

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,

What's In a Word?

As I was talking with a good friend recently, we came again to the very important truth that "insanity" is a key concept that must be included in an addiction recovery program to save the addicts that attend it. Unfortunately, there are many people—and curiously, many of them do not think of themselves as addicts—who do not like that word. They think it is demeaning and negative, labeling. Instead, it's a matter of rigorous honesty.

Insanity is generally considered to be a mental condition or a state of mind disconnected in some way from reality, or we might also say, a state of mind that functions outside the parameters of truth. This describes the mental state of every practicing addict. Every single addict—drug addicts, alcoholics, pornography and sexual addicts, gamblers, debtors, those with eating disorders, workaholics, perfectionists, etc.—is only able to continue in their addiction by refusing to look at the reality of their situation, the truth of their behaviors. They have developed a set of rationalizations based on lies and half-truths which allow them to continue in their "insane" and addictive behaviors. Before an addict can recover and regain "sanity," they must embrace reality, they must embrace and acknowledge truth.

One of the truths that the addict must embrace is this: Addiction *is* a form of insanity. It is a form of insanity that can only be arrested by becoming sober-minded according to the definition offered by Mormon:

Being somewhat of a sober mind, therefore I was visited of the Lord, and tasted and knew of the goodness of Jesus. (Mormon 1:15)

To be sober-minded is to be visited by the Lord (His spirit and influence) and to taste and know of the goodness of Jesus. *This* is the true definition not of only sobriety, but of true and lasting *sanity*—a sanity that is sufficient to survive even the fear and stress of these last days.

What's In a Word

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The insanity of addiction can only be cured by making conscious contact with (being visited by) God, as we best understand God. We, as Latter-day Saints, understand that we must make conscious contact with the Lord Jesus Christ, who the Father has sent to be our Father-figure (see Mosiah 5), closest friend (see 2 Nephi 33:6; Jacob 6:5; D&C 6:6-7, 32-37), and Savior (see 2 Nephi 4:27-36; Alma 36:18). We must begin to “counsel with [Him] in all [our] doings” (Alma 37:37) and “to live by every word that proceeds out of [His] mouth” (Moroni 7:25).

Although we will not find it in a clinical definition of the term “insanity,” we must humble ourselves and acknowledge that sin is a form of insanity—maybe the deepest definition of that word, and most definitely a spiritual definition of it. Unless we get over being afraid to speak truly, even sharply (precisely and plainly) to those who need to hear the truth, we will only enable their disease (the influence of the Liar) to stay rooted in their heart.

It is not labeling or wrong-speaking to call a situation what it is. We must have the boldness to speak out as did the Savior. He did not say to the woman taken in adultery, “Go and don’t be taken in, victimized by others any more.” He said, “Go and sin no more.” We, as addicts, *must* be willing to humble ourselves into the depths of humility,

**Insanity:
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into a...relationship;
extreme folly;
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unreasonable**

willing to bear humiliation and honest sorrow and broken-heartedness for our sins, for the ways that we’ve avoided God (and life) on His terms, for the ways that we’ve sought to avoid the challenges, struggles, and injustices that affect us.

To those who have addicts in your lives, either because you are their family or their friends or their servants in an addiction recovery program, may I plead with you to let go of the “ways of the world.” Stop thinking of addiction as something that can be cured with cognitive therapy alone or with behavioral modification only. They can’t; and to attempt to cure an addiction using only the tools of man is to treat the symptoms, but allow the disease to continue unchecked.

A person’s weaknesses—your’s as well as those of the addicts you love and work

with—are given to bring each of us unto the Lord for salvation. To treat a weakness, a bad habit, an addiction outside the realm of spirituality and a mighty change of heart is to invoke the further insanity of self-salvation and self-sufficient pride.

Just for fun and a second wave of truth, let’s double check the definition of insanity in the dictionary. (Don’t ever underestimate the power of a word. Be humble enough to own and use a dictionary. Sorry, that’s the writing teacher coming out in me.)

1. a deranged state of the mind *usually* occurring as a specific disorder (as schizophrenia) and various character disorders. (One would have to look up “deranged” and “character disorders” to fully understand this definition which definitely has the ring and the feel of a clinical, psychological, medical, scientific usage of the term.)
2. such unsoundness of mind or lack of understanding as prevents one from having the...capacity...to enter into a...relationship...(This definition strikes right at the most destructive effect of an addiction as it sucks the life out of a person’s ability to have a relationship with anyone or anything else. Loved ones are abused and used and lost to its slavery.)
3. a) extreme folly or unreasonableness (without reason) or

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The Root of Addiction Is Lies

The definition of recovery [and sanity]: oneness of heart and mind with Jesus Christ and the Father through Him.

b) something utterly foolish or unreasonable.

