

Prayer for the Day: God, you have given me awareness, strength, and power to challenge the thoughts that take me off my path of peace. Today I choose to seek Your help and accept Your grace. Lead me on the path of love and service.

Pray for others: God, please bless and help

Serenity Prayer God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference. Thy will not mine be done!

Abstinence Plan for the Day:

Gratitude List: What am I grateful for today? List 5 gratitudes. [Optional]

Writing for Today: [today I read from _____]

Movement/exercise: Meditation: Today I called:

Statement of who I am: Who am I and what am I doing? I am powerless over (say what it is, i.e., my problems & behaviours) and my life was unmanageable until I came to believe that a Power greater than myself could restore me to sanity. To that end, my job today is to trust God, clean house and help others. Today I humbly turn my will and my life over to the care and protection of my Higher Power.

Today is a new day for me and, with God, it can be a day of abstinence. I know that I am powerless over (say what it is, i.e., my problems & behaviours) and my life can become unmanageable again. Only God, a Power greater than myself can restore me to sanity. With God I can handle anything. With God, things which I think impossible, are possible. God, please help me to know your will for me today and give me the willingness to carry it out. Today I humbly turn my will and my life over to Your care.

Third Step Prayer 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. (AA BB; 63:2)

7th Step Prayer God, 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 that stands in the way of my usefulness to You and my fellows. Grant me strength as I go from here to do Your bidding. Amen. (AA BB; 76:2)

“God, please show me during the last 24 hours....”

Daily review prayer: God, help me to constructively review my day. Where was I resentful, selfish, dishonest, or afraid? Do I owe an apology? Have I kept something to myself which should be discussed with another person at once? Was I kind and loving toward all? What could I have done better? Was I thinking of myself most of the time? Or was I thinking of what I could do for others, of what I could pack into the stream of life?

God, please let me be careful not to drift into worry, remorse, or morbid reflections, for that would diminish my usefulness to others.

God, please forgive me for any wrong. Please show me what to do to make amends and what corrective measures to take so that I do not repeat these same wrongs in the future.

God, as I consider my plans for the day, please clear my thinking of wrong motives. I especially ask that my thinking be divorced from self-pity, dishonest or self-seeking motives.

God, I have a problem [say what it is]. I do not know which course to take. Please grant me an inspiration, an intuitive thought, or a decision. God, please help me.

God, I pray that You show me all through the day what my next step is to be, that You give me whatever I need to take care of every situation. I ask especially for freedom from self-will.

God, please show me what I can do each day for those who are still sick.

God, I pray to be careful to make no request for myself only. I pray to remember that I may ask for myself if what I ask for will also help others.

God, all things are possible to You; therefore, if it be Thy will and if what I am asking for will also help others, please grant [say your request at this time]. Nevertheless, Thy will not mine be done in this as in all things. Amen.

Prayers Throughout the Day: Choose 1 or 2

God, please remove my selfishness and all its manifestations such as: dishonesty, resentment, and fear. Let me quickly talk to someone so that I can see whether I have harmed anyone. If I have, please guide me to make my amends quickly.

God, please help me to resolutely turn my thoughts to someone I can help. Let me use love and tolerance of others as my code.

God, I pray that I not let up on this spiritual program of action. Always let me remember that I am not cured of my problems or behaviours. Never let me forget that my recovery is contingent upon the maintenance of my fit spiritual condition.

God, I pray to carry the vision of Your will into all my activities every day. “How can I best serve Thee – Thy will (not mine) be done.” I pray that these thoughts go with me constantly.

God, I pray that You grant me the grace to be still whenever I am agitated or doubtful; that You give me the right thought or action. I pray to constantly remember that I am no longer running the show. I pray to humbly say to myself, many times each day, “Thy will be done.”

God, I pray that You discipline me by having me follow Your program as the pioneers outlined it. I pray to always remember that “Faith without works is dead”; that I need to carry RA’s message of hope, sanity, and recovery, to those who still suffer.

Quiet Time God, what is Your will for me today? Stop — Pause — and Listen. At this point of my prayer and meditation practice, I like to also practice 2 Way Prayer or Written Guidance.

STEP 10 AND 11 NIGHTLY/DAILY GUIDANCE

To be done after 2 minutes of silence

Pray for others: God, please bless and help

Serenity Prayer God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference. Thy will not mine be done!

Abstinence Plan for the Day:

Gratitude List: What am I grateful for today? List 5 gratuities. [Optional]

Writing for Today: [today I read from _____]

Movement/exercise: Meditation: Today I called:

Who am I and what am I doing? I am an addict and I want to recover and to that end my job today is to Trust God, Clean House and Help Others. I am powerless over (my problems and behaviours), and my life is unmanageable until I came to believe that a power greater than me could restore me to sanity. Today, I humbly turn my will and my life over to the care of my understanding of God.

