

## HP Guidance Checklist

1. What is it that I'm struggling with?
2. Ask for guidance from HP, sponsor, spiritual mentor, fellows, therapist, and friends
3. See if HP is revealing a third option - Nothing is black and white
4. Can you take that third option? If not, why?
5. Is this problem making you spiritually sick, violating your morals, or creating unnecessary urgency?
6. What does your "gut instinct" say?
7. Am I refusing to follow that instinct because of fear for the future or of making a mistake?
8. Am I refusing to follow that instinct because I want to control the outcome or think I know best?
9. Meditate on it more, and look over my old journal entries. Explore past lessons
10. Read spiritual literature for further guidance
11. Take an action of service. Find someone or some way to be of use to others (ask for suggestions from sponsor or fellows if ideas aren't coming to mind).
12. Remember that *no action* is often the best action  
PAUSE = Pause Action Until Serenity Emerges  
"Find serenity removing the urgency from life"