

12 STEPS in 12 HOURS

4-23-2025

- Before you start **PRINT THE SHEETS** and **use a pencil** as there might be more things to add or change.
- The 12 Steps take 12 hours but on your own time.
- Watch the Video with your sheets on Steps 123.
- Once you are done Steps 1, 2, 3 on Page 9 & take a picture and send the answers to your sponsor so he/she has the information in front of them and you can go over everything on ZOOM or in person.
- **STOP at this point and wait for your sponsor.**
- Watch Video on Step 4 with the sheets once again & once you are done in **1 week to finish Step 4 is more than reasonable as it only takes 2 hours total time to do.** Then take a picture of all the sheets Pages 11-26 and send it to your sponsor so he/she has the information in front of them and you can go over everything on ZOOM or in person for STEPS 5, 6, 7.
- **STOP at this point and wait for your sponsor.**
- Once you are done Steps 8, 9 the 3rd. column in your sheets take a picture of pages 22, 23, 24, 25, 26, 33 and send the answers it to your sponsor so he/she has the information in front of them and you can go over everything on ZOOM or in person.
- **STOP at this point and wait for your sponsor.**
- Steps 10, 11, 12 will all be over ZOOM or in person and watch the video together and then you will be done.

***Let's have the willingness and commitment in doing all of
this in 1 week and if you are willing? So am I 😊**

When you honestly want to, you find you cannot quit entirely, or if when drinking, you have little control over the amount you take, you are probably alcoholic, if that be the case, you may be suffering from an illness which only a spiritual experience will conquer. Page 44

THIS IS AN ALCOHOLIC

“Excuses are worse than lying ~ Right on Ron”

Part 1

Spiritual Malady

unhappy

SPIRITUAL

MALADY

(a sickness,
an illness)
(unmanagability)

↳ NOT didn't pay
bills, no job,
go to jail...

**RESTLESS, IRRITABLE,
DISCONTENT**
(Precedes the 1st drink)

How does it manifest?

anxiety, worry, fear, ego,
lonely, pride, jealousy,
impatient, intolerant etc.
list goes on...

DISEASE → ALCOHOLISM

a disease has to have
symptoms!

Part 2

Thinking

SYMPTOM #1

(obsession of the

mind)

(thought that takes
over all others)

- The idea that I
can control & enjoy
my drinking...

- no one will know
- it will be different
- I will only have 3
beers

ETC.

**SPIRITUAL
PAIN**

(You will feel
it)

(This is the
great
obsession of
every abnormal
drinker)

Part 3

Drinking

SYMPTOM #2

Allergy of the
body
(abnormal reaction
to alcohol)

**CAN'T STOP!
DON'T KNOW
WHEN I'LL
STOP**

(once the 1st
drink goes into
my body)

**CYCLE
STARTS ALL
OVER AGAIN.**

GOD
12 Steps

(The PROGRAM is the (12 STEPS) in the BIG BOOK up to Page 103)

(The FELLOWSHIP is the (MEETINGS) a group of men & women who share their experience strength hope)

(The 12x12 is used to learn the 12 Traditions)

(The principles they talk about and mention in the Traditions are the 12 STEPS)

The Spiritual principles are the 12 Steps on Page 42 "Quite as important was the discovery that spiritual principles would solve all my problems"

(Everything in brackets is NOT in the Big Book)

**** (GRAB A PENCIL & NOTE PAD AND TAKE NOTES & LISTEN TO MY AUDIO & FOLLOW IT FROM MY SHEETS TOGETHER ON THE SPIRITUAL MALADY & STEPS 123 AND THEN EXPLAIN IT WHEN YOU'RE FINISHED & TELL IT TO YOUR SPONSOR) ****

ALCOHOLICS ANONYMOUS

The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism

PREFACE XI

- This book has become the basic text. (Study & Read it daily)
 - Forward to the First Edition XIII – XIV
- We, Of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics precisely how we have recovered is the main purpose of this book. (1) (why they wrote the Big Book)
 - Forward to the Second Edition XV - XXIV
- Prior to his journey to Akron, the broker (Bill W) had worked hard with many alcoholics on the theory that only an alcoholic could help an alcoholic, but he had succeeded only in keeping sober himself. The broker had gone to Akron on a business venture which had collapsed, leaving him greatly in fear that he might start drinking again. He suddenly realized that in order to save himself he must carry his message to another alcoholic. That alcoholic turned out to be the Akron physician.
- This physician (Dr. Bob) had repeatedly tried spiritual means to resolve his alcoholic dilemma but had failed. But when the broker gave him Dr. Silkworth's description of alcoholism and its hopelessness, the physician began to pursue the spiritual remedy for his malady with a willingness he had never before been able to muster. He sobered, never to drink again up to the moment of his death in 1950. This seemed to prove that one alcoholic could affect another
- Yet it is our great hope that all those who have as yet found no answer may begin to find one in the pages of this book and will presently join us on the high road to a new freedom.

The Doctor's Opinion READ XXV – XXXII

- In this statement he confirms what we who have suffered alcoholic torture must believe—that the body of the alcoholic is quite as abnormal as his mind. It did not satisfy us to be told that we could not control our drinking just because we were maladjusted to life, that we were in full flight from reality, or were outright mental defectives. These things were true to some extent, in fact, to a considerable extent with some of us. But we are sure that our bodies were sickened as well. In our belief, any picture of the alcoholic which leaves out this physical factor is incomplete.
- Though we work out our solution on the spiritual as well as an altruistic plane, we favor hospitalization for the alcoholic who is very jittery or befogged. More often than not, it is imperative that a man's brain be cleared before he is approached, as he has then a better chance of understanding and accepting what we have to offer.
- They believe in themselves, and still more in the Power which pulls chronic alcoholics back from the gates of death.
- Of course an alcoholic ought to be freed from his physical craving for liquor, and this often requires a definite hospital procedure, before psychological measures can be of maximum benefit.
- We believe, and so suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy; that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker. These allergic types can never safely use alcohol in any form at all; and once having formed the habit and found they cannot break it, once having lost their self-confidence, their reliance upon things human, their problems pile up on them and become astonishingly difficult to solve.
- Their ideals must be grounded in a power greater than themselves, if they are to re-create their lives.

- Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, **they cannot after a time differentiate the true from the false**. To them, their alcoholic life seems the only normal one. **They are restless, irritable and discontented**, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks—drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery. On the other hand—and strange as this may seem to those who do not understand—once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, suddenly finds himself easily able to control his desire for alcohol, the only effort necessary being that required to follow a **few simple rules**. (12 Steps)
- One feels that something more than human power is needed to produce the essential psychic change
- All these, and many others, have one symptom in common: they cannot start drinking without developing the phenomenon of craving. This phenomenon, as we have suggested, may be the manifestation of an allergy which differentiates these people, and sets them apart as a distinct entity. It has never been, by any treatment with which we are familiar, permanently eradicated. The only relief we have to suggest is entire abstinence.
- The general opinion seems to be that most chronic alcoholics are doomed.
- He accepted the plan outlined in this book

William D. Silkworth, M.D.

(Bill Wilson's doctor)

(An Allergy is an abnormal reaction to something)

(An Obsession is when everything overrules that one thought)

(POWERLESS means - lacking power, not listening to God)

(POWER means - GOD)

(Malady - a disease, sickness, illness)

(Step 1 - The Problem IS OUR THINKING - Honesty)

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

BIG BOOK PAGES from Pages 1 - 43

- Page 11 - Here was something at work in a human heart which had done the impossible.
- Page 14 - Faith without works is dead.
- Page 16 - Faith has to work twenty-four hours a day in and through us, or we perish.
- Page 20 - Moderate drinkers have little trouble in giving up liquor entirely if they have a good reason for it. They can take it or leave it alone.
- Page 21 - The Real Alcoholic he may start off as a moderate drinker; but at some stage of his drinking career he begins to lose all control of his liquor consumption, once he starts to drink.
- Page 22 - Once he takes any alcohol whatever in his system, something happens, both in bodily and mental sense, which makes it virtually impossible for him to stop.
- Page 23 - The (main problem) of the alcoholic centers in his (mind) rather than his body.
- Page 25 - The central fact of our lives today is the absolute certainty that (our Creator has entered into our hearts) and lives in a way which is indeed miraculous.
- Page 25 - One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could, and the other, to accept spiritual help.
- Page 29 - Further on, clear cut directions are given showing how we recovered.
- Page 30 - (The idea) that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death. (This is the INSANITY)
- Page 30 - We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed.
- Page 33 - Once an alcoholic, always an alcoholic.
- Page 33 - There must be no reservation of any kind, nor any lurking notion that someday we will be immune to alcohol.
- Page 34 - Lost the power to choose whether he will drink or not.
- Page 39 - Will be absolutely unable to stop drinking on the basis of self-knowledge.
- Page 40 - Subtle insanity which precedes the first drink.
- Page 42 - I saw that will power and self-knowledge would not help in those strange mental blank spots.
- Page 43 - Once more: The alcoholic at certain times has no effective mental defense against the first drink. Except in a few rare cases, neither he nor any other human being can provide such a defense. His defense must come from a Higher Power.

