TEN STEPS TO SPIRITUAL AWAKENING

OUR WAY OF LIFE

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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."

Write your own

---

more prayers at the end of this document...
Guide to the Steps

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

QUESTION?

EXPERIENCE

INFORMATION

ACTION
Reflection Questions

✓ What did I hear?
✓ What does it mean?
✓ How does it apply to me?
✓ What is my experience?
✓ What is the invitation?

Assignment Process

✓ Prayer
✓ Reading
✓ Listening
✓ Reflection
✓ Writing
✓ Discussion
✓ Heart
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?
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.
History

1932
Dr. Carl Jung
Psychology / Theology
    Spiritual Experience

1933
Oxford Group
Religion
    Six Steps / Conversion

1934
Dr. Silkworth
Medicine
    Fatal Disease / “Allergy” & “Obsession”

Frank Buchman (1920s)
    Religion
        Oxford Group
            Character Defects
                Six Steps / Guidance – MIND
                    Conversion
                        Bob Smith
                            Alcohols Anonymous – June 10, 1935

Carl Jung (1930s)
    Psychology / Theology
        Spiritual Experience
            Spiritual Malady
                Transformation – WILL
                    Roland Hazard
                        Ebby Thatcher

Dr. Silkworth (1934)
    Medicine
        Powerlessness
            Fatal Disease
                Phenomena of Craving – BODY
                    Obsession / Delusion – MIND
                        Bill Wilson
The Problem

The Solution

BODY
- Allergy / Craving

WILL
- Unmanageability / Malady

MIND
- Obsession / Delusion

The Solution

Unity
- Traditions (1950)

Steps (1939)

Service
- Concepts (1955)

Recovery
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)
Reflection

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?
Step One: Autobiography

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

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

Consider each decade of your life through the perspective of addiction and “my life was unmanageable" (0-10, 11-20, 21-30 etc). Were YOU active in addictive behaviour at any point? Was it consistent? Was there a pattern? (you will not have to read this to anyone – so be as honest as you can) Give a brief description.

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<th>0 – 10yrs</th>
<th>41 – 50yrs</th>
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<th>11 – 20yrs</th>
<th>51-60yrs</th>
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<th>21 – 30yrs</th>
<th>61-70yrs</th>
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<table>
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<th>31 – 40yrs</th>
<th>71-current</th>
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</table>
Unmanageable 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
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

Decision ABOUT

POWER

*WILLINGNESS

FAITH = A CHOICE!

*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

- No Feeling
- Decision
- Trust

- Body
- Will
- Acceptance

- No Knowledge
- Action

= Faith
= Belief
Reality – A Perspective

Who is God?

An infinite immaterial being

• Fully present
• All knowing
• Unconditional love

An uncreated Creative Reality

Reality – a Model

Spirit Deep Inside

Immanent

Transcendent

Spirit Everywhere

Human

Beings
NOTE: It’s not what we think or how we feel that determines our spiritual journey – IT IS WHAT ARE WE DOING? This is a program of ACTION. What are your feet doing today?
Problem = Impact

PROBLEM:
- Belief
- Perception
- Thought
- Feeling
- Attitude
- Behavior

IMPACT:
- Lens
- Delusional
- Demented
- Dis-eased
- Distorted
- Dysfunctional
Step Four

Name OBSTACLES / IMPEDIMENTS

- DISHONESTY
- SECRETS
- GUILT *
- SHAME *

* Not in “Big Book”

SELFishness - SELFcenteredness
### Step Four: Resentments Column 1 Instructions

1. List your resentments
   - To begin, list a total of TEN only, people, institutions, and/or principles. Do not include yourself in these first ten. Normally it is suggested to include those people you are in most frequent contact with: family, co-workers, friends, etc.
   - **Resentment is anger felt over and over.** The point is not the memory of the anger. It is about still having the *feeling* of the anger, disturbance and upset.
   - See Big Book page 65 for examples. The list is not necessarily in priority order.

2. Create your own set aside prayer each time you sit down to do this work. You can make it specific to the event/person.

### Step Four: Resentments Column 1 Worksheet

<table>
<thead>
<tr>
<th></th>
<th>Who/What did I resent</th>
<th>Use this column to enter a specific set aside prayer:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
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<tr>
<td>4.</td>
<td></td>
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<tr>
<td>5.</td>
<td></td>
<td></td>
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<tr>
<td>6.</td>
<td></td>
<td></td>
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<tr>
<td>7.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td></td>
<td></td>
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<tr>
<td>9.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Step Four: Resentments Column 2 Worksheet

