

EARLY WARNING SYSTEM
“MAKE FUN OF” NAMES WORKSHOP

*Al Kohallek Is Learning How To Communicate
But He Needs To Awaken First
And Have A Little Fun*

*Early Warning System
“Make Fun Of” Names Workshop*



**Let's Disempower Our Defects
Giving Them A Make Fun of Name**

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*CAUTION: THIS COULD BE HAZARDOUS TO YOUR OLD WAY OF LIFE.
USE THIS WORKBOOK, OR ANY OF ITS CONTENTS, AT YOUR OWN RISK*

Doing what's suggested in this workbook may cause you to let go of some parts of your personal "reality." It could cause fewer limits for you. You may stop blaming other people, places, and things. You may stop being a user and become an owner of your own stuff. You may find yourself giving up some of your old resentments, pains and fears. You could even find yourself with a new understanding and awakening. You could find your Self. Neither this workbook nor any of its contents are for sale. They are for sharing. Pass it on freely to those you love and those you don't.

The purpose for this little workshop is to help us assign each of our defects, our useless harmful and too limited patterns a "Make Fun Of" name. These names become an important part of our preparing to daily practice Alcoholics Anonymous' spiritual principles in all our affairs, to help us build our Early Warning System, using Steps, 10, 11, and 12; our growth Steps.

STEP TEN: CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG
PROMPTLY ADMITTED IT. (PERSEVERANCE)

Step Ten in our Big Book remind us of this: "We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crops up, we ask God at once to remove them [or to transform them into useful assets]. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code" (Alcoholics Anonymous page 84).

"It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us." (Twelve Steps and Twelve Traditions, Step Ten) So what is wrong with us? It is our little personal "reality," rules and patterns. Our life experience runs on automatic until something disturbs us "good" or "bad." This is an important moment for growth. We can choose at that moment, which way we will act or just react automatically. This sounds too simple, too easy. It is simple, yes – easy, no.

Al Kohallek was at a business motivational seminar; the theme was "The Slight Edge." Drew Pearson of the Dallas Cowboys was setting records for receiving in the NFL. The seminar leader suggested that we watch the game, and we would see Drew was not ten or fifteen yards ahead of the defender but only one step ahead. When the seminar leader said that, Al Kohallek thought of Step Ten, "...when we were wrong promptly admitted it." How prompt can we get? Having identified a defective pattern and given it a "make fun of" name, we are a step ahead of our response. One example came to mind. In A.A., we say that resentments are our number-one offender. Al Kohallek had a resentment toward a person he needed to make an appointment with, and he feared that person. His "make fun of" name for his defect was, "lack o saurus" reminding Who his Source was. Before he called for an appointment, he prayed for guidance to do his Father's Will. When he made the call, his fear was gone. He trusted his Father to do for him what he could not, that caused him to be one step ahead, not fear driven and the visit healed his resentment.

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“MAKE FUN OF” NAMES

After you identify your patterns, go back over them and give a “make fun of” name. This name will be useful in discrediting and disempowering of your old habits of thoughts and feelings, casting out the old rules and patterns and building the new ones. The “make fun of” names are part of Step Six and Step Ten.

Al Kohallek: I’m not good at making up funny names about my worse defects.

Al Kohallek’s sponsor Lou-is Pazeniton (Lou is passing it on): What are some of the funniest characters to you on TV or the movies? Name some of these and use that creative mind of yours to come up with a few that make a chuckle come to mind.

Lou-is Pazeniton: The sooner we can laugh at ourselves the sooner our healing. These “Make fun of” names symbolize an unwanted guest who comes to our door; we can choose to invite that person in or not. We may mull on a “who done me wrong” song, or we can turn that person away as soon as we see who it is. A “Make fun of” name will disempower that person. He or she is less likely to harm us, upset us or cause us to experience that fear we get when someone or something intimidates us. When we lose respect for that person to the point we can laugh when we think of them, we have come a long way in being free from their control over us. In one way or another, we gave that “power” to them. It’s time to take it back and give it to our real Boss.

Let me give you an example:

“Make fun of” name		#	Violated and complied with are just two sides to the same rule or pattern.
Moody Rudy	X	10	<i>One look, thought, word can shift my mood – positive or negative</i>
A Family Tradition	X	9	<i>I realize that guilt and punishments are an illusion, like a drug, a quick-fix – or I try to control others and myself with it</i>
Peppy le Few	X	8	<i>I practice the “law” of lack, never enough of anything (love, money, time). (Same as above)</i>
“Tiny-Minnow Fisherman”	X	30	<i>I settle for too little – I’m not using the powerful A.A. Tools in all my affairs</i>
Jeal – O - Saurus	X	29	<i>I have problems with jealousy. (I had this problem so long it seems like it started with the dinosaurs – but when I think of it as a jealous dinosaur, I can lighten up.)</i>

Lou-is Pazeniton: You’ve got the main point. Now finish the task. It would be useful for you to come up with some of your own important patterns on the next page. Have fun.

The first three, the Three Spiritual Gifts are primary patterns, and they are not subject to any real change. We came equipped with these three Spiritual Gifts even though we’re not fully awakened.

