

**In this folder, we are called to utilize all the tools that we have available to us in order to change what we already know needs to be changed.**

## **Pointers for Folder 15**

In this folder we are trying to encourage our friends to take the most difficult step—which is to confront the difficulties that we see in our life. As we will notice in this folder, there are three important steps to take: Observe, Judge, and Act.

First, we need to look beyond the mirror. In other words, we need to ask God to help us find the courage to really look at things that we know we are hurting ourselves with. For example, the bottle sitting on the table is not hurting me—but, if I know that I'm an alcoholic, and all my problems are related to the consumption of that bottle in front of me, then I am really looking at what is hurting me—not just the bottle. I am OBSERVING.

Secondly, knowing the consequences of my observation, and fully understanding the ramifications, I must evaluate whether or not this is going to fit with the way I want to live my life—which is most likely very different from the life I've been living. I am JUDGING.

Now things get complicated, because, no one likes to change—change is a very difficult thing to do. We are willing to change some of the things, some of the time, but may not want to get at the root of what needs to be changed. When we attack the root of the problem, changing some of the most familiar things that are dear to us, we are beginning to ACT.

The only way that these three steps can be applied is to go at it with 100% HONESTY-- always being hopeful for a better tomorrow.