I don't know about you, but I have to admit that all three of those nuances of definition apply to me when I am practicing (believing and worshiping) my addiction (idol, false source of comfort and strength).

I had to chuckle as I thought of the truth that an addict knows he or she is "insane"—whether it is as she stands in the kitchen eating peanut butter straight from the jar at 11 o'clock at night, listening for anyone coming toward the kitchen; or while he's clicking on internet porn sites on his work computer; or transferring money out of their child's mission savings to pay their credit card debt again. It's insanity, brothers and sisters. Don't kid yourself. And, my fellow confessed addicts, don't let those who love you tell you that it's anything less than insanity! Admit it—and let God restore you to sanity. That's the definition of recovery: oneness of heart and mind with Jesus Christ and the Father through Him.

—Colleen □

Something that has really helped me in my recovery from several addictions, one of which is to food and compulsive overeating, is to acknowledge that I *am* inadequate. I have lied to myself and others about my level of adequacy, and I still do. I find that as I come closer to Christ (and I have certainly not arrived), I become more and more aware of the lies I have told myself and others. I would have said at one time I was a very honest person. I could not see the lies, and I believe that to some extent I still can't see them all.

I think that in some way, the root of addiction *is* lies. Either believing lies, telling lies, and/or living lies. What freedom it is to just let this be known and go on trying to discover the *truth*.

I do not live up to my privilege. I am disobedient. I don't focus on Christ as much as I could. And He loves me anyway!

The point is that none of us has "arrived" at the point of perfect oneness and closeness with Heavenly Father. It is when we think we have arrived at a point of absolute devotion to Christ, absolute obedience to Christ, that we begin to get into trouble. There has only been one man who has obtained a place of absolute devotion and obedience to truth and to our Heavenly father, and that was Jesus Christ.

I am satisfied with the truth

I am satisfied with the truth that I will... always fall short, and it's really alright for others to know that I fall short, because I do!

that I will not get this licked in this life. I will always fall short, and it's really alright for others to know that I fall short, because I do! In Christ, I am complete, but in and of myself, I am nothing. What a sense of freedom this brings. I don't have to prove anything anymore. I just have to do what I can to seek this Jesus of whom the prophets have written. As I seek Him, He changes me. I am still in desperate need of Him, and His Holy presence in my life.

I feel that this need is a gift. My addictions are gifts. They have brought me to my knees, and through them I have come to know my Saviour. I look forward to the future, because I know there is so much more to Him than I can imagine, and as He reveals Himself to me, I become more humbled by His loving kindness, and long-suffering with me.

—Mary S. □

The Savior Is Our Tutor in the Class of Life

In school, we have a goal. That goal is to get an A in our class. Some of us are natural students and can get the A pretty easily. Some of us have to work really hard just to pass. Some of us flunk. However, no matter how smart we are or what a good a student we are, sooner or later we're going to take a class that is too hard for us. What do we do? Do we give up and drop the class? Do we just muddle along with our friends who are also struggling? Do we decide that we're stupid and can't learn?

A "smart" student realizes when they're in over their heads and asks the teacher to recommend someone to help—a tutor. It's the tutor's job to start where we're at—with what we already know—and break what we need to learn down into small enough blocks that we're able to learn it well enough to pass the class. Sometimes the tutor has to drill us on the same facts over and over again until we have them memorized. Sometimes the tutor has us read other books to help us understand. Sometimes the tutor will set up a lab, or a hands-on learning experience for us.

When all is said and done, the tutor helps us pass the class. Sometimes we get an A because we really do understand the class subject. And sometimes the teacher realizes how hard we've tried, how much we've struggled to understand, that we've shown up at the tutoring sessions and done all we could

No matter how smart we are...sooner or later we're going to take a class [in life] that is too hard for us...Whether we struggle a little or a lot, eventually we all have to ask the teacher—our Heavenly Father—for ...a tutor—Jesus Christ.

to learn—and the teacher has compassion and mercy for us and gives us an A for effort.

