

A Way Of Life - AWAKENING

Facilitated by the Big Book Workshop, Australia 2023



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Bill & Lois Wilson



Dr Bob & Anne Smith

This document is a study of RECOVERY.

Where is your RECOVERY journey taking you today?

Special thanks to Herb K (www.herbk.com) for sharing his time and energy passing on what he had learnt and allowing us to take it from here.

This A Way Of Life – Awakening (WOL-BBW-23) has been updated by the Big Book Women’s Workshop community. Coordinating that has been Joanne B. (Jo) from Australia. Jo began her personal Twelve Step Recovery journey in 1995. She was introduced to Herb K. in 2007 and became passionate about teaching and sharing this message of a TWELVE STEP AWAKENING. Over the next 15+ years, Jo and Herb have continued to work together producing many freely available podcasts, YouTube and web-based resources. Jo and Herb are not authorities in the book “Alcoholics Anonymous”, on Psychology, or on Spirituality. They are your “Step Guides”, your teachers and your Fellow Travelers. Come join us on this Broad Highway as we trudge the road to happy destiny ... together.

Orientation

Prayers

The Serenity Prayer

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

Set Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, the 12 Steps and You, for an open mind and a new experience of myself, my brokenness, the 12 Steps and especially You!

The Third Step Prayer (Big Book page 63)

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!

The Seventh Step Prayer (Big Book page 76)

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 that 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."

Translate into your own words / Create your own

more prayers at the end of this document...

Compiled 12 Step Prayers

ST FRANCIS PRAYER

LORD, make me a channel of thy peace, that where there is hatred, I may bring love; that where there is wrong, I may bring the spirit of forgiveness; that where there is discord, I may bring harmony; that where there is error, I may bring truth; that where there is doubt, I may bring faith; that where there is despair, I may bring hope; that where there are shadows, I may bring light; that where there is sadness, I may bring joy. LORD, grant that I may seek rather to comfort than to be comforted; to understand, than to be understood; to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen (Page 99,12 & 12)

FIRST STEP PRAYERS

Am I willing to believe that this book has a remedy for me? (adapted page xxiv, BB)

I admitted for the first time that of myself I was nothing; that without Him I was lost. (Page 13, BB)

Do I believe that the reaction of alcohol on me is like an allergy and there is a craving for more that occurs after the first drink / drug / food / behavior? (adapted page xxvii, BB)

Do I see that will power and self-knowledge will not help in those strange mental blank spots? (adapted page 42, BB)

SECOND STEP PRAYERS

Do I now believe, or am I even willing to believe, that there is a Power greater than myself? (Page 47, BB)

We asked His protection and care with complete abandon. (Page 59, BB)

Do I believe I will find the Great Reality deep down within me? (adapted page 55, BB)

THIRD STEP PRAYERS

...God is everything or He is nothing. God either is, or He isn't. What was our choice to be? (Page 53, BB)

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. (Page 13, BB)

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! (Page 63, BB)

FOURTH STEP PRAYERS

This was our course: We realized that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too. 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." (Page 66, BB *Often called the "Resentment Prayer" or "Sick Man's" Prayer*)

We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear. (Page 68 BB)

We asked God to mold our ideals and help us live up to them. (Page 69 BB)

In meditation, we ask God what we do about each specific matter. (Page 69, BB - refers to Sex Inventory)

To sum up about sex: We pray for the right ideal, for guidance in each questionable situation, for sanity and for strength to do the right thing. (Page 70, BB)

FIFTH STEP PRAYER

We thank God from the bottom of our heart that we know Him better. (Page 75, BB)

We ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last. (Page 75, BB)

SIXTH STEP PRAYER

Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all — every one? (Page 76, BB)

If we still cling to something we will not let go, we ask God to help us be willing. (Page 76, BB)

SEVENTH STEP PRAYER

MY CREATOR, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows. Grant me strength, as I go out from here to do Your bidding. AMEN. (Page 76, BB)

EIGHTH STEP PRAYER

If we haven't the will to do this, we ask until it comes. (Page 76, BB)

NINTH STEP PRAYER

We ask that we be given strength and direction to do the right thing, no matter what the personal consequences might be. (Page 79, BB)

Do I believe "faith without works dead"? (Page 76, BB)

So we clean house with the family, asking each morning in meditation that our Creator show us the way of patience, tolerance, kindliness and love. (Page 83, BB)

TENTH STEP PRAYERS

Continue to watch for selfishness, dishonesty, resentment and fear. When these crop up, we ask God at once to remove them. (Page 84, BB)

Everyday is a day when we must carry the vision of God's will into all our activities. "How can I best serve Thee—Thy will (not mine) be done". (Page 85, BB)

ELEVENTH STEP PRAYER

WHEN IN DOUBT: I was to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me. (Page 13, BB)

AT NIGHT: After making our review we ask God's forgiveness and inquire what corrective measures should be taken. (Page 86, BB)

IN THE MORNING: Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. (Page 86, BB)

IN THE MORNING: In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or decision. (Page 86, BB)

IN THE MORNING: We usually conclude the period of mediation 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 especially ask for freedom from self-will, and are careful to make no requests 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. (Page 87, BB)

ALL DAY: 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.' (Page 87, BB)

TWELVE STEP PRAYER

Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come IF your own house is in order. (Page 164, BB)

Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful. You should not hesitate to visit the most sordid spot on earth on such an errand. Keep on the firing line of life with these motives and God will keep you unharmed. (Page 102, BB)

OTHER RELATED PRAYERS

Take my will & my life. Guide me in my recovery. Show me how to live.

I'm sorry about the mess I've made of my life. I want to turn away from all the wrong things I've ever done and all the wrong things I've ever been. Please forgive me for it all.

Trust God – Clean House – Help Others

Suggestion for Daily Prayer & Mediation Practices

MORNING

- 1) **Say Set-Aside and Step 3 Prayer**
- 2) **Inspirational Reading:** (Big Book, Scripture, etc.).
- 3) **Preparation:**
 - a) Is my attitude one of prayerful attention?
 - b) What is my purpose?
 - i) To improve my conscious contact with God.
 - ii) To enhance my usefulness to others.
 - iii) To develop humility: makes it possible to receive God's help.
 - c) Who is God—"As I understand..."?
 - i) Is God: EVERYTHING? ALL KNOWLEDGE? ALL POWER? ALL LOVE? ALL PRESENCE?
 - d) Where is God? Do I believe God is deep down inside of me?
- 4) **Meditation: Use our mind to create our vision of God's will for us: (2 Minutes Minimum)**
 - a) My Attention God, please direct my thinking; especially divorce it from motives of: Selfishness, Resentment, Self-Seeking Fear, Self-Pity, Dishonesty
 - b) Please clear my thinking of wrong motives. Allow me to be attentive:

Think	about the 24 hours ahead (<i>doing</i>).	What will I <i>do</i> ?
Consider	my plans for the day (<i>being</i>).	Who will I <i>be</i> ?
Envision	my vision of God's will for me today (<i>intent</i>). How can I best serve You?	What is my vision?
Decide	to relax and take it easy; to stop struggling.	What action is suggested?

- 5) **Contemplation: Use our will to be present to the Presence of God: My Intention.**
 - a) Acknowledge and embrace the Mystery. Respond from your heart. Open, receptive and undefended. Be conscious of your intention.
 - b) Consent to the action of Love; be willing to be transformed.
 - c) Allow the Spirit to guide you and have Its way with you.

6) Concluding Prayer

Please	Please Give Me
Show me thru the day what my next step is	KNOWLEDGE
Give me whatever I need to take care of tasks and problems	POWER
Especially free me from Self Will.	FREEDOM
Show me the way of patience, tolerance, kindness and love	LOVE
Allow today's work to provide an opportunity to be useful and helpful. What can I do today for the person still suffering?	COMPASSION

7) Say Step Seven Prayer

ALL DAY

Pray for Knowledge and Power
 PAUSE frequently – when agitated or doubtful: ask for the right: Thought Or Action
 Many times a day humbly say "Thy will be done" :
 THINK what you can DO for others!

EVENING

- 1) **Purpose:** Identify and remove obstacles to the Sunlight of the Spirit. Say the Set-Aside Prayer
- 2) **Meditation: CONSTRUCTIVELY review my day (without fear or favor)**

Was I?	What Motives were under my:
Resentful?	Intentions?
Selfish?	Thoughts?
Dishonest?	Efforts?
Afraid?	Acts?

- 3) Do I owe an apology?
- 4) Have I kept something to myself which should be discussed with another person at once?
- 5) Was I kind and loving toward all?
- 6) What could I have done better?
- 7) Was I thinking of myself most of the time?
- 8) Or was I thinking of what I could do for others, of what I could pack into the stream of life?
- 9) Ask God's forgiveness!
- 10) Ask what corrective measures should be taken.
- 11) Thank God for blessings received!
- 12) Be willing to try again tomorrow!
- 13) Conclude with the Prayer of St. Francis

Guide to the Steps

Steps	Relationship With
1 – 3	God
4 – 7	Self
8 – 9	Others
10 – 12	Way of Life

Reflection Questions

What did I hear?

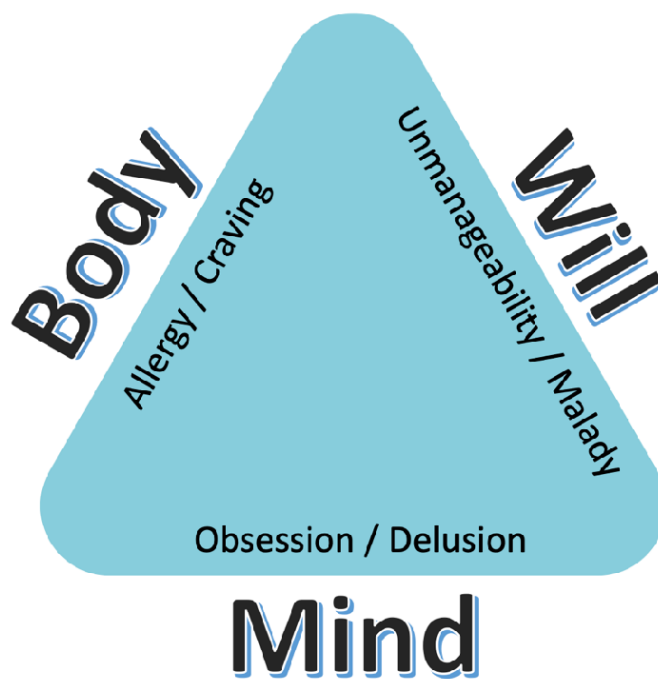
What does it mean?

How does it apply to me?

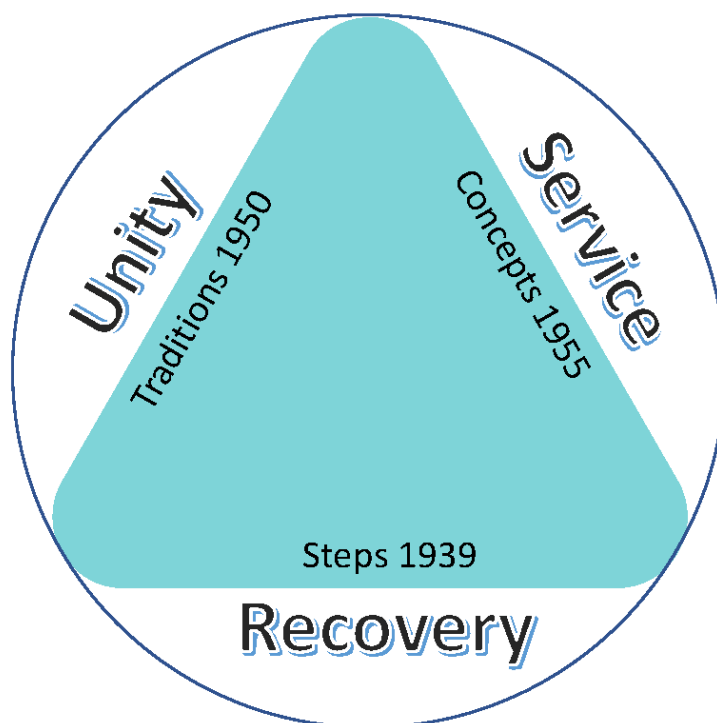
What is my experience?

What is the invitation?

The Problem



The Solution



Big Book of Alcoholics Anonymous

	CONTENTS		
	CHAPTER	PAGE	STEP
PROBLEM ↓	PREFACE	XI	
	FORWARD FIRST EDITION	XII	
	FORWARD SECOND EDITION	XV	
	FORWARD THIRD EDITION	XXII	
	THE DOCTOR'S OPINION	XXIII	
	1. BILL'S STORY	1	
	2. THERE IS A SOLUTION	17	
	3. MORE ABOUT ALCOHOLISM	30	Step 1 (note)
	4. WE AGNOSTICS	44	Step 2
	5. HOW IT WORKS	58	Steps 3 & 4
SOLUTION ↓	6. INTO ACTION	72	Steps 5 - 11
	7. WORKING WITH OTHERS	89	Step 12
		• CARRY THE MESSAGE	
		• PRACTICE PRINCIPLES	
	8. TO WIVES	SPOUSE / SIGNIFICANT OTHER	104
	9. THE FAMILY AFTERWARD	FAMILY	122
	10. TO EMPLOYERS	WORK	136
	11. A VISION FOR YOU	COMMUNITY / FELLOWSHIP	151
			Step 12

Exceptions to this structure: Bill's Story

- Pages 1 through 8 describe the **problem** = his powerlessness (Step 1)
- Pages 9 through 16 detail the **solution** = his recovery (Steps 2 through 12)

NOTE : The description of "unmanageability," the second half of Step 1, the spiritual malady, is described on pages 44 and 45, page 52 "bedevilment" paragraph, and pages 60 to 62 ("we are extreme examples of self-will run riot")

Interesting Facts:

- 64 pages = 34% of TEXT IS ON STEP 1
- 45 pages = 25% of TEXT IS ON STEPS 2-11
- 75 pages = 41% of TEXT IS ON STEP 12
- 184 PAGES (includes 20 pages of roman numerals)

Do I Have an Addiction?

Ask and Answer Honestly:

1. Have I ever been arrested or hospitalized after drinking alcohol, using drugs, or food?
2. Have I ever used more than I intended? Did I do it more than once ... twice ... three times?
3. Have I ever made a resolution to control my use of alcohol, drugs, food or behavior?
Was I unable to...consistently?
4. Have I ever quit on a voluntary basis? More than once ... twice ... three times?
5. For how long did I stop? Did I stay stopped? What was I thinking or feeling just before I began using or engaging in the compulsive behavior again?
6. Have I ever been asked to quit or moderate? By spouse/significant other? By family member? By employer? By clients? By court? By attorney? By doctor? By therapist/counselor? By friends?
7. Have I ever experienced lapses in memory (blackouts) while using alcohol, drugs, food or engaged in other compulsive behavior?
8. Have I ever had an accident (car, falls, etc.) or need medical help after drinking, using drugs, food or other compulsive behavior?
9. Have I ever lost a job or a relationship related to use of alcohol, drugs, food; or engaged in other compulsive behavior?
10. Have I ever been embarrassed by my behavior when drinking, using drugs, food other compulsive behavior?
11. Do I ever hide my drinking, drug, food, or any compulsive behavior use from anyone: significant other? Doctor? Employer? Therapist?
12. Do I ever drink alcohol, use drugs, or misuse food in the morning?
13. After drinking/drugging/eating heavily the day before, have I ever begun drinking/drugging/eating the next day to feel better?
14. Do I ever use alcohol, drugs, or food to wake up, go to sleep, increase or decrease my energy?
15. Do I ever feel a need for alcohol, drugs, or food to feel OK, especially in social situations?
16. Have I ever hurt or threatened anyone when drinking alcohol, using drugs, food or other compulsive behavior?
17. Do I ever have a strong physical or emotional craving for alcohol, drugs, or food?
18. Do I ever drink alcohol, use drugs, or eat food excessively, alone?
19. Does using alcohol, drugs, food, or engaging in other compulsive behavior ever interfere with the quality of any aspect of my life?
20. Does my drinking, drug use, eating or other compulsive behaviors **ever** make me unhappy or remorseful?

