

Step 1 Worksheet

12-Step Workshop with Doug M.

Purpose of the Big Book

1. To show other alcoholics precisely how we have recovered. (Forward xiii)
2. To answer the question “What do I have to do?” for the alcoholic who wants to get over it. (20:2)
3. To enable you to find a Power greater than yourself that will solve your problem. (45:2)

Mental Obsession (23-43)

Mental: Of or pertaining to the mind.

Obsession: The persistent and inescapable influence of an idea or emotion.

Without a drink for some time, not wanting to drink ever again, did you drink again?

Physical Craving (xxiii-23)

When you take a drink, do you lose control?

Self Diagnosis

1. Did you try to prove to yourself you could drink like other people? (30:1 & 31:1)
2. Could you drink and stop abruptly? (31:3)
3. Could you leave alcohol alone for one year? (34:1 & 34:2)
4. If, when you honestly want to, can you quit entirely? (44:1)
5. If, when drinking, do you have little control over the amount you take? (44:1)
6. Have you conceded to your innermost self that you are alcoholic? (30:2)

Step One Questions

1. Can you or could you control the amount you drink once you start to drink? (31:3)
2. Do you believe that physical craving would occur if you took a drink today?
3. Could you take 2 drinks a day for 30 days? – No more, no less?
4. Does your experience abundantly confirm that once you put alcohol into your system, something happens in the bodily and mental sense, which makes it virtually impossible for you to stop?” (22:4)
5. Did you ever drink when you didn’t want to, even after swearing drinking off forever? (34:3)
6. Do you believe that personal knowledge is of no use with respect to your drinking? (37:2)
7. Do you believe that you will be unable to stop drinking on the basis of self-knowledge? (39:1)
8. Do you believe you have lost the power of choice in drink? (24:1)
9. Do you believe that you have only two choices today? To live spiritually or to die an alcoholic death? (25:3 & 44:2)
10. Do you believe that you have a spiritual malady which creates unmanageability in your life? (43:1)
11. Do you believe that lack of power is your dilemma? (45:1)
12. Do you believe that a time may come where you will have no effective mental defense against the first drink? (24:1 & 43:3)
13. Do you believe your defense must come from a Higher Power? (43:3)
14. Do you believe that you have to find a power greater than yourself that will solve your problem? (45:2)

Step 2 Worksheet

12-Step Workshop with Doug M.

	PROBLEM		ACTION		SOLUTION
45:27-28	Anti-religious	44:18-20	We had to face the fact that we must find a spiritual basis for life; or else.	44:7-8	You may be suffering from an illness that only a spiritual experience will conquer.
46:5-6	Judgment of individuals claiming to be Godly	46:25-29	As soon as we admitted a possible existence of a Creative Intelligence, a Spirit of the Universe underlining the totality of things, we begin to be possessed of a new sense of power and direction, provided we took other simple steps.	49:27-33	Spiritually-minded persons demonstrate a degree of stability, happiness, and usefulness which we should have gained access to... and believe in a power greater than themselves.
46:21-24	Distraction by others conception of God				
47:4-6	Prejudice against spiritual terms	47:4-16	We needed to ask ourselves but one short question. "Do I now believe or am I even willing to believe in a power greater than myself?"	50:7-19	These men and women have gained access to, and believe in, a power greater than themselves.
49:27-33	Cynically dissecting spiritual beliefs and practices				
50:7	We never gave the spiritual side of life a fair hearing	48:7-9	Faced with alcoholic destruction, we soon became as open-minded on spiritual matters as we had tried to be on other questions.	51:5-9	One hundred people saying that the consciousness of the presence of God is the most important fact of their lives, presents a powerful reason why one should have faith.
52:31-33	We stick to the idea that self-sufficiency would solve our problems				
55:11-13	Obscured by calamity, pomp, by worship of other things	49:21	Lay aside prejudice, even against organized religion.	52:24-27	Our ideas did not work. But the God idea did.
		50:30-31	This happened soon after they wholeheartedly met a few simple requirements	53:15-19	We have to face the proposition that either God is or God isn't.
56:13-15	Idea that God has never done anything for us	52:24-27	We had to stop doubting the power of God	55:13-15	For faith in a Power greater than ourselves, and miraculous demonstrations of that power in human lives are facts as old as man himself.
		53:15-19	We had to fearlessly face the proposition that God is either everything or else He is nothing. God either is, or He isn't. What was our choice to be?	55:20-21	We found the Great Reality deep down within us.
		55:20-22	We found the Great Reality deep down within us. In the last analysis it is only there that He may be found.	56:21:00	Who are you to say there is no God?
		57:13-15	He has come to all who have honestly sought Him. When we drew near to Him, He disclosed Himself to us!	57:4-5	God has restored his sanity.
				57:14-15	When we drew near to Him, He disclosed Himself to us.

