a meeting is like. It also makes statements concerning fees, appropriate and inappropriate sharing, and policy on supporting church standards and doctrine, as well as suggestions for supporting a ward or stake member who attends Heart t' Heart meetings. (Item #0510; 32¢ each).

You may order these pamphlets from our website, [www.heart-t-heart.org](http://www.heart-t-heart.org), or by calling order fulfillment toll-free at (888)790-7040.

# New Meetings

Please send meeting information changes to:

Heart t' Heart  
 P.O. Box 247  
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 Fax: (801) 796-0923  
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 Mon - Fri • 9 a.m. – 1 p.m. (MST)  
 e-mail: [hthorder@hotmail.com](mailto:hthorder@hotmail.com)

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**Editor's Note:** Please remember, the opinions shared in *Heartbeats* are of the person sharing. We hope and pray that you will read, ponder and pray for direct inspiration and counsel from the Lord. Take what you feel confirmed in your own heart concerning the sharing and toss the rest.

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## Heartbeats

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- In-depth study/analysis of principles found in Steps or Traditions
- Personal experiences with the Steps, Traditions, Tools; how they work in your life
- Capturing from the scriptures, Big Book, He Did Deliver Me
- Open Sharing with positive recovery messages
- Program from the Prophets – quotations from modern prophets with a “recovery” message
- Short quotes, thoughts or one-liners

Send articles to: Heartbeats  
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## What's inside this issue of Heartbeats...

- **Dearest Friends: Letting Go of the Lies that Hold on to Abstinence.** Casting out the lying influences that work on our hearts and minds.
- **What Does “My Jesus” Mean?** Developing a personal relationship with Christ.
- **Thoughts on Admitting I'm an Addict.** The positive aspects of the label of addict.
- **Reflections on Step 10 and the Sacrament.** Taking a daily inventory to prepare for the sacrament.
- **Learning to Abstain One Day at a Time.** We need to live by the Lord and through Him, each hour and each day.
- **Abstinence Increases as We Share Our Experience, Strength and Hope with Others.** The act of sharing our experience, strength and hope can increase abstinence.
- **2003 Heart t' Heart Conference.** “Sweet is the Peace,” August 15 & 16, 2003 at UVSC, Orem, UT. Registration information inside.
- **Two New Pamphlets.** Answers to some frequently asked questions on how Heart t' Heart reports and acknowledges donations.

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