

# THE TRIANGLE OF SELF-OBSESSION

## Objectives:

- Get people thinking about living in the here and now
- Explore resentment, anger and fear and the principles to apply instead (acceptance, love, faith)
- Interact with others and feel like they have participated.

Material: paper for reporters, pens, white boards (big pad of paper), markers, ground rule handouts (2 per table), IP #12 to read and copies for all, 8 sheets of each question for small group tables

- I. Introduction (5 minutes)
  - a. Ourselves
  - b. This workshop will be focused on the Triangle of Self-obsession we face in our addiction: resentment, anger and fear and the principles we can apply instead in recovery: acceptance, love and faith.
  - c. We will be discussing and sharing with one another throughout the workshop about ways to live in the here and now.
  - d. Everyone else introduce themselves and where they are from (Area &/or town)
  - e. Number off into small groups
  - f. Handout IP #12 "Triangle of Self-Obsession" to each participant
  
- II. Large group brainstorm (15 min)
  - a. Read aloud to the large group the first 5 paragraphs of IP #12 "The Triangle of Self-Obsession"
  - b. Ask large group "Why is it important to live in the here and now?"
  - c. Record answers on large pad
  - d. Add examples if people are having a hard time brainstorming (to be present and aware, to gain serenity, stay flexible, low anxiety, sense of wellbeing, connect w/ HP, etc.)
  - e. Ask large group "What prevents us from living in the here and now?"
  - f. Record answers on large pad
  - g. Add examples if people are having a hard time brainstorming (resentment, anger, fear, self-centeredness, shame, guilt, fear of unknown, etc)
  
- III. Instructions for small groups: (10 min)
  - a. "Now you're going to brainstorm on some questions within your own table's group. So for this part you will need to pick a person to be a facilitator, another to be a recorder, and a third person to be a reporter. The facilitator will keep the group on task and encourage all members at the table to give input. The recorder will record all brainstorming answers on the paper provided @ your tables. After you are finished brainstorming, the reporter will give state some of your answers to the whole large group." So, take a minute to pick your people." (5 min)
  - b. Pass out paper and pens for recorders
  - c. Ask a volunteer to read "Brainstorming Guidelines"
  - d. Ask another volunteer to read "Suggested Ground Rules"
  
- IV. In small groups: (20 min) (Resentment to Acceptance)
  - a. Facilitator reads aloud to the large group paragraph 6 (2nd to last paragraph) of IP #12 (Triangle...)

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- b. Ask small groups to brainstorm ideas to the question, "Why do we hang onto resentments?" (Handout question -1 to each group) (5 min)
  - c. Ask small groups to brainstorm solutions to the question, "What can we do to let go of resentments and move towards acceptance?" (Handout question -1 to each group) (5 min)
  - d. After small groups have come up with a list, ask each group's reporter to name one idea they came up with for the first question to the large group. (5 min)
  - e. Write groups' answers on large pad
  - f. Ask reporters for a solution they came up with for the second question. (5 min)
  - g. Write groups' answers on large pad
- V. In small groups: (20 min) (Anger to Love)
- a. Ask small groups to brainstorm ideas to the question, "How does our self-centeredness keep us angry?" (Handout question -1 to each group) (5 min)
  - b. Ask small groups to brainstorm solutions to the question, "What can we do to become more loving?" (Handout question -1 to each group) (5 min)
  - c. After small groups have come up with a list, ask each group's reporter to name one idea they came up with for the first question to the large group. (5 min)
  - d. Write groups' answers on large pad
  - e. Ask reporters for a solution they came up with for the second question. (5 min)
  - f. Write groups' answers on large pad
- VI. In small groups: (20 min) (Fear to Faith)
- a. Ask small groups to brainstorm ideas to the question, "How does fear paralyze us into inaction and keep us in our self-made prisons?"(Handout question -1 to each group)(5 min)
  - b. Ask small groups to brainstorm solutions to the question, "How can we use faith to keep us moving forward in spite of our fear?" (Handout question -1 to each group) (5 min)
  - c. After small groups have come up with a list, ask each group's reporter to name one idea they came up with for the first question to the large group. (5 min)
  - d. Write groups' answers on large pad
  - e. Ask reporters for a solution they came up with for the second question. (5 min)
  - f. Write groups' answers on large pad
- VII. In large group wrap-up –all groups share ideas, thoughts, experiences (10 min)
- a. Ask for people to share on "What action can we take to stay in today?"
  - b. If low on time, don't write on pad, just take answers. If good on time, write on pad.
  - c. Facilitator read aloud to large group last paragraph (and chart) of IP #12
  - d. Close with prayer

**Why do we hang onto resentments?**

**What can we do to let go of resentments and move towards acceptance?**

**How does our self-centeredness keep us angry?**

**What can we do to  
become more loving?**

**How does fear paralyze  
us into inaction and  
keep us in our self-made  
prisons?**

**How can we use faith to  
keep us moving forward  
in spite of our fear?**