You will find the cause of every resentment one or both of second and third Spiritual Gifts violated or unfulfilled. The second Spiritual Gift, Awakening to the Love that we are and the third Spiritual Gift, Awakening to the created individual we are, with purpose, meaning.

WE OFFER YOU THIRTY “MAKE FUN OF” NAME CHARACTERS – MOST OF WHICH WERE CREATED BY LIZ - A VERY GIFTED MEMBER OF A WORKSHOP WE DID SOME YEARS AGO. WE HOPE THESE WILL STIR YOUR CREATIVITY.

IN THE BACK OF THIS WORKBOOK ARE BLANK WORKSHEETS

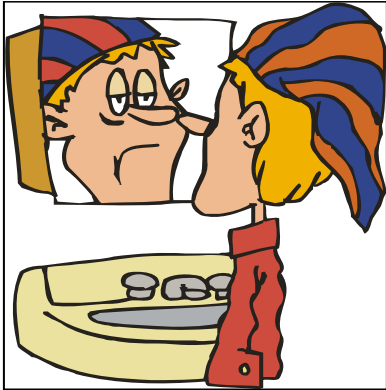
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The following rules and patterns are common for most of us. These are suggestions only. If you cannot find a pattern in the following that serve your needs, make up your own list.


“Make fun of” name	#	Violated and complied with are just two sides to the same rule and pattern.
	1	Awakening to the Presence of our Higher Power.
	2	Awakening to the Love that we are.
	3	Awakening to the created individual we are, with purpose, meaning.
	4	I know I am of more worth or value than I can prove.
	5	I look to other people, places and things to determine my: worth, meaning, purpose, happiness, sadness, fulfillment, etc.
	6	I compromise myself to get what I need or want, and resent it.
	7	I have been in denial.
	8	I practice the “law” of lack, never enough (love, money, time, etc.).
	9	I realize that guilt and punishment are an illusion, like a drug, a quick fix – or I try to control others and myself with it
	10	One look, thought, word can shift my mood – positive or negative
	11	I project my experience and beliefs, and call it reality.
	12	I know I am far more loving than I can give or receive.
	13	The beginning of a relationship (love, friends, business): I believe you believe in me, that I am special. The beginning of the end of this relationship is when I no longer believe you believe in me.
	14	I resist change. I am likely to procrastinate.
	15	I blame the past, project negatively on the future, and fear the present.
	16	I experience fear in most areas of my life including success and love.
	17	I have to earn everything or know the “right” people or get lucky.
	18	I have hurt others, but I did it without malice.
	19	I judge by such high standards that all must fail. I am driven by perfectionism.
	20	I change roles within the same pattern, thinking I have changed: one time a victim, the next time the aggressor; or I am a user, and the next time I am used.
	21	I make “deals” and promises, but I don’t keep them.
	22	What I can have I don’t want, and what I want I can’t have.
	23	I lack ability to form a true relationship with another human being.
	24	I feel I don’t belong. I feel emptiness no one or anything can fill.
	25	I keep attracting the same sick relationships (love, business, friends).
	26	I just cannot find the willingness to do whatever “it” takes.
	27	I am doing just great; then I fall into an old rut. This is a rebound.
	28	I am too negative, fearful and angry so I withhold and withdraw.
	29	I have lots of problems with jealousy.
	30	I settle for too little – I’m not using the powerful A.A. Tools in all my affairs
	31	
	32	

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<p>“Make fun of” name #10</p> <p><i>“Moody Rudy” Wanted To Know What A Moody Person Looked Like And He Found One</i></p>	<p><i>Finding A Moody Person</i></p> 	<p><i>It Doesn’t Take Much Negative Or Positive For A “Moody Rudy” Mood To Shift</i></p>
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<p>“Make fun of” name # 9</p>	<p>Children Become Guilt And Punishment Drug Addicts At A Very Young Age Adam And Eve Experienced This Dis-ease In The Garden Of Eden</p> <p><i>“A Family Tradition”</i></p>  <p>Every Time We Use This Family Drug On Others Or Ourselves We Are Like A One Legged Addict Trying To Win An Ass Kicking Contest</p> <p>Guilt And Punishment Acts Just Like Other Drugs A Temporary Fix</p> <p>Jeal - o - Saurus Claims He Heard From An Anonymous Source The First Night Adam Stayed Out All Night When He Did Came Back To The Garden Of Eden Eve Counted His Ribs</p>	
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<p><i>Peppy le Few</i> <i>“I’m not a Bipolar Polecat</i> <i>I’m A Multidimensional Cool-Cat”</i></p>		<p><i>I practice the “law” of lack,</i> <i>and limitation never enough</i> <i>of anything love, money,</i> <i>time, etc.</i></p> <p>“Make fun of” name #8</p>
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THERE IS A SOLUTION – IT’S OUR BOSS

If I am experiencing lack and limitation in any area of my life – spiritual, mental, emotional, physical, social, financial, etc. I ask our Father for His loving guidance – then – I ask myself what are the “no can do or can’t be or have.” As the negative stuff comes to mind – I own it – and surrender it to our Father to be upgraded – and then - I meditate on of His abundance, His Omnipresence, Omnipotence and Omniscience.



