

twelve areas of creative recovery

The Artist's Way: A Spiritual Path to Higher Creativity

by Julia Cameron

1. Recovering a Sense of Safety
2. Recovering a Sense of Identity
3. Recovering a Sense of Power
4. Recovering a Sense of Integrity
5. Recovering a Sense of Possibility
6. Recovering a Sense of Abundance
7. Recovering a Sense of Connection
8. Recovering a Sense of Strength
9. Recovering a Sense of Compassion
10. Recovering a Sense of Self-Protection
11. Recovering a Sense of Autonomy
12. Recovering a Sense of Faith