

***Al Kohallek Takes Another Journey Into
The Twelve Steps
And
Twelve Traditions***



12 & 12



***Where Miracles Happen
And Promises Are Kept***



***Love's Awakening
2nd Edition***

***This Workbook and Its Contents
Are Not For Sale
Pass It On To Those You Love And Those You Don't***

A great way to work through a project like the Twelve Traditions Workbook is to share your daily responses with another person and your Higher Power.

A Tri-Partnership

Would you be willing to enter a Tri-Partnership with another person that could assist moving you toward your Heart's Desire? Are you willing to commit to a personal contact each day (in person, by telephone or e-mail) with another person and Your Higher Power? We suggest that these two be those that you are willing and able to be open and honest with. Helping each other set up the following three goals and become each other's coach, sharing what's on or off the mission path. Once each of you has written your three goals and committed to living them let the fun begin.

This Tri-Partnership is as follows: State a Long-term goal or your Heart's Desire – That which is important to you. This may be your Mission in life as you see it, a relationship, a way of life in one area or any important goal that you would love to realize, experience. Ask your Higher Power to remind you just what your Heart's Desire is, He has, He will whisper in your heart what it is. Who is the person living or not that is your hero, mentor or role model for you? Write your Long-term goal, Heart's Desire - List your role models:

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Intermediate goals = What will it take for you to realize your Long-term goal? What are the spiritual, mental, physical, emotional and social equivalents or skills you would have to receive to build or develop? List those which enable you to realize your Long-term goal, Heart's Desire:

Short-term goals = What can you do here, now, that contribute to the building or receiving your Intermediate goals? What skills enable you to realize your Long-term goal, Heart's Desire, (most likely your Higher Power's Will for you)? On the other hand, what did you do or not do contrary to your Intermediate or long-term goals? I remind you, as long as you do not linger on what was contrary, no harm done. When those negatives come up you need to own them as part of your personal "reality". Next discredit them, taking back the power you gave them, Next surrender that negative stuff to your Higher Power to heal or transform into an asset. Then focus on one of your goals. If you cannot or will not stop thinking, feeling the negative stuff, you may choose to use one of A.A.'s greatest tools - get out of yourself by helping someone else. See what you can do to help another person. Don't tell them about your problems but focus on helping that person find a solution or acceptance. Action is the magic word. Each day write out your plan of action:

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These three goals, Long-term, intermediate and the here and now goals are what you are to share with your two partners while working on this workbook, helping one another stay on the path or to get back on it. Your Long-term goal, Heart's Desire will draw you toward it as you focus on it. Your Intermediate goals will enable you consciously and consistently to realize your Heart's Desire. Most important our decisions and actions here and now make it all possible. If we fail, we can choose once again to get back on the path and when we have a little success, we can choose to increase what works.

Your Tri-Partnerships are: _____

INDEX PART ONE THE TWELVE STEPS

Assign ment #	Twelve Steps Twelve Traditions Steps Reading and (WB/A) - Workbook Assignment	Highlight Or Underline The Most Important Ideas In This Reading For You	Your Response To The Workbook Assignment	W/B Page #
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02	Step One pages 21 – 24	How Do Apply This Idea		10
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04	Step One – Questions		W/B Assignment	13
05	Step Two pages 25 – 33	How Do Apply This Idea		14
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25	Step Eight Pages 77 – 82	How Do Apply This Idea		42
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IF YOU ARE NOT SOBER WE SUGGEST THAT YOU WORK THE TWELVE STEPS FIRST.

WHEN YOU HAVE FINISHED THE STEPS YOU WILL BE READY TO PRACTICE THESE PRINCIPLES IN ALL OF YOUR AFFAIRS.
THE TWELVE TRADITIONS ARE SPIRITUAL PRINCIPLES JUST LIKE THE TWELVE STEPS, WHICH MEANS YOU WILL BE ABLE
TO APPLY TO EVERY AREA OF YOUR LIFE.
THE MIND THAT GOT US SICK WILL NOT GET US WELL.

If the doors of our perception were free of our self-imposed clutter everything would appear to us as it is, infinite, boundless love. Come let us do our part to remove the clutter by owning it. We can choose to surrender it to our Higher Power to be healed or transformed into an asset we can use to help others and ourselves.

We suggest that you complete every assignment, a good investment of your time. The days your reading assignment is one of the Steps or Traditions from the book Twelve Steps and Twelve Traditions your assignment is to **Highlight** or underline what you find most important. In your workbook or on a separate sheet of paper you would write your thoughts, feelings and or experience for that important idea. On the non-reading assignment days you are to complete the suggested workbook assignment (WB/A). Following each assignment will expand, broaden and deepen your ability to practice these important Spiritual principles in your daily life, as a way of life.

The Twelve Steps, Twelve Traditions and brief excerpts are reprinted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps, Twelve Traditions and brief excerpts does not mean that A.A. has reviewed or approved the contents of this publication, or that A.A. agrees with the views expressed herein. A.A. is a program of recovery from alcoholism only. Use of the Steps and Traditions in connection with programs and activities which are patterned after A.A., but which address other problems, or in any other non-A.A. context, does not imply otherwise.

Alcoholics Anonymous gives us thirty-six Principles which, when practiced in all our affairs as a way of life, will enrich our lives far beyond our fondest dreams. These thirty-six Principles grouped into three sets of twelve each. The Twelve Steps of Recovery awaken us to a Higher Power, a higher-self with the ability to both give and receive love. The Twelve Concepts of Service are guidelines and tools for our passing on this love through Service. The Twelve Traditions teach us how to relate lovingly to others, ever reminding us to place principles before personalities. This Twelve Traditions Workbook will help us learn how we can more effectively practice the Principles of the Twelve Traditions in all areas of our daily lives, in all our affairs.

Bill W. Wrote this book, Twelve Steps and Twelve Traditions while he was still in his 15 years of depression. Writing it helped him get out of that place. Perhaps going through the dark night of the Spirit did prepare him to share this wonderful works. It is clear that he wrote from three levels: his experience, from his heart and from his head knowledge. One thing stands out above all else, like the book Alcoholics Anonymous, both were divinely inspired. He was the great benefactor for millions of people around the world.

Free Workbooks and Workshops at – www.12stepworkbook.org Al Kohallek – 16607 Blanco Road Suite 401 – San Antonio, Texas 78232-1940 – 210 493 5983
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INDEX PART TWO THE TWELVE TRADITIONS

Assign ment #	Twelve Steps Twelve Traditions Traditions Reading and Workbook Assignment	Highlight Or Underline The Most Important Ideas In This Reading For You	Your Response To The Workbook Assignment	W/B Page #
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46	Tradition One Questions		W/B Assignment	77
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63	Tradition Ten – Pages 176 – 179	How Do Apply This Idea		103
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**WHEN YOU UNCOVER, DISCOVER YOUR HABITS OF THOUGHTS AND FEELINGS, PATTERNS;
CALLED DEFECTS OR ASSETS, POST THEM ON PAGE 123 GIVE THEM A MAKE FUN OF NAME.
WHEN WE DEAL WITH PATTERNS INSTEAD OF INDIVIDUAL PEOPLE OR EVENTS, WE ARE
GIVEN HEALING TOOLS, WHICH WILL AFFECT THE REST OF OUR LIFE.**

**YOU WILL NEED A COPY OF THE BOOK – TWELVE STEPS AND TWELVE TRADITIONS
SOMETHING TO WRITE ON AND SOMETHING TO WRITE WITH**

*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.

We built into this workbook more flexibility than we have in some of our earlier workbooks. It will still take a commitment but less time to complete each day. I hasten to say that I believe it is a mistake to half-measure any program that offers a possible solution or tools. All disease, in fact all of life is progressive good or bad. The problems we have today will get worse as time passes. The good news is the more we practice what does work the better life gets, your choice.

Why do another workbook? My goal has many parts:

1. I want to share some of my experience I have gained over the years using our second textbook, The Twelve Steps and Twelve Traditions.
2. It is a great companion to our number one textbook, Alcoholics Anonymous.
3. On page 45 of our Big Book we read: "Lack of power that was our dilemma. We had to find a power by which we could live, and it had to be a Power Greater than ourselves. Obviously. But where and how were we to find this Power? Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem."
4. Our main purpose in this present workbook as it is in some of our other workbooks is to realize that Higher Power, I choose to call Father is within each of us doing the works we call life. I am reminded the food we ate today is transformed into flesh and bones, energy and growth, thoughts and feelings, in other words everything we call life. This infinite intelligence is Omnipresent within each of us, our breathing is the proof. We cannot do anything good enough to earn it nor anything bad enough to stop His grace. We can get in its way but not for long.
5. Another reason I want to share this is so I get to keep what I give away, as we do.

Twelve Steps and Twelve Traditions was published in 1953, I came into A.A. in 1957, few in those days considered it as our second textbook. I was in A.A. for years before I awakened to its great wealth of wisdom. A perfect companion for our Big Book. Bill W. drew from the eighteen years of collective experience of his own and all those he had shared with. I believe both textbooks were inspired by our Higher Power.

When I began to study the Twelve Steps and Twelve Traditions I realized that Bill W. had covered such a broad range of our individual human condition. Some of which I could identify with and some not. Those questions I could identify with I listed and responded to. The statements I could identify with negatively or positively I converted into questions and answered those questions. These are an important part of my inventory and deepen my understanding of my Higher Power and a better understanding of myself and others. I hope the way we have designed this workbook will help you gather the wealth of information the Twelve Steps and Twelve Traditions offers and more important apply it to your everyday life.

WE CANNOT TEACH OLD DOGS NEW TRICKS - However we are not old dogs nor is our Alcoholics Anonymous Program or our Workbooks a trick. We are not trading one addiction for a less harmful one. It's not a substitution although it appears to be. It's for disempowering old useless and harmful habits, more important it is to empower living, loving, Spiritual principles into our daily life. A Spiritual Principle increases in value and usefulness with its use while our ego and material stuff deteriorate with use. We can learn Spiritual Principles at any age if we believe we can and do our little part.

DISEMPOWERING HABITS: it takes as much or more skill to disempower an old habit as it does to build a new useful habit. Our Twelve Step Program is a way by which we can replace an old habit with a new one. Although it is simple, it will not be easy. Anything we repeat long enough and often enough will become a habit, and we will get good at it. The physical brain does use millions and sometimes billions of brain cells for each habit. In fact most of the habits we choose to change have a mental, physical, emotional, social and spiritual side. This Program enables us to address each area as we are disempowering an old habit and building our new habit. Our old habits became our personal “reality”. This personal “reality” is the way we each experience our world.

We need to take back the power we gave to our harmful, useless and too limiting habits and invest it in new ones. If you are willing to do whatever it takes to practice this Program in all your affairs you will be pleased. The cost will be a consistent focusing on empowering the new habit and disempowering the old habit every time it comes into your consciousness. This takes a real commitment to practice the following suggestions, “Half measures avail us nothing.” The Twelve Step Program of Alcoholics Anonymous is great solution to most of the problems we may experience in this human condition. This healing solution is not limited to our primary addiction or alcoholism. Each time we apply this process to an area we are learning to **PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.**

If you choose to do this workbook we ask you to make a commitment to work on each simple assignment each day. If you will do that our experience shows that after a few days we become more solution minded.

In the Appendix we have included some helpful tools. We include a list of some of the common **ASSETS** and of course you can expand our suggested list. Plus a list for “**OUR PART**” and a list for “**AFFECT MY**”. Take those lists out of your workbook so when you are working on the Steps that call for that information you will have it. Also included is a sheet for you to write **THOSE I HARMED** information as you are going through the Step Work. This will help you prepare for making amends when you get to Step Eight. You will not have to go back over your work for that information.

We have designed this workbook to broaden and deepen your personal understanding and experience of the Program using the Twelve Steps and Twelve Traditions. By choosing what is most important to you in the reading then writing it out will cause you to remember and practice this way of life at a different level. It is more likely to be a personal experience not just a reading or talking about it. If you do the Complete Format you will never regret the time and effort it will take.

We are using the Introduction and the Foreword of Twelve Steps and Twelve Traditions as your Day One assignment. The following is an example of the format. - Follow the format reading the Introduction and the Foreword and **highlighting** or underlining what you believe the most important. Then write out your response as shown in our example. You can print the book out online, <http://www.aa.org>. You can call an A.A. group. You can get a copy at your local library – If the book is not your book instead of **highlighting** or underlining write out both what is most important and your response. Having your own book will allow you not only to **highlight** or underline but later you may choose to do this again and you will be able to see how you view life has changed.

When you set out to do your daily assignment ask your Higher Power for guidance. A firm commitment one day at a time will bring great dividends. I promise you it will be a wise investment. It is important to do the work consistently, consciously and at some point you will find yourself focusing on solutions instead of problems.

APPLICATION SUGGESTIONS

When you are applying these Traditions to your Alcoholics Anonymous group:

- Respond to the statements and questions as if you are dealing with a third-party.
 - ❖ Example: How did selfishness and self-centeredness get in the way of unity, love, or “our common welfare?”

At my Home Group’s conscience meeting I had a solution for one of the groups problems which was voted down. I took my being voted down as a personal attack. I got so angry I broke up the meeting. It has to be my way or the hi-way if we are going to have any peace around here. Forget about us having anything like a common welfare.

When you are applying these Traditions to your partnership:

- Respond to the statements and questions as if you are dealing with each of your partners and your partnership. This example is as if we are dealing with a business partnership.
 - ❖ Example: How did selfishness and self-centeredness get in the way of unity, love, or “our common welfare?”

I am a minor stockholder in this partnership and I resent the way our senior partner use and abuse of his power. He better shape up or else I am going to take some of our accounts and start my own business. I don’t care if it causes big problems for him I’m going to look out for me. Forget the common welfare; of course I am self-centered just like my partner.

An interesting, enlightening and fun way of applying these Traditions is to do a Tri-Partnership with some of our main personality characteristics. To illustrate this idea we chose our Higher Power as our senior partner, our Beloved Hero and our Avenging Hero as our human partners.

- Respond to the statements and questions as if you are dealing with each of your partners and your partnership. This example is as if we are dealing with a business partnership.
 - ❖ Example: How did selfishness and self-centeredness get in the way of unity, love, or “our common welfare?”

If only we would follow our Higher Power’s Will we would not have to be so selfish and self-centered. We could enjoy our unity, love and our common welfare. My Beloved Hero wants everyone to love and forgive each other. The problem is his self-centered self-made idealism few could follow, him for one. My Avenging Hero is very sensitive to every mistake or wrong. He selfishly guards his duty to punish the wrong doers.

When you are applying these Traditions to your relationship:

- Respond to the statements and questions as if you’re dealing with the other person in your relationship and the relationship. In this example a marriage.
 - ❖ Example: How did selfishness and self-centeredness get in the way of unity, love, or “our common welfare?”

My wife wanted me to go to another wedding. I don’t like the people getting married. I put my foot down no more weddings for the rest of the year. I wanted to watch a ball game. These weddings come every time I have an important game to watch. My wife told me I was selfish and self-centered. Well she is selfish and self-centered wanting me to give up my ball game for something she wants. I better go to a meeting. I hope it is not on the 1st Tradition – you know that common welfare thing.

[Example] Assignment # One – Today is _____, _____, _____, _____

Assignment: Reading in Twelve Steps and Twelve Traditions and responding.

- a. Today's assigned reading is: Introduction and Foreword - pages 14 - 18
- b. **Highlight** or underline those statements or questions that are important to you as you read today's assignment.
- c. Affix a number to that **highlighted** or underlined statement or question in your Twelve Steps and Twelve Tradition book.
- d. When you respond to that **highlighted** or underlined statement or question place the corresponding number that you affixed to it in your book. This way you will not need to write that **highlighted** or underlined statement or question.

Example:

(1) In the Introduction - Alcoholics Anonymous first published *Twelve Steps and Twelve Traditions* in 1953. Bill W. who along with Dr. Bob S. founded Alcoholics Anonymous in 1935 wrote the book to share 18 years of collective experience...

(1) **My response** - Our textbook, Alcoholics Anonymous published when A.A. was only four years old. I have to believe our early members' were divinely inspired, enabling them to write a book that stood the test of time. With fourteen more years of collective experience they published our second textbook, *Twelve Steps and Twelve Traditions*, also divinely inspired.

(2) In the Introduction - We hope that the collective spiritual experience of the A.A. pioneers captured in these pages continues to help alcoholics and friends of A.A. understand the principles of our program.

(2) **My response** - It is impossible for me to put into words my gratitude for our Higher Power and our Pioneers.

(3) In the Foreword - "This present volume proposes to broaden and deepen the understanding of Twelve Steps as first written in the earlier work" [Alcoholics Anonymous].

(3) **My response** - We are writing this workbook, *Al Kohallek Goes Stepping Into The Twelve Steps And Twelve Traditions* for the same purpose, to help broaden and deepen our experience in this way of life.

(4) In the Foreword - "A.A.'s Twelve Steps are a group of principles, Spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole."

(4) **My response** - This is one of the most important statements in all of our A.A. books, we could write a whole book on this one paragraph. Spiritual principles expand with their use. Worldly principles reach their limit with use. Spiritual principles can transform our defects into assets. Practicing A.A.'s Program offers us a Spiritual awakening. We no longer have an obsession to drink or to switch addictions. Living these Spiritual Principles as a way of life enable us to be joyous, happy and free. Many of us come to the Program fragmented, broken and living these Spiritual Principles can make us whole.

The Spiritual Principles within the Steps has brought me into a mystical union with our Father. By practicing this way of life I have received an unearned abundance; Spiritual, mental, physical, emotional and social sobriety. The Spiritual Principles within the Traditions has given me the ability to be a worker among workers. I was told long ago that I would have to work for myself and by myself because I could not get along with people, animals yes, people no. I have been able to share my life with a great many, which is another miracle.

**YOU WILL NEED A COPY OF THE BOOK – TWELVE STEPS AND TWELVE TRADITIONS
AND SOMETHING TO WRITE ON AND SOMETHING TO WRITE WITH**

Assignment # One – Continued Today is _____, _____, _____

Assignment: Reading in Twelve Steps and Twelve Traditions and responding.

- Today's assigned reading is: Introduction and Foreword - pages 14 - 18
- Highlight** or underline those statements or questions that are important to you as you read today's assignment.
- Affix a number to that **highlighted** or underlined statement or question in your Twelve Steps and Twelve Tradition book.
- When you respond to that **highlighted** or underlined statement or question place the corresponding number that you affixed to it in your book. This way you will not need to write that **highlighted** or underlined statement or question.

[illegible]

Assignment # Three - Today is _____, _____, _____

Being aware of these can help us understand a little better what path our SIX ESSENTIAL CHARACTERISTICS - In general, there are six essential characteristics of alcoholism, and other problems take. These may be helpful in raising our “bottom.” In other words, they help our denial break down, if we are ready. These characteristics apply to most problem areas not just the chemical addictions, but sick, harmful, addictive relationships and many others.

The following is used as part of our First Step. The idea is to help raise our “bottom”, in other words, to help break down our denial. We want to increase our awareness of the dynamics of our problem and to increase the pain of holding on to it. Skip the first one, “Allergy”, if the area you are working on is an area other than a form of chemical addiction, such as any form of non-substance addictions, i.e. money, sex, work, etc. Respond to each of the question as they relate to the area you are working.

SIX ESSENTIAL CHARACTERISTICS OF ALCOHOLISM, AND OTHER ADDICTIONS

1. **ALLERGY** - The phenomena of physical craving that kicks in with the first drink of alcohol, slice of cake, pill or any drug. This craving is limited to those with a chemical addiction.

Al: For the first time I understand that I have an allergy to a number of chemicals not only alcohol, which set up a physical craving for more and more. I experienced this physical craving after having only a drink or having a smoke or drink a Dr Pepper.

Question: Have you realized your Triggers? What are they?

2. **PROGRESSIVE** - Tolerance: takes more to get the job done or we are unable to get by with what we once did. With non-substance addictions it takes more money, sex, work.

Al: The last year that I drank I had graduated to pints or half pints, telling myself that I would only drink that and no more but I did. I was fooling myself about my alcoholism progressing. On top of my drinking problem getting worse so was my insane jealousy problem progressively getting really bad, to the point I did not have a moment of peace, which seemed to call for drinking more.

Question: How has your dis-ease progressed? Does it take more or does it take less to hurt more?

3. **SELF-DELUSION** - Starts with denial, then repression, and then mind games, rationalizing, then comes the conscious lying. The rationalizing and consciously lying do a job on our trust, self-esteem, respect and self-respect. At all cost we must keep our addictive behavior going.

Al: I don't know what I would have done without denial. If I had realized one more failure in the early days of AA I would have killed myself. When my denial broke down I could not fool myself about addictions any more. But by then I had little or no trust, respect or self-respect left.

Question: What has been your experience with self-delusion?

4. **DISTORTION OF ATTENTION** - Preoccupied with the object of our addiction or attachment, we cannot think of anything else but stuff connected with the addiction or the person or thing we are attached to. The distortion becomes our **ULTIMATE CONCERN**. Another word for it is "idolatry." The addiction becomes our god.

Al: When I was still drinking I could not stop thinking where and how my next drink was coming. My obsession about the drink was my ultimate concern, my god. When I was in my jealousy insanity my obsession was much like my drinking, I had to be reassured that my wife was not with someone, so I would track her down.

Question: Can you give an example of this thinking and feeling?

5. **LOSS OF WILLPOWER** - Each time our willpower fails, with our best intentions, we feel even more hopeless, useless, and worthless. The greatest damage to self-esteem comes from repeated failures at trying to change addictive behavior. It really hurts when we try our best to stop and cannot.

Al: The last year I drank I really tried everything I could find to do and I failed to stay stopped. I had held back from a total commitment not to drink for some time and when I did totally commit not to drink every again I really got depressed because I could not stay stopped. As for the insane jealousy I promised myself and my wife I would never, never, never accuse her of sleeping around again but I could not keep my promise. Much like my alcoholic drinking I could not handle my jealousy problem with willpower.

Question: Can you give examples of your loss of your willpower?

6. **WITHDRAWAL** - "They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort that comes at once by taking a few drinks" or a few bites. Our addiction becomes part of our automatic nervous system the more we repeat the behavior. We have sometimes enlisted billions of our body and brain cells. **THE ADDICTION BECOMES OUR "REALITY"**. Our mind says; "Play it again, Sam." When depriving the body/mind of something it has become expected to, it responds with danger signals, as if something is wrong. Then we have the rebound. There is a natural rebound for the human condition in any growth cycle. We can go just so far and our personal "reality" tells us to come "home". This natural rebound will most often happen after we have had a peak experience, and if we do not understand the rebound cycle we are likely to question the peak experience as being real. "How could I feel so down after such a great high?"

Al: To me this rebound thing was the first sign of my insanity. I could be so sure I had it under control and then for seemingly no reason I would get an uncontrollable obsession to drink or in the case of the jealousy thing I just "had to know".

Question: State your rebounding experience when you tried to withdrawal from your addiction.

Assignment # Four – Today is _____, _____, _____, _____

STEP ONE - (HONESTY) WE ADMITTED WE WERE POWERLESS OVER ALCOHOL - THAT OUR LIVES HAD BECOME UNMANAGEABLE.

It's suggested that you keep your response to the questions or statements on one important area at a time, for example your drinking problem. Write that important area in the box at the top of each page to remind yourself of that area.

Questions for Step One:

1. List what you want changed. Choose one.
2. What pain or fear do you associate with changing this area?
3. What pleasure are you getting out of not changing?
4. What will it cost you if this does not change?
5. What are the benefits you could gain by having this changed?
6. How has this problem area placed your important relationships in jeopardy? (Example)
7. Have you lost self-respect and/or reputation due to this problem?
8. Has this problem made your home life unhappy?
9. Has this problem caused any illness? (Example)
10. Do you turn to the type of person who enables you to practice this problem or to lower companions that enable you?
11. What part of this problem does your loved ones, friends, family or business associates object to the most?
12. What abuse has happened to you and/or others due to this problem? (Example)
13. List examples of what you have done to try to fix, control or change this area in your life?
14. What are the feelings, emotions, and conditions you have tried to alter or control with this problem?
15. Now ask yourself, "If this is such an important area in my life, why haven't I changed?"
16. Am I now willing to do whatever it takes to have this changed, healed, or transformed?
17. If your answer to number 16 is YES write out the First Step: I admit I am powerless over (whatever you are working the Steps on), that my life in this area is unmanageable. I cannot, with my unaided will and present understanding, consistently manage this problem area.

