

Begin a New Life

Four Universal Steps of Life Change
and Spiritual Transformation

**A Process for Making Conscious
and Intentional Life Choices**

WORKSHEETS Full Version

The Issue I'm Working On

Date

Begin a New Life is a universal, spiritual program that helps you make and sustain any life change you want or need to make, one change at a time. It doesn't matter how big or small the change is, this program can help. Let's get started...

GUIDELINES FOR STEP 1. EXAMINE YOURSELF: Take an honest look at...

1.1 Your Actions

Begin this process by choosing one action, trait, or pattern in your life that is either a problem in conscience or causing damage, hurt, or pain – some specific part of your life that you want, need, or feel called to look at and address.

In the "Actions" column on the next page, you will briefly describe things you've done and/or said in this one part of your life, whether you've done so openly or secretly. Be specific. Then you'll continue through the rest of the process with this one issue in mind.

If you have feelings around this issue that you want or need to process – for example, anger, resentment, lust, craving, fear, anxiety, guilt, etc. – you can record them in the "Actions" column and follow through from there. Doing this can help you get in touch with thoughts, intentions, etc., that are linked to your feelings, and help prepare you to make choices about these things through the rest of the process.

Taking an honest look at one or another problematic part of your life isn't always easy – for a number of reasons. If this is true for you, and you have difficulty getting started on this process or seeing it through, you may wish to review Section C of the BNL Sourcebook. It describes a kind of change that is easier than the full process. It is an effective alternative, and can help prepare you to go through the full process later on.

Remember that the Lord (God) is present and at work with you as you complete this step, and even before it: he is the one who inspires you to look honestly at yourself in the first place, and he is the one who unveils things to you during this step. (We use "Lord" and "God" interchangeably to mean God as you understand the Divine. For more on this, see Sourcebook Section B – Starting Assumptions: Assumption #2.)

1.2 Your Thoughts

Once you've chosen the issue to address, and completed the "Actions" column, it's time to take a look at how this action, trait, or pattern may be rooted in your thoughts, opinions, or beliefs. The more aware you are of your issue on deeper levels of your being, the more fully you can be freed from it, the more deeply you can be healed of it, and the more richly your life can be blessed by the Lord in the end.

In the "Thoughts" column, you will briefly describe the thoughts opinions, or beliefs that are linked to each of your entries in the "Actions" column. Aligning things side-by-side can show relationship and connection.

1.3 Your Intentions

Next, consider the aims, plans, or intentions that underlie the thoughts you've identified.

In the "Intentions" column, you will briefly describe the intentions that underlie each of your entries in the "Thoughts" column.

1.4 Your Will

Finally, it's time to unveil the deepest factor contributing to your issue – the often-hidden wants, desires, and will that lie at the heart of it all.

Using the "Will" column, you will imagine and briefly describe what you would do if you wouldn't get in trouble with the law, and if your reputation wouldn't be harmed in any way. Doing this for each entry in the "Intentions" column will help you see what your "old will" wants, desires, and wills – and therefore what its underlying goals, purpose, and quality are – within your issue.

What are the "old will" and "new will"? The old will is a harmful, destructive, even self-destructive will that people experience. The new will is a will for good that is gradually given to you by the Lord through effort and co-operation with him. (For more, see Sourcebook Section B – Starting Assumptions: Assumption #6.)

Being aware of the thoughts, intentions, and will that are wrapped up in your issue isn't always easy. If this is true for you, and you need help discovering these things, see Sourcebook Extras – "Three Ways to Know Your Thoughts, Intentions, and Will."

You may experience grief of heart or mind as you work through Step 1 of this process – grief over things you discover within yourself; remorse for things you've done, thought, or intended; sorrow at the thought that you may have harmed a certain person, a number of people, or even God himself; etc. These conscientious feelings are actually inspired by the Lord, and along with them he gives you the motivation to stop doing things that cause damage, hurt, or pain, and begin a new and better life.

Activity

Based on this information, fill in the table on the next page. Good wishes as you get started.