(Step 2 - The Solution is GOD - Open Minded)

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

BIG BOOK PAGES from 44 - 57 "WE AGNOSTICS"

- **Page 44** - When you honestly want to, you find you cannot quit entirely, or if when drinking, you have little control over the amount you take, you are probably alcoholic, if that be the case, you may be suffering from an illness which only a spiritual experience will conquer.
(This is an ALCOHOLIC)
- **Pages 44** - To be doomed to an alcoholic death or live on a spiritual basis are not always easy alternatives to face.
- **Page 45** - Lack of power, that was our dilemma
- **Page 45** - Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem. (2) (why they wrote the Big Book)
- **Page 47** - We mean your own conception of God.
- **Page 47** - Do I now believe, or am I willing to believe, that there is a Power greater than myself? As soon as a man can say that he does believe, or willing to believe, we emphatically assure him that he is on his way.
- **Page 48** - Faced with alcoholic destruction, we soon became as open minded on spiritual matters as we tried to be on other questions.
- **Page 52** - We had to ask ourselves why we shouldn't apply to our human problems this same readiness to change our point of view. We were having trouble with personal relationships, we couldn't control our emotional natures, we were a 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. (SPIRITUAL MALADY)
- **Page 52** - When we saw others solve their problems by a simple reliance upon the Spirit of the Universe, we had to stop doubting the power of God, Our ideas did not work. But the God idea did.
- **Page 53** - God is everything or else He is nothing. God either is, or He isn't. What was our choice to be?
- **Page 55** - For deep down in every man, women, and child is a fundamental idea of God.
- **Page 55** - We found the Great Reality deep down within us.
- **Page 56** - "Who are you to say there is no God?"
- **Page 57** - When we drew near to Him He disclosed Himself to us!
- **Page 57** - God restored us all to our right minds.

Spiritual Experience Page 567 - Back of the Big Book

Our members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves.

(STEP 3 - Daily Solution - Willingness)

(Choice) (Thinking) (Our Loving Actions)

**Made a (decision) to turn (our will) and (our lives) over to the care of
God as we understood Him.****BIG BOOK PAGES from 58 – 63 “HOW IT WORKS”**

- (A) That we were alcoholic and could not manage our own lives. **(STEP 1)**
- (B) That probably no human power could have relieved our alcoholism. **(STEP 2)**
- (C) That God could and would if he were sought. **(STEP 2)**
- Being convinced, we were at Step 3
- **Page 60** – The first requirement is that we be convinced that any life run on self-will can hardly be a success. On that basis we are almost always in collision with something or somebody, even though our motives are good.
- **Page 62** – **Selfishness – self – centeredness!** That we think is the root of our troubles.
- **Page 62** – So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness, We must, or it kills us! God makes that possible.
- **Page 62** – First of all, we had to quit playing God. It didn't work. Next we decided that hereafter in this drama of life, God was going to be the Director. He is our Principal; we are His agents. He is the Father, and we are His children.
- **Page 63** – More and more we became interested in seeing what we could contribute to life. **As we felt new power flow in**, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we became to lose our fear of today, tomorrow or the hereafter. We were reborn.

We were now at Step three. Many of us said to our Maker, as we understood Him.

“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!”

(STEP 3 PRAYER Page 63)

(STEP 3 is to Live in my Heart DAILY and always having FAITH that I am OK)

Write 1 paragraph to explain each one after watching my Videos on the Spiritual Malady & Steps 1,2,3.

Your Name - _____

Spiritual Malady – _____

Step 1 – _____

Step 2 – _____

Step 3 – _____

This takes less than an hour and then call me or your sponsor to explain it exactly how I explained it on my audio & sheets.

Next pages will be STEP 4 WORK

STEP 4 DEFINITIONS

| | |
|-------------------------------|--|
| AMBITION | Our goals or plans for the future, or what we want. |
| ARBITER | One chosen to judge. |
| BITTERNESS | Pain, suffering, ill will or regret. |
| DEFECT | Lack of something necessary for completeness. What blocks me off from God and others. SELF WILL/EGO |
| DISHONEST | The act or practice of telling a lie, cheating, deceiving, stealing. Not dealing with reality. |
| EXACT | Very accurate, precise, correct. |
| FATAL | Causing death. |
| FAULT | Something done wrongly, an error or mistake, Defect, Our Reactions |
| FEAR | A feeling of anxiety, agitation, uneasiness or apprehension. |
| FINITE | Limited. |
| FRIGHTENED | A temporary or continual state of fear. |
| FUTILITY | Uselessness. |
| IDEAL | Goal, aim, conception, standard, mental image. |
| INCONSIDERATE | Without thought or consideration of others. |
| INFINITE | Without limits, boundless. |
| INSTITUTION | Significant practice or relationship in a society or an established organization or corporation, especially of public character. |
| INVENTORY | Written list of items (used to evaluate personal characteristics). |
| JEALOUSY | Feeling of rivalry, unfaithfulness, or the loss of another's exclusive devotion. |
| LIFE | A certain manner of living with respect to conditions, circumstances, character, conduct, etc. |
| MALADY | An illness, sickness, a disease |
| MATERIAL | Anything of a material nature (money, property, buildings, jewelry, etc.) |
| MISTAKE | A wrong action or statement (caused by faulty judgment). |
| MOLD | To give shape to, to exert influence on. |
| MORAL | Honest, truthful. Relating to the practice, manners, or conduct of men/women, as social beings in relation to each other, and with reference to right and wrong. |
| NATURE | The essential characteristic of something (root cause, the truth of where the wrong began, what created the wrong). |
| OBSESSION | An unhealthy fixation, A compulsive or irrational preoccupation. A thought that takes over all others. |
| PARADOXICALLY | A statement that seems contradictory or opposed to common sense, but is true. |
| POWERLESS | Means - Lacking Power, No God, Not listening to God |
| PERSONAL RELATIONSHIPS | My relations with other human beings and the world about me. |
| PRIDE | An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate). An alcoholic's pride is usually based on how we think others view us. |
| PRINCIPLE | Rule or code of conduct, fundamental law or assumption. |
| RESENTMENT | Comes from the Latin word "sentire" which means "to feel". When you put "re" in front of any word, it means "again", so the word "resent" means "to feel again". |
| SANE | Healthy, able to appraise the effect of one's actions. |
| SECURITY | My general sense of personal well-being, usually based on my demand for my own way: either to dominate those about me or to become overly dependent on them. Has two possible viewpoints – financial security or emotional security. |
| SELF-CENTERED | Occupied or concerned only with one's own affairs. |
| SELF-ESTEEM | What I think of myself, how I view myself: either high (positive = self-love) or low (negative = self-hate). |
| SELFISH | Concerned with one's own welfare or interests and having little or no concern for others. |
| SELF-SEEKING | Constant looking to further one's own interest. |
| SEX RELATIONSHIP | Sexual relationships – Any sexual activity between individuals. |
| SHORTCOMING | Falling short of what is expected or required. What blocks me off from God and others. Acting out and don't want to do it any longer. |
| SOUND | Showing good judgment, healthy, free from flaw or defect. |
| SUBJECTED | To study motive. |
| SUSPICION | To have doubt or mistrust, with little or no proof. |
| WILL | The mental faculty by which one deliberately chooses or decides upon a course of action. |
| WRONG | Judging, believing or acting incorrectly. |