There is no way we can overstate the importance of Step One or any of the Steps for that matter. This is the one Step that we need to fully realize, accept and live day by day. "Half measures availed us nothing." A major part of all defects are habits of thoughts and feelings and will continue to get worse during the passing of time. At some point we will need the Program more than ever and if we have halfway applied it we are likely to tell ourselves that we tried the Program and it did not work for us. This workbook is designed to help you be "...fearless and thorough from the very start."

Assignment # Six – Today is _____, _____, _____, _____

STEP TWO (HOPE) CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY

Today's Mission Statement: We're reminded that Step One shows us our problem - we are powerless over our little personal "reality". That is, we are without the ability to change our habits of thoughts and feelings alone and unaided. When we fall back into one of our ruts, habits, we cannot consistently manage our thoughts, feelings, or actions. Step Two tells us what the solution is. We need to find, to awaken to a Power Greater than ourselves. So how do we do this? How do we get from Step One, the problem, to Step Two, the Solution? Well that's what our other ten Steps, the fellowship, and the rest of our program can do for us, if we are willing.

The way these Steps are setup in our Workbook helps the following Steps be more useful, more effective. For example in Step One we realize that we cannot alone and unaided changes this area in our life. Now in Step Two we're told that we will come to believe that a Power Greater than COULD restore us. In Step Two we're asked to write down the ways we have already received God's grace. So when we get to Step Three we are already aware of this Higher Power helping a person just as we are. This makes it easier to cross the bridge to surrender everything, even if it is only one hour at a time.

Workbook assignment is working the Step Two. Write out your response to these two questions a, and b.

a). Would it be possible for you to recall the times when you experienced that a Power Greater than yourself did for you what you could not do for you? Write out as many of these experiences as you can and be precise. If you cannot recall an experience related to the area you're presently working on, any experience with your invisible means of support will do.

Al: My sponsor suggested that I carry a notepad or use "notes" on my smart phone while I am working this Program. I am so glad I have done this, because I found that as I went through my day I would have important memories come to mind or into my experience and by bedtime I could not remember them. I found it useful to write just one or two key words and later I could reconstruct the idea or event. I am surprised how much I have to be grateful for.

b). List as many ways as you can of anything that you are grateful for, including the smallest acts of kindness and the greatest. We want to begin to build a new habit of gratitude in our everyday life. We are suggesting that you keep this running list of "I am grateful for:" for at least 40 days.
I AM GRATEFUL FOR:

Gratitude like love comes by grace. We cannot earn it or cause it to happen by making a gratitude list. But by making a gratitude list we are reminding ourselves of our Higher Power's Grace and keeping us open for more, until one day we will find ourselves with an attitude of gratitude.

STEP THREE (Faith) MADE A DECISION TO TURN OUR WILL AND LIVES OVER TO THE CARE OF GOD, AS WE UNDERSTOOD HIM.

- Today's assigned reading is: Step Three – pages 34 - 41
- Highlight** or underline those statements or questions that are important to you as you read today's assignment.
- Affix a number to that **highlighted** or underlined statement or question in your Twelve Steps and Twelve Tradition book.
- When you respond to that **highlighted** or underlined statement or question place the corresponding number that you affixed to it in your book. This way you will not need to write that **highlighted** or underlined statement or question.

[illegible]

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Assignment # Eight – Today is _____, _____, _____

STEP THREE (Faith) MADE A DECISION TO TURN OUR WILL AND LIVES OVER TO THE CARE OF GOD, AS WE UNDERSTOOD HIM.

What we believe is “good” is more likely to limit us than the “bad”. With the “bad” we are more likely to toughen up to it, get used to it, or get away from it. With the “good” we are likely to settle for too little. While you are directly working on these Steps, we ask that you be willing to turn everything over to Your Higher Power, everything you even think or feel you know or don’t know- everything. The purpose for this is an open mind and a hope for a new understanding. We can see only our little reflection in that limited mirror of our personal “reality,” hearing only the hum of our little voice as that limited “reality.” In other words, we will work out of our past instead of the present in the Presence.

Our decision may run to the extremes, from a total commitment to a meaningless gesture. Even if committed to change but we have the same old personal “reality,” then nothing has changed yet. This means that we are likely to fall back into one of our old ruts, habits. If we say, “I’m going to do this come hell or high water,” and fail to live up to our promise, which is likely because our old habits are still running on automatic, we will even feel worse about ourselves. Each time our willpower fails, with our best intentions, we feel even more hopeless, useless, powerless, and worthless. The greatest damage to our self-esteem comes from repeated failures at trying to change addictive, habitual behavior alone and unaided. It does not hurt much until we try our best to stop, to change and cannot. This trying alone and unaided with the same old personal “reality,” is one of the main causes of our hitting our personal bottom. It gets us ready for this Program and for sure a Higher Power.

“There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself. Looking through it, we shall see a pathway with an inscription. It reads: This is the way to a faith that works.” (Twelve Steps and Twelve Traditions)

There were ten black birds on a wire. One decided to fly. How many were left? Ten, one decided but none flew. That was a meaningless gesture.

Al said - When I made an important decision it was like I was giving my word and giving my word to a Higher Power was frightening. What was going to happen to me if I could not keep it? And, as I soon found out, I could not keep my word or my promise to my Higher Power or to me. I was raised to believe a man had to keep his word or he was worthless. I had not worked on the rest of the Steps so I had not identified my defects much less had them cleared away. Yes, I was to fail. I had a realization when I was taking Step Two that I have had a merciful invisible means of support for a long time; otherwise I would have been dead or in jail. In Step Two I had written specific events where someone or something Higher than me was doing for me what I could not do for myself. So when I did decide to turn everything over to a Higher Power, it was that Higher Power who had already helped me. That was helpful; however my giving my word and not being able to keep it caused me big problems. I knew I had to work the rest of the Steps beginning with Step Four.

Write your response to questions 1 through 4 using the facing page.

1. State what it means to you when you make an important decision. Give an example.
2. State what is this “will” and “life” you’re asked to turn over.
3. State what “to the care of God” means to you.
4. State what “as you understood Him.” means to you

If, ifs and buts were candy and nuts we would all have a Merry Christmas. Our decision is the willingness to turn in a different direction but if (are not candy and nuts) my decision needs to be followed with action.

Assignment # Eleven – Today is _____, _____, _____

APPENDIX INDEX FOR STEP FOUR

If this Workbook was formatted in a computer program this Appendix Index would be in dropdown boxes. For example if you were working on your resentments you are asked to write the Asset that was violated in column three. In column four you are to write what your Part was and in column five write Effect My. These Appendix List have some suggestions that you may draw from or you can make up your own list. By giving each suggestion a number you can enter the number(s) in the three columns instead of writing each one out. You may choose to take these list out of the workbook so you would not have to go back and forth.

Title	Page
Appendix	20
Assets List	21
My Part and Affects My Lists	22
My Harm Information Sheet (Working 4 th Step list the names of those you harmed for the 8 th Step info)	23

STEP FOUR INVENTORY WORKSHEETS

12	Step Four – Assets	Assets Worksheet	W/B Assignment	24
13	Step Four – Resentments	Resentments Worksheet	W/B Assignment	25
14	Step Four – Forgiveness	Forgiveness Worksheet	W/B Assignment	26
15	Step Four – Fears	Fears Worksheet	W/B Assignment	28
16	Step Four – Harms Others/Self	Harms Worksheet	W/B Assignment	30
17	Step Four – Rules & Patterns	Rules & Patterns Worksheet	W/B Assignment	32
18	Step Four – “Make Fun Of” Names	“Make Fun Of” Worksheet	W/B Assignment	34

Take this Asset List out of your Workbook and have it when you will be asked to fill in the columns that refer to these. With these lists you will not have to turn back and forth through this Workbook to find the supporting List Boxes for other assignments.

Check those on the list below that are most important to you or make up your own list

Use those you checked below to complete your Asset Worksheet (page 24)

Asset: A useful or valuable quality, person, or thing, something that contributes to one's well-being.

ASSETS					
	1	The awakening to the Presence of our Higher Power.			
	2	The awakening to the Love that we are, that all of us are.			
	3	Awaken to the individual Self we were created to be, with purpose & meaning.			
	4	Abundance		34	Independent
	5	Acceptance		35	Inner-directed
	6	Ambition		36	Intelligent/Wise
	7	Beautiful/Handsome		37	Interested/Concerned
	8	Career/Work		38	Intuitive
	9	Committed/Dedicated		39	Joyful/Happy
	10	Communication		40	Kindness
	11	Compassion		41	Listener
	12	Conviction		42	Love/Caring/Sharing
	13	Curiosity		43	Loyalty
	14	Courage		44	Marriage
	15	Continuing education		45	Openness
	16	Creative/Inventive		46	Play/Leisure time
	17	Drive		47	Patient
	18	Even tempered		48	Perseverance
	19	Faith/Devotion/Spiritual		49	Power/Title/Money
	20	Family		50	Preparedness
	21	Focus		51	Productive
	22	Forgiving		52	Resilience
	23	Friends		53	Risk taking
	24	Generous		54	School/Learning
	25	God-consciousness		55	Sex
	26	Good companion		56	Supportive
	27	Good income		57	Take charge
	28	Good parent		58	Teachable
	29	Good worker		59	Toughness
	30	Health		60	Trust
	31	Higher Purpose		61	Understanding
	32	Honesty		62	Unselfish
	33	Humor		63	Willingness

MY PART LIST - The following is a list of common My Part actions and reaction – Use this list as you would a Drop Box on a computer. **Take these out of your Workbook** and **have them** when you're asked to fill in the columns that refer to these by writing the corresponding numbers - assign a number to those you add.

Check those on the list below that are most important to you – add to these suggested lists or make up your own.

Use those that are important to you to complete your Resentment (page 25) and Harms lists (pages 30-31).

#	MY PART	#	MY PART	#	MY PART
1	Anger	9	Lust	17	Saving face
2	Broken word	10	Negativity	18	Self-pity
3	Delusion	11	Perfectionism	19	Self-seeking
4	Fear	12	Playing God	20	Selfishness
5	Gluttony	13	Poor decision	21	Sloth
6	Greed	14	Pride	22	Stubborn
7	Guilt	15	Procrastinate	23	Withdraw
8	Insecurity	16	Revenge	24	Withhold

AFFECTS MY LIST BOXES - The following is a list of common Affects actions and reactions– Use this list as you would a Drop Box on a computer. Have it when you're asked to fill in the columns that refer to these by writing the corresponding numbers - assign a number to those you add.

Check those on the list below that are most important to you – add to these suggested lists or make up your own.

Use those that are important to you to complete your Resentment and Harms lists.

#	SOCIAL INSTINCTS	#	SECURITY INSTINCTS	#	SEX INSTINCTS
1	Able to relate	12	Ambitions	23	Abnormal/ Unacceptable
2	Acceptance	13	Emotional	24	Abuse
3	Ambitions	14	Financial	25	Acceptable/ Normal
4	Belonging	15	Home	26	God given
5	Fame	16	Job	27	Hidden
6	Forgiveness	17	Material	28	Jealousy
7	Love	18	Power	29	Loving Union
8	Productive	19	Safety	30	Masturbation
9	Relationships	20	Spiritual	31	Needy
10	Respected	21	Trust	32	Relief/ Safe
11	Self-esteem	22	Worth	33	Withholding

This **Step Eight Worksheet** will enable you to note those who you have harmed as you work through your inventory, thereby having much of your Step Eight list done without going back over your work. **Take this worksheet out of your Workbook and have it** when you come across one who needs to be on your Step Eight List.

Whenever we harm someone or ourselves, there has been a violation of one or more of the Three Spiritual Gifts: (1.) Presence of our Higher Power (2.) Love (3.) The individual created Self. In the first column note which of these were violated. In column 2 notes the one you harmed and in column 3 what you did or did not do to cause the harm.

SG	HARMED	WHAT YOU DID OR DID NOT DO TO CAUSE THE HARM

1. Note in the SG column which of these Three Spiritual Gifts that were violated

2. In the next column place the name of those you are unable or unwilling to forgive at this time.

SG	NAME	SG	NAME	SG	NAME

Assignment # Twelve – Today is _____, _____, _____, _____

STEP FOUR: (Courage)

MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES

Assignment: Assets

What are our assets? A useful or valuable, quality, person, or thing; an advantage or a resource. Something that contributes to one's well-being. Turn to the Appendix page 20 for a list of suggested assets. It would be impossible to overemphasize the importance of identifying our assets. The violation of what we value is the root cause of our resentment and fears. Realizing the first three assets on the Asset List determines much of our happiness, joy and freedom; their violation causes much of my lack and limitation. In fact most of our resentments would come about when #2 (love) and or #3 (some violation of my individual Self), and when I was not trusting my Higher Power (#1) as my only true source.

ACTION: The Assets Worksheet – List at least ten of your assets (page 21)

- a. In the left-hand column write the Asset.
- b. In the right-column write How you express that asset

Asset	How you express that asset?
(Example) Teachable	Since I came into A.A. I am teachable, open minded, now I'm hungry for more

How much time and energy do you spend on your assets? Is it equal to the time and energy you spend on fear, anger, and negative stuff? Are you focusing on the things you want or the things you don't? Do you focus mostly on the past, present or future? Which of your defects were transformed into an asset? "We are not saints. The point is we are willing to grow along spiritual lines." Are there any of us that are striving of excellence? Why not we have the tools?

Assignment # Thirteen – Today is _____, _____

STEP FOUR: (Courage)

MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES

Assignment: Resentment

What are resentments? Resentment comes from a root word, which means to re-feel. If we could deal with anger quickly, that anger would not turn into resentments. Re-feeling a violation of an asset qualifies as a resentment. All resentments are directly or indirectly caused by a violation of assets. Resentments, we're told in the Big Book, is our number one offender, my experience confirms that. Resentments rob me of the joy of living, revealing most of my defects, selfishness, self-centeredness and fear. Resentments drive alcoholics back to the bottle, if not to the bottle it could cut us off from the sunlight of the Spirit.

Have the Asset List (page 21) – the My Part – the Affects My List (page 22) you may pull these out of the appendix so you do not have to turn back and forth.

ACTION: Write out your worst resentments using the following suggested format.

- a. In column one write the name of person, place or thing you resent.
- b. In column two write the cause the resent, that is, what was or was not done - taken away or not given.
- c. In column three write your violated Assets (matching number on the My Asset List - p. 21)
- d. In column four write My Part (matching number on the List My Part List - p. 22)
- e. In column five write Affected My (matching number on the Affects My List – p. 22)

Resentful At:	The Cause Of My Resentment	Asset Violated	My Part	Affects My

A good reason to face our resentments and be willing to forgive all ASAP is because we are likely to blame the wrong person or even our Higher Power and delay our growth. One common growth process starts like this: we experience a great promise of success for our efforts and it works, our efforts bear nourishing fruit. At some point our best efforts fail or our goal was too limited. The one given credit for the success will be resented for failing or may shift the blame on to others. Being quick to forgive opens us to the next part of the learning, growing process. Our true transformation comes from our Higher Power's grace, not our works alone and unaided, it is time to surrender for an upgrade.

Assignment # Fourteen – Today is _____, _____, _____, _____

STEP FOUR: (Courage)

MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES

Assignment: Forgiveness

The willingness to forgive is the key to all healing in all types of relationships. The key to an open mind is the willingness to forgive. The key to self-forgiveness is the willingness to forgive others. The key to our spiritual growth and awakening is the willingness to forgive. We may not be able to forgive for one “reason” or another. We can be willing even if our only motive is selfish, like “I just don’t want to feel this way or I’m tired of being negative and resentful.”

At times we dismiss the importance of forgiveness with little or no thought. One possible reason may be as simple as not knowing how to forgive. Often we are just unable to forgive or let go. Often it is the core belief, when someone does something “wrong”, we automatically judge guilty and punished, even if that someone is our self. We’re reminded that guilt and punishment is our universal drug of choice. It’s illusion that something has change when it’s only a fix. When we are wrong we want forgiveness quickly, we don’t want our “crime” made into a capital crime. If I want unconditional forgiveness, I must willingly extend it to others; otherwise I will be unable to believe others have forgiven me.

A naive person both forgives and forgets; a stupid person does not forgive or forget; a wise person forgives but does not forget. The wise person can use this experience of love to share. Remember this: What I can do is my responsibility; all else is God’s responsibility. So all I can do at any given time is to be willing; that’s enough. Let our Higher Power do the rest.

ACTION – Mark the most likely suggestions as to why I am willing to forgive in the left column and why I am unwilling or unable to forgive in the right column.

#	WHY I AM WILLING	#	WHY I AM UNWILLING OR UNABLE
1	I have a lot more to gain	14	Alone is better than hurt
2	I want the problem corrected	15	Fear, taken advantage of
3	I want this relationship	16	I don’t know how to forgive
4	I want to be forgiven	17	I can’t let go / I seek revenge
5	I want to be free	18	I want them punished/they don’t deserve it
6	I want to build a trust	19	I stuffed it
7	I want to experience peace	20	They didn’t forgive me
8	Willing to let God do for me	21	They will do “it” again
9	I’ll forgive/I won’t forget	22	I’m no fool/ They really did hurt me
10	I’m tired of being fearful	23	I’m scared to/ Some like to hurt others
11	I’m tired of being negative	24	Withholding/Withdrawing
12	I’m tired of being resentful	25	Shows that I approve of ()
13	It is the loving thing to do	26	They will go unpunished
Create your own list		Create your own list	

- a. In column one write the name of person, place or thing you have a problem forgiving.
- b. In column two write the cause - what was or was not done - taken away or not given.

Who Or What	Why Is My Forgiveness Called For?

Are you willing to forgive yourself and others? Get up out of the ditch and dust yourself off and try again. Your willingness followed by action is proof of your intention. Come let us forgive one another. "Vulnerability means to be hurt over and over again without seeking to love less, but more." (Father Keating)

Assignment # Fifteen – Today is _____, _____

STEP FOUR: (Courage)

MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES

Assignment: Fears

Fear like pain gains much of its “power” by trying to avoid looking at it, feeling it, or running away from it. When we turn and face our fears their nature will change into one of two: This fear is current problem that calls for a solution or acceptance. **(R) Rational** or this fear is an illusion that we made up. **(I)**

Irrational

The way we are likely to respond is easy to see. When I have a rational fear, or problem I can choose to look for a solution or just accept it, the emotional insanity of an illusion is taken out of it. When I realize that this fear is irrational, another one of my illusions I made up, that it is not Reality but my personal “reality”. It is likely I can let it go or disempower it.

We live in the here and now, the only time we have any power to do or experience anything, let us respond in the present. We need not dig up old fears unless they are an active pattern. Unless you still experience a fear you had problems with in the past or projected into the future it is irrational. Just because we did experience that fear it is not rational now.

ACTION: Check those fears you experience too often or too intense. This list of common fears found among us. Add to this list of as many fears as you care to and assign each one a number.

MY FEAR LIST BOXES

	#	COMMON FEARS		#	COMMON FEARS
	1	11 TH hour of my life		17	I won't get what I want
	2	Abandonment		18	I'll be paid back
	3	Accidents		19	Incapable to love/be loved
	4	Any form of lack		20	Loss of a loved one
	5	Authorities – God		21	Loss of a relationship
	6	Being alone		22	Never enough
	7	Being taken advantage of		23	No loving God-conscious
	8	Can't have children		24	No one to share with
	9	Can't meet financial needs		25	Not liked or loved
	10	Certain types of people		26	Poor health
	11	Change		27	Projecting my anger
	12	Disapproval		28	Rejection
	13	Failure		29	Success
	14	Fear of being a fool		30	Stuck, can't really change
	15	Fearful of having children		31	Unable to realize purpose
	16	Have no real value		32	Weird imagination
Create your own list			Create your own list		

ACTION:

1. In column one write the name of the person, place or thing you fear.
2. In column two write the cause: what was or was not done – taken away or not given.
3. Is this Fear Rational (R) or Irrational (I)? Mark one of the right hand columns.

FEARFUL OF:	THE CAUSE OF THIS FEAR	R	I

Assignment # Sixteen – Today is _____, _____, _____, _____

STEP FOUR: (Courage)

MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES

Assignment: Harm

We are all one life, which means we cannot harm another without harming ourselves.

Today we can draw from our My Part and Affects My Lists (page 21) this list will act as a response guide. We can use as a reference the Step Eight Worksheet (page 22) which enabled us to note those who we harmed as you worked through your inventory. Use the lists, How I Harmed Others and How I Harmed Myself List Boxes.

Is there anyone who harmed you that you did not include on your resentment list and your forgiveness list? If so go back and include them on those two lists. Welcome to planet earth. Let's focus on your inventory and no one else's. We are all one life, which means we cannot harm another without harming ourselves. As the results of doing a thorough job on my inventory and owning what I uncovered and discovered I have been able to choose to stop harming others and me the best I can. Sometimes that is good and sometimes not, but I can tell you my life has improved. I'm able to extend love instead of all the negative stuff that was a habit. I'm given that opportunity to choose once again not to let the past equal my future.

HOW I HARMED OTHERS LIST BOXES

ACTION: Check the common harms that you do or have done to others. This list is suggestive only of those common harms among us. Add to this list and assign each one a number.

#	WHAT I DID OR DID NOT DO	#	WHAT I DID OR DID NOT DO
1	Withholding	15	Lied
2	Withdrawing	16	Manipulated
3	Betrayed my loved one	17	Put another down
4	Blamed	18	Shut down
5	Changed addictions	19	Snooped
6	Criticized	20	Talked one way, acted another
7	Distrusted	21	Took what was not mine
8	Empty promises	22	Was a no show
9	Enabled someone	23	Was controlling
10	Gossiped	24	Was dishonest
11	Got "even"	25	Was jealous
12	I'm a user	26	Would not forgive
13	Irresponsible	27	Was in denial
14	Lack of communication		
Create your own list		Create your own list	

HOW I HARMED MYSELF LIST BOXES

ACTION: Check the common harms that you do or have done to yourself. This list is suggestive only of those common harms among us. Add to this list of as much harm as you care to and assign each one a number.

#	WHAT I DID OR DID NOT DO	#	WHAT I DID OR DID NOT DO
1	I bankrupted myself financially	11	I hurt myself spiritually
2	I compromised myself	12	I lied to myself
3	I could not trust myself	13	I made myself ill
4	I cut myself off from love	14	I punished myself
5	I denied God's Presence	15	I withheld/withdrew
6	I denied my individual purpose	16	I would not ask for help
7	I hurt myself emotionally	17	I would not forgive myself
8	I hurt myself mentally	18	I lost respect for others
9	I hurt myself physically	19	I lost respect for myself
10	I hurt myself socially	20	<i>I was in denial</i>
Create your own list		Create your own list	

ACTION:

1. In column one write the name of the person, place or thing you harmed.
2. In column two write the cause: what was or was not done – taken away or not given.
3. In column three write My Part and column four Affects My (see these List Boxes page 22)

I Harmed:	What I Did Or Did Not Do To Cause The Harm	My Part	Affects My

I Harmed:	What I Did Or Did Not Do To Cause The Harm	My Part	Affects My
My Self			
My Self			
My Self			
My Self			

Assignment # Seventeen – Today is _____, _____, _____

STEP FOUR: (Courage)

MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES

Assignment: Rules and Patterns

This is a chance for you to see that some of your old habits of thoughts and feelings began a long time ago. Perhaps some of these have not changed all that much. We can blame my mom and dad - Just Joking.

GROWING UP ACTION: Using the form RULES and PATTERNS WORKSHEET - In column one write the rule you grew up with for each of your important areas. If this rule is useless, harmful, or too limiting, and you no longer want it controlling your life experiences, mark an (X).

