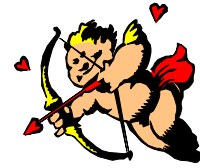


***Al Kohallek &
The Green-eyed Monster***



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



Al Kohallek & The Green-eyed Monster

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OVERVIEW

It takes as much or more skill to dis-empower an old habit as it does to build a new useful one. The following is a process for the purpose of replacing the old habit, personal “reality” jealousy, with a new one. Although this is a simple process, it will not be easy. Anything we repeat long enough and often enough will become a habit and when it is overcharged with deep negative emotions, it is likely to turn into part of our personal “reality” and we will get “good” at it. In fact to experience a real change, healing or transformation calls for a full court press. This dis-ease, jealousy is not like taking off a topcoat but more like ripping off our flesh! The physical brain utilizes millions and sometimes billions of cells for each habit. In fact most of the habits we choose to change have a spiritual, mental, physical, emotional and social side. In one way or another all of these areas of the human condition must be addressed if a habit is to be dis-empowered or empowered. In other words old habits become our "personal reality". This "personal reality" is the way in which we experience our world, real or illusive.

We need to take back the power we have given this old habit, jealousy and empower our new habit with a higher level of energy, perhaps with some real love energy, instead of the sham jealousy sometimes fools us into believing. If you are willing to do whatever it takes to practice this process it will work. Do not begin this process until you have counted the cost. The cost will be a conscious, consistent focusing on empowering the new habit and disempowering the old habit every time it comes into your consciousness. This does imply a real commitment to practice this process for a set period of time, to start with, say 40 days. Half measures avail us nothing. In fact anything less than a total commitment gives us the illusion that we have tried and this process has failed.

The Twelve Step Program of Alcoholics Anonymous is incorporated in this plan of action. This is not to imply that this process is a substitute for the Program. It is a plan of action for the purpose of ***PRACTICING THESE PRINCIPLES [Spiritual in their nature] IN ALL OUR AFFAIRS.*** In this workshop paper the affairs we want to practice these principles in will refer to the dis-ease of jealousy. This dis-ease, jealousy is what we want changed, healed or transformed into an asset, a new habit, a more loving, wise and useful part of our personal “reality”. For some of us it has been a big part, at times of the condition and causes of our primary addiction.

We cannot teach old dogs new tricks – however, we are not old dogs nor is this healing process a trick. This process is not for trading one addiction for a less harmful one. It is intended to open us up to the possibility of that Healing Grace that really does change us into that individual we were intended to be. The process is for dis-empowering an old useless and/or harmful habit, but more important it is to empower living, loving principles into our daily life, Spiritual in their nature. A Spiritual Principle increases in value with its use both in its worth and usefulness in loving ways. Things of the ego or material in their nature deteriorate or become more harmful with their use. Jealousy is a good example of that.

During the time you are working this process you will have to abstain from your triggers. For jealousy you are to abstain from asking inquiring questions, like “who was at the meeting” or “who did you have lunch”, etc. You are not to do any cruise-bys, or checking phone calls. You are not to check with others about what they may or may not know.

You are not to bring up the past, real or illusionary. I’m sure you get the gist of this of avoiding a negative beginning. Many of us who have had this dis-ease of jealousy know we cannot safely

open the door to its insanity, much as the alcoholic can not take that first drink or do even a "little" drugs and successfully work the A.A. Program. Addicts have a habit of dealing with life through their addiction and so it is with the dis-ease of jealousy. ***If this dis-ease is not changed, healed or transformed then it will remain in power even though we are not presently conscious of it. It is alive and waiting to begin below the surface.***

Those with alcohol and drug addiction may require additional help during detox. Actually, every addict, whether it is junk food, sugar, nicotine, caffeine, prescription and nonprescription medication, alcohol, or any other drug, even the drug we call guilt and punishment, the choice of drugs of other wise good people, will experience some detoxification. Everyone who is in the process of changing an old habit spiritually, mentally, physically, emotionally and socially will have withdrawal problems. To underestimate with others about what they may or may not know about the detoxification of this dis-ease, jealousy, would be foolish.

This process may be useful for any type of habit Spiritual, mental, physical, emotional and social. While this is a fact, we would hope that we end up with our Higher Power as the solution and consciously living by Spiritual Principles, free from the driving demands of this dis-ease jealousy as our goal. Yes, it is very important to be free from an old harmful habit even the drug we call guilt and punishment, the choice of drugs of other wise good people. However we want to spend our time, interest and energy on the Solution as much as possible not dwelling in the dis-ease, that is, to empower, to give life to our new habit. The old habit will come up with no encouragement, so we need not drag it up just to say hello, because we may miss it. Remember the old habit is now an unwelcome guest, so lets not consciously invite it into our awareness.

A general rule -- when you are working on any process of change it is best not to tell anyone what you are doing unless that person understands the process through experience or is now working the same process. You may lose your willingness to work through your own resistance by talking it but not walking it. Also it is very common for someone with the same old harmful habit, but not wanting to change it, to talk you out of the process. Wait until your experience is real to you as the result of your changed personal "reality".

An old useless, harmful habit is one that no longer works for us, if it ever did and/or it has become too costly. An old useless, harmful habit is much like any addiction -- it rivets on to a person, place, thing or event in such a way that the experience we have is at the same time mood-altering, pain-avoiding and/or fun seeking and for sure life-damaging and life-limiting.

Old useless or harmful habits resist any change. To the habit, change means death, yet growth is change. Fear of change equals the unknown versus the familiar. The problem has a hidden benefit or payoff -- diminished expectations ("That's just the way it is.") -- low self esteem ("I can't or I don't feel worthy") -- desire to appear strong -- being "lost" without our problems -- fear of giving up control -- mistrust of the new process ("Will it work and is it worth it?")

Many of us have been reluctant to seek help for the Dis-ease Jealousy or even tell our friends or co-workers how bad this problem is, as if they did not know. In Al's case he did not want to seek help because then he could not deny it. At times Al would tell himself what if all that stuff I have been thinking and feel is true and I will never be able to do anything about it. After all there were times when he was O.K.

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Through the Alcoholics Anonymous program Al had a number of his defects and shortcomings, habits and beliefs modified, transformed or even replaced with a much more healthy and happy way of life. Why not this one? Al remembered someone saying that what can be learned could be unlearned. Or if you repeat something long enough, good or bad it will become a habit and a habit can be replaced with another habit. But this jealousy thing is just too bad, too painful, too deeply entrenched. Indeed he had been too good a student for really bad teachers, mostly he had been self-taught. Lou-is, Al's sponsor reminded him that he said the same thing about his drinking problem.

Lou-is: I learned more about the way I had thought, felt and reacted in relationships of all kinds as I began to recover from that Dis-ease Jealousy. In fact every one of the conditions and causes of my alcoholism came out in full force. I became so jealous and possessive with family, lovers, and "friends". I had burned my family out and I'm not sure I had any friends left by the time I got to the program. My sick perfectionism came out both in a negative and positive way; like I must be perfect and loved to be worthwhile or everyone else had to be perfect. Others' behavior could really set me off. The emotional pain was so deep and beyond my endurance at times that I wouldothers or myself. I would have lots of irrational thoughts like "I cannot stay sober if I don't have someone who really loves me." I remember the old song, "You're nobody till somebody loves you." And who's going to do that? I would soon be saying to someone I could imprison, "You belong to me so don't step out of line." I would not let my wife work so that she had to depend on me. "I pay the bills and don't forget, you owe me so tend to me or else I will cut you off. I will not stand for you to run around like you were single; if you go out to play it better be with me. Don't think you can just walk out on me; I'll find you and you will regret that you did. If I can't have you no one will. I could never find anyone like you so I'm not about to let you go."

Al: What you just shared reminds me of working with other alcoholics, I can see you know what you are talking about. Unless you really have had me fooled you must have experienced a great deal of healing in this Dis-ease Jealousy. Lou-is you really got my attention so what is the solution? Where do I go from here?