Third Step Prayer 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. (AA BB; 63:2)

7th Step Prayer God, 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 that stands in the way of my usefulness to You and my fellows. Grant me strength as I go from here to do Your bidding. Amen. (AA BB; 76:2)

Dear God, please direct my thinking today; I pray that it is divorced from self-pity, dishonest or self-seeking motives. Thank you!

What is my vision of God's will for me today?

Step 11: Nightly Review (Big Book p86):

Resentful?

Selfish?

Dishonest?

Jealous?

Afraid? 3 categories of fear: Fear of losing something; Fear of not getting what I want; Fear of being found out

Do I owe anyone an apology?

Was I irritable, restless or discontent?

Was I kind and loving toward all?

Was I thinking of myself most of the time, or of what I could do for others?

What did I do for others?

What could I have done better?

Should I discuss something with someone else?

Steps 6-7 God, I pray that You now remove from me every single defect of character that stands in the way of my usefulness to You and my fellows.

God, I am (Characteristics of self-will) because XXXX. Please remove these (characteristics of self-will) and replace it with (characteristics of God's will).

God, I pray for the health, prosperity, happiness and well-being of XXXX, all the thing I pray for myself I pray also for XXXX

God, grant me freedom from ____ and replace it with _____

God, grant me freedom from ____ and replace it with _____

God, grant me freedom from ____ and replace it with _____

God, grant me freedom from ____ and replace it with _____

Amends to be made asap from yesterday and today

(List amends here and scratch thru when completed)

St. Theresa's Prayer:

May today there be peace within. May you trust your highest power that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith. May you use those gifts that you have received and pass on the love that has been given to you. May you be content knowing you are a child of God.... Let this presence settle into our bones, and allow your soul the freedom to sing, dance, praise, and love. It is there for each and every one of you.

11th Step Prayer

Lord, make me an instrument of Thy peace; where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled, as to console; to be understood, as to understand; to be loved, as to love; for it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life. Amen.

Step 12: Carry this message – “Ask Him in your morning meditation, what you can do each day for the man who is still sick.” (p.164)

God, allow my words, thoughts, and deeds to reflect Your will. Grant me the Compassion and Strength to help the suffering, the Resources to fill their needs, and the Courage, Insight and Wisdom to guide them until they may walk with You on their own. Let me never lose sight that I was once in need, and I am by Your Grace enjoying the fruits of my sobriety. Let my life be my gift to You for the many blessings You have given me. Amen. (Bill L., 1999)

How To Use the Card

Whenever you are feeling disturbed, refer to this checklist.

Identify the feeling you are having (left-column) and turn your thoughts and attitude toward the feeling God wants you to have (right-column).

What is Self-will?

Are my actions, words and choices motivated by ego?

Are they based on how I think they will make me feel?

Are they driven by how I believe others will judge me or by how I want to be viewed by others?

What is God's Will?

Are my actions, words and choices motivated by love?

Are they based on honesty, regardless of how they will make me feel?

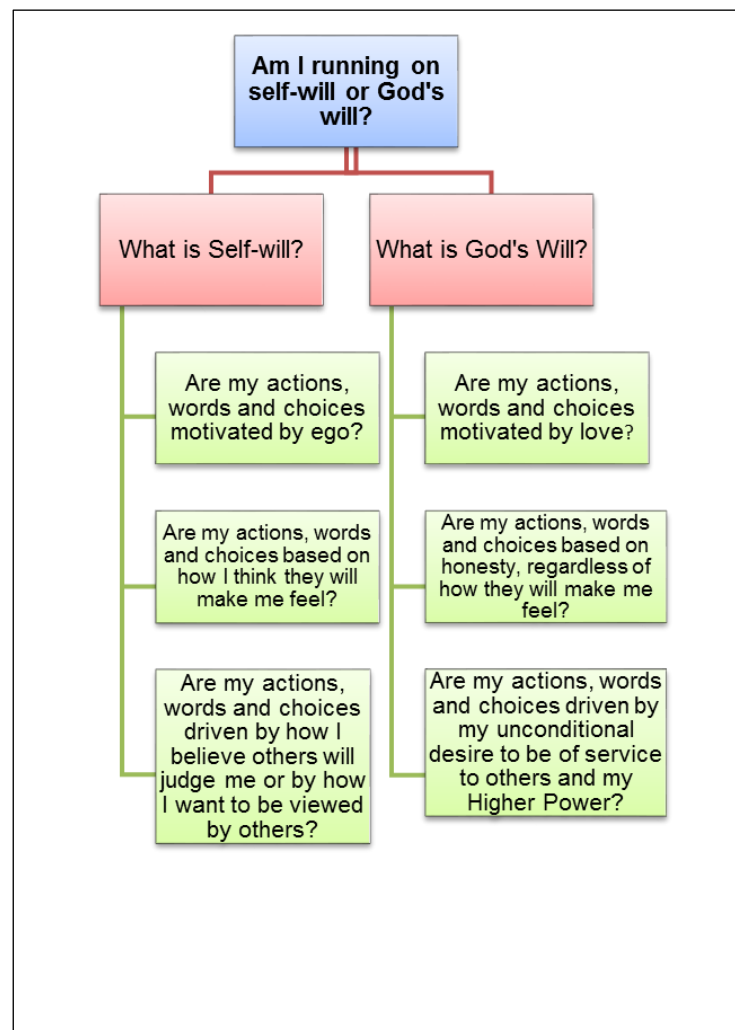
Are they driven by my unconditional desire to be of service to others and my higher power?