CURRENT ACTION Using the form RULES and PATTERNS WORKSHEET – In column two write the rule you currently have for each of your important areas. If this rule is useless, harmful, or too limiting and you no longer want it mark an (X).

DESIRED RULE ACTION: Using this form, RULES and PATTERNS WORKSHEET will give you a flow of how most habits come about - If you think it's time to change one of these rules, write your desired replacement rule in column three.

	My Growing up rule: <i>My Career</i>		My Current rule for: <i>My Career</i>	My Desired rule for: <i>My Career</i>
X	<i>We have to earn what we get. Money doesn't grow on trees.</i>	X	<i>Work smarter not harder.</i>	<i>Do the best you can and leave the rest to God.</i>

My Growing up rule for:	My Current rule for:	My Desired rule for:

My Growing up rule for:	My Current rule for:	My Desired rule for:

My Growing up rule for:	My Current rule for:	My Desired rule for:

My Growing up rule for:	My Current rule for:	My Desired rule for:

My Growing up rule for:	My Current rule for:	My Desired rule for:

My Growing up rule for:	My Current rule for:	My Desired rule for:

Assignment # Eighteen – Today is _____, _____, _____, _____

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

Lou-is: 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: 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 are 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.
Jeal - o-saurus	X	29	I have problems with jealousy. <i>(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>
Peppy le Few	X	8	<i>I practice the “law” of lack, never enough of anything (love, money, time). (Same as above)</i>
Peter Perfeclor With a P on my chest	X	19	I judge by such high standards all must fail. I am driven by perfectionism. <i>(No matter what I do it is never good enough. I started feeling this way it seems like my first day in school. A family motivator, beatings will continue until grades improve)</i>

Lou-is: 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 at 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.

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, then resent it.
	7	I have been in denial.
	8	I practice the "law" of lack, never enough (love, money, time, etc.).
	9	I am quick to forgive. I seek correction. I realize that guilt and punishment are an illusion, like a drug, a quick fix.
	10	Control everyone with guilt and punishment, even myself.
	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	
	31	
	32	

Assignment # Twenty – Today is _____, _____, _____

STEP FIVE - (INTEGRITY)

ADMITTED TO GOD, TO OURSELVES AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.

Assignment: Step Five

Admitting to our Higher Power and to ourselves everything is two-thirds of this Step, the easier part. Here are some of the reasons for taking this vital Step:

- a. Most of us have dreamed of having someone to love and accept us the way we are. Only by sharing with another human **everything** can we hope to experience this love and acceptance.
 - b. The Big Book states; **“if we skip this vital step, we may not overcome drinking. And there is very little chance of our being restored to sanity.”**
 - c. Some of us gain that feeling of belonging.
 - d. We are likely to experience a God -consciousness or a spiritual awakening.
 - e. Our "secrets" take too much energy to support. Letting go will release the energy.
 - f. Some experience the Presence of a Higher Power, freedom and a peace of mind for the first time.
1. Make an outline as you go through this Prep Work so you will be able to remember everything you need to share.
 2. Review all of your responses to the questions and statements up to this point. This includes your written responses.
 3. Be ever so mindful of your patterns (experiences that you repeat.) Even if they were with different people, places, things or forms. These patterns (habits of thoughts and feelings) are one of, if not the most important parts of this process. These patterns make up your personal “reality,” and are the key to long-term recovery, and personal growth.
 4. These patterns will play a part of Steps Six and Ten
 5. As we go through our review, we continue our preliminary work on Step Eight. As we are preparing we may uncover more harms done and people we cannot forgive. Add these to your Step Eight Worksheet
 6. Who's going to listen to my Fifth Step? It is important that you find the right person to confide in. We believe that it is best if you can share with a person who has finished his or her own Fifth Step. If this person is living the Program he or she will have a better understanding of what it is you are trying to do. However, you may not be able to find someone you could trust in your present group. You may have to go outside our Program. Many of us take our first time Fifth Step with a non-Program person. It is important that you feel you can trust this person. This should enable you to be as honest as you can be at the time. We would caution you about taking this Step with someone too close to you or one with whom you have an ax to grind. We may hurt that person or another if you are honest. It would be wise to question your own motives.
 7. Ask this person to help you identify your patterns. Show this person a copy of your pattern list. They may have additions to your list or ask you to clarify the pattern. You may find you have a lot in common; on the other hand you may not even come close. Remember it is your inventory, your patterns, which means, in the end you are the one who will gain or fail to gain from those patterns directly.

NAME	BENEFITS - ADVANTAGES	PROBLEMS - FEARS

Set the date, and the estimated amount of time to set aside to complete it, with the person you had chosen. Reminding him to be sure that each would be free to take all the time needed.

DATE	START TIME	UP TO TIME	PLACE	PERSON	PHONE #

Ask this person what the format we'll use for taking the Fifth Step. Write out any questions you may have or any part of the process you may want that person to clarify before you begin. THEN JUST DO IT

STEP SIX - (WILLINGNESS) WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.

- Today's assigned reading is: Step Six – pages 63 - 69
- Highlight** or underline those statements or questions that are important to you as you read today's assignment.
- Affix a number to that **highlighted** or underlined statement or question in your Twelve Steps and Twelve Tradition book.
- When you respond to that **highlighted** or underlined statement or question place the corresponding number that you affixed to it in your book. This way you will not need to write that **highlighted** or underlined statement or question.

[illegible]

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Assignment #Twenty-two – Today is _____, _____, _____

STEP SIX - (WILLINGNESS) WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.

The key to this Step is in the wording. “Were entirely ready to have God remove all these defects of character.” First, we want something when we are entirely ready. This wanting is often the beginning of healing. Second, it is God that is to remove all, not us alone and unaided. Third, the wording tells us which defects need removing. Now, “these” implies that we have identified specific defects.

I want to remind you not to take any of the Steps too lightly. Each Step is an important part of the process. In case you have forgotten, our minds will play tricks on us. For example, with this Step our conscious mind tells us, “Of course, I want all of these defects removed.” Knowing now just how harmful, useless, or painful these defects are, I will just let them go. Two problems with that well intended statement. First, generalizing will not get it done. Second, we are not the ones to remove these defects, alone and unaided. Just follow the **A – B – C** down below.

(A) Just because something is simple does not make it easy. By now you’ve found some of your patterns, “these defects”. Take each one of “these defects” and ask yourself if you are ready to have God remove it. If your answer is yes move on to the next defect (patterns). If not go back to Step One just for that defect and run over the First Step Questions to help increase the pain of holding on to that defect. If that is not enough to convince you, try this: We know that our problems are progressive. They will worsen if nothing is changed. What will it be like if this does not change in another year or five, ten, or twenty years? If you are now ready, continue this process until you have gone over each and every one of your defects.

(B) We’re reminded just how powerless we are to remove these defects alone and unaided. By doing something positive about these defects we experience a new hope. Some of our listed defects are just different parts of the same pattern; combine them into the smallest number of patterns. We are building a new way of life it's important to understand it is a long-term process. It's not another quick fix.

The next suggestion: Assign each of these defects, patterns a “Make Fun Of” name. These names become important to us when setting up our last three Steps to live and grow by. These will be part of our Early Warning System. Speaking of “Make Fun Of” names, what about making fun of names such as: Al Kohallek (Alcoholic), Allienon (Al anon), Lou-is Pazeniton (Lou is passing it on), and Eye (I) Witness? No comment.

(C) We reviewed our inventory after finishing our Fifth Step and updated our Rules and Patterns List Boxes. Pages 33 – 34 Now we assign each of these defective Patterns a dishonoring, discrediting name "make fun of" name. You can change the "Make Fun Of" anytime. We will use these "Make Fun Of" names to disempower these defects (patterns) of the power we gave them. Making fun of our defects and laughing at ourselves is in itself healing. We will go into the "HOW TO" in Step Ten. **ACTION:** (1) In column one write the “Make Fun Of” name. (2) In column two write the pattern. (3) In column three write the number of that pattern. See the Rules and Patterns List Boxes in the Appendix Pages 33-34 for some ideas and suggestions

“Make Fun Of” Name	RULE and PATTERN	#

STEP SEVEN - (HUMILITY) HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS.

I did not like the idea of having to write so much when I began this process or of committing to working on it every day. As I got into working it as part of the healing process, I saw it differently. I realized at some point that I was not playing a game, nor was I looking for a quick fix any longer. My life and the quality of my life were in question. Maybe an hour a day was after all a good investment to bring about healing and awakening to my spiritual gifts. I find it interesting that I would spend every waking moment for days on just one resentment or fear. When it came time to work on the healing process in the beginning, I resisted the suggestion that I should spend at least an hour a day on the solution. Is that insane or what?

What is the difference between defects and shortcomings? A person asked Bill W. the same question and he replied there was no real difference. He just didn't want to repeat the same word. However, sometimes our words have a hidden meaning that we are unaware of. When I got to my Fifth Step I felt defective. Taking my Fifth Step with an understanding person and following it up with working on my Sixth Step, I knew that I was defective, but I became ready to have God correct and remove these defects. I was now aware of these defects. Just wanting to trust that a loving God could and would remove my defective beliefs, habits, my little personal "reality," gave me a new hope! The love shown me allowed me to believe it wasn't my defective stuff but coming up short.

As I reflected on my past wrongs, I thought: I have done too much harm to others and myself. It was not my intention to harm anyone, but I did. When these harms were taking place, as I see now, I was reacting to my "then reality". Because I received so much love, forgiveness, and acceptance when I took my Fifth Step, I began to feel that it was more like a shortcoming, coming up short. The root word for sin means missing the mark, and that is the way I have come to believe a loving God views us. I am so grateful I had the experiences and the willingness to share them. When I realized God, as I understood Him, as my only true Source, humbled at that moment, I opened up and I was teachable. When we are aware that it is our Higher Power, and not ourselves, alone and unaided, who is to remove our shortcomings, our decision to follow through becomes easier. If you are now ready and willing to accept the healing of these shortcomings, the following suggestions prove useful.

We are suggesting that you submit each of your shortcomings (patterns), to a form of the Serenity Prayer.
God grant us the serenity to accept the things we cannot change,
Courage to change the things we can,
And wisdom to know the difference.

(A) What is it about this pattern, shortcoming that I must accept? Most of the time there is at least some part of a pattern we can change, which may be mental, physical, emotional, social, or spiritual.

Example: We would be wise to accept that we cannot change others, or what was done or not done to us.

ACTION: (B) What is it about this pattern, shortcoming that I can change? We are suggesting that you ask for serenity as it may relate to each pattern and look for the good in the person, place or thing.

ACTION: (C) Ask God for the Serenity, Courage, and Wisdom to know the difference.

Follow this format for each of your shortcomings (patterns). Use the facing pages or separate pages to complete this assignment.

ACTION: (A) What is it about this pattern, shortcoming that I must accept?

ACTION: (B) What is it about this pattern, shortcoming that I can change?

ACTION: (C) Ask God for the Serenity, Courage, and Wisdom to know the difference.

Assignment # Twenty-five – Today is _____, _____, _____, _____

STEP EIGHT - (BROTHERLY LOVE, WILLINGNESS TO FORGIVE)

MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.

Assignment: Reading in Twelve Steps and Twelve Traditions and responding.

- Today's assigned reading is: Step Eight – pages 77 - 82
- Highlight** or underline those statements or questions that are important to you as you read today's assignment.
- Affix a number to that **highlighted** or underlined statement or question in your Twelve Steps and Twelve Tradition book.
- When you respond to that **highlighted** or underlined statement or question place the corresponding number that you affixed to it in your book. This way you will not need to write that **highlighted** or underlined statement or question.

[illegible]

It is tempting to group some of our Steps together, example: Steps Four and Five – Steps Six and Seven – Steps Eight and Nine. If you focus on one Step at a time that Step will bear much more vine ripe fruit. Step Eight is a good example. Some of us want to jump into action as a continuation of each entry on our list. Yes action is the magic word but timing is wisdom. Focus on writing your list and talking to another person who understands this process about your plan of action, that's enough action for Step Eight.

Assignment # Twenty-six – Today is _____, _____, _____

STEP EIGHT - (BROTHERLY LOVE, WILLINGNESS TO FORGIVE)

MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.

We suggest you make your list of those you had harmed in three groups: First list those you harmed and to whom you are ready, willing and able to make these amends. The second list those harmed whom you are willing to make amends to but unable to now. The third group is the people you harmed but you are unwilling to make amends. Also we have included a format to help us with our forgiveness. Have you ever noticed we harmed those whom we had not forgiven? Now we are ready for your Step Eight Worksheet, (page 90) it should have the names of those you harmed and the harm done.

[1] This first group is for those you are ready, willing, and able to make amends to now. On a separate sheet of paper use the following format. We suggest that you go over your plan of action with your sponsor or someone who has done some of their amends after you finished writing each group, before you set out on your Step Nine adventures.

Name of the one you harmed.	
What you did or did not do to cause the harm.	
How will you go about making this amend? Write down your plan of action for each amends	

[2] This group consists of those you are willing to make amends to but unable to for some reason now. After you finished writing this list share your thoughts and feelings about these amends with the person that is helping you work this Step. Ask yourself; are my reasons valid or am I just fooling myself out of fear or some other form of resistance? For example, you may owe a great deal of money and you don't have it. You can at least talk to these people and come up with some plan of action. In other words do all you can to upgrade this group to group one.

Name of the one you harmed.	
What you did or did not do to cause the harm	
State why you cannot make this amend now. Seek out someone to help you.	

ACTION: [3] In this group are the ones you are resisting or saying "**no never**". Our Higher Power could help if asked. We shall never be free holding on to the past. Pray for the willingness to take care of these amends. Put these people on a prayer "hit list." Pray for this person five times a day (awakening, midmorning, noon, midafternoon and evening), for two weeks. Upgrade this one to group one or two.

Name of the one you harmed.	
What you did or did not do to cause the harm first place.	
State the form of the resistance and why you are unwilling or unable to make this amend.	

STEP NINE - (LOVE IN ACTION, JUSTICE - MAKING IT RIGHT)
MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO
SO WOULD INJURE THEM OR OTHERS.

- a. Today's assigned reading is: Step Nine – pages 83 - 87
- b. **Highlight** or underline those statements or questions that are important to you as you read today's assignment.
- c. Affix a number to that **highlighted** or underlined statement or question in your Twelve Steps and Twelve Tradition book.
- d. When you respond to that **highlighted** or underlined statement or question place the corresponding number that you affixed to it in your book. This way you will not need to write that **highlighted** or underlined statement or question.

[illegible]

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Assignment # Twenty-eight – Today is _____, _____, _____

STEP NINE - (LOVE IN ACTION, JUSTICE - MAKING IT RIGHT)

MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.

This Step will go a long way to heal a relationship or end it. The main purpose is to let go of the past, to take walls down, to heal.

LIVING AMENDS: The best amends we can make for those we love and ourselves are living amends, by practicing these principles in all our affairs. Walk our talk. In Step Eight we wrote down some of the ways we were willing to make amends. At the time we may have been too general. Now let's be a little more specific. ***Make a list of specific things you are willing to do consistently as living amends.***

A General rule: Make amends where the harm is done. Example: You have burned someone through gossip; make the amends to the one you gossiped with, and not the one you gossiped about.

INTO ACTION (An amends format)

After reviewing your Eighth Step Plan, make an appointment list. Make your amends in person, face-to-face, if possible, unless it could cause more harm. For example, if the person we need to make an amends is an ex-lover, we need to question our motives. In addition, if this person has someone else in his or her life, your contact could cause more harm. Once again it is always wise to talk over your plan with your sponsor or another person that has some experience with making amends. At each stage of the process it would be wise to ask your Higher Power for the ability you need to be honest, willing and open-minded, loving, forgiving, wise or anything else that comes to mind.

ACTION IS THE MAGIC WORD (An amends format)

1. Make an appointment, asking for a few minutes of their time to clear something up. Try not to go into details at this time unless the person insists on doing so. This first contact is for the purpose of making an appointment. On a separate sheet of paper set up your appointment information, name – date – time – meeting place – phone number.
2. When you go for the appointment, you may say something like this; "I'm now in a Twelve-Step Program, which suggests that I clear up my past by making amends or I may not get well."
3. If this is/was a long term relationship, state the amends in general at first. This way the other person can fill in the thing they felt was the harm done.
4. You may choose to say something like this, "I was wrong and I deeply regret all the ways I have harmed you. I hope that I would do it differently now. I'm asking for your forgiveness, but you may be unable to forgive me. I can truly understand."
5. If they want to open up an area or be more specific, by all means do so. You are there to have the problem healed, to take walls down. So many times what you thought was the harm done and what they thought it was, are not even close.
6. On the other hand, you may choose to state the thing you regret straight out
7. If it's money to be repaid, make the best payback plan you can for now, one you can keep. Remember you are only giving back what was originally theirs.
8. If it is a relationship problem, ask what you can do to make it right
9. Remember to take your Higher Power with you. Be willing to forgive both them and yourself.
10. Most of the time if others see that we are sincere about this process, they are happy for us. However, there may be times when it does not go well. You are there to clear up your side of the street not theirs. So, get on with your life. Let your Higher Power do His Job, and you can go about doing your own.

Amends can be made to persons who have passed away. In your quiet time or meditation call this person into your presence. Talk to them the same as you would if they were face-to-face. Or, you may choose to write them a letter; saying all you need to say, then burn the letter. The most important thing is that you both be FREE to get on with life, their new life and your new life.

Building your amends contact list

For each of those you are going to be making an amends to take a separate sheet of paper and include all the information you will need to carry out that amends. Most often it is more effective to make your amends face-to-face but in some cases that will not be wise or possible.

Example:

Name: Sam Jones **Phone #** 210 555 3946 **I made my appointment on** Tuesday 2/6/07

My Amends Appointment is for: Date: 02/09/07 **at Time:** 2 PM

Amends to be done: Face-to-face at: 16607 Blanco Road Suite 401, San Antonio, Texas 78232

Amends will be done: On the telephone at #

Amends will be done: By mail – address

Amends will be done: By email – email address

Brief outline of what I want to cover:

- a. I ask my Higher Power to cause me to have all the honesty, willingness and humility to carry out this amends.
- b. I'm now in a Twelve-Step Program, which suggests that I clear up my past by making amends or I may not get well.
- c. I was wrong and I deeply regret all the ways I have harmed you and the company. I hope that I would do it differently now. I'm asking for your forgiveness, but you may be unable to forgive me. I can truly understand. I'm not sure I could if the shoe were on the other foot.
- d. I co-mingled my money with company money; the best I can tell is about \$600. I do not have that much today but I have \$50 and I agree to pay the rest out with interest at \$50 a month until I have repaid all. If I can pay it off quicker I will, but right now I know I can do it at \$50 a month.
- e. I know that money will not restore the trust you once had for me and I do regret betraying your confidence. I am here to show my intention to change. Thank you
- f. If Sam will not accept my offer I will make the best deal I can without over-committing myself.
- g. Whatever Sam chooses to do I am grateful for the willingness to clear my side of the street off.

Assignment # Twenty-nine – Today is _____, _____, _____

STEP NINE - (LOVE IN ACTION, JUSTICE - MAKING IT RIGHT)

MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.

Is there anyone left in Group (3) three list (page 42)? Those you resisted making amends or said "no never", and could not upgrade to group (1) one or (2) two, check out forgiveness on page 25. My experience tells me how important forgiveness is. I have included a useful process when dealing with long-term relationships. Most of the people that I need to make amends to are those I believe harmed me – so I am including more Forgiveness information in this 9th Step.

FORGIVENESS is the key to happiness and loving relationships with our Higher Power, others, and ourselves. At times the harm was too much for us to forgive. Willingness to forgive is the key; however, we may be unable or unwilling to forgive (check out the Forgiveness List Boxes page 25). For those, we suggest that you pray for the willingness to forgive, put those on a prayer "hit list." Pray for this person five times a day (on awakening, mid-morning, noon, mid-afternoon and before you go to sleep), for two weeks or whatever times it takes.

The most difficult is to forgive ourselves. There are several reasons for this; we have too much inside information, including how often we have fallen short. This program and life in general is a process, from limited to less limited ad infinitum. Some of us have an illusion that someday we will graduate. Each experience is a stepping-stone we took for a stumbling block. That caused a disappointment and that called for guilt and punishment, the drug of our choice. The beatings will continue until we become perfect. Let us forgive quickly and seek correction, leaving the results to our Higher Power.

A common forgiveness problem is forgiving those we had long-term relationships with. The primary reason, we change the "crime" with time. We forgot what upset us when the "crimes" happen; we judge it with today's understanding. The following format will help you let go of the past. God can and will do for us what we cannot do for ourselves, if we trust Him.

On a separate sheet write out the following:

1. Name of the one who harmed you.
2. What did they do or not do to harm you?
3. How did you react at the time of the harm?
4. How did you feel and or think at the time of the harm?
5. What about now? How do you feel and or think about the harm?
6. How do you react when you think of, hear about, or see the one that harmed you?
7. Go to the right hand column of the Forgiveness List Boxes page 91. Which items stand out?
8. Are you now willing to forgive so you can be free?
9. Now ask your Higher Power to bring about this forgiveness at all levels, even for this one moment. You can always take it back if you don't care for the freedom. It is important to seek the healing for the way you thought and felt at the time of the "crime" as well as the present.
10. As a rule it is useful to follow up after the forgiveness with a visit or a call to make sure the wall is down, unless it would cause the other person harm. When the thought of this person comes to mind, bless them and turn again to your Higher Power.

Having done your prep work for taking Step Nine as best you could now including making as many appointments as possible, you're ready for this DAY - the day when you go about making your amends. When you start each of your amends you will find it useful to own all of your life experiences so that you can surrender them to your Higher Power and ask for His loving mercy and guidance. When we do that we are centered within Him, if we choose we can make it a habit at each beginning. Good luck and may God be with you.

Assignment # Thirty-one – Today is _____, _____, _____

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

Step Ten in our Big Book reminds 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 crop up, we ask God at once to remove them. 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 choose and act or just react automatically. This sounds too simple, too easy. It is simple, yes – easy, no.

The following is the first list of “WHEN AM I MOST LIKELY TO?” Which are negative SETUPS. SETUPS are the ways that we are likely to think, feel and react to our habits of thoughts and feelings, our personal “reality.” We will continue to repeat these, unless we change. If nothing changes then nothing changes. Identifying these SETUPS can help create what we call an Early Warning Signal System. In other words, we can learn to see it coming, promptly admit it, choose to make a new decision about it, and take whatever action or inaction called for long before that old stuff gets out of hand. These Early Warning Signal Systems could compare with the signs on a freeway telling us when our turn off is coming up in time for us to change lanes. It is up to each of us to decide to change lanes and take the action. What we can do is our responsibility, and what we cannot do is our Higher Power’s job.

Respond to the list of WHEN AM I MOST LIKELY TO negative questions as they relate to the area you are working this workbook on.

1. When am I most likely to have a physical craving for problem stuff?
2. When am I most likely to be a victim or an aggressor?
3. When am I most likely to feel fearful or anxious or terrified?
4. When am I most likely to be too rigid?
5. When am I most likely stressed out or stressful?
6. When am I most likely to feel shame or guilt?
7. When am I most likely to feel hurt or angry or resentful?
8. When am I most likely to feel unsure or doubtful?
9. When am I most likely to feel abnormal or confused?
10. When am I most likely to control others?
11. When am I most likely to feel inadequate or stupid or incompetent?
12. When am I most likely to punish or make others feel guilty?
13. When am I most likely to feel sad or depressed?
14. When am I most likely to fear abandonment or rejection?
15. When am I most likely to put things off?
16. When am I most likely to withdraw or withhold?
17. When am I most likely to have obsessive thoughts or feelings?
18. When am I most likely to be in conflict with others or myself?
19. When am I most likely to judge or criticize?
20. When am I most likely to be too sensitive or overreact to criticism?