Los-is: For those of us who are willing to do whatever it takes to have this Dis-ease Jealousy healed or we could say, transformed into an asset there is indeed good news. The same process you used for your alcoholism you will be using on this. "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. (Foreword, Twelve Steps and Twelve Traditions)

Our Twelve Steps being spiritual principles are so very important to us because any spiritual principle can be used for recovery in any area of and will expand with its use. It is reported that for every 6 to 7 using our Twelve Steps, use them for reasons other than alcoholism. It is also noted in the 12 and 12 statement. "If practice as a way of life"... In other word we need to practice, practice, practice to dis-empower the old and empower the new way. "...Can expel the obsession to drink (or give in to the Dis-ease Jealousy) and enable the sufferer to become happy (jealousy needs some healing before that) and usefully whole. (Those who suffer from this Dis-ease Jealousy have been fragmented for a long time as a rule and long to be whole. Our problem centers in our personal "reality" and it is here that we seek a spiritual, mental, physical, emotional and social transformation. Because we have experienced this healing in other areas, we have an abiding faith in our Higher Power's grace to do for us what we cannot do for our selves.

When you start your daily practice you may ask your Higher Power – “Cause me to have all the honesty, willingness and open-mindedness I may need here and now. I ask for the guidance, love and wisdom that I need to work through this process and gain the most I can at this time. I am as willing as I can be to set aside everything I even think I know about this Dis-ease Jealousy so that my chances for an open-mind and to be teachable are better and that I may realize Your Three Spiritual Gifts: Awakening to You, to be the love I am and to be the individual You created me as. Thank You.”

STEP ONE (Honesty) We admitted we were powerless over alcohol – that our lives had become unmanageable.

SIX ESSENTIAL CHARACTERISTICS OF ALCOHOLISM AND OTHER ADDICTIONS

Working the Six Essential Characteristics of Alcoholism and other addictions as they relate to this Dis-ease Jealousy could help us understand that in some ways it is much like any addiction. In fact this Dis-ease Jealousy may in some cases be a big part of the condition and causes of our primary substance addictions and could lead us back to our primary addiction if it is not addressed. Or we may remain “dry” but not be joyous, happy and free.

In Lois Remembers – memoirs of the wife of one of the co-founders of Alcoholics Anonymous, she writes that the only time she worried about Bill getting drunk was over jealousy. Let her tell the story. “The...incident happened while we had four or five alcoholics living with us at Clinton Street. I was beginning to feel rebellious, since Bill didn’t seem to need me anymore. But one of those boys did. I needed to be needed. So I spent much time trying to help him out of his difficulties. I told Bill about my interest in helping the man, and Bill was most understanding and loving for a long time. But one day a jealous streak struck him, and he ran out of the house to get drunk. Fortunately, either out of habit or by divine guidance, Bill made his way to an AA’s house. There he calmed down. He came home sheepishly, without have gone near a bar. I think this was the only time I ever worried about his getting drunk.” Lois Remembers, page 135, Al-Anon Family Group Headquarters, Inc

Everyone has a Special Gift to give to others and to themselves. If we could be still and listen to the wisdom of our heart, we would know what that it is. The secret of happiness is to know and use your Special Gift. The secret to abundance is to give your Special Gift to others. If this is true why are we not experiencing that Special Gift? Most likely we have made up or gone along with a lot of sick illusions; one of course may be jealousy. Step One is a beginning tool in this process, which can help remove illusions and obstructions that seem to block your Special Gift so that the natural healing can take place. When we reach a place in our life where we realize our powerlessness to change with our present understanding and our inability to be still, if we are willing to seek help, it will come.

ALWAYS START AT STEP ONE

If we had previous success working our Twelve-Step Program, we realize it’s time to reapply the program to another area of our life. One is tempted to jump over the first three Steps and start on another inventory. If we jump over the first three Steps, there is a strong likelihood that we will not have near the success with the rest of the program. We strongly suggest that when one has made a decision to work this process on a “new” area, always start at Step One. It is important that we come to the realization that we are unable with our present understanding, alone and unaided, to truly experience any real change in this Dis-ease Jealousy. We need to realize that we are powerless and we cannot manage our life very well with our present mindset, consciously and consistently. The mind that made us sick or limited cannot make us whole or well (Step One).

Al: Once I have admitted that I am powerless and that I cannot manage my life, then why do it again?

Lou-is: Our mind plays tricks on us. This is a good example where we worked the Steps on one area, and then we generalize that experience to cover all areas of our life. It would be like we had experienced some success at our job and then think that we should automatically be successful in every area of our life. A person new in the program will often experience a lot of highs and lows, directly or indirectly, due to generalizing.

INCREASE THE PAIN

We have set up the First Step in a way that will help increase the pain of holding on to that which we need to have changed, healed, or transformed. The questions will contrast back and forth: What will it cost us if we do not change? What may we gain if we do experience change?

Al: I don't want nor need any more pain.

Lou-is: Then get busy.

SIX ESSENTIAL CHARACTERISTICS

In general, there are six essential characteristics of alcoholism, and other addictions. Being aware of these can help us understand a little better what path our 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, even to the Dis-ease Jealousy.

The following is to be 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.

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, etc. This craving is limited to those with a chemical addiction.

Al: When it came to jealousy I did not have the same kind of physical craving as taking a drink of alcohol but I seem to have a physical reaction to the insane jealousy stuff. For example when I would believe that I was being betrayed my physical body was pumped-up with such an excessive amount of the fight or flight chemical, I would think, act and feel as if I was insanely drunk.

What was your physical reaction to this "Jealousy Drug"?

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2. PROGRESSIVE - Tolerance: takes more to get the job done; we are unable to get by with what we once did. With non-substance addiction Jealousy it takes more reassurance or checking on, etc.

Al: 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. Even after I came in the Program my jealousy got worse or seemed to. I no longer had alcohol to help me deal with all the jealousy sick-stuff.

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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 really 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 about my Dis-ease Jealousy I could not fool myself any more. But by then I had little or no trust, respect or self-respect left.

What has been your experience with self-delusion, denial, repression, mind games, rationalizing, then comes the conscious lying concerning jealousy?

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 indeed 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, and I could never get enough reassurance. I did so many sick things trying catch her or "him". I could not tend to business or anything else once the Green-eyed Monster showed up. What I thought my wife could be doing became my Ultimate Concern.

Can you give an example of this type of thinking and feeling you experience during a jealousy attack?

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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: 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. As long as I was drinking I could hide behind that to deny the depth of my jealousy. I would say thing like; "I would not acted out that badly if I had not been drinking. When I stop drinking it really got bad. I would have to get more proof that my wife was indeed betraying me. I would say; "I have not really given this my best shot so now that I realize that I will just will my self into perfect non-action or perfect action.

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, etc. Our addiction becomes part of our automatic nervous system the more we repeat the behavior. We have in some cases enlisted billions of our body and brain cells. THE ADDICTION BECOMES OUR "REALITY". Our mind says; "Play it again, Sam." When the body/mind is deprived of something it has become accustomed to, it responds with danger signals, as if something is wrong. Then we have the backlash or 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 cruise-by or to ask inquiring questions, like see any old friends today. Or I just had to really know. Then there would be a time when I was filled with love, understanding and peace and I would think I was healed for sure. Then some thing so small would set me into that jealousy rut and because I was not expecting the rebound it would really get to me.

State your rebounding experience when you tried to withdraw or stay stopped from your reacting insanely to this Dis-ease Jealousy popping - up.

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BEFORE YOU MAKE A FIRM DECISION TO GO THROUGH THIS PROCESS COMPLETE THE MINI - STEP WORK TO FOLLOW. STAY FOCUSED ON THE DIS-EASE JEALOUSY, WHICH YOU HAVE CHOSEN TO HAVE DISEMPOWERED. IT IS BEST YOU NOT DWELL ON THIS NEGATIVE ANY LONGER THAN NEED BE.