**Set Aside prayer:**

<table>
<thead>
<tr>
<th>From Previous List</th>
<th>Brief example or reason for your resentment toward this person/institution or principle.</th>
<th>From Previous List</th>
<th>Brief example or reason for your resentment toward this person/institution or principle.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>A.</td>
<td>6</td>
<td>A.</td>
</tr>
<tr>
<td></td>
<td>B.</td>
<td></td>
<td>B.</td>
</tr>
<tr>
<td></td>
<td>C.</td>
<td></td>
<td>C.</td>
</tr>
<tr>
<td>2</td>
<td>A.</td>
<td>7</td>
<td>A.</td>
</tr>
<tr>
<td></td>
<td>B.</td>
<td></td>
<td>B.</td>
</tr>
<tr>
<td></td>
<td>C.</td>
<td></td>
<td>C.</td>
</tr>
<tr>
<td>3</td>
<td>A.</td>
<td>8</td>
<td>A.</td>
</tr>
<tr>
<td></td>
<td>B.</td>
<td></td>
<td>B.</td>
</tr>
<tr>
<td></td>
<td>C.</td>
<td></td>
<td>C.</td>
</tr>
<tr>
<td>4</td>
<td>A.</td>
<td>9</td>
<td>A.</td>
</tr>
<tr>
<td></td>
<td>B.</td>
<td></td>
<td>B.</td>
</tr>
<tr>
<td></td>
<td>C.</td>
<td></td>
<td>C.</td>
</tr>
<tr>
<td>5</td>
<td>A.</td>
<td>10</td>
<td>A.</td>
</tr>
<tr>
<td></td>
<td>B.</td>
<td></td>
<td>B.</td>
</tr>
<tr>
<td></td>
<td>C.</td>
<td></td>
<td>C.</td>
</tr>
</tbody>
</table>
### Step Four: Resentments Column 3 Worksheet

*Set Aside prayer:*

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

**Set Aside prayer:**

<table>
<thead>
<tr>
<th>Column 4:</th>
<th>Column 1:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MY PERCEIVED ROLE</strong> - like an actor in a play e.g. betrayed spouse, abused child, misunderstood person, abandoned parent, rejected friend, ignored citizen etc.</td>
<td>I believe I am the:</td>
</tr>
</tbody>
</table>

**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)**

1. **Self-Seeking Behavior:**
   - WHAT I DO – when I feel this resentment.

2. **Selfish Thinking:**
   - Self-centred thoughts/motives/attitudes – when I feel this resentment.

3. **Delusional or Dishonest:**
   - How am I misrepresenting myself or reality; lying, 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 behaviours when I feel this resentment?

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?

11. **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:
### Step Four: Resentments Summary

**Set Aside prayer:**

<table>
<thead>
<tr>
<th>Perceived Role</th>
<th>Real Role</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Perceived Role</strong></td>
<td><strong>Real Role</strong></td>
</tr>
<tr>
<td>List of Character defects you have identified (Column 4, question 9)</td>
<td>List of Character defects you have identified (Column 4, question 9)</td>
</tr>
<tr>
<td>Perceived Role</td>
<td>Real Role</td>
</tr>
<tr>
<td>List of Character defects you have identified (Column 4, question 9)</td>
<td>List of Character defects you have identified (Column 4, question 9)</td>
</tr>
<tr>
<td>Perceived Role</td>
<td>Real Role</td>
</tr>
<tr>
<td>List of Character defects you have identified (Column 4, question 9)</td>
<td>List of Character defects you have identified (Column 4, question 9)</td>
</tr>
<tr>
<td>Perceived Role</td>
<td>Real Role</td>
</tr>
<tr>
<td>List of Character defects you have identified (Column 4, question 9)</td>
<td>List of Character defects you have identified (Column 4, question 9)</td>
</tr>
</tbody>
</table>
Step Four: Consider Your Fears.

Consider “What would happen if that were true?”  Set Aside prayer:

*See the “Fear Train” example at the end of this WOL doc for how to complete this worksheet*
**Step Four: Core Fears Worksheet:**

After you do your FEAR TRAINS you may become aware of some CORE FEARS. This table is to help you consider those core fears. *See the example worksheet for how to fill this in.*

<table>
<thead>
<tr>
<th>1. Name the FEAR</th>
<th>2. Why do I have it?</th>
<th>3. What behaviour is manifest?</th>
<th>4. Name the opposite of the fear (the virtue)?</th>
<th>5. What behaviour would this manifest?</th>
</tr>
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*See the “Fear Train” example at the end of this document for how to complete this worksheet*
**Step Four: Sex Autobiography**

Review your life regarding your sexual behavior (playing doctor, experimentation, encounters, rejected encounters, masturbation, 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. You may also choose to list a trauma event in the Dishonesty/Shame/Guilt/Secrets Inventory. Be gentle with yourself and seek “outside” help (that is outside the fellowship, i.e. professional help) if you feel it would be helpful.

**Speak your personal Set Aside Prayer before you begin the 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.

<table>
<thead>
<tr>
<th>How did the encounter or relationship begin?</th>
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<tbody>
<tr>
<td>What happened?</td>
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<tr>
<td>What’s the status now, or how did it end?</td>
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</table>

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?
Step Four: Sex Summary

Question 9 – What should I have done instead?