“TINY-MINMOW FISHERMAN”

“Make fun of” name #30

Our Program is a wonderful, powerful tool kit, our Higher Power gave us. To use these tools just to stay dry is like standing on the back of a giant whale fishing for tiny minnows. Our Program offers us a great set of tools that will work in all our affairs, but they are useless unless we learn to use them and do so. If you are settling for too little - join us – and become fisherman of those in need.

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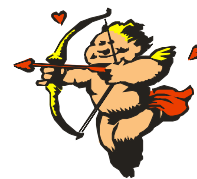
Jeal – O - Saurus

“Make fun of” name #29

*I had this problem so long it
seems like it started with the
dinosaurs – but when I think of
it as a jealous dinosaur I can
lighten up*

*“Jealousy night and day
you torture me
I sometimes wonder
at this spell I am under.”*

Al Kohallek
And
The Green-eyed Monster



We must learn to treat this Dis-ease Jealousy much like a drug or the same way we treat our sobriety concerning one of our other addictions, such as alcohol, drugs, smoking, food, etc. We cannot safely take one drink of alcohol, one sniff of drugs, one puff on a cigarette, one little dip of ice cream, etc lest we set off a physical craving we may not be able to control. In the case of jealousy one of the following may set off an uncontrollable emotional outburst on the edge of insanity. The following is placed at the forefront as a reminder:

1. That we cannot take a cruise-by just to see what may be going on. Not even a few miles or even feet out of the way.
2. That we cannot afford to check incoming or outgoing telephone calls that are not ours.
3. That we stay out of other's email that could remotely be part of our jealousy, (most likely everyone).
4. That we do not try to befriend one who we think could be our enemy or their ex_____.
5. That we refrain from asking inquiring, investigative questions, such as – “Who did you have lunch with?” or “Who was at the meeting?” or “Isn't that where your “old friend” works?”
6. That we do not pump others for information about...
7. That we do not try to force a confession... “If you would just tell me who it is that you have been (_____) with, we will never have to worry about it again”.
8. That we do not con ourselves into believing that the only reason we following our loved one is so they will be safe.
9. That we make a list of our creative investigative skills and then do not use them.
10. That we make a point to suggest to those who are in a relationship with us and while our Dis-ease Jealousy is currently dormant, not to put up with our jealous insanity. This could be the most difficult thing we have to do, but if we really mean business this time then do it.

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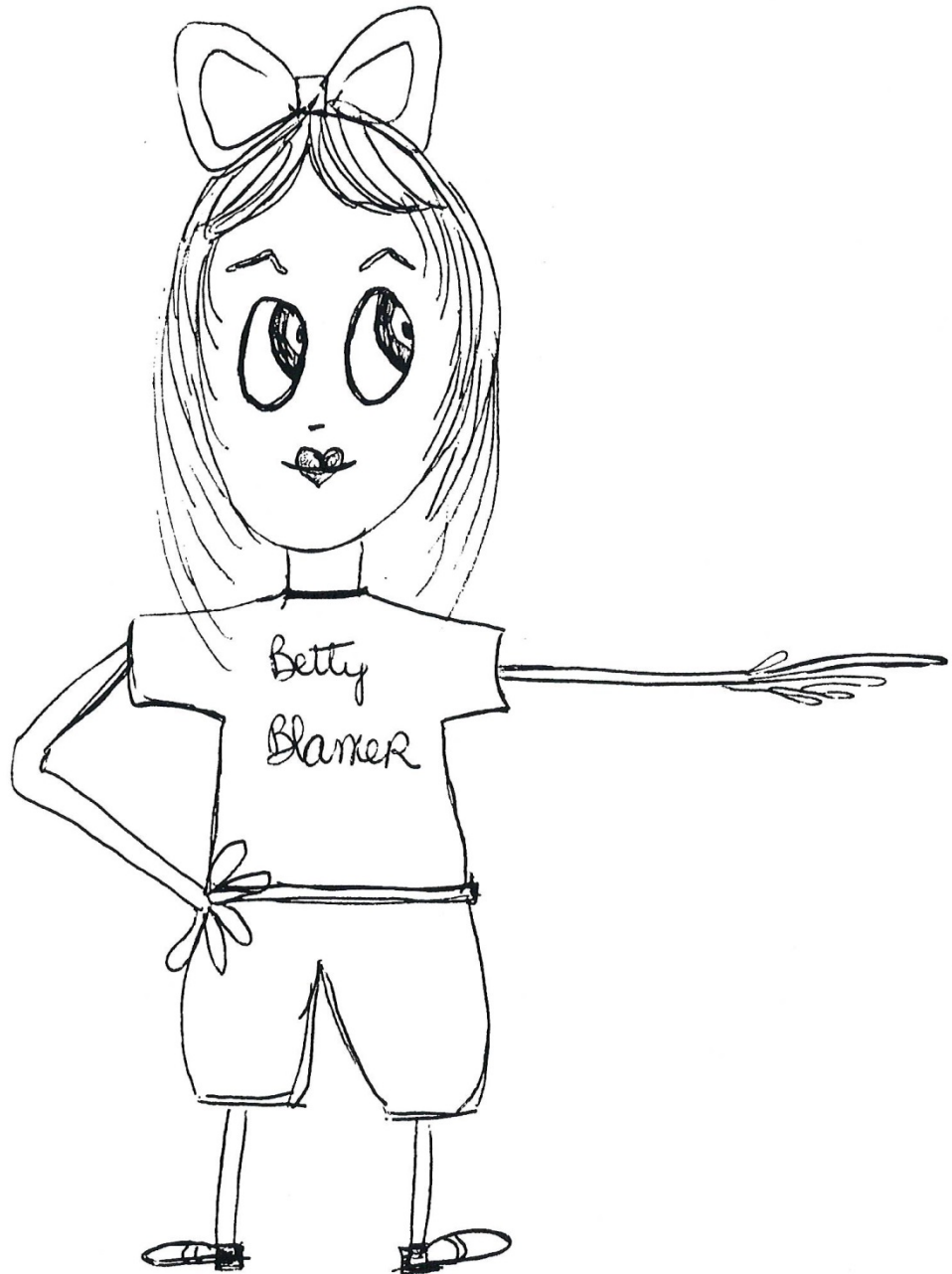


