

The TWELVE TRAITS

These are some of the common traits that many struggling artists experienced before seeking a solution in A.R.T.S. Anonymous.

1. We grew up in an atmosphere of invalidation which resulted in ambivalence about our artistic expression.
2. In any given twenty-four hour period we find ways, consciously or unconsciously, to avoid doing that which gives us the most joy – expressing our creativity.
3. We have withdrawn from our art by investing ourselves in lifestyles, relationships and work activities incompatible with our artistic purpose. Our creative energy has often been diverted into destructive compulsions toward alcohol, food, sex, money, drugs, gambling and preoccupation with the past.
4. We have made needless sacrifices for our art and yet are afraid to make the necessary sacrifices. We are unable to balance the significant areas of our lives – Physical, Financial, Social, Love, Family, Spiritual and Creative.
5. Self-defeating thoughts and societal myths turn in our heads: It's too late – I'm too old – I'm not ready – I am not enough – Art is not practical – Artists are neurotic – You'll starve. We have accepted these as true when, in fact, they are not.
6. We have felt intimidated by other artists' success. Jealousy, envy, fear, self-pity, perfectionism, resentment and other character defects block our creative expression.
7. Repeatedly we stood at the edge of a beginning; unable to move forward, avoiding our art, and unable to commit to pursuing or developing our creativity as a means of earning a living. The concept of supporting ourselves through our art seemed overwhelming.
8. We have thought of our art as divorced from reality, denying ourselves the right to follow our dreams. We forget that artists are entitled to their right work and deserve the happiness and success that right work brings.

A.R.T.S.

9. We deny our responsibility to fully develop and realize our talent. We do not feel worthy of the success we achieve or desire. We feel like a fraud.
10. Being multi-talented, we have difficulty discerning our true artistic vision, making a commitment to it and establishing the priorities to fulfill it.
11. We have difficulty following through on projects and frequently sabotage our efforts. We want to work at our art but don't know how. We become impatient with the process, forgetting that the results come in God's time, not ours. Our time is unmanageable.
12. We have been afraid of our creative energy and have mistrusted our artistic instincts. Lacking spiritual awareness, we have not seen ourselves as channels for the infinite creative process. Our art is a gift to be shared.