

Assignment 25 – Dishonesty – Secrets – Shame - Guilt

1. Read conclusion in Big Book, pages 70 from "If we have been thorough..." to the end of the chapter (page 71).
2. Consider the purpose of this whole process - to identify and remove (or have removed) the impediments or obstacles to a Relationship with that Power deep down inside us.
3. Ask yourself where/when you have experienced: Guilt, Shame, Embarrassment, Dishonesty (Stealing), Irresponsibility, Disturbance.
4. Consider Principles (Values) as expressed in the Seven Deadly Sins: Pride, Greed, Lust, Gluttony, Envy, Anger, Sloth (see WOL for examples)
5. Do you have any secrets? Is there any experience, incident, or embarrassment that has not been shared? With which you are still uncomfortable?
6. After praying the Set Aside Prayer, spend time reflecting (meditating) on each of these items above and write out your thoughts, feelings and memories. Be specific. It is especially important to be specific about any area/item that you have conscious/intuitive awareness of resistance to disclosure; any area/event/behavior about which you have current discomfort or are currently disturbed. Err on the side of maximizing rather than minimizing. This is about "rigorous honesty" and about being transparent. This is about removing the sludge in us that blocks us from that Power. ASK: How free do you want to be?
7. LISTEN/WATCH: 40. Step 4 - Dishonesty, Secrets & readings from Big Book ([CLICK HERE](#))