If you answered “Yes” to any question, you may need a professional assessment for possible addiction disorder.

Step One

Preparation for Step One: Our History of Suffering

Consider each decade of your life through the perspective of “suffering”. Where did your life feel like it was suffering? Was it consistent? Was there a pattern? Did it change as you grew older? (be as honest as you can) Keep it brief, for example: “22yr old – gambling lost rent money” or “45yr old – obesity/daily anxiety attacks” or “37yr old – gaming all night/trouble getting to work”.

Substance Addictions: alcohol, drugs, nicotine, food etc?

Process Addictions: gaming, shopping, gambling, pornography, working, internet, relationships, fantasy, people pleasing, co-dependency (CODA) etc?

0 – 10yrs • • • • • •	41 – 50yrs • • • • • •
11 – 20yrs • • • • • •	51-60yrs • • • • • •
21 – 30yrs • • • • • •	61-70yrs • • • • • •
31 – 40yrs • • • • • •	71-current • • • • • •

Step One Reflections

1. Where is my life not working? consider:

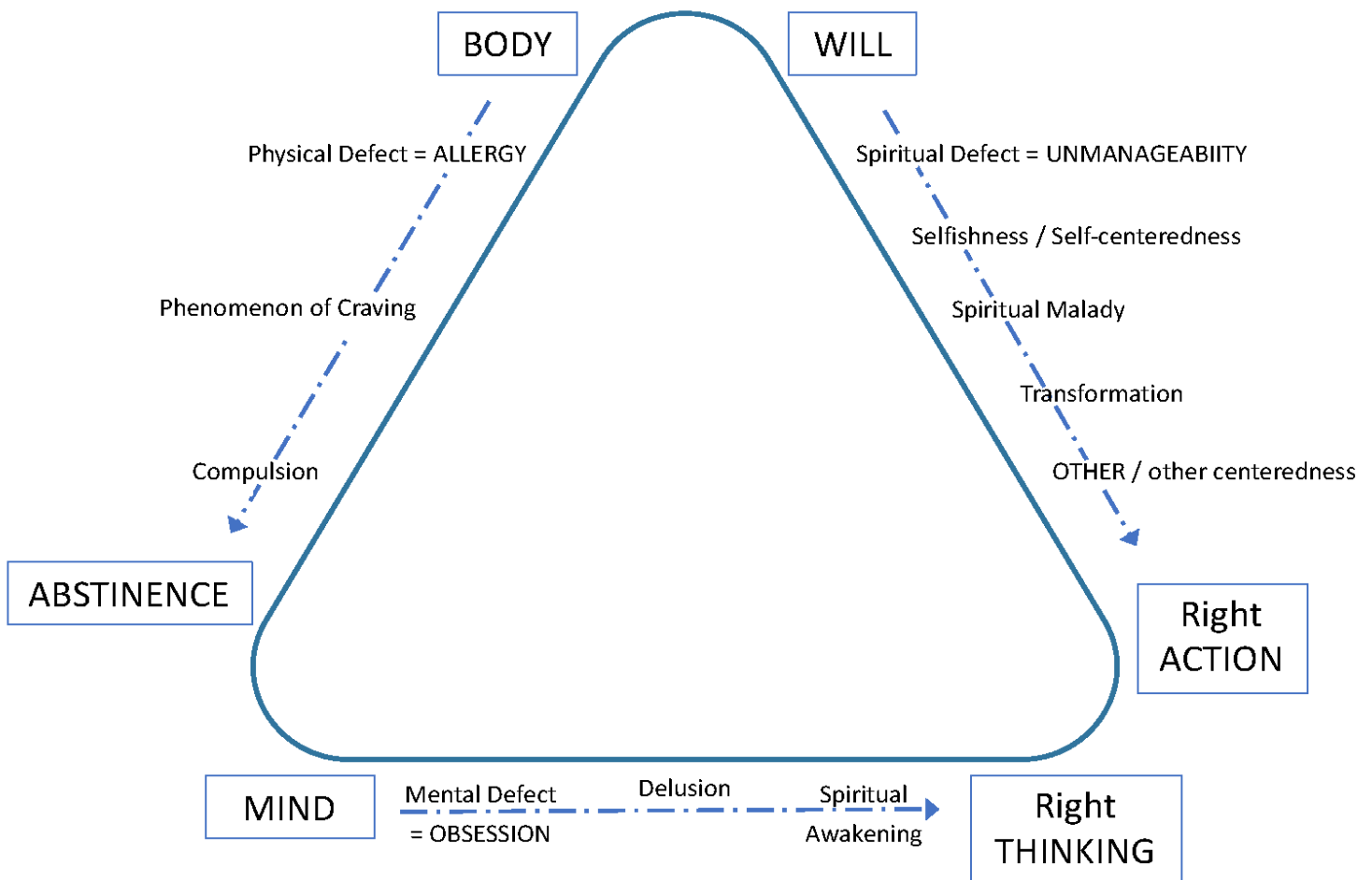
- Disturbances?
- Frustrations?
- Dishonesty?
- Unforgiving / Unforgiven?
- Secrets?

2. Are my efforts:

- Effective?
- Consistent?
- Lasting?
- Producing desired results?

3. Do I really want my life to change? Am I willing to change?

4. What change(s) would I like?



Bedevilments

- > *I am having trouble with personal relationships.*
- > *I can't control my emotional natures.*
- > *I am a prey to misery and depression.*
- > *I can't make a living ... that satisfies me.*
- > *I have a feeling of uselessness.*
- > *I am full of fear.*
- > *I am unhappy.*
- > *I can't seem to be of real help to other people... nor do I really care!*

Reality - A Perspective

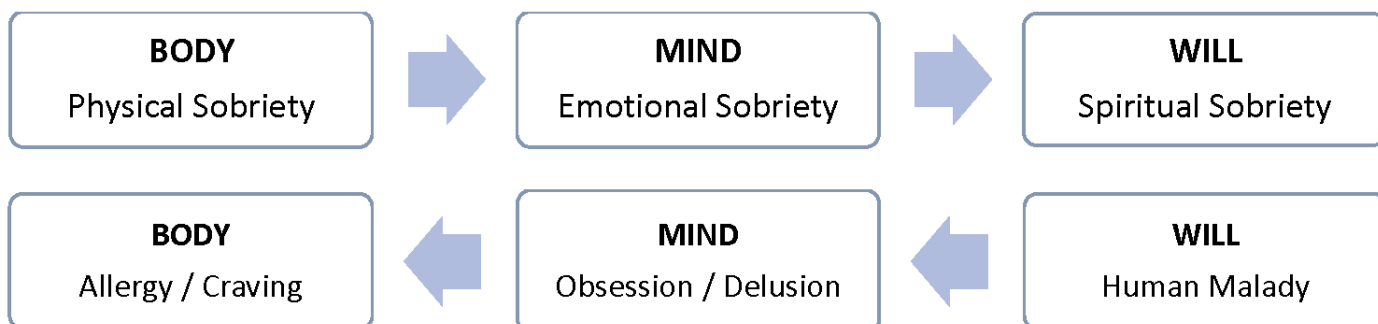
WHO AM I?

A finite material being

- BODY - to exist
- MIND - to know
- WILL - to decide

A finite created spirit

Process Not an Event



Body Worksheet

1) What is my experience with addiction?

2) What happens when I indulge in this addiction?

List 3 examples:

3) What is my history of attempts to deal with it – to stop after I start?

Describe 3 examples:

4) How successful have I been, once I start, control my substance use and/or behavior?

5) How honest have I been about it with others or myself – my efforts and failures?

Mind Worksheet

1) Have I made a resolution to stop any substance use or specific behavior? Be specific:
list 3 examples.

2) What do I think or feel just before I engage in and/or use that specific behavior AGAIN?
Am I even conscious? Or am I into it before I realize it?

3) How soon do I realize that I am doing it AGAIN?

4) How does that make me feel? What is my reaction?

5) Do I make another / stronger resolution to stay abstinent?

6) How well does this work? How successful have I been at staying abstinent?

7) How honest have I been with others or myself about it – my efforts and my failures?

Will Worksheet

1) Am I having trouble with personal relationships?

2) Can I control my emotions?

3) Am I a prey to misery and depression? Do I derive satisfaction from my way of life?

4) Am I or can I be self-supporting?

5) Do I feel useful?

6) Am I full of fear?

7) Am I unhappy?

8) Am I able to be a real help to others?

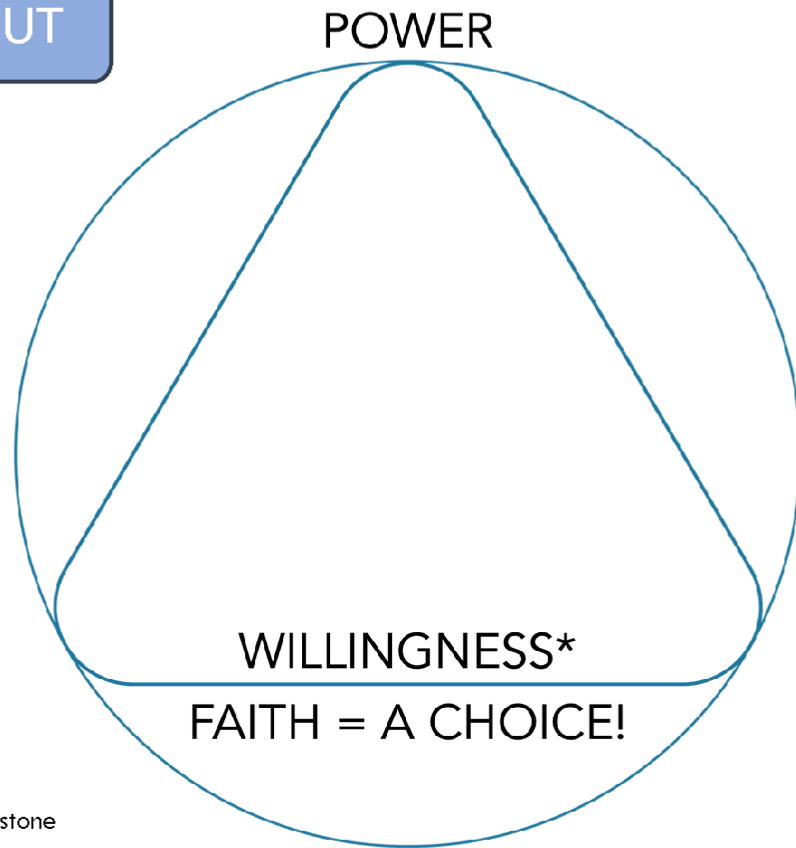
9) Do I really care to be useful?

10) How honest have I been with others or myself about these issues – my efforts and my failures; my doubts and my dissatisfactions?

11) Do I repeatedly do what I really don't want to do? Do I repeatedly don't do what I want to do?

Step Two

A Decision ABOUT



*Cornerstone

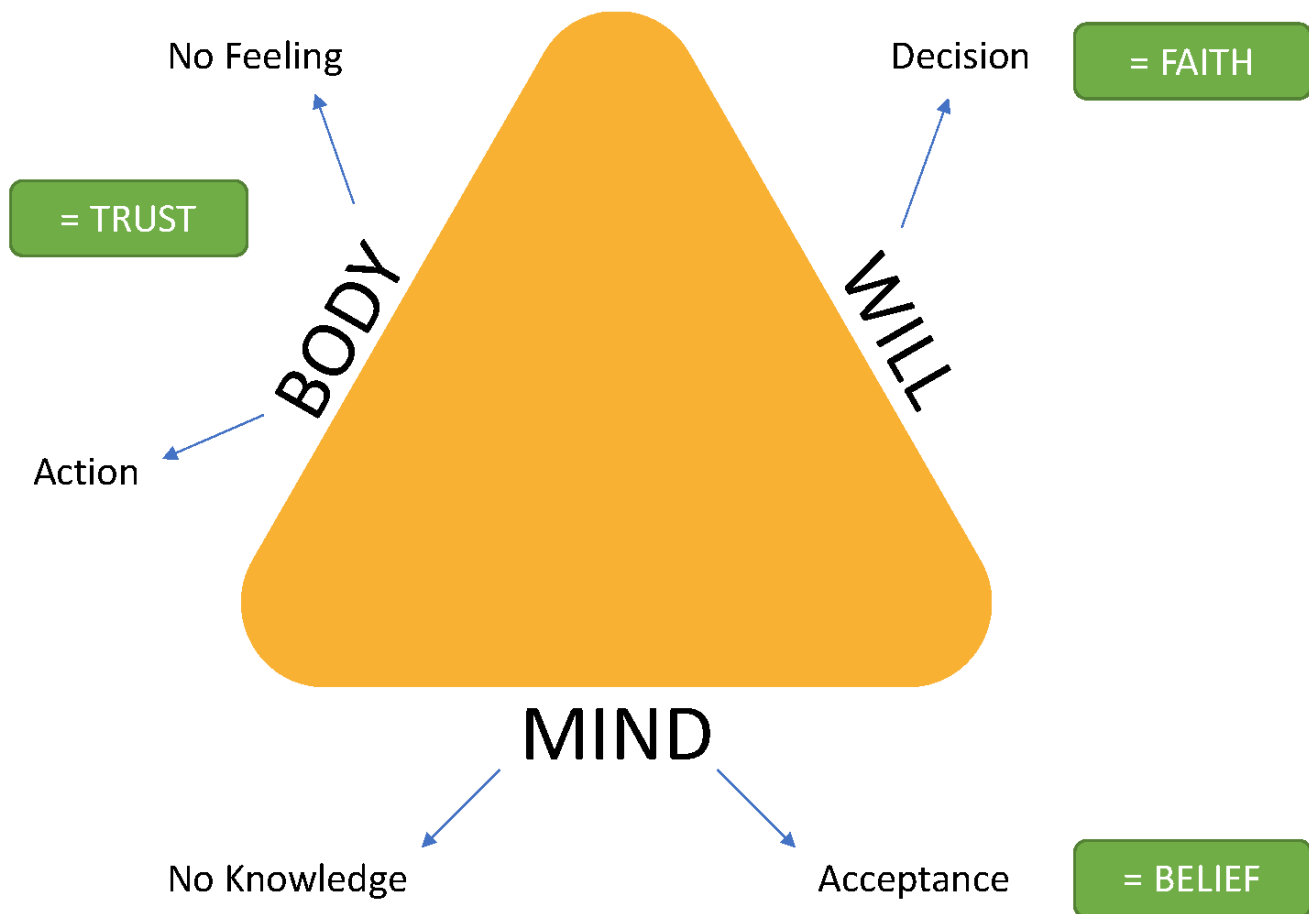
FAITH = DECISION

BELIEF = ACCEPTANCE OF THAT DECISION

TRUST = “ACT AS IF”

NOTE: How we BEHAVE tells us what we BELIEVE. How are you behaving today?