DEFECT SHEET

| DEFECTS SELF-WILL/EGO | GOD'S WILL | DEFECTS SELF-WILL/EGO | GOD'S WILL | DEFECTS SELF-WILL/EGO | GOD'S WILL |
|--------------------------|---|--------------------------|--|--------------------------|------------------------------------|
| Aggressive | Talk & be Gentle | Giving up | Study 12 Steps, Self-Care & Loving | Rejection | Gift from God to Move Forward |
| Angry | Pause & Respond with Love | Gluttony | Eat Healthy | Regretful | Do Happy Things You Enjoy |
| Anxiety | Faith, Deep Breathing, Walking | Gossiping | Speak Positive about Others | Rude | Polite- Courteous |
| Anti - Social | Participate in group outings | Greedy | Be Generous to Others | Procrastinating | Set Goals & Do Them |
| Argumentative | Say ok, Loving Communication | Guilt | Live Truthful | Self-centered | God-Centered |
| Arrogant | Truly be Humble | Harmful acts | Give Good Deeds to Others | Self-destructive | Looking after yourself daily |
| Attacking | Talk in a Fair way | Hateful | Fill your Life with Love | Self-hating/Self harm | Self Care, Self Love |
| Avoidant | Facing problems right away | Holding on | Letting go, Focus on present, Gratitude | Self-pity | Grateful & Love Yourself |
| Blaming | Living in the Truth | Hurt - Disappointed | Heal by talking to someone | Self-righteous | Humble |
| Boundaries, not setting | Set Healthy Boundaries & Live them | Hypersensitive | Be ok with your Actions | Self-seeking | Concerned for Others |
| Bullying | Respecting Others | Impatient | Be Patient and give | Selfish | Concerned with others |
| Careless | Be 100% sure, Being Careful | Impulsive | Consider your Actions | Shy | Communication & Be Heard |
| Cheating | Be Trustworthy & Honest Daily | Inconsiderate | Be Thoughtful & Considerate | Slothful | Walking, Set Goals & Apply Actions |
| Codependency | Create your own happiness | Indecisive | Be firm but Considerate | Spiteful | Be Forgiving & Loving |
| Complaining | Live in Gratitude | Insecure | Self-Confident in Everything You Do | Stealing | Live Honestly |
| Compulsive | Stop the irresistible urge & self-care | Insincere | Ask from your Heart | Stubborn | Open-Minded |
| Conceited | Talk with Humility | Intolerant | Be more Understanding | Superior | Be Humble |
| Controlling | Focus on changing yourself not anyone else | Irresponsible | Plan & Be Responsible Daily | Superstitious | Live in the Truth & Facts |
| Cowardly | Trust God | Isolating | Connect with Friends Daily | Suspicious | Trusting |
| Critical | Look for the Good | Jealous | Trusting and Loving Communication | Swearing | Talking Polite |
| Cynical | Have an Open-mind | Judgmental | Judge with Love & Understanding | Tense | Pause & Be Calm |
| Deceitful | Live Honest | Justifying | Speak the Truth | Thinking Negatively | Focus on the Positive |
| Defensive | Loving Communication | Lack of purpose | Focus on Self Care | Tolerating Abuse | Walk away from ANY Abuse |
| Defiant | Be Respectful to others | Lazy | Walking, Set Goals & Apply Actions | Trying to Fix Others | Self-Care |
| Denying | Live in Honesty | Lustful | Healthy Sexuality, Go on Dates | Undisciplined | Disciplined |
| Dependent | Accepts help but be self-reliant | Lying | Speak the Truth | Unfair | Treat everyone the same and Fair |
| Depressed | Faith, Deep Breathing, Walking | Manipulative | Be Non-Controlling | Unfriendly | Be Friendly Always |
| Dishonest | Be Trustworthy & Honest | Mean | Talk Kind & Loving Daily | Ungrateful | Thankful, Grateful Daily |
| Disloyal | Be Faithful & Loyal | Nagging | Always be Supportive | Unkind | Be Kind |
| Disrespectful | Respect Yourself & Others | Narcissistic Partners | If it doesn't feel right, it's NOT | Unsupportive of others | Always be Supportive |
| Doubt | Have Faith & Live New Actions | Narrow-minded | Open-minded | Unreliable | Be Trustworthy |
| Enabling | Set Loving Boundaries | Need to Prove | Stop Getting Others Approval | Useless | Be helpful when you can |
| Envyng | Be Generous to others & Happy for them | Non-Communication | Comprehension | Using others | Show Others I Care |
| Exaggerating | Tell the Truth | Not Prioritizing Own | Setting Healthy Boundaries | Vain | Live and Speak Humble |
| Excuses | Excuses is worse than Lying, Be Truthful | Over- emotional | Emotionally Stable | Validation Needed | Stop Getting Others Approval |
| Expectations | Live with NO Expectations | People pleasing | Set Priorities , Choice, Say No First | Violent | Pause, Be Gentle |
| Faithless | Pray & Listen to your Heart | Perfectionistic | Set Realistic Goals | Wanting things, Needy | Buy only what you Need |
| Fantasizing | Live in Reality & Set Realistic Goals | Playing Games | Honest, Talk about Issues, Find Solution | Withdrawn | Communicate & be Honest |
| Fearful | Faith you're Ok & Live in Step 3 | Prejudice | Loving Everyone | Worry | Focus & work on a Solution |
| Feelings | Feelings we need to Support but are not FACTS | Pride | Humility | | |

Your Name: _____

STEP 4 - Made a searching and fearless moral inventory of ourselves.

11

Resentment is the “Number one” offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically.

We listed People, Institutions or Principles with whom we were angry.

Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes.



| RESENTMENTS (15 RESENTMENTS & then you last) | THE CAUSE | AFFECTS MY | WHERE HAD WE BEEN | OUR FAULTS (OUR REACTIONS) (Pick 5 DEFECTS MAXIMUM for each Resentment from the DEFECT LIST SHEET) |
|--|--|---|--|--|
| <i>Example: Right on Ron</i> | - LOUD - DOESN'T LIKE ME - TOO HAPPY | <i>Pride Self Esteem Personal Relationship Sex Relationship Security, Ambitions</i> | <i>SELFISH DISHONEST SELF-SEEKING FRIGHTENED</i> | <i>Example: Jealous, Inconsiderate, Judging, Angry, Mean</i> |
| 1. | - - - - - | Pride Self Esteem Personal Relationship Sex Relationship Security, Ambitions | SELFISH DISHONEST SELF-SEEKING FRIGHTENED | 1. 2. 3. 4. 5. |
| 2. | - - - - - | Pride Self Esteem Personal Relationship Sex Relationship Security, Ambitions | SELFISH DISHONEST SELF-SEEKING FRIGHTENED | 1. 2. 3. 4. 5. |
| 3. | - - - - - | Pride Self Esteem Personal Relationship Sex Relationship Security, Ambitions | SELFISH DISHONEST SELF-SEEKING FRIGHTENED | 1. 2. 3. 4. 5. |
| 4. | - - - - - | Pride Self Esteem Personal Relationship Sex Relationship Security, Ambitions | SELFISH DISHONEST SELF-SEEKING FRIGHTENED | 1. 2. 3. 4. 5. |
| 5. | - - - - - | Pride Self Esteem Personal Relationship Sex Relationship Security, Ambitions | SELFISH DISHONEST SELF-SEEKING FRIGHTENED | 1. 2. 3. 4. 5. |
| 6. | - - - - - | Pride Self Esteem Personal Relationship Sex Relationship Security, Ambitions | SELFISH DISHONEST SELF-SEEKING FRIGHTENED | 1. 2. 3. 4. 5. |
| 7. | - - - - - | Pride Self Esteem Personal Relationship Sex Relationship Security, Ambitions | SELFISH DISHONEST SELF-SEEKING FRIGHTENED | 1. 2. 3. 4. 5. |
| 8. | - - - - - | Pride Self Esteem Personal Relationship Sex Relationship Security, Ambitions | SELFISH DISHONEST SELF-SEEKING FRIGHTENED | 1. 2. 3. 4. 5. |

1st LIST RESENTMENTS Pages 64 - 67.

STEP 4 - Made a searching and fearless moral inventory of ourselves.

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We listed People, Institutions or Principles with whom we were angry.

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|--|-----------|--|--|---|
| 9. | - | Pride Self Esteem Personal Relationship Sex Relationship Security, Ambitions | SELFISH DISHONEST SELF-SEEKING FRIGHTENED | 1. 2. 3. 4. 5. |
| 10. | - | Pride Self Esteem Personal Relationship Sex Relationship Security, Ambitions | SELFISH DISHONEST SELF-SEEKING FRIGHTENED | 1. 2. 3. 4. 5. |
| 11. | - | Pride Self Esteem Personal Relationship Sex Relationship Security, Ambitions | SELFISH DISHONEST SELF-SEEKING FRIGHTENED | 1. 2. 3. 4. 5. |
| 12. | - | Pride Self Esteem Personal Relationship Sex Relationship Security, Ambitions | SELFISH DISHONEST SELF-SEEKING FRIGHTENED | 1. 2. 3. 4. 5. |
| 13. | - | Pride Self Esteem Personal Relationship Sex Relationship Security, Ambitions | SELFISH DISHONEST SELF-SEEKING FRIGHTENED | 1. 2. 3. 4. 5. |
| 14. | - | Pride Self Esteem Personal Relationship Sex Relationship Security, Ambitions | SELFISH DISHONEST SELF-SEEKING FRIGHTENED | 1. 2. 3. 4. 5. |
| 15. | - | Pride Self Esteem Personal Relationship Sex Relationship Security, Ambitions | SELFISH DISHONEST SELF-SEEKING FRIGHTENED | 1. 2. 3. 4. 5. |

1st LIST RESENTMENTS Pages 64 - 67.

STEP 4 - Made a searching and fearless moral inventory of ourselves.

Resentment is the “Number one” offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the *spiritual malady* is overcome, we straighten out mentally and physically. We listed People, Institutions or Principles with whom we were angry.

Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes.



| RESENTMENTS (10 RESENTMENTS about you in THE CAUSE column) | THE CAUSE | AFFECTS MY | WHERE HAD WE BEEN | OUR FAULTS (OUR REACTIONS) (Pick top 10 DEFECTS MAX for Resentments towards yourself from the DEFECT LIST SHEET) |
|---|---|---|--|---|
| ME | 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. | Pride Self Esteem Personal Relationship_Sex Relationship Security, Ambitions | SELFISH DISHONEST SELF-SEEKING FRIGHTENED | 1.() 2.() 3.() 4.() 5.() 6.() 7.() 8.() 9.() 10.() |

To conclude that others were wrong was as far as most of us ever got.