Step 1

Examine Yourself

Actions	Thoughts	Intentions	Will
<p>Things I've done and/or said, either openly or secretly</p>	<p>Thoughts, opinions, or beliefs linked to my actions & words</p>	<p>Aims, plans, or intentions that underlie my thoughts (What I'm really after)</p>	<p>Wants, desires, or will at the heart of it all (What would I do if...?)</p>
<p style="text-align: center;">INSPIRATION</p> <p style="text-align: center;"><i>“Search me, O God, and know my heart; try me, and know my thoughts; and see if there is any wicked way in me, and lead me in the way everlasting.”</i></p> <p style="text-align: center;">(Psalm 139:23-24)</p>			

If you're using a printout and need additional space, duplicate this page.

A Prayer From the Heart

The first step of this process, which you've now completed, is often a time of discovery touched by feelings and emotions, as the Lord opens your eyes to things you may not have seen before, or that you may not have known in the same way. For these reasons we now invite you to connect with the Lord in prayer. What do you *want* from the Lord at this point in the process? What do you *need* from him to go forward from here? And what do you *hope* for as a positive outcome in this part of your life?

Activity

Take a moment to pray to the Lord. Talk with him from the heart, asking him for the things you most want, need, and hope for in this part of your life. (Use this space if you'd like to record your prayer in writing.)

INSPIRATION

"Create in me a clean heart, O God, and renew a steadfast spirit within me."

**"The prayer is to be a request that the Lord have mercy on us,¹
give us the power to resist the things we've repented of,² and
provide us an inclination and desire to do what is good."**

(Psalm 51:10; Emanuel Swedenborg, *True Christianity* 539)

¹ What is the Lord's mercy? The Lord's "mercy" is his love grieving for us when we're hurting, miserable, or in distress, and reaching out to help us in whatever ways that he can.

² In this context, "things we've repented of" are things we've uncovered during self-examination that we feel truly sorry/re-morseful for, truly regret, grieve over, etc., and that we genuinely want to change for the better.

Step 2

Recognize and Acknowledge

2.1 Recognize and Acknowledge Your “Sin”

This section will guide you to see and accept that a thing is against your neighbor and ultimately against God. We will focus on two biblical terms that are key to understanding and benefitting from this spiritual process: *evil* and *sin*. Evil is a broad term. It refers to anything that is in conflict with God’s purpose, plan, and intention in creation. It’s anything that is harmful or destructive of what is genuinely good, wholesome, and true. Sin is evil that you see is specifically against your neighbor and God as taught in the biblical Ten Commandments and also reflected in the broader Word of God/divine revelation. It’s anything you do or say that breaks one or more of these commandments.^{3, 4}

Activities

How are the things you’ve uncovered during self-examination harmful or destructive?

Do they go against any of the Ten Commandments? If so, which one do they seem to go against the most, and what are one or a few ways in which they do so? (For help answering this question, see Sourcebook Section D. It introduces the Ten Commandments, and it lists different ways they can be broken. Your intuition may also help you answer.)

What other truths now come to mind which help reveal the true nature or quality of the thing you looked at during self-examination? (These can be *any* truths that come to mind or that you know or discover. But truths, stories, or images from the Word of God/divine revelation may be especially helpful in this part of the process.)

Based on your answers, what would you say is the true nature or quality of the thing you uncovered during self-examination... How would you briefly describe or encapsulate it? What *title* would you give it?

³ Who is your neighbor? In this context, your “neighbor” is not simply the person next door but people in general. More specifically, your neighbor is any good, noble, or honorable *qualities* that exist within people, including yourself, and help make them who they are. Briefly put, the “neighbor” that God wants you to love, honor, and support is especially God’s goodness in people.

⁴ We identify sin, briefly, as evil against God. In this context, evil against your *neighbor* is also sinful in that it goes against God’s desire for love, truth, and goodness in relationships and human interactions. God doesn’t want people to be harmed; he wants them to be benefitted instead. One of the main ways we do evil against God, therefore, is by doing it against our neighbor.

2.2 Accept Responsibility

Here we take you beyond self-examination, recognition, and acknowledgment of sin to accepting responsibility for it.

Accepting responsibility for a sin means you acknowledge the part you've personally played in it. For example, if you've done or said something that is against God, accepting responsibility means you acknowledge that you have done it, engaged in it, and allowed it to be part of your outward life. On a deeper level, if you've entertained destructive thinking and intending in what you've done or said, accepting responsibility means you acknowledge that you've allowed it to be part of your *inner* world and done it in your heart and mind.⁵ These things are especially true if you know that what you're doing is against God, and you willingly do it anyway.⁶ At that point, accepting responsibility means you acknowledge that you're personally investing in it, freely choosing it to be part of your life, and inviting it (unless otherwise chosen) to become a more enduring part of who you are. In short, accepting responsibility for a sin means you acknowledge personal choice and/or personal involvement in it.^{7,8}

Activity

In what way(s) can you accept responsibility for the sin you've identified?

