

## Steps 1-3

Set Aside Prayer "God, please set aside everything that we think we know about ourselves, the book, sobriety, the 12 Steps, and you God. God please help each and every one of us to have an open mind so we may have a new experience, and discover the truth."

Step 1	Yes or No: <ul style="list-style-type: none"> <li>• Have you learned and have you fully conceded to your innermost self that you are an alcoholic?</li> <li>• Do you have any reservations or lingering ideas that one day you will be immune to or UNAFFECTED by drinking alcohol?</li> </ul>
Step Two	Yes or No: <ul style="list-style-type: none"> <li>• Do you believe, or are you even willing to believe, that there is a power greater than you?</li> </ul>
Step Three	Yes or No: <ul style="list-style-type: none"> <li>• Are you convinced about Steps One and Two?</li> <li>• Are you convinced that any life run on self-will can hardly be a success?</li> <li>• Are you convinced that your troubles are basically of your own making, and that they arise out of you and that you are an extreme example of self will run riot?</li> <li>• Are you convinced that you must be rid of this selfishness?</li> <li>• Are you convinced that your selfishness is killing you?</li> <li>• Are you convinced that there is often no way of entirely getting rid of self without a Higher Power's aid?</li> <li>• Are you convinced that you have to have a Higher Power's help?</li> <li>• Are you convinced that you have to quit playing the role of a Higher Power - that it never worked?</li> <li>• Are you convinced that a Higher Power is going to be your Director, Principle, Father and Employer?</li> <li>• Are you convinced that you have thought well about taking this Step?</li> <li>• Are you convinced that you can at last abandon yourself utterly to a Higher Power?</li> </ul>
Are You Ready To Take Step Three?	Step Three Prayer: 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!

**Important** - Please remember, as the Big Book says at the end of Step 3, NEXT we launch out on a course of VIGOROUS action, the first step of which is a personal housecleaning, which many of us had never attempted. Though our decision (Step 3) was a vital and crucial step (so it's important), it could have LITTLE PERMANENT EFFECT (it doesn't amount to much) unless AT ONCE (immediately or now) followed by a STRENUOUS EFFORT to face (where we face these things is in Steps 4 - 6), AND to be rid of (where we get rid of these things is in Steps 7 - 9), the things in ourselves which had been blocking us (we can't turn our will and our lives over to the care of God until we get unblocked from doing so by immediately and quickly working Steps 4 - 9). Our liquor was but a symptom. So we had to get down to causes and conditions.(from [www.justloveaudio.com](http://www.justloveaudio.com) in "free resources" under Steps 2 & 3)



**Step 4-9** “God, please help me face and be rid of the things in myself which have been blocking me from you other people and myself.”

List all people that are most important to you and that you interact with on a daily basis including immediate family, co-workers and close friends, whether you have “resentments” or not with these people.	Then ask yourself: <ul style="list-style-type: none"> <li>Who would you not want to walk into this room and sit down next to you?</li> <li>Who do you avoid facing? List these people.</li> <li>Next list who you have strong negative feelings about and who is occupying much of your thinking.</li> <li>Do the same with businesses and/or institutions.</li> </ul>
Review the “Step 4 Definitions” included in your handouts.	
Beginning with the first person on your list, the sponsor or sharing partner asks: Are there any resentments with the relationship?  <i>Was it our self-esteem, our security, our ambitions, our personal, or sex relations which had been interfered with?</i>	Yes? Put a check in the appropriate box. Then the sponsor/sharing partner will ask: What is the resentment? What is the reason you have it? In what specific ways is this resentment impacting your identity, and ability to feel safe, secure and loved? Is there any fear? What is it that you are expecting from the person?
Self-examination. Disregarding the other person entirely, where were you at fault? What is the exact nature of my wrongs? A “wrong” action or thought is an action which is selfish.  Am I being selfish, dishonest, afraid, full of pride or false pride, jealous, envious, lazy, or full of shame?  The BB says: Where have you been selfish, self-seeking, dishonest, jealous, envious, bitter, inconsiderate, false pride, greedy, irresponsible, lazy?	Using the simplistic grid list apply with a series of checkmarks, which liabilities apply to each specific resentment, fear or harm. Not everyone on the list will have checks and in some cases there may be very few “liabilities”.  Do you have any resentments, fears, selfishness, dishonesty, pride/false pride, jealousy, envy or laziness? Who was affected by any resentments, fears, selfishness, dishonesty, pride/false pride, jealousy, envy or laziness?  OR: Each liability can be addressed in a more general way: where and to whom have you been dishonest, selfish, full of false pride.....?
Is there any fear? List your fears, which may or may not be connected to the resentments.	Why do you have this fear? Isn't it because self-reliance fails you? Was a harm done?
Harms: list all of the names of people you have harmed, including financial and sex harms.	For every person on your resentment, fear or harm list: Briefly describe the circumstances. Has a harm been done? A harm is: something that has caused someone actual suffering or loss, something that we have done that has had a negative effect on another. For example: Did your (liability) harm this person? If a harm has been done, make a checkmark to indicate that an amends needs to be done.
Turnaround / Realization:	Have you ever done to others what they did to you?
List your assets. Identify the character assets which are the items with the least number of check marks. i.e. humility, trust, intimacy, honest, contentment, generosity, love, zeal, forgiveness, unselfishness, patience, etc.	We grow by our willingness to face and rectify errors (liabilities) and convert them into assets. <ul style="list-style-type: none"> <li>What should you have done instead?</li> <li>How would God have you be?</li> <li>If this happens again, how might you respond differently?</li> </ul>
Resentments/Forgiveness	If we have resentments in our lives, we will strive for forgiveness. We ask: “Are you willing to forgive the person towards whom you are feeling resentful?” If there is anything that we are holding onto, we ask: “Are you willing with prayer to forgive the person?”
Fears/Faith	If we find we have fear in our lives, it is clear that we need to ask God for faith. We ask: Are you willing to turn over your fears and have faith in God?
Amends: We overcome harms with amends. <i>“We ask God’s forgiveness and what corrective measures should be taken.”</i>	We ask our sharing partner: <i>Do I owe an amends?</i> If you have an outstanding apology, it must be made as soon as practicable once the review has been completed. Ask: Are you willing to make amends for the harms you have done?
Step 6	We ask: Are you willing to let God removed from you all the things you find objectionable? Are you willing to ask God to help you let go of them? Pray to have the character defect removed.
Say the 7th 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.
Step 8 & 9: We ask our sharing partner: Do I owe an amends? List. What amends need to be done? Will you begin to make amends this coming week?	What do I need to do to straighten out the past? What behaviors will convince them more than my words? If you have an outstanding apology, it must be made as soon as practicable once the review has been completed. Discuss what corrective measures should be taken. List the types of amends. Direct, living, in-kind and letters.
Share: “what do you have to be grateful for?”	Conclude the session with prayer. Thank the person for this privilege.
Be of service to others and help carry the message. Think of someone who you can help.	God got us well so that we can be constructive and useful and fit ourselves to be of maximum service to others. “Love and service is our code.”
Considerations: The Big Book concludes the inventory section by saying: <i>“If you have already made a decision, (Step 3) and an inventory of your grosser handicaps (Step 4), you have made a good beginning. That being so, you have swallowed and digested some big chunks of truth about yourself.”</i>	Have I knowingly omitted writing down anything I have done or left undone that makes me feel guilty, ashamed or separated from God, from people, or from myself? If your answer is an honest “NO!” then we have completed Step 5.  After you have completed the list and discussed the list with your sharing partner, take time to quietly review the list with your higher power and thank your higher power for your sobriety and their support in developing comfortable and contented sobriety and for fitting yourself to be of service to others with this disease.