Step 3 Worksheet

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What is our decision in Step Three? (62:3-63:2)

3rd Step Prayer (63:2)

Get down upon your knees and say to your Maker, as you understand Him (63:2 original manuscript)

***“God, I offer myself to thee - to build with me and do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of life.
May I do Thy will always!”***

Step 4, Part I Worksheet

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Resentments			
I'm resentful at:	The cause:	Affects my:	Where were we to blame?
▪ People ▪ Institutions ▪ Principles	▪ Why we were angry	▪ Self-esteem ▪ Security ▪ Ambition ▪ Personal relations ▪ Sex relations	▪ Selfish ▪ Dishonest ▪ Self-seeking ▪ Frightened

Step 4, Part 2 Worksheet

12-Step Workshop with Doug M.

[illegible]

Step 4, Part 3 Worksheet

12-Step Workshop with Doug M.

[illegible]

Step 4, Part 4 Worksheet

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HARMS	
People we have hurt:	Harms done:

Step 5

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Step Five (72:1-75:3)

Warnings for skipping the 5th Step

- We may not overcome drinking. (72:2)
- We will not learn humility. (73:0)
- We will not learn fearlessness. (73:0)
- We will not learn honesty. (73:0)
- We will be plagued by egoism and fear. (73:0)
- We will not expect to live long. (73:4)
- We will not live happily. (73:4)

Finding your 5th Step partner

1. The proper appointed authority if part of your religion. (74:0)
2. Someone ordained by an established religion even if you have no religious connection. (74:0)
3. A close-mouthed, understanding friend. (74:1)
4. A doctor or psychologist. (74:1)
5. A family member who will not get hurt or made unhappy by what we will disclose. (74:1)
6. Someone who can keep a confidence. (74:2)
7. Someone who fully understands and approves of what we are driving at; that he will not try to change our plan. (74:2)
8. When we decide who is to hear our story. (75:1)
9. We waste no time. (75:1)
10. We have a written inventory. (75:1)
11. We are prepared for a long talk. (75:1)
12. We explain to our partner what we are about to do and why we have to do it. (75:1)
13. Be sure he realizes that we are on a life and death errand. (75:1)
14. We pocket our pride and go to it. (75:1)
15. We illuminate every twist of character, every dark cranny of the past. (75:1)

Pre 5th Step Prayer:

***“God, please remove my fear and help me be completely Honest in what I am about to do.
Please Father, give me the courage, faith and strength I need to share with this person my whole truth;
especially the things I swore I’d take with me to the grave. Amen”***

5th Step Rule (74:1)

We must be hard on ourself, but always considerate of others.

Step 5

12-Step Workshop with Doug M.

Returning home instructions (75:3)

1. We find a place where we can be quiet for an hour.
2. Carefully reviewing what we have done.
3. We thank God from the bottom of our heart that we know Him better.
4. Taking this book down from our shelf we turn to the page which contains the twelve steps. (59)
5. Carefully read the first five proposals.
6. We ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last.
7. Is our work solid so far?
8. Are the stones properly in place?
9. Have we skimmed on the cement put into the foundation?
10. Have we tried to make mortar without sand?

A Quiet Hour Prayer (75:3)

“God, thank you for giving me the strength, faith and courage I needed to get through my 5th Step. I thank you from the bottom of my heart for helping me to know you better, by showing me what has been blocking me from you. Father, please show me if I have omitted anything and help me to honestly see if my stones are properly in place or if I have skimmed in any area of this work.”

Step 6 Worksheet

12-Step Workshop with Doug M.