What is the “principle” – see page 42 of this document for examples?

The answer to question #9 will help you become conscious of the principles you value (or the principles you want to have) that will guide your future sex motives and behaviour. They will form the basis of your “sex ideal”. List your answers to question number 9 from the Sex Inventory below. Consider if there is a guiding PRINCIPLE – e.g. honesty, loyalty, patience etc.

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Record your Sex Ideal below.

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### Step Four: Dishonesty – Shame – Guilt Worksheet

Ask yourself where/when you have experienced:

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<thead>
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<tbody>
<tr>
<td>1. Guilt</td>
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<tr>
<td>2. Shame</td>
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<tr>
<td>3. Embarrassment</td>
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<tr>
<td>4. Dishonesty</td>
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<td>5. Irresponsibility</td>
<td></td>
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<tr>
<td>6. Disturbance</td>
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</tbody>
</table>

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/behaviour 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 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).

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

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/behaviour 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 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.

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</table>

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/behaviour 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?
Deep Resentment Prayer

“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

GOD, (insert name), LIKE ME, IS A SPIRITUALLY SICK PERSON.
PLEASE:
☐ 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
Step Five  Removal of Obstacles

- Resentments
- Fears
- Sex
- Dishonesty
- Secrets
- Guilt
- Shame

Self-Centeredness
Step Six

Defects of Character

Willingness to be changed.
Name them:

- Resentments
- Fears
- Sex (Dishonesty)
- Selfishness

Consider:

1. Why do I hold on to this Resentment/Fear/Sex (Dishonesty)/Selfishness?
2. What is the benefit or value to me?
3. Am I powerless over this character defect?
4. Am I willing, to be willing, to be willing, to be willing ... to bring in the Higher Power?
## Step Six – Character Defects Worksheet

<table>
<thead>
<tr>
<th>Column 1</th>
<th>Column 2</th>
<th>Column 3</th>
<th>Column 4</th>
<th>Column 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Character Defect</td>
<td>What is my behavior?</td>
<td>What am I defending? What is the payoff?</td>
<td>What is the opposite of this defect?*</td>
<td>What behavior would this virtue manifest?*</td>
</tr>
</tbody>
</table>

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


An enduring pattern of loner experience and behavior that deviates markedly from the expectation of the individual's culture, is pervasive and inflexible, has an onset in adolescence or early adulthood, is stable over time, and lends to distress or impairment.

A personality disorder is a pattern of deviant or abnormal behavior that the person doesn’t change even though it causes emotional upsets and trouble with other people at work and in personal relationships. It is not limited to episodes of mental illness, and it is not caused by drug or alcohol use, head injury, or illness. There are about a dozen different behavior patterns classified as personality disorders by DSM-IV.

All the personality disorders show up as deviations from normal in one or more of the following:

- Cognition—perception, thinking, and interpretation of oneself, other people, and events
- Affectivity—emotional responses (range, intensity, liability, appropriateness)
- Interpersonal functions
- Impulsivity

**Narcissistic Personality Disorder (NPD)** — indicators are:

1. An exaggerated sense self-importance (e.g. Exaggerates achievements and talents, expects to be recognized as superior without commensurate achievements); grandiosity.
2. Preoccupation with fantasies of unlimited success, power, brilliance beauty, or ideal love
3. Belief of being “special”; only can be understood by, or should associate with, other special or high-status people (or institutions)
4. Require excessive admiration
5. Sense of entitlement
6. Selfishness in taking advantage of others to achieve their own ends
7. Lacking empathy
8. Envy of others or belief that others envy them
9. Behaviors or attitudes that are arrogant, haughty, patronizing, or contemptuous

**Dependent personality disorder (DPD)** is a personality disorder that is characterized by a pervasive psychological dependence on other people. This personality disorder is a long-term condition in which people depend on others to meet their emotional and physical needs, with only a minority achieving normal levels of independence. Dependent personality disorder is a Cluster C personality disorder, characterized by excessive fear and anxiety. It begins by early adulthood, and it is present in a variety of contexts and is associated with inadequate functioning. Symptoms can include anything from extreme passivity, devastation or helplessness when relationships end, avoidance of responsibilities and severe submission.

- Cognition—a perception of oneself as powerless and ineffectual, coupled with the belief that other people are comparatively powerful and potent.
- Motivational—a desire to obtain and maintain relationships with protectors and caregivers.
- Behavioral—a pattern of relationship-facilitating behavior designed to strengthen interpersonal ties and minimize the possibility of abandonment and rejection.
- Emotional—fear of abandonment, fear of rejection, and anxiety regarding evaluation by figures of authority.
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.

