

12 Steps in 1 Hour Sessions: Introduction, Tools & Exercises for Steps 1-3

Hi Everyone!

Most of the information below is posted in various locations throughout the blog. However, I have just started taking someone through the steps, and I thought it would be helpful to post the introduction, the tools and the various steps exercises for Steps 1, 2 and 3.

Welcome to ES&F 12 Steps in 1 Hour Sessions that will change your life!

Before we begin, let's have a moment of silence/meditation to invite the God of our own understanding into our hearts and to ask for an open mind and the willingness to have a new experience... followed by the "The Set Aside Prayer"...



"Dear God, we invite you into this room, to guide and direct each of us as we seek Your Truth. Please set aside within each of us anything that would block us. Lay aside our prejudices about what we think we know about ourselves, our disease of COE, this meeting, the steps and our spiritual condition. Remove our fears that we may hear Your Truth through the members of this group. Give us the strength and courage to share Your Truth with each other in a real spirit of Love and Compassion for our fellow man" We ask that we may have a truly open mind, so we might have a new experience with these things and come to know You better. Please help us see the Truth. Amen"

The goal of the ES&F 12 Steps in 1 Hour Sessions Workshop is to systematically work through and take all 12 Steps as outlined in the AA Big Book in no more than 6 1 hour sessions. We are here to work the steps to find a solution and learn a new way of life. Then, we will be able to apply the tools provided by the 12 Steps to live a new way of life, free from our addictive substance and/or behaviors.

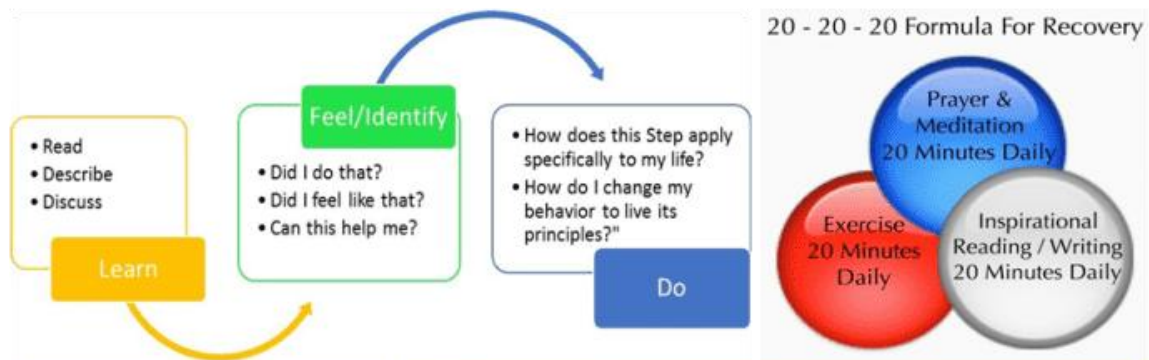
What are the obligations of this workshop?

- Your primary obligation is to be here every week.
- Commit to listening and sharing a 4th step inventory with your "sharing partner."

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- Commit to practicing this program through daily prayer, meditation, doing an inventory and being of service to others.
- With prayer, “act as if” and try to eat sanely and normally.

In order to assist with learning how to work a strong program of recovery, it is respectfully requested for you to practice all the tools, daily or weekly, as appropriate.



Program of Recovery Tools

Ask God for an abstinent day.
Pray every day
Quiet time daily
Call Sponsor
FOLLOW YOUR FOOD PLAN
Writing
Read 1 page out of the BB
Read other program literature
Attend 3 meetings a week
Make 3 phone calls/day
Practice Anonymity
Be of service!

It works if you work it, now work it, you're worth it!

Western Meditation

Meditation, in the language of the Big Book – means concentrated thought, specifically about what happened over the previous 24 hours and what needs correcting and about what I am going to do over the next 24 hours.

Directions:

Choose a quiet place. Take this time to silently connect to God and feel His presence. Breathe naturally and be with what is.

Meditate or repeat an inspirational phrase or word of your choice, which could include the serenity prayer, the 3rd step or 7th step prayers.

Take a moment to be grateful for all of the good that was done for you and for all of the blessings that you have received.

Create a positive visualization – Imagine God's Goodness, blessings, kindness, and compassion flowing into you like fresh water from a spring.

Set your intension by writing a question that you would like intuitive guidance on. OR, another way is to just set your intension is to ask: "God, please show me what I need to know so that I can be free from wrong motives and do your will throughout the day."

Listen to your thoughts and cultivate awareness. As thoughts come into your mind, write them down. Guidance can take the form of images, thoughts, feelings or inspiration.

Stop writing when the flow of thoughts slows down.

Examine what you have written down. What is the voice of addiction and what is the voice of recovery?

