



## The TWELVE TRAITS

*Before recovery and seeking a solution in A.R.T.S. Anonymous, these were some of the common traits many of us experience or experienced.*

1. We grew up in an atmosphere of invalidation which resulted in ambivalence about our artistic expression.
2. In any given 24-hour period we found ways, consciously or unconsciously, to avoid doing that which gave us the most joy – expressing our creativity.
3. We withdrew from our art by investing ourselves in lifestyles, relationships and work activities incompatible with our artistic purpose. Our creative energy was often diverted into destructive compulsions.
4. We made needless sacrifices for our art and yet were afraid to make the necessary sacrifices. We were unable to balance the significant areas of our lives – Physical, Financial, Social, Love, Family, Spiritual and Creative.
5. Self-defeating thoughts and societal myths turned 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 accepted these as true when, in fact, they were not.

6. We felt intimidated by other artists' success. Jealousy, envy, fear, self-pity, perfectionism, resentment and other character defects blocked our creative expression.
7. We stood repeatedly 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 thought of our art as divorced from reality, denying ourselves the right to follow our dreams. We forgot that artists are entitled to their right work and deserve the happiness and success that right work brings.
9. We denied our responsibility to fully develop and realize our talent. We did not feel worthy of the success we achieved or desired. We felt like a fraud.
10. Being multi-talented, we had difficulty discerning our true artistic vision, making a commitment to it and establishing the priorities to fulfill it.
11. We had difficulty following through on projects and frequently sabotaged our efforts. We wanted to work at our art but didn't know how. We became impatient with the process, forgetting that the results come in God's time, not ours. Our time was unmanageable.
12. We were afraid of our creative energy and mistrusted our artistic instincts. Lacking spiritual awareness, we did not see ourselves as channels for the infinite creative process. We did not realize our art is a gift to be shared.