STEP ONE = (HONESTY)

WE ADMITTED WE WERE POWERLESS OVER ALCOHOL -- THAT OUR LIVES HAD BECOME UNMANAGEABLE. (We admitted we were powerless over the Dis-ease Jealousy – that our lives had become unmanageable)

Writing out your response will help you focus on your Belief Systems, your habits of thoughts and feelings. In other words your "Personal Reality" of the Dis-ease Jealousy. The purpose of the following First Step questions is to bring our personal "bottom" up and hit it. There is no need to continue to pay the "PRICE"

1. Have you identified it is the Dis-ease Jealousy which you want to DISEMPOWER? If yes continue.

2. What pain or fear do you associate with changing or healing this Dis-ease Jealousy?

3. What pleasure are you getting out of not changing or healing this Dis-ease Jealousy?

4. What will it *COST* you if this Dis-ease Jealousy is not changed, healed or transformed?

5. What are the benefits you could gain by having this Dis-ease Jealousy changed or healed?

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? (example)

8. Has this problem made your home life unhappy? (example)

9. Has this problem caused any type of illness? (example)

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10. Do you turn to the type of person that enables you to practice this Dis-ease Jealousy or to lower companions that enable you? (example)

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11. What part of this Dis-ease Jealousy do your loved ones, friends, family or business associates object to the most? (example)

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12. What type of abuse has happened to you and/or others due to this Dis-ease Jealousy? (example)

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13. List examples of what you have done in the past to fix -- control or change this Dis-ease Jealousy.

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14. What are the feelings -- emotions -- and conditions you have tried to alter or control with this Dis-ease Jealousy? (example)

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15. At this time ask yourself -- "If this is such an important area in my life, why haven't I changed? Am I now willing to do whatever it takes to have this Dis-ease Jealousy *CHANGED, HEALED OR TRANSFORMED?*"

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16. If your answer to number 15 is *YES* -- write out the First Step. -- *I admit I am powerless over Dis-ease Jealousy -- that my life in this area is unmanageable. I cannot with my unaided will and present understanding, CONSCIOUSLY AND CONSISTENTLY manage this problem area.* Due to the fact that we can sometimes “-manage” jealousy we have the illusion that we should be able to consistently, but for most of us with this Dis-ease Jealousy our control is short lived at best.

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STEP TWO (HOPE)

CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.

1. Can you recall a time in your life when a *POWER GREATER* than yourself did for you what you could not do for yourself concerning this Dis-ease Jealousy? List one or more. Be precise. If possible list something on this problem area. If not, use any life experience. Write your response on a separate sheet or on the back of the facing page.

2. On a separate sheet or on the back of the facing page list as many ways as you can that -- "*I AM GRATEFUL FOR _____*" concerning this Dis-ease Jealousy. Keep this list going for at least 40 days.

STEP THREE (FAITH)

MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM.

1.State what it means to you when you make a decision about something important in your life.

2.Next, state what is your *WILL* and your *LIFE* you are *NOW* willing to turn over. Are you now willing to turn everything over, as you presently understand "IT"? That means everything, both the "good" and the "bad"?

3.Next, what is your present understanding of your *HIGHER POWER* you are asking to care for you today?

4.Would you be willing to ask a Higher Power to do for you that which you are unable to do for yourself?

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 in this is for an open mind and a hope for a new understanding. Otherwise, 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 be working out of our past instead of the present in the Presence.

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STEP FOUR (COURAGE)

MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.

Own this Dis-ease Jealousy, no matter when or how it came about. It is your personal “reality”, your mind, which makes it your decision as to what to do with it. Answer the following question as honestly as you can. If there is not enough space use a separate sheet or the back of the facing page. DO NOT LEAVE THESE WORKSHOP PAPERS AROUND FOR OTHERS TO SEE. If you do we suggest that you question your motive.

1. Recall and write down when or how this Dis-ease Jealousy began, in any form, level or degree. Give examples. BE PRECISE.

2. When and how did you first experience being betrayed in any form, level or degree?

3. When and how did you first betray another in any form, level or degree?

4. What has been your most painful experience in this Dis-ease Jealousy?

5. What has been the most painful experience in this Dis-ease Jealousy you caused another?

6. Write for what purpose this Dis-ease Jealousy seemed to serve; be precise.

7. Was there anyone in your family that you personally know that was betrayed? How did you react? Be precise.

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8. Was there anyone in your family that you personally know that betrayed another? How did you react? Be precise.

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9. Has there been a friend, co-worker, schoolmate or anyone you are/were close to that you personally know that was betrayed? How did you react? Be precise.

--

10. Has there been a friend, co-worker, schoolmate or anyone you are/were close to that you personally know that betrayed another? How did you react? Be precise.

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11. If only the object of my jealousy would not ... or if I had not ...

--

12. If only the object of my jealousy would only ... or if I had only ...

--

13. If possible, write out how you have repeated or expressed this Dis-ease Jealousy:

Spiritual -

--

Mental -

--

Physical -

--

Emotional -

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Social -

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14. Few disturbances are as painful or self-defeating as this Dis-ease Jealousy. Describe how jealousy affects you:

Spiritual -
Mental -
Physical -
Emotional -
Social -

15. Can you give examples of your investigative skills?

Cruise-bys
Checking telephone for incoming or outgoing calls to ... Checking emails for ...
Befriending the enemy or an ex ...
Asking inquiring questions – “Who did you have lunch with?” or “Who was at the meeting?”
Pumping others for information about ...
Trying to force a confession ...
Following your loved one just so they would be “safe”
Miscellaneous creative investigative skills ...

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16. List your worse resentments that you associate with this Dis-ease Jealousy.

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

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17. List your worse fears that you associate with this Dis-ease Jealousy. (R) Rational or (I) Irrational

Fearful Of:	The Cause Of This Fear	R	I

18. List those you most harmed including yourself as the result of this Dis-ease Jealousy.

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

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19. Can you now accept that this Dis-ease Jealousy centers in your mind, in your personal “reality”? What does this mean to you now?

20. Can you now understand that it is very important that everyone and yourself not put up with your jealousy? It is up to you to decide to own this dis-ease as centered within you. With full ownership you can then surrender it to your Higher Power so it can be healed, and transformed into an asset that you may share with others. Write out your understanding of the above.

21. Describe one of your jealous cycles – How did it start? How did it progress? How did it end?

22. Even though you may have had this Dis-ease Jealousy for a very long time, can you now accept that it can be transformed into a useful asset, even as you may have experienced this change in other Dis-eases you have had? If the answer is yes give an example.

23. This Dis-ease Jealousy is part of our personal “reality” which means it can be changed; it is not a universal principle. What has been learned can be unlearned even as any habit, if we repeat something long enough will become a habit. So we can learn to build a new habit that is in concert with our Higher Self. Give an example as to how an old habit was replaced by a new one.

24. Are you willing to kiss the Green-eyed Monster goodbye and when he/she comes calling are you willing to treat it as an unwelcome visitor? In question 15 you were asked to give examples of your investigative skills; now you must learn to put them to the real test. Whenever the Green-eyed Monster shows up you must refuse to practice any of your investigative skills. If you open the door to him/her it will most likely set a full cycle into motion. If you now agree with that, then write a commitment statement. We too often do not have the luxury to wait until the process or transformation is complete much like we cannot take the first drink of alcohol or take the first drug or take the first bite of trigger food.

STEP FIVE - (INTEGRITY)

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

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/or statements up to this point.
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 vital part of Steps Six and Ten
5. As we go through our review, we continue our preliminary work on Step Eight.

Al: Who’s going to listen to my Fifth Step?

Lou-is: It is very 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/she will have a better understanding of what it is you are trying to do. The main thing is that you feel that 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. Someone could be hurt if you are really honest. It would be wise to question your own motives.

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.

Lou-is also suggested that Al set the date, a starting time, and the approximate amount of time to set aside to complete it, with the person he had chosen. Now that all your prep work is done and you set the date, the starting time, and the approximate amount of time to set aside to complete it with the person you have chosen, this is a great day to carry out this important mission.

Al trusted Lou-is, so he decided to take his Fifth Step with him. Also, Lou-is already knew a lot about him. Al did what was suggested. He pocketed his pride and went to it, “illuminating every twist of character, every dark cranny of the past.” Once he had taken this Step, withholding nothing, he was delighted. He had his first spiritual experience. He felt for the first time that another human accepted him just as he was. He felt a new freedom.

Some of those things Al had kept hidden for so many years lost their power over him. For the moment Al felt like a free man, but Lou-is reminded him there was a lot of work yet to be done. A few days after Al had taken his Fifth Step, he was working with a newcomer and found himself sharing one of his secrets in order to help the newcomer. He told us later what a wonderful thing it was to be able to help another with freely sharing his experience that he previously intended to keep secret and take to the grave.

