

List of Skills to Promote Peace & Serenity

1. Using Silence
2. Walking away/taking a break
3. Using gratitude/keeping a thankful attitude
4. Choosing facts over feelings
5. Letting go of demandingness
6. Letting go of high/unrealistic expectations
7. Increasing tolerance for frustration/practicing long-suffering
8. Surrender of the will and life to HP
9. Repeating phrases/mantras/prayers
10. Remembering love is an action, an attitude, and a choice. Feeling of love comes from obedient actions, attitudes, and choices.
11. Broken together—remembering to stay humble, showing mercy and patience for others shortcomings, forgiving annoyances
12. Stay out of other peoples: problem solving, “shoulds”, thoughts, choices, “if onlys”, whys, etc.
13. Focus on you!
14. Focus on God!—practice scripture in your mind, practice characteristics in your mind, practice prayers in your mind, etc.
15. Be decisive rather than impulsive. STOP. THINK. CHOOSE. ACT.
16. T.H.I.N.K-----
T---Is it true?

H---Is it helpful?

I---Is it inspiring?

N---Is it necessary?

K---Is it kind?
17. Obey your conscience! --- Don't act impulsively.
18. Practice great self care: What do I feel? What is motivating me to feel this? What do I need? How can I meet my need? Do it!
19. Go deeper—share more than shallow information—connect first!
20. Trust/Be vulnerable--- This is a choice. People may not treat your trust the way you want but you can be there for yourself if needed and so will your HP.

21. Practice honesty---no matter what. Do no harm—think first.
22. Challenge yourself---allow yourself to be uncomfortable and see what God will do.
23. Remember: You are working your program of recovery and others are working theirs. Stick to you.
24. LOVE YOURSELF—stay present with all the parts of you. They are all you and all needed.
25. Express love spontaneously
26. Use humor to lighten your countenance
27. Remember your purpose: Love one another.
28. Remember: I am where I need to be and where God wants me today—no matter the circumstance.
29. Treat yourself with compassion, kindness, trust, acceptance, and love.
30. Stay in a state of willingness to change.
31. Set boundaries when needed: stay away from physical, emotional, spiritual, relational unhealthy situations. DO NOT STAY IN THE ROOM.
32. Ask myself: What is my part? What are my mistakes? What behavior do I need to change?
33. Be open to seeing defects and weaknesses in me---with compassion.
34. Listen to hear NOT respond.
35. Look for something to appreciate in each person.
36. Take risks.
37. Live my life, let others live theirs.
38. Let life take its course.
39. Ask myself, How important is it?
40. Let it begin with me.
41. I have a choice.
42. Receive nurturing.
43. Be willing to acknowledge/admit changes in others.

44. I am responsible for my choices!
45. Be teachable.
46. Be curious.
47. Be present. Don't be focused on something that is done or something that may happen. Be present in the now.
48. Resist defiance!
49. Admit powerlessness, come to believe, make a decision, inventory your attitudes and actions, admit to God, humbly ask, want to make amends, accept, examine daily, ask God, Serve others.
50. Love is not control. Control is not love.
51. Release resentments—be set free.
52. Identify automatic negative thoughts trailing/racing/rehearsing in your mind---resist! Replace!
53. Identify patterns of fear, self-pity, anger, demandingness, impatience, resentment, revenge, pride, etc. in your attitude and actions---resist! Replace with consciously chosen loving attitudes (humility, equality, gentleness, patience, kindness, respect, openness, tolerance, etc.).
54. Identify negative beliefs accepted about people and challenge them with righteous or positive attitudes.