FEAR INVENTORY PROMPT SHEET (Use this sheet for the next page)

Here is a list of fears that may be helpful in your fear inventory. Feel free to add to the list if you need too.

Page 68. We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them.

| FEARS | SOLUTION | FEARS | SOLUTION |
|---|---|--------------------------------------|---|
| Fear of Abandonment | Live in Self Care | Fear of Hurting Others | Always Respond with Love |
| *Fear of Anger could just be being disappointed — It's OK | | Fear of Intimacy | Communicate and be Comfortable |
| *Fear of Anger — | Not getting my own way? It's Ok | Fear of Losing my Job | Give your 100% |
| Fear of Being Alive | Focus on Self Care | Fear of Meetings | Go to give Loving Support |
| Fear of Being Alone | Fellowship, Program, Service, home group | Fear of Men | Only be around Men that Respect you |
| Fear of Being Broke | Save and budget | Fear of Open Spaces | Breathe, focus on being Ok |
| Fear of Change | Make sure you are 100% | Fear of People | Love yourself first then others equally |
| Fear of Codependence | Work on being independent daily | Fear of Physical Pain | Live in the Truth and be Cautious |
| Fear of Confrontation | Say ok, and then follow your Heart | Fear of Poverty | Save money & don't spend it and Budget |
| Fear of Crying | Heal through Heart with Support | Fear of Public Speaking | Speak from your Heart |
| Fear of Disapproval | Have Faith in yourself and then Act | Fear of Race, Gender | Open, Treat everyone the same with |
| Fear of Drinking/Drugs | Live the Steps Daily | Fear of Rejection | Gift from GOD to move forward |
| Fear of Drowning | Swimming Lessons | Fear of Responsibility | Set goals and achieve them |
| Fear of Dying | Live in the Present and make it Amazing | Fear of Rodents | Set Traps |
| Fear of Fear | Live in your Heart and Apply Action | Fear of Snakes | Leave them alone or walk away |
| Fear of Feelings | Feelings we need to support but they are not | Fear of Sobriety | Live the Steps Daily |
| Fear of Flying | Focus on a Distraction, Breathe, Listen to | Fear of Spiders | Get rid of it or Kill it |
| Fear of Gangs | Only hang around Loving people | Fear of Success | Set goals and Achieve them. Gratitude |
| Fear of Getting Old | Focus on today and Self Care | Fear of the Unknown | Trust God, Pray |
| Fear of Gossip | Love yourself first through the Steps | Fear of Violence | Call the Police, React with Love |
| Fear of Government | Vote and Live the difference you want | Fear of Wealthy People | Focus on Personal Growth |
| Fear of Guns | Run in a Zig Zag Pattern | Fear of Writing Inventory | Live in your Heart and Loving Action |
| Fear of Heights | Close eyes and Pray, focus on something else, Breathe | Fear of Women | Live in your Heart and Communicate |
| Fear of Hospitals | Focus on a Distraction | Fear of What people will think of us | Only hang around loving people, Love yourself through Self Care |
| Fear of Humiliation | Say OK, Change the subject | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

FEAR LIST is on the next page.

(The Solution for FEAR is on the Bottom of P 68)
(Look at your FEAR sheet for Fears)

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

| FEARS (10 FEARS) | WHY | SOLUTION – (Some sort of action) (Cut out this box below and use it for your STEP 9 Solutions later) (Use your FEAR SHEET and do this work Now) |
|-----------------------------|------------|--|
| Example: Swimming | Drowning | Swimming Lessons |
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |
| 6. | | |
| 7. | | |
| 8. | | |
| 9. | | |
| 10. | | |

**Page 68. We reviewed our fears thoroughly. We put them on paper,
 even though we had No Resentment in connection with them.**

Wasn't it because self-reliance failed us? Self-reliance was good as it went but didn't go far enough.

All men who have FAITH have COURAGE. They TRUST THEIR GOD. (FAITH & OK)
 4/23

God alone can judge our sex situation.
 If sex is very troublesome, we throw ourselves the harder into helping others.
 If we are not sorry and our conduct continues to harm others, we are quite sure to drink.
 We are not theorizing. These are facts out of our experience.

SEX RELATIONSHIPS - (5 SEX RELATIONSHIPS plus the Sex Solution Page)

1st EVERYONE / ONE NIGHT STANDS (Group every one night stands together & answer)

| | | |
|---|--|--|
| A | WHERE HAD WE BEEN SELFISH? | |
| B | WHERE HAD WE BEEN DISHONEST? | |
| C | WHERE HAD WE BEEN INCONSIDERATE? | |
| D | WHOM DID WE HURT? | |
| E | DID WE UNJUSTIFIABLY AROUSE JEALOUSY, SUSPICION OR BITTERNESS | |
| F | WHERE WERE WE AT FAULT? (Our Faults is our Defects – Pick 5 from the Defects List Sheet) | 1. 2. 3. 4. 5. |
| G | WHAT SHOULD I HAVE DONE INSTEAD? (Solution) | |
| H | SANE AND SOUND IDEAL FOR OUR FUTURE SEX LIFE (with doing this to others) | |
| I | WE SUBJECTED EACH RELATIONSHIP TO THIS TEST | WAS IT SELFISH OR NOT? |

(Sex Relationship issues like Child Abuse, Sex Abuse that might have happened to us and we clearly have No FAULT of our own in anything to do with this other than HOLDING ONTO IT over all these years. Please talk about this in your Step 5 with your sponsor)

(RESPECT is #1 then HONESTY, COMMUNICATION, COMPROMISE, COMFORTABLE & COMPREHENSION are mostly what I hear if you're in a relationship NOW)

God alone can judge our sex situation.
 If sex is very troublesome, we throw ourselves the harder into helping others.
 If we are not sorry and our conduct continues to harm others, we are quite sure to drink.
 We are not theorizing. These are facts out of our experience.

SEX RELATIONSHIPS - (5 SEX RELATIONSHIPS plus the Sex Solution Page)

2nd**Relationship**

| | | |
|----------|--|--|
| A | WHERE HAD WE BEEN SELFISH? | |
| B | WHERE HAD WE BEEN DISHONEST? | |
| C | WHERE HAD WE BEEN INCONSIDERATE? | |
| D | WHOM DID WE HURT? | |
| E | DID WE UNJUSTIFIABLY AROUSE JEALOUSY, SUSPICION OR BITTERNESS | |
| F | WHERE WERE WE AT FAULT? (Our Faults is our Defects – Pick 5 from the Defects List Sheet) | 1. 2. 3. 4. 5. |
| G | WHAT SHOULD I HAVE DONE INSTEAD? (Solution) | |
| H | SANE AND SOUND IDEAL FOR OUR FUTURE SEX LIFE (with this person) | |
| I | WE SUBJECTED EACH RELATIONSHIP TO THIS TEST | WAS IT SELFISH OR NOT? |

(Sex Relationship issues like Child Abuse, Sex Abuse that might have happened to us and we clearly have No FAULT of our own in anything to do with this other than HOLDING ONTO IT over all these years. Please talk about this in your Step 5 with your sponsor)

(RESPECT is #1 then HONESTY, COMMUNICATION, COMPROMISE, COMFORTABLE & COMPREHENSION are mostly what I hear if you're in a relationship NOW)

God alone can judge our sex situation.

If sex is very troublesome, we throw ourselves the harder into helping others.

If we are not sorry and our conduct continues to harm others, we are quite sure to drink.

We are not theorizing. These are facts out of our experience.

SEX RELATIONSHIPS - (5 SEX RELATIONSHIPS plus the Sex Solution Page)

3rd

Relationship

| | | |
|---|--|--|
| A | WHERE HAD WE BEEN SELFISH? | |
| B | WHERE HAD WE BEEN DISHONEST? | |
| C | WHERE HAD WE BEEN INCONSIDERATE? | |
| D | WHOM DID WE HURT? | |
| E | DID WE UNJUSTIFIABLY AROUSE JEALOUSY, SUSPICION OR BITTERNESS | |
| F | WHERE WERE WE AT FAULT? (Our Faults is our Defects – Pick 5 from the Defects List Sheet) | 1. 2. 3. 4. 5. |
| G | WHAT SHOULD I HAVE DONE INSTEAD? (Solution) | |
| H | SANE AND SOUND IDEAL FOR OUR FUTURE SEX LIFE (with this person) | |
| I | WE SUBJECTED EACH RELATIONSHIP TO THIS TEST | WAS IT SELFISH OR NOT? |

(Sex Relationship issues like Child Abuse, Sex Abuse that might have happened to us and we clearly have No FAULT of our own in anything to do with this other than HOLDING ONTO IT over all these years. Please talk about this in your Step 5 with your sponsor)

(RESPECT is #1 then HONESTY, COMMUNICATION, COMPROMISE, COMFORTABLE & COMPREHENSION are mostly what I hear if you're in a relationship NOW)

God alone can judge our sex situation.
 If sex is very troublesome, we throw ourselves the harder into helping others.
 If we are not sorry and our conduct continues to harm others, we are quite sure to drink.
 We are not theorizing. These are facts out of our experience.