Faith - Process



Its not about how I FEEL (BODY)

– (e.g. Trust that this feeling will pass)

Its not about what I THINK (MIND)

– (e.g. Believe that acceptance can work for you)

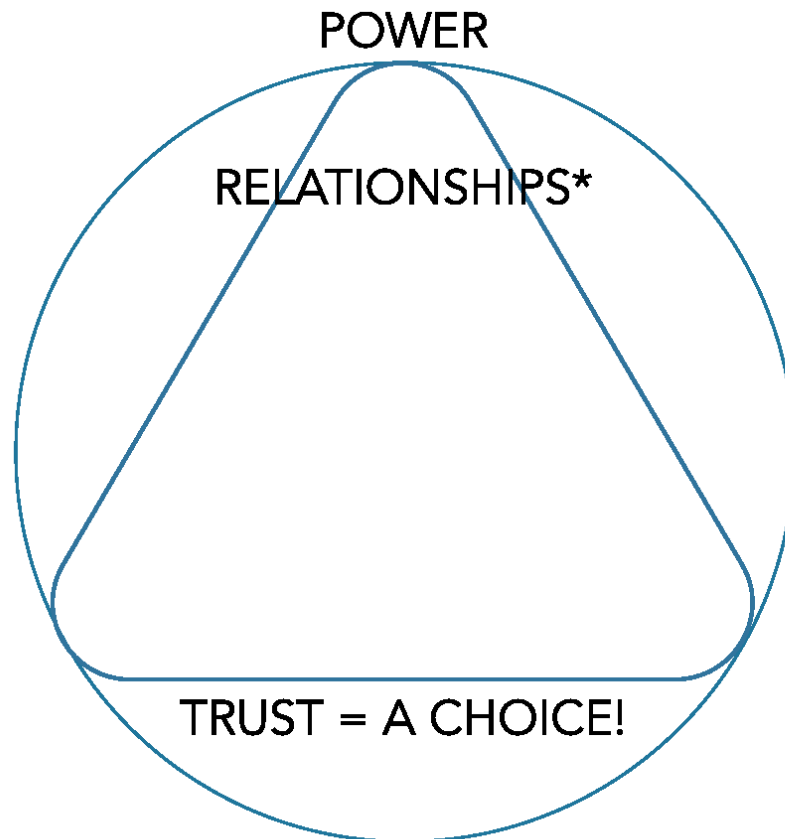
Its about what I DO

– (e.g. Faith that we are on the right course)

***When we DO differently, we begin to THINK and FEEL differently.
My actions show me what I believe (FAITH)***

Step Three

A Decision FOR

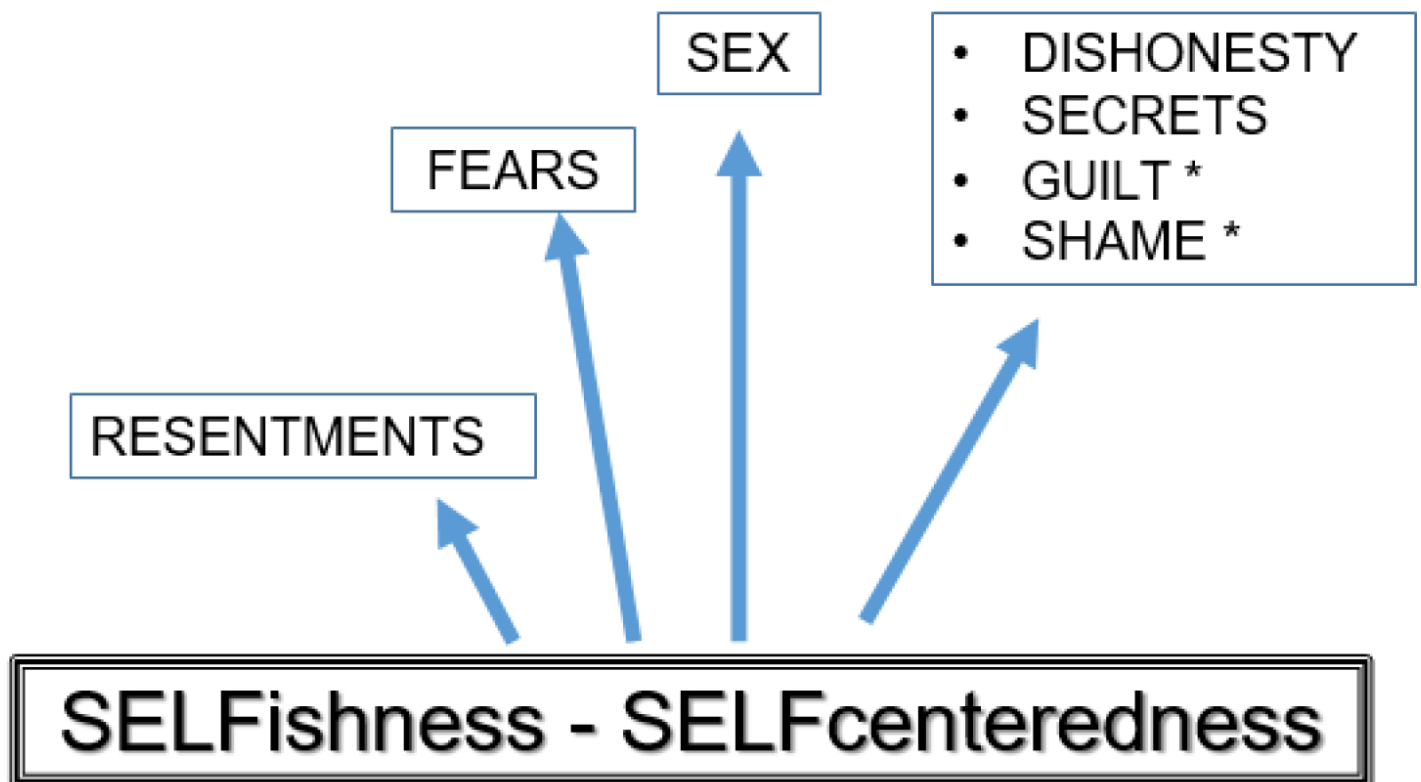


*Keystone

REMINDER AGAIN: It's not what we think or how we feel that determines our spiritual journey – it's what we are DOING? This is a program of ACTION. What are your feet doing today?

Step Four

Name OBSTACLES / IMPEDIMENTS



* Not in "Big Book"

Step Four: Resentments Column 1 Instructions

1. List your resentments
 - a. To begin, list a total of TEN people, institutions, and/or principles. Consider putting yourself on there too – but last (number 10). Consider the people you are in most frequently in contact with: family, co-workers, friends, etc.
 - b. Resentment is emotion felt over and over. The word "resent" actually comes from the Latin **resenesis**, which means "to feel again". It is not a memory of the anger. It is about a *current* emotion, disturbance or maybe an irritation.
 - c. See Big Book page 65 for examples. Your list below does not need to be in any order of priority.
2. Consider creating a short **prayer** for each of your column 1 people. If disturbed you can consider reading the Prayer for Deep Resentment (page. 26 WOL2022). An example prayer: "Save me from anger" / "Show me patience and tolerance" / "Help me to see the truth"

Step Four: Resentments Column 1 Worksheet

	Who/What did I resent	Use this column to enter a short prayer (any prayer) that spontaneously comes to you.
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Step Four: Resentments Column 2 Worksheet

Create and pray a "Set Aside Prayer" every time before you begin doing any part of the workshop assignments.

Your personal Set Aside prayer:

From Previous List	Brief example or reason for your resentment toward this person/institution or principle.	From Previous List	Brief example or reason for your resentment toward this person/institution or principle.
1	A.	6	A.
	B.		B.
	C.		C.
2	A.	7	A.
	B.		B.
	C.		C.
3	A.	8	A.
	B.		B.
	C.		C.
4	A.	9	A.
	B.		B.
	C.		C.
5	A.	10	A.
	B.		B.
	C.		C.

Step Four: Resentments Column 3 Worksheet

	<u>Column 1</u> When I resented:	<u>Column 2</u> for:
Set Aside prayer:		
Column 3: When this happened did it hurt, threaten, or interfere with my:		
1. Self Esteem What is my deep <u>belief</u> about who I am?	I am:	What is my fear?
2. Pride: How do I want other people to see me being treated? Put myself on stage with the other person; imagine a relevant audience watching	Others should see _____ treating me as:	
3. Ambition What do I want to happen?	I want:	
4. Security What do I need in order to be OK?	I need:	
	Why? <i>FOR ME TO BE OK.</i>	
5. Personal Relations How do I expect this relationship to be? Consider roles: "I expect mothers/fathers/friends/partners should..."	I expect:	
6. Gender Relations <i>What is my belief about men vs. women?</i>	A real/ideal/model woman should always (or is):	
	A real/ideal/model man should always (or is):	
7. Pocketbook What is the affected value? Consider: financial, emotional, material security; well-being etc.	Nothing should interfere with, affect, or lessen my:	

(Reproduce multiple copies as needed)

Step Four: Resentments Column 4 Worksheet

Column 1:		Column 2:	
Set Aside prayer:			
Column 4: MY PERCEIVED ROLE - like an actor in a play e.g. betrayed spouse, abused child, misunderstood person, abandoned parent, rejected friend, ignored citizen etc.	I believe I am the:		
	Is the event true or false? / Did it really happen?		
<i>Disregarding the other person/entity involved entirely, consider before/during/after the event that was/is the occasion for this resentment:</i> Where was I ... at the time of the actual event (THEN), or Where am I ... at the present time (NOW)			
1. Self-Seeking Behavior: "DOING" WHAT I DO – when I feel this resentment.			
2. Selfish Thinking: "THINKING" Self-centred thoughts/motives/attitudes – when I feel this resentment.			
3. Delusional or Dishonest: How am I misrepresenting myself or reality; lying, or omitting or deluding – when I feel this resentment?			
4. Afraid: Fear of not getting what I want or losing what I have. What fear comes up when I think about this resentment?			
5. Responsible: Where am I wrong, at fault/to blame or responsible for my feelings and behaviors when I feel this resentment?	Then – my contribution to the original event?		
	Now – my current reaction to the person/event?		
6. What harm did I cause this person? What is the actual negative impact of my actions on: (Pick only those that apply)	Physical (body):	Mental (mind):	
	Emotional (feelings):	Spiritual (relationship w/God):	
	Financial (money/time):	Other:	
7. What harm did I cause others? Specify negative impact.			
8. List any additional FEARS I've become aware of (not already listed)			
9. List the Character Defect(s).			
10. Why do I hold on to this resentment? Benefits/values to me?			
MY REAL ROLE in holding on to these negative feelings: it may be the direct opposite of my perceived role above.	I now realize I am the:		

(Reproduce multiple copies as needed)

Deep Resentment Prayer

GOD, *(insert name)*, LIKE ME, IS A SPIRITUALLY SICK PERSON.

PLEASE: *(consider choosing 3)*

- ☐ **HELP ME TO SHOW *(insert name)* TOLERANCE,
COMPASSION, AND PATIENCE.**
- ☐ **RELEASE ME FROM BEING ANGRY.**
- ☐ **ENABLE ME TO RELEASE THIS RESENTMENT.**
- ☐ **REMOVE THIS RESENTMENT.**
- ☐ **SHOW ME HOW TO TAKE A KINDLY AND TOLERANT
VIEW OF *(insert name)*;**
- ☐ **BRING ME TO ACCEPT REALITY AS IT IS; and**
- ☐ **SHOW ME HOW I CAN BE HELPFUL TO *(insert name)*.**

THY WILL BE DONE

"This was our course: We realized that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too. 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." BB p. 66-67

Deep Resentment Prayer

God, _____, Like Me, Is A Spiritually Sick Person.

Please: (pick 3)

- ☐ Help Me To Show _____ Tolerance, Compassion, And Patience.
- ☐ Release Me From Being Angry.
- ☐ Enable Me To Release This Resentment.
- ☐ Remove This Resentment.
- ☐ Show Me How To Take A Kindly And Tolerant View Of _____;
- ☐ Bring Me To Accept Reality As It Is; And
- ☐ Show Me How I Can Be Helpful To _____.

THY WILL BE DONE.

Deep Resentment Prayer

God, _____, Like Me, Is A Spiritually Sick Person.

Please: (pick 3)

- ☐ Help Me To Show _____ Tolerance, Compassion, And Patience.
- ☐ Release Me From Being Angry.
- ☐ Enable Me To Release This Resentment.
- ☐ Remove This Resentment.
- ☐ Show Me How To Take A Kindly And Tolerant View Of _____;
- ☐ Bring Me To Accept Reality As It Is; And
- ☐ Show Me How I Can Be Helpful To _____.

THY WILL BE DONE.

Deep Resentment Prayer

God, _____, Like Me, Is A Spiritually Sick Person.

Please: (pick 3)

- ☐ Help Me To Show _____ Tolerance, Compassion, And Patience.
- ☐ Release Me From Being Angry.
- ☐ Enable Me To Release This Resentment.
- ☐ Remove This Resentment.
- ☐ Show Me How To Take A Kindly And Tolerant View Of _____;
- ☐ Bring Me To Accept Reality As It Is; And
- ☐ Show Me How I Can Be Helpful To _____.

THY WILL BE DONE.

Deep Resentment Prayer

God, _____, Like Me, Is A Spiritually Sick Person.

Please: (pick 3)

- ☐ Help Me To Show _____ Tolerance, Compassion, And Patience.
- ☐ Release Me From Being Angry.
- ☐ Enable Me To Release This Resentment.
- ☐ Remove This Resentment.
- ☐ Show Me How To Take A Kindly And Tolerant View Of _____;
- ☐ Bring Me To Accept Reality As It Is; And
- ☐ Show Me How I Can Be Helpful To _____.

THY WILL BE DONE.

Deep Resentment Prayer

God, _____, Like Me, Is A Spiritually Sick Person.

Please: (pick 3)

- ☐ Help Me To Show _____ Tolerance, Compassion, And Patience.
- ☐ Release Me From Being Angry.
- ☐ Enable Me To Release This Resentment.
- ☐ Remove This Resentment.
- ☐ Show Me How To Take A Kindly And Tolerant View Of _____;
- ☐ Bring Me To Accept Reality As It Is; And
- ☐ Show Me How I Can Be Helpful To _____.

THY WILL BE DONE.

Deep Resentment Prayer

God, _____, Like Me, Is A Spiritually Sick Person.

Please: (pick 3)

- ☐ Help Me To Show _____ Tolerance, Compassion, And Patience.
- ☐ Release Me From Being Angry.
- ☐ Enable Me To Release This Resentment.
- ☐ Remove This Resentment.
- ☐ Show Me How To Take A Kindly And Tolerant View Of _____;
- ☐ Bring Me To Accept Reality As It Is; And
- ☐ Show Me How I Can Be Helpful To _____.

THY WILL BE DONE.

Step Four - FEAR TRAINS

Consider “What would happen if that were true?” “Then what would happen?” “Then what?” (Try to stay with the fear. What is it you FEAR will happen)?

*See the “Fear Train” example at the end of this WOL2022, for an example of how to complete this worksheet

Revised 7-Feb-23

Step Four: FEAR TABLE

After you do your FEAR TRAINS you may become aware of some core fears – these come up again and again. This table is to help you consider those core fears. *(See the example worksheet for how to fill this in).*

1. Name the FEAR	2. Why do I have it?	3. What behavior is manifest?	4. Name the opposite of the fear (the Principle or Action)?	5. What behavior would this manifest?