Here is a quick test to see if something is God's will or not.

Examine three properties of the question: Gut feeling; Circumstances; Spiritual Values

1. Gut Feeling—Does your gut tell you that it is right, and God wants you to do whatever you are contemplating doing?
2. Circumstances—Do the circumstances favour your doing whatever you are contemplating doing?
3. Spiritual Values: Are these thoughts completely honest, pure, unselfish, and loving?
Are these thoughts in line with our duties to our family and country?
Are these thoughts in line with our understanding of the teachings found in our spiritual literature?
4. Discuss what you have written with another person.

HOW DO YOU FEEL?		
Restless, Irritable, Discontent, Shame, Guilt	OR	Peaceful, Serene, Loving, Content
Whenever you are feeling disturbed		
Identify the feeling you are having(left-column)	AND	Turn your thoughts and attitude toward the feeling God wants you to have(right-column)
Personality Characteristics of Self-will	OR	Personality Characteristics of God's will
Selfish and Self-seeking	OR	Interest in Others
Dishonest	OR	Honest
Frightened	OR	Courage
Inconsiderate	OR	Considerate
Prideful	OR	Humility - Seek God's Will
Greedy	OR	Giving and Sharing
Lustful	OR	Doing for Others
Anger	OR	Calm
Envy	OR	Grateful
Sloth	OR	Take Action
Gluttony	OR	Moderation
Impatient	OR	Patient
Intolerant	OR	Tolerance
Resentment	OR	Forgiveness
Hate	OR	Love & Concern for Others
Harmful Acts	OR	Good Deeds
Self-Pity	OR	Self-Forgiveness
Self-Justification	OR	Humility - Seek God's Will
Self-Importance	OR	Modesty
Self-Condernation	OR	Self-Forgiveness
Suspicion	OR	Trust
Doubt	OR	Faith



INVENTORY VARIATIONS

Was I in a place of neutrality around my problems and behaviours? ☐

Was I resentful? ☐ Was I selfish? ☐ Was I self-seeking? ☐
Was I dishonest? ☐ Was I afraid? ☐ Was I prideful (thinking I was better than or less than others)? ☐
Was I jealous? ☐ Was I envious? ☐ Was I lazy? ☐
Did I do anything that I feel guilty or ashamed about? ☐
Did I withhold forgiveness? ☐
Do I need to make any amends? ☐
What should I have done instead? ☐
Am I willing to trust and rely on God? ☐
Do I need to pray? ☐ List

RID/HALT - what is driving me today? Am I Restless, Irritable, Discontent? Am I Hungry, Angry, Lonely, Tired?

AEIOU + Y

A = Activities/Actions: Have I been **A**bstinent today? What actions did I take to grow in my recovery? What did I do for my abstinence? Did I get to a meeting, work with others?

E = Have I **E**xercised today?

I = What have **I** done for myself today? (Self-care) What did I do well? What character assets did I display?

O = What have I done for **O**thers today? Service?

U = Am I holding on to **U**nexpressed emotions today? What did I **U**ncover today about myself that will help me grow in my recovery?

Y = **Y**eah (or Yippy!) What is something good that's happened today? What am I grateful for today?

AEIOU + Y

A = Angry? Was I angry or resentful today?

E = What are my other emotions? Was I restless, irritable, or discontented?

I = What have **I** done for myself today? (Self-care)

O = What have I done for **O**thers today?

U = What do I have unresolved?

Y = **Y**eah (or Yippy!) What did I do for fun today? What am I grateful for today?

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?

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? SMART: simple measurable attainable, realistic, and timely?

4 ABSOLUTES & STEP 10

Have I started the day with prayer and other spiritual disciplines (such as meditation and reading) to put me in a sound frame of mind for the day ahead?

How am I feeling in general? Am I well rested and adequately fed? Am I harbouring any resentments or fears that may influence my attitudes and behaviour?

Am I right with God, putting my trust and faith in Him and seeking to serve His will in whatever arises during the day?

Am I being honest with myself and others? Or am I being deceitful and manipulative or otherwise controlling?

Am I being unselfish and helpful? Or am I trying to use other people to serve my purposes?