⁵ It is possible to sin in your heart and mind without actually doing so in outward life (Matthew 5:28). This occurs when you desire to do something that is against God, and you *intend* to do it, but from fear of the law and/or for your reputation you don't actually do it in outward life. It is *inner* conduct as compared to outward behavior – an action that occurs in your spirit, not yet in your body before the world. At that point, since you're already doing it in your heart and mind, you can think of it as something you're capable of doing, and would actually do in outward life, if such fears didn't hold you back.

⁶ Here we revisit the question, "What is sin?" As we said in Step 2.1, sin is anything you do or say that is against God. But it's more than that. What makes any harmful or destructive act to be fully sinful is when you know that it's against God, and you willingly do it anyway. It's also what makes harm done to your neighbor especially awful and sad—when it's knowingly and intentionally done.

⁷ Are you always spiritually responsible? For insights on this, see Sourcebook Section E.

⁸ For more key information, see Sourcebook Section B, Assumption #5.

2.3 Confess Your Sin Before the Lord

In this section we invite you to sum up your experience of the process to this point, acknowledging your personal state and condition to the Lord.

Confession of sin before the Lord doesn't mean you give a list of transgressions. The Lord already knows that list – he is the one who revealed it to you during Step 1 of this process. Instead, confession is a time for drawing near to the Lord, acknowledging what has been accomplished so far, and offering up any discoveries you're making about yourself and your personal state and standing through all of it.

Activities

Picture yourself coming before the Lord in a spirit of confession. Between you and the Lord, what good outcome has occurred for you as a result of each part of the process so far – self-examination, recognition/acknowledgement, and accepting responsibility?

Does the issue you're working on make you happy... What effect does it have on you emotionally?

And finally, where or how do you see yourself in relation to the Lord as a result of this sin?

Based on your answers, how would you sum all of this up before the Lord?

INSPIRATION

"Lord, I acknowledge my sin to You,
and my iniquity I have not hidden."

"Father, I have sinned against heaven and in
your sight, and am no longer worthy to be called your son."

"The tax collector, standing afar off, would not so much as raise his eyes
to heaven, but beat his breast, saying, 'God, be merciful to me a sinner.'"

"The confession is to be that we see, recognize, and admit to our evil,
and that we are discovering that we are miserable sinners."⁹

(Psalm 32:5; Luke 15:21; Luke 18:13; Emanuel Swedenborg, *True Christianity* 539)

⁹ "Miserable" means very unhappy, in a wretched/pitiable/pathetic state or condition. "Sinner" indicates that we've done something that is against God. Together they mean that we're caught up in the misery of sin, etc.

Step 3

Pray to the Lord

Beg for His Help and Power in Resisting Your Sin

In this section we will invite you to turn to the Lord, talk with the Lord, and ask him for divine help and power in resisting the sin you've identified.

Any transgression/sin that has gotten into you is, by definition, a spiritual problem or disease – having roots that reach into your habitual thinking and intending. Therefore, you will now need spiritual help and power to resist the one you've discovered in yourself and to be freed from it. And since the Lord God is the source of everything true and good in life, he is the one who can give you this help and this power. The Lord will help you in any number of ways that you will discover, but in general by fighting on your behalf and overcoming this sin – moment by moment – within you.¹⁰ He will also give you the power you'll need – in terms of desire, willingness, strength, etc. – to resist committing it.¹¹ He will do these things any time you ask and even beg for divine help and power, and welcome them into your being.¹²

Activity

Take a moment to pray to the Lord. Ask and even beg for his divine help and power in resisting your sin. If there are specific ways you want or need the Lord to help and empower you, it may help to include these in your prayer. (Use this space if you'd like to record your prayer in writing.)

INSPIRATION

"With God all things are possible."

"The smallest amount of divine power is enough, every time it is called on, to tame instantly the entire devil's crew, even if it consisted of millions."

**"People who believe in God say to themselves,
'With God's help I will conquer this.'
And they pray for it and obtain it."**

"Ask, and it will be given to you."