Now build your own lists of WHEN AM I MOST LIKELY TO:

Assignment # Thirty-two – Today is _____, _____, _____

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

HOW PROMPT CAN WE BE? We have repeated through this workbook the importance of finding our habits of thoughts and feelings, our personal “reality.” All of life experiences, real or illusion, filtered and colored by our personal “reality,” our belief. If there are long-term changes, we must identify our beliefs before we can take responsibility for them. In other words, own them. When we do this, we have the right to make a new decision, what to do with them. We have to possess something before we can surrender it even to our Higher Power, we cannot give away something we don’t have. This process will help us find and own our part, our personal “reality.” To answer the question, how prompt can we turn from the problem to the solution? The answer is, “Very prompt.” In fact we can learn how to stay a step or two ahead.

I was listening to a motivational speaker, sharing a great success story of an NFL football receiver who was setting all kinds of receiving records in the NFL. He said, “Just watch this receiver in Sunday’s game; you will notice he is not 10 or 15 yards ahead of his defender; he was only a step ahead. Yet he is breaking NFL football receiving records. To be a winner you do not have to be light-years ahead of your competition, only one step.”

EARLY WARNING SIGNALS: In Steps Four and Six you’re asked to come up with a “make fun of” name for each of your important rules and patterns. As soon as you’re disturbed ask yourself, “Does this feel familiar?” (Spend a little time learning these rules and patterns you have given “make fun of” names.) If so, say to yourself; “Here’s (your “make fun of” for this guy). It’s not easy to have respect for one we are making fun of, treat them as an unwanted guest. State the new rule and pattern you want to build into a habit.

The following is made up of the second list of “WHEN AM I MOST LIKELY TO” SETUPS. This second list is constructive, useful, and positive. SETUPS are the ways that we are most likely to think, feel and/or react to our habits of thoughts and feelings, our personal “reality.” We will continue to repeat these, unless we change. Unlike the negative examples, we want the change to be an expansion of that which is positive and constructive; in other words, we want what does work to increase. If nothing changes then nothing changes. Identifying these SETUPS can help us create what we call an Early Warning Signal System. In other words, we can learn to see it coming, promptly realize it, choose to make a new decision, and take whatever action or inaction called for long before it ever takes place, therefore improving the opportunities for a positive increase. These Early Warning Signal Systems could compare to the signs on a freeway telling us when our turn off is coming up in time for us to change lanes. It is up to each of us to decide to change lanes and take the action.

Why is it so hard for so many of us to open up when it comes to the good in our life? I don’t have a problem talking about the negative stuff but when it comes to positive or loving experiences, I am so closed off.

I remember when I first started my Asset List I resisted every statement or question? I am feeling the same way now with this list.

There is a solution; we can learn how to focus on the things we want instead of what we don’t, like the negative stuff. It is no more or less than another habit of thought and or feeling, which means we can build a new habit. Some of us have bought into the idea that unless we think, feel and share the negative stuff we are not being honest. Well, I still have fears and angers but the Program has taught me not to linger on them. To use the skills and tools you are learning to apply in our life to open us up to the abundance of life. Doing the best we can is enough for now.

CONSTRUCTIVE, USEFUL AND POSITIVE SETUPS - It is no less important to identify our constructive, useful, and positive SETUPS. We want the good to increase and to become aware of their likelihood. The following list is to act only as a thought starter.

Respond to the list of the constructive and positive “WHEN AM I MOST LIKELY TO” as related to the area you are working this workbook on.

1. When am I most likely to experience the presence of God or Higher Power?
2. When am I most likely to experience loved or loving?
3. When am I most likely grateful?
4. When am I most likely to trust others and myself?
5. When am I most likely able to make decisions and follow through?
6. When am I most likely to feel close or intimate toward others?
7. When am I most likely to feel safe, secure and stable?
8. When am I most likely to feel I have a purpose, meaning or mission in this life?
9. When am I most likely to feel wise and intelligent?
10. When am I most likely flexible?
11. When am I most likely playful, happy, joyous and free?
12. When am I most likely to feel constructive and positive?
13. When am I most likely to forgive quickly others and myself?
14. When am I most likely patient with myself and others?
15. When am I most likely honest with myself and others?
16. When am I most likely to feel worthwhile and useful?
17. When am I most likely to ask for what I need and want?
18. When am I most likely to make commitments and keep them?
19. When am I most likely spontaneous?
20. When am I most likely to feel like I belong?
21. When am I most likely to feel selfless?

After you have responded to these twenty-one constructive and positive questions build your own lists of “WHEN AM I MOST LIKELY TO be constructive and positive.

Polarity calls on our free will to choose. Who or what will I serve? Which path will I take at this turning point? Shall I choose a quick fix or a long-term solution? Shall I follow what I currently believe is Higher Power’s will or mine? Is it going to be; in the beginning me or in the beginning my Higher Power? Shall I labor in His fields or stay at home? Do I love what I believe is my purpose or am I doing it as a duty? Can I live it here and now? What if I don’t choose any of that? That is a choice. Our Higher Power reveals Himself to us, by revealing Himself through us. Do I want to continue to develop what I believe is my purpose? Choice and action brings me joy and fulfillment. Sharing with others is a bonus.

Assignment # Thirty-three – Today is _____, _____, _____

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

1. Workshop assignment – designing a Spiritual Road Map on the negative side. Just follow the suggestion and the example below. Build your own example of a negative Spiritual Road Map by following Al's example.

An Early Warning Signal System - We are learning how to identify promptly, admit, and accept our part in our problems, before we have harmed others or ourselves. There is a simple solution. If we have been painstaking about working these first nine Steps we are now aware of some of our personal "reality," that is, our habits of thoughts, feelings, actions, and reactions. With a little help from our When Am I Most Likely To lists, and the rest of the Steps, we're able to see, know, or feel when these old habits show up. These old pathways have become ruts that we fall into repeatedly. To avoid these ruts, we must be consciously aware of them and choose to build new and more loving and useful ruts, habits, by God's Grace.

In Step Six we asked that you give these old habits, defects, ruts a dishonoring, discrediting, "make fun of" name. When one of these defects or ruts reappears, we treat it as an unwelcome guest. We interrupt its old pathways. We may say something like this: "Here comes ("make fun of name"), which is too limiting or harmful or of no use or value to me now. Higher Power, I now ask that You take "it" and let me do only Your Will. I now choose to turn from the problem to the solution accepting the answer."

BUILDING A SPIRITUAL ROAD MAP - This process of Building a Spiritual Road Map has to include our mental, physical, emotional and social, being, the humans that we are. This also includes all the crossroads, stoplights, detours, washouts, and dangerous intersections, warning signs. When we run into problems, we can change directions if we choose. Our Program is a mind training and spiritual awakening process. The following will help you start your Spiritual Road Map.

The exercise below is most effective just after we have fallen into one of our old ruts. So keep this handy for the next time it happens, or if you have an experience fresh enough you may choose to practice on it now. Because we are dealing with habits, we **will** have a next time. Take one of your old defects that has caused you problems, one that you want changed, healed or transformed, and respond to the following. REMEMBER WE ARE GOING BACKWARDS.

Example for the negative map. In this example Al will answer the eight questions with one of his experiences. After each response Al is shown there is a solution. If Al chooses he can apply our Program and build an early warning signal system.

1. Can you state one of your problems, defects and/or a harm done another, which really got out of hand? (If it is one of your patterns state that or its "make fun of" name.)

"Perfect O Saurus" shows up again – Al: I judge by such high standards that all must fail. I'm driven by perfectionism. The problem was I went off on Sam M. today for not doing the perfect job I know he can do. Sam has walked off the job; now I'm stuck.

Al has known for a long time that he will repeat his perfectionism defect unless something changes. This time it is too late, Sam is gone. Al can make amends to him and maybe, just maybe Sam will forgive him and come back to work. Al has no illusions that it will be no more than a quick fix again unless he applies the Program to this defect.

2. Most of the time we get early warning signals before it's too late. At what point had the problem gotten out of hand?

Al: I realized early this morning that my anger was building up toward all the Sams in the world. I knew then that I needed to call my sponsor before I talked to Sam.

Al had enough of a warning signal when the thought came to him to call his sponsor. Instead of taking that positive action he let his resentment at all the Sams of his past take over. It is time for Al to practice his Program on this resentment because this perfectionism goes far beyond Sam.

3. At what juncture could you have stopped the harmful flow, before passing the line of no return?

Al: When I picked up the telephone 6:30 AM this morning to call Sam I was already passing the “line of no return. I had already made up my mind he was going to be irresponsible.

Al’s pattern of perfectionism and acting it out through anger is no longer in denial, which means he has the tools to work on the solution. Now the ball is in Al’s court.

4. When did you get the thought and feelings, “don't say or do this?”

Al: When I started building a case against all the Sams in the world and I could not stop the negative flood of resentments. It was a lot deeper than my dealings with Sam.

Al’s perfectionism had already judged, tried and convicted Sam and every irresponsible act he ever even heard about. The suggestion from the Big Book, “restraint of tongue and pen”, never came to him. There is a good chance it would have if he had called his sponsor or gone to a meeting.

5. When was the last time you did, said, thought, felt this same pattern? The SAMENESS: time, place, person or type?

Al: I was preparing for an important project. I knew I was going to have to depend on Sam and some others like him. The same old stuff would happen; the work would not be done well and it would be late, and he upped the price on me. So I was resentful at Sam before I even asked him for a bid.

Al has already made up his mind that he was going to have a problem and he did, so why does he keep doing the same thing? This defect of perfectionism has become part of Al’s personal “reality”, habits of thoughts and feelings. The tools in our Program can heal or transform this defect into an asset. Now that Al’s denial is breaking down he can choose to apply our Program to this problem.

6. Any unrelated problems going on? Any changes good or bad: physical, mental, social, emotional, spiritual?

Al: I told myself I would not overeat last night and I did and I’m feeling guilty. When I feel guilty or I’m disappointed in myself I take it out on others. With this defect of perfectionism that is likely to happen.

If **Al** does not get to the conditions and causes of his defects, he will mostly trade addictions.

7. Any anniversaries, birthdays, special events nearby?

Al: My A.A. birthday is coming up. About a month before my A.A. birthday I am filled with gratitude but before long my perfectionism sets in and I start judging myself for not doing, being better.

By learning this simple process **Al** may build an early warning system so he does not fall into an old rut and if he does he can get out of it quickly. In fact, he can learn to turn to the solution before there is any real damage done.

8. Are you feeling any guilt or shame, about any area or anything, (not just this one problem area), at this time?

AI: I feel shame about my abuse of company time and money. I can see how irresponsible I have been. No wonder I think others like Sam are being irresponsible. I am projecting my guilt on others.

AI's responses to the eight questions from the SPIRITUAL ROAD MAPS and the two "WHEN AM I MOST LIKELY TO" LIST, plus the other information he generated from working the first nine Steps to build an Early Warning System. That can give him the "one step ahead", which makes his chances better for happiness, joy and freedom.

This one step ahead can apply here by building an Early Warning System. By taking all the information you have come up with so far you can surely stay a step or two ahead of your defect, old patterns, in other words, your habits of thoughts and feelings. Because our personal "reality" is made up of habits we can count on them repeating themselves as habits do. Realizing your worst road hazards, defects taking place and mapping them as soon as possible will help build a useful Early Warning System that enriches your life. Copy the eight questions on a card or paper and carry them with you, when an opportunity come you may use this tool.

Now build your own example of a negative Spiritual Road Map by following **AI's** example.

1. Can you state one of your problems, defects and, or harms done another, which got out of hand? (If it is one of your patterns state that or its "make fun of" name.)
2. Most of the time we get early warning signals before it's too late. At what point had the problem gotten out of hand?
3. At what juncture could you have stopped the harmful flow, before passing the line of no return?
4. When did you get the thought or feeling, "don't say or do this?"
5. When was the last time you did, said, thought, felt this same pattern? The SAMENESS: time, place, person or type?
6. Any unrelated problems going on? Any changes good or bad: physical, mental, social, emotional, spiritual?
7. Any anniversaries, birthdays, special events nearby?
8. Are you feeling any guilt or shame, about any area or anything, (not just this one problem area), at this time?

Realizing our everyday miracles and at times an awakening and mapping them as soon as possible can help build a useful Early Warning System. It can enrich and expand the good experiences in our lives. Make copies of the eight questions below or write them on a card and carry it with you. When an opportunity comes you may use this tool.

Build a Positive Spiritual Road Map by following **AI's** example.

1. State the constructive, useful, positive, or loving experience. (What is this pattern's beloved name?)
2. Most of the time we get early useful signals before the experience happens. At what point did you see it coming?
3. At what juncture could you have increased the flow - before turning it off?
4. When did you get the thought or feelings to say or do this or that to open up more to the experience?
5. When was the last time you did, said, thought, felt this same pattern? Note the SAMENESS: time, place, person or type.
6. Any unrelated stuff going on? Any changes good or bad: physical, mental, social, emotional, spiritual?
7. Any anniversaries, birthdays, special events nearby?
8. Are you feeling any great emotions about any area or anything (not just this one experience) now?

Assignment # Thirty-four – Today is _____, _____, _____

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

ACTION – STEP TEN CONTINUED - DAILY JOURNAL

1. Workshop assignment – Read the information outlining the concept of using a daily journal, noting its benefits for you, underlining those ideas that may be useful to you.
2. Build your own example of a daily journal using AI's example. Make copies of the Worksheet on page 43 or make up your own.

WHAT'S IN A JOURNAL FOR US? I find it useful to keep a daily journal. If we focus on one area at a time, as suggested, we'll find the following useful. If we keep this journal on our Heart's Desire, that is what we want most in life, for forty (40) days, many of your habits of thoughts and feelings will show up. We will be able to see what we believe by what we are experiencing repeatedly. A shortcut to a personal inventory is simply this; whatever we are experiencing is what we believe, not what our conscious mind is telling us.

MINIMAL TIME COMMITMENT: Why forty days? We will go through a full cycle, Spiritual, mental, physical, and emotional. Going through a full cycle we experience the different way we react to the same conditions.

THREE MINDSETS: When we come to the Program, we had the mindset of a user. We were using people, places, and things to blame or explain why we were happy or successful, sad, or failing. As a user we view others using us or as us using others. With the mindset of ownership we know that we are responsible for our life experience. I expect and allow others to be responsible. The third mindset (Trust) is a willingness to trust our Higher Power. But we must be willing to own our personal "reality," and all of its content before we can turn it over.

As we see, which mindset we are in and of the life cycle we are in. This has much to do with the way we are reacting. We cannot give away something we don't own. Most of us go back and forth between the three mindsets. To save space you may choose to use these codes: MS (Mind Set) – O (Owner) – T (Trust) – U (User).

OUR HEART'S DESIRE: We believe that our Heart's Desire is the driving desire to be the Individual each of us was created to be. We believe that we shall never be fulfilled trying to be something other than that.

DAILY JOURNAL FORM: At the top of a page, write out your Heart's Desire, something about which you are willing to do whatever it takes to have or be. Then draw a line down the center of the page. On one side write the day and date – mindset – and what you did or did not do to contribute to your Heart's Desire. On the other side note the day and date – mindset – and what you did or did not do that was contrary to your Heart's Desire. As you begin to see some of your patterns, write these on a separate page. Add these patterns to your Early Warning Sign System.

Lou-is: AI I would like for you to build an example of this daily journal. This daily journal can give you great insight into you Higher Self and your personal "reality". You will recall I had told you that a shortcut to your real inventory is to note what you are experiencing not what your conscious mind is telling you. To start take today's experiences and put it on the sample sheet.

Al: [1] (contributed to) I don't trust or like Sam but I am trying to love my enemies so I prayed to extend him love. I don't have to trust another human or myself when I **trust** my Higher Power.

[2] (Contrary to) I did not want to go to work today so I lied, I am a **User**.

Al: [3] (Contributed to) I must be growing because I did not blame my wife, Allienon for my mistake, so I am the **Owner** of my stuff. [4] (Contrary to) I did not want to use my car because I was low on gas so I lied to Juan to use his; yes I can see I am a **User** of Juan and his car.

Al: [5] (Contributed to) As I can **trust** my Higher Power this morning I realized His Presence.

[6] I still think I can lie and **Use** others and get by with it; if the boss finds out I lied again I'm gone.

Al: This does not look so good when I see it on paper. I am sold on this idea, so I'll do it for forty days. My Heart's Desire Is: [Example]

My heart's desire is to awaken to the Three Spiritual Gifts and consciously and consistently live them.

MS (Mind Set) = O (Owner) T (Trust) U (User)

DATE	MS	CONTRIBUTED TO	DATE	MS	CONTRARY TO
07/30 2014	<i>T</i>	<i>[1] I extended love to Sam today silently when he lied</i>	07/30 2014	<i>U</i>	<i>[2] I told (lied to) the boss I was sick to get off early</i>
07/30 2014	<i>O</i>	<i>[3] I didn't blame Allienon for my mistake</i>	07/30 2014	<i>U</i>	<i>[4] I told Juan I had a flat tire so we could use his car.</i>
07/30 2014	<i>T</i>	<i>[5] I consciously experienced the Presence today</i>	07/30 2014	<i>U</i>	<i>[6] I was full of self-centered fear; when the boss called, I lied to him</i>

Our deepest dream and Heart's Desire are one. For most of us our Heart's Desire is living an effective life that makes a good difference. Our Program offers us the tools to live our Heart's Desire, if we are willing to do a few simple things. By grace it is ever expanding: Spiritually, mentally, physically, emotionally and socially. We believe that our Heart's Desire and our Higher Power's will are one. When we are in harmony with our Heart's Desire we have a sense of fulfillment, proof of His Presence.

[illegible]

Assignment # Thirty-five – Today is _____, _____, _____, _____

STEP ELEVEN - (SPIRITUAL)

SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD, AS WE UNDERSTOOD HIM, PRAYING ONLY FOR KNOWLEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT.

Assignment: Reading in Twelve Steps and Twelve Traditions and responding.

- Today's assigned reading is: Step Eleven – pages 96 - 105
- Highlight** or underline those statements or questions that are important to you as you read today's assignment.
- Affix a number to that **highlighted** or underlined statement or question in your Twelve Steps and Twelve Tradition book.
- When you respond to that **highlighted** or underlined statement or question place the corresponding number that you affixed to it in your book. This way you will not need to write that **highlighted** or underlined statement or question.

[illegible]

“When nothing seems to help, I go and look at a stonecutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that blow that did it, but all that had gone before.” Jacob Riis - I could re-write this for every area of my life, for sure my prayers and meditations. It pays to keep on, keeping on.

STEP ELEVEN - (SPIRITUAL)

SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD, AS WE UNDERSTOOD HIM, PRAYING ONLY FOR KNOWLEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT.

Brief Step Eleven Inventory:

1. On a separate sheet of paper, write: (a.) what was or is your resistance to a Higher Power, religion, or a Spiritual way of life? (b.) The types of prayers and meditations you have used. (c.) How effective were they?
2. Sum up your present prayer and meditation practices.
3. Make a list of resources available to you that you could possibly seek out to improve your understanding and practice of prayer and meditation. One example: it's useful to start our day with pages 86 through 88 of Alcoholics Anonymous for the next forty days.
4. List those people who may be able to help you on your spiritual journey.

SEEKING - Step Eleven directs us to the most important part of our human condition; that is, to be our Real Self, the Individual created as. In other words, His Will for us. We are to ask for the power to carry it out. As we had said before, we shall never be joyous, happy and free until realized. Once we have realized where the power is, and what we want that power for, it becomes a much simpler and easier decision. All of life is a process. This Step also suggests that we continue to seek through prayer and meditation to improve our conscious contact with this Higher Power.

WHAT ABOUT AFFIRMATIONS - In the early years I thought affirmations were so phony. At some point I realized the "good" was what I wanted my mind filled with instead of the negative. I would memorize a few affirmations at a time. Once these became a habit, I would find myself thinking and saying one of these affirmations instead of automatically responding with something negative.

Sam met an old high school friend he hadn't seen in years. His friend had become successful. Sam asked him how he had become so successful. The friend replied that he went to finishing school. Sam asked him, what did you learn in finishing school?" He replied: "I learned to say fantastic, instead of B.S."

I turn to my affirmation and Spiritual readings, each morning as I am creating my day as a thought starter. I intended to focus my attention on affirming what I want instead of what I don't want.

SIMPLE SUGGESTIONS - Here are five parts of a process for praying that are useful for me:

1. I must believe, feel, and know there is a Higher Power, a Power Greater than myself.
2. At some level I must believe, feel, and know I have the right to ask for what I need, want, and desire. I believe this Higher Power has placed the need, want, and desire in my heart, mind and soul, but I understand what He passed on is filtered through my personal "reality." I feel sure He placed in my heart and mind His will for me and know how to fulfill it, if I will let Him.
3. Next, I ask this Higher Power for what I need, want, and desire. I must give this some thought before I ask, like "What's this for"? I add the disclaimer, "If it is Your Will, please. If it is not Your Will, please, please don't give it to me."
4. I thank Him believing it will be done.
5. I let it go and stay out-of-the-way of the process.

Practice every day until it becomes a habit, and then it's automatic. **Lou-is:** At times I have to spend more time on one or more of these five parts. I meditate on that part awhile, and then return to the process. I remind myself that I cannot get good enough to earn God's grace or be bad enough to keep His grace from flowing to me.

WHEN I LOVE SOMEONE I OFTEN THINK OF THEM

If I love someone with all of my heart, mind, and soul (our Father), I think of that person often. If I knew of someone who had what I wanted (our Father), I would find a way to communicate (pray). Once I awakened there is a Power Greater than myself, that can and would do for me what I could not do for myself, I started to communicate with Him. My motive hasn't been all that pure, but when I ask with all of my heart and mind, I experience useful solutions. I took the same pathway practicing meditation. When I love someone (our Father) or know of someone who has what I want (our Father), I can't get enough of them. I want to be near them, talk and listen to them, talk and listen to others about them. Prayer and meditation are spiritual principles, which means they are endless. The highest form of meditation is contemplation, that is, direct knowing. This is likely to come when we are still; mentally, emotionally, and spiritually.

ONE SOURCE, MANY CHANNELS - Asking our Higher Power for what we need at any given time is a way of including our Higher Power in every area of our life. Many of us, for one reason or another, believe and feel there are some things we must do alone and unaided (as though our Higher Power cannot or will not help us with these "forbidden" areas). But on the contrary, we believe that we shall never experience true fulfillment being anything or anyone other than the individual He created us to be. In other words, in conscious union with our Higher Power's Will for each of us. Turn your consciousness toward your Higher Power at each beginning. When you awaken, when you start anything, answering the phone, while driving, talking to a different person. Just remind yourself with a sacred word or name like "Father" or "God." With each completion, say thanks to your Higher Power.

AS YOU BELIEVE -I made up rules about when and how God would help me and when He would withhold and punish me. So far God does not go with my private rules. A wise teacher said: "It is done unto you as you believe." It's important that we identify all of our personal "reality" (rules) we can; to seek more of God's Will, and the power to carry it out.

To receive God's help - He must have our consent. It is hard for us to give our consent when we are so full of self. Therefore, prayer and meditation are vital to our recovery, to our awakening. The way you turn toward a Higher Power at a given time - is the best way. Each time we seek to improve our conscious contact with our Higher Power, the better receivers and givers we become. We cannot make ourselves grateful any more than we can make ourselves love. These are gifts. However, we can keep turning to the God of our understanding; we can choose to make a habit of it. By building a habit of this, we open ourselves to both receiving and giving consistently.

ALL HAVE A PURPOSE -Whoever created us as individuals must have a purpose for each of us, and this has to be His Will for each of us. If we can be in conscious union and harmony with His Will and His Purpose, we are likely to experience our personal fulfillment. In that case, we would surely want to improve our understanding and experience in His Will and have the power to carry it out. There are many teachers who are waiting to share with you. "When the student is ready, the teacher appears. When the teacher is ready, the student appears." Seek them. Be as willing, honest, and open-minded as you can. Our human condition fosters the illusion that we are separate from all others. Therefore, we need prayer and meditation to bring us home to an experience of conscious union, to healing, to wholeness, to fulfillment.

