

Great Reality Group of Alcoholics Anonymous

570 Steven Court, unit 'B', Newmarket, ON L3Y 6Z2, (8pm Wednesday)

(Suggested) Big Book Step Study Meeting Script

(Chairperson calls the meeting to order.)

1.) Welcome regular members, anyone new and anyone coming back to Newmarket's ... Great Reality Group of Alcoholics Anonymous. This closed meeting is for alcoholics/addicts and anyone who has a desire to quit drinking/using. Please silence all cell phones and if smoking outside remember the security cameras, so use the butt receptacle, please don't litter. We open this meeting with a moment of silence for the sick and still suffering alcoholic/addict, followed by the 'The Set Aside Prayer': *(may we have that moment now)*.

**"God, Please help me to set aside everything I think I know about;
~ Myself, ~ This Book, ~ My Illness, ~ These Steps,
And especially about you dear God,
so that I might have an open mind,
And a new experience with all these things.
Please help me to see the truth."**

" I am an alcoholic/addict and my name is _____ ."

(Quickly qualify to chair as a real alcoholic/addict, living in the solution.)

(Chairperson or volunteer reads the AA preamble)

2.) What is AA? "Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety".

(Chairperson reads)

3.) Great Reality Group's spiritual aim is to carry a message of depth and weight to alcoholics and addicts. To provide a place to learn about and work the 12 steps. It's been our experience that working these 12 steps consistently provides us with a more authentic and fulfilling, sober life. *(Chairperson asks a volunteer to read, "The 12 Steps," chapter 5 of the Big Book, pg.59)*.

4.) Introductions: *(GRG follows all 12 Traditions of AA. but don't read them and use this time for introductions)*". This is a CLOSED meeting, which means attendance is limited to alcoholics or addicts and those with a desire to quit drinking/using. Please identify yourself as one and use your first name only. It's also customary to include your home groups. *(At small meetings it's optional to quickly share about sobriety improving your life. But if you're new or just coming back, please speak up so we can help you find our solution)*.

(Chairperson reads)

5.) Our Primary Purpose is sharing our experience, strength and hope with those who suffer from the illness of alcoholism and addiction and help them recover using AA.'s 12 Steps. Our Study Approach involves turning statements from AA.'s Big Book into personal questions we consider for ourselves and share with each other. We seek a deeper spiritual experience that enables us to grow in understanding and effectiveness. We pray to discover our own truth and live in contented sobriety.

6.) Discussion *(pg.17, states it's 'having shared in a common peril' that brings us together but, 'it's our common solution that holds us together.')*

We focus upon solutions, not the problems related to the 12 steps. Anyone may ask questions or express concerns about sobriety, alcoholism and addiction, but personal problems should be discussed before and after meetings.

This is a polite 'Cross-Talk' meeting, which means questioning or commenting on anyone's share, without quarrelling. Please keep our meeting on topic, with open conversation and positive viewpoints.

(Chairperson sums up our place in our cycle and introduces tonight's step study)

Mtg.1 - Starting Considerations & Forwards pg. 1-8

Mtg.2 - The Dr's Opinion pg. 9&10

Mtg.3 - Step1a, Physical Craving, pg. 11&12

Mtg.4 - Step1b, Mental Obsession, pg. 13&14

Mtg.5 - Step1c, Spiritual Unmanageability, pg. 15&16

Mtg.6 - Step2, Came to Believe, pg. 17&18

Mtg.7 - Step3, How it Works, pg. 19&20

Mtg.8 - Step4a, Resentment, pg. 21&22

Mtg.9 - Step4b, Fear, pg. 23&24

Mtg.10 - Step4c, Sex Conduct, pg. 25&26

Mtg.11 - Step5, Into Action, pg. 27&28

Mtg.12 - Step6, Entirely Willing, pg. 29

Mtg.13 - Step7, Useful Humility, pg. 30

Mtg.14 - Step8, Listing Willingness, pg. 31&32

Mtg.15 - Step9, Making Amends, pg. 33&34

Mtg.16 - Step10, Daily Reprieve, pg. 35&36

Mtg.17 - Step11, Prayer & Meditation, pg. 37&38

Mtg.18 - Step12a, Carry this Message, pg. 39&40

Mtg.19 - Step12b, Practice the Principles, pg. 41&42

• **The 7th Tradition states:** *"Every AA group ought to be fully self-supporting, declining outside contributions."* *(Please give generously as we pass the basket)*

• **Closing Announcements,** *(Ask for any announcements for the good of AA.)*

If you would like to join Great Reality Group, we would appreciate your support! *(just a reminder):* ~ "Who you see here and what you hear here, when you leave here, please let it stay here ~ Please respect our anonymity."

• **Close the meeting with the Serenity Prayer.** *(remain seated, and We Ask),*

**"God, grant me the serenity to
accept the things I cannot change,
Courage to change the things I can,
and the Wisdom to know the difference,
Amen"**

Starting Considerations

Using a questioning format, we compare our experiences with those described in the Big Book, by considering the ways we drank/used, thought and felt, with the book's descriptions. We always look for similarities not differences.

Our study approach of turning statements from AA's Big Book into questions we ask ourselves is one way to internalize the Big Book's message from a personal point of view. Some quotes are paraphrased for the sake of clarity and to structure a question. If something is relatable your response should be considering; *'What's my experience with this?', 'Did this happen to me?', 'Did I feel like this?', 'Did I think like this?', or 'Did I drink/use like this?'* Just be willing to keep an open mind.

This guide is not meant to replace the Big Book of Alcoholics Anonymous, it is meant to be used along with it. We are seeking a deeper Spiritual experience that we can transmit to others by growing in understanding and then effectiveness. Always praying to discover our own truth and live in contented sobriety. Our primary purpose must be sharing our experience, strength and hope with those who suffer from the illness of alcoholism and addiction. To help them recover hope and be restored to sanity using AA's 12 Steps.

I must remember my goal while I work through this text-book; "The terms 'spiritual experience' and 'spiritual awakening' are used many times in this book which, upon careful reading, shows that the personality change sufficient to bring about recovery from alcoholism has manifested itself among us in many different forms."

(Pg.567, ¶1, LP.183)

"Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable." (Pg.568, ¶3, LP.184). "There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance, that principle is contempt prior to investigation." ~ Herbert Spencer

The Big Book doesn't outline the first 2 steps. But many meetings read aloud this portion of "How It Works"; *(Pg.60, ¶3, L12)*

"Our description of the Alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas;

(a) That we were alcoholic and could not manage our own lives.

(b) That probably no human power could have relieved us of our alcoholism.

(c) That God could and would if He were sought."

But what's not usually read is the next attention grabbing sentence;

*"Being convinced, we were at Step Three" (Pg.60, ¶3, L20). Was I convinced of **'these 3 pertinent ideas?'***

The **(A,B,C's)**, are ideas found in the Dr.'s Opinion and the first four chapters. If I can match those ideas with facts from my own experiences, then I'm convinced this book describes my problem. ***(In the original manuscript it read); "that if we were not convinced, we ought to re-read the book to this point or else throw it away."*** Now I'm interested in what else the authors know, and what they did next. So I can thoroughly follow their path by taking the same actions!

Pg.4

This 'Set Aside Prayer' is copied to the front of my Big Book. I recite it when studying and working the Steps. The exact wording doesn't matter, I just express a desire to seek my own Truth.

**“Dear God,
Please help me to set aside everything I think I know about;
~ Myself, ~ This Book, ~ My Illness, ~ These Steps,
And especially about you dear God,
So that I might have an open mind,
And a new experience with all these things.
Please help me to see the truth.**

The actual Prayer is not found in A.A.'s Big Book, but it's inspired by references to;
(Pg.42, ¶2,L25) “It meant I would have to throw several lifelong conceptions out of the window.”
(Pg.46, ¶1,L15) “We found that as soon as we were able to lay aside prejudice and express even a willingness to believe in a power greater than ourselves. We commenced to get results, even though it was impossible for any of us to fully define or comprehend that power, which is God.”
(Pg.47, ¶1,L4) “Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you.”
(Pg.47, ¶4,L30-Pg.48) “Besides a seeming inability to accept much on faith, we often found ourselves handicapped by obstinacy, sensitiveness, and unreasoning prejudice.” “It finally beat us into a state of reasonableness. Sometimes this was a tedious process; we hope no one else will be prejudiced for as long as some of us were.”
(Pg.49, ¶2,L20) “We, who have traveled this dubious path, beg you to lay aside prejudice, even against organized religion.”
(Pg.58, ¶3,L21) “Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.”

This key explains where to find the lines in the Big Book that are being referenced. (*The various editions number their roman numeral pages differently*), we use the 4th edition, and have listed the alternate numbers for the **Abridged Large Print Edition, B-24;**

(Pg.xi) = 4th Ed. Page #
(¶1) = 1st complete Paragraph
(L5) = 5th Line from page top
(LP.xi) = Large Print Ed. Page #

(Top¶) = half Paragraph continued from last page
Bold Green italic is a prayer or insight
Red Italic is a Paraphrase or direct Quote

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B.B. Title Page & Contents

“The Story of How Many Thousands of Men and Women Have RECOVERED from Alcoholism”

More specifically:

The (a one, unique) *Story* (a factual account) *of How* (the precise actions taken by) *Many Thousands of Men and Women* (and as a result of taking these precise actions they) *Have Recovered* (been returned to a normal state, as in health) *from Alcoholism* (a seemingly hopeless state of mind and body).

The Circle, Triangle Logo

This emblem was removed from the Big Book in the middle of 1994 because of copyright complications.



The circle & triangle is also an ancient spiritual symbol meaning Mind, Body and Spirit, together as one. The 3 sides of this triangle, “Recovery, Unity, & Service”, were sometimes thought of like “a three legged milk stool”, representing the need for balance upon them.

**Recovery of the irritable Mind
+ Unity of the restless Body
+ Service for the discontent Spirit**

An equilateral triangle has 3 equal sides, all 3 corners reach the circle, representing wholesome.

36 Spiritual Principals made up of 3 sets of 12;

Recovery = Mind = Found in the Big Book (*Pg.xxv,LP.xxi to 164*), the 12 Recovery Principals are the 12 Steps, (*Pg.59-60*). Unity = Body = Found in group fellowship, the 12 Unifying Principals are the 12 Traditions, (*Pg.561-6,LP.177-8*). Service = Spirit = Found in helping to carry the message, the 12 Service Principals are the 12 Concepts, (*Pg.574-5,LP.190-1*).

General Info ~ this book, the meetings, the 12 steps and my disease.

Step One ~ a). my PHYSICAL CRAVING after I start to drink.+ b). my MENTAL OBSESSION before I start to drink.+ c). the SPIRITUAL UNMANAGEABILITY of my life.