SEX RELATIONSHIPS - (5 SEX RELATIONSHIPS plus the Sex Solution Page)

4th**Relationship**

| | | |
|---|--|--|
| A | WHERE HAD WE BEEN SELFISH? | |
| B | WHERE HAD WE BEEN DISHONEST? | |
| C | WHERE HAD WE BEEN INCONSIDERATE? | |
| D | WHOM DID WE HURT? | |
| E | DID WE UNJUSTIFIABLY AROUSE JEALOUSY, SUSPICION OR BITTERNESS | |
| F | WHERE WERE WE AT FAULT? (Our Faults is our Defects – Pick 5 from the Defects List Sheet) | 1. 2. 3. 4. 5. |
| G | WHAT SHOULD I HAVE DONE INSTEAD? (Solution) | |
| H | SANE AND SOUND IDEAL FOR OUR FUTURE SEX LIFE (with this person) | |
| I | WE SUBJECTED EACH RELATIONSHIP TO THIS TEST | WAS IT SELFISH OR NOT? |

(Sex Relationship issues like Child Abuse, Sex Abuse that might have happened to us and we clearly have No FAULT of our own in anything to do with this other than HOLDING ONTO IT over all these years. Please talk about this in your Step 5 with your sponsor)

(RESPECT is #1 then HONESTY, COMMUNICATION, COMPROMISE, COMFORTABLE & COMPREHENSION are mostly what I hear if you're in a relationship NOW)

God alone can judge our sex situation.

If sex is very troublesome, we throw ourselves the harder into helping others.

If we are not sorry and our conduct continues to harm others, we are quite sure to drink.

We are not theorizing. These are facts out of our experience.

SEX RELATIONSHIPS - (5 SEX RELATIONSHIPS plus the Sex Solution Page)

5th

YOURSELF

(Why we need to do one on ourselves is I need to see a pattern of what I should be doing and not doing, Also are you HIDING ANYTHING and please add it here)

| | | |
|---|--|--|
| A | WHERE HAD WE BEEN SELFISH? | |
| B | WHERE HAD WE BEEN DISHONEST? | |
| C | WHERE HAD WE BEEN INCONSIDERATE? | |
| D | WHOM DID WE HURT? | |
| E | DID WE UNJUSTIFIABLY AROUSE JEALOUSY, SUSPICION OR BITTERNESS | |
| F | WHERE WERE WE AT FAULT? (Our Faults is our Defects – Pick 5 from the Defects List Sheet) | 1. 2. 3. 4. 5. |
| G | WHAT SHOULD I HAVE DONE INSTEAD? (Solution) | Date or Date Night a Must. |
| H | SANE AND SOUND IDEAL FOR OUR FUTURE SEX LIFE | |
| I | WE SUBJECTED EACH RELATIONSHIP TO THIS TEST | WAS IT SELFISH OR NOT? |

(Sex Relationship issues like Child Abuse, Sex Abuse that might have happened to us and we clearly have No FAULT of our own in anything to do with this other than HOLDING ONTO IT over all these years. Please talk about this in your Step 5 with your sponsor)

(RESPECT is #1 then HONESTY, COMMUNICATION, COMPROMISE, COMFORTABLE & COMPREHENSION are mostly what I hear if you're in a relationship NOW)

God alone can judge our sex situation.
 If sex is very troublesome, we throw ourselves the harder into helping others.
 If we are not sorry and our conduct continues to harm others, we are quite sure to drink.
 We are not theorizing. These are facts out of our experience.

SEX RELATIONSHIPS - (5 SEX RELATIONSHIPS plus the Sex Solution Page)

SEX RELATIONSHIPS
 (5 SEX RELATIONSHIPS)

Sex Solutions Page - Write here the Solutions below Now

(Cut out this box and the Heart & use it for your STEP 9 Solutions later)

SEX-1st Everyone

P.16 What I should have done
 instead (Solution)

SEX-2nd Relationship

P.17 What I should have done
 instead (Solution)

SEX-3rd Relationship

P.18 What I should have done
 instead (Solution)

SEX-4th Relationship

P.19 What I should have done
 instead (Solution)

SEX-5th Yourself

P.20 What I should have done
 instead (Solution)

Date or Date Night a Must.



Page 70 If we are sorry for what we have done and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson. If we are not sorry and our conduct continues to harm others, we are quite sure to drink. We are not theorizing. These are facts out of our experience.

To sum up about sex: We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing. If sex is very troublesome, we throw ourselves the harder into helping others. We think of their needs and work for them. This takes us out of ourselves. It quiets the imperious urge, when to yield would mean heartache.

(RESPECT is #1 then HONESTY, COMMUNICATION, COMPROMISE, COMFORTABLE & COMPREHENSION are mostly what I hear if you're in a relationship NOW)

ARE WILLING TO STRAIGHTEN OUT THE PAST IF WE CAN.

(STEP 8 IS DONE IN OUR STEP 4 HARMS) (Save for STEP 9)

We hope you are convinced now that God can remove
whatever self-will has blocked you off from him.

PEOPLE HURT BY OUR CONDUCT – ME

(Bring over the 10 resentments on YOU from Page 13 & The Cause)

| WE HAVE LISTED THE PEOPLE WE HAVE HURT BY OUR CONDUCT, AND ARE WILLING TO STRAIGHTEN OUT THE PAST IF WE CAN. | WHAT HAPPENED!!! (The Cause) | (Leave this whole column empty for STEP 9) Actions, Letters, Talks I will take to make things right & what will I say or do. (Spiritual Solution/ Actions/ God’s Will) | Done √ |
|--|---------------------------------|--|-----------|
| ME 1 | | | |
| ME 2. | | | |
| ME 3. | | | |
| ME 4. | | | |
| ME 5. | | | |
| ME 6. | | | |
| ME 7. | | | |
| ME 8. | | | |
| ME 9. | | | |
| ME 10. | | 4/23 | |

4th LIST HARMS Page 70 – WE HAVE LISTED THE PEOPLE WE HAVE HURT BY OUR CONDUCT, ,

AND ARE WILLING TO STRAIGHTEN OUT THE PAST IF WE CAN.

(STEP 8 IS DONE IN OUR STEP 4 HARMS)

(Save for STEP 9)

**We hope you are convinced now that God can remove
whatever self-will has blocked you off from him.**

PEOPLE HURT BY OUR CONDUCT - ME (Add 10 HARMS on YOU)

| WE HAVE LISTED THE PEOPLE WE HAVE HURT BY OUR CONDUCT , AND ARE WILLING TO STRAIGHTEN OUT THE PAST IF WE CAN. | WHAT HAPPENED!!! (The Cause) | (Leave this whole column empty for STEP 9) Actions, Letters, Talks I will take to make things right & what will I say or do. (Spiritual Solution/Actions/God's Will) | Done √ |
|---|---------------------------------|---|-----------|
| ME 11. | | | |
| ME 12. | | | |
| ME 13. | | | |
| ME 14. | | | |
| ME 15. | | | |
| ME 16. | | | |
| ME 17. | | | |
| ME 18. | | | |
| ME 19. | | | |
| ME 20. | | | |

4th LIST HARMS Page 70 – WE HAVE LISTED THE PEOPLE WE HAVE HURT BY OUR CONDUCT, ,

AND ARE WILLING TO STRAIGHTEN OUT THE PAST IF WE CAN.

(STEP 8 IS DONE IN OUR STEP 4 HARMS)

(Save for STEP 9)

**We hope you are convinced now that God can remove
whatever self-will has blocked you off from him.**

PEOPLE HURT BY OUR CONDUCT – OTHERS (Bring over the 15 resentments & cause towards OTHERS from Pages 11, 12)

| WE HAVE LISTED THE PEOPLE WE HAVE HURT BY OUR CONDUCT, AND ARE WILLING TO STRAIGHTEN OUT THE PAST IF WE CAN. | WHAT HAPPENED!!! (The Cause) | (Leave this whole column empty for STEP 9) Actions, Letters, Talks I will take to make things right & what will I say or do. (Spiritual Solution/Actions/God's Will) | Done √ |
|--|---------------------------------|---|-----------|
| 1. | | | |
| 2. | | | |
| 3. | | | |
| 4. | | | |
| 5. | | | |
| 6. | | | |
| 7. | | | |
| 8. | | | |
| 9. | | | |
| 10. | | | |

4th LIST HARMS Page 70 – WE HAVE LISTED THE PEOPLE WE HAVE HURT BY OUR CONDUCT, ,

AND ARE WILLING TO STRAIGHTEN OUT THE PAST IF WE CAN.