(Matthew 19:26; Emanuel Swedenborg, *Secrets of Heaven* 8626, *Charity* 203; Matthew 7:7)

¹⁰ Overcoming sin "within you" means especially two things: First, it means overcoming the desire, urge, craving, or compulsion to sin. When you experience any of these things, the Lord can battle it on your behalf, neutralize it in the moment, and free you from its strong influence. Second, overcoming sin within you means answering back to any false, delusional, or self-justifying thinking that may be going on in your mind at the time. When you experience any of these things, the Lord can adjust, modify, or even reverse your thinking by stating the truth or reminding you of it.

¹¹ In addition to overcoming the desire, urge, or compulsion to sin, also any distorted, delusional, or self-justifying thinking, the Lord gives you the ability to resist actually doing what is against God.

¹² In the final analysis, the Lord is the one who offers resistance to sin – in both your inner world and your outward choices. When his help and power are engaged he wins – and you win too, as you work together with him through the process.

Step 4

Begin a New Life

4.1 Stop Doing It...

(Having Completed Steps 1 through 3, Abstain from Your Sin)

A new and genuine way of life can't begin where an old, destructive pattern remains entrenched. Therefore, you will now need to stop *doing* the sin you've discovered in yourself before you can receive new life from the Lord to replace the old. The more fully and deeply you refrain from this sin, the more fully you can be freed from it, the more deeply you can be healed of it, and the more richly your life can be blessed with genuine goodness from within. This means you'll be abstaining from it *first* in outward behavior, and later in intention and thought. When harmful actions and words are stopped, and more deeply, when you abstain from destructive intending and thinking, a way is opened, and the Lord enters and touches your heart, mind, and life with genuine goodness from within. *Not doing* this sin on these levels of your being is therefore the first phase of the new life you now begin.¹³

Activity

Following your prayer to the Lord for divine help and power, imagine that you are actively abstaining from your sin. Visualize yourself doing so in the moment. What do you see, hear, feel, or otherwise experience in your visualization? Most importantly, what do you see yourself *doing* to abstain?¹⁴

¹³ Part of spiritual health is realizing that you can't stop harmful thoughts, inclinations, or impulses from popping into your mind, surfacing, or registering with you. When they do, you aren't responsible or at fault for the fact that they've shown up. The fact that they've done so simply means you have options and choices. Instead, you are responsible when you *entertain* these things in your thinking, *harbor* them in your intending, or *let them go forth* from these places into your actions and words. (For more, see Mark 7:14-23 and Sourcebook Section B, Assumption #5.)

¹⁴ Mental rehearsal, mental practice, or visualization of a desired outcome can increase peak performance and help heighten achievement. Visualizing an outcome also produces *hope* for achieving it. This feeling of hope increases or fades as the desired outcome is envisioned, looked forward to, even expected. The feeling is then fulfilled in the outcome. These things are true of spiritual life as they are of earthly/physical life.

4.2 ...and Live a New Life!

A "new" life is a *good* life – a life of love, goodwill, and good action that is breathed into you by the Lord, and which takes the place of the old way you've been living up until now. This new life is standing at the door of your heart and mind all the time – every moment – wanting to come in, urging and even pressing on you to receive it. Each time you abstain from a sin, you open the door to this new life. At your invitation it enters, and by conscious choice or spontaneous act you extend it to others. One way this new life can first be felt is as an inclination and desire (or a leaning and longing) to do what is good. This inclination and desire touch your heart and tinge your spirit, like the morning sun peeking over the horizon and wrapping the earth in warmth, brightness, and the dawn of a new day.¹⁵

Activities

Imagine again that you are actively abstaining from your sin. The moment you abstain, what do you feel a leaning to do, even a desire to do, that is new, different, and better, inspired by the Lord from within? Often it will be the opposite of what you've been doing up until now. (For help answering this question, see Sourcebook Section F. It reintroduces the Ten Commandments, and it lists different forms of goodness that can be kindled in you by the Lord each time you stop doing things forbidden by them. Your intuitive sense of opposites may also help you answer.)

What other truths now come to mind which either confirm or help flesh out the new life you'll now live? (These can be *any* truths that come to mind or that you know or discover. But truths, stories, or images from the Lord's Word/divine revelation may be especially helpful in this part of the process.)

Now that you've started to abstain from your sin, picture yourself *living* the new life outlined above. Visualize yourself doing so in the moment. What do you see, hear, feel, or otherwise experience in your visualization? Most importantly, what do you see yourself *doing* as part of the new life?