Step Two ~ my need to COME TO BELIEVE in a power greater than myself.

Step Three ~ the failure of my life run on self-will and MY DECISION to turn my will, (*thoughts*) and my life, (*actions*) over to God.

Chapter & GRG Guide Pg,#s	BB Steps & Page Numbers.
Introduction & Forwards, Pg 1-8	General Information / p.xi to xxiii, LP.vii-xx
The Doctor's Opinion, Pg 9-10	Step 1 / p.xxv, LP.xxi-xxviii
1 Bill's Story, Pg 11-12	Physical Craving / Dr.'s Opinion to p.23
2 There Is A Solution, Pg 13-14	Mental Obsession / p.23 to 43
3 More About Alcoholism, Pg 15-16	Unmanageable Spirit /p.44-5 & 52
4 We Agnostics, Pg 17-18	Step 2 / p.44
5 How It Works, Pg 19-26	Steps 3 & 4 / p.58
6 Into Action, Pg 27-38	Steps 5 – 11 / p.72
7 Working With Others, Pg 39-40	Carrying the Message Step 12 / p.89
8 To Wives, Pg 41-42	Practicing these principals / p.104
9 The Family Afterward, Pg 41-42	Practicing these principals / p.122
10 To Employers, Pg 41-42	Practicing these principals / p.136
11 A Vision For You, Pg 41-42	Practicing these principals / p.151

Appendix II, ***Spiritual Experience*** is linked by *asterisk on pgs 25 & 27 of the Big Book. It's found on page 567 of the 4th edition and page 183 of the Large Print Abridged edition. It states that a '**spiritual experience**' or '**spiritual awakening**' is a '**personality change**' sufficient to bring about recovery from alcoholism and it happens in many different forms.

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B.B. Preface & Forwards

B.B. Preface (Pg.xi, ¶2, LP.vii)

(This is 'a text-book' with a solution to alcoholism that enables recovery),
"Because this has become the basic text of our Society and has helped such large numbers of alcoholic men and women to recovery, there exists strong sentiment against any radical changes being made in it. Therefore, the first portion of this volume, describing the A.A. recovery program has been left untouched", (AA's original proven message is in the Dr's Opinion and the first 164 pages of this book).

1939 The First Edition (Pg.xiii,top¶,L1, LP.ix)

*"WE, of Alcoholics Anonymous, are more than one hundred men and women who have RECOVERED from a seemingly hopeless state of mind and body. (What I could not do alone, TOGETHER 'We' can recover. This was a revolutionary concept in 1939), To show other alcoholics precisely how we have RECOVERED is the main purpose of this book. (this method helps anyone who's willing to follow these directions), ...*Many do not comprehend that the alcoholic is a very sick person. (I'm a sick person, not a bad person), (Pg.xiii,top¶,L11, LP.ix), "and besides, we are sure that our way of living has its advantages for all."* (With our blessing, many different '12-Step' fellowships use our format today).*

1955 The 2nd Edition (Pg.xvi,top¶, LP.xii)

(Contains a brief history of AA's origin); *"From this doctor, (Silkworth), the broker, (Bill), had learned the grave nature of alcoholism. Though he could not accept all the tenets, (Principles), of the Oxford Groups, (Complete ego deflation was their 1st tenant), he was convinced of the need for Moral inventory, (Step-4) Confession of personality defects, (Step-5) Restitution to those harmed, (Step-9) Helpfulness to others, (Step-12) and the Necessity of belief in and Dependence upon God." (Step-2)*

(Pg.xvi, ¶2 LP.xii) 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. (Until they understood the problem, (Step-1), the solution wouldn't work).

1976 The 3rd Edition (Pg.xxii,,¶3,L2, LP.Xviii)

(Describes AA's rapid adoption and the growth of worldwide groups); *Each day, somewhere in the world, recovery begins when one alcoholic talks with another alcoholic, sharing experience strength and hope.* (The work in A.A. is not the steps, it's taking people through the steps).

2001 The 4Th Edition (Pg.xxiii,¶1,L4 LP.xix)

At printing; *"membership of A.A. has just about doubled, to an estimated two million or more, with nearly 100,800 groups meeting in approximately 150 countries around the world."* (AA's program of Recovery has rapidly grown). (Pg.xxiii,¶2,L15 LP.xix) *"Currently, "Alcoholics Anonymous" has been translated into 43* languages,"* (Our basic text works across cultures). (Pg.xxiii,¶3,L19 LP.xix) *"We are people who normally would not mix" (page 17 of this book) ... proved to be far more visionary than the founding members could ever have imagined."* (Visionary and adaptable to internet communication). (Pg.xxiv,¶12,L19 LP.xx) *"Modem-to- modem or face-to-face, A.A. 's speak the language of the heart in all its power and simplicity."* (A.A. is a combination of the 12 Step program outlined in the book (**Recovery**), the Fellowship (**Unity**), and intensive work carrying this message to other alcoholics), (**Service**).

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The Doctor's Opinion

Before I can admit to being an alcoholic/addict I must understand how and why I'm different from any regular drinker/user. Then because my-self cannot fix it-self, I may become willing to seek help for my problem.

- *"We of Alcoholics Anonymous believe that the reader will be interested in the medical estimate, **(an estimate is a value idea)**, of the plan of recovery described in this book." (Pg.xxv, ¶1,L2 LP.xxi), 1). Why am I interested in the value of this book's plan?*
- *"In late 1934 I, **(Dr. Silkworth)**, attended a patient who, ...was an alcoholic of a type I had come to regard as hopeless." (Pg.xxv, ¶3,L3 LP.xxi). 2). Am I a hopeless type who wants to quit, but can't?*
- *"In the course of his 3rd treatment he acquired certain ideas concerning a possible means of recovery, **(Trusting God)**. As part of his rehabilitation, **(Cleaning House)**, he commenced to present his conceptions to other alcoholics, **(Helping Others)**, impressing upon them that they must do likewise with still others. ...This man and over one hundred others appear to have recovered. ..." (Pg.xxv, ¶4,L17 LP.xxi), 3). Am I willing to believe this book may have a remedy for me, if I work all 12 steps?*
- *"... In this statement he confirms what we who have suffered alcoholic torture must believe, that my body as an alcoholic is quite as abnormal as my mind." (Pg.xxvi, ¶2,L2 LP.xxii), 4). Do I believe my body and mind react abnormally after I take my first drink/hit, even just one? Why?*
- *"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 outright mental defectives. ... But we are sure that our bodies were sickened as well."(Pg.xxvi, ¶2,L7 LP.xxii). 5). Do I have any other explanation for why I cannot always control how much, or when I drink/use? Could both my body and mind be sickened?*
- *"...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." (Pg.xxviii, ¶1,L1 LP.xxiv). 6). Do I realize normal people don't crave alcohol/drugs and this 'allergy' is my abnormal reaction, always wanting more after every drink/hit? **(1 is too many + 100 is not enough)!***

Pg.10

- *“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, ... The message which can interest and hold these alcoholic people must have depth and weight. ... grounded in a power greater than themselves,” (Pg.xxviii, ¶1, L8 LP.xxiv), 7).* Do I think, because of my habit, I cannot safely use any alcohol/drugs ever, so my treatment program must have serious depth, **(psychological)**, and **(philosophical)**, weight to keep me clean/sober.
- *“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”. (Pg.xxviii, ¶4, L1 LP.xxiv). 8).* Did I always drink/use to get that ‘buzz’ effect from alcohol/drugs, and I loved that ‘high,’ effect enough to lie and cheat for it?
- *“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”. (Pg.xxviii, ¶4, L4 LP.xxiv). 9).* Am I restless, **(uneasy)**, irritable, **(easily annoyed)**, and discontented, **(never satisfied)**, until I get a drink/drug into my system to set me at ease. Do I have a ‘dis-ease,’ **(without ease)**?
- *“...unless this person can experience an entire psychic change there is very little hope of his recovery.” (Pg.xxix, Top ¶, L8 LP.xxv). 10).* Do I need more than human power to achieve a personal psychic change, is my only hope some kind of powerful philosophy?
- *“All these, and many others, have one symptom in common: they cannot start drinking without developing the phenomenon of craving. ...which differentiates these people, and sets them apart as a distinct entity. It has never been ... permanently eradicated. The only relief we have to suggest is entire abstinence.” (Pg.xxx, ¶3, L1 LP.xxvi). 11).* Can I admit to being different from ‘normal’ drinkers/users because of this ‘abnormal’ reaction? This means I’m a distinct entity, and most others won’t relate to my problem. So I must surrender because I cannot handle alcohol/drugs, ever again?
- *“I earnestly advise every alcoholic to read this book through, and though perhaps he came to scoff, he may remain to pray.” ~ William D. Silkworth, M.D. (Pg.xxxii, LP.xxviii), 12).* Am I willing to go to any lengths to be free of alcoholism/addiction?

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Step 1a -Physical Craving

The 1st step is our; **“Foundation of complete willingness,”** (Pg.12, ¶4,L20). *“We admitted we were powerless over alcohol – that our lives had become unmanageable”* (Pg.59, ¶2,L2). Step 1 has 3 parts;, a) physical craving, **(Body)**, b) mental compulsion, **(Mind)**, and c) spiritual unmanageability, **(Spirit)**. And it’s an illness, **(malady)**, that’s active whether I’m drunk/high or sober/clean. What defines me as an alcoholic/addict is a physical allergy. It’s triggered by taking a drink/drug causing me to crave more, so I will *(often)* lose control over how much I take.

The diagnosis in the chapter ‘The Dr’s Opinion,’ is crucial to understand, it describes how my physical allergy and mental obsession effectively intertwine. (Pg.xxiii-xxxii, LP.xxi-xxviii).