*See the “Fear Table” example at the end of this WOL, for an example of how to complete this worksheet

Principles & Actions

1. **HONESTY:** Facing and accepting the facts, the objective truth about reality. Conduct is fair and straightforward; means uprightness of character or action. Honesty implies a refusal to lie, steal, or deceive in anyway.
Action: CONCEDE “powerlessness” to our innermost self – to surrender/admit defeat.
2. **FAITH/HOPE:** A decision to believe and have complete confidence in God/HP/power-other-than-self, without logical proof or material evidence. To desire with expectation of fulfilment, to long for with expectation of obtainment, to expect with desire; desire accompanied by expectation of or belief in fulfilment.
Action: DECISION ABOUT “IT” – our concept.
3. **TRUST:** A decision for a covenant, an arrangement, by which something is transferred with assurance to someone with confident expectation of the proper use for a specified purpose; to commit to the care of someone's management; to confer a commission confidently; outward conduct is governed by implicit confidence and dependence on goodness and reliability of the recipient of this trust.
Action: DECISION TO TURN to be in alignment with “IT”; LIVE as if “IT” is real – our relationship.
4. **COURAGE:** Mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty; courage implies firmness of mind and will in the face of danger or extreme difficulty; willingness to face and accept the truth.
Action: NAME/ANALYZE the obstacles in us to our relationship with “IT” – to see and accept the truth.
5. **INTEGRITY:** An unimpaired condition; soundness; adherence to a code of moral, artistic, or other values; the quality or state of being complete or undivided.
Action: CONFESSION/REVELATION of all obstacles/secrets – to prepare for removal.
6. **WILLINGNESS:** Inclined or favorably disposed in mind; ready; prompt to act or respond without reluctance; or relating to the will or power of choosing.
Action: MAKE A LIST of our defects of character/shortcomings – to prepare for removal.
7. **HUMILITY:** Quality or state of being truthful; unpretentious, modest, not proud, or haughty; not arrogant or assertive; reflecting, expressing, or offered in the spirit of deference or submission; having a balanced, objective perspective.
Action: PRAYER/ACCOUNTABILITY – to request removal.
8. **COMPASSION:** Sorrow for the sufferings caused to others; a person's concern that freely seeks the good of another.
Action: MAKE A LIST of harms done by us to others – to identify them.
9. **JUSTICE:** The maintenance or administration of that which conforms to law, especially spiritual; honorable and fair dealing of persons with each other.
Action: CHANGE behavior; REPAIR damage; to embrace FORGIVENESS process.
10. **VIGILANCE:** Watchfulness; keeping awake and alert, especially to feelings of being “disturbed”. These ill-at-ease feelings are signals that we are in self-will and out of alignment with reality, as-it-actually-is. When we begin to exercise self-regulation, we correct our behavior, mold our mental faculties, and improve our moral character.
Action: Daily PRACTICE of awareness of feelings, using “spot check inventory” when disturbed, and applying the suggested remedy for emotional re-alignment (pray; talk; amend; help) – which develops our CONSCIENCE.
11. **AWARENESS:** Having or showing realization, perception, or knowledge; implies attentiveness in observing or alertness in drawing inferences from what one thinks, feels, sees or hears; developing our mindfulness.
Action: Daily PRACTICE of PRAYER & MEDITATION - to “improve” our CONSCIOUSNESS.
12. **ALTRUISM/LOVE:** Devotion to the welfare of others; behaviors done solely for the benefit of others; to be useful..

J.

PRINCIPLES: Foundational truths: core values which regulate moral behavior.

Where did the 12 Principles of AA come from?

The 12 Principles of AA is essentially the work of AA's founders, Bill and Dr.Bob. Early AA history listed six principles, many of which were influenced by the The Oxford Group. By 1939 and the publication of The Big Book, Bill and Dr Bob revised the principles, expanding them to reflect their experiences. You can find the term principles many times in the 164 pages of the The Big Book

- No one among us has been able to maintain anything like perfect adherence to these **principles**. (How It Works,_p.60)
- The main thing is that he be willing to believe in a Power greater than himself and that he live by spiritual **principles**. (Working With Others,_p.93)
- When dealing with such a person, you had better use everyday language to describe spiritual **principles**. (Working With Others,_p.93)
- My friend had emphasized the absolute necessity of demonstrating these principles in all my affairs. (Bill's Story,_p.14)
- We listed people, institutions or principles with whom we were angry. (How It Works,_p.64)
- It is hoped that this volume will afford all who read it a close-up view of the **principles** and forces which have made Alcoholics Anonymous what it is. (12&12 Foreword,_p.18)
- Quite as important was the discovery that spiritual principles would solve all my problems. (More About Alcoholism,_p.42)
- As our husbands began to apply spiritual principles in their lives, we began to see the desirability of doing so too. (To Wives,_p.116)
- Without much ado, he accepted the **principles** and procedure that had helped us. (To Employers,_p.139)
- When your prospect has made such reparation as he can to his family, and has thoroughly explained to them the new principles by which he is living, he should proceed to put those principles into action at home. (Working With Others,_p.98)
- As we discovered the principles by which the individual alcoholic could live, so we had to evolve principles by which the A.A. groups and A.A. as a whole could survive and function effectively. (Foreword to Second Edition,_p.xix)
- One more suggestion: Whether the family has spiritual convictions or not, they may do well to examine the principles by which the alcoholic member is trying to live. (The Family Afterward, p.130)
- As we discovered the principles by which the individual alcoholic could live, so we had to evolve principles by which the A.A. groups and A.A. as a whole could survive and function effectively. (Foreword to Second Edition,_p.xix)
- Though none of these principles had the force of rules or laws, they had become so widely accepted by 1950 that they were confirmed by our first International Conference held at Cleveland. (Foreword to Second Edition, p.xix)

Step Four: Sex Autobiography

Review your life regarding your sexual behavior (playing doctor, experimentation, encounters, rejected encounters, masturbation, relationships, lack of relationships etc.). This inventory is ONLY the sexual behavior you participated in willingly. If you identify a trauma experience please consider discussing it with a professional. Inventory is not designed to replace medical and professional support. Remember the story of The Broken Leg (i.e. a spiritual bypass) – we do not want to be in that spiritual bypass. Sometimes we do need extra and specific professional support. Be gentle with yourself.

Speak your personal Set Aside Prayer before you begin any of this STEP work.

Age	
0-10	
11-20	
21-30	
31-40	
41-50	
51-60	
61+	

Step Four: Sex Inventory

Review the facts of a particular incident from your sex autobiography. We are looking for **OUR MOTIVES**, and the impact on others of our actual **BEHAVIOR**.

Speak your personal Set Aside Prayer before you begin.

How did the encounter or relationship begin?	
What happened?	
What's the status now, or how did it end?	
1. Where had I been selfish?	
2. Where had I been dishonest? (By commission or omission)	
3. Where had I been inconsiderate?	
4. Whom had I hurt?	
5. Did I arouse jealousy?	
6. Did I arouse suspicion?	
7. Did I arouse bitterness?	
8. Where was I at fault?	
9. What should I have done instead?	

(Reproduce multiple copies as needed)

Step Four: Sex Ideal

Question 9 – What should I have done instead?

Collect all the answers to your question #9. These will help you become aware of your personal principles (the principles you actually value). These principles will guide your future behavior and sex conduct. They will form the basis of your “sex ideal”. Consider the guiding PRINCIPLE – e.g. honesty, loyalty, patience, punctuality, “don’t take yourself too seriously”, etc. (see page 42 & 43 for examples of PRINCIPLES)

Design and record your “Sex Ideal” below (remember this is not about “Ideal Sex”). Who do I want to BE?

Step Four: Dishonesty – Shame – Guilt Worksheet

Ask yourself where/when you have experienced:

1. Guilt	
2. Shame	
3. Embarrassment	
4. Dishonesty	
5. Irresponsibility	
6. Disturbance	

After praying the Set Aside Prayer, spend time reflecting (meditating) on each of these items and write out your thoughts, feelings and memories. Be specific.

- It is especially important to be specific about any area/item that you have conscious/intuitive awareness of **resistance** to disclosure; any area/event/behavior about which you have **current discomfort** or are currently disturbed.
- Err on the side of maximizing rather than minimizing. This is about “rigorous honesty” and about being transparent. This is about removing the sludge in us that blocks us from God/Power. ASK: How free do you want to be?

Step Four: Seven Deadly Sins

“To avoid falling into confusion over the names these defects should be called, let's take a universally recognized list of major human failings -- the Seven Deadly Sins of pride, greed, lust, anger, gluttony, envy, and sloth.” (*Twelve Steps and Twelve Traditions by Inc. Alcoholics Anonymous World Services. Step 4, p.48*).

1. Pride	an excessive view of one's self, without regard for others (controlling, co-dependent, martyr, expectant, negative, resentful, low self-esteem, needy, contrived)/ HUMILITY
2. Greed	excessive pursuit of material goods (selfish, control, dishonest, self-centered, self-pity, dominated by feelings, victim)/ CHARITY
3. Lust	a strong passion or longing – especially for sexual desires (given to fantasy, fear, inattentive, self-centered, inconsiderate, obsession, diverting from reality)/ CONSIDERATE OF OTHERS
4. Anger	a strong anger (wrath) and hate towards another person (judgmental, intolerant, bitter, controlling, disrespectful, competitive, insensitive (to others), feeling worthless, self-deceit, jealous, dishonest) / PATIENCE
5. Gluttony	an excessive and ongoing eating of food and drink (impulsive, in dis-ease, anxious, diverting from reality, fantasy, blaming, insecure, over-dramatic, materialistic, self-centered, need for immediate gratification) / TEMPERANCE
6. Envy	the intense desire to have an item that someone else possesses (self-pity, self-loathing, self-condemning, dominated by feelings, aloof, victim, withdrawn, inhibited, fear of fear) / KINDNESS
7. Sloth	an excessive laziness or failure to act and utilize one's talents (self-neglect, compliant, self-depreciating, stubborn, neglectful, aggressive, dependent, fear of change, inattentive, fantasy-thinking) / DILIGENCE

After praying the Set Aside Prayer, spend time reflecting (meditating) on each of these items and write out your thoughts, feelings and memories. Be specific.

- It is especially important to be specific about any area/item that you have conscious/intuitive awareness of **resistance** to disclosure; any area/event/behavior about which you have **current discomfort** or are currently disturbed.
- Err on the side of maximizing rather than minimizing. This is about “rigorous honesty” and about being transparent. This is about removing the sludge in us that blocks us from God/Power. ASK: How free do you want to be?

Step Four: Secrets Worksheet

Do you have **any** secrets? Is there any experience, incident, or embarrassment that has not been shared? ... with which you are still uncomfortable? Please use this private space to write them out, or a word or token to remind yourself of them.

After praying the Set Aside Prayer, spend time reflecting (meditating) on each of these items and write out your thoughts, feelings and memories. Be specific.

- a. It is especially important to be specific about any area/item that you have conscious/intuitive awareness of **resistance** to disclosure; any area/event/behavior about which you have **current discomfort** or are currently disturbed.
- b. Err on the side of maximizing rather than minimizing. This is about “rigorous honesty” and about being transparent. This is about removing the sludge in us that blocks us from God/Power. ASK: How free do you want to be?

Step Five

Removal of Obstacles

(Process of confession)

Have different parts of your work ready

1. RESENTMENTS
 - a. are they done? Are 3rd and 4th columns stapled together?
2. FEARS
 - a. Collect all your fear trains. Are they done?
 - b. Collect your fear tables. Are the finished?
3. SEX
 - a. Have you done the 9 questions
 - b. Have you collected the 9th question and put them all on one piece of paper?
 - c. Have you finished the Sex Ideal
4. SECRETS
 - a. Is there anything else? Have you meditated on any secrets?
 - b. Are there any considerations of guilt or shame that you might want to mention?
 - c. Remember: These can be items that you bring up with a therapist/lawyer/professional rather than a sponsor?
 - d. Am I withholding anything?
5. Am I ready? Then we go to it!

Step 5 Promises

We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past. 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 (*or the food, the drugs, acting-out around people or behaviors etc.*) has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe. (AA p. 75)

Step Six

Step Six – Character Defects Worksheet

Column 1	Column 2	Column 3	Column 4	Column 5
Character Defect	What is my behavior?	What am I defending? What is the payoff?	What is the opposite of this defect?*	What behavior would this virtue manifest?*

*See the “Step 6” example table at the end of this document for how to complete this worksheet

Step Seven

Shortcomings

Powerless to remove them.

Accept powerlessness.

Pray for removal

Be Accountable

ADAPTED SEVENTH STEP PRAYER

(Page 76 BB) with two example defects from a Step 6 inserted

MY CREATOR, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character ... *including being judgmental and gossiping* ...which stands in the way of my usefulness to you & my fellows. Grant me strength, as I go out from here to do Your bidding. AMEN

Step Eight

List of Harms

Negative impact of my behavior on persons or institutions	
1. Who did I diminish?	
2. What did I do?	
3. What harm did I cause?	
4. What specific actions are necessary for me? <i>(to change my behavior, to repair damage to others)</i>	
5. Am I WILLING to repair damage?	

Forgiveness is a Process ... It's NOT an Event

Forgiveness is a DECISION
-To release them, and then
- To be released

What is Forgiveness?

<i>Forgiveness is NOT to...</i>	<i>Forgiveness IS A DECISION not to ...</i>	<i>Forgiveness Is a Decision to...</i>
<ul style="list-style-type: none">• Forget• Condone• Tolerate• Ignore• Approve• Excuse• Minimize• Pardon• Invite to hurt again• Deny• Absolve• Reconcile• Surrender justice	<ul style="list-style-type: none">• Retaliate• Exact revenge• Seek compensation• Judge	<ul style="list-style-type: none">• Release them• Release ourselves• Be released

What is the Forgiveness process?

Name it. Accept the facts: Betrayal = it did happen; I was hurt.

Open your mind, memories and heart to remember the hurts, the wounds, where and when you have been let down, dishonored, abused, lied to, cheated on; diminished in spirit and emotion; diminished physically and financially.

Bring to your mind, to your memory and to your heart a picture of the betrayer; your father, mother, husband, wife, boyfriend, girlfriend, brother, sister, relative, friend; have you been betrayed by your school, church, the judicial system, healthcare system, legal system, the government?

Be Willing to Decide to Release Them & Myself

This is the REALITY—it did happen—we have been betrayed, hurt and deeply wounded. Name it and accept it. It's tragic and it's true.

Understand it. I had hopes and expectations. They were not met. Accept the facts of the process of forgiveness: I can be healed from these soul wounds. The process begins when I decide to release them and myself; to release my current feelings about the events of my past.

- To forgive is not to condone or excuse the behavior. What was done was wrong.
- To forgive is not to pardon—that's not mine to give—I don't have the power to absolve.
- To forgive is not to forget. I am saddened by the memory, must grieve the event, and resolve to never let it happen again.
- To forgive is to release from debt; to release from the demand for retribution or retaliation.
- To forgive is to surrender the right to get even; to release my current feelings about my past "rights".

Identify the rules. My beliefs – My "unenforceable" rules.

To forgive them is to take responsibility for my part, which may only be that I have been holding onto these memories, these feelings, and have allowed them to continue to devastate my physical, emotional and spiritual life. Am I willing to acknowledge my beliefs, my unrealistic rules, my naive expectations? Am I willing to release my feelings about the event?

Acknowledge reality. To forgive myself is to experience my regret, remorse, sorrow for who I've been, how I've acted, and how I hurt others – and to commit to change my behavior. Am I willing to release my feelings and assume a new attitude? The reality is that as long as I hold onto these hurts, they possess me; actually, they poison me physically, emotionally, and spiritually.

Accept responsibility. How long am I going to carry these wounds? How long am I going to be shackled to this garbage barge of memories of hurt, anger and shame?

- Some spiritual traditions believe that I am forgiven just to the extent that I forgive; or that I am released just to the extent I release others.
- Look at my own brokenness— the many betrayals for which I have been responsible. Look at my motives, my role, in the events in which I find myself betrayed. Where was I selfish, self-seeking, dishonest, angry or afraid?
- In light of my own brokenness, look at their brokenness— see them like me— those that hurt me are themselves hurt, fearful, wounded, sick people— human beings twisted by their own personal histories.
- Embrace compassion both for them and for myself: they have suffered; they act out of their suffering. I have suffered; I act out of my suffering. Look for similarities rather than differences.