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 of all, we really want something when we are entirely ready. This really wanting something 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 are to be removed. At this time, “these” implies that we have identified specific defects.

Al: The rest of the Steps will be a piece of cake after taking my Fifth Step.

Lou-is: 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 – D – E* - below.

(A) Lou-is: Once again, I am reminding you that just because something is simple does not make it easy. Now that you found some of your patterns, “these defects”, it will be useful for you to follow these suggestions: Take each one of “these defects” and ask yourself if you are really ready to have God remove this.

1. If your answer is yes move on to the next defect (patterns).
2. 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.
3. If that is not enough to convince you, try this: We know that our problems, as with everything in this life, is progressive. Our problems will worsen if nothing really changes at the level of our habits (personal “reality”, patterns). With the passing of time we will get “better” at our defects. Another way to increase the pain of holding on to this defect is by extending it into the future.
4. What will it be like if this does not change in another year or five, ten, or twenty years?
5. Have you had enough or are you thirsty for more?
6. If you are now ready, continue this process until you have gone over each and every one of your defects.

(B) Lou-is: Going over each defect in such detail will help us in a number of ways:

- a. It will help us with our owning each of our defects; our defects center in our own mind.
- b. We will be reminded just how powerless we are to remove these defects alone and unaided.
- c. At the same time by doing something constructive about these defects we will experience a new level of hope.
- d. It will help us see that some of our listed defects are just different parts of the same pattern. This will help us combine them, which is part of the next suggestion.

If you have followed this suggested process, you have gone over and over your uncovered defects, combining them into the smallest number of patterns. If you have not done that, please do so now.

Al: Yes, I have gone over them until I am even sick of them. I hope God is not too busy to remove them quickly.

Lou-is: You sound like one of us, “Do it quickly, at least by Friday so I can have a great weekend”. I find that I still have all the defects I had when I came in the Program. Those defects where I have experienced some healing by God’s Grace, have become assets, tools, and Early Warning Signals.

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Those defects do not come about as often; they don't last long, and they are not very intense. This is a sure sign of growth, and awakening.

Lou-is: We are building a new way of life and we feel it's so very important to understand it is a long-term process. It's not another quick fix. We did not get here overnight but by practicing limited, sick and sometimes insane patterns, habits for many years. One important thing to remember is that if we do the best job we can with this Program we will experience a way of life that is far beyond anything we could have dreamed of.

Lou-is: The next suggestion: Assign each of these defects, patterns a "Make Fun Of" name. These names will become very important to us when setting up our last three Steps to live 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 have reviewed our inventory after finishing our Fifth Step and updated our Rules/Patterns. Now we are to assign each of these defective Patterns a dishonoring name "make fun of" name if you have not done so, or you may choose to change some of the names. We will use these "Make Fun Of" names to help take some of the power away that we gave these defects (patterns). Making fun of our defects and laughing at ourselves is in itself very 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.

"Make Fun Of" Name	RULE/PATTERN	#

(D) Decide which of these defects you are now ready to have God remove. Fill in the corresponding #

#	#	#	#	#	#	#	#	#	#	#	#

(E) Decide which of these defects you are unwilling or unable to let go of at this time. Fill in the corresponding # - Go back to suggestions (A 3 through 7), to upgrade these defects to the "ready" list.

#	#	#	#	#	#	#	#	#	#	#	#

For additional space you may use the facing pages.

STEP SEVEN - (HUMILITY)

HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS.

We have come a long way by the time we get to this very important Step. We have realized in the process of doing the first six Steps that we are truly lacking the power, the ability to really change.

1. We are reminded that quick fixes are no longer enough. 2. We have by this time come to understand that we cannot consistently manage this problem we have been focusing on much less our total life. 3. We were able in most cases, to recall a time when something other than us, Higher than us, different than us did for us what we could not do for ourselves. 4. By listing those people, places and things that we are grateful for, we realized that we had far more than we thought. That list keeps growing as we add to it. 5. We begin to see how powerful our decisions and our willingness can be. 6. We begin to experience just how important it is that we set aside our old way of thinking and feeling so we can have a chance for a new understanding. 7. By experiencing the above listed things, it is easy to see/feel the importance of turning everything over to the kind of loving Higher Power, which we know has already helped us at some point in our life. 8. We do have an invisible means of support.

9. We experience by now some of the benefits of staying focused on what is before us, one question or statement in one area, and our response to that area. 10. By responding as honestly as we could to the questions and statements, we have begun to realize how we have been running on automatic with habits of thoughts and feelings and in our little personal “reality” most of our lives. 11. We have identified some of our common patterns and we are starting to put them in their place by dishonoring and discrediting, by making fun of them. 12. We have been open with our Higher Power, another human and ourselves about what we have awakened to so far. Most of us have had (experienced) great relief and a feeling of acceptance and of love. Some have had a new God-consciousness. 13. We took a closer look at our defects, habits of thoughts and feelings, our personal “reality,” and we are now sure that we want our Higher Power to remove these.

Al: 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.

Lou-is: I find it interesting that I would spend every waking moment for days on just one resentment or fear. I was a lot like you, Al; 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?

Al: What is the difference between defects and shortcomings?

Lou-is: I heard that Bill W. was asked the same question and he replied that 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. By the time I got to my Fifth Step I felt very 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 really 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 I was being shown allowed me to believe that it was not my being defective but my coming up short.

Al: As I reflected on my past wrongs, I realized that I had done a lot of harm to others and myself. It was not my intention at the time to harm anyone, but I did. When these harms were taking place, as I see now, I was reacting to my “then reality”.

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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.

Lou-is: When I realized God, as I understood Him, was/is my only true Source, I was humbled at that moment, opened up and teachable. When we are aware of the fact 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 be healed of these shortcomings, the following suggestions will prove useful.

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.***

Some part of our shortcomings (defects, patterns, and personal “reality”) we may have to accept.

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

(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 may not be able to stop one of our shortcomings that come into our consciousness, but we can stop dwelling on it for one moment at a time.*

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

--

Peace comes to us by grace. When we are at peace everything seems to be in harmony, and there is the absence of conflict. Perhaps serenity is far more valuable in this human condition than peace. Everything around us can be falling apart, but if we have the grace of serenity, we know at a deeper level all is for our good. We are suggesting that you ask for serenity as it may relate to each pattern.

Example: *If we are going to be open to change and healing, then we need the wisdom to know what we could change and what we need to accept. Sometimes we can be so sure we will be able to change and we cannot. At times we assure ourselves that we have accepted something, and we find that we have not even come close to acceptance. We are suggesting that you ask for courage and wisdom as they relate to each pattern.*

(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.

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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.

Lou-is: Step Eight is another one of our Steps that in principle is so very simple. It is the preparation for an all-important action, Step Nine. Like most things, we will do a much better job if we are prepared to do so.

Al: So far every time you have made a point of just how simple something is going to be, you “suggest” a lot of additional work. I already have my list from my 4th Step Inventory.

Lou-is: I remembered some additional harms done while focusing on Steps Five, Six, and Seven, when I was working on my patterns. Once I accepted the fact I had been driven by my habit patterns, names of others I had harmed by expressing the same pattern came to mind.

Al: What you call a very good start most people in the Program call a very good finish.

Lou-is: You’re right, but most of us settle for too little, for far too long. If we do the best we can on the current Step, it makes the next Step easier, and better. I remind you, these are Steps not an escalator. We cannot stop on Step One and ride to the top.

We suggest you make your list of those you had harmed in three (3) groups: First list those you harmed and to whom you are ready, willing and able to make these amends. The second list is made up of those harmed to whom you are willing to make your amends but unable to do so at this time. The third group is the people harmed to whom you are unwilling to make amends. Also we have included a format to help us with our forgiveness. Have you ever noticed a lot of those we harmed were those whom we had not forgiven?

[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. After you finished writing each group, we suggest that you go over your plan of action with your sponsor or someone who has done some of their amends before you set out on your Step Nine adventures.

Example for group number [1]

Name of the one you harmed. Sam M.