1. Did other methods completely fail to control or stop my drinking/using. (Pg.xxv, ¶5,L25, LP.xxi)
2. Do I feel completely insane or is it just my drinking/using that’s crazy? (Pg.xxvi, ¶2,L15, LP.xxii)
3. Does an abnormal reaction to alcohol/drugs explain why I overindulge? (Pg.xxvi-¶3,L25, LP.xxii)
4. a). Did someone begging, **(frothy emotional appeal)**, ever make me want to quit entirely? b). Will I need some significant **(depth)**, reason, **(weight)**, to stay clean & sober, is my will power worthless? (Pg.xxviii, ¶2, LP.xxiv)
5. a). Do I only drink/use for an effect? b). Is this effect exciting or calming or both? c). Do I love that effect so much I will falsely justify or lie to protect it? d). Does my life, **(vomiting, OD’s, wrecking cars and arrests)**, seem normal? e). Does alcohol/drugs provide me with a ‘sense of ease and comfort’? (Pg.xxviii, ¶4 & xxix, LP.xxiv & xxv)

6. a). Have I ever declared, 'I must stop, but I cannot?' b). Have I ever asked for help or tried to cut down on my own? (Pg.xxix, ¶2,L19, LP.xxv)
7. Do I realize my problem is more than mental control because I've restarted after detox and the treatment centre's psychological approaches hasn't worked? (Pg.xxix, ¶3, LP.xxv)
8. Did I drink/drug only in bad times or in good times too, whether I had money or not, sad or happy, to find escape, anytime or all the time? (Pg.xxix, ¶4, & Pg.xxx, LP.xxv & xxvi)
9. Did I try changing brands, **(just wine or beer)** or environment, **(moving location)**, unwilling to admit my problem? (Pg.xxx, ¶3,L14 LP.xxiv)
10. a). Do I drink/use differently, take more than, or keep at it longer than my partner or friends? b). Do I believe my only hope is entire abstinence, to not take that first one? (Pg.xxx-¶5, LP.xxvi)
11. Does my experience confirm (Pg.22, ¶4,L28), *"that once I take any alcohol whatever into my system, **something happens**, both in the bodily and mental sense, which makes it virtually impossible for me to stop"*, until I 'get there,' or have my fill?
12. Am I *"convinced ... that alcoholics of my type are in the grip of a progressive illness. Over any considerable period we get worse, never better."* (Pg,30, ¶1)

The 1st drink/hit begs for another, then the 2nd cries for a 3rd, and the 3rd bargains for a 4th, the 4th demands a 5th, etc. My craving grows greater with every drink/hit I take to maintain my 'buzz' or stay in that, 'high,' effect.

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Step 1b-Mental Obsession

Hitting bottom means my mental obsession and physical craving are feeding each other. For a self diagnosis I compare my thinking and drinking/using to Bill W's progression from dependance into chronic alcoholism/addiction.

1. Did I turn to alcohol/drugs when I was lonely? *"I was very lonely and again turned to alcohol."* (Pg.1, ¶1,L9)
2. Did I ignore warning signs, **(blackouts)**, early in my drinking/using? *"Ominous warning, which I failed to heed."* (Pg.1, ¶3,L20)
3. Did I dream of successfully managing big projects early in my drinking/using career? *"I fancied myself a leader,"* (Pg.1, ¶5,L22)
4. a). Was I driving towards success with something, *"I'd prove to the world that I was important?"* (Pg.2, ¶1,L2) b). Did my drinking/using effect studying? *"I was too drunk to think or write."* (Pg.2, ¶1,L9). c) Did I rationalize by saying; *"that men of genius conceived their best projects when drunk/high"* (Pg.2, ¶1,L12).
5. Did I scheme about success while drunk/high? *"I decided to go anyway. I had developed a theory..."* (Pg.2, ¶2,L26) b). *"friends thought a lunacy commission should be appointed"* (Pg.3, Top ¶.L1)
6. Did I enjoy some early success, *"For the next few years fortune threw money and applause my way. I had arrived"* (Pg.3, ¶1,L12)
7. Did good-times encourage more drinking/using? *"drinking assumed more serious proportions, continuing all day and almost every night"* (Pg.3, ¶2,L20)
8. Did arguments with friends cause me to *"become a lone wolf?"* (Pg.3, ¶2,L22)
9. Did I start drinking/using early because *"I began to be jittery in the morning?"* (Pg.3, ¶3,L30)
10. Did I drink/use to solve problems, *"I went back to the bar. ... Tomorrow was another day. As I drank, the old fierce determination to win came back."* (Pg.4, ¶1,L15)
11. Did my drinking/using make me lose jobs? *"I was to have no real employment for five years, or hardly draw a sober breath."* (Pg.4, ¶3,L28)
12. Did *"Liquor/drugs cease to be a luxury; it became a necessity?"* (Pg.5, ¶1,L2)
13. Did I sense my problem and promise to quit *"I could not take so much as one drink. I was through forever."* (Pg.5, ¶4,L21)

14. Did I drink/use again, then question my sanity? *“I came home drunk. There had been no fight. Where had been my high resolve? I simply didn’t know. It hadn’t even come to mind. ...Was I crazy? (Pg.5,¶5,L25)*

15. Did I keep quitting, but always relapsing and telling *“myself I would manage better next time, but I might as well get good and drunk then” (Pg.6,Top¶,L5).*

16. Did I contemplate suicide or drink for oblivion? *“Should I kill myself? No—not now. ...two bottles, and oblivion” (Pg.6,¶1,L17).*

17. Did I learn that alcoholism/addiction is an illness and realize my triggers in treatment thinking, *“Surely this was the answer, self-knowledge. But it was not, for the frightful day came when I drank once more” (Pg.7,¶2,L19)*

18. a) Did I finally admit, *“I had met my match. Alcohol was my master”* b) Did *“Fear sober me for a bit. Then came the insidious insanity of that first drink/hit?” (Pg.8,¶2-3.L10)*

19. Do I *“lose all control of my liquor/drugs consumption, once I start to drink” (Pg.21,¶1,L10).*

20. Can I see why *“The main problem of the alcoholic/addict centres in my mind, (mental obsession), rather than in my body,” (physical allergy). (Pg.23,¶1,L5).*

20. Have I reached that, *“certain point in the drinking of every alcoholic, and passes into a state where the most powerful desire to stop drinking is of absolutely no avail?” (Pg.24,Top¶,L1).*

22. Am I *“unable, at certain times, to bring into my consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. ... without defence against the first drink?” (Pg.24,¶2,L8).*

23. Will I admit complete defeat because; *“Once an alcoholic, always an alcoholic... If we are planning to stop drinking, there must be no reservation of any kind, nor any lurking notion that someday we will be immune to alcohol.” (Pg24,¶2,L9)*

No matter how much I want to quit or how bad my hangovers, with unaided willpower, I always relapse. I’ve lost choice in, and control of drink/drugs, my mind will not warn me that drinking/using is fatal. Abstinence only works for my allergy with a psychic change in my thinking. *“Once more: The alcoholic at certain times has no effective mental defence against the first drink.” (Pg.43,¶3,L24)*

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Cornerstone to Recovery, 570 Steven Court, unit 'B', Newmarket, ON L3Y 6Z2 (Wednesday's 8pm)

Step 1c -Unmanageable Spirit

The dash in step 1 means; *new thought*, so it actually reads *“We admitted we were powerless over alcohol/drugs –(New Thought)– that our lives had become unmanageable”* (Pg.59, ¶2,L2). I must admit I’m unable to manage my life drunk/high, or clean/sober or both!, and that’s my real problem; *I’m a poor manager*; *“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/drugs which they see others taking with impunity.”* (Pg.xxix, Top¶,L1, LP.xxv). Once having a ‘Spiritual Awakening’ as the result of working these steps, our mental obsession is removed. *“When the spiritual malady is overcome, we straighten out mentally and physically”* (Pg.64, ¶3L25)

- I must diagnose myself, have I ‘crossed the line’ of self control?; *“At a certain point in the drinking of every alcoholic/addict, they pass into a state where the most powerful desire to stop drinking/using is of absolutely no avail.”* (Pg.24, Top¶,L1).

- I compare my habit, dependancy or addiction within 3 categories;

1. If I had a good reason, could I entirely give up liquor/drugs? **Moderate Drinkers**; *“have little trouble in giving up liquor/drugs entirely if they have good reason for it. They can take it or leave it alone.”* (Pg.20, ¶5,L27).

2. Could I stay stopped if a doctor warned me I will die from it? **Certain Hard Drinkers**; *“If a sufficiently strong reason; ill health, falling in love, change of environment, or the warning of a doctor becomes operative, they can also stop or moderate, although they may find it difficult”* (Pg.21, Top¶,L3).

3. Is it ‘virtually impossible’ for me to stop entirely because of my physical craving and mentally obsession? **The Real Alcoholic**; *“...once they take any alcohol/drugs whatever into their system, something happens, both in the bodily and mental sense, which makes it virtually impossible for them to stop.”* (Forever). (Pg.22, ¶4,L29)

- I consider these statements as personal questions;

4. Does my experience prove my, *“so-called will power becomes practically nonexistent. I’m unable, at certain times, to bring into my consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. Am I without defence against the first drink/drug.”* (Pg.24, ¶1,L7)

5. Do I hate to, *“think I’m bodily and mentally different from my friends?”* (Pg.30, ¶1,L2).

6. Do I feel, *“somehow, someday I will control and enjoy my drinking ...or pursue it into the gates of insanity or death”* (Pg.30, ¶1,L6).

7. Could I be, *“in the grip of a progressive illness. Over any considerable period I will get worse, never better?”* (Pg.30, ¶3,L23).

8. Do I have a, *“lurking notion”* that someday I will be able to use/drink.again? *“Once an alcoholic, always an alcoholic/addict.”* (Pg.33, ¶1,L4).

9. a) Do I even want to, *“stop altogether?”* b) Can I *“quit upon a nonspiritual basis?”* c) Have I, *“lost the power to choose whether I will drink/drug or not?”* (Pg.34, ¶2,L15-20).

Pg.16

10. Do I have, *“plenty of character and a tremendous urge to cease forever. But still find it impossible?”* (Pg.34, ¶2, L21)

11. Do I wonder about, *“the mental state that precedes my relapse into drinking/drugging, for obviously this is the crux of my problem?”* (Pg.35, Top ¶, L1)

12. Even knowing I can't drink/drug, why do, *“all reasons for not drinking/using get easily pushed aside ... we call this plain insanity.”* (Pg.37, ¶1, L3)

13. a) Do I often have, *“some insanely trivial excuse for taking the first drink, like boredom? b) Does my, “sound reasoning fail to hold me in check. The insane idea wins out. Do I always have insanely trivial excuses for taking the first drink/drug?”* (Pg.37, ¶2, L12)

14. Do I see, *“However intelligent I may have been in other respects, where alcohol/drugs have been involved, I've been strangely insane?”*

15. Could I be, *“absolutely unable to stop drinking on the basis of self-knowledge?”* (Pg.39, ¶1, L8)

16. Do I have any, *“ideas about the subtle insanity which precedes the first drink/drug, but ... it will not happen to me after what I learned?”* (Pg.40, ¶2, L18).

