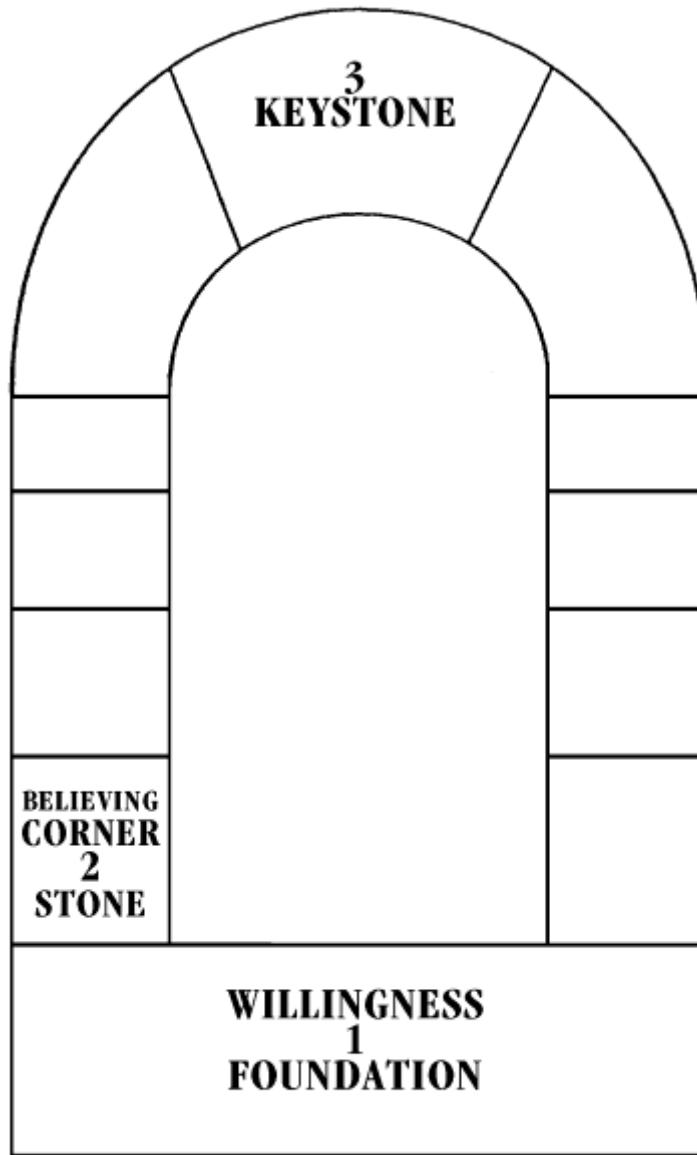


## **The Wonderfully Effective Spiritual Structure**

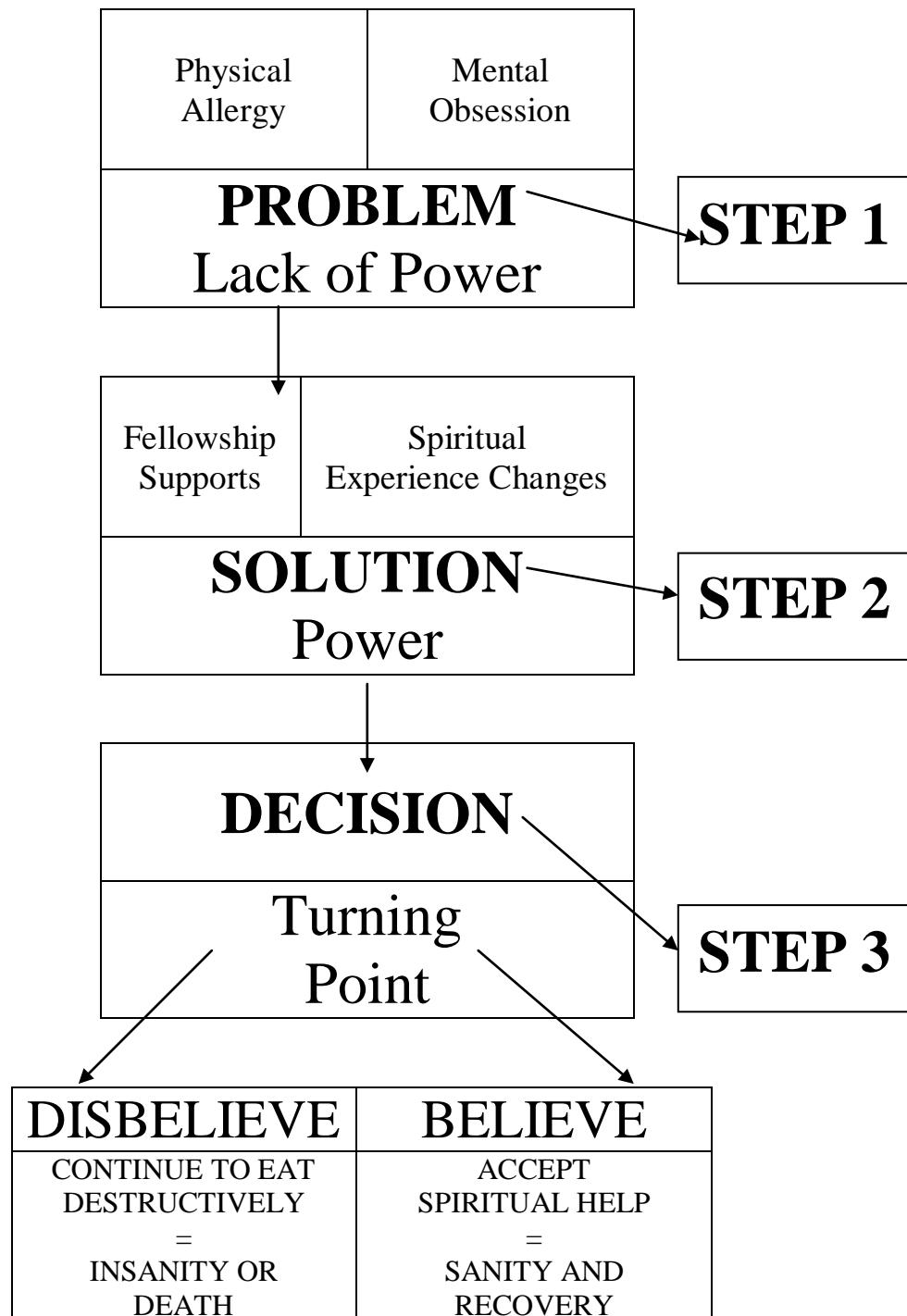


*“...the arch through which we passed to freedom”*

Alcoholics Anonymous:

- p. 12 (1.22) Willingness = Foundation
- p. 47 (1.19) Believing = Cornerstone
- p. 62. (1.31) Decision = Keystone

## Road Chart to Decision



### **Third Step Prayer** (page 63, *Alcoholics Anonymous*)

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. Amen

## **Step 5 Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

“If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only **thought** they had lost their egoism and fear; they only **thought** they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else all their life story.” (pages 72-73)

“Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.

Returning home we find a place where we can be quiet for **an hour** carefully reviewing what we have done. We thank God from the bottom of our hear that we know Him better. Taking this book down from our shelf we turn to the page which contains the twelve steps. Carefully reading the first five proposals (steps) 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 skimped on the cement put into the foundation? Have we tried to make mortar without sand? (page 75)

## **Step 6** Were entirely ready to have God remove all these defects of character.

### **SHORTCOMINGS AND DEFECTS**

#### **Characteristics of self-will:**

Selfishness & Self-seeking  
Being Self-centered  
Dishonesty  
Fears  
Being Inconsiderate  
Pride  
Greed  
Lustful Thoughts  
Anger  
Envy  
Sloth/Procrastination  
Gluttony  
Impatience  
Intolerance  
Resentment  
Hate  
Harmful Acts  
Self-pity  
Self-justification  
Self-importance  
Self-condemnation  
Suspicion/Jealousy  
Doubt

