

BENEFITS OF SERVICE WORK

1. Being of service lets me be part of the group.
2. Service work teaches me that I can contribute.
3. Service work helps ensure that the meetings I attend will continue to be available.
4. Service work teaches me to take responsibility for my own needs.
5. Service work gives me a chance to practice my recovery in my relationships with others in the program.
6. Being of service can be the means for me to learn how to organize and prioritize.
7. Service work gives me an opportunity to face my character defects: things like perfectionism, the need to control, the need to “care take” and my feelings of fear and shame.
8. Service work might be the way I learn to delegate, to let go and still be responsible for my commitment.
9. Service work could be the way I learn to know when I have over-committed, giving me a chance to ask for help.
10. Service work teaches me balance; when to say “yes” and when to say “no”.
11. Service work offers me the chance to use my talents and discover new talents I didn’t know I had.
12. Service work helps me as well as others.
13. Service work allows me to practice setting boundaries.
14. Service work helps me develop healthy and loving relationships with other recovering codependents.
15. Service work helps me learn to respond rather than react.

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16. Service work helps me become a human being versus a human-doing.