Forgiveness is the Release of Others & Harm Caused

I am a weak, wounded human being, full of defects—attempting to survive the difficulties of life and find a little security, peace and happiness. Forgiveness is the release of others and my feelings about the harm they have caused me. The truth is forgiveness often follows deep acceptance of and repentance for my own harmful actions to others.

Make a decision. I am powerless to name and accept the truth of the harm I have done; I am likewise powerless to release the memories of the hurt others have done to me.

Despite this powerlessness, I have a responsibility to decide not to live in the past. I have a responsibility to decide to live in the present, to accept reality as it is – not as it “should be” or as I want it.

Implement decision. Am I willing to embrace the process and release them?

Take action. Am I willing to pray for the power?

- To ask for knowledge of the truth?
- To ask for freedom from the bondage of my own history?
- To wish for the spiritual healing of those persons, institutions, or events that have harmed me?
- To forgive myself—to let go of self-condemnation, morbid reflection, remorse, my temper, my addictions, my vanities, my arrogance, my smugness, my victim stance; to let go of my failures, to do what I must and become who I really am?
- To change my attitude and my actions?

Am I willing to pray for the power:

- To love them as I want to be loved?
- To see the world and the people in it from God’s point of view? To see and accept reality? To identify and release my “unenforceable rules”?
- To act better than I feel?

Invite the healing Spirit of the Universe:

- Into my mind—that my memories may be healed
- Into my heart—that my feelings may be healed
- Into my soul—that my human spirit may be healed and flourish

Healing Spirit of the Universe:

- Enable me to be willing to let go and to forgive: to release and to be released
- Enable me to be willing to be restored to sanity – to healthy thinking
- Enable me to be willing to be taken to a place of serenity – to accept reality as it is
- Enable me to be willing to find freedom – to act with the intention of compassion and loving kindness

Holy Spirit, breathe Your Loving Spirit into me.

- Enable me to live from a vision of being tender love and a witness to the benefits of hope

Step Nine

Amends Process

NAME:	
1. Make an appointment	
2. Describe the harm	
3. Suggest the amends	
4. Give space for them to consider: -other harm -other amends	
5. Have an exit plan	

Bedevilments Transformed to The Promises

BEDEVILMENTS

(Big Book, p52)

We were having trouble with personal relations.

We couldn't control our emotional natures.

We were prey to misery and depression.

We couldn't make a living.

We had a feeling of uselessness.

We were full of fear.

We were unhappy.

We couldn't seem to be of real help to other people.

And most of all

PROMISES

(Big Book, p83)

We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away.

We will comprehend the word serenity and we will know peace.

Our whole attitude and outlook upon life will change.

Fear of people and economic insecurity will disappear.

That feeling of uselessness and self-pity will disappear.

We will intuitively know how to handle situations that used to baffle us.

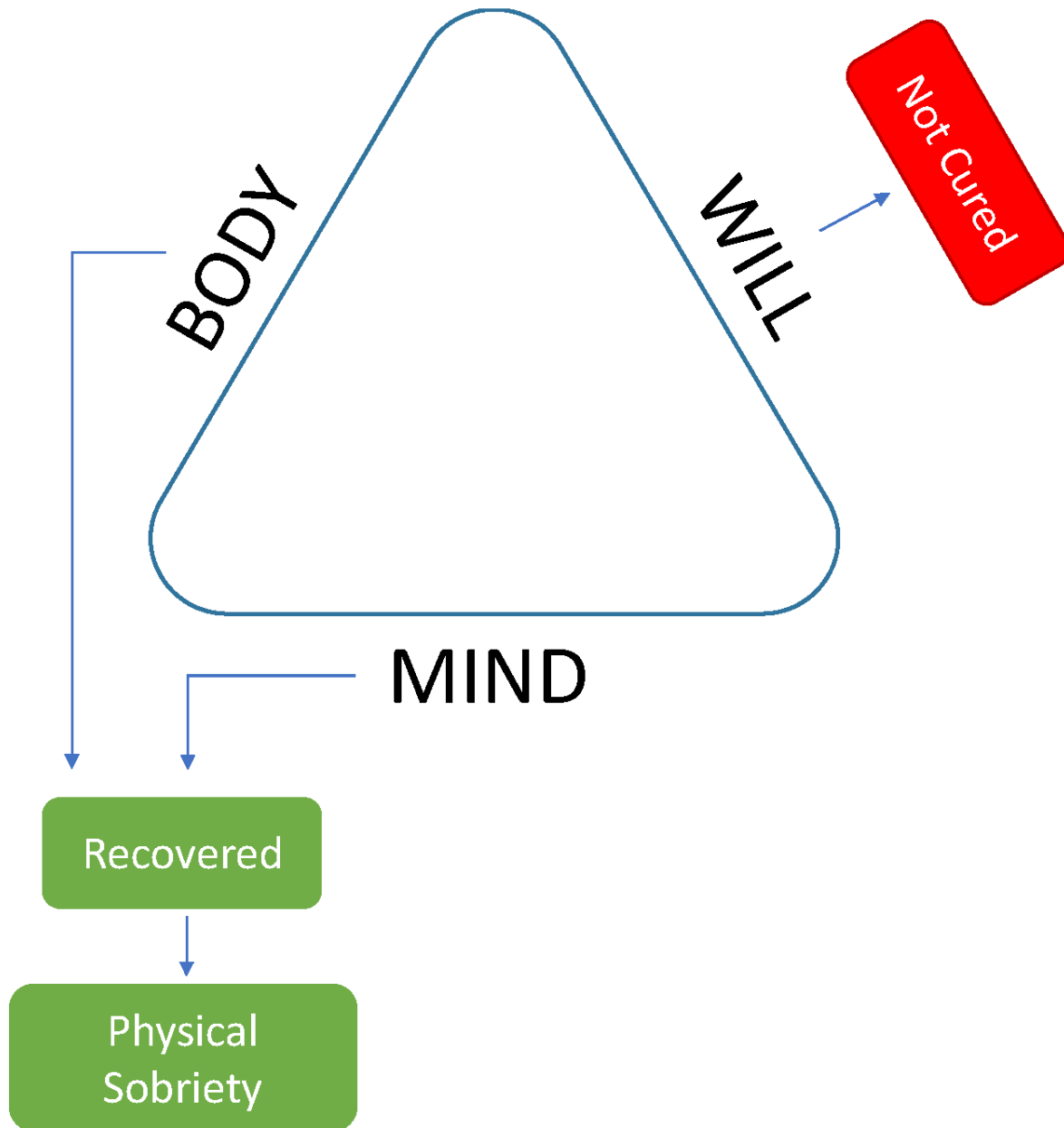
We are going to know a new freedom and a new happiness.

No matter how far down the scale we have gone, we will see how our experience benefit others.

We will suddenly realize that God is doing for us what we could not do for ourselves.
They are being fulfilled among us.
They will always materialize if we work for them.

Step Ten

Our Way of Life



Step Ten Inventory

Watch for being “*disturbed*”:

- Resentment
- Fear
- Dishonesty
- Selfishness

Take action “*on the spot*”:

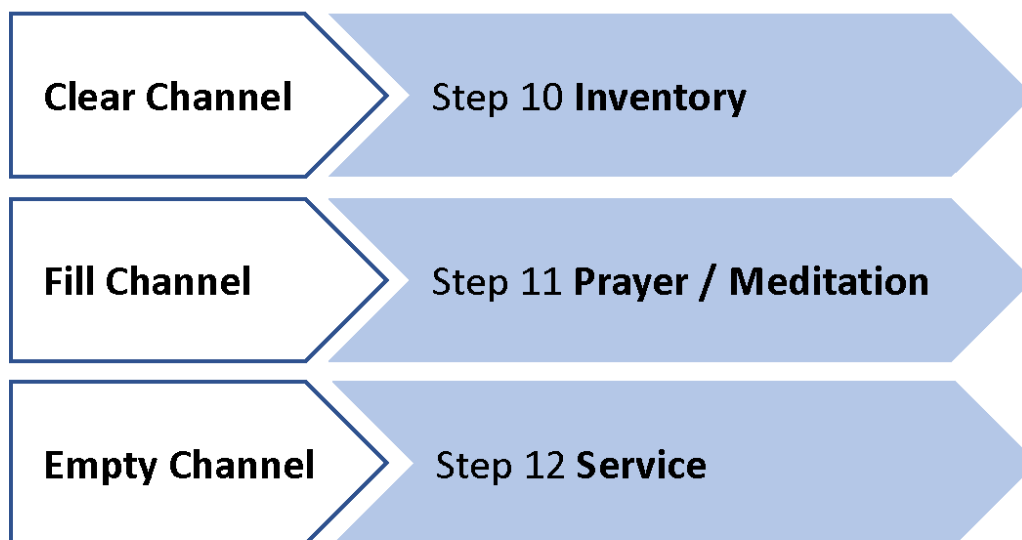
- Pray
- Discuss
- Amend
- Help

Results:

- Forgiveness
- Trust
- Honesty
- Love

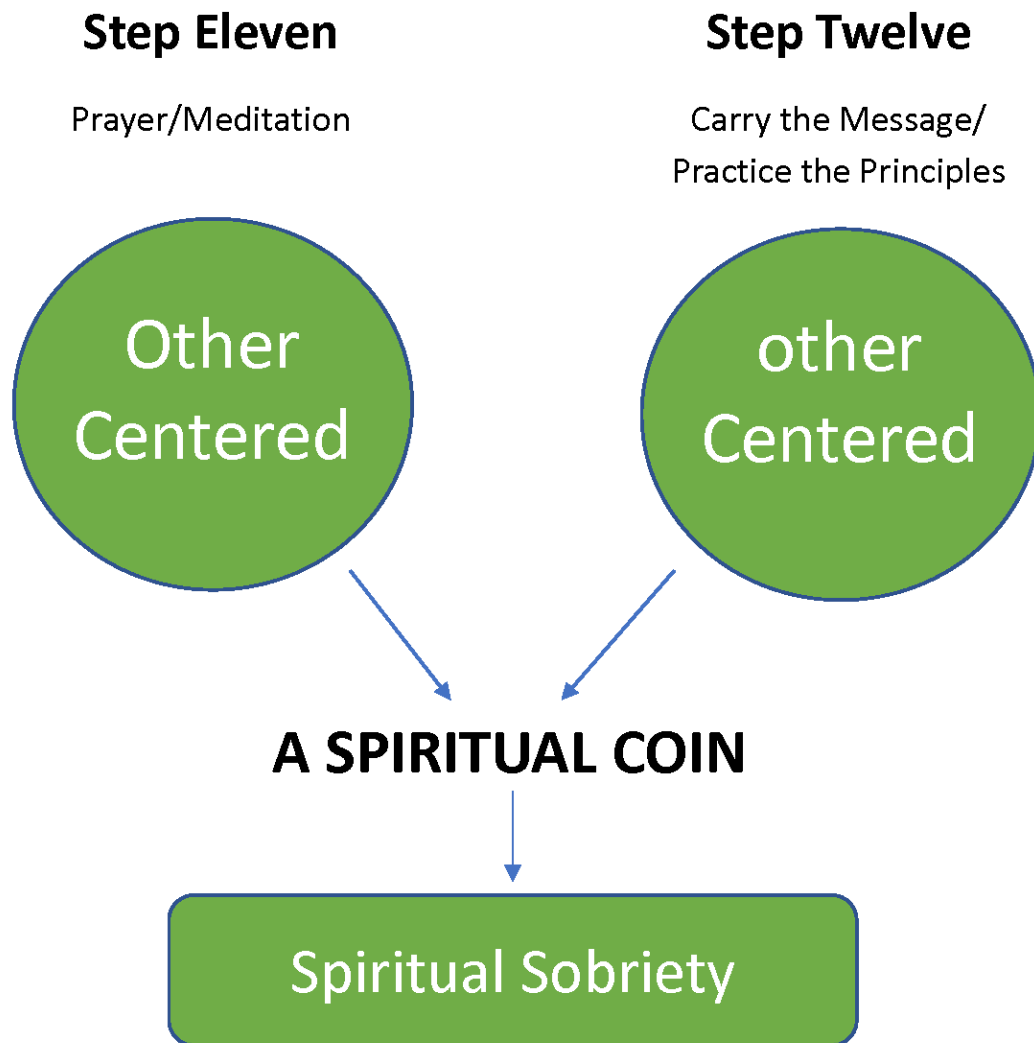


Emotional
Sobriety



Steps Eleven & Twelve

Our Way of Life



Step Twelve

Spiritual Awakening



Change:

Think • Feel • Behave

It is done *to* us;
not *by* us; but
not without us!

Carry the Message = Immunization

Practice the Principles = Integration

In our Significant Relationships

- Family
- Work
- Fellowship / Community

- 1) Find a person (addict) who wants to recover (proactively search out).
- 2) Find out all you can about them in order to put yourself in their place:
 - a) Indirectly, from a person close to them (their family)
 - b) Directly from the problem person. Share yourself with them, especially attempt identification with addiction experiences
- 3) Ask them if they want to quit for good and are ready to go to any extreme to do so – applying the 12 Steps to their personal life.
- 4) Stress the hopelessness. Relate your specific experience with the physical allergy and the mental obsession. Help this person connect their experience to powerlessness with addiction. Let them draw their own conclusion.
- 5) Tell them exactly what happened to you; stress the spiritual. They need to be willing to believe in a Power greater than themselves and to live by spiritual principles (but no specific dogma).
- 6) Be sane, quiet and full of human understanding.
- 7) Outline the program of action:
 - a) Inventory
 - b) Amends
 - c) Daily prayer and meditation
 - d) Helping others
- 8) Tell them about the Fellowship. Tell them that if they want to get well you will do anything to help.
- 9) If they are sincerely interested; give them the Big Book and ask them to read it.
- 10) Share your practical experience with the Steps. Make yourself available for the Third and Fifth Steps (and Seventh if requested).
- 11) Help them get a job, give them a little financial assistance, or provide shelter in your home. Help but do not enable. Recovery is not dependent upon people. It is dependent upon the person's relationship with Power.
- 12) "Your job now is to be at the place where you may be of maximum helpfulness to others" (page 102).