(STEP 8 IS DONE IN OUR STEP 4 HARMS)

(Save for STEP 9)

**We hope you are convinced now that God can remove
whatever self-will has blocked you off from him.**

PEOPLE HURT BY OUR CONDUCT – OTHERS

(Bring over the 15 resentments towards OTHERS & cause from Pages 11, 12 and then add 5 HARMS & What Happened here)

| WE HAVE LISTED THE PEOPLE WE HAVE HURT BY OUR CONDUCT, AND ARE WILLING TO STRAIGHTEN OUT THE PAST IF WE CAN. | WHAT HAPPENED!!! (The Cause) | (Leave this whole column empty for STEP 9) Actions, Letters, Talks I will take to make things right & what will I say or do. (Spiritual Solution/Actions/God's Will) | Done √ |
|---|---------------------------------|---|-----------|
| 11. | | | |
| 12. | | | |
| 13. | | | |
| 14. | | | |
| 15. | | | |
| WE HAVE HURT BY OUR CONDUCT | | | |
| 16. | | | |
| 17. | | | |
| 18. | | | |
| 19 | | | |
| 20. | | | |

4th LIST HARMS Page 70 – WE HAVE LISTED THE PEOPLE WE HAVE HURT BY OUR CONDUCT, ,

AND ARE WILLING TO STRAIGHTEN OUT THE PAST IF WE CAN.

(STEP 8 IS DONE IN OUR STEP 4 HARMS)

(Save for STEP 9)

**We hope you are convinced now that God can remove
whatever self-will has blocked you off from him.**

PEOPLE HURT BY OUR CONDUCT – OTHERS

(Add 10 more HARMS & What Happened to Others here)

| WE HAVE LISTED THE PEOPLE WE HAVE HURT BY OUR CONDUCT , AND ARE WILLING TO STRAIGHTEN OUT THE PAST IF WE CAN. | WHAT HAPPENED!!! (The Cause) | (Leave this whole column empty for STEP 9) Actions, Letters, Talks I will take to make things right & what will I say or do. (Spiritual Solution/ Actions/ God's Will) | Done √ |
|--|---------------------------------|---|-----------|
| 21. | | | |
| 22. | | | |
| 23. | | | |
| 24. | | | |
| 25. | | | |
| 26. | | | |
| 27. | | | |
| 28. | | | |
| 29. | | | |
| 30. | | | |

STEP 5. Admitted to God, to ourselves, and another human being the exact natures of our wrongs.

INTO ACTION

Having made our personal inventory, what shall we do about it? We have been trying to get a new attitude, a new relationship with our Creator, and to discover the obstacles in our path. We have admitted certain defects; we have ascertained in a rough way what the trouble is; we have put our finger on the weak times in our personal inventory. Now these are about to be cast out. This requires action on our part, which, when completed, will mean that we have admitted to God, to ourselves, and to another human being, the exact nature of our defects. This brings us to the Fifth Step in the program of recovery mentioned in the preceding chapter.

This is perhaps difficult—especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else all their life story.

More than most people, the alcoholic leads a double life. He is very much the actor. To the outer world he presents his stage character. This is the one he likes his fellows to see. He wants to enjoy a certain reputation, but knows in his heart he doesn't deserve it.

The inconsistency is made worse by the things he does on his sprees. Coming to his sense, he is revolted at certain episodes he vaguely remembers. These memories are a nightmare. He trembles to think someone might have observed him. As far as he can, he pushes these memories far inside himself. He hopes they will never see the light of day. He is under constant fear and tension—that makes for more drinking.

Psychologists are inclined to agree with us. We have spent thousands of dollars for examinations. We know but few instances where we have given these doctors a fair break. We have seldom told them the whole truth nor have we followed their advice. Unwilling to be honest with these sympathetic men, we were honest with no one else. Small wonder many in the medical profession have a low opinion of alcoholics and their chance for recovery!

We must be entirely honest with somebody if we expect to live long or happily in this world. Rightly and naturally, we think well before we choose the person or persons with whom to take this intimate and confidential step. Those of us belonging to a religious denomination which requires confession must, and of course, will want to go to the properly appointed authority whose duty it is to receive it. Though we have no religious conception, we may still do well to talk with someone ordained by an established religion. We often find such a person quick to see and understand our problem. Of course, we sometimes encounter people who do not understand alcoholics.

If we cannot or would rather not do this, we search our acquaintance for a close-mouthed, understanding friend. Perhaps our doctor or psychologist will be the person. It may be one of our own family, but we cannot disclose anything to our wives or our parents which will hurt them and make them unhappy. We have no right to save our own skin at another person's expense. Such parts of our story we tell to someone who will understand, yet be unaffected. The rule is we must be hard on our self, but always considerate of others.

Notwithstanding the great necessity for discussing ourselves with someone, it may be one is so situated that there is no suitable person available. If that is so, this step may be postponed, only, however, if we hold ourselves in complete readiness to go through with it at the first opportunity. We say this because we are very anxious that we talk to the right person. It is important that he be able to keep a confidence; that he fully understand and approve what we are driving at; that he will not try to change our plan. But we must not use this as a mere excuse to postpone.

When we decide who is to hear our story, we waste no time. We have a written inventory and we are prepared for a long talk. We explain to our partner what we are about to do and why we have to do it. He should realize that we are engaged upon a life-and-death errand. Most people approached in this way will be glad to help; they will be honored by our confidence.

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 has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.

Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done. We thank God from the bottom of our heart that we know Him better. Taking this book down from our shelf we turn to the page which contains the twelve steps. Carefully reading the first five proposals we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last. Is our work solid so far? Are the stones properly in place? Have we skimmed on the cement put into the foundation? Have we tried to make mortar without sand?

(Tips on how to take someone through a Steps 5, 6, 7, 8, 9)

Important questions to ask before starting the STEP 5: Did they complete all the sheets thoroughly: 15 Resentments then 10 for ourselves? 10 Fears? 5 SEX Relationships? Harms? If they have then they are ready for STEP 5. Make sure you go to a comfortable place where there is a restroom and food because it's going to be a long talk.

Ask how many resentments they have? Give at least 3 hours.

STEP 5: be sure to remind them it's all about how we **REACTED** to each person, place or thing. This work has nothing to do with the actual person, place, or thing but how we **REACTED** from our defects. **I BLAMED** everyone my whole life and after today I need to know it had nothing to do with them but me and how I reacted so after today there will be no more **RESENTMENTS** on others.

Once they have spoken and told you in detail about every Resentment (who & why, affects and our mistakes & faults) move on to the Fears, Why, Solutions, Sex, and Harms lists.

Review STEP 5: asking themselves have they left anything out?

THEN Explain STEP 6 right away (Thinking about a defect) & STEP 7: (Acting out on a Defect and can't stop)

STEP 6: Thinking about a defect **ASK** them to write down every defect of character that came up in their STEP 5 in the **SELF-WILL STEP 6** column, count how many times that actual defect came up in their STEP 5 and write that number next to it. This will tell them huge chunks of truth about themselves, and which defects they act on more often than others.

STEP 7: Acting out on a defect from the defects of character list/God's will list write down God's will in the **GOD'S WILL STEP 7** column and the Plan of **ACTION** they are going to take to stay in God's will with God's help along with the STEP 7 prayer.

STEP 8: Harms List most of this will come from the STEP 4 but it is not done there. They should list other people and the damage they may have caused but have no resentments against them to finish the STEP 8 list. These are things we need to spiritually fix in our lives to walk a free person.

STEP 9: Actions, Letters, talks he/she will take to make amends. What will he/she say or do? This should be completed by the next get together. Please have the letters written and/or exactly what you will say/do in the letters or actions **RIGHT AWAY**.

STEP 9: Your STEP 9 list should be what we are going to do daily or weekly and a plan of loving **ACTIONS** towards ourselves and to live up to it because a **TRUE AMENDS IS NOT DOING IT ANY LONGER. (RESPOND WITH LOVE)**

"Any and All AMENDS Old & New must be fixed right Away"

| | | |
|---|--|--|
| <p>Attributes and characteristics of: <u>SELF-WILL</u> <u>Step 6</u> (defects and shortcomings)</p> <p><u>From your Defects Sheet</u></p> | <p>Attributes and characteristics of: <u>GOD'S WILL</u> <u>Step 7</u> (the opposite of defects and shortcomings, a.k.a.: assets)</p> <p><u>From your Defects Sheet</u></p> | <p>If we can answer to our satisfaction, we then look at Step Six. We have emphasized willingness as being indispensable. 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 - everyone? If we still cling to something we will not let go, we ask God to help us be willing.</p> <p>When ready, we say something like this: "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen." We have then completed Step Seven.</p> <p><u>PLAN OF ACTION: STEP 7 Your Name:</u> _____</p> <p>What, specifically, will I stop doing and begin to start doing instead?</p> <p>(To do your bidding is to do God's Will with Actions)</p> <p>Remember, write down a plan & BE SPECIFIC.</p> <p><u>Cut out pages 15, 21 & 30 Post it Somewhere</u></p> |
| <p><u>Example: ANGRY</u></p> | <p><u>LOVE</u></p> | <p><u>Always RESPOND with LOVE, Live in my HEART, SELF CARE, Pray or add more</u></p> |
| <p>1.</p> | <p>1.</p> | |
| <p>2.</p> | <p>2.</p> | |
| <p>3.</p> | <p>3.</p> | |
| <p>4.</p> | <p>4.</p> | |
| <p>5.</p> | <p>5.</p> | |
| <p>6.</p> | <p>6.</p> | |
| <p>7.</p> | <p>7.</p> | |
| <p>8.</p> | <p>8.</p> | |
| <p><u>Cut out pages 15, 21 & 30 Post Somewhere</u></p> | <p>(STEP 6 - is thinking and knowing about the DEFECT)</p> <p><u>(STEP 7 - is ACTING out on a DEFECT and with GOD's HELP & NEW ACTIONS can remove it)</u></p> | |