GOD'S INDIVIDUAL WILL FOR EACH -Finding our Heart's Desire, our purpose, our mission, God's individual Will for each of us, a Higher Power that can and will do for us what we cannot do for ourselves, is the focus of this workbook. To help you find your Heart's Desire, purpose, our mission go to our website www.12stepworkbook.org click on the Workshops – free downloads – Awakening To Your Mission A Spiritual Gift.

Assignment # Thirty-seven – Today is _____, _____, _____, _____

STEP TWELVE - HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO ALCOHOLICS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS. (AWAKENING, SERVICE, PRACTICE)

Four - Assignment: Reading in Twelve Steps and Twelve Traditions and responding.

- Today's assigned reading is: Step Twelve pages 106 through the top of page 112
- Highlight** or underline those statements or questions that are important to you as you read today's assignment.
- Affix a number to that **highlighted** or underlined statement or question in your Twelve Steps and Twelve Tradition book.
- When you respond to that **highlighted** or underlined statement or question place the corresponding number that you affixed to it in your book. This way you will not need to write that **highlighted** or underlined statement or question.

[illegible]

I love sharing unconditionally with others the gifts I receive living this A.A. way of life. My sharing now is out of enlightened self-interest. Selfish and self-centered driven by fear and self-delusion was my pre-A.A. and early A.A. experience. Having a Spiritual awakening as the results of working the Program the grosser forms of selfishness was replaced with what I call enlightened self-interest. I get more out of forgiving others than I do by someone else forgiving me. When I forgive another I know that it is possible for me to be forgiven. When I am loving or doing loving things for others, I believe that others will love me by doing loving things for me.

STEP TWELVE - HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO ALCOHOLICS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS. (AWAKENING, SERVICE, PRACTICE)

- Today's assigned reading is: Step Twelve pages 112 first full paragraph middle page 118
- Highlight** or underline those statements or questions that are important to you as you read today's assignment.
- Affix a number to that **highlighted** or underlined statement or question in your Twelve Steps and Twelve Tradition book.
- When you respond to that **highlighted** or underlined statement or question place the corresponding number that you affixed to it in your book. This way you will not need to write that **highlighted** or underlined statement or question.

[illegible]

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Assignment # Thirty-nine – Today is _____, _____, _____, _____

STEP TWELVE - HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO ALCOHOLICS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS. (AWAKENING, SERVICE, PRACTICE)

Assignment: Reading in Twelve Steps and Twelve Traditions and responding.

- Today's assigned reading is: Step Twelve pages 118 first full paragraph end page 125
- Highlight** or underline those statements or questions that are important to you as you read today's assignment.
- Affix a number to that **highlighted** or underlined statement or question in your Twelve Steps and Twelve Tradition book.
- When you respond to that **highlighted** or underlined statement or question place the corresponding number that you affixed to it in your book. This way you will not need to write that **highlighted** or underlined statement or question.

[illegible]

We suggest you read (study) a great Pamphlet Published by GSO IN 1976 – Questions and Answers on Sponsorship. I suggest that you make a list of what you want to give and receive from sponsorship? The following are a few thoughts on what I wanted from a sponsor and to pass it on: 1. Help one come to their understanding of our Program as a way of life. 2. One I can trust. 3. One to give me useful tools. 4. One who is non-judgmental. 5. One who sees good in me before. 6. One who is wise and understanding. 7. One who has worked the Program successfully. 8. One who is walking their talk. 9. One who has awakened to a Higher Power. 10. One living a sober life; Spiritual, mental, physical, emotional, and social not just dry.

Assignment # Forty – Today is _____, _____, _____, _____

STEP TWELVE - HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO ALCOHOLICS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS. (AWAKENING, SERVICE, PRACTICE)

Our Program offers us ways to experience fulfillment beyond any of our illusions and to deal with our human condition at each level where we are willing and able to apply these Spiritual principles. When we fall into the old self-centered ruts we have the tools to get out quickly. If we choose we can get out of ourselves by sharing our experience, strength and hope. We can do this one-on-one, in meetings and in groups of Program friends. Step Twelve embodies all three Spiritual Gifts. It is our choice at what level we will share these Gifts.

FIRST SPIRITUAL GIFT AWAKENING PRESENCE

Step Twelve opens with: Having had a spiritual awakening as the result of these steps. Working the first eleven Steps will assure a personality change, a shift in our perception sufficient to cause recovery, a spiritual awakening. Our old mask (personality) is removed, well some of it. We awaken at a place where we have always been, our Father's House. The first Spiritual Gift: Awakening to the Presence of our Higher Power and in conscious union with this Presence. "Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But where and how were we to find this Power? Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem." (Alcoholics Anonymous page 45 reprinted with permission) The main object of this workbook is in concert with that mission. This spiritual awakening is the first of our three primary goals of this workbook.

ACTION (1)

If you have had a spiritual awakening, sum up what that experience has meant to you. Share this experience. Write your response.

SECOND SPIRITUAL GIFT LOVE

WE TRIED TO CARRY THIS MESSAGE – "Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our **twelfth suggestion**: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill. Life will take on new meaning.

THE MESSENGER IS THE MESSAGE -Whatever area we have applied the Steps to and whatever degree of healing we have experienced, we must "give it away to keep it". We share our experience, strength, and hope with each other, so we may enjoy living to the fullest.

IF YOU WANT LOVE, PLANT LOVE SEEDS - The second spiritual gift is the awakening to the Love that we are; that all of us are. We're created in the image and likeness of our Creator, and we believe that this Creator is Love, and, therefore, so are we. The second part of Step Twelve is; "...we tried to carry this message." This is sharing; this is love. We give but little when we give of our possessions; it is when we give of ourselves that we give. In the act of giving, passing on what we have received, we realize that giving and receiving are the same. In fact the only way we can become a master receiver is to share with others everything we want for ourselves. We can love because our deepest nature is love.

I do see how important it is to pass on what we're given. Putting our name and phone number on the newcomer's pack is OK, but I have another suggestion that never failed to work for me. Before I take any Program action I seek the guidance of my Higher Power. I share whatever comes to mind that could be useful. I get the name and phone number or contact information from the newcomer. When I feel down, or just want to share the Program with someone, I call that newcomer and share what's given me. Perhaps the simple basic questions newcomers ask. Like, "Do you have a Big Book? Do you have a sponsor? - Where and when are you going to meetings?" - "Are you able to get to meetings or talk to a member of AA?" I would ask him or her if they had any questions. I would then let that person know how they could contact me. If I can get out of my self, even for a minute or two I am uplifted.

ACTION (2)

Write your response to the following:

1. What healing experiences you can pass on?
2. You give but little when you give of your possessions; it is when you give of yourself that you truly give. When and how have you given of yourself?
3. How did you think and feel after you shared your experience, strength and hope with another?

THIRD SPIRITUAL GIFT MISSION

...and to practice these principles in all our affairs - What we consistently practice, we get good at (loving stuff or sick stuff). We get more love by loving - more forgiveness by forgiving, more understanding by understanding others. We do not have to agree with others, nor do we have to like them, but we need to love all others by wishing them well, by praying that each one realize the Three Spiritual Gifts. All spiritual principles grow and expand with use. PRACTICE giving away everything you want. If you want corn, plant corn seeds; if you want love, plant love seeds. Walk your talk, and the rewards will be beyond your present belief. If we turn to do God's Will or Work, we're given the power to carry that out.

The Third Spiritual Gift: Awakening to the individual created Self, with purpose and meaning. In other words consciously lives our Heart's Desire, God's Will. The third part of Step Twelve: "...and to practice these principles in all our affairs." The only way we can fully realize who we are is to share what we currently are as the result of this process. When we're God-centered, even for a moment we have all the power and wisdom we need. In that moment of awakening we experience the Presence, the Love that we are, and the created Individual we are. We are told or shown what to do, say, think and feel in a way we can currently hear, understand and follow. The more we practice this way of life, the better we can get at it.

ACTION (3)

Write your response to the following, use a separate sheet:

1. As an individual, how do you practice the Presence of your Higher Power?
2. As an individual, how do you practice sharing the love you are?
3. As an individual, how do you practice your purpose, value, mission or heart's desire?

I wasted so much time thinking about what I am: alcoholic, workaholic, service-aholic or think-aholic. I think I will think some more, maybe I am a pray-or-meditate-aholic, I could be a God-aholic the best kind of -aholic! While going for a walk I realize I may be; have- a-goodday-aholic or not.

Assignment # Forty-one – Today is _____, _____, _____

STEP TWELVE - HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO ALCOHOLICS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS. (AWAKENING, SERVICE, PRACTICE)

BUILDING A NEW PERSONAL “REALITY” - We cannot imagine a better set of conscious habits than the Three Spiritual Gifts. Our Program is a spiritual awakening and mind training process. Once awakened, we can learn how to stay awake.

ACTION (4)

A suggestion for each of the forty-day practice periods: On awakening, consciously turn to the Spiritual Gift you chose for the day. Choose an attribute of your Higher Power. Choose one of the six loves or an element of love. Choose a characteristic of the most accomplished people throughout recorded history for the day’s practice (a list of these follow). Check the detailed example on page 53 and a form for the Daily Practice sheet on page 54.

THOUGHT STARTERS: A list of our **Higher Power’s attributes**. Create your own list.

Love	Consciousness	Omnipresence (Always Present)
Life	Soul	Omniscience (All Knowing)
Truth (Reality)	Spirit	Omnipotence (All Power)
Wisdom	Intelligence	Universal Principles (Spiritual)

THOUGHT STARTERS: The **six loves**.

Agape	Philia	Primal Love
Storge	Eros	Self-love

THOUGHT STARTERS: Nine common, everyday **elements of love**.

Patience	Humility	Good Temper – Good sense of humor
Kindness	Courtesy	Innocence
Generosity	Unselfishness	Sincere

There are many ways to give of our self through our program. Ask your Higher Power, Higher Principles, to serve and it will come. As with the First Gift’s thought Starters check out other sources.

THOUGHT STARTERS FOR LIVING PRINCIPLES: **Characteristics** of one hundred of the **most accomplished** people throughout history. They had common characteristics that we can share. All had a, not always spiritual but a greater cause. Living this Program beyond our egos and awakening to the Three Spiritual Gifts is a Higher Purpose.

Higher Purpose	Trust	Resiliency
Focus	Perseverance	Independent
Prepared	Creative	Courage
Conviction	Risk takers	Commitment
Faith	Curiosity	

ACTION (5) DAILY PRACTICE FOR GREATER BENEFITS: Until it’s a habit turning consciously toward the Presence of your Higher Power, set up a physical reminder, write down your insights.

MENTAL LEVER: For best results set up a plan of action, which include all levels of consciousness daily.

SPIRITUAL LEVEL: Seek through prayer and meditation to improve our conscious contact with the Three Spiritual Gifts. Daily remove obstacles blocking the spiritual flow of Divine energy. Co-Create a loving environment for our Three Spiritual Gifts to thrive. When we are in conscious union with our Spiritual Gifts, we intuitively know we are on the right path. We’re motivated to expand our Spiritual practice. When in conflict with God’s Will, we’re filled with fear, anger, negative stuff, and the pain motivates us to turn once again to our Spiritual Source.

MENTAL LEVEL: "...for after all God gave us brains to use." (Page 86 Alcoholics Anonymous). We are going to be thinking all the time, unless we are in a coma, so why not choose what we want to think about. With a little practice we can do this. Throughout the day we remind ourselves to think of the spiritual gift of the day. The first thing we know we have a habit of thinking the thoughts we want. All action starts with some level of consciousness. When we are running on automatic (habit), that consciousness is likely to be the giving of our silently consent. *Mental Motivators:* thoughts that move us toward our Heart's Desire inspire us; show us we are on the right path. Those thoughts that turn us away from our Heart's Desire show us that we are off the path. If we choose, we can use this information to get back on the path.

PHYSICAL LEVEL: We live in a physical body and world. Physical Motivators: When taking care of our physical bodies and world we're on the path. When we're not taking care of the physical bodies and world we get warning signals, which motivate us to get back on the path. Life is in motion; we're on the move. Why not act in concert with the spiritual gift?

EMOTIONAL LEVEL: These Three Spiritual Gifts, with their attributes, elements and characteristics are vital to our lives, because they are our true nature. By consciously, consistently practicing these gifts, we open ourselves to that spiritual flow. The more impassioned these gifts, the more effective this human condition becomes. Emotion Motivators move us toward our Spiritual Gifts in a positive flow of Divine Energy and moves us away from what's not through pain.

SOCIAL LEVEL: The way we're created we cannot live alone. Social Motivators: When joined in our common welfare, useful, constructive and joyful we're motivated to share. When we're withholding, withdrawing we will fail and the pain of failure can motivate us to change.

ACTION (6) At the end of each day or the next morning make short reviews of your practice experience. Use the format for Step Ten Daily Journal pages 43. What contributed to and what was contrary to the practice of my spiritual gift (s) for the day.

A DAILY PRACTICE EXAMPLE:

The First Spiritual Gift: Awakening to the Presence of our Higher Power.

The Second Spiritual Gift: Awakening to the Love that we are; that all of us are.

The Third Spiritual Gift: Awakening to the individual Self, with purpose and meaning.

Al Kohallek's Example: Al chose The Second Spiritual Gift.

A Daily Practice Supplement is on page 54

1. On awakening each morning, turn your consciousness, toward the Love you are.

Al: ***When I awakened this morning I realized how important Love is to me.***

2. Choose one element of Love you can share with others today.

Al: ***Today I choose patience.***

3. Practice this element of love throughout this day, if possible at all levels.

Al: Mentally: ***I will make note of when I am patient and when I am not.***

Physically: ***I will patiently work on my project today.***

Emotionally: ***I am willing to patiently direct my emotional energy toward love.***

Socially: ***I am willing to be patient with all those I meet with today.***

Spiritually: ***I am willing to trust God for all the results so I can be patient.***

A DAILY PRACTICE

Date ____ / ____ / ____

1. On awakening this morning, I turn my consciousness, toward Your Presence Father, the Love I am, and the individual I was created as. I am filled with gratitude for what You have in mind for me today. Each day I will focus on one of the three Spiritual Gifts or some part of my Heart's Desire. This day I choose to focus on:
2. Each day I will choose one of God's main Attributes or one element of love or one of the characteristics of the most accomplished people to focus on. Today I choose:
3. I will practice this Attribute or element of love or characteristics throughout this day, at all levels:

Spiritually:

Mentally:

Physically:

Emotionally:

Socially:

A DAILY INVENTORY: The next morning Al reviewed the day before as to how well he did with his daily practice. Others may do their inventory the same day while it's fresh in their minds. He used the Step Ten Daily Journal format, noting what contributed to and what was contrary to his Spiritual Gifts. By the time Al completed a full forty days on each of the Three Spiritual Gifts he had a pretty good idea what worked and didn't work for him.

Assignment # Forty-two – Today is _____, _____, _____

STEP TWELVE - HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO ALCOHOLICS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS. (AWAKENING, SERVICE, PRACTICE)

NOW I KNOW HOW TO DO A 12 STEP CALL: I was trying to work with a paraplegic, and it was not going well. Each morning I would go by his apartment to see how the night went, and I would stop by after work to check on him. He would not sober up no matter what I did. I tried out everything the 12 Step athletes suggested, but nothing worked. One day I had had it with him and I began to pray something like this: “Father I don’t have a clue what to do with him. You take him and do whatever You will. I now surrender him completely to You. Let Your will be done, not mine”.

I walked into his bedroom; he had a gun to his head about to shoot himself. I began to yell at him to go ahead and pull the trigger. I told him he was nothing but a blankity, blank user. He was using his mom, everyone else and me, that he was a useless cripple. (I had never called anyone handicapped, a cripple. I knew how unfair that was.) I said, that we would all be better off without him. He started crying and handed me the gun and sobered up.

I said to myself, “Now I know how to Twelve Step people. I need to be as mean and ugly as I can. “ The next time I got a guy that would not respond the way I thought he should. I was mean and ugly to him, and he hung up on me. I did find the key that day: It was a total and complete surrender of both the other person and me to our Father.

Questions:

1. What was the most effective thing done for you or to you when someone made that first Twelve Step contact?
2. Write out and share your first experience Twelve Stepping someone?
3. What do you consider to be Twelve Stepping?
4. What do you consider as service?

I realized the importance to forgive every authority. I realize that every judgment of an authority I made I projected on to Our Father, my Higher Power. For example, I knew that my dad loved my brother more than me; you would love him more than me also. He would give brother the good stuff. One morning during my meditate while kissing up to Our Father, I found myself saying something like, “Father I’m sorry I’m not the Son you wanted.” I remembered that I said the same to my dad, “I’m sorry I’m not the son you wanted, that is, like my brother to whom you gave all your love. “

SPIRITUAL TRANSFORMATION - If everything stops working, the way it once did, it's possible you are going through a Spiritual Transformation. Go to our website www.12workbook.org and download a copy of, Al’s Spiritual Transformation or pick up a copy at our office. Our address is 16607 Blanco Suite 401, San Antonio, TX 78216.

What is a Transformation Cycle? How does it work? What’s in it for me? As spiritual beings in a human experience we pass through many different types of cycles at every level, both short-term and long-term. Each 24-hour day we’re reborn each morning; we experience some tiny growth and then we “die” each night when we go to sleep. Then we have the forty-day cycle, and of course a human lifetime cycle spiritually, mentally, physically, emotionally and socially, symbolized by human birth, infant, childhood, adolescence, adult and the elder. The Spiritual Transformation Cycle is far more intense, giving a profound meaning to the idea we must die before rebirth. Our greatest Spiritual leaders demonstrated a Spiritual Transformation cycle with their birth, life, death and resurrection.

SPIRITUAL TRANSFORMATION One of the greatest fulfillments we can experience is this human condition. It is one of the most fearful, painful and dangerous experiences we can have. Sometimes it proves to be fatal. At some point in our life experience everything stops working, called the Dark Night Of The Soul. Our fighting or resisting the natural cycle can cause great problems, fear, anger, and depression, destructive acting out or turning on one's self. The more we try to live on yesterday's bread the more pain, frustration, anger and fear we experience. I believe, that many of us are destructive to ourselves and, or others. Our Higher Power or Higher Self will direct and guide us if we are willing to surrender to the process. Pain comes from our resistance – so let go and let our Father guide us Home.

WE BOTH RECEIVED A GIFT: A person that I could hardly stand asked me to help him with his Step work. This person feared that he could not stay sober with all the anger and negative stuff going on in his life. In the past I resisted working with this person. If I were sincere about walking my talk I knew then that I must share with that person. He began working the Steps as though his life depended on it. I believe it did. When I saw how hard he was working, I realized I had a feeling of warmth and loving compassion for that person. I prayed with all of my heart that he would get "it." Since that moment I have never felt, no matter how "bad" I do, say, think or feel that I was a total loss. I knew there was someone out there who would help me, forgive me, and love me. The reason is simple enough; I had extended forgiveness and love to one I did not feel deserved it.

NOW WHAT - By now we have gained a lot of information, the question is what are we to do with it? Head knowledge can be useful if we remember that's all it is. The longest distance to travel is from the head to the heart. There's no long-term change until both the head knowledge and heart experience are internalized. It's a new part of our personal "reality," a new habit of thought and feeling. The shortcut to our personal "reality" change is to walk our talk, to practice, practice, practice these principles in all our affairs.

BE QUICK TO FORGIVE: Can we share our Three Spiritual Gifts honestly, willingly, with an open-mind, and a willingness to forgive all? As we awaken each day let us choose to be as loving, wise and useful as we can by God's loving Grace. When we fall short, let us be quick to forgive all. Remember; what we can do is our responsibility; what we cannot do is God's.

Today's Mission Statement: Now that we are coming to a close of this Forty Day Commitment we may realize this is only a beginning. Now that we have a few more tools to practice this way of life with we can choose what to do with them. Every area, every level has become an asset to the degree that we have received healing. To keep these gifts and to expand them we must pass them on.

"When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man I put away childish things." Until then, I saw only my little reflection in that limited mirror of my personal "reality." I heard only the hum of my little voice as this limited "reality." But now face-to-face with Your Holy Attributes, Father, I live, move and have my being in and through universal Principles. Just for this instant, I intuitively know even as I am known.

What we receive through our Higher Power's Grace we become. We're wise to freely pass on what we have become by His Grace, consciously and consistently which enables us to continue to awaken expand and grow.

Assignment # Forty-three – Today is _____, _____, _____

STEP TWELVE - HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO ALCOHOLICS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS. (AWAKENING, SERVICE, PRACTICE)

Summary Questions

1. Now What?
2. And practice these principles in all our affairs. What's your understanding of this statement; "Principles in all our affairs"?
3. What are the tools for living that you already had but not used often?
4. As the result of working through this workbook what are the new tools or upgraded old tools for living you realized?
5. List at least ten ways you plan to practice these principles in all your affairs. Keep this list handy each day during your Daily Inventory until these become your new habit of thought and feeling, your transformed personal "reality".

YOUR CHOICE -

Many choose to live in darkness with our eyes closed, our ears stuffed, our fists tightly closed grasping nothing. With a closed mind focused on self, our emotions fed with yesterday's self-centered fears. We abused our physical bodies and used others as objects. We looked to people, places and things for our worth, meaning and purpose. Feasting on spiritual junk food, starving for a conscious contact with our Higher Power. We tried to control others and ourselves with guilt and punishment.

CHOOSE ONCE AGAIN

If we're willing to open our eyes, unplug our ears, open our hands to both receiving and giving, let our emotions flow in loving energy, and be open channels, we will receive everything we need to awaken. We will find the way and the power to "seek God, clean house, and help others." We do not change the Divine Laws when we plant corn instead of wheat. We do exercise our power of choice. We can choose, but it is God who creates. Now, let us choose our Higher Power's will and leave the results to Him.

IN CLOSING PART ONE: We are suggest that you continue on with the rest of this work book; completing PART TWO, which covers the Twelve Traditions. These too are Spiritual Principles which will expand with their use. When I applied these Traditions in my personal, business and A.A. my life took on a new meaning. I was told many years ago that I would have to work for myself or by myself because I just could not get along with other people. By God's grace my life has meaning; I can make a good difference everyday if I stay willing because I now have the tools. This has come about by living this way of life, which includes a great many people. I am truly grateful to our Higher Power, who I choose to call our Father and the Twelve Steps and Twelve Traditions.

If you choose not to complete Part Two for now, you can come back for another go around. We suggest that you complete the Growth Questionnaire in the Appendix now if you are only doing Part One or wait until you complete Part Two. You will be surprised how much change there is in your perception just since you started this workbook. Turn to the Growth Questionnaire in the Appendix and check it out.

"Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us."

“Abandon yourself to God, as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you until then.” (Alcoholics Anonymous, page 164 reprinted with permission).

LOVE - GIVING

Then said a rich man, Speak to us of Giving.
And he answered:
You give but little when you give of your possessions.
It is when you give of yourself that you truly give.
For what are your possessions but things you keep and guard for fear you may need them tomorrow?
And tomorrow, what shall tomorrow bring to the over prudent dog burying bones in the trackless sand as
he follows the pilgrims to the holy city?
And what is fear of need but need itself?
Is not dread of thirst when your well is full, the thirst that is unquenchable?

There are those who give little of the much, which they have – and they give it for recognition and their
hidden desire makes their gifts unwholesome.
And there are those who have little and give it all.
These are the believers in life and the bounty of life, and their coffer is never empty.
There are those who give with pain, and that pain is their baptism. And there are those
who give and know not pain in giving, nor do they seek joy, nor give with mindfulness of virtue;
They give as in yonder valley the myrtle breathes its fragrance into space.
Through the hands of such as these God speaks, and from behind their eyes He smiles upon the earth.
It is well to give when asked, but it is better to give unasked, through understanding;
And to the open-handed the search for one who shall receive is joy greater than giving.
And is there aught you would withhold?
All you have shall someday be given;
Therefore give now, that the season of giving may be yours and not your inheritors’.

You often say, “I would give, but only to the deserving.”
The trees in your orchard say not so, nor the flocks in your pasture.
They give that they live, for to with-hold is to perish.
Surely he who is worthy to receive his days and his nights, is worthy of all else from you.
And he who has deserved to drink from the ocean of life deserves to fill his cup from your little stream.
And who are you that men should rend their bosom and unveil their pride, that you may see their worth
naked and their pride unabashed?
See first that you yourself deserve to be a giver, and an instrument of giving.
For in truth it is life that gives unto life – while you, who deem yourself a giver, are but a witness.