Am I being kind and forgiving? Or am I being ungracious, demanding, and resentful?

Am I being compassionate and trying to see things from others' point of view? Or am I trying to force them to see things my way?

Have I owned up to my mistakes and corrected them? Do I owe anyone an apology?

Are there things that didn't go as well today as I wished? What could I have done better? What can I do right now to improve the situation? What can I do tomorrow?

Did any of my character defects create problems today? Am I staying aware of my defects? And what am I doing to compensate for them or to improve them? Am I making progress?

Is there anything going on that I need to discuss with my sponsor or someone else? Have I prayed and written about whatever's disturbing me?

Am I grateful for my blessings? Am I ready to go to sleep with a clear conscience?

Issue: Was I resentful, selfish, dishonest, afraid, uncomfortable, anxious, some other feeling?

Cause: What event/activity triggered this feeling?

Affects: What part of my life is disturbed: self-esteem, ambition, security (financial, emotional, etc.), or personal and/or sexual relationships?

Selfish: Where was I selfish, i.e., the inability to accept reality?

Self-seeking: Where/how was I only interested in self-seeking, self-worth, or affirmation from others?

Dishonest: Where has my thinking been dishonest about what was going on/happening?

Fears: What fears do I have that were disturbed by this event or are underlying my behaviour during this event?

Truth: What is the truth about what happened? What is my part?

Action/Amends: What action do I need to take? Do I need to make any amends? Do I need to pray, i.e., sick man's prayer, freedom from bondage prayer, fear prayer, serenity prayer, acceptance prayer, 7th Step Prayer, 3rd Step prayer?

Was I resentful? Describe:

Was I selfish, self-seeking, dishonest, afraid, prideful, jealous, envious, or lazy?

Did my selfishness, self-seeking, dishonesty, fear, pride, jealousy, envy, laziness harm another person?

Am I willing to forgive the person towards whom I am feeling resentful?

Am I willing, with prayer to forgive the person?

If I am unable to change the present situation, am I willing to take the measures necessary to shape my life to conditions as they are?

Do I owe an amends?

If so, am I willing to make amends for the harms that I have done?

Was I afraid?

Am I willing to turn over my fears and have faith in God?

Am I willing to have God removed the defects of character? (Be specific.)

Am I willing to do God's will? Identify assets to strive for i.e., humility, trust, intimacy, honest, contentment, generosity, love, zeal, forgiveness, unselfishness, patience, etc. (Say Step 6 & 7. Say 7th step prayer.)

Conclude with prayer: today I thank God for:

Be of service.

INVENTORY VARIATIONS & PRAYERS

LOOK BACK OVER THE DAY BEFORE:

Was I in a place of neutrality around my problem/behavior?
Did I carry a vision of God's will into all my actions?
Did I check my motives prior to taking any actions?
Did I seek to do God's will? When did I find myself acting out of self-will?
Was I resentful, selfish, dishonest, or afraid? (If so, do 4-column inventory)
Was I inconsiderate?
Was I irritable, restless, or discontented?
Do I owe an apology?
Have I kept something to myself which should be discussed with another person at once?
Was I kind and loving toward all?
What could I have done better?
Was I thinking of myself most of the time?
Or was I thinking of what I could do for others, of what I could pack into the stream of life?
Did I ask God's forgiveness for any wrongs?
Did I ask God to be shown what to do?
Did I pause when agitated or doubtful?
Did I pause and pray for guidance and ask for the right thought or action?
Did I set aside time to pray and meditate?
Was I careful to pray for others? Did I pray for my own selfish wants? Did my prayers for myself also benefit other people?
Did my prayers include others who will be helped too?

STEP 11 PRAYER INVENTORY

Have I gone to God and asked for forgiveness of any wrongs done?
Have I gone to God and asked God to make me a channel of peace?
Have I gone to God and asked God that where there is hatred, I may bring love?
Have I gone to God and asked God that where there is wrong, I may bring the spirit of forgiveness?
Have I gone to God and asked God that where there is discord, I may bring harmony?
Have I gone to God and asked God that where there is error, I may bring truth?
Have I gone to God and asked God that where there is doubt, I may bring faith?
Have I gone to God and asked God that where there is despair, I may bring hope?
Have I gone to God and asked God that where there are shadows, I may bring light?
Have I gone to God and asked God that where there is sadness, I may bring joy?
Have I gone to God and asked God to grant that I seek to comfort others rather than to be comforted myself?
Have I gone to God and asked God to grant that I seek to understand rather than to be understood?
Have I gone to God and asked God to grant that I seek to love rather than to be loved?
Do you understand that it is by self-forgetting that you find?
Do you understand that it is by forgiving that you are forgiven?
Do you understand that it is by dying that you can awaken?
After asking for God's direction, have you gotten quiet, still and readied yourself to listen to God's direction?