Character Defects	Opposite of Defect
Selfish	Unselfish/Giving/Sharing
Dishonest	Honest
Resentful	Forgiving
Afraid/Fearful	Faith
Arrogant	Humble
Egotistical/Egoism	Modest
Cocky	Mild
Envy	Grateful
Sloth	Hard-working/Industrious
Gluttony	Sharing
Impatient	Patient
Vengeful	Loving
Hurtful	Kind
Sarcastic	Complimentary
Intolerant	Tolerant
Hateful	Forgiving
Inconsiderate	Considerate
False Pride	Modest
Greedy	Content/Giving
Thieving	Honest/Giving
Lustful	Content
Angry	Happy
Jealous	Secure/Trusting
Procrastination	Timely
Self-seeking	Charitable/Helpful to others
Self-centered	Selfless/Thoughtful
Self-righteous	Gracious
Self-pity	Lenient/Positive
Self-justification	Accepting
Self-important	Considerate of others
Self-condemnation/criticism	Self-embracing/ approval
Self-harming (smoking, overeating)	Possessing self-esteem/love of self
Low Self-esteem	Self-acceptance
Suspicious	Trusting
Insecure	Secure/Fulfilled
Manipulative	Compliant/Accepting
Abusive	Caring
Conceited/Vain	Unassuming
Non- Committal	Committal
Rationalization	Acceptance/Reality
Judgmental	Fair-minded/Understanding
Denial/Justification	Agreeable/Accepting

Step 6 Worksheet

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Character Defects	Opposite of Defect
Opinionated/Obstinate	Fair-minded
Violent	Gentle/Loving
Prejudice	Open-minded
Controlling	Retiring/Humble
Expectant	Unwatchful/Accepting
Paranoid	Trusting
Needy	Giving
People Pleasing/Fake	Real/True
Unloving/Unkind	Loving/Kind
Irresponsible	Responsible
Perfectionist/Anal	Sympathetic/Easy going
Martyr/Victim	Courageous/Responsible
Infidelity	Monogamous
Divorce	Married/Committed
Enabling	Tough love
Immoral	Moral/Spiritual
Pompous	Modest

Step 7 Worksheet

12-Step Workshop with Doug M.

Step Seven

We get down on our knees and ... (original manuscript, 29)

When ready, we say something like this: (76:2)

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character, which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."

Step 8 & 9 Worksheet

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Step 8 Instructions (76:3)

1. We have a list of all persons we have harmed.
2. We are willing to make amends.
3. We made it [the list] when we took inventory.
4. We subjected ourselves to a drastic self-appraisal.

Step 8 comes from our 4th step inventory. The list is compiled during the 4th Step. During the 5th step, with our sponsors, our list is expanded, reviewed and labeled (+) for willing and (-) for unwilling, and finally, each of our 8th step cards are numbered within in each category (+ or -). The numbering is done from easiest to hardest.

STEP 9 CARD

+
13

[FRONT OF CARD (for you)]

Jim Smith, 123 Main Street, Anywhere, USA, 555.555.5555

- Don't delay!
- Ask God for strength and direction to do the right thing.
- Before implicating others, secure their consent.
- Tell him: I will not get over drinking until I straighten out the past.
- If an enemy- confess ill feelings and regret.
- Don't: emphasize spirituality unless asked; if so - use tact and common sense.
- Don't tell him what to do; only your faults are to be discussed. Don't criticize or argue.
- Be calm, frank and open.
- Make a demonstration of good will.
- Be sensible, tactful, considerate, and humble without being servile or scraping.
- Don't dodge creditors. If you owe money. make the best deal you can.

[BACK OF CARD (for him/her)]

Remember that you have decided to go to any lengths for this spiritual experience.

I know and regret that I have caused you the following harm(s):

I beat you up, stole your money, slept with your wife

Don't shrink. As God's people we stand on our feet; we don't crawl before anyone.

Ask these 3 questions:

Q: Are there any more harms I have caused you? Shut up and listen!

Q: Do you need to tell me how any of this hurt you? Shut up and listen!

Q: Is there anything I can do to right this wrong? Write it down!

Steps 10 & 11 Worksheet

12-Step Workshop with Doug M.

Step Ten suggests we continue to take personal inventory and continue to set right any new mistakes as we go along.

- Continue to watch for selfishness, dishonesty, resentment, and fear.
- When these crop up, we ask God at once to remove them.
- We discuss them with someone immediately and make amends quickly if we have harmed anyone.
- Then we resolutely turn our thoughts to someone we can help.
- Love and tolerance of others is our code.