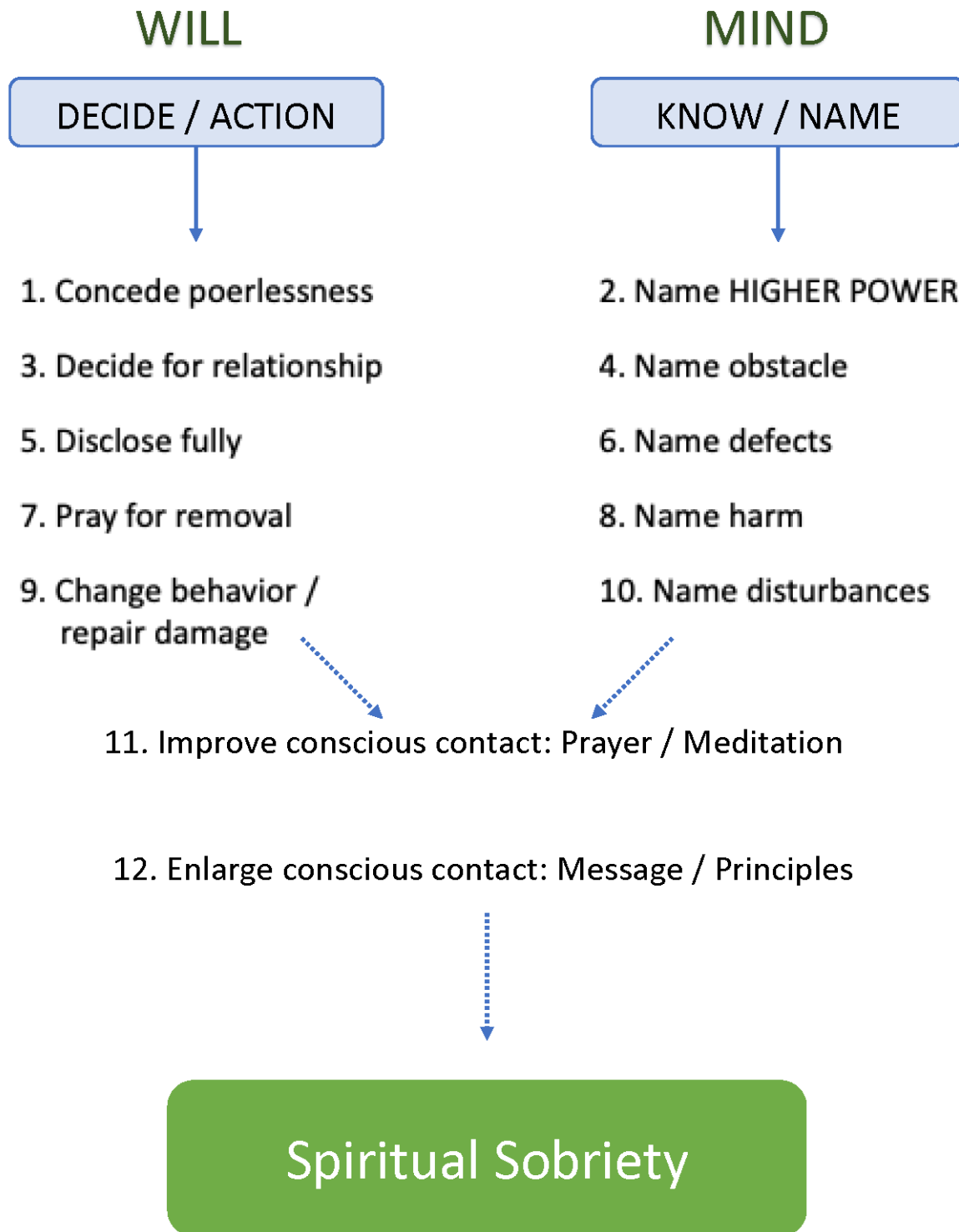
*Modified to include all addictions

Profile of a Sponsor

- | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">1) Has had a spiritual awakening: a change in their thinking, feeling, and especially in their behavior2) Appears to have what you want3) Has a sponsor to whom they hold themselves accountable4) Willing to allocate time: meet; return calls; work Steps5) Has knowledge and experience with Big Book; has completed Steps6) Goes to meetings; has a home group7) Operates their life based on spiritual principles8) Genuinely wants to be helpful9) Has a positive attitude10) Has a consistent, daily Prayer and Meditation practice11) Listens; is patient; has common sense12) Has a personal life that is attractive: relationships; work; fun13) Shares experience and knowledge; not opinions14) Has some humility; acknowledges limitations15) Is confidential and trustworthy16) Embraces anonymity: theirs and yours17) Respects: does not guilt or shame18) Minimizes conversations about outside issues19) Willing to admit mistakes; knows their own limitations; undefended20) Interested in you having your own experience; not theirs | <ul style="list-style-type: none">21) Is inclusive; wants to be helpful; open to outside resources: medication; therapy; other professional interventions22) Familiar with Traditions, Concepts and Twelve Step History23) Knows the sponsor role is not:<ul style="list-style-type: none">a) Parentb) Financierc) Judged) Therapist/MD/Rxe) Teacherf) Hotelg) Disciplinarianh) Employeri) Attorney24) Is NOT an enabler; competitive; invested/attached; controlling; manipulative25) Is honest; non-judgmental; tolerant; patient; compassionate; encouraging; flexible26) Makes suggestions, not rules/requirements/mandates27) Does not protect you from consequences of your actions28) Is a guide, mentor, coach, cheerleader, and an accountability partner29) Is a role model: as a healthy human being30) Sees role: to be helpful/useful; a lantern, not the light31) Walks the walk!32) And most of all: Enjoys their sobriety!! |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Dynamics of Twelve Steps

Reflects the two functions that make us specifically human.



Twelve Step Program

MEETINGS

= Identify Problem

BIG BOOK

= Instruction Manual / Textbook

12 STEPS

= Precise Process / Method / Path

PRAYER & MEDITATION

= Power & Guidance

MESSAGE & PRINCIPLES

= Awakening / Contrary Actions

SPONSOR*

= Guide / Accountability Partner

* The word "sponsor" is not in the Big Book (Title Page to Page 164)

Appendixes

Spiritual Awakening



A Chinese Legend (The Bamboo Story)

Look at that curve in the River of Ch'i With the green bamboos so luxuriant.

Once upon a time, in the heart of the Western Kingdom, lay a beautiful garden. And there in the cool of the day was the Master of the Garden wont to walk. Of all the denizens of the garden, the most beautiful and most beloved was a gracious and noble bamboo. Year after year, Bamboo grew yet more noble and gracious, conscious of his Master's love and watchful delight, but modest and gentle withal. And often, when wind came to revel in the garden, Bamboo would cast aside his grave stateliness, to dance and play right merrily, tossing and swaying and leaping and bowing in joyous abandon, leading the Great Dance of the Garden which most delighted the Master's heart.

Now upon a day, the Master himself drew near to¹ contemplate his Bamboo with eyes of curious expectancy. And Bamboo, in a passion of adoration, bowed his great head to the ground in loving greeting. The Master spoke: "Bamboo, Bamboo, I would use thee."

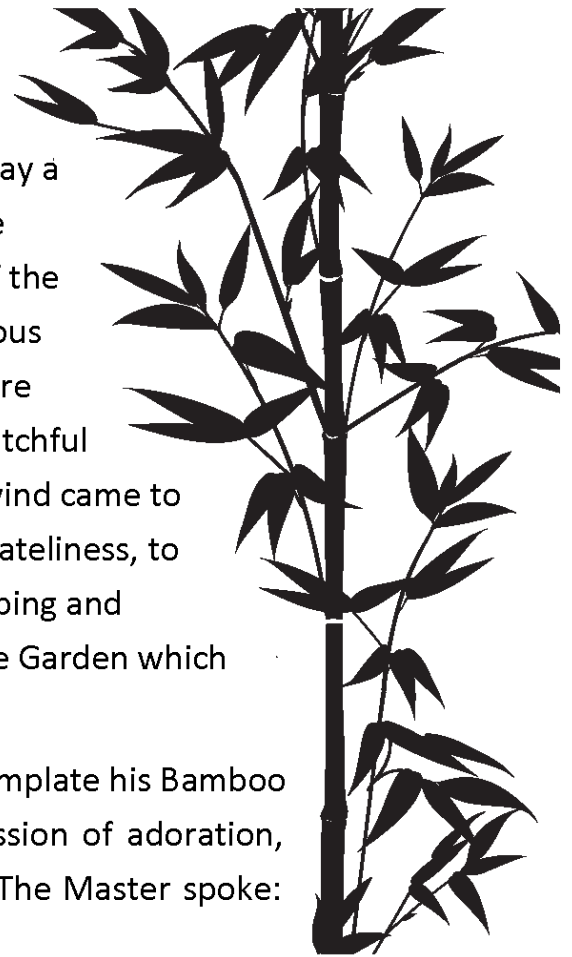
Bamboo flung his head to the sky in utter delight. The day of days had come, the day for which he had been made, the day to which *he* had been growing hour by hour, the day in which he would find his completion and his destiny. His voice came low: "Master, I am ready. Use me as thou wilt."

"Bamboo"--the Master's voice was grave--"I would fain take thee and--cut thee down!"

A trembling of a great horror shook Bamboo. "Cut . . me down? Me . . whom thou, Master, hast made the most beautiful in all thy garden . . to cut me down! Ah, not that, not that. Use me for thy joy, O Master, but cut me not down!"

"Beloved Bamboo"--the Master's voice grew graver still--"if I cut thee not down, I cannot use thee."

The garden grew still. Wind held his breath. Bamboo slowly bent his proud and glorious head. There came a whisper: "Master, if thou canst not use me but thou cut me down . . then . . . do thy will and cut."



"Bamboo, beloved Bamboo, I would . . cut thy leaves and branches from thee also."

"Master, Master, spare me. Cut me down and lay my beauty in the dust; but wouldst thou take from me my leaves and branches also?"

"Bamboo, alas, if I cut them not away, I cannot use thee."

The sun hid his face. A listening butterfly glided fearfully away. And Bamboo shivered in terrible expectancy, whispering low: "Master, cut away."

"Bamboo, Bamboo, I would yet . . . cleave thee in twain and cut out thine heart, for if I cut not so, I cannot use thee."

Then was Bamboo bowed to the ground. "Master, Master . . then cut and cleave."

So did the Master of the garden take Bamboo and cut him down and hack off his branches and strip off his leaves and cleave him in twain and cut out his heart. And lifting him gently, carried him to where was a spring of fresh, sparkling water in the midst of his dry fields. Then putting one end of broken Bamboo in the spring and the other end into the water channel in his field, the Master laid down gently his beloved Bamboo. And the spring sang welcome and the clear sparkling waters raced joyously down the channel of Bamboo's torn body into the waiting fields. Then the rice was planted, and the days went by, *and* the shoots grew and the harvest came.

In that day was Bamboo, once so glorious in his stately beauty, yet more glorious in his brokenness and humility. For *in* his beauty he was life abundant, but in his brokenness he became a channel of abundant life to his Master's world.

In the Shadow of Nine Dragons, Eric Hague. London: Highway Press, 1958.

EXAMPLE WORKSHEET – Step Four: Column 3

Set Aside Prayer: *God help me to see the truth, save me from anger*

	Column 1 When I resented: Clare	Column 2 for: not inviting me to her 30th birthday party
Column 3: When this happened did it hurt, threaten or interfere with my:		
1. Self Esteem What is my deep <u>belief</u> about who I am?	I am: ... a loyal, helpful, passionate, fun loving friend and person	What is my fear? I am unapproachable, dull, people don't "get" me / I am unlovable
2. Pride: How do I want other people to see me being treated? Put myself on stage with the other person; imagine a relevant audience watching	Others should see <u>Clare</u> treating me as: ... a dear friend, cherished, and valued, up on a pedestal, her favourite person	People will see that she doesn't like me / People will see that I am not liked / That I have been rejected
3. Ambition What do I want to happen?	I want: Clare to invite me to her events and treat me special	She only pretended to like me
4. Security What do I need in order to be OK?	I need: people to like me and want me around / Clare to invite me to her events Why? For me to be OK	I will never be OK / I will always feel empty
5. Personal Relations How do I expect this relationship to be? Consider roles: "I expect mothers/fathers/friends/partners should..."	I expect: People that I work with to be thankful for all the extra work that I do for them. I expect people to want to hang-out with me.	People take me for granted. People resent me. They pretend to be my friend.
6. Gender Relations <i>What is my belief about men vs. women?</i>	A real/ideal/model woman (at work) should always (or is): capable at their work, be kind to others, always think of others, be healthy emotionally and value healthy living A real/ideal/model man (at work) should always (or is): capable at their work, be healthy emotionally and value healthy living, support other workers.	I will never meet healthy people, I will always be rejected, I am alone This does not exist.
7. Pocketbook What is the affected value? Consider: financial, emotional, material security; well-being etc.	Nothing should interfere with, affect or lessen my: Emotional security (social group at work) Financial security (money at work)	I will always feel alone. I will never feel safe at work. I will never feel safe with people.

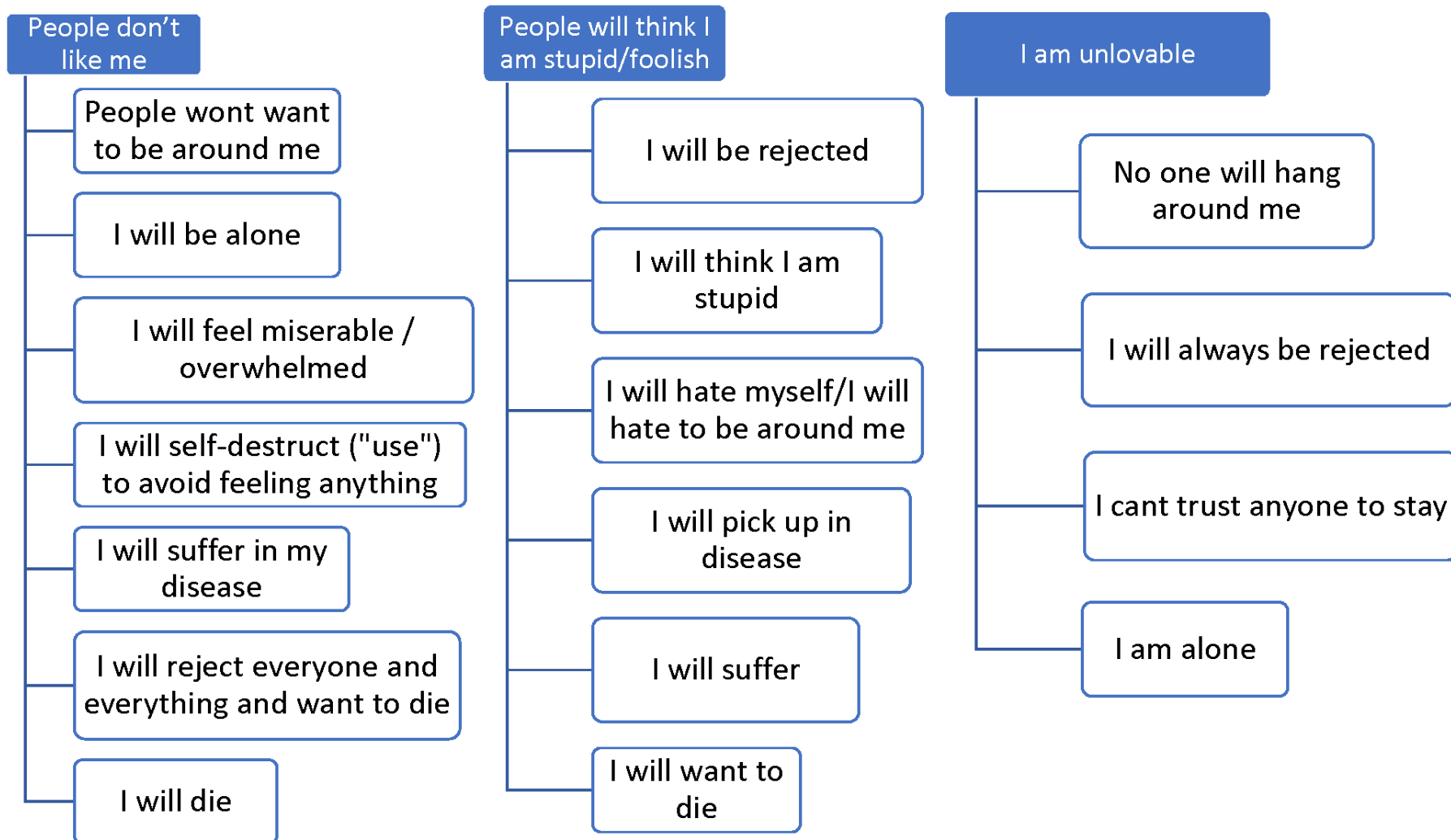
EXAMPLE WORKSHEET – Step Four: Column 4

Set Aside prayer: *God help me to see the truth, save me from anger*

	Column 1: Clare	Column 2: not inviting me to her 30th
Column 4: MY PERCEIVED ROLE - like an actor in a play e.g. betrayed spouse, abused child, misunderstood person, abandoned parent, rejected friend, ignored citizen etc.	I believe I am the: <u>REJECTED, UNAPPRECIATED FRIEND</u>	
	Is the event true or false?/Did it really happen? Yes	
<i>Disregarding the other person/entity involved entirely, consider before/during/after the event that was/is the occasion for this resentment: Where was I ... at the time of the actual event (THEN), or Where am I ... at the present time (NOW)</i>		
1. Self-Seeking Behavior: WHAT I DO – when I feel this resentment.	Causing stress to people around me, Gossip, short tempered, snappy, avoid person, avoid social events, not get enough sleep, not make eye contact, judging her, criticizing.	
2. Selfish Thinking: Self-centred thoughts/motives/attitudes – when I feel this resentment.	Self-pity, “morbid self-reflection”, self-loathing, only thinking about me and my hurt.	
3. Delusional or Dishonest: How am I misrepresenting myself or reality; lying, or omitting or deluding – when I feel this resentment?	Delusional – that we are friends – maybe we are just friendly co-workers Dishonest – I didn’t care about her being 30, I didn’t know or like her family much. I just wanted to be invited. Dishonest – I enjoyed gossiping about how “she done me wrong” (the vicarious thrill)	
4. Afraid: Fear of not getting what I want or losing what I have. What fear comes up when I think about this resentment?	Fear of never fitting in. Always being odd one out. Fear being alone	
5. Responsible: Where am I wrong, at fault/to blame or responsible for my feelings and behaviors when I feel this resentment?	Then – my contribution to the original event? None Now – my current reaction to the person/event? Not letting go	
6. What harm did I cause this person? What is the actual negative impact of my actions on: (Pick only those that apply)	Physical (body): Emotional (feelings): cause stress? Financial (money/time):	Mental (mind): Spiritual (relationship w/God): Other:
7. What harm did I cause others? Specify negative impact.	Gossip with Susan? Grumpy with family? Tense at work which impacted other co-workers?	
8. List any additional FEARS I’ve become aware of (not already listed)	Being used / I will become depressed and lonely / my children will learn these bad behavior from me	
9. List the Character Defect(s).	Pride, delusional thinking, not letting go, judgmental	
10. Why do I hold on to this resentment? Benefits/values to me?	It allows me to gossip and to feel “better-than”? / I enjoy feeling sorry for myself (vicarious thrill self-pity?)	
MY REAL ROLE in holding on to these negative feelings: it may be the direct opposite of my perceived role above.	I now realize I am the: <u>UN-APPRECIATING, REJECTING CO-WORKER</u>	