**SAVE your AMENDS to you Pages 22, 23 & POST THEM so you can see them daily & your AMENDS to others Pages 24,25,26
SAVE THEM and make Amends to each one**

(Here are 15 ME EXAMPLES below on How I would Make an AMENDS to MYSELF)

| Step 8 WE HAVE LISTED THE PEOPLE WE HAVE HURT BY OUR CONDUCT, AND ARE WILLING TO STRAIGHTEN OUT THE PAST IF WE CAN. | “What Happened” | Step 9 Actions, Letters, Talks I will take to make things right & what will I say or do. (Spiritual Solution/Actions/God’s Will) | Done √ |
|--|---------------------------|---|------------------|
| 1. ME Example: | Walked away from AA | Work the 12 Steps Daily, Help others with the 12 Steps, Go to Meetings, Home Group, Service Position, Call Sponsor | |
| 2. ME Example: | Giving up on Myself | Self-Care Daily, Set & Achieve Goals | |
| 3. ME Example: | Messed up Education | Go back to School, Focus on Career, More Courses | |
| 4. ME Example: | Bad with Money | Save & Budget | |
| 5. ME Example: | Ruined Relationships | Treat with RESPECT, Communicate, Compromise, Be Loving | |
| 6. ME Example: | Hurting myself physically | Self-Care Daily, Loving Affirmations | |
| 7. ME Example: | Any and all Trauma | Open up to someone TRUSTWORTHY to talk too. Talk about your feelings about the Trauma with a therapist, Self-Love, 1. Write a Letter about the Trauma & burn it in a spiritual place 2 nd Write a loving letter to yourself & burn it in a Spiritual place. | |
| 8. ME Example: | Depression & Anxiety | Walk Daily, Exercise, Get a Personal Trainer to help you, Go see your Doctor, Counselling so anything that will HELP YOU | |
| 9. ME Example: | Turning back on GOD | Trusting God & prayer Daily | |
| 10. ME Example: | Don’t Listen | STOP Talking so much & Listen and tell the person what they said to | |
| 11. ME Example: | Dating | Only go out with those I am REALLY interested in | |
| 12. ME Example: | Isolate | Go out & stay Connected with Friends, Sponsor, Home Group Members | |
| 13. ME Example: | No Future | Take Small Steps & Stay FOCUSED on your Dreams & Goals and you will MAKE IT HAPPEN | |
| 14. ME Example: | No Work | Apply daily for only the jobs you will LOVE or start your own business | |
| 15. ME Example: | Hurting People | Selfless Acts, Help Others with the 12 Steps | |

(READ YOUR STEP 9 AND THIS LIST with your SPONSOR BEFORE ANY AMENDS ARE DONE)

Page 83 - The spiritual life is not a theory. We have to live it.

There may be some wrongs we can never fully right. We don't worry about them if we can honestly say to ourselves that we would right them if we could. Some people cannot be seen - we send them an honest letter.

**SAVE your AMENDS to you Pages 22, 23 & POST THEM so you can see them daily & your AMENDS to others Pages 24,25,26
SAVE THEM and make Amends to each one**

(Here are 15 EXAMPLES below on How I would Make an AMENDS TO OTHERS)

(I'm sorry (Amends) without action means nothing)

| <u>Step 8</u> WE HAVE LISTED THE PEOPLE WE HAVE HURT BY OUR CONDUCT, AND ARE WILLING TO STRAIGHTEN OUT THE PAST IF WE CAN. | “What Happened” | <u>Step 9</u> Actions, Letters, Talks I will take to make things right & what will I say or do. (Spiritual Solution/Actions/God’s Will) | Done √ |
|--|--|--|-----------|
| 16. Example: Sister | Stole my sisters coin collection | Give or send her a GIFT CARD | |
| 17. Example: Friend | Hurt my friend | Send a LOVING LETTER or I LOVE YOU CARD | |
| 18. Example: EX Relationship | Was Mean, Abusive to me | Leave them alone/Don’t go back/Block Number | |
| 19. Example: Police | I was verbal Abusive to them | Buy them BREAKFAST one day or buy them a coffee | |
| 20. Example: Stole from a Store | Stole stuff | Make a plan to Donate somewhere to make up for it | |
| 21. Example: Someone Passed away | Used them, Hurt Them, Loved Them | Write a letter and & burn it in a spiritual place | |
| 22. Example: Kids | Drank/Drugs around them, Neglected | Live the 12 steps & be a RESPONSIBLE parent always | |
| 23. Example: Significant Other | Cheating, Being Mean, Neglecting | Faithful, Treat Loved one with Respect & Love | |
| 24. Example: ANY ABUSE | I hit them, They hit me, Swearing | Should never happen but if it does? It’s time to leave & get Counselling, Anger Management | |
| 25. Example: Family | Was Mean, Always High or Drunk | Live the 12 Steps Daily, Send a card saying how much you appreciate each one in the | |
| 26. Example: PERSON | Did something really bad that you can never take back | Be a Productive, Positive Loving person in this world & Live the 12 Steps Daily | |
| 27. Example: PERSON | Judge, Race, Political | Pause and only Judge with LOVE | |
| 28 Example: PERSON | Bullying | Admit wrongs, Don’t do this to anyone anymore | |
| 29. Example: PERSON | Gossiping | Tell the Truth, Only Speak Kindly about Others | |
| 30. Example: PERSON | Manipulated, Used | Admit wrongs, STOP using others anymore | |

(READ YOUR STEP 9 AND THIS LIST with your SPONSOR BEFORE ANY AMENDS ARE DONE)

Page 83 - The spiritual life is not a theory. We have to live it.

There may be some wrongs we can never fully right. We don't worry about them if we can honestly say to ourselves that we would right them if we could. Some people cannot be seen - we send them an honest letter.

SAVE your AMENDS to you Pages 22, 23 & POST THEM so you can see them daily & your AMENDS to others Pages 24,25,26

SAVE THEM and make Amends to each one

(PLEASE ADD ANYMORE AMENDS only if you need too)

| Step 8 WE HAVE LISTED THE PEOPLE WE HAVE HURT BY OUR CONDUCT, AND ARE WILLING TO STRAIGHTEN OUT THE PAST IF WE CAN. | “What Happened” | Step 9 Actions, Letters, Talks I will take to make things right & what will I say or do. (Spiritual Solution/Actions/God’s Will) | Done √ |
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(READ YOUR STEP 9 AND THIS LIST with your SPONSOR BEFORE ANY AMENDS ARE DONE)

“Any and All AMENDS Old & New must be fixed right Away”

Page 83 - The spiritual life is not a theory. *We have to live it.*

There may be some wrongs we can never fully right. We don't worry about them if we can honestly say to ourselves that we would right them if we could. Some people cannot be seen - we send them an honest letter.

STEP 10 Continued to take personal inventory and when we were wrong promptly admitted it.

Page 84 - We continue to take personal inventory and continue to set right any new mistakes as we go along.

Page 84 - we vigorously commenced this way of living as we cleaned up the past.

Page 84 - We have entered the world of the spirit.

Page 84 - Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime.

- (1). Continue to watch for selfishness, dishonesty, resentment, and fear.
- (2). When these crop up, we ask at once to remove them.
- (3). We discuss them with someone immediately and
- (4). Make amends quickly if we have harmed anyone.
- (5). Then we resolutely turn out thoughts to someone we can help.

Page 84 - Love and tolerance of others is our code.

Page 84 - And we have to cease fighting anything or anyone even alcohol.

Page 84 - By this time sanity will have returned.

Page 84 - We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally.

Page 85 - We will see that our new attitude toward liquor has been given us without thought or effort on our part. It just comes! That is the miracle of it.

Page 85 - We are neither cocky nor afraid. That is our experience. That is how we react so long as we keep spiritual condition.

Page 85 - It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism.

Page 85 - What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day 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 - If we have carefully followed directions, we have begun to sense the flow of his spirit into us.

STEP 11 Pages 85 – 88

STEP 11 - Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

(Prayer is talking to God. Meditation is listening) (Not from the Big Book)

Page 85 – Step 11 suggests prayer and meditation.

