

## **BILL OF RIGHTS IN RECOVERY**

- 1. We have the right to choose a life beyond mere survival. God said, "I came that you might have a full, free abundant life." Life is meant to be enjoyed. We have the right to ENJOY LIFE.**
- 2. We have the right to say "NO!" to anyone or anything at any time. God has made us free, moral agents. God said, "I set before you life & death, blessing & cursing; therefore, choose LIFE that both you and your children shall LIVE."**
- 3. We have the right to refuse to take blame where we are blameless. "No weapon formed against us shall prosper."**
- 4. We have the right to make mistakes and the responsibility to take the consequences. God says, "Tho you fall, utterly fall, you shall not be cast down, for the Lord upholds him with His Hand."**
- 5. We have the right to cry when we feel like it. We have the right to all our feelings and the responsibility of how we express them. God says to show respect to all people; love never fails.**
- 6. We have the right to terminate conversations with people who make us feel put down or humiliated. We have the right to refuse needle-teasing. We have the right to walk away or to hang up. "Resist the devil and he will flee."**
- 7. We have the right to be healthier than those around us. "You are not your own, you have been bought with a price. . your body is the temple of the Holy Spirit, so honor God in your body."**
- 8. We have the right to be relaxed, playful, and frivolous. The joy of the Lord is your strength.**
- 9. We have the right to change and grow. We grow from strength to strength; from faith to faith.**
- 10. We have the right to set limits and refuse unhealthy patterns of abuse and communication. "Refuse evil and choose good."**
- 11. We have the right to be angry . . especially, at someone we love. .but understanding that retaining that anger is unhealthy. "Be angry but sin not. Don't let the sun go down on your anger."**
- 12. We have the right to take care of ourselves no matter what relationship we're in. The Spirit in us is a spirit of peace.**

**GOD, GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE,  
THE COURAGE TO CHANGE THE THINGS I CAN,  
AND THE WISDOM TO KNOW THE DIFFERENCE.**