Sick Man's Prayer

This is a sick person (and/or I am a sick person). God, please help me to show him (and/or myself) the same patience, tolerance, acceptance, and love that I would show any sick person. How can I be helpful to him (and/or myself) – (describe how you can be helpful to the parties). Please, God, save me from being (angry, selfish, resentful, dishonest, afraid, etc.). Your will not mine be done.

Freedom from Bondage Prayer for stubborn resentments.

God, I take this time to become quiet and pray for _____. I pray for _____ to have all that I wish for myself: good health, a loving family, protection over (his/her) loved ones, peaceful moments and the inner knowing that (he/she) is good and enough. I pray that you help me change my thinking about _____ and become more grateful to (him/her) for coming into my life as a teacher, to help me grow closer to You, God, and thus enlarge my spiritual life.

Please help me to remember that:

Just like me, _____ is seeking some happiness for (his/her) life.

Just like me, _____ is trying to avoid suffering in (his/her) life.

Just like me, _____ has known sadness, loneliness and despair.

Just like me, _____ is seeking to fulfill (his/her) needs.

Just like me, _____ is learning about life.

God, please bless _____ with peace, good health, security and prosperity.

God, bless _____ change me.

Fear Prayer

I trusted and relied on my finite self to (control my fear of XXX).

I can trust and rely on infinite God to (control my fear of XXX).

I can trust and rely on infinite God to help me XXX.

I can trust and rely on infinite God to direct my attention to what He would have me be: (described what God would have you be).

Acceptance Prayer

And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation – some fact of my life – unacceptable to me and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my addiction, I could not stay abstinent, unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.

Quiet Time

God, what is Your will for me today?

Stop — Pause — and Listen.

At this point of my prayer and meditation practice, I like to also practice 2 Way Prayer or Written Guidance.

INVENTORY VARIATIONS & DEFINITIONS

Emotional Sobriety Inventory Form				
Situation	Expectation or Reaction	Emotional Dependency/ Character Defect	God-Centred Response What should I have done instead?	Amends/Restitution
What happened?	How did I respond? What did I want that I did not get?	What was my part? Where was I to blame? What defects allowed me to do my part?	How would God have me be? What would God have me do? A: what should I have done differently? B: What will I do in the future?	Did I cause any harm? What do I need to do to make this right?

Reverse the resentment: If I wasn't XXXX (CD) I wouldn't have XXXX (what I did to get the ball rolling) then these things would not have been affected because (person) would not have done (cause).

Do you want to have God remove the CD you just found? If yes, ask God to remove the CDs and to teach you to be the opposite. Then act as if you possess that character asset. Ask yourself if you hurt someone by what you did. If yes, apologize to this person (as long as it does not create harm), make restitution if necessary and amend your ways so that you do not cause this harm again in the future.

For fears: what can I do to make sure this does not happen? And then do those actions immediately. Look at CD and ask God to remove the CD and teach you to do the opposite. Then act as if you possess that character asset.

For harms: apologize to person: I am sorry I did XXX. I should not have done that & in the future I will XXXX. Then, amend your ways so that you do not cause this harm again in the future. DO DIFFERENTLY next time you are in the same situation.

Abstinence: Was I in a place of neutrality around my problems and behaviours?

Issue: Was I resentful, selfish, dishonest, afraid, inconsiderate, jealous, uncomfortable, anxious, some other feeling?

Cause: What event/activity triggered this feeling?

Affects (Optional): What part of my life is disturbed? self-esteem, pride, ambition, security (financial, emotional, etc.), personal and/or sexual relationships, pocketbook?

Self-esteem "I am" XXX makes me feel XXX about/ towards myself

Pride: Others should...No one should Others can...

Ambition: I want ..." this addresses my demands, desires, expectations. Because of XXX I can't have XXXX; Because of XXX I am going to lose XXXX

Security (financial, emotional, etc.): I need.... in order to be OK; I fear for my (physical safety/my family's safety/my physical well-being) because of XXXX

Personal and/or sexual relationships: This resentment makes me feel (cut off/blocked/separated from) XXX; — "A real man..."and/or "A real woman..."

Pocketbook: Because of XXX I can't have XXXX; Because of XXX I am going to lose XXXX

Selfish: Where was I selfish, i.e., the inability to accept reality? What did I want from the person or situation? What do I want without regard to another person's wants, needs or capabilities? I was more concerned about getting what I want and disregarded them in this way _____

Self-seeking: Where/how was I only interested in self-seeking, self-worth or affirmation from others? What did I do, and how did I act in order to get what I wanted? What did I do and how did I act when I did not get what I wanted? What harm did I cause? Because I wanted XXXX to _____ I said/did/thought _____.

Dishonest: Where has my thinking been dishonest about what was going on/happening? What false beliefs or assumptions allowed the resentment/discomfort to develop? What is the lie I tell myself or others? I was in the delusion that... OR I told myself (state the unfounded assumption or belief here) when actually (state what is closer to the truth here).