17. Can I admit with an alcoholic/addictive mind, *“that will power and self-knowledge won't help in those strange mental blank spots?”* (Pg.42, Top ¶, L6)

18. Am I willing, *“to throw several lifelong conceptions out of the window?”* (Pg.42, ¶2, L25)

19. Will I lose any, *“doubts in my mind that I'm 100% hopeless, apart from divine help?”* (Pg.43, ¶2 L17)

20. Can I concede, *“at certain times I have no effective mental defence against the first drink/drug, that neither I nor any other human can provide one, my defence must come from a Higher Power?”* (Pg.43, ¶3 L24)

• *“where alcohol has been involved, we have been strangely insane”* (Pg.38, ¶2). *If I list some insane things I did drunk/high, after I took the first drink/drug. The most insane thing I ever did is not on that list, because I did it clean & sober. **We're always straight when we to take that FIRST drink/hit!, (Clean & Sober but strangely INSANE).***

If I'm clean and sober my Spiritual unmanageability, (*malady*), causes the insane mental obsession that leads to my first drink/drug, and that ignites my physical craving, then I'm unable to stop because of my malady. Looping. ***We need a new way to 'experience a sense of ease and comfort,' and the 12 Steps are our recipe for a Spiritual experience.***

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570 Steven Court, unit 'B', Newmarket, ON L3Y 6Z2, (8pm Wednesday's)

Step 2 -Came to believe

The Big Book's 12 step program is spiritual, not religious. It's not about who or what this power is, but what this power can do. *"We came to believe **THAT** a power greater than ourselves **COULD** restore us to sanity" (Pg.59, ¶2).* I need to understand the 12 step definition of insanity is my; *"strange mental blank spot" (Pg.42,Top¶,L7),* before I'm willing to be restored to sanity. Doing the same thing over, and over, and expecting different results is *"the subtle insanity which precedes the first drink" (Pg.40, ¶2,L18).* If I'm, 'not quite all there,' I can hope to become wholesome.

1. Will I admit I, *"honestly want to, but find I cannot quit entirely, and when drinking/using, I have little control over the amount I take, so I'm probably an alcoholic/addict"(Pg.44, ¶1,L4).*
2. Is it possible I'm, *"suffering from an illness which only a spiritual experience will conquer?" (Pg.44, ¶1,L7).*
3. Am I, *"the hopeless variety ...doomed to an alcoholic death or to live on a spiritual basis?" (Pg.44, ¶2,L12).*
4. Is my human will power and a, *"code of morals or a better philosophy of life sufficient" for me to stay clean/sober? (Pg.44, ¶4,L24)*
5. If, *"Lack of power, is my dilemma. I have to find a power by which I can live, ...where and how do I find this Power? ...that's exactly what this book is about. Its main object is to enable me to find a Power greater than myself which solves my problem" (Pg.45, ¶1,L8).*
6. a) Am I an 'agnostic,' *"... have I shared honest doubt and prejudice and even been violently anti-religious."* b) Does, *"the word "God" bring up a particular idea of Him that someone had tried to impress on me during childhood?" (Pg.45, ¶2+3,L21).*
- ***"To show other alcoholics/addicts precisely how we have recovered is the main purpose of this book."*** (Forward to the 4th ed. Pg.xiii LP.ix, ¶1,L4).
7. a) Is my, *"own conception, however inadequate, sufficient to make the approach and to effect a contact with Him."* b) Can I imagine a, *"Creative Intelligence or a Spirit of the Universe may underly everything around me?"* c) Will I hope, *"God does not make too hard terms with those who seek Him."* (Pg.46, ¶2,L21-28)
8. *"Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" (Pg.47, ¶2,L14).* Isn't alcohol/drugs more powerful than me?

• ***"Most emphatically we wish to say that any alcoholic/addict capable of honestly facing his problems in the light of our experience can recover, provided they do not close their mind to all spiritual concepts. They can only be defeated by an attitude of intolerance or belligerent denial."*** (Pg.568-LP184, ¶2,L5)

9. Do I still doubt it will work for me, or do I fear ridicule from my friends?, *“the contemporaries of Columbus thought a round earth preposterous”* (Pg.51, ¶2,L18). The 12 steps are the same formula Columbus used to prove the world is round. He didn't start with faith, he became willing to believe **(Step 2)**, then made a decision **(Step 3)**, and took the actions **(Steps 4-12)**. Once Columbus found the West Indies, his faith grew and he sailed back and forth as a rich man, 3 more times!

In the 1st step I concede my insanity around alcohol/drugs making me **willing to change**.

Then in the 2nd step **I come to believe I can change**.

Step 3 With nothing to lose, **I decide to act on my belief** immediately working Step 4.

10. I should consider why, *“Leaving aside the drink/drug question, why is living so unsatisfactory?”* (Pg.51, Top ¶1,L2).

11. Can I, *“discard my old ideas for new, with the complete readiness with which I throw away a theory or gadget that does not work...?”* (Pg.52, ¶1,L8).

12. The **‘Bedevilments,’** (Pg.52, ¶2), ask me to honestly consider my thoughts and feelings before and after drinking/using. a). Am I having, *“trouble with personal relationships?”* With whom? b). Can I, *“control my emotional nature?”* How? c). Am I, *“prey to misery and depression?”* When? d). Can I, *“make a (satisfying) living?”* e). Do I have a, *“feeling of uselessness?”* In what way, at home/work? f). Am I, *“full of fear?”* Of what? g). Am I *“unhappy?”* With what? h). Do I seem, *“unable to be of real help to other people?”* In what way? i). Is a, *“basic solution to these bedevilments more important,”* than anything else in the world? (Pg.52, ¶2)

13. What can I lose, *“crushed by a self-imposed crisis I could not postpone or evade, and fearlessly face the proposition that ... God either is, or He isn't?”* (Pg.53, ¶2,L14)

14. The Big Book suggests a novel idea, *“Why don't I choose my own conception of God?”* (Pg.14, ¶2,L13).

15. Can I see, *“that faith in some kind of God is part of my make-up, just as much as the feeling I have for a friend?”* (Pg.55, ¶3,L15).

16. Have I ever felt 'team spirit,' *“Who am I to say there's no God?”* (Pg.56, ¶3,L19)

After Pg.45 the Big Book is all about one thing, **how to find Power**. *“The terms ‘spiritual experience’ and ‘spiritual awakening’ are ... the personality change sufficient to bring about recovery from alcoholism/addiction”* (Pg.567-LP183, ¶1,L1).

“... no one need have difficulty with the spirituality of the program. Willingness, honesty and open-mindedness are the essentials of recovery” (Pg.568-LP184, ¶3,L11).

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“Made a DECISION to turn our WILL and our LIVES over to the care of God, (as we understood Him).” (Pg.59, ¶2,L13). Deciding is making up my mind, and like deciding to clean my room, I must also take actions to get rid of clutter and straighten things up. My mind’s self WILL is my thinking and my LIFE contains the results of my actions. Because all actions start with thoughts my LIFE is determined by how I think.

1. Am I, *“convinced that any life run on self-will can hardly be a success?”* (Pg.60, ¶3,L24).
2. a) Do I, *“think life doesn’t treat me right.”* b) Do I feel I’m, *“somewhat at fault, but I’m sure that other people are more to blame.”* c) Do I become, *“angry, indignant and self-pitying ...a self-seeker ...a victim?”* e) Do I cause, *“confusion rather than harmony?”* (Pg.61, ¶1,L18-24).
3. a) Is it possible, *“Selfishness-self-centredness! ...is the root of my troubles?”* b) Am I, *“Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity?”* (Pg.62, ¶1,L6).
4. a) Can I admit, *“my troubles ...are basically of my own making?”* b) Is there hope of change because, *“They arise out of myself, and the alcoholic/addict is an extreme example of self-will run riot, although I usually don’t think so?”* (Pg.62, ¶2,L13).
5. a) I must focus, *“Above everything, as an alcoholic/addict to be rid of this selfishness... or it kills me! God makes that possible.”* b) But with my compulsive mind, *“there often seems no way of entirely getting rid of self without His aid.”* (Pg.62, ¶2,L16)
5. Do I realize I need, *“to have God’s help. That’s the how and why of it. so first of all, I have to quit playing God. It doesn’t work?”* (Pg.62, ¶3,L23)
6. Can I decide, *“God is going to be my Director... and I’m His agent ...good ideas are simple, and this concept was the keystone of the new and triumphant arch through which I will pass to freedom?”* (Pg.62, ¶3,L25).

A Keystone is the supporting stone for an entire structure, so this 3rd Step decision supports all the rest of my 12 Steps!

7. Will I realize God, *“is the Father, and we are His children,”* means everyone is my equal? (Pg.62, ¶3,L26).

8. Do I believe my, “new Employer. Being all powerful, will provide what I need, if I keep close to Him and perform His work well?” (Pg.63, ¶1,L2)

9. a) Will I let, “new power flow in to enjoy peace of mind, and discover I can face life successfully?” b) Would I like to “become conscious of His presence, and begin to lose my fear of today, tomorrow or the hereafter?” c) Have I witnessed others, “were reborn,” in mind and Spirit? (Pg.63, ¶1,L8)

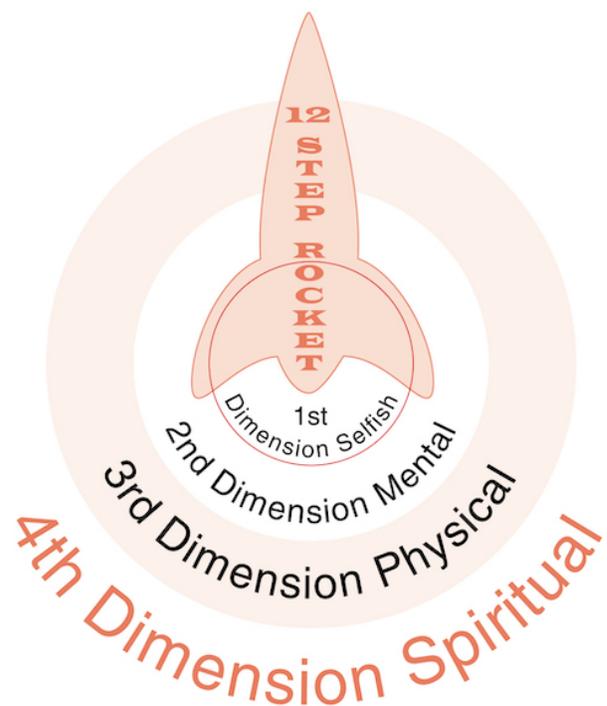
10. What have I to lose, “My ideas did not work. But the God idea could?” (Pg.52, ¶3,L23)

11. a) Do I realize, “The wording is, of course, quite optional so long as I expressed the idea, voicing it without reservation?” (Pg.63, ¶3,L25). b) I make my decision by praying, “to my 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!” (3rd Step Prayer, Pg.63, ¶2).

12. Will I, “launch out on a course of vigorous action, the first step of which is a personal housecleaning?” (Pg.63¶4,L30)

13. Am I willing to be, “rocketed into a fourth dimension of existence of which I had not even dreamed?” (Pg.25, ¶1,L13).

