

I'm now aware and can listen with compassion

In the 12 Step Study, I learned to listen to others without preconceived ideas as they shared their situation. It was as if I was in their shoes and I was able to empathize from their perspective and pain. I've learned to let go and let Jesus control things. Pride was also an area that has been revealed in my recovery process.

The five guidelines talk about "no fixing and no interruptions". That instruction in particular has helped me to be more attentive to the heart of the speaker. Rather than giving advice or analyzing as I tended to do before, I'm now aware and can listen with compassion.

Communication at home improved immensely as I allowed God's Spirit to direct my thoughts, words and sometimes saying nothing. This discipline has also enhanced my daily time with Jesus!

I encourage everyone to take a Step Study to better connect with people! If you take this study seriously, it will transform your key relationships and with Jesus! I've had the privilege and joy to co-lead and sponsor other women on my recovery journey at Celebrate Recovery!

Cordell S.