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<tbody>
<tr>
<td>perfectionistic</td>
<td>arrogant</td>
<td>arrogant competitive</td>
</tr>
<tr>
<td>rigid/inflexible</td>
<td>prideful</td>
<td>overachievers’ image</td>
</tr>
<tr>
<td>critical/negative</td>
<td>manipulative</td>
<td>conscious</td>
</tr>
<tr>
<td>judgmental</td>
<td>smothering possessive,</td>
<td>insensitive</td>
</tr>
<tr>
<td>angry</td>
<td>needs others to depend on</td>
<td>feeling worthless,</td>
</tr>
<tr>
<td>intolerant</td>
<td>them martyr complex,</td>
<td>chameleon/phony</td>
</tr>
<tr>
<td>bitter, anal</td>
<td>hypochondria needing</td>
<td>self-deceit, image vs.</td>
</tr>
<tr>
<td>impatient</td>
<td>resentful negative,</td>
<td>substance</td>
</tr>
<tr>
<td>obsessive</td>
<td>two faced ungrateful</td>
<td>jealous, dishonest,</td>
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<tr>
<td>rationalize control</td>
<td></td>
<td>lack of integrity</td>
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<td>tense</td>
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<td>self-centered</td>
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<tr>
<td>disrespectful</td>
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<td>driven braggart,</td>
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<tr>
<td>fear of being wrong</td>
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<td>emotionally unavailable</td>
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<td>deceit of others</td>
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<td>irresponsible</td>
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<tr>
<td>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</td>
<td>skeptical detached, loner, avarice (their time, resources, information) eccentric, fear dependent antagonistic overly sensitive restless pessimistic, emotionally needy disdaining, non-supportive</td>
<td>based, sloth, fear of being alone rebellious, fear of others, self-doubt/unsure passive — aggressive procrastinate, self-defeating over reactive excitably anxious miserly suspicious insecure blaming defensive pessimism</td>
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<tbody>
<tr>
<td>easily bored</td>
<td>ruthless control,</td>
<td>stubborn passive,</td>
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<tr>
<td>impulsive, escapist</td>
<td>aggressive, lust (sex,</td>
<td>neglectful repressed</td>
</tr>
<tr>
<td>restless/nervous</td>
<td>power) very willful</td>
<td>slothful fatalistic,</td>
</tr>
<tr>
<td>fear of deprivation,</td>
<td>intimidate, abusive,</td>
<td>denial, aggressive</td>
</tr>
<tr>
<td>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</td>
<td>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</td>
<td>given to fantasy self-neglect, simplistic, rigid, compliant vicarious asleep, self-deprecating, fickle shallow pessimistic powerless, Shunning, fear of change inattentive weak, lazy</td>
</tr>
</tbody>
</table>

#8, 9, 1 - Anger based #5, 6, 7 - Fear based #2, 3, 4 – Shame / Dishonest based
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 confidant 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 favourably 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; honourable and fair dealing of persons with each other.
   Action: CHANGE behaviour; REPAIR damage; to embrace FORGIVENESS process.

10. **DISCIPLINE**: To train or develop by instruction and exercise—especially in self-control; training that corrects, molds, or perfects the mental faculties or moral character; orderly or prescribed conduct or pattern of behaviour.
    Action: Vigilance – to use this process of prayer, confession, amend, & service.

11. **AWARENESS**: Having or showing realization, perception, or knowledge; implies attentiveness in observing or alertness in drawing inferences from what one sees or hears; developing a consistent consciousness practice.
    Action: PRAYER & MEDITATION - to “improve” our consciousness.

12. **SERVICE**: Contribution to the welfare of others; altruistic behaviour.
    Action: LOVE/CHARITY - to “enlarge” our consciousness and compassion; a desire to be useful.
Step Seven

Shortcomings

- You are powerless to remove
- Pray for removal

SEVENTH STEP PRAYER (Page 76 BB) with an example defects from 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?
   a. to change my behavior
   b. to repair damage to others

5. Am I willing to repair damage?
Step Nine

Amends Process

1. Describe the harm.

2. Ask “Is there any other harm or anything you’d like to add?”

3. Suggest the amends you’d like to make.

4. Ask: “Are there any other amends?”
Forgiveness  A Process

Decision:

- To Release Them
- To Be Released

“A forgiving person has no past;
An unforgiving person has no future!”

— HERB K, 2016
Forgiveness is a Process – Not an Event

What is Forgiveness?

*Forgiveness is NOT to...*
- Condone
- Forget
- Tolerate
- Ignore
- Approve
- Excuse
- Minimize
- Pardon
- Invite to hurt again
- Deny
- Absolve
- Reconcile
- Surrender justice

*Forgiveness IS A DECISION to not...*
- Retaliate
- Exact revenge
- Seek compensation
- Judge

*Forgiveness Is a Decision to...*
- 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?