14. a) Do I understand the urgency of my, “decision was a vital and crucial step, but it would have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in myself which have been blocking me?” b) Do I realize my “liquor was but a symptom. So we had to get down to causes and conditions?” (Pg.64, Top¶,L2)



I seek God in my first dimension and stop using alcohol/drugs as rocket fuel!

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Step 4a -Resentment

Write a prayer at the top of the page: **"God please enable me to see the truth"**

1. a) Am I, **"convinced that self, manifested in various ways, is what defeats me?"**
 b) Will I honestly, **"consider its common manifestations?"** (Pg.64, ¶2,L18). I must fearlessly analyze my 3 basic survival instincts; 'social,' 'security' and 'sex.' I feel them as resentments, fears and guilt or remorse. First I look at, **"...resentment, it's infinitely grave ...it is fatal. For when harbouring such feelings ...The insanity of alcohol/drugs returns and I drink/use again."** (Pg.66, ¶1,L3-5).
2. Do I know, **"why I'm angry. In most cases it's found that my self-esteem, my pocketbooks, my ambitions, or personal relationships, (including sex), are hurt or threatened"** (Pg.64-5, ¶3-Top). Like Pg.65's example, I list the people, institutions or principles I resent in 4 columns to thoroughly examine how ***Self-Reliance Fails** me.

Name of Person, Institution or Principle	The Cause of my Anger or Upset	The Ego Affect Threat to My Self	(Fear) *S.R.F. Percieved Lack of Power
Mr. Brown	His attention to my wife	Sex Relations Self-Esteem	I'm not good enough
Mrs. Jones	Committed her husband for drinking. He's my friend	Personal Relations Self-esteem, Pride	I'm unwelcome, I'm not respected
My employer	Overbearing- Threatens to fire me for drinking	Self-esteem, Ambition, Security, Pocket Book	I'm not trusted I'm not worthy I'm dispensable
My wife	Misunderstands and nags. Likes Brown. Wants house put in her name.	Pride, Personal & Sex Relations, Security and Pocket Book	I'm unloved I'm a bad provider I'll be broke and alone

3. Am I prepared to consider, **"it from an entirely different angle?"** (Pg.66, ¶3,L23). To change perspective, I read my lists backwards to see how **'Self-Reliance,' (Fear)**, in the 4th column failed to solve my problems. Instead, it fuelled my anger in the 2nd column, the person, institution or principle was not the cause.
4. a) Am I always, **"concerned with myself, my resentments, or my self-pity? Selfishness—self-centredness!"** (Pg.62, ¶1,L4). b) Will I admit that's how I react when my ego is threatened, **"...it's the root of my troubles?"** (Pg.62, ¶1,L6).
5. Since I can no longer drink/use, can I substitute my 3rd step agreement and seek help from God, **"Relieve me of the bondage of self, that I may better do Thy will?"** (Pg.63, ¶2,L15).

6. *"Inventory is a fact-finding and a fact-facing process" (Pg.64, ¶1,L9)*, Can I be searching and fearless by writing about my short comings to recognize them quicker? **Self-Seeking**, resentments conceal my ulterior motives. a) What am I after? b) Do I use people to get things? I begin my sentence with; *'My selfish attitude was ...?'* **Selfish**, resentments are often delusional. a) What did I want to get? a) What did I lose? b) What was I hiding? I begin my sentence with; *'My selfish actions were ...?'* **Dishonest**, above all I must be honest with myself, a) What lies justify my thinking? b) Do I rationalize my actions. I begin my sentence with; *'I was in the delusion that ...?'* **Afraid**, fear drives my selfishness, then I lie to rationalize my actions, leaving me in emotional pain. I begin my sentence with; *'Why am I afraid of ...?'*
7. Am I learning to reframe my grudges by changing my perspective, trying to see it from the offender's point of view? *"This was our course: We realized that the people who wronged us were perhaps spiritually sick... like ourselves" (Pg.66, ¶4,L30).*
8. Will I consider how I've treated another poorly, and forgive myself by forgiving others?, *"This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done." (Pg.66, ¶4,L4).*
9. For deep seated resentments about people or things that keep affecting me, I should use **'Affirmative Prayer,'** to free myself from the grudge, *"If you have resentment you want to be free of, if you will pray for the person or thing that you resent, you will be free. If you will ask in prayer for everything you want for yourself to be given to them, you will be free. Ask for their health, their prosperity, their happiness, and you will be free. Even when you don't really want it for them and your prayers are only words and you don't mean it, go ahead and do it anyway. Do it everyday for two weeks, and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred, you now feel compassionate, understanding and love." (Pg.552, ¶1).*

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Step 4b -Fear

Write at the top of the page; *“God please enable me to see the Truth about my fears”*

Fear is incorrect believing, it's often **False Evidence Appearing Real**. It may start with truth, but I mistake the facts and blame others, giving them power over my mind.

My subconscious fears are driven by ancient survival instincts, without God, I'm trying to satisfy myself through **Self-Reliance**. I'm afraid of losing things I have, or of not getting things I want, and I'm afraid of being caught up in lies. I become insane when fearful, in danger of drinking/using. So I must understand these unfounded fears that grip my ego when; *“hurt or threatened ...Was it my self-esteem/pride, my security, my ambitions, my personal, or sex relations, which had been interfered with?”* (Pg.65, ¶1,L3).

Self-esteem: is the high or low self-image I've assigned myself, my stage character.

Pride: is how I want others to see and respect me.

Security: is what I absolutely need out of any situation to feel safe.

Ambition: is what I'm expecting to get from my civility or activity.

Personal Relations: is my core idea of how all my relationships should be.

Sex Relations: is my core idea about how any intimate relationships should be.

Pocket Book: is any threat to my finances.

1. Can I see how often mistaken slights, *“set in motion trains of circumstances which brought me misfortune I didn't deserve ...but I set that ball rolling?”* (Pg.67, ¶4,L29).

2. Will I believe this logic, *“Wasn't it because self-reliance failed us?”* (Pg.68, ¶1,L5).

To analyze my irrational (fear)'s, I copy them from the 4th column of my resentment inventory, (no duplicates). *“We put them on paper”* (Pg.68, ¶1,L3). Then I consider each underlying fear, *“We asked ourselves why we had them?”* (Pg.68, ¶1,L5), then list it in an adjacent column. This is a high speed train of subconscious thought, it's instinctual fear that flashes through my mind instantly, so I unpack them in columns across a page;

- (a) I fear **I'm not good** enough because I'll be **unwanted**.
- (b) I fear being **unwanted** because I'll be **alone**.
- (c) I fear being **alone** because I fear **emotional pain**.
- (d) I fear **emotional pain** because I may **drink/use** again.
- (e) I fear **drinking/using** because for me **to drink/use is to die**.
- (f) I fear **dying** because it's **unknown**
- (g) I fear the **unknown** because I fear **there is no God**.

3. All fears reduce down to **Self Reliance Failing me**; *“Self-reliance was good as far as it went, but it didn’t go far enough”* (Pg.68, ¶1,L6).

(when the fear repeats, I strike it out knowing where it leads)

a)	b)	c)	d)	e)	f)
Not Good Enough	Unwanted	Alone	Emotional Pain	Drinking/using	Dying
Not Trusted	Disliked	—Alone—			
Not Respected	—Disliked—				
Dispensable	Fired	—Unwanted—			
Unloved	Rejected	—Emotional Pain—			
Not Secure	Broke	Failure	Self Hate	—Alone—	
Perfection	Must Repeat	Can’t Repeat	—Failure—		
Not Perfect	—Unwanted—	e) To Drink/use is to Die	f) Death is Unknown	g) There is No God	Self-Reliance Fails (S.R.F.)

(Like 'Perfection' and 'Not Perfect,' some fears apply to the opposite. Fear of working or not working, etc.)

4. a) Can I see, *“self-confidence ...didn’t fully solve the fear problem, or any other?”*

b) And, *“When it made me cocky, it was worse?”* (Pg.68, ¶1,L8).

5. Am I willing to live, *“on a different basis; the basis of trusting and relying upon God. I trust infinite God rather than my finite self?”* (Pg.68, ¶2,L10).

6. Can I act as if I’m in, *“the world to play the role He assigns?,”* and believe, *“Just to the extent that I do as I think He would have me, and humbly rely on Him, He enables me to match calamity with serenity”* (Pg.68, ¶2,L15)

7. Will I become fearless with my solution, *“I never apologize for God. ... I ask Him to remove my fear and direct my attention to what He would have me be. At once, I commence to outgrow fear”* (Pg.68-¶3)

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Step 4c -Sex Conduct

1. a) Did my conduct cause guilt, shame and remorse, *“about sex?”* b) Do I, *“need an overhauling there?”* c) Can I, *“be sensible on this question?”* (Pg.68, ¶4,L26)
2. Have I ever tried to judge or, *“be the arbiter of anyone’s sex conduct?”* (Pg.69, ¶4,L8)
3. Can I thoroughly examine not only sex partners, but all intimate relationships, anyone I’ve lived with or see daily. Because, *“liquor/drugs are but a symptom, I must get down to causes and conditions?”* (Pg.64, Top¶,L6).
4. Will I uncover and discover how and why I treat people as obstacles to, or opportunities for, my selfish desires, *“If I’m not sorry, and my conduct continues to harm others, I’m quite sure to drink.”* (Pg.70, ¶1,L11).

On a fresh page I write at the top *“God please help me see the truth about myself”*

#1) Name: (of person involved) _____ **Relationship:** (to me) _____

a) Brief History, (finish these sentences);

1) Why did I get involve were ...? Did I have sex to start this relationship ...?	2) My specific (sex) conduct was ...? Did I use sex to build my self-esteem ...?
3) Friction points in the relationship ...? Did I withhold sex to get even ...?	3) How it is now, or how did it end ...? Did I cause mental stress in this relationship ...?

b) “We reviewed our own conduct over the years past” (Pg.69, ¶1,L1).

I look for my selfishness by answering these 9 questions;

1) Where had I been selfish?	2) Where had I been dishonest?	3) Where had I been inconsiderate?
4.) Whom did I hurt? (other friends & relations, parents, kids, siblings)	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? (Sex Ideal)

Harms: I also make note of any other specific harms that comes to mind while writing.