Fears: What fears do I have that were disturbed by this event or are underlying my behaviour during this event? When I am afraid, I am believing _____ and denying the ultimate/spiritual Truth that _____. Trusting and relying on God would allow me to _____. (Fill in the blank with what we imagine God could do for us in the context of removing that fear; what we could experience if we were filled with courage and love.)

Truth: What is the truth about what happened? What is my part?

Action/Amends: What action do I need to take? Do I need to make any amends? Do I need to pray, i.e., sick man's prayer, freedom from bondage prayer, fear prayer, serenity prayer, acceptance prayer, 6th Step Prayer, 7th Step Prayer, 3rd Step prayer, 11th Step Prayer, 12th Step Prayer?

Step 10 Issues - Spot check - 2. Detailed approach

When deeply, persistently, or recurrently resentful, frightened, or otherwise disturbed, I can ask the following questions:

1. Who or what bothered me (person, institution, organisation, event, circumstance, situation, idea)?
2. What did they say or do? / What am I scared they will say or do? / What happened? What is happening? What am I scared will happen?
3. What do I want them to say or do instead / what do I want to happen instead (personal relations, sex relations)?
4. How does this affect me financially (pocketbooks: assets, liabilities, income, costs)?
5. What else am I scared of losing or not getting (security, ambitions)?
6. What image of me am I trying to gain or lose (pride, self-esteem)?

The answer should be coherent. The answer to 3. should explain my upset at answer 2. Answers 4. to 6. should explain answer 3. If you're intending to read this out to and discuss this with someone else, stand back and make sure it would make sense to someone who is not familiar with the scenario.

In other words: I have a plan for my life (4., 5., and 6.) This requires others to behave a certain way (3.) Someone (1.) hasn't behaved in this way but has done something else (2.) The same logic applies whatever is described in 1.

If it isn't clicking, ask God to show you the truth. Maybe others can help, but sincerity and honesty are your responsibility not theirs.

Answers 3. to 6. represent my demands and associated fears. These are my self-will. The demands are what I think needs to happen / not happen for me to be OK. They're the source of my resentment. I am wrong, though: my happiness depends not on my demands being met but on my surrender to reality. If I drop the demands, the fears will go, and the resentment will go. I practise this as an internal exercise, using visualisation if that helps: *God, I release the demands and the fears to you. I trust that you will return to me a different path to peace and happiness.*

I then turn to forgiving the person.

I pray: *This is a sick person / This person is exactly the way they are meant to be / This person is as they are for reasons I cannot know. How can I be helpful to*

them? God save me from being angry. Thy will be done.

I then take a kindly and tolerant view of the person and visualise them as being a perfect child of God.

I then turn to my part in the situation:

- What have been my mistakes?
- Where have I been selfish?
- Where have I been dishonest?
- Where have I been self-seeking?
- What have I been frightened of?
- Where have I been to blame?
- Where have I been at fault (pick the top three character defects)?
- What have been my wrongs (harms towards others)?

I ask God:

- What amends do I need to make?
- What should my attitude be going forward?
- What action should I take going forward?

I then start implementing these corrective measures.

Step 10 Issues - Spot check - 1. Simple approach

What are the facts?

- Who is involved?
- What is the background?
- What happened? / What am I frightened of?
- What are the demands I need to drop?

Pray: 'This person is as they are. How can I be helpful to them? God save me from being angry. Thy will be done.'

Forgive.

What were my mistakes?

Where was I selfish?

Where was I dishonest?

What was I after (self-seeking)?

What was I frightened of?

Where was I to blame?

Where was I at fault (pick the top three character defects)?

What were my wrongs (harms towards others)?

Share. What corrective action should I take?

WRITTEN GUIDANCE & 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 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 one. OR another way is to just set your intension by stating: “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 and 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.”

Honesty: not deceiving others or ourselves.

Unselfishness: a commitment to fairness and justice and a willingness to share.

Purity: freedom from being controlled by our desires or our fears and insecurities

Love: a quality of the heart which lies at the root of all the core values: a readiness to let go of hatred and jealousy; a commitment to forgive and to be compassionate.

HOW TO MEDITATE – SIMPLE MEDITATION INSTRUCTIONS

Choose a quiet place. Sit comfortably on the floor or in a chair. Your back should be straight, but not rigid.

Rest your hands in your lap on your knees. Look down at the floor with your eyelids half-closed.

Take a moment to

- Meditate on a passage of inspirational literature or
- Chant or repeat a particular word or phrase.

Bring your attention to the room where you are sitting.

Hear the sounds. Feel your body. Notice your breathing.

Without trying to control your breathing, pay attention to the incoming and outgoing breath.

Take this time to silently connect to God and feel His presence.