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Angry Arnie

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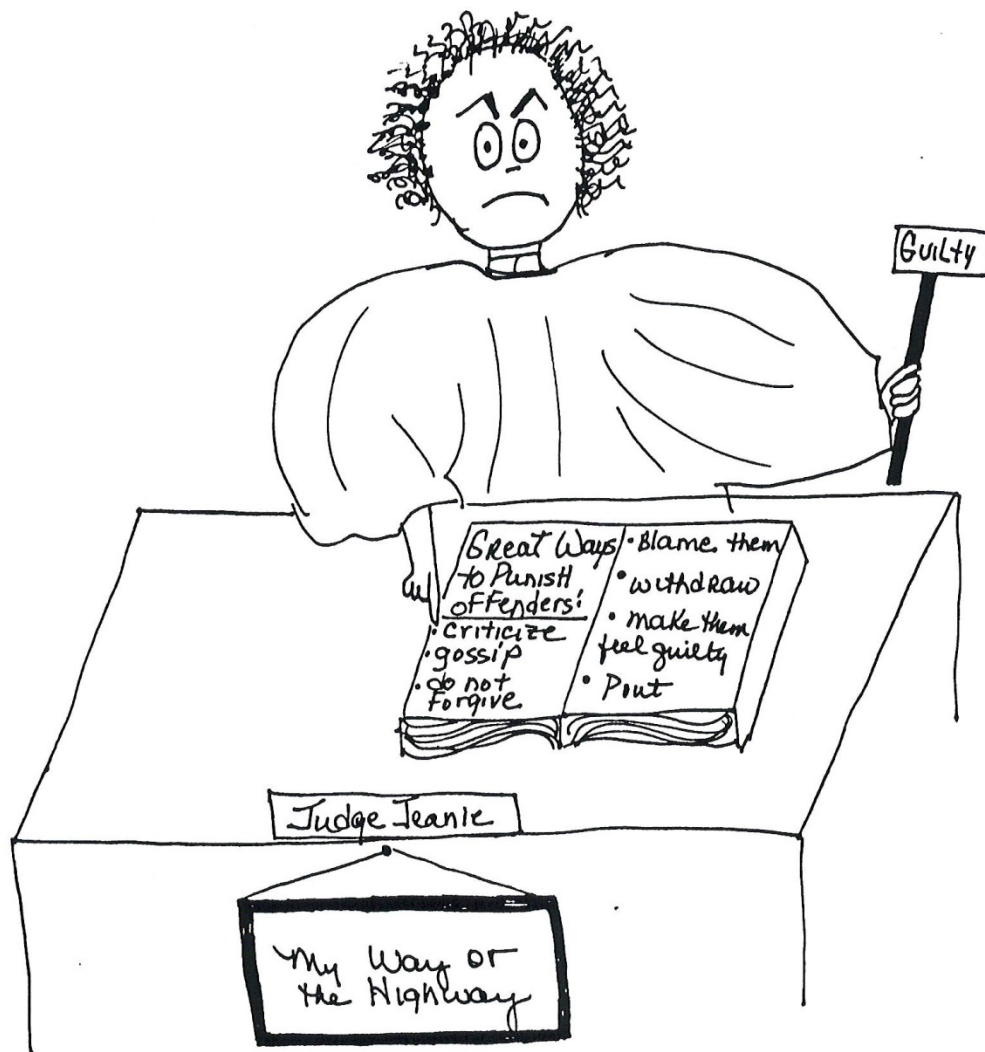
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Perfect Books to Read:
Perfect 101
Advanced Perfect 102
People who are Perfect
too much
The Best Way to Be Perfect
Only One Way - the Perfect Way
Be Perfect - A week long course
You're Perfect - I'm Perfect
Be Perfectly Happy
How to have the Perfect Life - By June Cleaver