5. Can I use a new sheet of paper for every relationship, *“I subject each relation to this test; was it selfish or not?”* (Pg.69, ¶2,L18).
 6. Am I willing to write out my intentions in paragraph form using my answers to question **#9.) what should I have done instead?,** (It's never; 'I should not have got involved'), and start my sentences with; **'God in the future I would like to be ...'** *“In this way I try to shape a sane and sound ideal for my future sex life?”* (Pg.69, ¶2,L1).
 7. When I see my truth, will I pray and apply it to all future conduct?, *“ask God to mold my ideals and help me to live up to them?”* (Pg.69, ¶2,L19).
 8. Will I imagine a 'hypothetical' idea for better conduct, *“earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing?”* (Pg.70, ¶2,L15).
 9. Will I identify mistakes in the future. *“to comprehend their futility and their fatality”* and *“see their terrible destructiveness?”* (Pg.70, ¶3,L24)
 10. Is it plain to see my troubles were of my OWN making. *“you have swallowed and digested some big chunks of truth about yourself?”* (Pg.71, Top¶,L6).
 11. Will I practice. *“tolerance, patience and good will toward others, even my enemies, looking upon them as sick people?”* (Pg.70, ¶3,L27)
 12. Am I *“convinced that God can remove whatever self-will has blocked me off from Him?”* (Pg.71, Top¶,L2)
- Summary;** All my 4th step self-assessments are spiritual 'power-tools,' working with them unblocks me from God's Power; *“In this book I read again and again that faith does for me what I could not do for myself.”* (Pg.70-71, Top¶,L1).

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Step 5 -Into Action

I don't just confess my wrongs, step 5 directs me to admit *"the **Exact Nature** of my defects,"* (Pg.72, ¶1,L10). I always justify, rationalize and believe half-truths, *"the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so."* (Pg.62, ¶1,L14), so it's easier for someone else to see my faults clearly. *"Having made our personal inventory, what shall we do about it? We have been trying to get a new attitude (Step 2), a new relationship with our Creator (Step 3), and to discover the obstacles in our path (Step 4)"* (Pg.72, ¶1,L2). It's not only what I've done, it's about realizing my fear driven selfishness. *"Now these are about to be cast out"* (Pg.72, ¶1,L7).

**The EXACT NATURE of my defects arise out of 7 areas of self.
They cause my selfishness, dishonesty, resentment, and fear.**

SELF ESTEEM:	How I see or feel about myself. <i>"The role I've assigned to myself"</i>	Start sentences with; <i>"I am ..."</i> Example: <i>I'm the best partner they could have!</i>
PRIDE:	How I expect others see or feel about me. <i>"The role I've assigned to others"</i>	Start sentences with; <i>"Others should ... "</i> or <i>"No one should... "</i> or <i>"Others can... "</i>
AMBITION:	What I expect to happen here and now.	Start sentences with— <i>"I want the respect of..."</i> or <i>"I wish others would ..."</i>
SECURITY:	What I must have to be okay.	Start sentences with— <i>"I need. ..."</i> or <i>"I cannot be challenged"</i>
PERSONAL RELATIONS:	My inherent deep beliefs of how my relationships are supposed to work.	<i>"Wives must trust husbands"</i> or <i>"Mothers respect their sons"</i> or <i>"Real friends always agree with me"</i>
SEX CONDUCT:	My inherent deep beliefs of how proper couples are supposed to behave.	Start writing with; <i>"A real man ... "</i> and/or <i>"A real woman ..."</i>
POCKET BOOK:	My financial security.	Start writing with; <i>"No one should ..."</i> <i>"No one should interfere with my job."</i>

1. Have I admitted certain defects and *"ascertained in a rough way what the trouble is"* (Pg.72, ¶1,L5), making sure it's as thorough as possible?
2. Will I privately confess all faults I've found to my Higher Power, *"admitted to God, to ourselves, and to another human"* (Pg.72, ¶1,L8), for **depth** of insight. b) Can doing this someplace I feel spiritual make me, *"more reconciled to discussing myself with another person?"* (Pg.72, ¶2,L18),

3. Will I talk with someone who, *“who has found this solution, who is properly armed with facts about himself”* (Pg.18,¶4,L19), to add **weight** to my recovery?
 4. Do I believe, *“If I skip this vital step, I may not overcome drinking/using?”* (Pg.72,¶2,L21).
 5. Can I set aside my ego to, *“learn enough of humility, fearlessness and honesty, in the sense that it’s necessary?”* (Pg.73,Top¶,L8).
 6. Do I lead a double life, *“very much the actor ...presenting my stage character ...to enjoy a certain reputation, I knows in my heart I don’t deserve?”* (Pg.73,¶1,L13).
 7. a) Are my, *“memories a nightmare?”* b) Do I, *“tremble to think someone might have observed me. Quickly pushing these memories far inside myself?”* c) Am I, *“under constant fear and tension, that makes for more drinking?”* (Pg.73,¶2,L17-22).
 8. Do I seldom tell Doctors, *“the whole truth nor follow their advice. Unwilling to be honest with these sympathetic men, I’m not honest with anyone?”* (Pg.73,¶3,L26).
 9. Do I believe I, *“must be entirely honest with somebody if I expect to live long or happily in this world?”* (Pg.73-4,¶4,L31).
 10. Do I realize I, *“cannot disclose anything to our wives or our parents which will hurt them and make them unhappy?”* (Pg.74,¶1,L15). b) Can I be, *hard on myself, but always considerate of others?”* (Pg.74,¶1,L20).
 11. Does my sharing partner know how important this is, *“that we are engaged upon a life-and-death errand?”* (Pg.75-¶1-L7).
 12. Am I willing to, *“pocket my pride and go to it, illuminating every twist of character, every dark cranny of my past?”* (Pg.75,¶2,L10).
 13. Am I delighted to, *“Look the world in the eye. and be alone at perfect peace and ease?”* b) May my fears, *“fall away as I begin to have a spiritual experience?”* (Pg.75,¶2L16).
 14. a) Will I, *“be quiet for an hour, thanking God and carefully reviewing the first 5 steps?”* b) Is my archway to freedom, *“work solid so far? Are my stones properly in place? Have I skimped on the cement put into my foundation? Have I tried to make mortar without sand?”* (Pg.75,¶3).
- ‘Cement,’** is a cross reference with (Pg.17,¶2,L17), Now I’ve, *“shared in a common peril ...the powerful cement which binds us.”*
- ‘Foundation,’** is my 1st step surrender, (Pg.12,¶4,L19), I believed, *“growth could start ...upon a foundation of complete willingness?”*
- ‘Stones,’** refers to my Step 2, **‘cornerstone,’** (Pg.47,¶2), *“upon this simple cornerstone a wonderfully effective spiritual structure can be built.*(Spiritual Awakening Pg.567)”*
- And my 3rd Step decision is the, **‘keystone,’** (Pg.62.¶3), *“hereafter in this drama of life, God was going to be our Director ...good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.”*

I alone get to decide if I’ve worked the first 5 Steps satisfactorily, *“if we can answer to our satisfaction”,* (Pg.76,¶1,L1). The way I measure is my own Peace of mind.

Step 6 -Entirely Willing

I must ask God for help, *“there often seems no way of entirely getting rid of self without His aid”* (Pg.62, ¶2,L18). Asking God means; Praying to my Higher Power.

After analyzing my selfishness in steps 4 & 5, I realize how problems come from me, not at me! I find my character defects useful because they get instant results whenever my pride or ambition is threatened. Old habits are hard to break, so I must watch for selfish, self-seeking, dishonest and fearful conduct in my behaviour.

The 6th Step is a few short questions I must honestly consider for myself;

1. With my new awareness am I willing and, *“ready to let God remove from me all the things which I have admitted are objectionable”* (Pg.76, ¶1,L3).
2. Can I let, *“Him take them all, every one”* (Pg.76, ¶1,L5).
3. a) Do I *“still cling to something I will not let go”*, b) Will I, *“ask God to help me be willing.”* (Pg.76, ¶1,L6).

Even if not, (yet), entirely ready to give up my most useful shortcomings, I still ask God for help to become willing. Then immediately move to Step 7 with defects I want lose. Only my step 1 surrender is 100%, I’m always powerless over alcohol/drugs. Staying away from that 1st drink/drug is progress, but my real goal is to have Spiritual experiences that change my personality. I begin acting ‘as if’ I’m growing, and continue to; *“... claim spiritual progress rather than spiritual perfection”* (Pg.60, ¶1,L10).

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Step 7 -Useful Humility

I must move past my self-centred motives to begin growing God-centred. The effort, or act of working Step 7 is in the humility. Which means, I know how much it hurts my pride, but seek God's will anyway. When I humbly ask my Higher Power to remove my defects of character, (**Self will**), He replaces them with the opposite characteristic, (**God's will**). He does for me what I cannot do – but God will not do what I can do myself, so I need to start practicing the opposite of my shortcomings.

Self-Aware Checklist

Self-will Power Blocked from God	God's-will Power Conscious of God
Selfishness, Self-seeking —	— Unselfishness, Usefulness
Dishonesty, Stealing, Lying —	— Honesty, Generosity, Integrity
Resentment —	— Forgiveness
Fear, Anger, —	— Courage, Love,

As an alcoholic/addict, I am uniquely useful to God, He decides what I must change. I'm not sure how God will use me, but I trust He wants me to be useful. So I pray He removes whatever is blocking my usefulness to Him and others, right now.

1. Am I now, "*willing that you should have all of me, good and bad?*" (Pg.76, ¶2,L2).
 2. Will, "*I pray that He removes from me every single defect of character which stands in the way of my usefulness to Him and my fellows?*" (Pg.76, ¶2,L3).
 3. Do I believe God will "*Grant me strength as I go, to do His bidding?*" (Pg.76, ¶2,L5).
- 'Usefulness' is defined as,** "*So we think cheerfulness and laughter make for usefulness.*" (Pg.132, ¶2,L25),

I memorized the 7th Step Prayer and often ask for power before sharing at meetings, "*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.*" (Pg.76, ¶2,L7). I will use the 3rd step and Serenity prayers also.

Practicing the opposite of my instinctual behaviour changes my perspective and I act responsibly. The same way God removes my obsession to drink/use, – first I need the humility to quit doing it! I simply stay aware of my thoughts then mindfully say, "*Thy will (not mine) be done*" (Pg.85, ¶1,L19).

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Step 8 -Listing Willingness

Once I'm clear on how my troubles, *"are basically of my own making"* (Pg.62, ¶2,L12), I must switch focus to thinking about others, *"We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves"* (Pg.76, ¶3,L20). I 'sweep-away' my self-centred perspective by imagining another's point of view, *"Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs"* (Pg.20,Top¶,L1).

*"8. Made a list of **all** persons we had harmed, and became willing to make amends to them **all**"* (Pg.59, ¶2,L22). Notice the word **'ALL'** is mentioned twice, so I make a complete list from my 4th Step adding any names uncovered in my 5th Step. Then I pray, asking God to reveal any others, *"If we haven't the will to do this, we ask, (pray), until it comes"* (Pg.76, ¶3,L22). I may not want to list someone because I feel they hurt me more than I harmed them, or they said it's not necessary, or I don't want confrontation, or I'm afraid. So I divide my list into four columns to start with.