Page 86 - It works, if we have the proper attitude and work at it.

Page 86 – When we retire at night, we constructively review our day.

- 1) Were we resentful, selfish, dishonest, or afraid?
- 2) Do we owe an apology?
- 3) Have we kept something to ourselves which should be discussed with another person at once?
- 4) Were we kind and loving toward all?
- 5) What could have we done better?
- 6) Were we thinking of ourselves most of the time?
- 7) Or were we thinking of what we could do for others, of what we could pack into the stream of life?
- 8) But we must be careful not to drift into worry, remorse, or morbid reflection, for what would diminish our usefulness to others.
- 9) After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

Page 86 – On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.

Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

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 a decision. we relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while.

Page 87, 88 - What used to be the hunch, or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.

We usually conclude the period of meditation 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 ask especially for freedom from self-will and are careful to make no request 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. Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why.

If circumstances warrant, we ask our wives or friends to join us in morning meditation. If we belong to a religious denomination which requires a definite morning devotion, we attend to that also. If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing. There are many helpful books also. Suggestions about these may be obtained from one's priest, minister, or rabbi. Be quick to see where religious people are right. Make use of what they offer.

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." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

It works - it really does. We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined. But this is not all. There is action and more action. "Faith without works is dead." **The next chapter is entirely devoted to Step Twelve.**

STEP 12 - Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Page 89 – Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. **This is our *twelfth suggestion*.** Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.

Page 89 - Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends - this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.

Page 90 - When you discover a prospect for Alcoholics Anonymous, find out all you can about him. If he does not want to stop drinking, don't waste time trying to persuade him. You may spoil a later opportunity. This advice is given for his family also. They should be patient, realizing they are dealing with a sick person.

Page 90 - Don't deal with him when he is very drunk, unless he is ugly, and the family needs your help. Wait for the end of the spree.

Page 91 - When possible, avoid meeting a man through his family.

Page 91 - See your man alone, if possible. At first engage in general conversation. After a while, turn the talk to some phase of drinking. Tell him enough about your drinking habits, symptoms, and experiences to encourage him to speak of himself. If he wishes to talk, let him do so. You will thus get a better idea of how you ought to proceed.

Page 92 - If you are satisfied that he is a real alcoholic, begin to dwell on the hopeless feature of the malady. Show him, from your own experience, how the queer mental condition surrounding that first drink prevents normal functioning of the will power.

Page 92 - Continue to speak of alcoholism as an illness, a fatal malady. Talk about the conditions of body and mind which accompany it.

Page 95 - **Never talk down to an alcoholic from any moral or spiritual hilltop;** simply lay out the kit of spiritual tools for his inspection. Show him how they worked with you. Offer him friendship and fellowship. Tell him that if he wants to get well you will do anything to help.

Page 96 - Do not be discouraged if your prospect does not respond at once. Search out another alcoholic and try again. You are sure to find someone desperate enough to accept with eagerness what you offer. We find it a waste of time to keep chasing a man who cannot or will not work with you. If you leave such a person alone, he may soon become convinced that he cannot recover by himself. To spend too much time on any one situation is to deny some other alcoholic an opportunity to live and be happy.

Page 97 - Never avoid these responsibilities, but be sure you are doing the right thing if you assume them. **Helping others is the foundation stone of your recovery. (A kindly act once in a while isn't enough).** You have to act the Good Samaritan every day, if need be. It may mean the loss of many nights' sleep, great interference with your pleasures, interruptions to your business. It may mean sharing your money and your home, counseling frantic wives and relatives, innumerable trips to police courts, sanitariums, hospitals, jails, and asylums. Your telephone may jangle at any time of the day or night. Your wife may sometimes say she is neglected. A drunk may smash the furniture in your home or burn a mattress. You may have to fight with him if he is violent. Sometimes you will have to call a doctor and administer sedatives under his direction. Another time you may have to send for the police or an ambulance. Occasionally you will have to meet such conditions.

Page 98 - The men who cry for money and shelter before conquering alcohol, are on the wrong track.

Page 98 - **Argument and fault-finding are to be avoided like the plague.**

Page 99 - Let no alcoholic say he cannot recover unless he has his family back. This just isn't so.

Page 100 - Both you and the new man must walk day by day in the path of spiritual progress. If you persist, remarkable things will happen. When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned. Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!

Page 100 - **Assuming we are spiritually fit**, we can do all sorts of things alcoholics are not supposed to do. We must not have it in our homes; we must shun friends who drink; we must avoid moving pictures which show drinking scenes; we must not go into bars; our friends must hide their bottles if we go to their houses; we mustn't think or be reminded about alcohol at all. Our experience shows that this is not necessarily so. **We meet these conditions every day. An alcoholic who cannot meet them, still has an alcoholic mind; there is something the matter with his spiritual status**

Page 101 - **So our rule is not to avoid a place where there is drinking, if we have a legitimate reason for being there.** That includes bars, nightclubs, dances, receptions, weddings, even plain ordinary whoopee parties. To a person who has had experience with an alcoholic, this may seem like tempting Providence, but it isn't.

Page 101 - You will note that we made an important qualification. Therefore, ask yourself on each occasion, "Have I any good social, business, or personal reason for going to this place? Or am I expecting to steal a little vicarious pleasure from the atmosphere of such places?" If you answer these questions satisfactorily, you need have no apprehension. Go or stay away, whichever seems best. But be sure you are on solid spiritual ground before you start and that your motive in going is thoroughly good. Do not think of what you will get out of the occasion. Think of what you can bring to it. But if you are shaky, you had better work with another alcoholic instead.

Page 102 - **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 103 - *After all, our problems were of our own making. Bottles were only a symbol. Besides, we have stopped fighting anybody or anything. We have to!*

SEX RELATIONSHIPS TIPS

**Name 20 things and be specific to the Dream Partner
you want in your life or you're with now.**

Then add it up and see the TRUTH and don't ever settle for 2nd best

We Deserve 20 out of 20

| | | | |
|-----------|--|-----------|--|
| 1 | | 11 | |
| 2 | | 12 | |
| 3 | | 13 | |
| 4 | | 14 | |
| 5 | | 15 | |
| 6 | | 16 | |
| 7 | | 17 | |
| 8 | | 18 | |
| 9 | | 19 | |
| 10 | | 20 | |

(Sex Relationships – A HINT! We should have the right intentions and only be dating to MARRY & anything more you are spiritually damaging you & the other person, and the Big Book says (if we are not sorry and our conduct continues to harm others, we are quite sure to drink. We are not theorizing. These are facts out of our experience)

(When you are interested in someone? Let them know you are not going to sleep with them for 6 months and see what happens. You don't have to wait 6 months, but the right person would be more than willing to date you for those 6 months of course)

Spiritual Malady – Always Restless, Irritable, Discontent (UNHAPPY)

Step 1 – The Problem is my THINKING

Step 2 – The Solution is GOD in my HEART

Step 3 – Live in my Heart DAILY and always having FAITH that I'm OK

Step 4 – The 4 lists (Resentments, Fears, Sex and Harms)

Resentments – Has nothing to do with People, Places, Things but how I REACTED and No More Blaming ever

Fears – Solution is PRAYER and some sort of ACTION

Sex – What should I have done INSTEAD, Date or Date Night a Must.

Harms – Bring over all the Resentments, then add Harms we have HURT others by our conduct

Step 5 – Review – Printed are pages 11-27 please print all of them out with your name on it.

Step 6 – THINKING and KNOWING about my DEFECTS

Step 7 – Acting on a DEFECT, but with GOD'S HELP and a new loving ACTION it can be removed

Step 8 – Made a list of people I have harmed in STEP 4 but may have more to add by now

Step 9 – Start making LOVING amends to yourself first (SELF CARE), then make spiritual amends to others.

Step 10 – The 5 things I need to do all through the day

(1). Continue to watch for selfishness, dishonesty, resentment, fear.

(2). When these crops up, we ask at once to remove them.

(3). We discuss them with someone immediately and

(4). Make amends quickly if we have harmed anyone.

(5). Then we resolutely turn our thoughts to someone we can help.

Love and Tolerance of others is our code.

What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.

Step 11 – the 9 questions when I retire at night and reading on awakening in the morning, PAUSE when UNHAPPY

1) Were we resentful, selfish, dishonest, or afraid?

2) Do we owe an apology?

3) Have we kept something to ourselves which should be discussed with another person at once?

4) Were we kind and loving toward all?

5) What could we have done better?

6) Were we thinking of ourselves most of the time?

7) Or were we thinking of what we could do for others, of what we could pack into the stream of life?

8) But we must be careful not to drift into worry, remorse, or morbid reflection, for what would diminish our usefulness to others.

9) After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

Step 12 – Living & Teaching the 12 Steps DAILY to others and living a New Understanding of Life.

(I Ask myself 1 question? Is it SPIRITUAL) (TIPS-Respond with Love, Live in Gratitude Daily, If you're NOT 100% sure? Don't do it)