¹⁵ It is possible to have a desire, will, and intent to reach out and do what is loving, true, and good; but for one reason or another you aren't able to *act* on that intent (for example, old age, disability, people are unreceptive, etc.). Under such circumstances, the will to act is accepted by God as though it's an outward action (provided that the will and intent continue when an opportunity to act presents itself). The will to act is a type of action – an action of the heart. As such, it becomes an outward act when conditions are right. Knowing these things can bring comfort, relief, and hope at times when you truly want, desire, and intend what is good, but for the moment you aren't able to act on that intent.

4.3 Do All of This as if You Were Doing It on Your Own

Although all ability and power come from God,¹⁶ you are encouraged to do the steps of this process *as if you're doing them on your own*. This means you take ownership of the process and exercise full responsibility in it – doing so as if it all depends on you. This approach helps you be fully engaged in the process and fully involved in it. It also allows your experience of the process to settle deeply into you, find a place in your heart, mind, and life, and become a part of who you truly are.

Activity

What opens up for you as you reflect/meditate on the words, “All of this is to be done as if you were doing it on your own” – especially at this point in the process, when you’re actively abstaining from your sin, beginning a new life, and living it?

¹⁶ “God has spoken once, twice I have heard this: that power belongs to God.” (Psalm 62:11)
“...Without Me you can do nothing.” (John 15:5)

4.4 Do This Once Or Twice a Year as You Prepare to Commune With God

The BNL process includes a unique, symbolic ritual of life change and spiritual transformation in communion with the Lord. The ritual invites you to come before him as the author of life and source of love, and to present yourself for entrance into a divinely strengthened state of heart, mind, and life. It's a time for humbly submitting yourself to the Lord – putting your heart in his hands, committing your way to his purposes, and opening up your life as a temple in which he may dwell. It may take place in a church, a group setting, or your own home.¹⁷

Known in certain faith traditions as *Holy Communion*, *Holy Supper*, *The Lord's Supper*, etc., this ritual includes eating a piece of unleavened bread and drinking a bit of wine (some people and faith traditions use leavened bread and/or non-alcoholic alternatives to wine). The bread and wine are elements from nature that symbolize genuine goodness and truth from the Lord.¹⁸ Eating the bread and drinking the wine are therefore symbols for receiving these spiritual gifts and realities from him, taking them in, and making them your own¹⁹ – all of which happens as you actively abstain from your sin, begin a new life, and live it.²⁰ When all of these things come together in the communion, they invite a complete connection and togetherness with the Lord. This connection and union seal and strengthen the spiritual realities of love, goodwill, faith, and truth within you as you go forward and continue living these steps of life change. You are not alone in this process. The Lord is with you, the Lord will be in you, and the Lord will continue working through you for the good of all.

Activity

What do you experience, or what opens up for you, as you picture yourself coming before the Lord and taking part in this communion – eating the bread and drinking the wine of this God-centered communion, receiving gifts of love, goodwill, faith, and truth from him, and making them your own?²¹

¹⁷ It is recommended that you go through this process of life change and spiritual transformation once or twice a year in connection with this communion, focusing on one sin at a time. Doing these things is enough to make life change real, effective, and lasting.

¹⁸ What are meant by “goodness” and “truth”? “Goodness” is a collective term that refers to love of the Lord and goodwill toward your neighbor, as these things show themselves in loving actions and kind words. (In other words, goodness is wanting what the Lord wants, wanting what's best for your neighbor, and treating your neighbor well.) “Truth” is factual knowledge that defines goodness, points the way to it, and leads you there. It is knowledge and insight that are the building blocks of rich understanding, genuine faith in God, and wisdom of life.

¹⁹ This communion is therefore a *spiritual* meal. It is spiritual eating, drinking, and assimilating clothed in a corresponding earthly event.

²⁰ Actively abstaining from sin, beginning a new life, and living it are key in preparing for Step 4.4. The Lord is present with you all the time, but his goodness and truth are *received* and *retained* in the way you actually live your life (see John 14:15, 23). Prior to being received and retained in life, these spiritual gifts exist as concepts in your mind, waiting and hoping to become living realities. This communion with the Lord therefore strengthens you in the new life you've been living prior to the ritual.