- All spiritual traditions believe that I am forgiven just to the extent that I forgive; all spiritual traditions believe 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.
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.
# Bedevilments Transformed to The Promises

<table>
<thead>
<tr>
<th>THE BEDEVILMENTS (page 52)</th>
<th>THE PROMISES (pages 83 &amp; 84)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• We were having trouble with personal relations.</td>
<td>• We will lose interest in selfish things and gain interest in our fellow. Self-seeking will slip away.</td>
</tr>
<tr>
<td>• We couldn’t control our emotional natures.</td>
<td>• We will comprehend the word serenity and we will know peace.</td>
</tr>
<tr>
<td>• We were prey to misery and depression.</td>
<td>• Our whole attitude and outlook upon life will change.</td>
</tr>
<tr>
<td>• We couldn’t make a living.</td>
<td>• Fear of people and economic insecurity will leave us.</td>
</tr>
<tr>
<td>• We had a feeling of uselessness.</td>
<td>• That feeling of uselessness and self-pity will disappear.</td>
</tr>
<tr>
<td>• We were full of fear.</td>
<td>• We will intuitively know how to handle situations that used to baffle us.</td>
</tr>
<tr>
<td>• We were unhappy</td>
<td>• We are going to know a new freedom and a new happiness.</td>
</tr>
<tr>
<td>• We couldn’t seem to be of real help to other people.</td>
<td>• No matter how far down the scale we have gone, we will see how our experience can benefit others. We will not regret the past nor wish to shut the door on it.</td>
</tr>
<tr>
<td>• And, most of all.</td>
<td>• We will suddenly realize that God is doing for us what we could not do for ourselves.</td>
</tr>
</tbody>
</table>
Our Way of Life Step Ten

BODY

WILL

MIND

Recovered

Physical Sobriety

Not Cured
Step Ten

Watch for being “disturbed”:
- Resentment
- Fear
- Dishonesty
- Selfishness

Take action “on the spot”:
- Pray
- Discuss
- Amend
- Help

Results:
- Forgiveness
- Trust
- Honesty
- Love

Our Way of Life

- Clear Channel
- Fill Channel
- Empty Channel

- Step 10 Inventory
- Step 11 Prayer/Meditation
- Step 12 Service
Our Way of Life Steps Eleven & Twelve

Step Eleven
Prayer/Meditation

Step Twelve
Carry Message/Practice Principles

Other Centered

SPIRITUAL COIN

Spiritual Sobriety

other Centered
**MORNING**

1) **Say Set-Aside & Step Three Prayers**
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..."?
   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:

<table>
<thead>
<tr>
<th>Think</th>
<th>What will I do?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consider</td>
<td>Who will I be?</td>
</tr>
<tr>
<td>Envision</td>
<td>What is my vision?</td>
</tr>
<tr>
<td>Decide</td>
<td>What action is suggested?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Think about the 24 hours ahead (doing).</th>
<th>What will I do?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consider my plans for the day (being).</td>
<td>Who will I be?</td>
</tr>
<tr>
<td>Envision my vision of God’s will for me today (intent).</td>
<td>What is my vision?</td>
</tr>
<tr>
<td>Decide to relax and take it easy; to stop struggling.</td>
<td>What action is suggested?</td>
</tr>
</tbody>
</table>

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**

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

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)

<table>
<thead>
<tr>
<th>Was I?</th>
<th>What Motives were under my:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resentful?</td>
<td>Intentions?</td>
</tr>
<tr>
<td>Selfish?</td>
<td>Thoughts?</td>
</tr>
<tr>
<td>Dishonest?</td>
<td>Efforts?</td>
</tr>
<tr>
<td>Afraid?</td>
<td>Acts?</td>
</tr>
</tbody>
</table>

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
**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 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!

**ST FRANCIS PRAYER (Page 99,12 & 12)**

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.

**MORNING PRAYER (Page 86 BB)**

GOD, direct my thinking today so that it is divorced of self-pity, dishonesty, self-will, self-seeking and fear. God inspire my thinking, decisions and intuitions. Help me to relax and take it easy. Free me from doubt and indecision. Guide me through this day and show me my next step. God, give me what I need to take care of any problems. I ask all these things that I may be of maximum service to you and my fellow man (in the name of the Steps I pray.)

**NIGHT PRAYER (Page 86 BB)**

GOD, forgive me where I have been resentful, selfish, dishonest or afraid today. Help me to not keep anything to myself but to discuss it all openly with another person - show me where I owe an apology and help me make it. Help me to be kind and loving to all people. Use me in the mainstream of life God. Remove worry, remorse or morbid (sick) reflections that I may be of usefulness to others.

**FIRST STEP PRAYER (Page 10-12, Ch. 3, Page 46 BB)**

GOD, Creative Intelligence, Universal Mind, Spirit of Nature or Spirit of the Universe my name is __, and I’m a real alcoholic... I need your help today.