If you like, visualize a connection to God like a stream of water.

Thank God for any two things in your life—one current, the other current or past.

Pray and ask God for two material things—one related to today, one related to the future.

Thank Him for all he has given you.

Pray and ask God for two spiritual things—one related to today, one related to the future.

Thank Him for all he has given you.

Pray and ask God to help others. Thank Him for all he has given everyone.

When you notice your mind wandering, gently return your attention to your breath.

Before we end: Ask God to talk again tomorrow and say “Thank You.”

GUIDED LOVING KINDNESS MEDITATION FOR GROUP

Choose a quiet place. Sit comfortably on the floor or in a chair. Sit with your back straight, but not rigid. Align your head, neck, and shoulders with each other. Place your feet on the floor and rest your hands gently on your lap.

Take this time and concentrate on feeling God’s presence. If you like, visualize a connection to God like a stream of water. Begin to focus your thoughts and connect to God by meditating or repeating an inspirational phrase or word. Silently and quietly to yourself, repeat your inspirational phrase or word.

Now, bring your attention to the room where you are sitting.

Hear the sounds.... be aware of themaccept them.....and let them go. If more sounds come in, just allow them to become part of the meditation.

Now, begin to notice your breathing. Without trying to control your breathing, pay attention to the incoming and outgoing breath. Feel the movement of your breath, the actual sensations of breathing. Feel the air at the tip of your nose, over your lip, and the stretching of your abdomen as it rises and falls with each breath.

Keep focusing on your breathing and count from 1-5 forwards and backwards, silently repeating the number with each inhalation and exhalation. Count 1 – 2 – 3 – 4- 5 – 4- 3 – 2 -1 as you breathe in and breathe out. If your mind wanders, observe your thoughts as if they are bubbles of air under water floating to the surface. Then, gently return your attention to the breath and counting from 1-5.

Now, gently bring your focus to your body. Focus your attention on each part of your body in turn, starting at your feet and working slowly up to your legs, pelvis, abdomen, spine, chest, shoulders, arms, neck and head. Notice any sensation that you feel there. Then, imagine your breath flowing into and out of each part of your body as you inhale and exhale.

Next, place your attention on the area in the middle of your chest, around your heart.

Visualize and experience a feeling of love and warmth throughout your body.

Let this feeling fill your body while you gently repeat silently to yourself:

- May I be well
- May I be happy
- May I be peaceful and at ease

Next, visualize someone who you love, and silently send loving and kind wishes to this person:

- May they be well
- May they be happy
- May they be peaceful and at ease

Next, visualize someone who you have neutral feelings for, and silently send loving and kind wishes to this person:

- May they be well
- May they be happy
- May they be peaceful and at ease

Next, visualize someone who you have difficulties with or negative feelings for, and silently send loving and kind wishes to this person:

- May they be well
- May they be happy
- May they be peaceful and at ease

Next, send the loving-kindness to all the people around you and silently send loving and kind wishes to them:

- May they be well
- May they be happy
- May they be peaceful and at ease

Next, send the loving-kindness to all beings everywhere, including yourself so that the feeling of loving-kindness fills you and the whole world.

- May we all be well
- May we all be happy
- May we all be peaceful and at ease

Then slowly let the feelings of loving-kindness ease and return once again to focusing on just your breathing.

Then return to once again noticing yourself sitting.

Then slowly open your eyes and return to the room.

HOW TO PRACTICE HAVING CONSCIENCE CONTACT WITH GOD THROUGHOUT YOUR DAY

1. Begin each day conscious of God.

When you first wake up in the morning focus on God. This can be accomplished in various ways:

- Meditate on a passage of inspirational literature.
- Chant or repeat a particular word or phrase.
- Create a positive visualization — Imagine God's Goodness, blessings, kindness, and compassion flowing into you like fresh water from a spring.

2. Read Spiritual or Inspirational Literature.

Ask God for spiritual insight from whatever you are choosing to read and to teach you during the day what you need to know from that verse. By doing this, you will find greater spiritual depth in applying God's Word to your daily activities.

3. Pray.

Each morning strive to do God's will and align your will with His: God, how would you have me be? What would you have me do?

Pray for your needs and the needs of others.

Throughout your day, speak to God and ask Him for guidance.

Tell Him your innermost thoughts. Ask Him for help in every difficulty. Nothing is too small to matter; nothing is too great.

4. Do a moral inventory and share it with another person.

Commit to working on your character defects daily.

What actions can you take to improve your relationships?

Set aside a specific place and time for prayer, meditation, and introspection. Early morning or late at night when it is quiet is best. Whatever time you set, keep it consistently. Use the time to review your previous day in terms of your character defect. Focus on how your practice of this character defect affects others in your life.

On awakening every morning, remember the character defect on which you are currently working. Recite the phrase that you found to help you remember that trait.

Only work on one character trait per week.