## Steps 10-12

<p>Step 10</p> <p>Will you continue to take a personal inventory and continue to set right any new mistakes as you go along?</p>	<p>Continue to take personal inventory and set right any new mistakes. Our next function is to grow in understanding and effectiveness. Continue to watch for selfishness, dishonest, resentment and fear. When these crop up, we ask god at once to remove them. We discuss them with someone immediately and make amends. Then we resolutely turn our thoughts to someone we can help. Love and tolerance is our code.</p>
<p>Step 11</p> <p>Will you pray and meditate daily?</p>	<p>Suggests prayer (talking to God) and meditation (listening to God). Are you willing?</p> <ol style="list-style-type: none"> <li>1. We pray each night - - <i>every night</i> - - a prayer of thanks.</li> <li>2. We pray each morning - - <i>every morning</i> - - for help and guidance.</li> <li>3. When we are lonely, confused, uncertain - - <i>we pray</i>.</li> </ol> <p>Most of us find it well to - -</p> <ol style="list-style-type: none"> <li>1. Choose, for each day, a "quiet time" to meditate on the program, on our progress in it.</li> <li>2. Keep conscious contact with <b>God</b> and pray to make that contact closer.</li> <li>3. Pray that our will be laid aside and that God's will direct us.</li> <li>4. Pray for calmness - - quiet - - relaxation - - rest.</li> <li>5. Pray for strength and courage to enable us to do today's work today.</li> <li>6. Pray for forgiveness for yesterday's errors.</li> <li>7. Ask for <b>hope</b> for better things tomorrow.</li> <li>8. Pray for what we feel we need. We will not get what we <i>want</i> - - we will get what we <b>need</b>, what is good for us.</li> </ol>
<p>Step 12</p> <p>Will you carry the message to other addicts, and practice these principles in all your affairs?</p>	<p>Be of service and carry the message. Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other addicts. Daily: say first, second and third steps. Say the third and seventh step prayer. Practice steps ten, eleven and twelve.</p>

### We Practice These Principles in All Our Affairs

This last part of the **Twelfth Step** is the real purpose that all of the twelve steps lead to - - *a new way of life, a design for living*. It shows how to live rightly, think rightly and to achieve happiness. **How do we go about it?**

- a. We resolve to live our life *one day at a time* - - just twenty-four hours.
- b. We pray *each* day for guidance that day.
- c. We pray *each* night - - thanks for that day.
- d. We resolve to keep our heads and to forego any anger, no matter what situation arises.
- e. We are patient.
- f. We keep calm, relaxed.
- g. Now and most important: whatever *little* ordinary situations as well as *big* situations arise, we look at them calmly and fairly, with an open mind, then act on them in exact accordance with the simple true principles that A.A. has taught and will teach us.