**SECOND STEP PRAYER (Page 59 BB)**

GOD, I’m standing at the turning point right now. Give me your protection and care as I abandon myself to you and give up my old ways and my old ideas just for today.

**THIRD STEP PRAYER (Page 63 & 59 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!

**FOURTH STEP PRAYERS**

**WHEN IN DOUBT (Page 13 BB)**

I am to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me.

**WHEN I AM DISTURBED BY OTHERS’ CONDUCT (Page. 67 BB, Page 141 of 12 St 12)**

God save me from being angry. This is a sick person. How can I be helpful to them? God, help me to show this person the same tolerance, pity and patience that I would cheerfully grant a sick friend. Thy will be done. (See Prayer for Freedom below.)

**WHEN I AM AFRAID (Page 68 BB)**

God, relieve me of this fear and direct my attention to what you would have me be.

**WHEN I AM AWARE OF MY OWN DEFECTS AND SEEKING GOD S HELP TO CHANGE (Page 69 BB)**

We asked God to mold our ideals and help us to live up to them, we ask God what we should do about each specific matter. GOD, mold my ideals in this particular area of my life and help me to live up to them. What should I do in each specific matter? Guide me God and give me strength to do the right thing.
FIFTH STEP PRAYER (Page 75 BB)

GOD, I thank you from the bottom of my heart that I know you better. Help me become aware of anything I have omitted discussing with another person. Help me to do what is necessary to walk a free man at last.

SIXTH STEP PRAYER (Page 76 BB)

GOD, help me become willing to let go of all the things to which I admit are objectionable. You can take them all – each and every one. God help us to be willing.

SEVENTH STEP PRAYER (Page 76 BB)

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

EIGHTH STEP PRAYER (Page 76 BB)

God, help me to become willing to sweep away the debris which has accumulated out of our effort to to live on self-will and run the show ourselves. God, help me to remember I agreed to go to any lengths for victory over alcohol and find a spiritual experience.

NINTH STEP PRAYER (Page 78-80 BB)

GOD, give me the strength and direction to do the right thing no matter what the consequences may be. Help me to consider others and not harm them in any way. Help me to consult with others before I take any actions that would cause me to be sorry. Help me to not repeat such behaviors. Show me the way of Patience, Tolerance, Kindliness, and Love and help me live the spiritual life.

TENTH STEP PRAYERS (Page 84-85 BB)

GOD, remove the Selfishness, dishonesty, resentment and fear that has cropped up in my life right now. Help me to discuss this with someone immediately and make amends quickly if I have harmed anyone. Help me to cease fighting anything or anyone. Show me where I may be helpful to someone else. Help me react sanely; not cocky or afraid. How can I best serve You - Your will, not mine be done.

ELEVENTH STEP PRAYER (Page 87-88 BB)

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.'

GOD, I’m agitated and doubtful right now. Help me to stop and remember that I’ve made a decision to let You be my God. Give me the right thoughts and actions. God, save me from fear, anger, worry, self-pity or foolish decisions and that Your will, not my will, be done.

SUGGESTIONS FROM HERB:

- Make no requests in prayer for yourself only.
- Never pray for your own selfish ends.
- Select and memorize a few set prayers that emphasize the principles of the steps.
- Ask a priest, minister, or Rabbi about helpful books and prayers that emphasize the principles of the Steps.
- Be quick to see where religious people are right.
- Make use of what religious people have to offer.

WHAT IS OUR/MY PURPOSE?

To love and be loved.’ To find our way home.’

‘Trust God, clean house, help others.’

PRAYER FOR DEEP RESENTMENTS

GOD, (Insert Name), like me, is a spiritually sick person. Please:

- Help me 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.
- Show me how I can be helpful to (Insert Name).

THY WILL BE DONE!
Step Twelve

SPIRITUAL AWAKENING

CHANGE:
- Think
- Feel
- Behave

And it is done to us;
Not by us;
But not without us!

Carry the Message = Immunization

Practice Principles = Integration
- Significant Relationships
- Family
- Work
- Fellowship / Community
**WORKING WITH OTHERS***

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

1) Has had a spiritual awakening: a change in their thinking, feeling, and especially in their behavior

2) Appears to have what you want

3) Has a sponsor to whom they hold themselves accountable

4) Willing to allocate time: meet; return calls; work Steps

5) Has knowledge and experience with Big Book; has completed Steps

6) Goes to meetings; has a home group

7) Operates their life based on spiritual principles

8) Genuinely wants to be helpful

9) Has a positive attitude

10) Has a consistent, daily Prayer and Meditation practice

11) Listens; is patient; has common sense

12) Has a personal life that is attractive: relationships; work; fun

13) Shares experience and knowledge; not opinions

14) Has some humility; acknowledges limitations

15) Is confidential and trustworthy

16) Embraces anonymity: theirs and yours

17) Respects: does not guilt or shame

18) Minimizes conversations about outside issues

19) Willing to admit mistakes; knows their own limitations; undefended

20) Interested in you having your own experience; not theirs

21) Is inclusive; wants to be helpful; open to outside resources: medication; therapy; other professional interventions

