

THE PROCESS SEVEN BASIC INSTINCTS

R E C O V E R E D

All human beings have been born with these instincts. They are natural.

For Alcoholics – these basic instincts are out of balance.

THE INSTINCTS	MEANING
SELF ESTEEM	How I think about myself
PRIDE	How I think others view me
EMOTIONAL SECURITY	General sense of well being
FINANCIAL	Basic desire for money, property, possessions etc.
AMBITION	Our Plans, Dreams, Goals for the Future
PERSONAL RELATIONS	Our Relationships with other people
SEXUAL RELATIONS	The basic Desire for sexual intimacy

As we go through 'THE PROCESS' you will refer constantly to these instincts by reviewing which one or ones are not in balance.

NOTE: Please study these and memorise these, as you will use these for the rest of your life.