Step Eleven suggests prayer and meditation. We shouldn't be shy on this matter of prayer. We believe we can make some definite and valuable suggestions.

When we retire at night, we constructively review our day.

- Were we resentful, selfish, dishonest or afraid?
- Do we owe an apology?
- Have we kept something to ourselves which should be discussed with another person at once?
- Were we kind and loving toward all?
- What could we have done better?
- Were we thinking of ourselves most of the time?
- Or were we thinking of what we could do for others, of what we could pack into the stream of life?
- But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others.
- After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day.

- Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, and dishonest or self-seeking motives.
- In thinking about our day, if faced with indecision, we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle.
- We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems.
- We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends.
- If circumstances warrant, we ask our wives or friends to join us in morning meditation. If we belong to a religious denomination which requires a definite morning devotion, we attend to that also. If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing. There are many helpful books also.

As we go through the day

- ...we pause, when agitated or doubtful, and ask for the right thought or action.
- We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions.

It works—it really does.

Note: These are only the directions for Steps 10 & 11 as described in The Big Book on pages 84 - 88. The many promises given in these two steps are not listed on this sheet. Please be sure to review the 10th & 11th Step promises.

Step 10 & 11 Worksheet

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The Morning Meditation & Throughout the Day

1) Say the following prayer ASAP upon waking: “God, please direct my thoughts and actions today, especially divorcing them from self-pitying, dishonest, and self-seeking motives. Lord, please help me employ the mental faculties you have so graciously given me, and place my thought-life on the plane of inspiration.” (86:2)

2) Think about the 24 hours ahead: I consider my plans for the day, starting first with last night’s amends. I then ask God what he would have me do today to be a better spouse, parent, AA member, worker, child, friend, citizen, etc. I conclude by asking the broad question “God what else would you have me do today?” Sit quietly and wait for direction. (Tip: Use a 3 x 5 index card or personal organizer to write down what comes to you in your meditation. Carry it with you throughout the day. As you complete tasks, cross them off. Each time you look at the list contemplate about any non-task oriented items like “be more patient with my son” or “practice the presence of God.”)

God’s will for me today:
▪ Apologize to co-worker for dominating meeting
▪ Call Aunt in hospital to offer support
▪ Put down toilet seat for my wife
▪ Practice the presence of God throughout the day
▪ Sign up for weekend retreat
▪ Reach out to Bob Smith
▪ Be more patient with my son

*** REMEMBER *** In thinking about our day we may face indecision. We may be unable to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don’t struggle. We are often surprised how the right answers come after we have tried this for a while. (86:3)

3) Conclude this period of meditation with a prayer: “God, please show me all through the day what me next step is to be, and give me whatever I need to take care of each task. Lord, please free me from self will, and show me how I may be of service to others. Amen.” (87:1)

4) Other suggestions (87:2)

- Ask friends or wives to join us in Morning Meditation
- Attend to any morning devotions required by our particular faith
- Select and memorize a few set prayers that emphasize these principles
- Read one of the many helpful books available

5) Throughout the day: As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. (87:3) We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day “Thy will be done.” (88:0) It works – It really does. (88:1) We alcoholics are undisciplined. So we let God discipline us in the way we have just outlined. (88:2) But that is not all. There is action and more action. “Faith without works is dead.” (88:3)

Steps 10 & 11 Worksheet

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Fill out the following worksheet each night:

DATE	Chronology of the Day's Events
1. How was I resentful? (if so, do 4-column inventory)	
2. How was I selfish (i.e. egotistical, self-seeking)?	
3. How was I dishonest?	
4. How was I afraid?	
5. Do I owe an apology?	Who did I help today?
6. What have I wrongly kept secret?	
7. Was I unkind (i.e. cruel, harsh, unfeeling)?	What did I accomplish today?
8. Was I unloving (i.e. cold, unresponsive, indifferent)?	
9. What could I have done better?	What I am grateful for today?
10. Was I thinking of myself most of the time?	
11. Was I thinking of what I could do for others?	Who needs my prayers today?
12. Was I thinking what I could pack into the stream of life?	

