

Serenity-At-A-Glance:  
A quickie guide for the  
Tranquility Challenged

*In stressful situations, meditate on the following*

Is it going to matter in five years?

Am I giving power to persons, places or things that I don't need to?

Is my side of the street clean?

Think of anger, rage and other emotional relapses as a bad storm. The only choice is to have left to make is whether to seek shelter, or stand in the rain and get wet.

Simply say, "Yes," to what is.

Do I have the power to change it?

Is my Ego calling the shots, and if so may be some humility might be in order.

Is there a wrong floating around out there that I haven't owned up to?

Remember that "surrender" simply means "to quit fighting."

Focus on the present moment and become aware of what your senses are telling you.

You are not your thoughts. But they can rule you if you let them.

Consider the difference between "thinking" and "awareness."

If things are supposed to make you happy, then what is the point of obsessing over them, when that obsession creates unhappiness?

When all else fails, call your sponsor or someone on the phone list, and/or take your pain to a meeting (of any 12-step School).