Keep a journal in which you record an incident or two from the day that showed when you did (or did not) apply the character defect of the week.

Record all thoughts and experiences that relate to that particular quality.

Focus especially on the role it played in shaping your thoughts, words or deeds.

Examine your motives in each thought or act.

If you find resistance in particular cases when you meet people, take a good, hard look at that resistance.

- Where is it coming from?
- Is it serving you?
- Do you want to have your (inner and outer) life governed by that motivation?

Ask God to remove these defects and replace it with the opposite, God-Centred trait.

Think about how you would like to act. For example: Visualize yourself acting with patience, tolerance kindness, compassion and love to others.

Positive Visualization Exercise:

Take a blank piece of paper and divide it into three columns:

- **Column 1:** write the character asset you would like to acquire.
- **Column 2:** list the actions or emotions you imagine connected with the character asset.
- **Column 3:** write a role model that possesses this character asset.

Now, review the list and imagine yourself feel the emotions in column 2, and if you have a role model, picture the actions of this role model to increase the guidance for column 2.

In time, the efforts we make to steer our behaviour through self-restraint will trigger internal change. This action will bring our outer life closer in line with our inner life.

5. Keep a “commonplace book” in which you write quotable passages from books that you are reading along with your reflections on those passages. Record phrases that you find in your reading that you can recite to help you to keep your character defect.

6. Keep a journal with 2 columns to remember when God was there for you.

- **Column 1: Gains from glitches:** What did not go well today? What did you gain from this otherwise uncomfortable feeling or event? What is the positive aspect of this difficulty?
- **Column 2:** Moments of inspiration: when was God there for you today? Write daily on at least one incident when you got what you needed when you least expected it.

7. Cultivate an attitude of gratitude

Put aside all the cares and pressures of the day and focus on being grateful for everything you have.

8. Pause

Make time throughout your day to be still and to be quiet before God.

9. Emulate God:

Be of service and carry the message. What did you do for others today?

God, what can I do today for the man who is still sick?

How can I best serve Thee? Thy will (not mine) be done.

10. At the close of the day, take a moment to concentrate on feeling God’s presence.

Thank Him for how He has led you in that day. Meditate or repeat an inspirational phrase or word and strive to have your last conscious thoughts of the day be on spiritual matters.

HOW TO MEDITATE AND TALK TO GOD – SIMPLE MEDITATION INSTRUCTIONS

Choose a quiet place. Sit comfortably on the floor or in a chair. Sit with your back straight, but not rigid. Align your head, neck, and shoulders with each other. Place your feet on the floor and rest your hands gently on your lap. Bring your attention to the room where you are sitting. Hear the sounds. Feel your body. Notice your breathing. Breathing in and out naturally through your nose, focus your awareness on your breath, the actual sensations of breathing. Feel the air at the tip of your nose, over your lip, and the stretching of your abdomen as it rises and falls with each breath.

As you breathe in, allow the abdomen to rise and fill up with air like a balloon. Briefly hold your breath, and then slowly exhale. Briefly hold your breath again, and then inhale slowly, without rushing. (It may be helpful to count from 1-5 as you breathe in, and then from 1-6 as you breathe out.) Repeat this cycle of abdominal breathing up to 5 times.

Now, take a moment to visualize a connection to God and feel His presence. If you like, visualize a connection to God like a stream of water washing over you.

Next, take a few minutes and write down everything that you want in your life, right now. On this list, write all your wants — anything that is blocking you off from God and from connecting to Him.

Now, for 1 minute, talk to God out loud, and thank Him for everything that you want, as if He has already given it to you.

Next, take a moment and think of one area where you are currently being challenged.

Is there anyone that you feel angry or resentful towards?

If so, take the time now to pray for them and forgive them; or pray for them and pray for the willingness to forgive them.

- Is there anything that you did which harmed or hurt another person?
- What did you do?
- Apologize to God, and to yourself. If you harmed someone else, visualize acting differently, and commit to apologizing to them.
- What is the character defect that caused the harm?
- How can you improve? Commit to doing one thing to help change this behaviour and resolve to act differently. Speak to God out loud and tell Him what you are willing to do differently.

Consider, the underlying question: How would God have me be?

For example: rather than be selfish, God would have me be unselfish.

Rather than fearful, God would have me faithful.

rather than be dishonest, God would have me be honest.

Now, take a moment and show God your list, and say, out loud, “God, this is my list of wants. But, what I really want is to be close to You and to do Your will. Please take this list, and please show me and guide me how to take the next right step so I can do Your will always.”

Now, spend a few moments to contemplate: Why am I here? What is my purpose? How can I be of service to others?

Focus your awareness on being grateful. Take a moment, and out loud, thank God for everything He has given you and for this opportunity to connect to Him and feel His presence.

Conclude this meditation by asking God for the opportunity to speak with Him again tomorrow.