Penny Perfect

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Mary Martyr

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Lucy Lack

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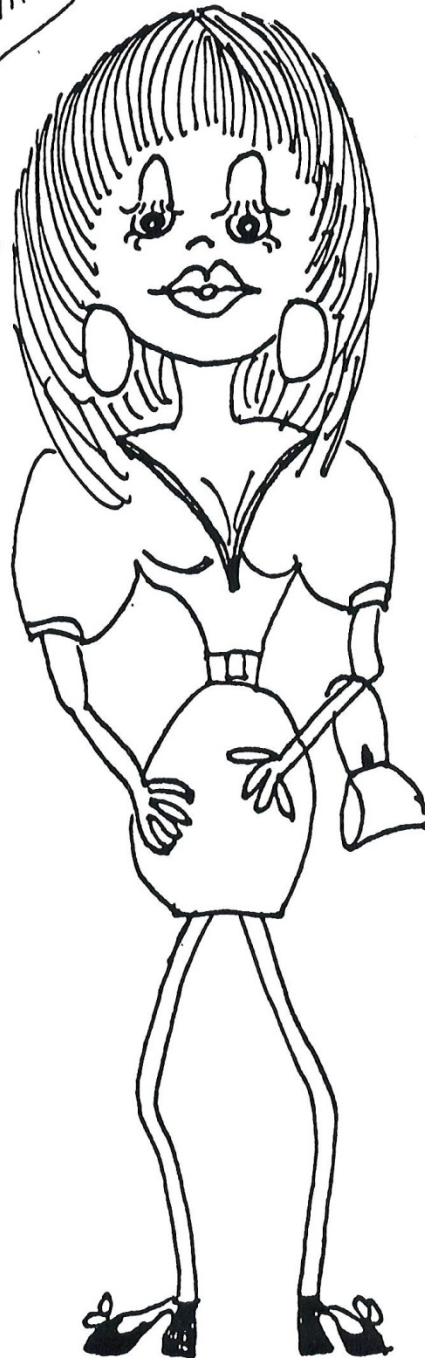


Dog Gone

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What a jerk!
He almost messed up
my hair - I should
have charged him more

ooo



OH YEs! You're
the greatest B
Woo Woo
You're so Big &
Smaet and st

Prissy Prostitute

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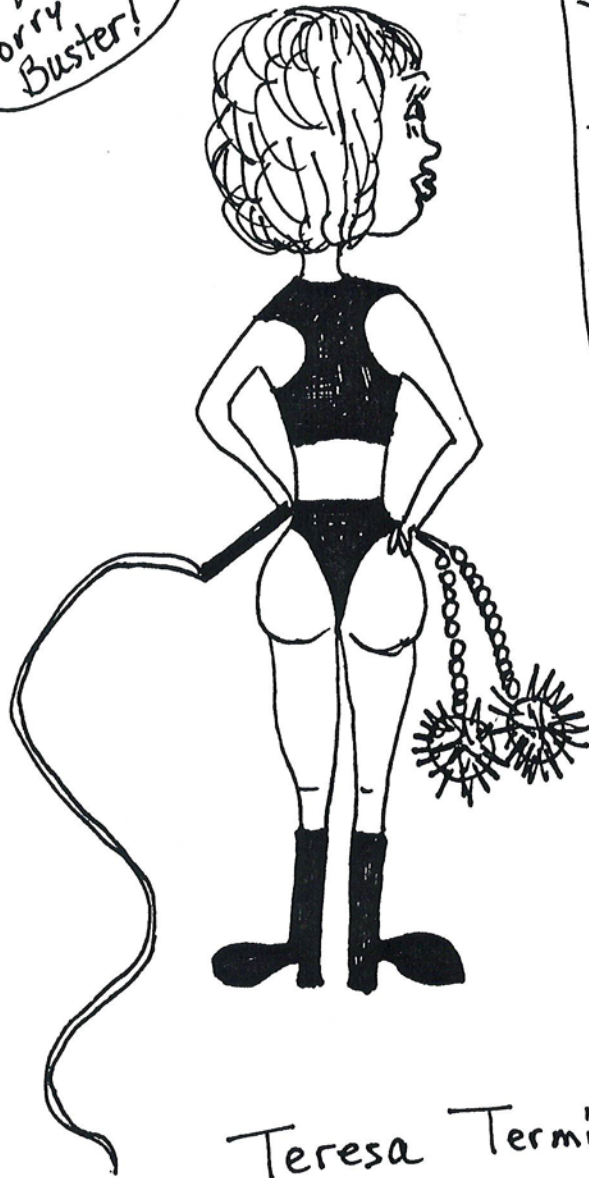
Amm. He'll
Probably call tomorrow.
He probably has a reason
for taking my car. He might
Be in danger. May Be He got
hit on the head - That's why he
He left with all my money & jewelry!