22) Familiar with Traditions, Concepts and Twelve Step History

23) Knows the sponsor role is not:
   a) Parent
   b) Financier
   c) Judge
   d) Therapist/MD/Rx
   e) Teacher
   f) Hotel
   g) Disciplinarian
   h) Employer
   i) Attorney

24) Is NOT an enabler; competitive; invested/attached; controlling; manipulative

25) Is honest; non-judgmental; tolerant; patient; compassionate; encouraging; flexible

26) Makes suggestions, not rules(requirements/mandates

27) Does not protect you from consequences of your actions

28) Is a guide, mentor, coach, cheerleader, and an accountability partner

29) Is a role model: as a healthy human being

30) Sees role: to be helpful/useful; a lantern, not the light

31) Walks the walk!

32) And most of all: Enjoys their sobriety!!
Dynamics of Twelve Steps

Reflects the two functions that make us specifically human.

**WILL**
- Decide / Action
  1. Concede powerlessness
  2. Name Higher Power
  3. Decide for relationship
  4. Name obstacles
  5. Disclose fully
  6. Name defects
  7. Pray for removal
  8. Name harms
  9. Change behavior / repair damage
  10. Name disturbances
  11. Improve conscious contact: Prayer / Meditation
  12. Enlarge conscious contact: Message / Principles

**MIND**
- Know / Name
  1. Concede powerlessness
  2. Name Higher Power
  3. Decide for relationship
  4. Name obstacles
  5. Disclose fully
  6. Name defects
  7. Pray for removal
  8. Name harms
  9. Change behavior / repair damage
  10. Name disturbances

**Spiritual Sobriety**
Twelve Step Program

✓ Meetings = Identify Problem / Solution

✓ 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 Big Book (Title Page to Page 164)
Process Not an Event

Integration

BODY
Physical Sobriety

MIND
Emotional Sobriety

WILL
Spiritual Sobriety

Disintegration

BODY
Allergy
Craving

MIND
Obsession
Delusion

WILL
Human
Malady

Spiritual Awakening

TURNING

From
Dis-ease

Addiction: Substance / Process
Anger / Resentment
Fear / Anxiety
Inappropriate Sex Behavior
Dishonesty: Self / Others
Secrets
Guilt / Shame
Unhealthy Self-Esteem
Willfulness

To
At - ease

Abstinence / Moderation
Love / Forgiveness
Trust / Tranquility
Guided by Principles
Rigorous Honesty
Transparency
Freedom
Healthy Self-Worth
Willingness

MY WILL
out of alignment

MY WILL
in alignment
**EXAMPLE WORKSHEET – Step Four, Column 3**

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

<table>
<thead>
<tr>
<th><strong>Column 1</strong></th>
<th><strong>Column 2</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>When I resented:</strong> Clare</td>
<td><strong>for:</strong> not inviting me to her 30th birthday party</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Column 3: When this happened did it hurt, threaten or interfere with my:</strong></th>
<th></th>
</tr>
</thead>
</table>
| **1. Self Esteem**  
  What is my deep belief 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 Clare treating me as:  
  ... a dear friend, cherished, and valued, up on a pedestal, her favourite person | People don’t like me. They will never like me. I am unlovable |
| **3. Ambition**  
  What do I want to happen? | I want: Clare to invite me to her events and treat me special | She only pretend 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 | 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 (Clare) to be thankful for all the 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**  
  What is my belief about men vs. women? | A real/ideal/model woman should always (or is): be kind to others, always think of others, be healthy and value healthy things | I will never meet heathy people, I will always be rejected, I am alone |
|  | A real/ideal/model man should always (or is): be kind to others, always think of others, be healthy and value healthy things | 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 | I will always feel alone |
## EXAMPLE WORKSHEET – Step Four, Column 4

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

### 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.

<table>
<thead>
<tr>
<th>Column 1: Clare</th>
<th>Column 2: not inviting me to her 30th</th>
</tr>
</thead>
<tbody>
<tr>
<td>I believe I am the: REJECTED, UNAPPRECIATED FRIEND</td>
<td></td>
</tr>
</tbody>
</table>

| Is the event true or false?/Did it really happen? | Yes |

### 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)

| 1. Self-Seeking Behavior: WHAT I DO – when I feel this resentment. | Causing stress to people around me, Gossip, short tempered, avoid person, avoid social events, not get enough sleep, |
| 2. Selfish Thinking: Self-centred thoughts/motives/attitudes – when I feel this resentment. | Self-pity, self-centred thinking (only thinking about myself, wanting to be praised and popular, not thinking how exhausting and stressful it can be to host an event) |
| 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. Just wanted a party. | Dishonest – I enjoyed gossiping about how “she done me wrong” |
| 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 behaviours 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? Physical (body): | Mental (mind): |
| What is the actual negative impact of my actions on: (Pick only those that apply) | Emotional (feelings): cause stress? | Spiritual (relationship w/God): |
| Financial (money/time): | 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) | Loneliness, being rejected |
| 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? | Allows me to gossip/feel better than? I enjoy feeling sorry for myself?? |
| 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: UN-APPRECIATING, REJECTING CO-WORKER |
EXAMPLE WORKSHEET – Step Four: FEAR TRAIN.