What you did or did not do to cause the harm.

I thought that Sam had been trying to make out with my wife – so I started telling a bunch of lies about him and it turned out that my information was wrong. Sam had not been trying to put a shot on my wife. I believed Sam was a womanizer and after I had followed him for a while I found that he was a very devoted family man. I was so sure I was right at first; I burned him and hurt his respectability. His boss and some of his friends began to question Sam’s integrity.

How will you go about making this amend? Write down your plan of action for each amends.

I had burned Sam with George (his boss), Mary (co-worker), Sally and John (close friends) I intend to go to each of these and tell them I was really wrong; I had no business saying anything about Sam. I admit that my Dis-ease Jealousy had taken control of me; I was reacting in a most insane way and if they ever hear me talk like that again about anyone to tell me to take my own inventory. I am going to these people instead of Sam because that is where the “crime” took place. It is no need to hurt Sam when he didn’t even know I had said anything bad. I am ready, willing and able to make this amend. Now I need to talk to my sponsor, Lou-is. I may have missed something so I want Lou-is to look this over. If he says it’s ok the way I am intending, I will make an appointment with these four people and make my amends ASAP.

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[2] This group consists of those you are willing to make amends to but unable to for some reason at this time. 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 the first group.

Example for group number [2]

Name of the one you harmed. *Mary Brown*

What you did or did not do to cause the harm.

I had an auto accident with Mary Brown – I was on a jealousy cruise-by, checking up on my wife and was not paying attention to my driving. I got her name and address and told her I was going to take care of her car. I lied to her about my address and phone number so she could not contact me, so I never paid her.

State why you are unable to make this amend now. Seek out someone to help you.

I went by her home address a month or so later and she had moved away and left no forwarding address. The landlord did not have any information that checked out. I am ready and willing but unable to find her. What shall I do?

[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 (upon awakening, mid morning, noon, mid afternoon and before you go to sleep), for two weeks or whatever time it takes for you to experience that you have let it go. Do all you can to upgrade this group to group one or two.

Example for group number [3]

Name of the one you harmed. *Pete Duelittle, my ex-partner*

What you did or did not do to cause the harm.

I did not like the way ex-partner, Pete, acted when my wife was around. I knew I could not trust him alone with her. He must think we are partners with my wife also. When he kept on trying to get me to handle the out of town accounts I knew what he was up to. I should have known better than to partner-up with him in the first place. I quit the partnership and I will never make an amends to him, because he would think, I think it is ok to carry out what he had in mind with my wife. They cannot fool me; I have been around that kind of thing before.

State the form of the resistance and/or why you are unwilling or unable to make this amend.

Pete doesn’t need my amend; I need him to make an amends to me. He was the one that was wrong. He acted like he was not doing anything wrong. I hate guys like him thinking he can get by running off with my wife. My wife told me how sick I was with the Green-eyed Monster.

1. ...Eight Step assignments – take separate sheets of paper or use the backs of the preceding pages and fill in all of your amends to be made on the Three Amends List. Just follow the examples 1, 2 and 3 above.

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.

1. Having done your prep work for the taking of Step Nine as best you could at this time including making as many appointments as possible, you are ready for this day - the day when you go about making your amends.
2. As you set out to make each of your amends we suggest that you ask your Higher Power to cause this to be a healing experience for the one(s) you are making the amends to and for yourself, asking for what ever it takes to carry out this amends.
3. Take your first appointment and work through your complete list the best you can one at a time. After each one is complete, give thanks and let it go so that you have a better chance for an open-mind for the next. Good luck and may God bless you.
4. If you have anyone in your number 3 group (page 24), the ones you are resisting or saying "no never", and you have been unable to upgrade them to group number 1 or 2 follow the first set of guidelines on forgiveness below. In those amends that seem to have no closure to them, review the following guidelines on forgiveness.
5. As we go about making our amends it becomes very clear how important forgiveness is to this healing process. We have placed additional information about forgiveness here in Step Nine, which we moved out of the Step Four Inventory. As we are going about clearing away the wreckage of our past, through the first nine Steps, forgiveness is such big part of this process. Placing this here, we believe will carry over into the next level, the growth Steps 10,11 and 12. Without forgiveness our growth will be grossly limited.
6. We are suggesting that you review all of the following information here in Step Nine on forgiveness and before you move on to the last three Steps see if you can be completely willing to forgive all even your self. Try out the following suggestions until you find one that works for you. When you are unable to, realize that through complete forgiveness there is a way to let your Higher Power do for you what you cannot do at this time.
7. Keep your amends list until you have completed all of your amends. As you complete each one of your amends write a brief summary of your experience. Would you do something different? If so what? Share this experience with your sponsor or with another Program person.

If you are stuck on forgiving a long-term relationship try this:

One of the most common problems with forgiveness is the forgiveness of those with whom we have had long-term relationships. We believe the primary reason is that we change the "crime" as the years roll by. We have forgotten what we were upset about when the "crimes" happen and we read in 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 the harm was done?
4. How did you feel and/or think at the time the harm was done?
5. What about now? How do you feel and/or think about the harm done?
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. Which of those items stand out?
8. Are you now willing to forgive so you can be free?

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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.

Can you now upgrade your number 3 group to a group 1 or group 2? If not go back through the Steps on that needed amends until you find a workable solution.

FORGIVENESS is the key to all happy and loving relationships with God, others, and ourselves. Sometimes the hurt seems to be too much for us to forgive. In this case willingness to forgive is the key. However, we may be unable or unwilling to forgive (check out the Forgiveness List Boxes). For those whom we have a difficult time forgiving, it is suggested that you pray for the willingness to forgive. Put these people on a prayer "hit list." Pray for this person five times a day (upon awakening, mid morning, noon, mid afternoon and before you go to sleep), for two weeks or whatever time it takes for you to experience that you have forgiven.

Choose by marking the columns: (R) Rarely - (S) Sometimes - (O) Often - (I) Intense/very Important.

R	S	O	I	#	WHY I AM WILLING	R	S	O	I	#	WHY I AM UNWILLING OR UNABLE
				1	I have a lot more to gain					14	Alone is better than hurt
				2	I want 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
				5	I want to be free					18	I seek revenge
				6	I want to build trust					19	I stuffed it
				7	I want to experience peace					20	I suffered and they went free
				8	Willing to let God do for me					21	I want to punish them
				9	I'll forgive/I won't forget					22	I'm no fool
				10	I'm tired of being fearful					23	I'm scared to
				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	Some like to hurt others
										27	They didn't forgive me
										28	They don't deserve it
										29	They really did hurt me
										30	They will do "it" again
										31	They will go unpunished

On a separate sheet of paper list those you still need to forgive.

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

WHO OR WHAT	WHAT'S GOING ON WITH THIS FORGIVENESS

Perhaps the most difficult is the forgiving of ourselves. There are a number of reasons for this; one being the fact that we have too much inside information, including an abundance of experiences when we have fallen short. We hear a lot of talk about this program and life in general being a process, going from limited to less limited ad infinitum. However, most of us believe some day we will graduate once we get “it” right or when we earn “it.” Instead of seeing each experience as a stepping-stone, we often view it as a stumbling block, a cause for disappointment and this calls for guilt and punishment. The beatings will continue until we become perfect. We would be far ahead of the game if we would be willing to forgive quickly and seek correction, leaving the results to our Higher Power.

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 but 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.”

The importance of forgiveness is often dismissed 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. More often it is from the core belief that when someone does something “wrong”, even if that someone is our self, he must be found guilty and punished. Yet when we are wrong most would love to be forgiven quickly. Not only that, we don’t want to see our “crime” made into a capital crime. If I want this kind of forgiveness, I must be willing to extend it to others.

A naive person both forgives and forgets; a stupid person nether forgives or forgets; a wise person forgives but does not forget. The wise person can use this experience of love to share even more than ever. 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.

Al: I want to forgive everyone even myself, NOW. Lou-is: How about one at a time?

Al: As I understand it, if I want the fullness of life – if I want loving, caring relationships with whomever – if I want to be joyous, happy and free, if I want an open heart, mind, and soul then I must be willing to forgive all, even myself, perhaps not able but willing. Then I can look to our Father to do the deed.