And you receivers – and you are all receivers – assume no weight of gratitude, lest you lay a yoke upon
yourself and upon him who gives.
Rather rise together with the giver on his gifts as on wings;
For to be over-mindful of your debt, is to doubt his generosity who has the freehearted earth for mother,
and God for father.
(The Prophet [Giving] by Kahlil Gibran)

INDEX PART TWO THE TWELVE TRADITIONS

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These Twelve Traditions offers us a great set of tools to help us carry out the third part of Step Twelve; “...to practice these principles in all our affairs. We have written this workbook with that in mind; to broaden and deepen our Alcoholics Anonymous recovery experience. Sobriety is far more than just not drinking, it can include: Spiritual sobriety, mental sobriety, physical sobriety, emotional sobriety and social sobriety. Our Twelve Steps and Twelve Traditions are without a doubt Spiritual Principles, meaning we can apply them to each area of our lives. The book Twelve Steps and Twelve Traditions is without a question an inspired second text book. It is not competing with the Big Book; quite the contrary it is in concert with our primary text book, Alcoholics Anonymous.

Assignment # Forty-four - Introduction – Today is _____, _____

Assignment [Example using The Introduction and the Foreword]:

- a) Today's assigned reading is: The Introduction and the Foreword of the Twelve Steps and Twelve Traditions. Pages 14 – 18
- b) **Highlight** or underline those statements or questions that are important to you as you read today's assignment.
- c) Affix a number to that **highlighted** or underlined statement or question in your Twelve Steps and Twelve Tradition book.
- d) When you respond to that **highlighted** or underlined statement or question place the corresponding number that you affix to it in your book. This way you will not need to write that **highlighted** or underlined statement or question.

Example:

(1) Introduction: "Alcoholics Anonymous first published *Twelve Steps and Twelve Traditions* in 1953. Bill W. who along with Dr. Bob S. founded Alcoholics Anonymous in 1935 wrote the book to share 18 years of collective experience..."

(1) **My response:** Our textbook, Alcoholics Anonymous was published when A.A. was only four years old. I have to believe our early members were divinely inspired, enabling them to write a book that stood the test of time. With fourteen more years of collective experience they published our second textbook, *Twelve Steps and Twelve Traditions*, also divinely inspired.

(2) Introduction: "We hope that the collective spiritual experience of the A.A. pioneers captured in these pages continues to help alcoholics and friends of A.A. understand the principles of our program."

(2) **My response:** My gratitude is deeper than words for our Higher Power and our Pioneers. The Traditions gave me the tools to change my relationships, within and beyond our AA Program.

(3) Foreword: "A.A.'s Twelve Traditions apply to the life of the Fellowship itself. They outline means by which A.A. maintains its unity and relates itself to the world about it, the way it lives and grows."

(3) **My response:** We are writing this workbook to help broaden and deepen our experience in this way of life. We can apply these Spiritual Principles in every area of our life, because they are Spiritual Principles.

(4) Foreword: "A.A.'s Twelve Steps [and the Twelve Traditions] are a group of principles, Spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole."

(4) **My response:** This is one of the most important statements in all of A.A.'s literature. We could write a whole book on this one paragraph. Spiritual principles expand with their use. Worldly principles reach their limit and deteriorate. These Traditions can transform our failing relationships into great loving experiences, changing our defects into assets, a way to happy and effective living.

(5) Foreword: "Though the essays which follow were written mainly for members, it is thought by many A.A.'s friends that these pieces might arouse interest and find application outside A.A. itself."

(5) **My Response:** People other than A.A. members are using A.A.'s Program. For one alcoholic using the Program seven are using it for other human problems. Most of those are using the Twelve Steps only. However those who are successful are using the spirit of the Traditions.

The A.A. Spiritual Principles have brought me into a mystical union with our Father. By practicing this way of life I have received an unearned abundance; Spiritual, mental, physical, emotional and social sobriety. The Spiritual Principles within the Traditions have given me the ability to be a worker among workers. I was told long ago that I would have to work for myself or by myself because I could not get along with people, animals yes, people no. I have been able to share my life with a great many, which is another miracle.

Respond to the following assignments as they relate to your Relationship(s) in a major area of your life. Such as the group you attend, your family, lovers, friends, or business. Our goal is to offer you a useful set of tools. When these tools are applied wholeheartedly we gain a better insight into how we relate to God, others and ourselves.

TRADITION ONE: OUR COMMON WELFARE SHOULD COME FIRST; PERSONAL RECOVERY DEPENDS UPON AA UNITY.

- Today's assigned reading is: Tradition One Pages 129 – 131
- Highlight** or underline those statements or questions that are important to you as you read today's assignment.
- Affix a number to that **highlighted** or underlined statement or question in your Twelve Steps and Twelve Tradition book.
- When you respond to that **highlighted** or underlined statement or question place the corresponding number that you affixed to it in your book. This way you will not need to write that **highlighted** or underlined statement or question.

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Assignment # Forty-six – Today is _____, _____, _____

TRADITION ONE: OUR COMMON WELFARE SHOULD COME FIRST; PERSONAL RECOVERY DEPENDS UPON AA UNITY.

We had a meeting in my office at 7 P.M... I would go home for supper and come back for the meeting. I walked into the house and I saw some important papers I had asked my wife to take care of. She was too busy playing tennis to take care of that simple request. I sat down at the table, not saying anything and ate the cardboard she had cooked. I pecked her on the cheek and went to the meeting, not saying a word of criticism to her. My wife and I have an agreement when we judge something wrong in the other; we say to ourselves; "I don't like this, I don't have to like it or approve of it, I think and feel it is wrong. If I need to confront her I will after I cool down". The common welfare of our marriage is more important than being right. We each have to do things for the marriage at the moment we don't want to do for the other. Our loving relationship depends on unity, not the "need" to be right or having our way.

That evening I returned to my office early to get out of the house before I did say some bad stuff. There was another early-bird there and the subject got around to some of our weird experiences. For some unknown reason I cannot take a nap during the day without experiencing a weird reaction. When I take an early nap, and when I wake up I am a nervous-wreck. That afternoon I was reading and fell asleep, when I woke up I was a nervous-wreck. The important papers had been in clear sight for over a month. My wife is a great cook; for her food to taste like cardboard to me had to be my taster not the food. Anger and negative stuff affect my taster. I am so grateful I did not disrupt our unity with my weird stuff. I choose to practice this Tradition in every area of my life.

The willingness to forgive is the key that opens the door to healing relationships. "So at the outset, how to live and work together as groups became the prime question." (Twelve Steps and Twelve Traditions – Reprinted with permission) We were created in such a way that we must share our individual lives. We may choose to share selfishly, in the illusion of separateness or choose to be closer to our true nature. God is love and so are we. Fulfillment depends on the maintenance of our Spiritual condition.

This Tradition goes to the root of the human problem; selfishness and self-centeredness. Unity, which is love the solution of the human problem. To ensure our long-term relationship it is useful to view it as if it is a "third-party". For our common welfare we will do for our "third-party", our relationship, what we are unwilling to do for our partner at a given time. This loving act insures continuance when all else fails. There can be little or no recovery without unity.

1. How did selfishness and self-centeredness get in the way of unity, love, or "our common welfare?"

2. List examples where your *selflessness* brought about unity, love, healing, or harmony.

3. Are you a peacemaker without being an enabler? List examples.

4. What are your strong points and what are your weak points in your communications?

Write the name of who or what you are focusing this Workbook on.

5. Is there a personality you are unable to open up around: that you withdraw from or remain silent or you become aggressive toward?

--

6. How have you compromised yourself for the good of your partnership, group or relationship?

--

7. How to live and work together is our primary question? What does this mean to you?

--

8. In this group [relationship] do you practice principles before personalities?

--

9. Is this group [relationship] founded on spiritual or emotional principles?

--

10. What do you need to personally change for the common welfare of this group [relationship]?

--

11. What are the most important things you can share with others about living our common welfare?

--

12. What a great partnership, group, relationship might have been; if only you had -----.
How can you improve the common welfare of your partnership, Group [relationship]?

Affirmation for Tradition One – Let me remember that my fulfillment, love, joy and forgiveness come through my sharing and joining with others in our common welfare.

GIVING WHAT I NOW HAVE – I am reminded that I need only to give what I already have to experience the joy of life. It is easy for me to think that I must be spectacular in my sharing, so I can hold back until I am perfect. I have enough faith and trust in our Father to step out and share what He has already given me. In doing so in the ordinary things in my daily life my present faith turns into knowledge and experience. My joy and fulfillment is a side effect just by sharing what I have now. As I share the love I am now wherever or with whomever I am with, that love flows back to me. If I waited until I can share only unconditional love I may wait in vain. I tell myself if what I have to share was of real value I would be giving to more instead of a few. I am reminded that I have chosen the road less traveled. I realize that only a small percent want to go the extra mile (s). I pray that I am not fooling myself, but even if I am I cannot live my life differently. I ask You Father to use me up.

DITION TWO: FOR OUR GROUP PURPOSE THERE IS BUT ONE ULTIMATE AUTHORITY
ING GOD AS HE MAY EXPRESS HIMSELF IN OUR GROUP CONSCIENCE. OUR LEADER
BUT TRUSTED SERVANTS; THEY DO NOT GOVERN.

- Today's assigned reading is: Tradition Two Pages 132 – 138
- Highlight** or underline those statements or questions that are important to you as you read today's assignment.
- Affix a number to that **highlighted** or underlined statement or question in your Twelve Steps and Twelve Tradition book.
- When you respond to that **highlighted** or underlined statement or question place the corresponding number that you affixed to it in your book. This way you will not need to write that **highlighted** or underlined statement or question.

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Assignment # Forty-eight – Today is _____, _____, _____

TRADITION TWO: FOR OUR GROUP PURPOSE THERE IS BUT ONE ULTIMATE AUTHORITY – A LOVING GOD AS HE MAY EXPRESS HIMSELF IN OUR GROUP CONSCIENCE. OUR LEADERS ARE BUT TRUSTED SERVANTS; THEY DO NOT GOVERN.

Bill O., a good friend of mine, was Club Twelve's manager when I first came to Alcoholics Anonymous. Bill had to confront one of our members about his conduct. Let's say his name was Sam, got angry with Bill. Sam was so angry that he was physically trembling. He yelled out, "You're nothing but a trusted servant." Bill thanked him and he got even angrier.

Alcoholics Anonymous began June 10, 1935, the date of Dr. Bob's last drink, the beginning of A.A. At the time this country was in a great depression. The government created some jobs like the WPA. The WPA built a great many public structures, still in use. Grown men were working for one dollar a day, yet kept their dignity. Hard-times caused people to seek a relationship with a Higher Power. A.A.'s Spiritual roots were influenced by: the Bible, the Oxford Group, Emmet Fox, Sam Shoemaker, James Allen, Henry Drummond and more. Hard-times and extreme depths of powerlessness called for the arrival of Alcoholics Anonymous. In 1935 it was hard enough to find authorities one could trust, especially for alcoholics. Yes, the timing was right for a loving God as He may express Himself in each group conscience, not in some outside force, to do for us what we could not do for ourselves. Early A.A. members had much in common, not just alcoholism, there were no room for big-shots, and the need to serve one another was great and still is.

The meaning of the phrase "group conscience" is important to our understanding of these Traditions. One definition for a group is: people gathered or classified, having something in common. One definition for conscience: a sense of right and wrong. "We are people who normally would not mix...the tremendous fact for every one of us is that we have discovered a common solution." (Alcoholics Anonymous page 17 – Reprinted with permission)

We are attracted to partnerships, groups or relationships for a purpose. If we stay in it, we must have something in common with what we think is right and wrong (conscience) and a willingness to forgive. How our Higher Power may express Himself to one group may be a good deal different from other groups. In other words, we are no more nor less than part of a Greater Whole; however, we are not the whole, nor were we intended to be. We need to be aware how we affect Alcoholics Anonymous as a whole.

"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day, Thy will be done." (Alcoholics Anonymous page 87 – Reprinted with permission)

1. What attracted you to this partnership, group or relationship?

--

2. Who or what is the ultimate authority in this partnership, group or relationship?

--

3. What are some of the characteristics of your ultimate authority?

--

Write the name of who or what you are focusing this Workbook on.

4. Is your present ultimate authority like your growing up authorities? How so?

--

5. Is your ultimate authority an elder statesmen or a bleeding deacon?

--

6. What's a successful or useful partnership, group or relationship?

--

7. In what ways do you see or feel your partnership, group or relationship failing?

--

8. Do your leaders drive by mandate or by example? Give examples

--

9. What are the changes you want for this partnership, group or relationship?

--

10. Are you still a selfish user? Are you willing to be used by A.A. principles? Examples

--

11. Do you feel or think you or others must control or govern, otherwise nothing gets done?

--

12. How can you improve your partnership, Group, relationship's conscious contact with your ultimate authority?

Affirmation for Tradition Two – Let me remember that God, as we understand Him, is our only True Source, that we are His children, His agents, His individual expressions, and that we have come together for His purpose. Even now He is guiding and directing us.

Do you believe that it is our Father within doing the works, yet not practice that realization 24/7? When we do, we can step back and watch Him make things happen according to His will both in ourselves and others. If we can let go of our anxious efforts, for a little while we can labor and rest at the same time, as He does. The energy we are given is spent but not wasted. We are fulfilled when we freely serve the special needs of those around us, for this we can be grateful. At times we can step back and watch our Father have His way. Let today be one of those times.

Assignment: Tradition Three reading in Twelve Steps and Twelve Traditions and responding

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- This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal black lines across its entire width, providing a template for writing or drawing. The margins are consistent on all sides.

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Assignment # Fifty – Today is _____, _____, _____

TRADITION THREE: THE ONLY REQUIREMENT FOR AA MEMBERSHIP IS A DESIRE TO STOP DRINKING.

There are no chance meetings without a purpose, understood at the time or not. One day I needed to get away from my office so I took a drive in a park. I was still a practicing alcoholic. I came across a Private Bottle club. Before mix-drinks were legally served in Texas these bottle clubs provided setups and you brought your own alcohol. I knocked on the Private Club's door and a woman (Sunny M.) opened. I asked if I could buy a seven-high. She replied angrily; are you trying to be a smart aleck? I said ok, how about some beer; she angrily closed the door. As luck would have it, or I should say as grace would have it, that "private club" was Club 12 home of group 12 Alcoholics Anonymous, which later became my home group. I was a prime candidate for A.A. then, if only I had a desire to stop drinking that day. If, ifs and buts were candy and nuts we would all have a merry Christmas. I had not hit my bottom, yet.

My family doctor set me up for my Alcoholics Anonymous journey after his visit with an A.A. member and he read the Big Book. My doctor then knew what to do for me when I hit my bottom; he surrendered me to an A.A. member. My doctor had him contact me while I was detoxing. I was not asked qualifying questions by the A.A. member. I was not capable of answering any questions honestly. Nor did he ask if I have contacted A.A. before? What other drugs have you been taking? That type of qualifying questions would have turned me off. He told me his alcoholic journey story and his recovery path. I wanted what he had; he told me it was mine for the taking. I was already qualified because I wanted to do something about my drinking problem, no matter what my motive was. He said I was a member of Alcoholics Anonymous if I said so. I said so February 6, 1957.

The principle found in Tradition Three is one of the basic laws of all successful relationships with God, with people, places, or things. It is so simple we too often miss it. We must first want the relationship. When we want a relationship enough, we will find every way we can to make it work. When we no longer want the relationship enough, we will find every reason for it not to work. Your motive only matters at the time you have that "want". As any relationship with God, with people, places, or things progresses our motive may change from day-to-day, hour-to-hour, maybe moment-to-moment. Our Higher Power or Higher-Self only needs our willingness to want to open the door. An honest motive is not likely at first; it is useful not to judge the motive. It is enough to want to do whatever it takes here and now. There will always be a great many that need something far more than we do; however they must want to change before the healing can begin.

1. When you no longer wanted the relationship enough, did you find every reason for it not to work?

2. Do you tend to get stuck with your motive or someone else's? Give examples.

3. What qualifying information do you seek entering into a relationship such as this?

4. How do you feel and or act when you needed something but don't want it?

Write the name of who or what you are focusing this Workbook on.

5. One person cannot make a partnership, group, relationship successful alone and unaided. Both must want it to succeed, even if it is for different motives. What are your desires to make it work?

--

6. One person cannot make a partnership, group, relationship fail alone and unaided. Both take part in its failure, even if it is for different motives. What are your desires to make it fail or not work?

--

7. Do the same success principles apply to your partnership, group, relationship? How so?

--

8. Do the same failure rules apply for your partnership, group, relationship? How so?

--

9. How do you think or feel when you get what you wanted and it was not what you planed on?

--

10. How do you feel and or act when you really want something but can't have it?

--

11. This Tradition offers each person freedom to choose and that means each one is responsible for their decisions and actions. How do you handle that responsibility?

--

12. What are the spoken and unspoken agreements for your partnership, group, relationship that you are willing to drop and let your Higher Power have His Will done?

Affirmation for Tradition Three – Let me remember that out of enlightened self-interest I want and I choose to share all I can with whomever He brings.

For many of us fear blocked the doors of our relationships. We feared that we could never fit in, we would always be an outsider looking in. What is fear? Fear is the negative use of faith or faith misplaced. It is a belief in two powers instead of One. A belief there can be a Power opposed to our Higher Power whose influence and ability may bring us evil, for sure rejection. If we embrace our fear it will change its nature. Fear is an illusion or a problem. If it's an illusion we can surrender it. If it's a problem it calls for a solution or acceptance. We treat these characteristic very different. We waste more time and energy on the useless and harmful by dwelling on illusions. A.A.'s doors are open to you if you want to come in, we would love to have you. "You are an A.A. member if *you* say so." WELCOME

Assignment # Fifty-two – Today is _____, _____

TRADITION FOUR: EACH GROUP SHOULD BE AUTONOMOUS EXCEPT IN MATTERS AFFECTING OTHER GROUPS OR AA AS A WHOLE

I was on a business trip, and when I finished my business I decided to go to an A.A. meeting. I asked a cabdriver if he knew of an A.A. meeting he could take me to. He said he did and he would take me to the meeting however he did not go in there after dark. When we got to the meeting place I first went in and asked if someone would take me back to the Hotel. I was assured I would have a ride after the meeting. I paid and thanked the cabdriver and he went on his way. As it turned out this group was one of two Central Service Offices in that city. This was a discussion meeting, you could say specifically it was an inventory study meeting. This group was taking the other Central Service Office's inventory in a very negative judgmental way. Near the end of the meeting, the chairman asked if the visitor from San Antonio would like to say something. I replied yes. I said something like; in my Home group we find it more productive to take our own inventory. Silence filled the room for a moment and then all hell broke loose, with the members talking, more like yelling, at once. The common message was get yourself back to San Antonio and don't come here anymore. The person who had promised me a ride back to the hotel said something like; "I am a man of my word so I will take you to your hotel, but don't open your mouth." I tried to make an amends but he would not allow it. We drove back to my hotel in silence.

From that time on I never told another group how to conduct their A.A. meeting or group. I experienced the Spiritual principle of this Tradition the hard way. Yes, each group should be autonomous, run it anyway they choose, free from any outside inference. Tradition Four is an important part of my A.A. Program. I now include this principle in my Family, my business and all of my other relationships. For me it is wise to keep my nose out of other peoples' "business". This Tradition has given me an important insight for practicing A.A.'s Program in all my affairs.

We are drawn to one another for a common purpose, that we are conscious of or not. This Tradition gives us the freedom to express our individual part in this common purpose. We have the right to be self-governing. We may choose to give up that right, by giving our power to others, that's being self-governed, it's our choice. We became "children of chaos". We can, with some limitations, do as we please until that doing takes away from another. When we are ego driven, fear driven, selfish, and self-centered we claim a right to govern the world. Part of the healing or growing has to do with regaining that privilege of being self-governing. Changing responsibility is often painful; the pain is increased by our resisting the change. Letting forces outside our relationship govern it; we set ourselves up for failure. We must be free inside this relationship to choose.

1. Do you insist there is only your way or the highway?

2. In what way does your relationship sharing its positive or constructive ideas, taking action or inaction affect those outside your circle?

3. In what way does your relationship sharing its negative or destructive ideas, taking action or inaction affect those outside your circle?

Write the name of who or what you are focusing this Workbook on.

4. How can you be self-governed and still preserve overall unity?

5. What is the difference between positive autonomy, self-centeredness or license?

6. Do you put down the behavior of others when it is different from yours, or do you learn from it?

7. Just as the Third Traditions gives each of us individual freedom, Tradition Four gives your partnership, group or relationship its freedom. How do you handle that freedom?

8. Every partnership, group or relationship has the right to be “wrong”. How is yours different from others, according to the opinions of “outside experts”?

9. Getting distressed about other partnerships, groups or relationships is dangerous, not to others, but to the one getting distressed. Are you comparing yours to others and distressing over it?

10. How have you applied the positive and constructive values learned by observing others in the same type of partnership, group or relationship?

11. How have you avoided the negative and destructive problems learned by observing others in the same type of partnership, group or relationship?

12. What are the spoken and unspoken agreements for your partnership, group, relationship you are willing to honor and carry out by letting your Higher Power have His Will done?

Affirmation for Tradition Four – Let me remember that the one I am sharing with and myself, must come to our own decisions or agreements but not at anyone else’s expense.

Assignment: Tradition Five reading in Twelve Steps and Twelve Traditions and responding.

6. **Highlight** or underline those statements or questions that are important to you as you read today's assignment.

c. Affix a number to that **highlighted** or underlined statement or question in your Twelve Steps and Twelve Tradition book.

1. When you respond to that **highlighted** or underlined statement or question place the corresponding number that you affixed to it in your book. This way you will not need to write that **highlighted** underlined statement or question.

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Assignment # Fifty-four – Today is _____, _____

TRADITION FIVE: EACH GROUP HAS BUT ONE PRIMARY PURPOSE – TO CARRY ITS MESSAGE TO THE ALCOHOLIC WHO STILL SUFFERS.

When I first came to A.A, I was taken in by Club 12, home of Group 12. The big meeting was at 8:15 P.M. Friday night; between 30 to 35 people was an average attendance. On Wednesday at 8:15 we had a Step Study meeting; between 5 to 10 people shared. Also on Wednesday night at the same time we had a General Discussion meeting; 10 to 15 people shared. If we had a newcomer an “Old-timer” would take that person into the office for an introduction to Alcoholics Anonymous. My Home Group has (78) Seventy-eight A.A. meetings a week.

The key to Tradition Five is in its wording; to carry its message. Each A.A. meeting or group is free to share its message the way it sees fit as long as it keeps A.A.’s singleness of purpose. Some of us like speaker meetings, some like discussion, some like Big Book studies, some like Twelve Steps and Twelve Traditions studies, some like the Beginner’s meeting, and so forth. Some like smoking and some like nonsmoking meetings. In other words when you are ready for a Home Group shop around until you find one you get the most out of or give the most. I believe it is really useful to have a Home Group. We get to know other A.A. members better and they get to know us better. I believe it is important for others see us stay sober as we pass through our ups and downs. We will see people change before our eyes as they practice the A.A. way of life. Our Home Group will help us open up and learn how to trust others and ourselves.

“Better [to] do one thing supremely well than many badly. That is the central theme of this Tradition.” (Twelve Steps and Twelve Traditions – Reprinted with permission) The primary purpose of our Home Group and how its message in harmony with A.A.’s message is carried is very important to our understanding of Tradition Five. Whatever brought us to this partnership, group or relationship determines the message we hear, it also determines who we share our message with. When we have experienced healing in any area, it is our privilege to share that healing with those who “still suffer”. The more we share our message with others, the more we receive.

1. Can you share an example of your message, or primary purpose for this area?

2. When you are asked to help or share with another your experience, strength, and hope, is it without regard to whom it is or what you are asked to do?