NOW	LATER	MAYBE	NEVER
-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----
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I start by making my **NOW** amends, after them, I'm ready to do some **LATER's**. By the time I finish those, I may be ready for some **MAYBE's**. Then, with some experience, I can try the **NEVER's**, *"Remember I agreed at the beginning that I would go to any length for victory over alcohol/drugs"* (pg.76-¶3-L11). My willingness grows as I contemplate an approach and ways to become helpful, *"Our real purpose is to fit ourselves to be of maximum service to God and the people about us"* (Pg.77, ¶1,L3). My freedom begins with willingness as I plan to, *"sweep off my side of the street, it's my mistakes, not theirs"* (Pg.77-¶3-L4).

I always want to consult my sponsor, *(or whoever '5th stepped' me)*, for their advice on sorting out my plans and priorities.

(+ willing) or (— unwilling)
Name of person or Institution _____
Address or "FIND" _____
Phone / Email _____
Harm: _____
or I write "ASK"

I keep notes on 5×7 index cards to easily track my progress. I note, 1) Who and why, *(this amend)*. 2) The harm, *(I'm clear on)*. 3) I ask about other harms, *(I'm unaware of)*. 4) I ask if they want to tell me how I hurt them, *(or their reputation)* 5) I ask what I can do to make this right? And if I need time to repay money, I *"arrange the best deal I can letting them know I'm sorry, drinking has made me slow to pay"* (pg.78, ¶2,L20). Remembering, 'I'm not giving them my money, I'm giving them back theirs.' I don't want to surprise anyone, I arrange a mutually-agreeable meeting time and place, *(by phone or eMail if necessary)*, explaining why we should talk in person.

An amended document is permanently changed, not only do I, *"repair the damage done in the past"* (pg.76, ¶3,L20), I stop my objectionable behaviour.

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Step 9 -Making Amends

When I'm willing, *"to go to any lengths to find a spiritual experience ...no matter what the personal consequences may be"* (Pg.79,¶1,L7), I begin to outgrow fearful self-centredness. As I become responsible for my actions my attitude reflects, *"...a sincere desire to set right the wrong"* (Pg.77,¶1,L10), then in a, *"...helpful and forgiving spirit,"* (Pg.77,¶1,L24), I'm, *"...calm, frank, and open ...gratified with the result"* (Pg.78,Top¶,L3). Even if they're not accepted, *"I've made my demonstration, done my part,"* (Pg.78,¶1,L12), so my fear, shame and guilt is replaced with courage, honesty and humility.

On pages 77-83, the Big Book offers insights for situations, **[Bracketed]**. But I always consult a sponsor or experienced fellowship member to avoid causing any more harm. The following paraphrased questions may span entire paragraphs, be sure to look for extra context in the Big Book.

1. Do I realize it will be, *"harder to go to an enemy than to a friend, but it's much more beneficial?"* (Pg.77,¶1,L23). **[FREEDOM from guilt or shame]**
2. Can I refrain from argument and simply, *"sweep off my side of the street ...never trying to tell them what they should do?"* (Pg.77,¶2,L32)
3. Will I trust, *"In 9/10 cases the unexpected happens. ...Rarely do we fail to make satisfactory progress."* (Pg.78,¶1,L5). **[Helpful RESULTS]**
4. Will I stop, *"dodging my creditors,"* and, *"Arrange the best deal for repayment I can, while sorrowfully admitting that drinking/using is why I'm slow to pay,"* then, *"lose my fear of creditors?"* (Pg.78,¶2) **[MONEY and Credit]**
5. Am I willing to admit my troubles to a sponsor if I'm, *"sure I would be imprisoned or lose my job if it were known?"* (Pg.78,¶3). **[CRIMINAL Offences]**
6. Will I, *"ask God to be given strength and direction to do the right thing,"* even if I, *"may lose my position or reputation or face jail,"* realizing I, *"must not shrink at anything?"* (Pg.79,¶1).
7. Can I be careful, *"not to be the hasty and foolish martyr ...needlessly sacrificing others to save myself?"* (Pg.79,¶2). **[Assigning BLAME]**
8. Do I believe, *"before taking drastic action which might implicate other people, I must secure their consent, consult with my sponsor and pray for God's help?"* (Pg.80,¶1).
9. a) Can I admit my, *"alcoholism has complicated sex relations at home,"* creating a, *"resentful and uncommunicative spouse,"* b) Can I avoid self-pity without looking for a, *"secret and exciting affair?"* (Pg.81,Top¶-¶1) **[Sexual INFIDELITY]**

10. Will I, “*admit fault without all the particulars,*” knowing I, “*have no right to involve another person,*” ask forgiveness and be, “*sorry for what I have done, God willing, it shall not be repeated.*” (Pg.81, ¶1).

11. Can I keep, “*the other’s happiness uppermost in mind,*” knowing I’m, “*dealing with that most terrible human emotion, jealousy*” (Pg.82, ¶1).

12. a) Was I, “*like a tornado roaring my way through the lives of others,*” as my, “*selfish and inconsiderate habits kept the home in turmoil?*” b) Am I, “*unthinking by saying my sobriety is enough?*” (Pg.82, ¶3) **[FAMILY Life]**

13. Do I realize, “*There’s a long period of reconstruction ahead, that I must take the lead,*” and, “*sit down with the family and frankly analyze the past as we now see it?*” (Pg.83, ¶1)

14. Do I believe my, “*Spiritual life is not a theory, I have to live it,*” and my, “*behaviour will convince them more than my words?*” (Pg.83, ¶2). **[LIVING Amends]**

15. Will I not, “*worry about wrongs I can never fully right ...if I can honestly say to myself that I would right them if I could?*” (Pg.83, ¶3) **[Clear CONSCIOUS]**

16. Will I act, “*sensible, tactful, considerate and humble without being servile,*” because as an adult-child of God I, “*stand on my feet; I don’t crawl before anyone?*” (Pg.83, ¶3) **[God’s POWER]**

This **9th Step Prayer**, asks for a forgiving grace: “*we clean house ...asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love*” (Pg.83, Top ¶, L8).

Opposite to my untreated, ‘**Bedevilments,**’ on (Pg.52, ¶2), I now recognize the, ‘**9th Step Promises,**’ (Pg.84, Top ¶), that describe treated alcoholism.

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Step 10 -Daily Reprieve

In my first 3 steps I became willing to let a Higher Power direct my life. Step 10 helps me work toward a personality change, so I immediately start, *“to take personal inventory and when we were wrong promptly admitted it.”* (Pg.84, ¶2). I learn how this process works in steps 4 – 9, now I practice it, in *Real-Time*, on a *Daily Basis*. I’m in a constant **‘Spot-Check Inventory’**, watching my attitude for selfish, dishonest, resentful or fearful thoughts that block me from God. When they pop up, at once, I ask Him to remove them, and turn my thinking to something helpful. If I caused harm, I amend it quickly, thank God, and consult my sponsor for another perspective or to clear my conscious.

1. Can I, *“continue to take personal inventory and continue to set right any new mistakes, as I clean up my past?”* (Pg.84, ¶2,L3). **(one day at a time).**
2. Have I, *“entered the world of the Spirit, willing to grow in understanding and effectiveness?”* (Pg.84, ¶2,L6). **(a personality change).**
3. a) Can I, *“watch myself for selfishness, dishonesty, resentment and fear”* (Step 4), *“then immediately ask God to remove it?”* (Step 7), b) Will I, *“discuss my discomfort with someone,”* (Step 5), then, *“quickly make amends if I hurt anyone?”* (Steps 8 & 9). c) Do I see how purposefully or, *“resolutely turning my thoughts to someone I can help,”* will help me get over myself? (Step 12). (Pg.84, ¶2,L8).
4. Will I live with, *“love and tolerance of others as my code,”* of conduct? (Pg.84, ¶2,L14). **(simple but not easy).**
5. Have I, *“ceased fighting anything or anyone, even alcohol/drugs, because sanity has returned?”* **(my sanity is returned before I get my will power back, next page)** (Pg.84, ¶3,L2).

6. Do I see my, *“new attitude just comes, that’s the miracle of it,”* I automatically, *“react sanely and normally,”* because my drinking/using, *“problem has been effortlessly removed?”* (Pg.85,Top¶,L1).
7. Do I believe I’ve, *“been placed in a position of neutrality, safe and protected ... the problem has been removed”* (Pg.85,Top¶,L6).
8. Do I act, *“neither cocky nor afraid,”* because I’m experiencing God’s grace, *“so long as I keep in fit Spiritual condition?”* (Pg.85,Top¶,L10).
9. a) Do I realize I’m, *“not cured of alcoholism/addiction, what I have is a daily reprieve contingent on ...carrying the vision of God’s will into all of my activities?”* b) But I, *“can exercise my will power like this is a sane, proper use of my will power?”* (Step 3). (Pg.85,¶1,L15)
10. a) Do I believe asking, *“How can I best serve Thee— Thy will (not mine) be done”* (Pg.85,¶2,L18), *“allows His Spirit to flow into me?”* b) Have I, *“to some extent, become God-conscious,”* and, *“begun to develop this vital sixth sense?”* (Pg.85,¶2,L26)

I depend on, **5 Human Senses; Sight, Sound, Smell, Taste & Touch.** Now I tap into a; **vital 6th sense, which is God consciousness.** So my will and life is changed by Spiritually Awakening, *“a personality change sufficient to bring about recovery from alcoholism/addiction.”* (Pg.568,¶1,L3). But the Big Book warns, *“I must go further and that means more action”* (Pg.85,¶2,L30),

Fear is always a destructive emotion like anger, hatred, jealousy and criticism. Love is always a creative feeling like joy, interest, accomplishment and appreciation. I’m instinctually fear driven, and therefore, **DESTRUCTIVE.** God is Love, and therefore, **CREATIVE.** So it’s obvious when I’m following God’s will, not mine. *“God is love; and he that dwells in love dwells in God, and God in Him”* (1 John 4:16). ~
(Thanks to Emit Fox)

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Step 11 -Prayer & Meditation

Logically related self-examination, meditation, and prayer works to improve my *'conscious contact with God,'* (Pg.87,¶1,L4), it helps me cultivate an unshakable foundation for life. Spiritual living means living in the now, with awareness of my Higher Power. The Big Book suggests *"We shouldn't be shy on this matter"*(Pg.85,¶3,L30).