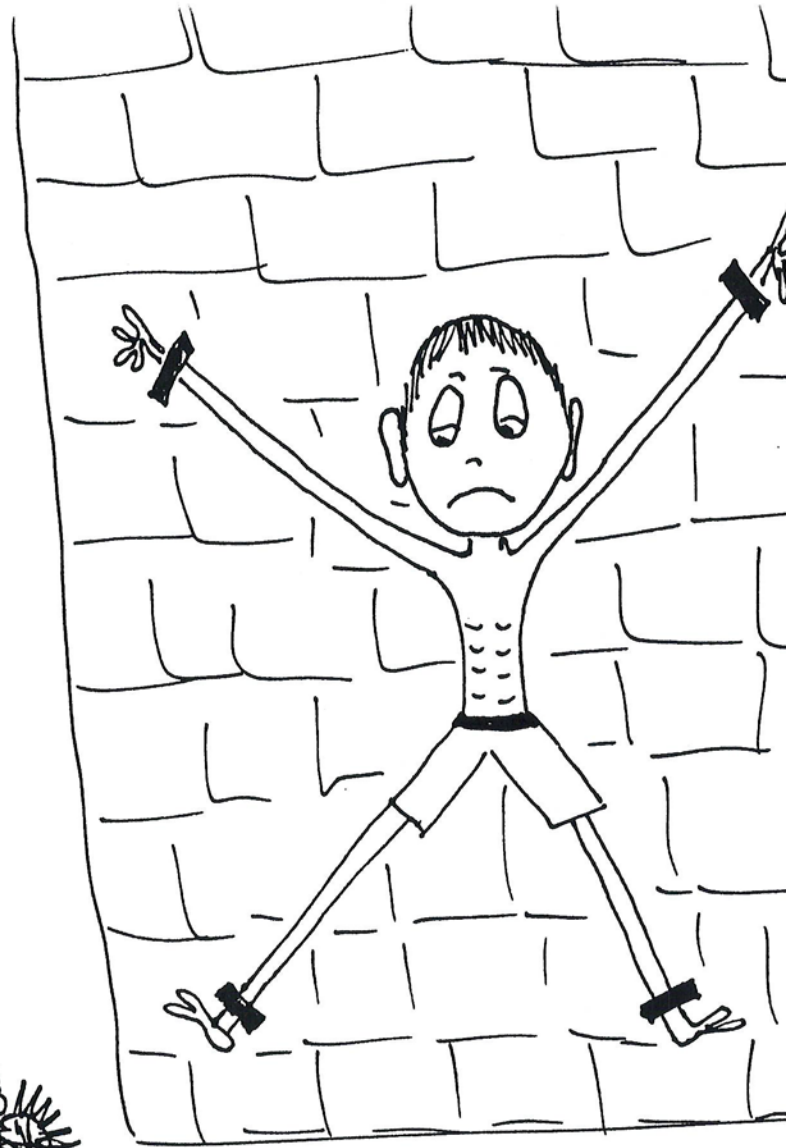
Dareyl Denial

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After all
I've done for
you - All you can do
is hurt me and ruin my
life! Well let's see how
sorry you can be now,
Buster!



Teresa Terminator



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Teddy
Tantrum

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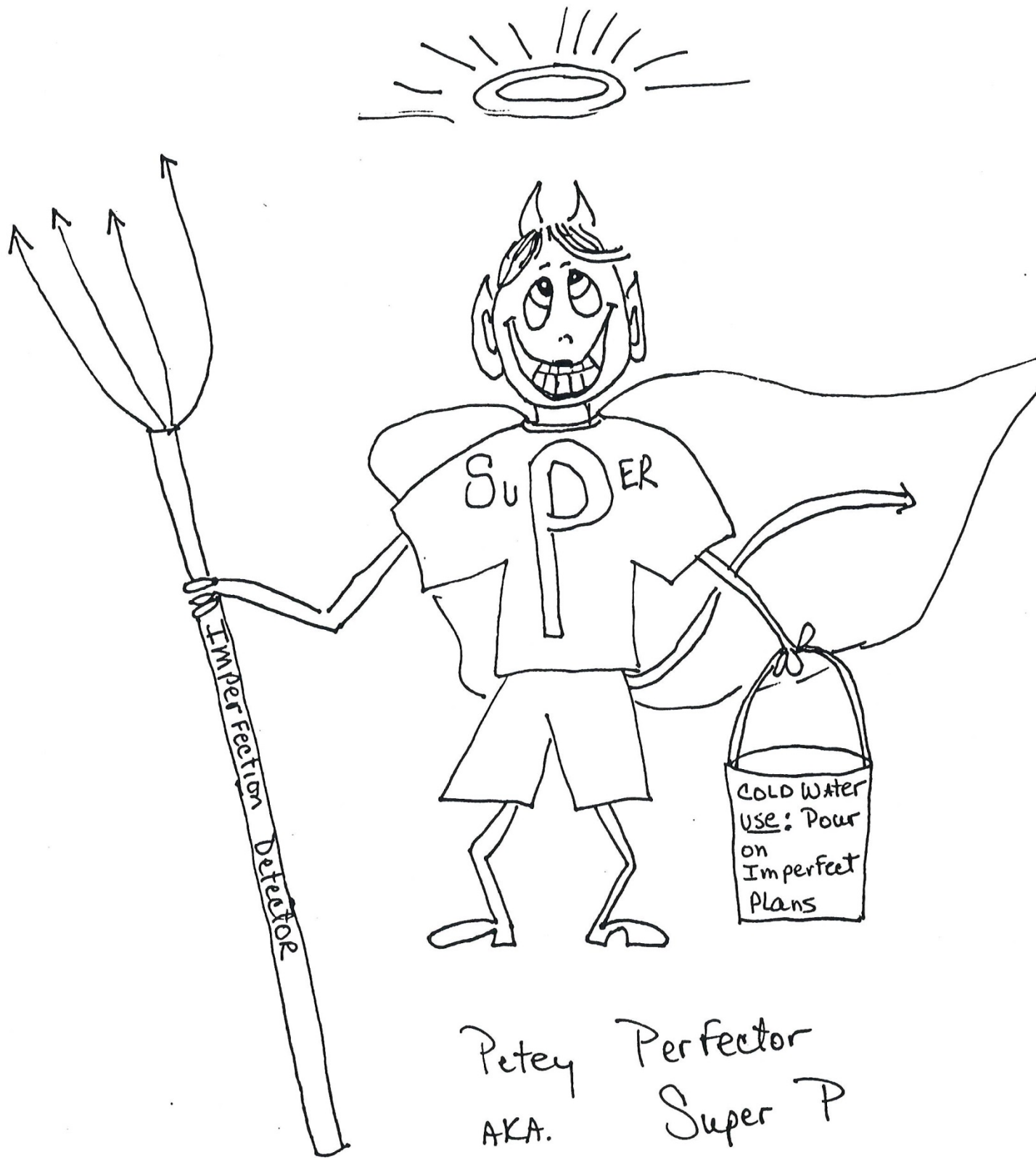