²¹ Steps 4.3 and 4.4 of this process are related, like two sides of the same coin. You do the work as if you're doing it on your own, and at the same time you commune with the Lord as the source of love, truth, help, and power for your life. Here are several ways to think of it:

- “I am doing the steps on my own, but I believe that I'm doing them from the Lord.”
- “I'm doing this with all my heart, soul, mind, and strength, yet I acknowledge that the Lord is in all of it.”
- “I'm doing it as though it all depends on me, yet I affirm that it all depends on my connection with the Lord.”
- “I'm doing this myself, but I believe that the Lord is the real doer in all of it, working with me, within me, and through me.”

4.5 Afterward, When the Sin You're Responsible for Recurs, Say to Yourself, "I Do Not Want This Because It's a Sin Against God"

During the early parts of this process you discovered elements of self-centered desire and will that lie at the heart of the sin you're currently abstaining from. And now, during Step 4, you've experienced things that are new and different – an inclination and desire to do what is good and true, also a new way of life, inspired by the Lord. These things are the first beginnings of *new* wants, a *new* will (a will for good) and a heavenly way of being that are built up in you by the Lord over time, and which are the Lord's presence, dwelling place, and existence within you. As such, they are far more worthwhile, powerful, and productive than the old wants, old will, and old way you've been living up until now. In fact, they are the only things that can truly quiet this sin down in your life, move it to the sidelines of your conscious experience, and keep it there.²²

The words "I do not want this" are words of separation from sin spoken from the heart. They mean, "I do not care for this sin anymore; I'm even *against* it. I don't want it in the actions of my life, my intentions, or even my thinking."²³ Each time you say these words – "I do not want this" – you take a stand against your sin and resist it from the heart. In this way, moment by moment, and in growing measure you set yourself against it, shut it out of your conscious experience, and separate from it.²⁴

Any evil you abstain from will tend to recur: it will tend to present itself to you again – even repeatedly – as an option for you to choose or reject. When this happens, and you speak out against it, you do so with resolve. But you also do so for a *reason*. You say, "I do not want this *because it's a sin against God*," that is, because it's against God's commandments, against your neighbor, and ultimately against God. Abstaining from something evil for this one, overarching reason means you do so on the side of God, and you truly abstain from it, as you continue forward in the new and better life.²⁵

Activities

Imagine that the sin you're now abstaining from is recurring as an option for you to choose or reject. Imagine speaking out against it because it's a sin against God. Describe what you see, hear, feel, or otherwise experience.

Now imagine a host of angels gathered around you, all declaring with you, "We do not want this because it's a sin against God." Now what do you see, hear, feel, or otherwise experience?²⁶

INSPIRATION

"Even now the ax is laid to the root of the trees."

"If after self-examination we decide that we do not want an evil,
because it is a sin, then we are practicing a repentance that is true and deep."

"When we see something evil in ourselves that we love and desire, and we know
what sin is, we can, if we beg for the Lord's help, stop willing it."

"Then I will take the stony heart out of their flesh
and give them a heart of flesh."

(Matthew 3:10; Emanuel Swedenborg, *True Christianity* 532, *Divine Providence* 278; Ezekiel 11:19)

²² Good desires, goodwill, and true ideas from the Lord are what push harmful desires, ill will, and false thinking to the periphery of your experience and keep them there. They are the Lord Himself present and at work within you.

²³ Alternatively you might say, "I do not *will* this" (meaning, "I do not function from my old will in this situation; I do not engage in the will to sin") or, "I do not *consent* to this," "I do not *choose* it," "I *resist* it, *reject* it, *refuse* it," etc.

²⁴ This process of life change is about departing from sinful actions and words. More deeply (and ultimately) it's about separating from your *old will*, which prompts these things, as you gradually receive new life and a *new will* from the Lord in its place. This is where true choice, deeply felt change, and full freedom from sin are gradually and increasingly realized – on the level of your heart, desire, and will. (For insights on *old will* / *new will*, see Sourcebook Section B, Assumption #6.)

²⁵ Abstaining from evil for a God-centered reason (as compared to doing it for self-centered ones) makes your effort true, genuine, and real. Otherwise, your abstaining may only cover up the evil and hide it from the world. (Examples of self-centered reasons include fear of getting caught, damaging your reputation, loss of income, people taking revenge, etc.)

²⁶ For one more key insight, see Sourcebook Section G. It describes a kind of change that is easier than the full process, and which can also partner with it.