


**Handbook
Section 13
Glenn's
Significant Seven**



**There are *three attitudes*, or
core beliefs, and *four basic
sets of skills* that mature and
capable persons in recovery
possess.**

THE ATTITUDES:

One of the few things in life that “WE” have the power to change at any given moment:

“Is Our Attitude”



The First Attitude:

**Identification with
viable “role models”.**

The Second Attitude:

**Identification of and
responsibility for:**

“family”

“higher power”

“the process of recovery”



The Third Attitude:

**Faith in personal
resources to solve
problems.**

THE SKILLS:

We are not born with skills.
Skills are something that are
learned, taught and
practiced.

The First Skill:

Adequate
development of
intrapersonal skills.

The Second Skill:

Adequate
development of
interpersonal skills.

The Third Skill:

**Well developed
situational skills:**

recognition

responsibility


adaptability

The Fourth Skill:

Adequately developed judgmental skills:

judge relationships

**judge between chosen behaviors
and the possible results.
(or consequences)**



These attitudes and skills are invaluable to the recovering person and are essential to long lasting and contented recovery.

Glenn's Seven are not natural to the recovering person, these skills and attitudes must be learned, sometimes over a long period of time.

The counselor must be skillful and patient during this process.