Consider “What would happen if that were true?” Set Aside prayer:

People don’t like me
- People won’t want to be around me
  - I will be alone
  - I will feel miserable/overwhelmed
  - I will use/pick up in disease
  - I will suffer in disease
  - I will reject everyone and everything and want to die
  - I will die

People don’t like me
- People will think I am stupid
  - “I” will think I am stupid
  - I will hate myself/I will hate to be around me
  - I will pick up in disease
  - I will suffer in disease
  - I will want to die
  - I will die

I am unlovable
- No one will hang around me
- I will always be rejected
- I can’t trust anyone to stay
- I am alone

Note: Adapted from content provided by the Big Book Workshop.
## EXAMPLE WORKSHEET – Step Four: FEAR TABLE.

<table>
<thead>
<tr>
<th>1. Name the FEAR</th>
<th>2. Why do I have it</th>
<th>3. What behaviour is manifest</th>
<th>4. Name the opposite of the fear (the virtue)</th>
<th>5. What behaviour would this manifest?</th>
</tr>
</thead>
<tbody>
<tr>
<td>I will die</td>
<td>I wanted to die</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Self-destruction</td>
<td>Faith</td>
<td>Did I meditate TODAY (before engaging in any trigger behaviours)?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Reckless behaviour</td>
<td>Service</td>
<td>Do I have a home group?/Do I put my hand up for service? Do I do too much service?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Oblivion in disease</td>
<td>Peace in life as it is</td>
<td>Self-care (shower?/ daily exercise?/ 8 hrs sleep?/ clean clothes?/ Other?)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No one else matters</td>
<td>Self-care</td>
<td>Did I consider other people’s needs today?</td>
</tr>
<tr>
<td>I am alone</td>
<td>I was betrayed by those who should have</td>
<td></td>
<td></td>
<td>Did I consider my needs today?</td>
</tr>
<tr>
<td></td>
<td>been protecting me</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Reject people</td>
<td>Trust</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Self-Isolation</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Self-Pity</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Oblivion in disease</td>
<td></td>
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</tr>
</tbody>
</table>
## EXAMPLE WORKSHEET – Step Six: Character Defects TABLE.

<table>
<thead>
<tr>
<th>Character Defect:</th>
<th>What is my behaviour:</th>
<th>What am I defending? What is the benefit/payoff?</th>
<th>What is the opposite of this defect? (the virtue/principle see next page)</th>
<th>What behaviour would this virtue manifest? (the opposite of column 2)</th>
</tr>
</thead>
</table>
| Being Judgmental        | Gossip, comparing, intolerant of others, putting myself down                            | • I get to be better than.  
• I get to be less than.  
• I get to be inconsiderate  
• I don’t have to change.  
• I am not better than.  I am not less than.  I am just another “bozo on the bus”  
• Am I living in a right sized head today?  
• Was I considerate of others today?  
• Was I accountable for a change in my judgmental behaviour today – am I being transparent? | • Integrity  
• Trust  
• Courage  
• Humility |  
|                          |                                                                                        |                                                                                                                  |  
| Controlling             | Dishonesty, intolerant of different values/priorities, Fearful worry that I may not get my way. | • I get to be the Director  
• It’s MY play  
• No surprises  
• Lessens fear of unknown  
• I get to be right  
• Other people are wrong  
• Was I accountable for my honesty today?  
• Did I pray first thing this morning?  
• Did I pause and pray throughout the day at least once?  
• When faced someone with different spiritual/ political/ cultural views than my own – did I stay out of argument? Or did I try to get them to see it MY way? Am I being transparent with sponsorship for this? | • Faith  
• Patience  
• Integrity |  


Spiritual Arch

Keystone
Step 3 = Decision to Turn

Fear

Resentment

Willingness

Cornerstone

Dishonesty

Secrets

Step 2

Step 5

Foundation
Step 1 = Defeat

Freedom
Rocketed to the 4th Dimension

**Recovered**

Stage 3: Identify/Remove Obstacles

Steps 8-9

Stage 2: Identify/Remove Obstacles

Steps 4-7

Stage 1: Powerless

Steps 1-3
Twelve Steps to Spiritual Awakening

- Trust God
- Serve Others
- Clean House