3. What has happened to you as the result of your trying to share beyond your experience, strength, and hope?

4. “You can’t keep it unless you give it away.” This statement has been around a long time. Can you give an example of how this wisdom has worked in your life?

Write the name of who or what you are focusing this Workbook on.

5. What is the negative message you are projecting in this area you are working on?

--

6. Who was or is your negative teacher in this area you are working on?

--

7. Who was or is your positive or constructive teacher in this area you are working on?

--

8. Each Created being has a God given purpose, which is our special message to share, what is that?

--

9. We are responsible for sharing our special recovery message in that area which we have experienced some healing. Do you accept that responsibility and actively share that message with another?

--

10. Is sharing your message your number one priority?

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11. Do you understand the difference between carrying your message not the person?

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12. Your partnership, group, relationship has one primary purpose; to share its individual message with those given to share with. How will you go about sharing that Divine purpose?

Affirmation for Tradition Five – Let me remember that as an individual God created, we have a special message to share. Joined with those we are drawn to, the sharing of this message is our primary purpose.

I love sharing unconditionally with others the gifts I received living this AA way of life. To me, I am sharing out of enlightened self-interest. Selfish and self-centered driven by fear and self-delusion was my pre-AA and early AA experience. As I began to have some Spiritual experiences the grosser forms of selfishness were replaced with what I call enlightened self-interest. As I learned the AA way of life I realized that I got more out of doing for others rather than self-serving. When I am loving or just doing loving things for others, I believe that others will love me by doing loving things for me.

Assignment: Tradition Six reading in Twelve Steps and Twelve Traditions and responding.

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- This image shows a full page of blank handwriting practice paper. It features 20 evenly spaced, horizontal blue lines that run across the entire width of the page. The lines are uniform in color and thickness, providing a guide for letter height and placement. There are no margins, text, or other markings on the page.

Assignment # Fifty-six – Today is _____, _____, _____

TRADITION SIX: AN AA GROUP OUGHT NEVER ENDORSE, FINANCE, OR LEND THE AA NAME TO ANY RELATED FACILITY OR OUTSIDE ENTERPRISE, LEST PROBLEMS OF MONEY, PROPERTY AND PRESTIGE DIVERT US FROM OUR PRIMARY PURPOSE.

In the mid-sixties we had an A.A. member who was dying within about six months. He was going to donate around 21 million dollars (\$21,000,000) to Club 12. This would give us a chance to express our wildest dreams. “How natural that was, since most alcoholics are bankrupt idealists.” Yes, we were idealist but with \$21,000,000.00 we were not bankrupt idealists. We dreamed we would set up a free detox center; we would hire only A.A. medical people, who understood the alcoholic’s needs. With all that money we dreamed how we could afford to educate the uneducated alcoholic, the public and the medical field. We could reduce the large numbers of alcoholics going to jail; the judges would parole them in our custody.

We could change the laws of the land. Some A.A. members appeared as recovered alcoholics, not as A.A. members, before a Congressional hearing on the disease of alcoholism. Congress ruled that insurance companies would have to pay for the treatment of the disease alcoholism. Thousands of treatment centers opened overnight. Large numbers of A.A. members went to work at these treatment centers, valued for their understanding of the alcoholic and alcoholism. Most treatment centers did not have aftercare programs. Alcoholics Anonymous was their solution. A. A. groups took meeting into the treatment centers and the treatment centers brought busloads to A.A. meetings. Alcoholics Anonymous was becoming known around the world as a major solution for the problem drinker.

Many of our dreams came true without the help of the generous donation of \$21,000,000, which never existed. We were in the hands of the overactive imagination of an alcoholic. I was one of the eager ones to jump aboard to endorse, finance and lend the AA name to related facility and outside enterprise. “Live and learn” just don’t get drunk over it.

Tradition Six is once again reminding us that each group, relationship, business or service organization has something special to offer the whole. When we try to be all things to all people we water down our primary purpose, that is our individual part of the whole. This Tradition offers protection by keeping each member responsible for an area he or she can be responsive to. Some of us have tried to prove our worth with money, property, and prestige. We become servants to these symbols of worth instead of letting them serve us. “Lack of power that was our dilemma.” (Alcoholics Anonymous page 45 – Reprinted with permission) The more we feel powerless the more we misuse our gifts, unless we let our Higher Power use our weakness to build a new life of strength through sharing.

1. When did you have a life changing experience “catch on fire”? Did you try to “make” it work in every relationship you were part of?

2. Where and how did you force it on others outside your partnership, group or relationship?

3. How can you give and receive encouragement or some form of support to and from related facilities or outside enterprises without compromising this Tradition?

Write the name of who or what you are focusing this Workbook on.

4. How do you feel about the legal system, someone in authority, or someone in a controlling position forcing people to join your partnership, group or relationship? Should we endorse this practice?

5. How do you react when someone in your partnership, group or relationship tries to raise money or some other medium of exchange to support another partnership, group or relationship?

- 6 Are you doing anything that is or could harm your partnership, group, relationship as a whole?

- 7 Do you have any affiliation that could harm your partnership, group, relationship as a whole?

- 8 Is there a super-promoter contaminating your partnership, group, relationship as a whole?

- 9 How do you treat people who work in the field of recovery in the area you are working on?

- 10, Give an example of how problems of money, property, and prestige divert you from your primary purpose?

- 11 When and how have you violated the spirit of this tradition?

12. When we lend our name we may be compromising our integrity, letting others determine our worth. What are you willing to do to take back your name?

Affirmation for Tradition Six: Let me remember we ought never try to share our special message with those for whom it is not intended. Nor should we endorse or give our power or prestige to a cause we have no business in, since doing so may divert us from our primary purpose.

It is our Higher Power within doing the works. Why not practice that realization 24/7? Let's not lend His Name to other people, places or things making them an idol. If we can let go even for an instant our anxious efforts, we can labor and rest. The energy we are given is spent but not wasted. We are most fulfilled and grateful when we are able to freely serve the special needs of those around us, without diverting ourselves from our primary purpose. Let us step back and watch our Higher Power have His way

- Today's assigned reading is: Tradition Seven Pages 160 – 165
- Highlight** or underline those statements or questions that are important to you as you read today's assignment.
- Affix a number to that **highlighted** or underlined statement or question in your Twelve Steps and Twelve Tradition book.
- When you respond to that **highlighted** or underlined statement or question place the corresponding number that you affixed to it in your book. This way you will not need to write that **highlighted** or underlined statement or question.

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What is our responsibility and what is our Higher Power's? What we can do is our responsibility and all else is our Higher Power's. Our Home Group's responsibility is to carry its message and be fully self-supporting, for that which we are responsible, applying Tradition Seven in all of our affairs: family, business, friendship. In other words in all of our relationships; Spiritually, mentally, physically, emotionally and socially, we need to be fully self-supporting. Our Higher Power can do for us what we cannot and that's a promise. We can gain our support through His grace.

Assignment # Fifty-eight – Today is _____, _____

TRADITION SEVEN: EVERY AA GROUP OUGHT TO BE FULLY SELF-SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS.

Drug addicts are often called users. Most of our Alcoholics Anonymous members arrive at the doors of A.A. selfish and self-centered to the max, users. Self-centeredness was a matter of survival for me, I was totally self-concerned. Because I had used up everyone important to me and having no relationship with a Higher power, all I had to call on was my powerless self. I had to find a way out; I had no other human help left open. I was a prime candidate for Alcoholics Anonymous. I was so broke money wise I had a very narrow view of being fully self-supporting. It was clear all I needed to do was put a little money in the hat satisfying my obligation to my group. I could pat myself on the back for helping to keep the door open and the lights on.

Like so many others I did not view this Tradition Seven as a Spiritual Principle. I heard a labor union leader say; when we don't know what to ask for, we ask for more money. Being fully self-supporting and declining outside contributions reaches far beyond money. The hand-full of A.A. members that first took me under their wing was part of a larger A.A. group. For us to carry our A.A. message we declined the larger group's support and started our own group. When I viewed Tradition Seven interlocked with the other Traditions, then I realized the depth of being fully self-supporting and declining outside contributions even if the outside was inside Alcoholics Anonymous. All of our Steps and Traditions are Spiritual Principles which can be applied in all my affairs. Yes, it is important that we become fully self-supporting financially, but it is equally important to be responsible in all our affairs to complete the cycle of integrity, of coming-of-age.

1. How do you react when an outsider tries to control or manage your partnership, group or relationship?

2. How do you react when an insider tries to control or manage your partnership, group or relationship?

3. Do you depend on church or a spiritual adviser to make your spiritual decisions and your prayer and meditation?

4. Do you draw from others or church but seek your own conscious contact and spiritual activity?

5. Are you fully self-supporting in your financial matters? Are you responsible for your fair share?

6. Are you fully self-supporting in your family matters? Are you responsible for your fair share?

Write the name of who or what you are focusing this Workbook on.

7. Are you fully self-supporting with friends and social matters? Are you responsible for your fair share?

--

8 What lures you away from your primary purpose?

--

9 Have you learned to be a worker among workers, a friend among friends, are you still a user?

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10 Are you fully self-supporting when it comes to your emotional stuff? Do you stay out of the victim role? Do you stay out of the aggressor role? Give examples.

--

11 Have you had someone outside your partnership, group or relationship take control? What did you do to take back control or did you?

--

12. Your partnership, group, relationship ought to be fully self-supporting. When over dependent we compromise ourselves. We must share our life but don't give it away. Are you willing to see all others as channels but not your source, letting your Higher Power be your true Source? How so?

Affirmation for Tradition Seven – Let me remember that as God's agents we can be fully self-supporting. His Divine Grace enable us to be free of outside interference. He will give us all we need to do His Will.

When I feel Spiritual or mentally or physically or emotionally or socially spent I am reminded that it is my Higher Power within me that will restore me, restock my storehouse. I do not have to organize a work party to be self-supporting. My personal "reality" blocks the flow of abundance. An old idea tells me that I have to fight for or earn my inheritance. My old habit of thoughts and feelings tells me that I must punish the wrongdoer even if that's me. There is a great need to build the ability to love and to be loved. If we choose we can draw an abundance of love from our well stocked storehouse within. The more we are willing and able to love the more supply of love we have. Instead of depleting our supply or just restocking it we get a greater increase of love. It is proof that we are self-supporting as we share the love we are. Love is the Divine Fruit of His Grace. The love harvest is great but the labors are too few. Come let us work in His fields and be part of the love harvest today. The pay is great and the benefits are everlasting.

Assignment: Tradition Eight reading in Twelve Steps and Twelve Traditions and responding.

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- This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the paper.

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Assignment # Sixty – Today is _____, _____

**TRADITION EIGHT: ALCOHOLICS ANONYMOUS SHOULD REMAIN FOREVER
NONPROFESSIONAL, BUT OUR SERVICE CENTERS MAY EMPLOY SPECIAL WORKERS.**

Because I keep an office in which I share the Program one-on-one and hold workshops and meeting five days a week I am accused of being a professional by some. I have never been paid for anything I do or produce. I sold my business in 1981 which enables me to live my heart's desire. I had and I still do have friends in the A.A. Program working in the field of alcohol and drug addiction recovery. None of them, as far as I know have ever accepted money for Twelve Step work.

In the 60's the landscape was covered with alcohol and drug treatment centers. I joined A.A. in 1957; in those days very few people ever heard of Alcoholic Anonymous. Now, we could travel all over the United States and much of the world and find Alcoholics Anonymous. The expanding alcohol and drug treatment centers soon found without a follow up program the alcoholics departing their treatment program dried up would soon be wet again. The treatment centers who wanted to stay in business started asking Alcoholics Anonymous members to bring meeting into their centers. In turn they would busload patients to A.A. meetings. Lots of our A.A. members went to work for these treatment centers because they knew the alcoholic. I don't know of any of our members that went to work as a paid Twelve Stepper. A.A. benefited greatly being exposed to great numbers of alcoholics, their families and their friends. This is a great case for attraction rather than promotion. Very few of the thousands of treatment centers are still in business, yet Alcoholic Anonymous is ever expanding. Let us let His Love, His Will be done.

Each of us as individuals has something special we must freely give. Freely we have received and freely we must give. We may receive a great deal but we can only keep what we give away. We cannot without problems trade this special gift for money, property, prestige or power. You may be paid a sum of money to maintain your physical human needs; however, your special gift must be given freely.

1. What is your special gift (s)?

--

2. Do you try to get rewarded, even if not for money, for your personal efforts? What are those rewards?

--

3. Do you try to sound like or act as a professional on?

Alcoholism	Drugs	Recovery	Relationships	Business	Medicine	Sociology	Program	Spirituality	Psychology

4. What do you think or feel when you are given goods or service?

--

5. When you pay for those same goods or service how do you think or feel?

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Write the name of who or what you are focusing this Workbook on.

6. What are your unrealistic expectations both for yourself and others in this area? Do you have any role models?

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7. What are your realistic expectations both for yourself and others in this area? Do you have any role models?

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- 8 How do you feel about yourself and/or others when you compromise yourself?

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- 9 All our Traditions address our partnership, group, or relationship problems of living and working together. How do you freely share your application of this Tradition?

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- 10 How does your partnership, group or relationship deal with professionalism?

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- 11 At first Bill W. dubbed the Traditions "Twelve Points to Assure Our Future". Can you now see the importance that we freely share what we have freely received?

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12. Your partnership, group, relationship was given special gifts and talents. When you share those gifts and talents from your hearts you are paid in a coin beyond the material. Share your experience.

Affirmation for Tradition Eight – Let me remember that we were freely given our special gifts so we must share them freely, not as a professional.

"The only thing worse than being blind is having sight but no vision" Helen Keller. By living this way of life we can see with the eyes of faith in a Power Greater than we are with a vision of how our Program works and it is nonprofessional. A.A. has no professional class, nor do we have any dogma. Our entire Program is based on suggestions only. We cannot overstate the importance of our Program being a program of suggestions only. As an individual if we agree to honor the suggestions embedded in our Program then we are responsible for living them, we cannot get by blaming others. Our experience should be given freely, not bought or sold. Our sharing our Program is truly an act of love, priceless. Our Service Centers employ A.A. lovers, workers among workers.

Assignment: Tradition Nine reading in Twelve Steps and Twelve Traditions and responding.

- Today's assigned reading is: Tradition Nine Pages 172 – 175
- Highlight** or underline those statements or questions that are important to you as you read today's assignment.
- Affix a number to that **highlighted** or underlined statement or question in your Twelve Steps and Twelve Tradition book.
- When you respond to that **highlighted** or underlined statement or question place the corresponding number that you affixed to it in your book. This way you will not need to write that **highlighted** or underlined statement or question.

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Assignment # Sixty-two – Today is _____, _____

TRADITION NINE: AA, AS SUCH, OUGHT NEVER BE ORGANIZED; BUT WE MAY CREATE SERVICE BOARDS OR COMMITTEES DIRECTLY RESPONSIBLE TO THOSE THEY SERVE.

The key to Tradition Nine is service; it is not to control or govern. Yes a great example of the statement in Tradition Two; “Our leaders are but trusted servants; they do not govern.” This Tradition is a reminder to those chosen to serve a special task for their fellow Alcoholics Anonymous members, not to control, only to serve a need, for a while, rotation.

When I was new in the Program I asked one old-timer what I had to do to get in on the really good stuff. He told me if I would stay sober for six months he would get me in the real group. Joe M. was about 6’ 4” and wore very expensive clothes. I knew he was the “man”. Joe’s “cover” was a chiropractor. I took some treatments just to kiss up to him. I had a lot to learn about Alcoholics Anonymous and who were the leaders. How can we say we are not organized when we have chairman, secretary, committees and hold elections? These are service opportunities not controllers.

To organize or to be organized has much in common with the “letter of the law” and way too often without the “spirit of the law”. The “letter of the law” can be cold and unyielding and all too often used to hammer one into shape with little love if any. It is the “spirit of the law” where loving growth can best take place. Tradition Nine is an extension of Tradition Two; “...there is but one ultimate authority, a loving God as He may express Himself in our group conscience.” There are no bosses in AA or authorities. No one can be punished or expelled as in the traditional organization. Those who do choose to serve are but trusted servants.

1. What is your understanding of: “ought never to be organized”?

2. Do you still try to be the boss or seek out a boss to boss you?

3. What extent do you believe this relationship needs: rules, bylaws, or guidelines? Examples.

4. Can you be punished or expelled from your relationship? By whom and how?

5. One of these days we’ve got to get organized around here, who will be the organizer for your partnership, group or relationship?

6. Is the organizer appointed or is he or she self-appointed? How did that happen?

Write the name of who or what you are focusing this Workbook on.

7. Tradition Nine describes the masterful solution worked out during the first ten years of AA experience. Do you agree it would be wise to understand these Traditions before organizing?

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8. The key to a loving relationship is to serve one another, it is not to control or govern. How are you serving one another?

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9. Are you experiencing both the problems and solutions? Give examples.

--

10. Love and service is the solution to any organizational problem. Do you agree? How does it work?

--

11. Are you a “Let George do it” person? Or are you an “Over-organizing person?”

--

12. Your partnership, group, relationship needs to authorize workers to serve. What’s the difference between the spirit of vested authority and the spirit of service? Sum up how your partnership, group [Relationship] is organized.

Affirmation for Tradition Nine – Let me remember that we need to keep an open-mind for His guidance, His flow of love and wisdom, avoiding the closed-mindedness of too many rigid rules or over organization.

How it is that it takes so long for humans to wake up and live simple Truths? Many of these Truths have been around since the beginning of time, or at least the beginning of recorded time. A few years ago a person wrote a best seller on living in the now. The world rushed to the bookstores to buy that book on now. Now, has always been the only time we have to do, to experience anything and written about throughout history. (A.A.’s “One day at a time”) Now the “new” awakening is that meditation is a healer. When someone can put this Truism into scientific terms it will catch on. I believe this idea that meditation can cause healing is another way of saying that we need to be lovingly whole. I rushed to the bookstore (online) for the new book on a meditation study (oops who was in denial). Stating that meditation causes healing, wow, this Truth has been known “forever” by some. But this new book is based on scientific research, “giving it credibility”. Of all people A.A.s should know this healing Truth. “A.A.’s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happy and usefully Whole.” (Foreword: Twelve Steps and Twelve Traditions) We need not be organized to be in union with our Higher Power, we only need to be willing.

Assignment: Tradition Ten reading in Twelve Steps and Twelve Traditions and responding.

6. **Highlight** or underline those statements or questions that are important to you as you read today's assignment.

Twelve Tradition book.

We are more like an A.A. distributor, not its creator. As an A.A. distributor we are to pass on freely that A.A. product given us, to those who chose to join us. Millions worldwide are using our A.A. program, for every human condition, but they are not doing so in A.A.'s name. For every one alcoholic using our Program an estimated seven use it for other issues. Those other people and groups may have some of our "outside issues". A.A. has no opinion, about those users. As individual members of the Program we have opinions. To practice our Program's principles in all our affairs we are likely to have some "outside issues" and opinions. That's just fine as long as we do not claim them to be A.A. approved.

Assignment # Sixty-four – Today is _____, _____, _____

TRADITION TEN: ALCOHOLICS ANONYMOUS HAS NO OPINION ON OUTSIDE ISSUES; HENCE THE AA NAME OUGHT NEVER BE DRAWN INTO PUBLIC CONTROVERSY

The extremes are often our best teachers. This holds true in this Tradition for sure. Most of us have heard or read of the celebrities airing their dirty wash in public'. Maybe at first it was just a difference of opinion, or maybe they were using the general public to prove a point but somehow got drawn into public controversy. Once the ego, pride, selfishness and self-centeredness go on the defense, all soon polarizes. Now it's my side against your side; often the relationship fails or is greatly damaged. The public controversy may sell papers, books and TV coverage, but the outside pressure takes most relationships down the drain.

Politics, sports, religion, race and ad infinitum issues other than A.A. topics have no place in Alcoholics Anonymous. I've heard only a few arguments on outside A.A. issues in Alcoholics Anonymous. What if a newcomer came in with strong political affiliation different from mine? What happens to our singleness of purpose? Alcoholism is a deadly disease and we could run someone off who is seeking help for their alcohol problem with a useless argument.

MADD Mothers Against Drunk Driving asked me to speak as a member of Alcoholics Anonymous. I feel a deep compassion for those who have lost children, killed by drunk drivers but I cannot speak for Alcoholics Anonymous. I agreed to speak as an individual recovering alcoholic, but not as a member of Alcoholics Anonymous.

1. Can you give an example where this Tradition has been breached?

2. How are you affected by controversies: mentally, physically, emotionally, socially and spiritually?

3. List the areas/people you can allow to disagree with without feelings of rejection or defensiveness?

4. List the areas and people you cannot allow to disagree with without feelings of rejection or defensiveness?

5. When, where, with whom, and how are you most likely to get into useless arguments?

6. Do you hold grudges or can you forgive quickly?

Write the name of who or what you are focusing this Workbook on.

- 7 Do you ever give the impression that AA or a powerful person has an opinion on the type of partnership, group or relationship you are working on? Maybe to give your cause creditability?

--

- 8 How do you express the spirit of this Tradition without compromising its principle?

--

- 9 How could you apply this Tradition in your other relations? How many useless arguments could you have stayed out of keeping your opinion to yourself?

--

- 10 Can you keep your singleness of purpose when outside opinions on public controversy when your partnership, group, relationship is divided?

--

- 11 How can you make yourself more attractive?

--

12. Your partnership, group, relationship ought never to be drawn into public controversy. If we have a loving, peaceful place to go, no matter what's going on outside we are going to be OK. How can you keep outside controversy outside?

Affirmation for Tradition Ten – Let me remember that we need to stay focused on our primary purpose, avoiding useless arguments on outside issues.

The most basic meaning of a friendship is; we have a common purpose, goal or cause. When dealing with those we don't have a common purpose, goal or cause, it's wise not to waste our time and energy on their opinions, which is a real outside issue. Let us focus on acts of love such as: patience, kindness, generosity, humility, courtesy, unselfishness, good temper, good sense of humor, sincerity, and innocence; these enrich our lives. These acts of love are a great way to use our free will. These simple acts of love that we share pay off great dividends. Let us not defer or delay these opportunities because we will not pass this way again. Freely we are given and freely we give; this is the True flow of life's loving energy, free from public controversy. Our primary need is simple; being the individual we are. All we need has already been given to each of us and that is not an opinion. Our part is to remember the gift and live it. Thy Love, Thy Will be done.

Assignment # Sixty-six – Today is _____, _____, _____, _____

TRADITION ELEVEN: OUR PUBLIC RELATIONS POLICY IS BASED ON ATTRACTION RATHER THAN PROMOTION; WE NEED ALWAYS MAINTAIN PERSONAL ANONYMITY AT THE LEVEL OF PRESS, RADIO, AND FILMS.

Attraction is a universal principle, which like most things in this life we may use for good or evil. When used as a spiritual principle, attraction becomes a most powerful force for sharing love and unity. We grow weary of promotions living in a commercial, competitive world as we do. Everything we have ever done, said, thought, or felt contribute to the building of our world view. All of our experiences, conscious or not, real or illusion, determine to a large degree how we think, feel and experience life. Our personal “reality” draws the people, places, and things we experience. This personal “reality” will be attracted or repelled, by real and illusionary experiences, confirming its “reality”. A shortcut to your inventory is nothing less than this: look at the people, places and things you are attracting and repelling.

Now we see how powerful the principle of attraction is. We may be the only Big Book a person may ever see. Not only is it important and fulfilling for each of us to practice our Alcoholics Anonymous way of life in all our affairs but we will be attractive to the alcoholic who still suffers. Each of us has a circle of influence which effect a number of people; family, friends, and coworkers. These people will see what a powerful program Alcoholics Anonymous is and will tell others in their circle of influence. This is the kind of advertising money cannot buy or attract.

1. How have you promoted your beliefs or ideals? What motivated you?

--

2. Have you ever promoted something so fanatically that you made it seem unattractive?

--

3. Have you used someone’s good name to promote yourself or your cause?

--

4. Is your Relationship attractive enough that someone may want what you have?

--

5. Is there an important person to you that wants no part of what you have? How do you react?

--

6. What motivates you and your relationship into action? What turns you off?

--

Write the name of who or what you are focusing this Workbook on.

