

## Guidelines for Discernment Suitable for the Second Week

1. I expect joy and spiritual gladness from the good Spirit.
2. I reject sadness and turmoil from the evil spirit.
3. I recognize the creative power and Providence of God in surprise consolations.
4. I am aware that I may be consoled by good Spirits leading me toward action that is better or by a bad spirit leading me toward action that is worse.
5. I am alert and recognize a deceitful train of thought which starts out good but ends up less good.
6. I observe the direction of my thoughts: where they begin, continue and end
  - a. I recognize a good Spirit when the whole process is good.
  - b. I recognize an evil spirit when I end up where I didn't intend to go or I lose my peace.
7. By reviewing how I got where I did in my thought or actions I avoid repeating the pattern.
8. I expect a gentle touch from a good Spirit but a harsh touch from an evil spirit when I am going from good to better.
9. I experience a strong touch from a good Spirit and a soft one from the evil spirit when I am going from good to less good.
10. I trust the consolation which comes as a surprise from God; but I discern carefully before I act on what follows.