Test each thought using the 4 Standards to separate God thoughts from self-thoughts.

Are these thoughts completely **honest, pure unselfish** and **loving**?

Are these thoughts in line with our duties, to our family to our country?

Are these thoughts in line with our understanding of the teachings found in our spiritual literature?

Discuss what you have written with another person.

Commit to acting on "God thoughts" and discard the "self-thoughts."

Gratitude: What am I grateful for today?

Growth: What did I do today that I feel proud of OR which shows a **good quality** about myself?

Good: What good did I experience or witness today?

Giving: What did I do for others today?

Was I willing to inconvenience myself to help another person today?

Was I willing to let others' needs be satisfied before my wants?

Did I help another person without waiting to be asked?

Glitches: What did not go well today? List

Gains from Glitches: What did you gain from the glitch? What did this situation help you to appreciate?

Goals: What are my goals for tomorrow?

Where am I heading in terms of achieving my goals?

AEIOUY

A = Anger. Was I angry or resentful today?

E = emotions. What were my other emotions? Was I restless, irritable or afraid?

I = What have I done for myself today?

O = What did I do for Others today?

U = Unresolved. What do I have unresolved?

Y = Yeah or Yippee. What do I have to be grateful for? What did I do for fun today?

AEIOUY

A = Abstinence? What did my food look like today? Moderate? Mindful? Anything I do not feel good about in my food today?

E = Exercise. What did I do today for my physical recovery?

I = What did I do for myself today? My recovery? What did I do well today? Which character assets did I display today?

O = Others. What did I do for another today? For an OA fellow? My family, community?

U = Uncover. Where was I resentful, selfish, dishonest, afraid? Is an inventory needed? Am I avoid looking at something, do I need to discuss it with another? Do I owe an apology?

Y = Yippee! What am I grateful for today?

AEIOUY

A = abstinence. What did I do for my abstinence? Did I get to a meeting, work with others?

E = exercise. What exercise did I do today?

I = What have I done for myself today?

O = What did I do for Others today?

U = Unresolved. What do I have unresolved?

Y = Yeah or Yippee. What do I have to be grateful for? What did I do for fun today?

To start: place this on the first page of your AA Big Book:

Place on the first page of your Big Book:

Dear _____,

You are never going to have your way again
as long as you live.

Love,
God



P.S. If you will follow the directions in this
book, you will thank me for it one day at a time.

*"Simple, but not easy; a price had to be paid. It meant destruction
of self-centeredness. I must turn in ALL things to the Father of
Light who presides over us all."*

Dear (your name) –

You are never going to have your way again as long as you live.

Love,

God

P.S. If you will follow the directions in this book, you will thank me for it one day at a time.



*Simple, but not easy, a price had to be paid. It meant destruction of self-centeredness. I
must turn in ALL things to the Father of Light who presides over us all.*

STEP 1: We admitted we were powerless over alcohol-that our lives had become
unmanageable.

**Step 1: We admitted we were powerless over
alcohol – that our lives had become unmanageable**

Principle: Honesty & surrender

Problem: Dishonesty & denial



**Process: Admission & surrender: am I
powerless over my addiction?
Is there any hope for me?**

Practice: ego deflation - "abandon yourself to God."

Promise: There is a solution!

**Proposal: Have I learned and have I fully
conceded to my innermost self that I am an addict?**

I am going to know a new freedom and a new happiness.

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Step 1 identifies the problem: The very first thing we have to do to solve a problem is to find out what that problem is.

According to the AA Big Book, our problem is that we are powerless over our substance or behavior of choice and our lives have become unmanageable.

The challenge of addiction is that we have to make our own diagnosis. But, denial – “I don’t have a problem, I am fine” is one of the defining characteristics of an addict.

By taking Step 1, we can come out of denial and accept that we are suffering from a disease that has affected us mentally, and physically and over which we have lost control. It is the acknowledgement and acceptance of this truth that will help to motivate us to look for a solution outside ourselves.



4 fundamental criteria to work the 12 Steps more effectively to achieve recovery:

13:5 My friend promised when these things were done I would enter upon a new relationship with my Creator; that I would have the elements of a way of life which answered all my problems. Belief in the power of God, plus enough willingness, honesty and humility to establish and maintain the new order of things, were the essential requirements.

Belief in a Power greater than ourselves: On our own, we are unable to fix our problem. Relying on a Power greater than ourselves will help us look for a solution outside ourselves, while relieving us of the burden of trying to find a solution on our own for this disease. Our Higher Power can be a power of our own choosing, just so long as it is not ourselves.

Honesty: Honesty in the context of the 12 Steps means having the courage to see the truth about our condition. It is the honest admission that we have a disease over which we have lost control and power.