But we are careful not to drift into worry, remorse, or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken

We say a Prayer: "God, please forgive me for my failings today. I know that because of my failings I was not able to be as effective as I could have been for you. Please forgive me and help me live thy will better tomorrow. Father, I ask that you now show me how to correct the errors I have just outlined. Guide me and direct me. Please remove my arrogance and my fear. Show me how to make my relationships right, and grant me the humility and strength to do Thy will. Amen."

Step 10 & 11 Worksheet

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<u>Page/Paragraph</u>	<u>Prayers in the Big Book (through 164)</u>
12:5	For a brief moment, I had needed and wanted God. There had been a humble willingness to have Him with me - and He came.
13:2	There I humbly offered myself to God, as I then understood Him, to do with me as He would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost.
13:4	I was to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me. Never was I to pray for myself, except as my requests bore on my usefulness to others.
63:2	God, I offer myself to thee - to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!
67:0	We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."
68:3	We ask Him to remove our fear and direct our attention to what He would have us be.
69:2	We ask God to mold our (sex) ideals and help us to live up to them.
69:3	In meditation, we ask God what we should do about each specific matter (sex harms).
70:2	We earnestly pray for the right (sex) ideal, for guidance in each questionable situation, for sanity and for the strength to do the right thing.
75:3	We thank God from the bottom of our heart that we know Him better.
75:3	Carefully reading the first five proposals we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last. Is our work solid so far? Are the stones properly in place? Have we skimmed on the cement put into the foundation? Have we tried to make mortar without sand?
76:1	If we still cling to something we will not let go (shortcomings), we ask God to help us be willing.
76:2	My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here, to do Your bidding. Amen.
76:3	We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes (making amends).
79:1	Reminding ourselves that we have decided to go to any lengths to find a spiritual experience, we ask that we be given strength and direction to do the right thing, no matter what the personal consequences may be (making amends).
82:1	It may be that both (you & you significant other) will decide that the way of good sense and loving kindness is to let by-gones be by-gones (no direct amends). Each might pray about it, having the other one's happiness uppermost in mind.
83:1	So we clean house with the family, asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love.
84:2	When these crop up (selfishness, dishonesty, resentment and fear), we ask God at once to remove them.
85:1	How can I best serve Thee - Thy will (not mine) be done.
86:1	After making our (nightly) review we ask God's forgiveness and inquire what corrective measures should be taken.
86:2	Before we begin (meditation), we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.
86:3	(Facing indecision) Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle.
87:1	We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends.
87:3	As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day, "Thy will be done."
158:2	On the third day the lawyer gave his life to the care and direction of his Creator, and said he was perfectly willing to do anything necessary.
164:2	Ask Him in your morning meditation what you can do each day for the man who is still sick.

Step 10 & 11 Worksheet

12-Step Workshop with Doug M.

How To Listen To God

By John E. Batterson

(An Oxford Group pamphlet/technique used by early A.A. members)

These are a few simple suggestions for people who are willing to make an experiment. You can discover for yourself the most important and practical thing any human being can ever learn - how to be in touch with God.

All that is needed is the willingness to try it honestly. Every person who has done this consistently and sincerely has found that it really works.

Before you begin, look over these fundamental points. They are true and are based on the experience of thousands of people.

1 - God is alive. He always has been and He always will be.

2 - God knows everything.

3 - God can do anything.

4 - God can be everywhere - all at the same time. (These are the important differences between God and us human beings).

5 - God is invisible - we can't see Him or touch Him - but, God is here. He is with you now. He is beside you. He surrounds you. He fills the room or the whole place where you are right now. He is in you now. He is in your heart.

6 - God cares very much for you. He is interested in you. He has a plan for your life. He has an answer for every need and problem you face.

7 - God will tell you all that you need to know. He will not always tell you all that you want to know.

8 - God will help you do anything that He asks you to do.

9 - Anyone can be in touch with God, anywhere and at any time, if the conditions are obeyed.

These are the conditions:

To be quiet and still

To listen

To be honest about every thought that comes

To test the thoughts to be sure that they come from God

To obey

So, with these basic elements as a background, here are specific suggestions on How to Listen to God:

1 - TAKE TIME

Find some place and time where you can be alone, quiet and undisturbed. Most people have found that the early morning is the best time. Have with you some paper and pen or pencil.