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Sickie Judas

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Petey
AKA. Perfeetor
Super P

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Gloria Global

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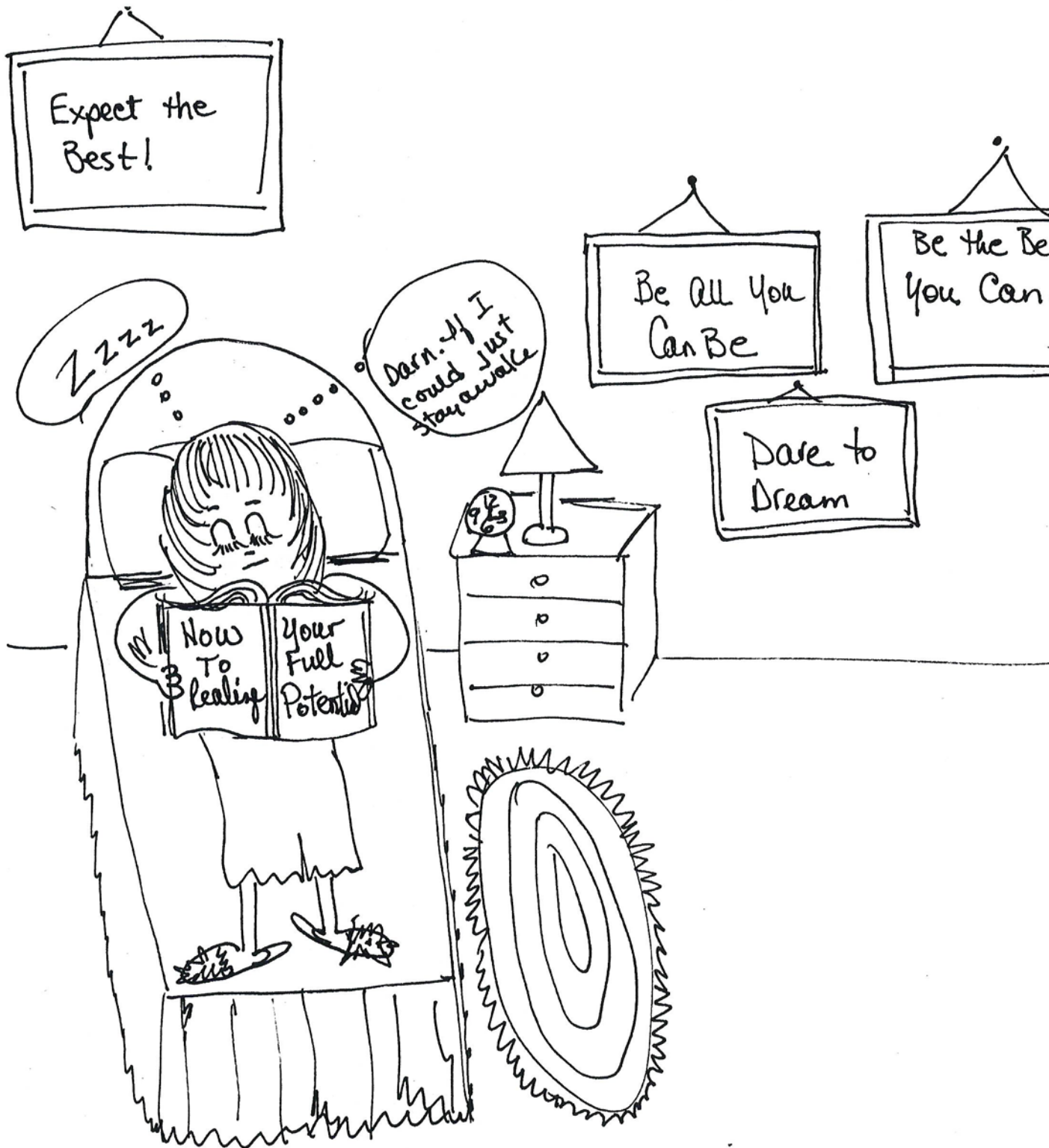
Ida Undecided