Lou-is: I recall you telling me that if the doors of my consciousness were clear of clutter caused by my holding on to old useless or harmful beliefs, judgments of others and myself – realizing my part in all of this is no more nor less than my little personal “reality.” Our Program demonstrates that we can, through its process, become forgiven forgivers forgiving.

Al: Is there a time when forgiveness is not needed even when some “wrong” was done?

Lou-is: Yes. “We will not regret the past nor wish to shut the door on it.” (Alcoholics Anonymous – p83) In those areas we have experienced some degree of awakening, healing and/or transformation we have no need for guilt, punishment, resentment or fear. This area being healed has become an asset, which we may share with others. We have let go of our harmful judgments of others and ourselves to some degree. Without these judgments we have no need of forgiveness. This is the very best kind of forgiveness – none needed.

Lou-is: Here are brief excerpts from: To Give Is To Receive by Gerald G. Jampolsky “The emphasis underlying this course is that inner peace can be reached only when we practice forgiveness. Forgiveness is the letting go of the past, and is therefore the means for correcting our misperceptions. Our misperceptions can only be undone now, and this is possible only through the process of letting go whatever we think other people may have done to us, or whatever we may think we did to them. Through true forgiveness we can stop the endless recycling of guilt, and look upon ourselves and others with love. Forgiveness permits us to let go all thoughts that seem to separate us from each other. Without the belief in separation, we can accept our own healing and extend healing love to all those around us. Healing then, becomes the thought of unity. Whenever I see someone else as guilty, I am reinforcing my own sense of guilt and unworthiness. I cannot forgive myself unless I am willing to forgive others. Only through forgiveness can my release from guilt and fear be complete.”

Brief excerpts form: The Sermon On The Mount By Emmet Fox – “The technique of forgiveness is simple. The only thing that is essential is willingness to forgive. Provided you desire to forgive the offender, the greater part of the work is already done. People have always made such a bogey of forgiveness because they have been under the erroneous impression that to forgive a person means that you have to compel yourself to like him. Happily this is by no means the case – we are not called upon to like anyone whom we do not find ourselves liking spontaneously, and, indeed, it is quite impossible to like people to order. You can no more like to order than you can hold the winds in your fist, and if you endeavor to coerce yourself into doing so, you will finish by disliking or hating the offender more than ever. We are not obliged to like anyone; but we are under a binding obligation to love everyone, love, meaning a vivid sense of impersonal good will. This has nothing directly to do with the feelings; though it is always followed, sooner or later, by a wonderful feeling of peace and happiness.”

THE METHOD - The method of forgiving is this: Get by yourself and become quiet. Repeat any prayer or treatment that appeals to you. Then quietly say. “I fully and freely forgive X (mentioning the name of the offender); I loose him and let him go. I completely forgive the whole business in question. As far as I am concerned, it is finished forever. I cast the burden of resentment upon the [Higher Power] within me. He is free now, and I am free too. I wish him well in every phase of his life. That incident is finished. The Truth has set us both free. I thank God.” Then get up and go about your business. Afterward, whenever the memory of the offender or the offense happens to come into your mind, bless the delinquent briefly and dismiss the thought. Do this, however many times the thought may come back. After a few days it will return less and less often, until you forget it altogether. Then, perhaps after an interval, shorter or longer, the old trouble may come back to memory once more, but you will find that now all bitterness and resentment have disappeared, and you are both free with the perfect freedom. Your forgiveness is complete. You will experience a wonderful joy in the realization of the demonstration.

If you are still having problems with forgiveness you may pick up a copy of the Workshop Paper Al Kohallek Goes On A Forgiveness Frenzy, A pathway to Forgiveness. You may also download this Workshop at www.12stepworkbook.org

STEP TEN - (PERSEVERANCE)

CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.

Lou-is: These next three Steps which some of us call the Growth Steps can be the beginning of a way of life free from the hell of the Dis-ease Jealousy, if you choose. Yes, the Growth does come by grace but we have to open ourselves to receive and practice it, to live it. Starting with Step Ten we can help you put together an Early Warning System that can enrich your life far beyond anything you have experienced to date. Now that we have a good deal of information and several tools, we no longer have to live in the painful and destructive way the Dis-ease Jealousy causes. But why settle for just a lack of pain and destruction? We have a way to experience a full, warm, loving relationship with another, to realize our Program promise to be joyful, happy and free. If you will use the first nine Steps and follow the suggestions below you will be amazed how this jealousy can be transformed into an asset.

Al: I really want to do whatever it takes to have this jealousy thing transformed into an asset, so bring it on. Growing up I thought jealousy was just a form of love and the more insane I got with it the more loving I thought I was. After the first nine Steps I realize jealousy is a far cry from truly loving another or myself. I realize that so much of my jealousy problem has been centered in my mind not in the world outside of me, so I know where the healing must take place. Now that I have identified some of my most important patterns, I am beginning to understand the nature of my wrongs relating to this Dis-ease jealousy. I can see how insane and distorted my reactions have been. I find myself backing off from love, but I know that will not work for me any more because I now realize a big part of my human condition is love. My wanting and needing to experience love does not diminish just because I don't know how to love, so where do I go from here? What about the promise of the three Spiritual Gifts our Program promises, one of which is love? How can this Dis-ease Jealousy be transformed into another asset as was my alcoholism?

Lou-is: The process is very simple Al, but not easy. We are at another vital turning point in the process of Spiritual Transformation. First we had to realize just how sick we had become in the throes of this Dis-ease Jealousy and that we would be unable to heal ourselves with the mind that made us sick. But the Higher Power that has transformed us before could do it again even for jealousy. Just as I did so did you Al when you cried out for help and surrendered everything over to our Boss. As we began to answer the inventory questions on jealousy we saw old patterns, parts of our personal "reality". Then when you and I talked about these sick puppies we began to form a clear understanding of this dis-ease jealousy. Al, when you told me how sure, how ready you were and how much you wanted and needed God to remove these defects, knowing and owning them, I knew you were well on the way. Then as you set down on paper all those you needed to make amends to and stepped out to do it, I knew you meant business, our Father's Business. Once you started on your forgiving you found that you were willing to forgive seventy times seven if needed. You inspired me to the point that I reopened my inventory and did some additional forgiving. Al, you caused me to use a lot of "F" words, Forgive, Forgive, Forgive. What a waste it would be if you slowed down or stopped here. So let's get started by going over the First Aid Station. In principle this First Aid Station is what we needed so that we could safely be around alcohol and/or slippery places, which could have set off the desire for a drink of alcohol. Until there is a complete Spiritual Transformation of this defect into an asset we would be wise to visit the First Aid Station as needed.

FIRST AID STATION

Dis-ease Jealousy Emergency Administration Skills

AS WE GO ABOUT OUR DAY - Most of our life experience runs on automatic until something disturbs us. If it is charged with enough negative energy, like jealousy we need fast relief. The way we react the very first moment of a jealous attack is vital to our growth, our sobriety, maybe to our very survival. We can choose at that moment, which way we will continue to feel, think and act or we will react automatically. Unless a troubled area, like jealousy is called into question it will run on automatic. These suggestions sound too simple, too easy. They are simple, yes – easy, no.

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

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

SPIRITUAL AXIOM - “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/patterns.

HOW PROMPT CAN WE BE? We have repeated through this workbook the importance of finding our habits of thoughts and feelings that are our personal “reality.” All of our life experiences, real or imagined, are filtered and colored by our personal “reality,” our belief systems. If there are going to be any long-term changes, we must identify these 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 as to what to do with them. We cannot surrender them to our Higher Power if we don't have possession of them. It is a simple fact that 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 become in doing something constructive about our old ways?” The answer is, “Very prompt.” In fact we can learn how to stay a step or two ahead of them.