1. Do I work at prayer and meditation with, *"the 'proper attitude?"* (**The 'proper attitude' is defined on Pg.55,¶4,L26, as 'sweeping away prejudice, thinking honestly, and encouraging diligent self-reflection'.**) (Pg.86,Top¶1,L2)
2. a) Will I apply my step 4-9 process onto today's difficulties, *"when I retire at night, I **constructively** review my day, was I Resentful?, Selfish?, Dishonest?, Afraid?"* (**Step 4**), b) *"Do I owe and apology?"* (**Steps 8 & 9**), c) *"Have I kept something to myself which should be discussed with another person at once?"* (**Step 5**), d) *"Was I kind and loving ...could I have done better ...was I thinking of myself ...or others, or what else I could do?"* (**Step 7**), (Pg.86,¶1,L5)
3. a) Do I realize drifting, *"into worry, remorse or morbid reflection, (a **bad attitude**), would diminish my usefulness to others"* b) will I, *"ask God's forgiveness and inquire what corrective measures should be taken?"* (**Step 6**) (Pg.86,¶1,L14-16)
4. On awakening do, *"I think about the 24 hours ahead and consider my plans,"* by asking *"God to direct my thinking."* (Pg.68,¶3,L23 says; *"we ask Him to remove our **fear and direct our attention**"*), *"especially asking that it be divorced from self-pity, dishonest or self-seeking motives?"* (Pg.86,¶2,L23)
5. a) Will I, *"employ my mental faculties with assurance, (make **decisions**), because God gave me brains,"* b) Do I realize, *"my thought-life will be placed on a much higher plane, (not self-centred), when cleared of wrong motives?"* (Pg.86,¶2,L25)
6. If undecided, will I, *"be able to determine which course to take by asking God for inspiration, an intuitive thought or a decision,"* (**guidance**), *"relax and take it easy without a struggle?"* (**God's will**), (Pg.86,¶3,L28)
7. Am I, *"often surprised how the right answers come, how hunches and occasional inspiration becomes a working part of my mind?"* (**11th Step promise**), (Pg.87,Top¶1,L1)
8. Do I, *"conclude morning meditation by praying I be shown all through the day what my next step is to be, that I'm given whatever I need to take care of problems, ... especially praying for freedom from self-will?"* (**a healthy prayer life**), (Pg.87,¶1,L9)

Step 12a -Carry this Message

*“To show other alcoholics precisely how we have recovered is the main purpose of this book.” (Pg.xiii-¶1,L4,LP.ix). Service gets me out of myself and usefully into our community of suffering alcoholic/addicts. I don’t just help other alcoholic/addicts because they’re sick, it’s because I’m sick too. “You can help when no one else can. You can secure their confidence when others fail” (Pg.89,¶1,L5). Helping others keeps me in **Active Recovery**, and then my, “Life takes on new meaning” (Pg.89,¶1,L6).*

Working with Others, pages 89-103, offers tips plus a clear-cut, precise approach. These questions may paraphrase entire paragraphs, please check the book for extra context.

1. Am I trying to discover new prospects and, *“find out all I can about them, if they don’t not want to stop drinking, I don’t waste time trying to persuade them, just wait for a later opportunity?” (Pg.90,¶1)*
2. Do I meet prospects away from family and, *“engage in general conversation, then turn the talk to some phase of my drinking/using habits, experiences and symptoms to encourage them to speak freely about theirs, so I understand how to proceed?” (Pg.91,¶3)*
3. Can I wait until I suspect, *“he is a real alcoholic before discussing the hopeless feature of our malady by explaining my experience with the queer mental blank spot, (**obsession**), surrounding that first drink/hit that cancels my will power?” (Pg.92,¶2,L7)*
4. Do I let them, *“draw their own conclusions and if they think they can control their drinking, say; ‘maybe if they’re not too alcoholic/addicted,’ but if they’re severely afflicted there’s little chance they can recover by themselves?” (Pg.92,¶2,L14)*
5. Will I, *“continue to speak of alcoholism/addiction as an illness, a fatal malady, explaining the conditions of body and mind that accompany it, by focusing on my own experience, and how many are doomed who don’t realize their predicament?” (Pg.92,¶3)*
6. a) Can I make them, **“curious to know how I got well and get them to ask me that question?”** b) Then, *“tell them exactly what happened to me, stressing the spiritual feature freely?” (Pg.93,Top¶1)*
7. a) Can I emphasize, *“they do not have to agree with my conception of God, they can choose any conception they like, provided it makes sense to them?”* b) Always assuring, *“the main point is being willing to believe in a Power greater than their self and live by spiritual principles?” (Pg.93,Top¶1)*

8. Do I, *“use everyday language to describe spiritual principles to avoid arousing any prejudice they may have against theological terms, no matter what my convictions are?”* (Pg.93, ¶1)

9. a) Am I ready to, *“outline this program of action, explaining how I made a self-appraisal, how I straightened out my past and that trying to be help others is vital to my own recovery?”* b) Will I admit they, *“may be helping me more than you are helping them?”* (Pg.94, ¶1).

10. a) Can I sympathize if they, *“rebel at the thought of a drastic housecleaning which requires discussion with other people?”* b) Will I, *“not contradict such views and confess I once felt the same way, but doubt I’d have made progress without taking all the action steps?”* (Pg.94, ¶2).

11. Will I avoid, *“talking down to any alcoholic from a moral or spiritual hilltop and simply lay out the kit of spiritual tools for them to consider?”* (Pg.95, ¶1,L9)

12. a) Can I understand if they, *“think they can do the job some other way, or prefer some other spiritual approach and encourage them to follow their own conscience, just explaining what worked for me?”* b) Kindly, *“pointing out as alcoholic/addicts we have much in common and should remain friendly, then letting it go at that?”* (Pg.95, ¶3)

13) Can I make sure to, *“burn the idea into the consciousness of every person they can get well regardless of anyone, the only condition is that they trust in God and clean house?”* (Pg.98, ¶2).

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics/addicts ” (Pg.89, ¶1,L1). I grow in understanding and effectiveness every time I help someone through our 12 Steps program. I’m eternally grateful for this design for living that really works. So I also practice these principles in all my affairs, daily for the rest of my life.

There’s many 12 step tips in chapters 8 through 11;

- In *‘To Wives,’* the roles may be reversed, or consider *‘To the Partner,’* instead.
- In *‘The Family Afterward,’* there’s advice for group understanding.
- In *‘To Employers,’* it’s insightful to imagine the employee as sponsee.

Each outline different perspectives so I see our program from another’s point of view.

- *‘A Vision for You,’* details some of our fellowship’s benefits.

Compliments of:

www.GreatRealityGroup.org

Cornerstone to Recovery, 570 Steven Court, unit 'B', Newmarket, ON L3Y 6Z2, (Wednesday's 8pm)

Step 12b -Practice the Principles

(Pg.60,Top¶,L1), “Having had a spiritual awakening as the result of these steps,” my personality and my life changes. “My friend had emphasized the absolute necessity of demonstrating these principles in all my affairs” (Pg.14,¶6). I express gratitude for everything ‘I get to do,’ so others find my humility admirable. “The most satisfactory years of my existence lie ahead,” (Pg.152,¶2,L20), Following God’s Guidance speaks for itself by making me happy, joyous and free.

A spiritually sober life is an individual affair, our book offers too many insights to list them all, but here’s some favourites. These may paraphrase entire paragraphs, please check the pages for extra context.

1. Before I go anywhere, do I make, “sure I’m on solid spiritual ground and that my motives are thoroughly good. Not thinking of what I will get out of the occasion, but what I can bring to it?” (Pg.102,Top¶).
2. a) Do I realize “my job now is to be at the place where I may be of maximum helpfulness to others, that I shouldn’t hesitate to go anywhere if I can be helpful, even the most sordid, **(morally sick)**, spot on earth on such an errand?” b) Can I, “Keep on the firing line of life with helpful motives, knowing God will keep me unharmed?” (Pg.102,¶2).
3. Am I, “careful never to show intolerance or hatred of recreational drinking/using because my experience proves that attitude is not helpful to anyone?” (Pg.103,¶1).
4. Am I, “trying to live on a spiritual basis, and doing everything in my power to avoid disagreement or contention, knowing I owe my partner more than sobriety?” (Pg.118,¶1), **(To Wives)**.
5. Will I invite my partner to, “join in my enthusiasm for alcoholic work, by getting involved with Alanon, or local recovery community, because they need the counsel and love of someone who has gone through what you have?” (Pg.119,¶1,L20).
6. Do I believe, “that in God’s hands, my dark past is the greatest possession I have, the key to life and happiness for others. With it I can avert death and misery for them?” (Pg.124,¶2,L19). **(The Family Afterward)**.
7. Do I believe, “family talks will be constructive if without heated argument, self-pity, self-justification or resentful criticism, that they will ask less, if I give more, so giving, rather than getting, will become the guiding principle?” (Pg.127,Bottom¶,-128,Top¶).
8. a) Have I, “come to believe God would like me to keep my head in the clouds with Him, but my feet ought to be firmly planted on earth with my fellow travellers, because that’s where my work can be done?” b) Have I, “found nothing incompatible between a powerful spiritual experience and a life of sane and happy usefulness?” (Pg.130,¶1,L10-17).

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9. a) Do I believe, *“we aren’t a glum lot, that newcomers must see joy and fun in our existence, or they wouldn’t want it?”* b) Will I, *“absolutely insist on enjoying life?”*
(Pg.132, ¶1, L14).

10. a) Do I resist, *“lecturing, moralizing or condemning others by offering to explain the illness of alcoholism/addiction, how most alcoholics/addicts are gravely or fatally ill?”* b) Do I ask, *“if they want to quit, take the necessary steps, and submit to anything to get well, to stoping drinking/using forever?”*
(Pg.142, ¶1), **(To Employers)**.

11. Will I recommend, *“the subject matter of this book and its full suggestions by which anyone may solve their problem. Confessing it’s not the last word on alcoholism/ addiction, but so far as I’m concerned, it has worked with me?”* b) Do I realize, *“we’re looking for results not methods so whether they like it or not, they will learn the grim truth about alcoholism/addiction?”* (Pg.143, Bottom ¶, -Pg.144).

12. a) Have I found, *“a substitute for drinking/drugging in a 12 step fellowship where there’s release from care, boredom and worry, is my imagination fired?”* b) Do I think, *“The most satisfactory years of my existence lie ahead?”*
(Pg.152, ¶2), **(A Vision for You)**.

Now great events come to pass from working all 12 steps, I’ve *“...tapped a source of power much greater than myself”* (Pg.163, ¶1),

My mind, body and spirit are balanced by staying centred in that equilateral triangle’s 3 legacies of recovery, unity and service. The circle represents a wholesome Spirit in serenity with unlimited potential. *“God will constantly disclose more to me and others”* (Pg.164, ¶2, L11), Keeping in right relation to God is how I become useful, Happy, Joyous and Free!



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