

## THOUGHTS → ACTIONS

Our lives were centered on the relentless pursuit of our own selfish desires. So, as the result of our self-centered thoughts (“*a life run on self will*” pg. 60:4).....



...we were always “*in collision with something or somebody*” (pg. 60:4).....= *we're in conflict Spiritually, Mentally and/or Physically*



...and when we “*step on the toes of our fellows*” (pg. 62:1).....= *we collide with the forces we're in conflict with*



“*they retaliate.*” (pg. 62:1) = *they push back*



We then became *angry, fearful* or *acted in a harmful* manner (= we became *resentful*)...



...And then *we generally drank/used* --- which was the resultant **ACTION** of our self-centered **THOUGHTS: “Selfishness --- self-centeredness. That, we think, is the root of our problems.” (pg. 62:1)**