WHEN AM I MOST LIKELY TO? (Negative) (Positive/Constructive)

These two lists for working our Tenth Step can be very useful in building an Early Warning Signal System. Start each of your questions asking: When am I most likely to? These questions are to be designed to focus on our personal “reality” revealing our habits of thoughts and feelings. Some experts say that as many as 98% of our conscious experiences are running on automatic, habits. It often feels like we are being controlled, or that we have lost control, because of our conscious experiences running on automatic. It feels as though we really don’t have any choices. If we are tired of this, and it is likely that we are, or we would not have come this far, identifying these habits as part of the healing process is indeed a vital part. As you went through the first nine Steps you would have written a lot of responses which you cannot convert into “When am I most likely to?” questions or statements. For most of us it seems to be easier to start with your Negative List, then the Positive/Constructive List. Just do it any way that is best for you, so on a separate sheet of paper write out these two lists and your response to the questions you generate. You may want to refer to one of our other 12 Step Workbooks where we included two such lists with some of the common Negative and Positive/Constructive “When Am I Most Likely To” to act as thought starters. In this workshop you are to make up your own “When Am I Most Likely To” list. Here are some examples.

Negative example: *When am I most likely to pump others for information about my lover?*

Negative example: *When am I most likely to check my lover’s incoming/outgoing telephone calls?*

Positive example: *When am I most likely to seek my Higher Power’s help for this jealousy?*

Positive example: *When am I most likely to really work my Program directly on this Dis-ease?*

SPIRITUAL ROAD MAP (Negative) (Positive/Constructive) Next in the Tenth Step process, we will learn how to build An Early Warning Signal System Road Map. If we try following this exercise a few times, we could become a master mapmaker. It is better to practice this exercise as soon as we goof up. The idea is simple; we keep saying that we live most of our lives on automatic. Then, it follows that we take the same path as a rule. We want to map those pathways, the good ones and the bad ones. If we map our experiences out, we will soon see the danger coming a step or two ahead of time, allowing us to stop or turn onto a new path. Practice, Practice, and Practice.

BUILDING A SPIRITUAL ROAD MAP

This process of Building A Spiritual Road Map has to include our spiritual, mental, physical, emotional and social. This also includes all the crossroads, stoplights, detours, washouts, dangerous intersections, warning signs, etc. When we run into problems, we can change directions if we choose. Our Program is a mind training and spiritual awakening process.

The two exercises below for building both Spiritual Road Maps are most effective just after or during a really negative/destructive experience or great positive/constructive, useful, loving experience. Keep this format handy for the next time it happens. Because we are dealing with habits, we will have a next time. If you do not have one of these experiences currently take one of your worst experiences for the first exercise and a really good experience for the second one, that is one you really want to see increased, and respond to the following suggestions.

REMEMBER WE ARE GOING BACKWARDS THROUGH THAT EXPERIENCE.

In each of the two examples we will have Al answer the eight questions with one negative and one constructive example from his experience. After each response you are to write out one of your examples.

AL Kohallek And The Green-eyed Monster

Build your own example of a Negative Spiritual Road Map by following Al's example line by line.

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.)

Example: My jealous fit has happened again only this time I may have gone too far. I hurt my wife and she left.

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?

Example: She told me to calm down or leave the house but I pushed her and told her I would not leave.

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

Example: I could have left the house for a little while so I could cool off.

4. When did you get the thought/feelings, "don't say or do this?"

Example: When I kept trying to force her to confess to my jealous illusions.

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

Example: Last month I was out most of the night so out of guilt I threw a jealous fit.

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

Example: I am having a lot of problems at work because of my drinking; I was told I was going to be fired.

7. Any anniversaries, birthdays, special events near by?

Example: I have my 50th birthday

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

Example: I am feeling worthless because I have not succeeded in anything- business, marriage, friends, etc.

A SPIRITUAL ROAD MAP (The Positive/Constructive Road)

It is just as important to identify our constructive, useful, positive and loving roads, as was the negative. Throughout this workbook we have focused on both the assets and the liabilities. As the old saying goes; "If it works don't fix it." We may add, "If it does work, seek to have it increased."

Build your own example of a Positive/Constructive Spiritual Road Map following Al's example.

AL Kohallek And The Green-eyed Monster

1. State the constructive, useful, positive, or loving experience. (What is this pattern's beloved name?)

Example: All Six Loves are a big part of my creative purpose, I believe God's Will for me. I am a Missioner.

2. Most of the time we get early useful signals before the experience happens. At what point did you see it coming?

Example: I knew those I was to share my mission with; today offered an opportunity to be a true Missioner.

3. At what juncture could you have increased the flow - before turning it off?"

Example: At the beginning of each appointment I could have re-centered myself in our Higher Power.

4. When did you get the thought/feelings, "to say, do this or that to open up more to the experience?"

Example: The person I first shared with today was so open and teachable I could have said, "Father use me."

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

Example: Yesterday as I was sharing my mission I realized that my sharing was making a positive difference.

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

Example: I am writing a new workshop paper.

7. Any anniversaries, birthdays, special events near by?

Example: I just had my 50th A.A. birthday. I am still feeling a deep sense of gratitude

8. Are you feeling any great emotions about any area or anything, (not just this one experience), at this time?

Example: When I experience the realization that every one of the elements of my mission is love with purpose.

With a good Early Warning Signal System or Guidance System we can learn how to identify promptly, admit, and accept our part in both the destructive and the constructive experiences. In the case of the constructive, useful or loving we can choose to do or not to do something to increase the chances of a more fulfilling experience. 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 – Positive/Constructive lists, and the rest of the Steps, we should be able to see, know, or feel when these habits are most likely to show up. Just as with the old negative, useless roads, these Positive/constructive, useful roads have become like a good kind of rut that we fall into repeatedly. We do not want to avoid or be too quick to jump out of these constructive, useful ruts. We want to be consciously aware of them and choose to build new and more loving and useful ruts, habits, patterns by God's Grace.

We had asked that you give the defective habits, ruts a dishonoring, discrediting, "make fun of" name. Now we ask that you give the constructive, useful habits a FUN, LOVING, JOYFUL or BELOVED name. When one of these reappears, we treat it as a beloved, welcome guest. We may say something like this: "Here comes my," beloved" (_____), which is loving, constructive, useful, full of grace for others and me. I now choose to have it increased. My Higher Power, I now look to You for its fulfillment, for the solution, accepting the answer as You Will.

Realizing our everyday miracles and a once-in-awhile awakening and mapping them as soon as possible can truly help build a useful Early Warning System that can enrich and expand the good experiences in our lives. Make copies of the next page with the eight questions or write them on a card or paper and carry them with you, so when an opportunity comes you may use this tool.

Building an Early Warning System is so important to this process; it cannot be overstated. It offers us a new freedom in our daily lives. Learning to use the "make fun of" name is a very useful tool and can be a lot of fun, if you want it to be.

"MAKE FUN OF" NAME AS PART OF OUR EARLY WARNING SIGNALS: - In Steps Four and Six you were asked to come up with a "make fun of" name for each of your most (I) intense or important rules/patterns. Here in the Tenth Step these can become a vital part of your growth as you go about your day. As these old rules and patterns, our personal "reality", come into our conscious life we are to treat them as an unwanted guest.

As soon as you are disturbed asked yourself, "Does this feel familiar?" (Spend a little time learning these rules/patterns you have given "make fun of" names.) If so, say to yourself; "Here's ole (your "make fun of" for this guy)." It's not easy to have much respect or credibility for one we are making fun of. Then state the new rule/pattern you want to build into a habit.

Al: I hated doing this at first but by the time I had given some of my patterns "make fun of" names I really started to have fun. For an example I had this life long pattern of lack and limitation when the dinosaur dominated the earth. Never enough love, money, time, friends, etc and it was easy to see how this defect worked with my Dis-ease Jealousy. My "make fun of" name is Lack-o-saurus. When I say his name I would chuckle to my self as I visualized Lack-o-saurus destroying everything he came in contact with just like my jealous fits seem to.

Building An Early Warning Signal System

- Review all your Step work up to this point. Include what you are learning from using the First Aid Station. Include the When Am I Most Likely to? (Negative) (Positive/Constructive). Include Spiritual Road Maps (Negative) (Positive/Constructive). Plus all the other ideas you find as you continue to go through this Step and Steps Eleven and Twelve.
- List every pattern, defect, and habit of thought and feeling whether it has anything to do with this Dis-ease Jealousy or not.
- Combine these into as few groups of patterns as you can.
- Give each of these patterns a make fun of name.
- Write at least one example for each of these.