#### **Characteristics of God's Will:**

Interest in Others/Altruism  
Being Love-/Others-/God-centered  
Honesty  
Faith & Trust in God  
Being Considerate  
Humility, Seeking God's Will  
Giving & Sharing  
Respectful Thoughts  
Serenity  
Being Grateful  
Taking Right Action  
Moderation  
Patience  
Tolerance  
Forgiveness  
Love & Concern for Others  
Good Deeds  
Self-forgetfulness  
Humility & Truth  
Modesty  
Self-forgiveness  
Trust  
Faith & Trust in God

## **Step 7** Humbly asked Him to remove our shortcomings.

### **THE SEVENTH STEP PRAYER**

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.**

From page 76 of the Big Book “Alcoholics Anonymous”

## My 7<sup>th</sup> Step at a Glance (example)

The Defect	What I Can Replace It With
Food Obsession	Tools, Steps, Working w/ others, Seek physical health
Poor Self Esteem	“Right-sized” pride, Self respect & reflection, positive self-talk
Self Mistrust	Trust/Faith in HP so I can trust myself. Take next right action. Seek help from support network.
Self Dishonesty	Abstinence. Honest to HP, me, & others. Take next right action. 3 <sup>rd</sup> step prayer
Social Insecurities	Avoid isolation. Be on time and present. Seek to connect with others. Positive self-talk
Poor Body Image	Faith/trust in HP, in myself, in others, and in the program. Moderation, humility, “Right-sized” pride
Procrastination	1 <sup>st</sup> things 1 <sup>st</sup> , one day at a time, face fears w HP, make lists, take next right action. Moderation, balance work/play.
Perfectionism	Pray for guidance. Take “right-sized” action. Seek advice from sponsor, big-book, fellows. Balance/Moderation, 1 day @ time
People Pleasing	Helping others in <u>healthy</u> way helps me too. Next right action, honesty, Self-respect, open communication, abstinence
<b>FEAR</b> Change, Other People, New Things, Making Amends	<b>Faith/trust in HP, the program, myself, and others.</b> do writings, take next right action, breathe, meditate, seek serenity, keep fear “right-sized”
<b>FEAR</b> Mistrust/Abuse	Avoid putting myself in harm’s way. Give others benefit of doubt, work tools learned in therapy
<b>FEAR</b> of confrontation, to look out for myself	Take next right action. Enforce proper boundaries. Maturity. Self-respect. “Right-sized” ego, pick battles wisely
<b>FEAR</b> prejudice	<b>Faith/trust in HP, the program, myself, and others.</b> Concern/consideration, altruism, tolerance, acceptance, respect, patience, take a look in the mirror, buddy – you’re different too!
Self-Absorption, Poor Listener, Hard to sympathize/empathize	Abstinence = self-care in a <u>healthy</u> way 3 <sup>rd</sup> step prayer, care for others by doing HP’s will. Eye contact (faces, not food). Be on time and present. Avoid isolation, work tools (sponsorship, meetings, phone) Maintain friendships, makes & keep plans to socialize
Isolation from friends/family	Practice faith, not fear. 3 phone calls a day. respect family & obligations; honesty, altruism, be considerate responsible adult, next right action, plan ahead, be on time & present
Wasteful/Hasty/Careless Behavior	Plan ahead, make lists, next right action, be on time, walk/bike, stay abstinent, keep neat and clean, don’t over-commit, respect my/others’ things, maintain home/car/my own body
Impatience	Practice patience and tolerance. Get outside of myself & my disease, help others, do service
Co-Dependence, Lack of Boundaries	Be Other/HP centered. Take next right action, Be an adult, be true to sex ideal done in 4 <sup>th</sup> step, counter fears with faith

## **The Three Dimensions of Life**

### **Steps 1 through 9**