Like school, we also have spiritual goals, lessons to learn in life. Some of us seem to have a natural tendency to faith and are able to understand and obey gospel principles pretty easily; life *seems* to be easy for these people. Others of us have to work harder at understanding the gospel and obtaining a testimony, and often feel like we mess up no matter what we do. However, once again, just as in school, sooner or later there will be an event or an experience that is too hard for us; it will test our faith to the very core of our being. What will we do then? Will we quit trying? Will we follow our friends into less choice behaviors, like drugs or alcohol, pretending that we don't care that we're not

keeping the commandments? Will we distract ourselves from our failures and weaknesses with food, shopping, pornography? Will we decide that we're just too evil or bad to deserve salvation? If we're wise, we see that we're in over our heads.

Whether we struggle a little or a lot, eventually we all have to ask the teacher—our Heavenly Father—for help. In His wisdom and love for us, He has provided us with a tutor—Jesus Christ. It is the Lord's job to start with us where we're at, with what we know, and help us move forward. The teacher and the tutor together have set up a lab for us, a place for hands-on learning. It's called mortality. They help us learn through our experiences that living the gospel and keeping the commandments will make us happy; breaking God's commandments will bring us sorrow.

In the long run, it doesn't matter how long it takes us to learn this. It matters that we do everything we can to learn it. We read the study materials, the scriptures and Church magazines. We attend the lectures, sacrament meeting, Sunday School, Relief Society, Priesthood. We show up at our lab, using prayer and fasting to help us learn. We do our best, keeping our eyes on the goal.

And when we make a mistake or flunk a quiz, we recognize that that is what the Savior and His Atonement is for.

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A Food Plan and Abstinence Are Two Different Things

This week has been one of much wrestling with God over my food addiction and the concept of abstinence. I've been stretching my eating beyond the limits the Lord set for me and, of course, have run into trouble. Why, in my pride, do I still deceive myself that I can handle this addiction on my own?

I asked the Lord if He would remove the physical cravings for certain foods from me, and I was told (gently) that I was still trying to do this on my own.

Very definitely, pride has kept me from fully coming to

Savior Is Our Tutor

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It's like a "do-over." We recognize what we did wrong, we repent and change our behavior, change our "answers" so to speak, and then the test is rescored for us.

When all is said and done, we cannot pass this class called life without the tutor's help. No matter how hard we try, we will come up short some how and in some way. But if we do our best, repenting when we make mistakes, the Lord will recognize how hard we've tried, how much we've struggled to understand, that we've shown up at the tutoring sessions and done all we could to learn—and He will have compassion and mercy for us and give us the A for effort.

—KWB

**It is not enough to
find the perfect diet.
True abstinence occurs
when food ceases to
be my source of
comfort under stress.**

the Lord in my food addiction. I need to become more willing to trust His counsel, rather than the safety of my food plan. Sure, the plan keeps me thin and keeps me away from foods I'm addicted to, but the food choices are limited and abstinence is tenuous because I follow it begrudgingly. That's why I came to Heart t' Heart, seeking help, in the first place.

I know I am not anywhere near humility in my addiction to food. I've thought all along I don't really need help with my eating, and have been self-satisfied that I'd lost all the weight I needed to lose six months before coming to Heart t' Heart. I just needed a little help to *happily* accept the eating plan I already knew worked for my body. As I tried to listen to the Spirit's direction on eating, I've been skeptical and have held back my full faith in the counsel I've received.

As I've prayed about my food addiction this week, I've discovered I need to turn to the Lord with all my heart and all my will (my mind), that I need to allow these recovery principles to sink deep into me and become the way I live. I

need to accept that I am powerless over food. It is not enough to find the perfect "diet" that keeps me from craving food. True abstinence will occur only when food has ceased to be my source of comfort under stress. When I seek comfort in food, I am focusing on a fake "god"! Even my abstinence was a form of idolatry, for I worshiped my self-sufficient accomplishment of weight loss. In fact, I spent hundreds of hours enshrining my great feat in a personal website!

Only in God, in turning to Him in every need, can true comfort be found. Only my Savior can fix my skewed sight. As I study the steps, capture from the scriptures, and learn to make conscious contact with the Lord, I realize that I must face the truth on a deeper level. I need a change in my desire to act out with food. I find I *must* rely on my Savior to help me. I cannot maintain my "salvation" on my own power. I cannot make it through one day of clean eating on my own. Yesterday, I realized how much I need His help every moment to sustain me. Now, I understand the need for a change of heart.