7. What type of loving, wise and useful relationships, people or events do you continue to attract into your life experiences?

--

8. What type of harmful or useless relationships, people or events do you continue to attract into your life experiences?

--

9. How have you used Spiritual principles to attract those relationships you desire most?

--

10. What if you are the only Big Book a person may ever see? Do you accept the responsibility that question implies?

--

11. When we are doing our inventories it is important to note the people, places, events and things we are attracting into our experience. Can you accept the responsibility that you have attracted those experiences or do you blame chance or luck?

--

- 12 For your partnership, group, relationship what can you do to become more attractive?

Affirmation for Tradition Eleven – Let me remember that we must walk the talk. Our willingness to be His agent will attract what or whom we need to do His Will. Humility goes hand in hand with this willingness.

Our Public relations policy is based on attraction [love] rather than promotion. Living the Program as a way of life is an expression of love, which is the strongest attraction. Ask, from the bottom of your heart with an open-mind for our Higher Power to use you. Every moment is an opportunity to extend love openly or silently if we choose. Let us bring our gifts of love to all we are drawn to, that is attraction not promotion. . We are fulfilled enough giving what love we have now without fanfare, which will help us maintain our personal anonymity. We can be grateful that we can make even a tiny good difference. Our Program may pass through the minds of our members and yet bypass their hearts. If it does not pass through our hearts we may sound good but our message will not be alive in the Spirit of love and Truth. Let our sharing include our loving hearts as well as our minds, our bodies, our relationships and our prayers and meditations.

DITION TWELVE: ANONYMITY IS THE SPIRITUAL FOUNDATION OF ALL OUR
DITIONS, EVER REMINDING US TO PLACE PRINCIPLES BEFORE PERSONALITIES.

- Today's assigned reading is: Tradition Twelve Pages 184 – 187
- Highlight** or underline those statements or questions that are important to you as you read today's assignment.
- Affix a number to that **highlighted** or underlined statement or question in your Twelve Steps and Twelve Tradition book.
- When you respond to that **highlighted** or underlined statement or question place the corresponding number that you affixed to it in your book. This way you will not need to write that **highlighted** or underlined statement or question.

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Assignment # Sixty-eight – Today is _____, _____, _____

TRADITION TWELVE: ANONYMITY IS THE SPIRITUAL FOUNDATION OF ALL OUR TRADITIONS, EVER REMINDING US TO PLACE PRINCIPLES BEFORE PERSONALITIES.

The first few years in A.A. I experienced a childlike innocence. I was so grateful for the way of life A.A. had given me. I felt like it was a “God thing”. I believed every breath we took was our Father doing life through each of us. I did have some great Spiritual experiences which changed my worldview. At six and half years of being very active in A.A. as a Spiritual way of life, I returned to violence for a day by committing a violent act on another person. Because of that act of violence I fell into a very dark depression. I felt like the big phony. I felt like the wonderful Spiritual life I had experienced those first six and a half years were a big lie. If that Spiritual life were real; how could I have returned to violence? The A.A. group I was a member had taught me a valuable asset; get more active in A.A., instead of withdrawing. For many years I longed for that childlike innocence to no avail. I now believe we can experience an adult-like innocence. I am responsible for my choices and my actions, yet knowing our Father is our only true Source. Because of my weakness I asked for some clear demonstrations, yes, anonymity is the Spiritual foundation of our A.A. way of life.

This week I have two demonstrations of our invisible means of support. I was asked to take care of a simple service project. Everything fell into place for me to take care of it. Ten doors had to open and close by an invisible means for this little service miracle to happen and they did. That process uncovered a real problem, none of us were aware of. The uncovering was revealed by grace not hard works. The other little miracle happens in the reverse of the other. I woke up a 2 A.M. and could not go back to sleep. I was “intuitively” made aware of a costly problem to our A.A. group. From 2 A.M. on I prepared the needed information. I included our Father in the whole process. When I met with the producer of the problem, he reassured me that he had caused the problem by passing on misinformation. As it turned out there was no problem. Our invisible means had uncovered the misinformation and informed us, removing the nonexistent problem, avoiding some major changes. These two examples demonstrate an invisible anonymous Power greater than our personalities by revealing Spiritual principles at work.

Anonymity is much more than a silent giver. One who lives in an anonymous state of mind is living closer to reality and humility. They awakened to the fact that all they have has been given to them. If they choose to keep and expand it, they must make a point of passing it on. A God-centered person will pass on characteristics such as; love, service, forgiveness, unselfishness, willingness, gratitude, and humility. A self-centered person will pass on characteristics such as; resentments, fear, pride, arrogance, and selfishness. To place principles before personalities is like saying the moon reflects the light of the sun. Personality, the mask, reflects reality or illusion as filtered through our personal “reality” and our Higher Self. Like the moon the personality has no light of its own, while our Higher Self is part of the Light.

1. Can you give an example of how you placed principles before personalities?

--

2. Can you give an example of how you placed personalities before principles?

--

3. How have you let pride, ego, selfishness or arrogance disrupt this area?

--

Write the name of who or what you are focusing this Workbook on.

4. What part of this Program, process, slogans or affirmations draw you back to the principles of these Traditions? Which of these draw you away?

5 Which principles are the most difficult for you to practice consistently? Which is the least difficult?

6 “The spiritual substance of anonymity is sacrifice.” (Bill W.) What have you sacrificed?

7. Have you stopped being a user and become willing to be used by these Spiritual principles?

8. When doing service work do you stick to Spiritual principles or personality characteristics?

9. Do you consider yourself a woman or man of principle or do you hide behind your personality?

10 Can you practice the AA principles and have a bad conduct or bad disposition?

11. Has your self-centeredness been transform into enlightened self-interest governed by Spiritual principles? How so?

12. For your partnership, group, relationship what can you do to practice placing principles before personalities in all your affairs?

Affirmation for Tradition Twelve – Let me remember that we need to credit the results to Him – to take off our mask and practice His Principles in all of our affairs.

Our primary need is simple; being the individual we are. All we need has already been given to each of us. Our part is to remember the gift and live it as directed. Our Program suggests; the only requirements are honest, willingness, open-mindedness and a genuine striving for perfection. We are likely discouraged by failure or we may learn from it. Let the “F” not stand for failure but let’s start with Forgiveness, Fun, Flowing with grace and Finding our true place here and now. Beyond our experience pure faith and pure love remain a mystery because it is infinite and our experience is finite. The love we have now is enough to grow on.

- Today's assigned reading is: The Twelve Traditions (The Long Form) Pages 189 – 192
- Highlight** or underline those statements or questions that are important to you as you read today's assignment.
- Affix a number to that **highlighted** or underlined statement or question in your Twelve Steps and Twelve Tradition book.
- When you respond to that **highlighted** or underlined statement or question place the corresponding number that you affixed to it in your book. This way you will not need to write that **highlighted** or underlined statement or question.

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Assignment # Seventy – Today is _____, _____, _____

THE TWELVE TRADITIONS (THE LONG FORM)

In the first ten years of AA experience these Traditions were hammered out. The Long Form was one of many drafts for what was to become our Twelve Traditions. Only by God's grace and a willingness to stay the course did AA survive those first years without these Traditions, guidelines, and suggestions. If there were any doubt that Alcoholics Anonymous be divinely inspired, we only need to stop a moment and reflect on the results. Listen to our hearts and look at the proof of God's Divine Presence. The following questions to respond to will expand and deepen your understand how they will work in the partnership, group or relationship you are applying them to. "Our experience has taught us that:

1. As far as your partnership, group or relationship is concerned how are you dealing with autonomy?

2. As far as your partnership, group or relationship is concerned how are you dealing with singleness of purpose?

3. As far as your partnership, group or relationship is concerned how are you dealing with non-endorsement of other enterprises?

4. As far as your partnership, group or relationship is concerned how are you dealing with professionalism?

5. As far as your partnership, group or relationship is concerned how are you dealing with public controversy?

6. As far as your partnership, group or relationship is concerned how are you dealing with anonymity?

7. As far as your partnership, group or relationship is concerned how are you dealing with membership?

8. As far as your partnership, group or relationship is concerned how are you dealing with the Traditions? Do you treat the Traditions as: laws, rules, bylaws or regulations?

Write the name of who or what you are focusing this Workbook on.

9. To honor the integrity of Tradition One what sacrifices are called for?

10. To honor the integrity of Tradition Two what sacrifices are called for?

11. To honor the integrity of Tradition Three what sacrifices are called for?

12. To honor the integrity of Tradition Four what sacrifices are called for?

13. To honor the integrity of Tradition Five what sacrifices are called for?

14. To honor the integrity of Tradition Six what sacrifices are called for?

15. To honor the integrity of Tradition Seven what sacrifices are called for?

16. To honor the integrity of Tradition Eight what sacrifices are called for?

17. To honor the integrity of Tradition Nine what sacrifices are called for?

18. To honor the integrity of Tradition Ten what sacrifices are called for?

19. To honor the integrity of Tradition Eleven what sacrifices are called for?

20. To honor the integrity of Tradition Twelve what sacrifices are called for?

Write the name of who or what you are focusing this Workbook on.

21. For your partnership, group, relationship how can you apply these Traditions Spiritually?

22. For your partnership, group, relationship how can you apply these Traditions mentally?

23. For your partnership, group, relationship how can you apply these Traditions Physically?

24. For your partnership, group, relationship how can you apply these Traditions Emotionally?

25. For your partnership, group, relationship how can you apply these Traditions socially?

Write the name of who or what you are focusing this Workbook on.

Assignment # Seventy-one – Today is _____, _____

JOURNEY INWARD This Growth Questionnaire is not intended to give us reason to resent our past. Hopefully, the working through this will offer us some information and insight that can improve our present and future. This questionnaire is a journey inward not backward.

AM I GROWING **The Growth Questionnaire** – Do you sometimes feel you have not grown very much? Try this if you have been in the Program a year or more. You are in for a big surprise. Three questions we can ask if we are growing or really changing are:
How often do we experience something?
How intense is it when we do experience it?
What is the duration of the experience?

ACTION Respond to the one hundred statements as follows: (Closely read each statement)
We are to rate our responses from 0 to 5 in three areas of growth: How Often, How Intense or the Duration.
The first response in the WAS column is for how it was before we came into the program.
Our next response in the TODAY column is for how it is today.
After you have responded to each statement you are to total the WAS and TODAY columns, then use the little formula to get your percent of change.

The way the following statements are set up is this, rate the value from 0 (zero) to 5 (five). Choose from one of the following modes, which best suits, each statement:

HOW OFTEN	HOW INTENSE	DURATION
0 – Never	0 – Very Cold	0 – An Instant
1 – Rarely	1 – Cold	1 – A Few Minutes
2 – Occasionally	2 – OK	2 – Hours
3 – Often	3 – Intense	3 – Days
4 – Very Often	4 – Very Intense	4 – Weeks
5 – Always	5 – Impassioned	5 – Extended Amount Of Time

CAUTION – READ THE FOLLOWING STATEMENTS VERY CLOSELY – IF YOU HAVE EXPERIENCED AN IMPROVEMENT, THE “TODAY” COLUMN SHOULD BE A HIGHER NUMBER.

WAS	#	TODAY	STATEMENT
	1.		I am very honest in all of my dealings with others and myself.
	2.		I accept full responsibility for my problems. I no longer blame others.
	3.		I feel loved.
	4.		I let go of my resentments.
	5.		I am patient with others and myself.
	6.		I understand the difference between pity and love.
	7.		I know why I feel guilty.
	8.		I know what is normal.
	9.		I have an abiding faith I will have everything I need.
	10.		I do not fear others will “find out” the truth about me.
	11.		I no longer over react to others’ anger.
	12.		I no longer experience a general rage toward life.
	13.		The fear of being abandoned has left me.
	14.		I trust life experiences to work well for me.
	15.		I know when a situation is abusive.
	16.		I confront abusive situations when necessary.
	17.		When there is conflict, I seek a solution.

Write the name of who or what you are focusing this Workbook on.

WAS		TODAY	STATEMENTS
	18.		I can ask for what I need.
	19.		I feel as if I belong. I am no longer an outsider looking in.
	20.		I feel equal to most people I meet.
	21.		I am confident with who I am.
	22.		I have no fear of failure.
	23.		I am comfortable relaxing.
	24.		I can express my feelings.
	25.		I do not stuff my feelings.
	26.		I have relationships that work.
	27.		I remember my past experiences.
	28.		I apologize quickly when appropriate.
	29.		I do not minimize my accomplishments.
	30.		I make decisions and follow through.
	31.		I do not need constant affirmation.
	32.		I make and keep commitments in relationships.
	33.		I enjoy sharing in a close relationship.
	34.		I do not fear my children will fall in the same trap as I did.
	35.		I maintain healthy relationships.
	36.		I have balance between work and play.
	37.		I am honest in expressing my feelings.
	38.		I do not pretend to understand something when I do not.
	39.		My relationships are sexually healthy.
	40.		Romance is not a criteria for my fulfillment.
	41.		I am spontaneous.
	42.		Healthy people are my role models today.
	43.		I am worry free.
	44.		I invite God to do for me what I cannot do for myself.
	45.		My self-worth comes from within.
	46.		I no longer feel I have let others down, unless I have.
	47.		My life is free from crisis.
	48.		I no longer seek relief from fear, anger, and anxiety in compulsive behavior.
	49.		I do not isolate.
	50.		I no longer feel trapped. I am free to have constructive options.
	51.		I no longer have a chip on my shoulder, nor am I on the defensive.
	52.		I no longer take myself so seriously. I am gentle with myself.
	53.		I am empathetic with others.
	54.		I am playful, loving and fun to be around.
	55.		I am outgoing and confident.
	56.		I am sensitive in a positive way.
	57.		I am teachable.
	58.		I extend love to others.
	59.		I am no longer suspicious of anyone or anything.
	60.		I am a responsible person.
	61.		I am trusting and trustworthy.
	62.		I clean up after myself, without being compulsive.
	63.		I release the need to control.

Write the name of who or what you are focusing this Workbook on.

WAS	#	TODAY	STATEMENTS
	64.		I allow imperfection in others and myself.
	65.		I am filled with energy.
	66.		I am at peace with others.
	67.		I accept criticism.
	68.		I am accepting of others and myself.
	69.		I express myself well.
	70.		I am a good listener.
	71.		I am neither a victim nor an aggressor.
	72.		I am comfortable touching others or being touched.
	73.		I have a good balance between thinking, feeling, and doing.
	74.		I am becoming the person I really want to be.
	75.		I accept myself and what is going on around me.
	76.		I work the Twelve Steps in all areas of my life.
	77.		My head is in the clouds, but my feet are on the ground. I am well centered.
	78.		I handle frustrations and disappointments well.
	79.		I let go and let God.
	80.		I am comfortable with who I am.
	81.		I choose the Will of God – not ego; peace – not conflict, love, not fear.
	82.		I know a new freedom and a new happiness.
	83.		I do not regret the past nor wish to shut the door on it.
	84.		I now comprehend the word serenity, and I do know peace.
	85.		I see how my experience can benefit others.
	86.		That feeling of uselessness and self-pity has disappeared.
	87.		I have lost interest in selfish things and gained interest in my fellows.
	88.		Self-seeking is slipping away.
	89.		My whole attitude and outlook has changed.
	90.		The fear of people and economic insecurity left me.
	91.		I now intuitively know how to handle situations which used to baffle me
	92.		I have realized that God is doing for me what I could not do for myself.
	93.		All of the promises from Alcoholics Anonymous are being fulfilled.
	94.		I share my experience, strength, and hope with others each day.
	95.		I seek to practice God's Attributes as I realize them.
	96.		I am grateful for what my Higher Power has in mind for me, so I seek to do His Will.
	97.		I am warm and loving, kind and understanding, wise and intelligent, forgiven and forgiving, loved and loving, healed and healing and empowered by God's loving grace.
	98.		I practice the elements of love: Patience, Kindness, Generosity, Humility, Courtesy, Unselfishness, Good Temper, Good Sense Of Humor, Innocence and Sincerity.
	99.		I practice these characteristics: Higher Purpose, Focus, Preparedness, Conviction, Faith, Trust, Perseverance, Creativity, Risk Taking, Curiosity, Resilience, Independence, Commitment and Courage.
	100		I am being told very specifically everything I need in a way I can currently hear, understand and follow.

This Growth Questionnaire Completion Date _____

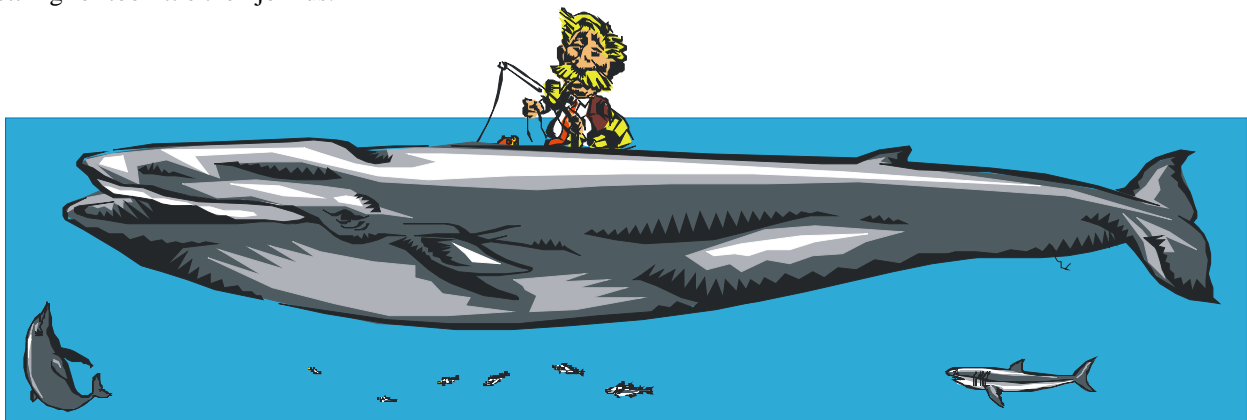
WAS' TOTAL	TODAY'S TOTAL	CHANGE	% OF CHANGE
Add the WAS Column	Add the TODAY Column	Subtract Was from Today	Divide change into Was Total
Example: Was' Total 150	Today's Total 325	$325 - 150 = 175$	$175 \div 150 = 116.67\%$ Change

[illegible]

[illegible]

Write the name of who or what you are focusing this Workbook on.

There is a solution. For many of us that solution is to live the A.A. Program. As we have found when practicing the Spiritual Principles in all our affairs our life can become happy and usefully whole. For every one alcoholic using these Spiritual Principles there are seven using them successfully for other defects and addictions. Are You Fishing For Whales Or Minnows? If I had to do my life over what would I do different. I would ask more of our Higher Power, more of the Program and more of myself sooner. I realized that I was asking for too little because I did not know what to ask for. Living this way of life I have found what is of real value. 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. We are offering you these tools but they are useless unless we learn to use them and do so. If you have been settling for too little then join us.



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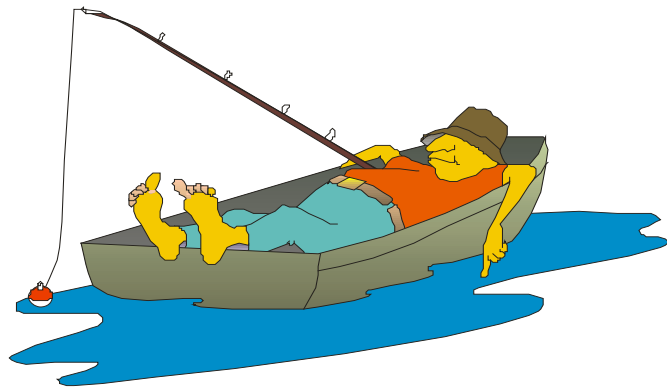
Al Kohallek No Longer Has To Fish For Minnows



Write the name of who or what you are focusing this Workbook on.

Make Fun of Name	Habits of Thoughts and Feelings – [Defects or Assets]

Al Kohallek
Has
Learned How To
Relax



24-Hour Pharmacy - Timothy Koock

Over 800 years ago, St Thomas Aquinas observed that you cannot have a feeling without a corresponding change in your body.

Do you know you have a 24-hour pharmacy open seven days a week inside your body? This is how it works. As you think, your thoughts are transformed into molecules called neuropeptides. Of course, as you will see, this is not the usual kind of transformation contemplative pray for.

Do you know those interior conversations with yourself that never shut-up? Well, you may be shocked to learn this, but somebody has been eavesdropping on your private and most intimate conversations. It's your body! Not only has it been eavesdropping but also your body has been participating in the conversation along with you. Your interior conversation, kind and gentle as it may be, has been transcribed as faithfully as a medieval monk by your hypothalamus into a chemical manuscript.

It is estimated the average human thinks about 15,969 thoughts per day. Not bad, except, about 90 percent of the thoughts you had today are the same ones you had yesterday and the day before. If you are 50 years old, there is a very good chance part of your inner conversation is that of a two year old toddler. Besides endless repetition, what is the content of your inner tête-à-tête? Let's peek inside and see.

Let's say today you didn't get something you wanted. (That must occur at least a hundred times a day, provided of course, you are not totally brain-dead). Starting this morning, let's say, your beautiful soft-boiled egg turned rubbery, you could not open your email attachments, you had to park at Wal-Mart in order to walk to Sears, your cat left thousands of fresh footprints all over your freshly washed car, your daughter still has not returned your urgent phone call, your kids right and they are all going to hell via the state penitentiary. If freshness is not to your liking, relax; you can always warm up some old leftover wounds for your mental dining pleasure.

As your body listens in to your reactions to these precious little events, your local 24-hour pharmacy is busy mass-producing neuropeptides in the flavor of your frustration, insult, lust, fear, anger or rejection. In seconds these flavors of negativity saturate each cell of your body via tiny receptors. In other words, you get to marinate in your own stuff.

As you probably know, your mind is the subjective experience of consciousness and your body is the objective experience of consciousness. But which of these, mind or body, do you listen to? You have been told the body never lies but, unfortunately, you overly depend on your mind, which creates scripts and videos, a phantasmagoria of what you think is happening to you.

Are you somebody who always seems angry? Or someone who is easily offended? Or overly apologetic or fearful? It may be you have become chemically addicted to a flavor of negativity. The addiction is mostly unconscious, but your body, which is conscious, knows. And your pharmacy remains open 24 hours a day.

Remember, 90 percent of your thoughts today will probably be repeated tomorrow and the next day. Your mind is filled with returns and instant replays. The word for this is resentment. It means to re-feel or re-live the insult, hurt, fear or whatever. Each time you do this you 're-fresh' the marinade with perhaps a twist of revenge or a pinch of low self-esteem. Medical research warns this excessive stress is very toxic to your body.

These chemical mimes define your life and co-create your identity. You may even secretly like them. While soaking, smugly in your warm peptide bath you feel very justified. After all, life is unfair, you say, as you swig another jigger of detest and play that tired old song "If Only" in the jukebox of your imagination.

Neurobiologists calculate your brain alone contains 100 billion neurons with over 100 trillion connections. At least 65 percent of the cells in your heart are composed of additional neurons just like those in your brain. Normally you use only a tiny fraction of these connections. In deep negativity, however, you have access to even fewer connections because the most traveled, tired and habitual pathways are congested in a traffic jam of repetitious negativity. It is the acid reflux of the mind-body disconnect. Like the mighty Mississippi, the river of negative emotions continue to flood your banks, day after day, year after year. Perhaps you have forgotten how to move to higher ground?

With intention and practices such as Centering Prayer and the Welcoming Prayer, you can build new pathways to higher ground with deeper connections to God. The Active Prayer sentence also helps to erase some of the old tapes. Perhaps you can then have a better chance to produce in your 24-hour pharmacy molecules of exquisite beauty such as compassion, forgiveness and love. These make for a simply divine marinade.

Why not begin to think love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control? These are all peptides too. They all lead to forgiveness.

"Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things." Philippians 4:8

Write the name of who or what you are focusing this Workbook on.



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