EXAMPLE WORKSHEET – Step Four: Fear Train

Consider “What would happen if that were true?” We try to stay with the FEAR.



EXAMPLE WORKSHEET – Step Four: Fear Table

1.	2.	3.	4.	5.
Name the FEAR	Why do I have it	What behavior is manifest	Name the opposite of the fear (the virtue)	What behavior would this manifest?
I will die	I wanted to die	<ul style="list-style-type: none"> • Self-destruction • Reckless behavior • Oblivion in disease • No one else matters 	<ul style="list-style-type: none"> • Faith/Hope • Service • Acceptance • Balance • Self-care • Reality • Trust 	<ul style="list-style-type: none"> • Meditate every day - before anything else. PLUG IN! <i>(Faith/Hope)</i> • Do I put my hand up for service? Do I do too much service? <i>(Balance)</i> • Shower / Daily Exercise?/ Sleep 8hrs? / Clean Clothes / Daily Sunlight / Other? <i>(Self-care)</i> • Be accountable daily for changing my behaviour, e.g. Letting go of gossip – daily accountability for 30 days. <i>(Acceptance/Reality)</i> • Do a service for others and not be found out. <i>(Service)</i>
I am alone	I was betrayed by those who should have been protecting me	<ul style="list-style-type: none"> • Reject people • Self-Isolation • Self-Pity • Oblivion in disease 	<ul style="list-style-type: none"> • Trust • Healthy boundaries (non-CODA) • Living in Reality • Unity 	<ul style="list-style-type: none"> • Am I setting healthy boundaries today? Even if uncomfortable? Am I discussing with another? <i>(Healthy Boundaries/Trust)</i> • Am I doing the Work? Work of these Steps? <i>(Living in Reality)</i> • Facing REALITY? <i>(My behaviour tells me what I believe? What are my feet telling me?)</i> <i>(Living in Reality)</i> • Am I involved in the wider community? How? <i>(Unity in Community)</i> • Am I connected in my fellowship? Do I have a homegroup? <i>(Unity in Service Community)</i>

EXAMPLE WORKSHEET – Step Four: Sex Ideal

Example Sex Ideal - Who do I want to BE?

1.	<ul style="list-style-type: none">• I practice respect which means no yelling, no talking over, no eye rolling.• I strive to listen always with respect and consideration.• I hold myself open to being honest, vulnerable and transparent.• I make space for the other person's emotions, feelings, and opinions.• I pause and see the fundamental idea of God deep in the other person and me (page 55 BB). I strive and am willing to trust God for our journey together. I ask for help and trust. Amen
2.	<ul style="list-style-type: none">• I am in a committed relationship.• I hold myself transparent to them - I aim to share my journey with them.• I respect them and allow them time and space to grow.• I respect myself and allow myself time and space to grow.

EXAMPLE WORKSHEET – Step Six: Character Defects Table

1. Character Defect:	2. What is my behavior:	3. What am I defending? What is the benefit/payoff?	4. What is the opposite of this defect? (the virtue/principle see page 33)	5. What behavior would this virtue manifest? (the opposite of column 2)
Being Judgmental	<ul style="list-style-type: none"> • Gossip, • comparing, • intolerant of others, • putting myself down. 	<ul style="list-style-type: none"> • I get to be <u>better than</u>. • I get to be <u>less than</u>. • I get to be inconsiderate • I don't have to change. 	<ul style="list-style-type: none"> • Integrity • Trust • Courage • Humility 	<ul style="list-style-type: none"> • Do I walk away when people start to gossip or be critical? <i>Courage</i> • Am I living in a <u>right sized</u> head today? Right-sized ego? Right-sized body? Am I comparing my life/family/work/body to others? I am today, living as if I am just another "bozo on the bus". <i>Humility</i> • Am I TRANSPARENT – do I hold on to "myself"? <i>Integrity</i> • Be accountable to another human for my behavior. <i>Trust</i>
Controlling	Dishonesty, intolerant of different values/priorities, Fearful worry that I may not get my way.	<ul style="list-style-type: none"> • I get to be the Director • It's MY play • I get to set the pace • Lessens fear of unknown • I get to be right • Other people are wrong/ my way is the "right way" 	<ul style="list-style-type: none"> • Faith • Patience • Integrity • Tolerance 	<ul style="list-style-type: none"> • Did I CONNECT to HP first thing this morning, before looking at my phone/the news/media/youtube? <i>Faith</i> • Did I CONNECT (pause and pray) throughout the day at least once? <i>Faith</i> • Did I CONNECT at night? What did that look like? <i>Faith</i> • When faced with someone who has different spiritual/political/cultural views than my own – do I stay out of argument? Or do I try to get them to see it MY way? <i>Tolerance</i> • Am I pushing for things to happen in my time? Maybe all I do today is to practice letting go of my "plan". <i>Patience</i>

EXAMPLE WORKSHEET – Step Eight

Negative impact of my behavior on persons or institutions	
1. Who did I diminish?	My Mother
2. What did I do?	<ul style="list-style-type: none"> • Withhold affection • Withhold information; sharing about my life • Physically absent; unreliable • Emotionally absent • Crabby and sarcastic • Blamed and judged her
3. What harm did I cause? <i>NOTE: my guilt is NOT a harm!</i>	<ul style="list-style-type: none"> • Caused stress and worry • May have kept her away from her grandchildren • Stress between my Mom and my Dad - worry
4. What specific actions are necessary for me? <i>(to change my behavior, to repair damage to others)</i>	<ul style="list-style-type: none"> • Change my behavior • Repair the damage done
5. Am I WILLING to repair damage?	Step 7 prayer many times with an accountability partner. Continue to do Step 10 when disturbed and connect with sponsorship. <ul style="list-style-type: none"> • Am I being accountable - my behavior of accountability shows me my beliefs. A program of action. Prepare a written 9th step approach script with sponsorship guidance.

EXAMPLE WORKSHEET – Step Nine (1): Amends Process

NAME: MOM	
1. Make an appointment	<p>"You know I have been reviewing my life and doing Step work and I am wondering if we could have a conversation? Can we make a time to sit down together? Now or later?"</p> <p>a. If NO – then you say "That is fine" and you leave it! Talk to sponsor about how to make amends when the person is not willing/or not available. Consider living amends. Remember they may change their mind. One day they may be open to hearing your amends. Today might not be that day!</p> <p>b. If YES – "Great, I'll see you then". Move to Part 2. NOTE: they might prefer to do it right then and there, so be ready to go immediately into Part 2!</p>
2. Describe the harm	<p>"I have been reviewing my life and doing my 12 Step work. I want to talk to you about some sadness I have for how I behaved toward you while growing up and later. I want to make amends to you for my behaviour. I really regret that:</p> <ul style="list-style-type: none"> • I wasn't present and I was unreliable • I regret that I may have caused stress for you and Dad • I regret that my choices may have kept you away from my children when they were growing up. • I regret that I wasn't more transparent about X which may have added to your stress and caused stress between you and Dad. "
3. Suggest the amends	<p>"Just for today, I am on my 12 step journey and that is part of my amends to you. I really appreciate you and everything you have been in my life. "</p>
4. Give space for them to consider: -other harm -other amends	<p>"Is there anything else, any harm or sadness that I've caused you that I haven't said?"</p> <p><i>Then I ZIP my mouth shut</i> for about 2 minutes. I listen – without defending – without attacking or commenting. I give her the Grace of 2 minutes of listening – like I would for any other program fellow. (unless they become abusive, then I can politely and immediately move to part 5)</p> <p>NOTE: my silence/holding space without defensiveness, interrupting, judging is a HUGE part of my amends</p>
5. Have an exit plan	<p>"Thank you so much for listening and sharing your experience. Thank you. If you ever want to talk about this again, I am open to hearing."</p> <p>Now it is time to gently make some space so that both of us can consider what has been said. Some examples to consider:</p> <ul style="list-style-type: none"> i) I am making a cup of tea, would you like one? ii) I need to unpack the car. I'll be back in a moment. iii) I am heading out to the shops, do you need anything? iv) I need to head back to work. Thank you again for taking the time to see me today <p>NOTE: IMPORTANT: Have an exit plan - physically move – Pray/Meditate ("Thank you God for helping me today - thank you for letting me fumble; do it imperfectly") - I sit in the POWER of an unanswered question: "what is the loving the loving thing to do right now" - "what would my HP have me do?"). And then I gently move on with the <i>next best thing</i> in my day...seeking to be in alignment with HP will for me. Thank you, God!</p>

EXAMPLE WORKSHEET – Step Nine (2): Amends Process

NAME: EX-HUSBAND	
1. Make an appointment	<p>Hi Paul.</p> <p>You mentioned that you wanted to talk about what happened last week when you were dropping our daughter off. Would you like to do that now, have you got 10min?</p> <p><i>(PAUSE) 2min – let him speak. Allow him to say “no”. Suggest another time or be prepared to let it go if he say he doesn’t want to talk about it.</i></p>
2. Describe the harm	<p>I have been making some changes in my life around our daughter and I see now that I have perhaps been a little rough about it. I regret the way I spoke to you last week. I have not been clear and I am sorry that I yelled. I know I didn’t do a very good job. Thank you for your patience. Is there something else you wanted to say about that day - I can listen to you if you like?</p> <p><i>(PAUSE) 2min – let him speak. (unless he becomes abusive). After 2 minutes you gently interrupt.</i></p>
3. Suggest the amends	<p>I hear you.</p> <p>Thank you for sharing that. I will think about what you have said.</p> <p>I am working at being more clear when talking to you around issues with our daughter.</p> <p>I regret yelling, that is not OK, and I will continue to be accountable for that. It is not OK.</p> <p>For right now, I will be asking that you not come into the house when you are dropping our daughter off, and thank you again for listening.</p>
4. Give space for them to consider: -other harm -other amends	<p><i>(PAUSE) 2min – let him speak (unless he becomes abusive). Or allow a 2 min silence. Zip my mouth shut. Do not defend. Do not attack. Even if he is wrong. I have ceased fighting anyone or anything.</i></p>
5. Have an exit plan	<p>Thank you for sharing that. (OR I will think about what you have said)</p> <p><i>(Again - no defending ... no response other than "Thank you for sharing" - Leave the scene. Leave the park, "I have to get back to work" "I left my bag in the car" etc.)</i></p>

PRINCIPLES: Responsible verses Irresponsible

Principles: Responsible verses Irresponsible		
My behaviour tells me what I believe. What are my feet telling me?	FOR MYSELF	TO OTHERS
To be <u>RESPONSIBLE</u> Accountable Proactive Centered Leader Functional Loving Independent/Inter-dependent	I am responsible FOR myself: MY thoughts/thinking MY feelings/emotions MY behavior's/actions	I am responsible TO others: To be an effective: sponsor, mentor, leader, teacher, parent, spouse, employer, friend, partner, trusted servant.
To be <u>IRRESPONSIBLE</u> Unaccountable Reactive Uncentered Victim Dysfunctional Fearful Codependent	I blame others for the way I think, feel and behave: "YOU" made me think that! "YOU" hurt my feelings! "YOU" embarrassed me! "YOU" caused me to do that!	I take responsibility for others: I try to change other people's thoughts, feelings, actions by: People-pleasing enabling, protecting, micro- managing, manipulation, over- controlling, martyring and bullying behavior's

HOW AM I FEELING – Support for your Step Work

ANGRY		DEPRESSED		CONFUSED	HELPLESS	INDIFFERENT	AFRAID		HURT	SAD	JUDGMENTAL
enraged	mad	suicidal	pessimistic	lost	paralyzed	cold	terrified	insecure	tormented	anguished	stony
malicious	cross	directionless	dejected	disoriented	distraught	lifeless	petrified	wary	pained	desolate	hurtful
infuriated	retaliating	empty	glum	off-kilter	doomed	uncaring	panicked	menaced	tortured	devastated	brutal
violent	overbearing	desperate	cheerless	frenzied	distressed	uninterested	frozen	uptight	agonized	grieved	combative
vindictive	incensed	despairing	rotten	indecisive	pathetic	unresponsive	threatened	apprehensive	crushed	tearful	attacked
furious	upset	in hell	crabby	doubtful	overwhelmed	insensitive	hateful	defensive	deprived	sorrowful	tactless
repulsed	irritated	alienated	resistant	uncertain	shut down	numb	agoraphobic	guarded	rejected	unhappy	glaring
seething	controlling	miserable	punishing	distrustful	incompetent	dull	fearful	troubled	humiliated	lonely	disgusted
scornful	agitated	masochistic	morose	misgiving	incapable	reserved	suspicious	self-	insulted	mournful	ranting
hitting	antagonistic	despicable	cranky	unsure	alone	weary	rigid	absorbed	injured	dismayed	scolding
yelling	reprimanding	self-hating	grumpy	uneasy	fatigued	bored	phobic	intolerant	offended	downhearted	obsessive
revengeful	envious	self-critical	burdened	tense	useless	preoccupied	disturbed	avoiding	afflicted	oversensitive	serious
hostile	reactive	self-	negative	stressed	inferior	robotic	disrupted	unwelcoming	aching	remorseful	stern
insulting	abrupt	deprecating	closed	argumentative	vulnerable	slow	anxious	unbending	victimized	sullen	frowning
swearing	quarrelsome	stuck	contracted	authoritative	inept	sluggish	alarmed	paranoid	heartbroken	sour	recoiling
condemning	stubborn	ashamed	tight	condescending	incapacitated	blasé	dreading	inhibited	appalled	self-	unfair
offensive	rebellious	exhausted	blocked	embarrassed	cut off	blank	attacking	immobile	wronged	castigating	bossy
aggressive	exasperated	lousy	moody	hesitant	trapped		intimidated	attached	withdrawn	unworthy	stilted
bitter	impatient	tired	out of	shy	weak		nervous	prejudiced	miffed	fragile	stiff
loud	contrary	despondent	sorts	disillusioned	sick		scared	self-	indignant	disconnected	pushy
sarcastic	disrespectful	disheartened	no energy	uncomfortable	nauseated		worried	conscious	suffering	blindsided	neglectful
frustrated	unpleasant	down	touchy	comparing	fidgety		frightened		distant	discontented	stonewalling
resentful	annoyed	disappointed	haggard	dishonest	trembling		timid		invaded	crying	rude
critical	dictatorial	discouraged	drawn	demanding	craving		shaky		bulldozed	groaning	shrill
mean	sharp	powerless	slumped	distracted	squirming		restless		bullied	moaning	hard
sadistic	snapping	hopeless	slouching	blushing	jittery		cowardly		secretive	forlorn	fake
spiteful		grouchy	achy	awkward	woozy				slighted		phony
jealous		guilty	self-	conflicted	compulsive				smothered		shallow
short-		dissatisfied	loathing						belittled		territorial
tempered		sulky	crummy								complaining
		low	wretched								blunt
		bad									arrogant
		bummed out									superior
											faultfinding