Open-mindedness: Open-mindedness allows new solutions to emerge and helps to overcome the grandiosity of our ego and our stubborn, self-defeating attitudes. To be open-minded means to admit that we are not all-knowing. When we practice being open-minded,

we become willing to listen or accept different ideas and opinions. This helps us to avoid as much as possible the kind of thinking that shuts us off from solutions.

Willingness: The role of willingness is subtle. It's basically an open-mindedness, humility and cheerfulness – a willing, cheerful consenting as opposed to will power and trying to control ourselves. “Will I?” compared to “I will!”

Practice of these criteria demonstrates our humility and desperation to go to any length to recover.

The first step questions are:

Do you concede to your innermost self that you are powerless over your compulsive eating behaviors and that you cannot manage your own life? (Step 1, Read pg. 30)

Do you have any reservations or lingering ideas that one day you will be immune to or UNAFFECTED by compulsive eating behaviors?

Step 1 Worksheets: These can be given out prior to the first meeting, if desired.

STEP ONE UNMANAGEABILITY

Fifteen Questions Are you a COE

STEP 2: Came to believe that a Power greater than ourselves could restore us to sanity.

Step Two: Came to Believe that a power greater than myself could restore me to sanity

Principle: Hope (Cornerstone)

Problem: Contempt, cynicism & insanity

Purpose: To acknowledge and identify a Power outside and greater than me who can make me whole

Practice: Open-Minded Willingness

Process: Accepting reality and living life on life's terms

Promise: When you look for God, you will find Him.

Proposal: Am I willing to believe there is a Power greater than me that will solve my problem? Is this Power everything or nothing?"

Recovery is not a question of ability, but rather of persistence and application.



Step 2 identifies the solution to our problem: submission to a Power greater than ourselves.

This is a summary of how I understand the key components of [Step 2](#), based on the AA Big Book. The quotes are taken from the Original Manuscript, but the pages reference the AA Big Book, 4th edition.

The second step questions are:

Do you now believe or are you willing to believe in a Power Greater than yourself? (AA BB: 47:2; 55:2)

When we became alcoholics, crushed by a self-imposed crises we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is or He isn't. What was our choice to be? (pp 53)

STEP 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

Step 3: Made a decision to turn my will and my life over to the care of God as I understand Him

Principle: Faith & commitment (Keystone)

Problem: selfishness & self-centeredness

Purpose: To make a decision to seek and follow God's direction

Practice: Willingness, surrender & prayer

Process: surrendering self-will

Promise: As we become conscious of God's presence, we will lose our fear of today, tomorrow or the hereafter

Proposal: am I willing to have God guide my recovery and my life?

God, take my will and my life. Guide me in my recovery. Show me how to live. AMEN (the step on p. 59 BB)

The third step questions are:

Are you convinced that you are a food addict and cannot manage your own life?

Are you convinced that no human power can relieve you of your compulsive eating behaviors?

Are you convinced that God can and that He will relieve you of your compulsive eating behaviors?

Have you made a decision to turn your thinking and your actions over to the care of God, as you understand Him?

Have you decided to go through with the remaining steps in the program of recovery?



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!

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Homework for Step 3: Personalize Step 3. This is a very simple and yet powerful exercise that I recommend to everyone!

What usually happens? the show doesn't come off very well.
I xxxxxx begins to think life doesn't treat me xxxxxx right.
I xxxxxx decide to exert myself more.
I xxxxxx become on the next occasion,
still more demanding or gracious, as the case may be.
Still the play does not suit me xxxxxx
Admitting I xxxxxx may be some what fault,
I xxxxxx am sure that other people are more to blame.
I xxxxxx become angry, indignant, self-pitying.
What is my xxxxxx basic trouble?
Am I xxxxxx not really a self-seeker even when trying to be kind?
Am I xxxxxx not a victim of the delusion that I xxxxxx can wrest
satisfaction and happiness out of this world if I xxxxxx only manage
well? Is it not evident to all the rest of the players that these are the
things I xxxxxx want? And do not my xxxxxx's actions make each of
them wish to retaliate, snatching all they can get out of the show?
Am I xxxxxx not even in my best moments, a producer of
confusion rather than harmony?

Write your name in this personal version of page 61, and read it daily for 1 week.

This is an excellent 1 page explanation on [Step 3](#). It was written by Jeremy B., who has given me permission to post them on the blog.

Step 2 and 3 Exercises

For a deeper understanding on Steps 2 & 3, these are wonderful Step 2 and 3 [exercises](#).

I combined the various exercises into 1 document.

If you would like them separated, please let me know.

I will try to post the worksheets for the rest of the steps, depending on interest.

As with everything, take what you want and leave the rest behind.

In love & service,

Shira

