

Addition Vs Recovery

It's all about me
and what I want

"How can I be of
help to others?"

Lying, cheating and
manipulating to get what I
want

Willingness, honesty
and open-mindedness
allow me to get what I
need

"I can take care of myself!"

"There is something
bigger than me"

Rationalize, justify and
minimize when I'm wrong

Owning my part,
admitting my faults and
trying to grow from
them

Projecting a false image of
myself

I am no better an no
less than anyone else

Hide and deny my fears so
as not to appear weak

Acknowledge my fears
and limitations and
asking for help