CREATING YOUR IDEAL - Support for your Step Work

OPEN	LOVING	HAPPY	INTERESTED	ALIVE	POSITIVE	PEACEFUL	STRONG	RELAXED
free	devoted	blissful	fascinated	playful	inspired	calm	hardy	glowing
interested	passionate	joyous	intrigued	courageous	enthusiastic	content	secure	radiant
receptive	considerate	delighted	absorbed	energetic	bold	quiet	stable	beaming
accepting	affectionate	overjoyed	amazed	liberated	brave	certain	honest	reflective
kind	sensitive	gleeful	engrossed	exhilarated	daring	relaxed	reliable	smiling
harmonious	tender	elated	inquisitive	optimistic	hopeful	serene	sure	grounded
empathetic	attracted	jubilant	curious	frisky	exuberant	good	certain	unhurried
tolerant	admiring	euphoric	involved	animated	in the zone	at ease	dynamic	open-minded
understanding	warm	thankful	attentive	spirited	eager	comfortable	tenacious	efficient
easy	touched	festive	observant	thrilled	keen	pleased	composed	non-controlling
connected	close	ecstatic	amused	wonderful	earnest	encouraged	self-affirming	unassuming
sympathetic	loved	satisfied	thoughtful	funny	upbeat	surprised	truthful	trusting
friendly	sweet	glad	courteous	great	creative	bright	supportive	supported
approachable	gentle	cheerful	intent	giving	constructive	blessed	excellent	light
outgoing	compassionate	sunny	focused	sharing	helpful	assured	perseverant	spontaneous
flowing	caring	jovial		intelligent	resourceful	clear	responsible	aware
flexible	allowing	fun-loving		equal	motivated	balanced	energized	healthy
present	nonjudgmental	lighthearted		excited	cooperative	fine	sane	meditative
listening	appreciative	easygoing		enjoying	productive	okay	complete	still
welcoming	respectful	mellow		communicative	responsive	carefree	mature	rested
embracing	humble	happy-go-lucky		active	conscientious	adequate	solid	waiting
	gracious	glorious		spunky	approving	fulfilled	confident	laughing
	patient	innocent		youthful	honored	genuine		graceful
	honoring	child-like		vigorous	privileged	authentic		natural
	expansive	gratified		tickled	adaptable	beautiful		steady
	kindly	rapturous		engaged		forgiving		centered
	grateful	in good humor				sincere		placid
		in heaven				uplifted		
		on top of the world				unburdened		
						self-sufficient		

Four “Absolutes” of the Oxford Group and the AA Four Standards

Four “Absolutes” of the Oxford Group	AA Four Standards mentioned many times in the Big Book
Honest	Dishonest
Purity	Resentment
Loving	Fear
Unselfish	Selfish

Guidance from God	Guidance from Self
Honest	Dishonest
Pure	Resentful
Loving	Fearful
Unselfish	Selfish

4th Step Standards—Big Book, page 67, paragraph 2, lines 3-4.

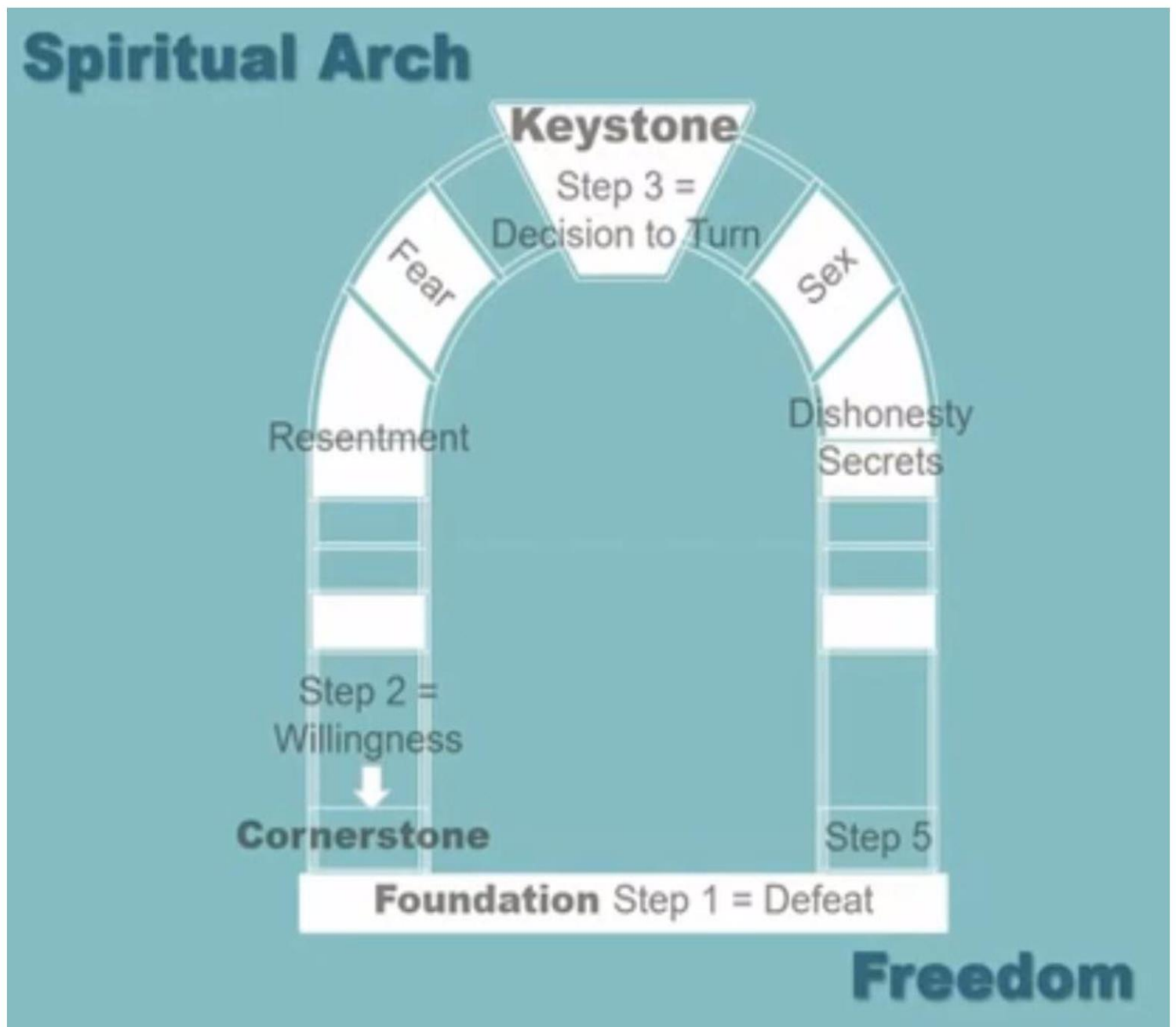
10th Step Standards—Big Book, page 84, paragraph 2, lines 8-9.

→ Meditation

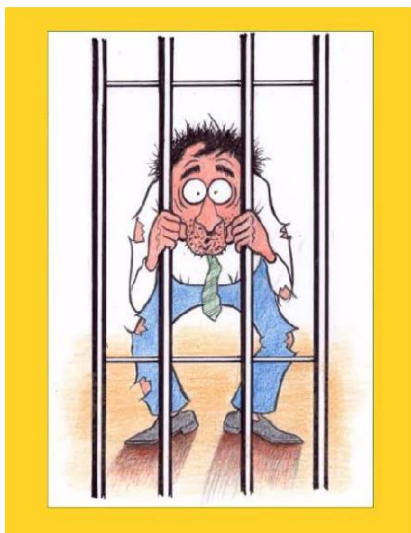
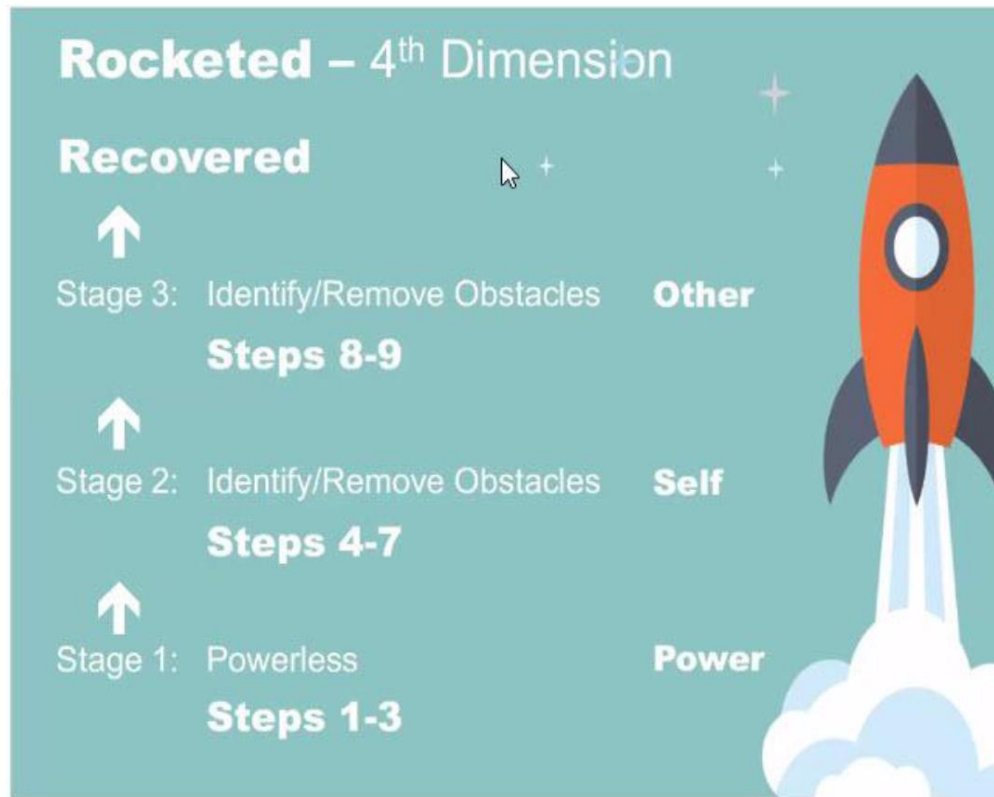
If I am not receiving thoughts when I listen, the fault is not God’s. Usually it is because there is something I will not do:

- Something wrong in my life 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,
- An amend/restitution I’m refusing to make,
- Resistive to following God’s guidance.

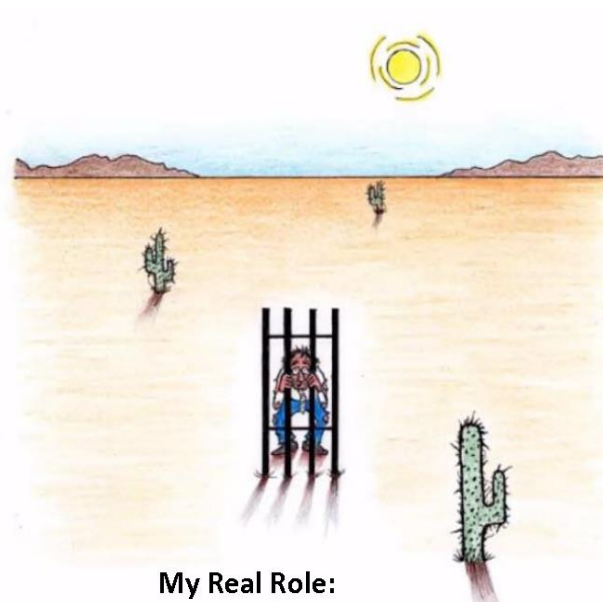
COPNSIDER — Is it HONEST, PURE, LOVING, UNSELFISH?



Rocketed to the 4th Dimension



My Perceived Role:
The imprisoned person



My Real Role:
The person who
imprisons themselves

Enneagram – Sample Character Defects

The Enneagram is a personality system that aims to reveal how emotions drive our lives and how we engage with others in an effort to get what we want and need. The Enneagram defines **nine personality types**, each with its own set of strengths, weaknesses, and opportunities for personal growth. Your Enneagram type reveals what motivates you on a very deep level, and illuminates the path you must take to achieve a higher level of self-actualization. *Use these words as prompts to help you identify possible character defects*

1. Perfectionism	2. Pride	3. Grandiose
perfectionistic rigid/inflexible critical/negative judgmental angry intolerant bitter, anal impatient obsessive rationalize control tense disrespectful, fear of being wrong	vain glory manipulative smothering possessive, needs others to depend on them martyr complex, hypochondria needy resentful negative, two faced ungrateful	arrogant competitive overachievers' image conscious insensitive feeling worthless, chameleon/phony self-deceit, image vs. substance jealous, dishonest, lack of integrity self-centered driven braggart, emotionally unavailable deceit of others irresponsible
4. Individualistic	5. Cynical	6. Distrustful
feelings of special self-pity, self-loathing/self-condemning dominated by feelings, envy, above the rule alienation from others moody, aloof hopelessness victim ungrateful self-indulgent withdrawn harsh remorseful dependent inhibited	skeptical detached, loner, avarice (their time, resources, information) eccentric, fear dependent antagonistic overly sensitive restless pessimistic, emotionally needy disdainful, non-supportive	based, sloth, fear of being alone rebellious, fear of others, self-doubt/unsure passive – aggressive procrastinate, self-defeating over reactive excitable anxious miserly suspicious insecure blaming defensive pessimism
7. Superficial	8. Hard Hearted	9. Complacent
easily bored impulsive, escapist restless/nervous fear of deprivation, gluttony -convulsed to fill up with, food/experience etc., hyperactive/need for excitement destructive, anxious irresponsible, blaming, insecure, overly dramatic materialistic undisciplined, self-centered, need for immediate gratification reckless	ruthless control, aggressive, lust (sex, power) very willful intimidate, abusive, seek/need power aggressive violent, fear of being weak independent, fear of being controlled self-centered, fear of fear controlling, proud, unaffectionate uncaring, takes all the credit, disrespectful impulsive, passionate Unloving	stubborn passive, neglectful repressed slothful fatalistic, denial, aggressive dependent given to fantasy self-neglect, simplistic, rigid, compliant vicarious asleep, self-deprecating, fickle shallow pessimistic powerless, Shunning, fear of change inattentive weak, lazy

#8, 9, 1 - Anger based #5, 6, 7 - Fear based #2, 3, 4 – Shame / Dishonest based

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