I love how the Lord has brought me to this point. I am truly blessed to be a food addict. It has brought me to my Savior, and is teaching me to trust His love for me and to want to do His will. What a great blessing in my life!

—Peggy

A Call to Serve at Conference

We are in need of people to help with the conference. Please indicate where you could serve:

- Help at Registration Table (min. 1 hour)
- Greet Newcomers (wear special ID badge, be willing to approach and welcome others, answer questions, etc.)
- Session Host/Hostess (prepare the room for the speaker; pass the microphone for sharing; etc.)
- Panel or Workshop Leader — Please read below.

Workshop Format:

Each workshop will be led by two co-leaders. Each co-leader will have 15–20 minutes to share on the theme of the workshop and the final 15 minutes will be left for participants to share. We do not expect leaders to give polished lectures, but to share their own experience, strength and hope relative to the theme and class topic.

Panel members and workshop leaders must have some period of abstinence and should be currently attending a Heart t' Heart group. If you are interested in serving as a workshop leader, please indicate the following:

_____ Length of time participating in 12 Step recovery program

_____ Length of time participating in Heart t' Heart

I currently attend the _____ group of Heart t' Heart.

Name _____

Address _____

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Return this form to:

Heart t' Heart
P.O. Box 247

Pleasant Grove, UT 84062

Or it to Fax: (801) 796-0923

Or you may call: (888) 790-7040

Or e-mail: hthorder@hotmail.com

14th Annual Heart t' Heart Conference

Now Is the Time

“Now is the time and day of your salvation; and therefore, if ye will harden not your hearts, immediately shall the great plan of salvation be brought about unto you.”

—Alma 34:31

July 15 & 16, 2005

Utah Valley State College
Orem, Utah

Speakers Needed! If you are willing to lead a workshop, please complete and mail, fax or e-mail the information in the left panel on this page.

**Early registration will begin April 1, 2005.*

Please watch for the registration form in future issues of Heartbeats and on the Heart t' Heart website.

February's GSB Contributions

Private Donations.....\$128.00

**If a donation is not accompanied by a group number, it is listed as a Private Donation.*

HEART T' HEART

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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.

Online Meetings

To attend one of the online meetings go to:
<http://www.heart-t-heart2.org/chat>.
(Note: New address.)

All are welcome to attend. If this is your first time, review the information on the regular Heart t' Heart webpage:
<http://www.heart-t-heart.org>.

OL-04—Sunday through Friday:
Every morning, 6:30 a.m.–7:30 a.m.
General Focus (MST).

OL-02—Tuesday, 11:00 a.m.–12:30 p.m. Mountain Time Zone (USA).
General Focus. Book Study:
HDDM. Open Sharing.
Colleen (435)245-4744;
colleenh99@comcast.net

OL-01—Thursday, 7:00-8:30 p.m. Mountain Time Zone (USA).
General Focus. Book Study:
HDDM. Open Sharing. Mary S.;
mtshaver@mts.net

OL-03—Saturday, 7:00-8:30 a.m. Mountain Time Zone (USA).
General Focus. Book Study:
HDDM. Open Sharing. Colleen
(435)245-4744; philh22@comcast.net

Seventh Tradition Individual Donation

Individuals can donate to Heart t' Heart at any time! We especially encourage those who participate in the Heart t' Heart forum, e-mail meetings, or other situations where a 7th tradition is not collected to donate on an individual basis. Mail in this form or use the website shopper at: www.heart-t-heart.org

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Heartbeats

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Subscription Rates:

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Please remit in US funds via credit card, check or money order made payable to Heart t' Heart. Do not send cash. Send this form with payment to the address above.

We encourage reader contributions to Heartbeats. Ideas for articles:

- 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
P.O. 247, Pleasant Grove, UT 84062
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What’s inside this issue of Heartbeats...

- **Dearest Friends: What’s In a Word.** Having the courage to accept the “labels.”
- **The Root of Addiction Is Lies.** Lies I tell others and lies I tell myself are the beginning of addiction.
- **The Savior Is Our Tutor in the Class of Life.** Sooner or later, we find a class we can’t pass without the Lord’s help.
- **A Food Plan and Abstinence Are Two Different Things.** It is not enough to find the perfect diet. True abstinence occurs when food ceases to be my source of comfort under stress.
- **14th Annual Heart t’ Heart Conference Dates and Place are Confirmed: July 15 & 16, 2005 at UVSC, Orem, Utah.**

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