2 - RELAX

Sit in a comfortable position. Consciously relax all your muscles. Be loose. There is no hurry. There needs to be no strain during these minutes. God cannot get through to us if we are tense and anxious about later responsibilities.

3 - TUNE IN

Open your heart to God. Either silently or aloud, just say to God in a natural way that you would like to find His plan for your life - you want His answer to the problem or situation that you are facing just now. Be definite and specific in your request.

4 - LISTEN

Just be still, quiet, relaxed and open. Let your mind go "loose." Let God do the talking. Thoughts, ideas and impressions will begin to come into your mind and heart. Be alert and aware and open to every one.

5 - WRITE!

Here is the important key to the whole process. Write down everything that comes into your mind. Everything.

Writing is simply a means of recording so that you can remember later. Don't sort out or edit your thoughts at this point.

Step 10 & 11 Worksheet

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How To Listen To God (continued)

Don't say to yourself:

This thought isn't important
This is just an ordinary thought
This can't be guidance
This isn't nice
This can't be from God
This is just me thinking..., etc.

Write down everything that passes through your mind:

Names of people
Things to do
Things to say
Things that are wrong and need to be made right

Write down everything:

Good thoughts - bad thoughts
Comfortable thoughts - uncomfortable thoughts
"Holy" thoughts - "unholy" thoughts
Sensible thoughts - "crazy" thoughts

Be honest! Write down everything! A thought comes quickly, and it escapes even more quickly unless it is captured and put down.

6 - TEST

When the flow of thoughts slows down, stop. Take a good look at what you have written. Not every thought we have comes from God. So we need to test our thoughts. Here is where the written record helps us to be able to look at them.

- a) Are these thoughts completely honest, pure, unselfish and loving?
- b) Are these thoughts in line with our duties to our family - to our country?
- c) Are these thoughts in line with our understanding of the teachings found in our spiritual literature?

7 - CHECK

When in doubt and when it is important, what does another person who is living two-way prayer think about this thought or action? More light comes in through two windows than one. Someone else who also wants God's plan for our lives may help us to see more clearly.

Talk over together what you have written. Many people do this. They tell each other what guidance has come. This is the secret of unity. There are always three sides to every question - your side, my side, and the right side. Guidance shows us which is the right side - not who is right, but what is right.

8 - OBEY

Carry out the thoughts that have come. You will only be sure of guidance as you go through with it. A rudder will not guide a boat until the boat is moving. As you obey, very often the results will convince you that you are on the right track.

9 - BLOCKS?

"What if I don't seem to get any definite thought?" God's guidance is as freely available as the air we breathe. If I am not receiving thoughts when I listen, the fault is not God's.

Usually it is because there is something I will not do:

Something wrong in my life that I will not face and make right
A habit or indulgence I will not give up
A person I will not forgive
A wrong relationship in my life I will not give up
A restitution I will not make
Something God has already told me to do that I will not obey

Check these points and be honest. Then try listening again.

Step 10 & 11 Worksheet

12-Step Workshop with Doug M.

How To Listen To God (continued)

10 - MISTAKES

"Supposing I make a mistake and do something in the name of God that isn't right?" Of course we make mistakes. We are humans with many faults. However, God will always honor our sincerity.

He will work around and through every honest mistake we make. He will help us make it right. But, remember this! Sometimes when we do obey God, someone else may not like it or agree with it. So when there is opposition, it doesn't always mean you have made a mistake. It can mean that the other person doesn't want to know or to do what is right. "Supposing I fail to do something that I have been told and the opportunity to do it passes?" There is only one thing to do. Put it right with God. Tell Him you're sorry. Ask Him to forgive you, then accept His forgiveness and begin again. God is our Father - He is not an impersonal computer. He understands us far better than we do.

11 - RESULTS?

We never know what swimming is like until we get down into the water and try. We will never know what this is like until we sincerely try it.

Every person who has tried this honestly finds that a wisdom, not their own, comes into their minds and that a Power greater than human power begins to operate in their lives. It is an endless adventure.

There is a way of life, for everyone, everywhere. Anyone can be in touch with the living God, anywhere, anytime, if we fulfill His conditions.

When man listens, God speaks.

When man obeys, God acts.

This is the law of prayer.

God's plan for this world goes forward through the lives of ordinary people who are willing to be governed by Him.