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Sadie Settler

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Patty Potential

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Mega Nega

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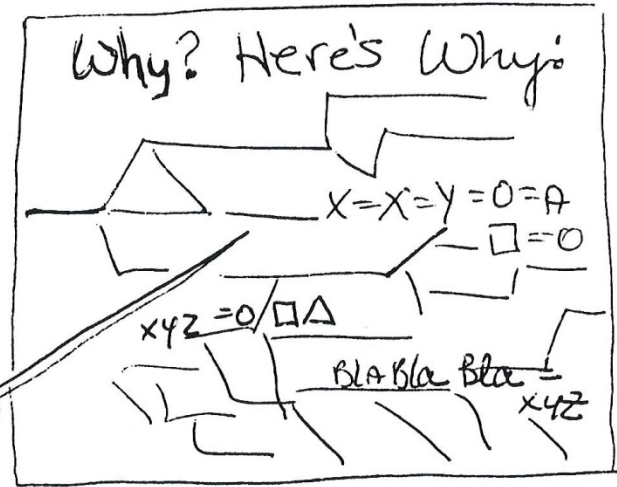


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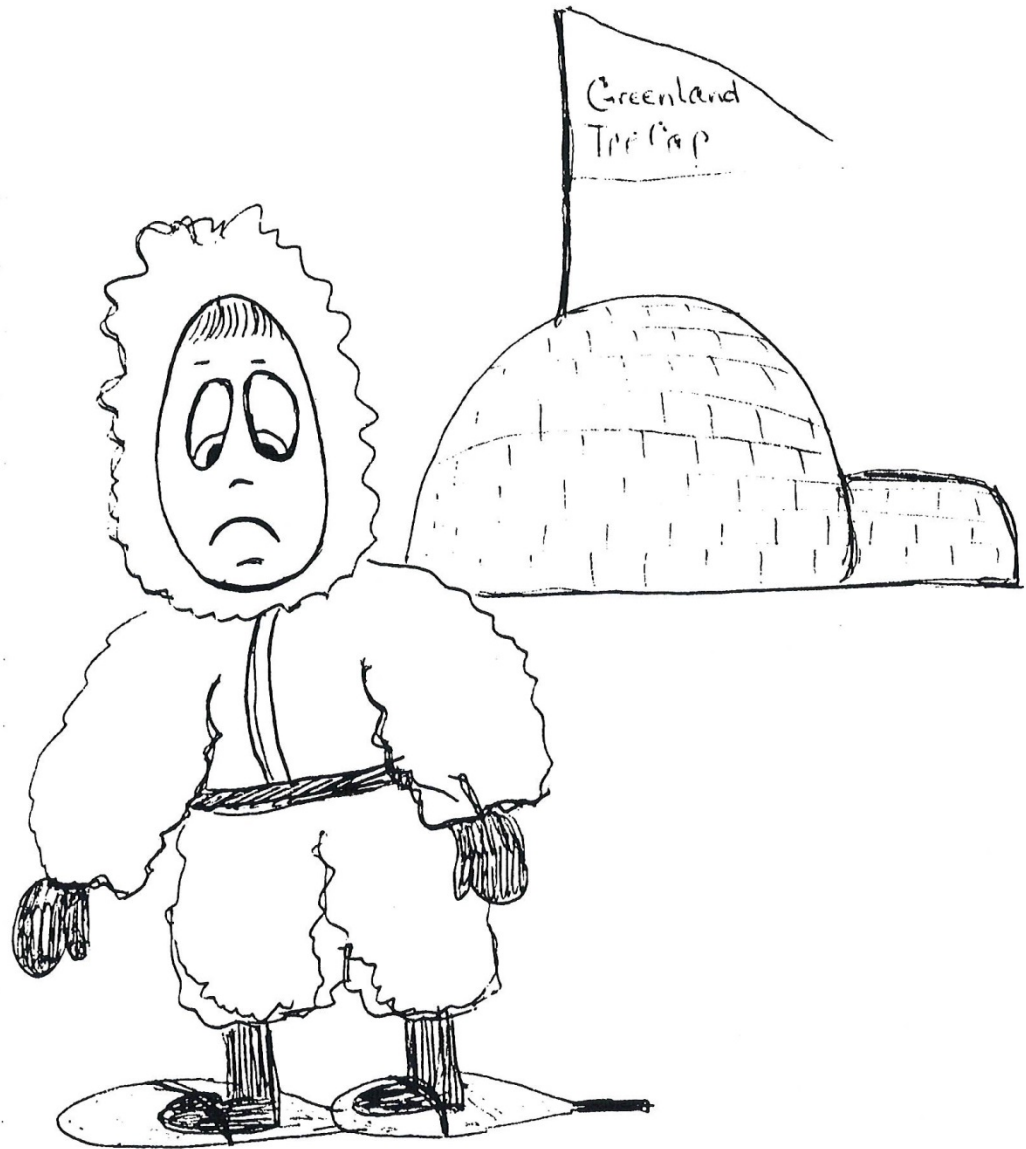


as/in Nancy Nun
You ain't gettin none

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EARLY WARNING SYSTEM
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icey Isolator

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Needy Nellie

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