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.

SEEKING - Step Eleven directs us to the most important part of our human condition; that is, to be our Real Self, the Individual we were each created as, in other words, our Creator's Will for us. We are to ask for the power to carry it out. As we have said before, we shall never be joyous, happy and free until this has been realized. Once we have realized where the power is, and what we want that power for, it becomes a much simpler and easier decision as to where to turn. 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. There could never be a more crucial time to be improving our conscious contact with our Higher Power than when we are working toward the healing of this Dis-ease Jealousy.

Al: I don't know hardly anything about prayer and meditation, so how am I to go about this Step?

Lou-is: "If not members of religious bodies, we sometimes select and memorize a few set prayers, which emphasize the principles we have been discussing. There are also many helpful books. Suggestions about these may be obtained from one's priest, minister, or rabbi and from other members of your group. Make use of what they offer." (Alcoholics Anonymous, p.87 with permission). We will offer you a few suggestions for prayer and meditation below.

WHAT ABOUT AFFIRMATIONS

Al: I saw your affirmation in the page 40, I thought it was too long, and a little too goodie, goodie for me, if you know what I mean.

Lou-is: In the early years I thought affirmations were so phony. At some point I realized that these "good" things were what I wanted my mind to be filled with instead of the negative stuff. I would memorize a few affirmations at a time. Once these became a habit, I would find myself thinking and/or saying one of these affirmations instead of automatically responding with something negative.

One form of Spiritual Treatment or affirmation that really helped me with my jealousy problem was what Emmet Fox calls the Golden Key. When I was having or about to have a jealous attack and I would realize what was happening I would say to myself, "Here's Jealous-o-saurus; you are useless and harmful to me; leave me alone." Then I would turn my consciousness to some attribute of my Higher Power, Love and focus on that. In practice it could not be simpler. I own the defective thinking, dis-credit it, stop thinking about the problem and think about my Higher Power. This little process really helps me from dwelling on jealous stuff and turns my thinking to the Solution.

There are a number of ways I have found affirmations useful; I turn to my affirmation each morning as I am creating my day as a thought starter. It is my intention to focus my attention on one or more of our Father's Attributes, or characteristics of the most accomplished people through history or perhaps I may focus **on** one of the **loves** and their elements.

SIMPLE SUGGESTIONS

Al: How about some simple suggestions about prayer and meditation?

Lou-is: I will offer you a number of simple suggestions on how you may use different prayers and meditations and affirmations. We have included a brief guideline for Centering Prayer, which has been very useful to me in learning to meditate. Go online for more information www.contemplativeoutreach.org.

The Guidelines

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within.
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.
3. When engaged with your thoughts*, return ever so gently to the sacred word.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

*Thoughts include body sensations, feelings, images, and reflections

1. The sacred word is sacred not because of its inherent meaning, but because of the meaning we give it as the expression of our intention and consent. Examples: Love, Let Go, Serenity, Peace, Silence, Faith, Trust, Gentle etc.
2. "Sitting comfortably" means relatively comfortably so as not to encourage sleep during the time of prayer.
3. By "returning ever-so-gently to the sacred word" a minimum of effort is indicated. This is the only activity we initiate during the time of Centering Prayer.

Lou-is: Here are five parts of a process for praying that has been useful to me:

1. I must believe/feel/know there is a Higher Power, a Power Greater than myself.
2. At some level I must believe/feel/know I have the right to ask for what I need/want/desire. I believe this Higher Power has placed the need/want/desire in my heart, mind and soul, but I understand what He passed on, as it has been filtered through my personal "reality." However, I feel sure He knows what He placed there and knows how to fulfill it, if I will let Him.
3. Next, I ask this Higher Power for what I need/want/desire. I must give this some thought before I ask, like "What is this for?" Always 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 knowing it will be done.
5. I let it go and stay out of the way of the process.

CAN'T BELIEVE

Al: Sometimes I don't or can't believe there is a Higher Power who cared anything for me.

Lou-is: Me too. There are times when I may have to spend more time on one or more of these five parts. For example: I may feel guilty about something and think our Higher Power is judging me, punishing me, or withholding from me something good that I want. I may have to work on forgiveness or remember that my Higher Power only corrects and does not punish.

WHEN I LOVE SOMEONE I THINK A LOT ABOUT THEM

Lou-is: At some point I began to think of prayer and meditation something like this: If I truly love someone with all of my heart, mind, and soul (our Father) or if I knew of someone who had what I really wanted (our Father), I always find a way to communicate (pray). Once I awakened to the fact that 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. When it came to meditation, I approached it along the same lines: when I truly love someone (our Father) or know of someone who has what I really want (our Father), I just can't seem to get enough of them. I want 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 more likely to come when we are still- mentally, emotionally, and spiritually.

Al: I don't know if I ever did truly love anyone. I have been so selfish. This jealousy thing has really called into question if I can really ever love another, I thought I did but how could I have treated them like I did if I did truly love them. I have known special people whom I admired and wanted to be like. At first, they intimidated me, but I did find a way to get to know them. I can start from here and love my Higher Power the best I can for now, praying one day my love for all would expand and grow.

ONE SOURCE, MANY CHANNELS

Al: I thought we were **not** to pray for our selfish ends. Are you saying that we are?

Lou-is: 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/feel that 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. Try this: turn your consciousness toward your Higher Power with each new beginning, i.e., when you awaken, when you start anything, or answer the phone; while driving, talking to a different person, etc. Just remind yourself with a sacred word or name like "Father" or "God." With each completion of anything, say thanks to your Higher Power.

If we just had the wisdom to ask for what we need at the level we are, at that moment, our results would be able to come to us with much less resistance. "When I was I 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." When I can accept my current Spiritual Level (see list below) it makes my life much easier. For example when Jealous-o-saurus would show up and I had already given in to that insanity I was like a Spiritual Infant because I could not stop my insane reactions. I was so beyond powerless. If I were able to accept that I could not even do anything good for myself at that point, it was possible that I could just stop trying and totally surrender.

SPIRITUAL LEVELS

Spiritual Infant: - In the beginning my cry for help was purely selfish. I was totally dependent with little or no choice, unable to do anything of value for myself alone and unaided.

Spiritual child: wanting God to take care of me and to fulfill my every want and need. It was a time of forming, learning what would please our Father. I was filled with questions about Him and about the need for rules, guidance, structure, safety and belonging.

Spiritual adolescent: demanding that the universe be as I wanted it at the moment without being responsible, wanting to be a little creator, but couldn't. I was looking for a Higher Power everywhere except where He is most intimately found: at the center of our being.

Spiritual adult: I knew I was responsible for the decisions I made, but remembered our Father was/is the only real Source. By this time I had stopped being a user and became willing to be used by this Higher Power. I often persisted in seeking Him by my own efforts, demanding too much of my human condition. I had come to know a lot about God through study, prayer, meditation, and sharing with others. I experienced many manifestations of His Presence thinking that these effects were the same as God's Presence, the Cause.

For a few rare moments I have experienced being a **Spiritual elder:** sharing my life as an agent of our Father, knowing that I was totally dependent and resisting it not. At that time I knew a lot about God through study, prayer, meditation and manifestation in my life. I directly experienced a conscious contact with our Father through contemplative meditation. I experienced direct conscious union with our Father's Will for me. I no longer tried to get something out of Him; rather I humbly sought to receive God Himself. I believe everyone experiences these levels, but we are not conscious of what they are, and we call them endless names. *I have experienced all of these levels in the same day, maybe the same hour.*

AS YOU BELIEVE

Lou-is: I made up a lot of rules about when God would help me and when He would withhold and/or punish me. I don't think God goes along with my private rules. A very wise being once said something like: "It is done unto you as you believe." It is so important that we identify all of our personal "reality" (rules) we can, to seek more of God's will for each of us, 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 constantly keep turning to the God of our understanding, if we 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

Lou-is: 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, His Purpose, we are most likely to experience our personal fulfillment. In that case, we would surely want to improve our understanding and experience 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 some form of 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, that spiritual flow, a Higher Power that can and will do for us what we cannot do for ourselves, is the focus of this workbook.

That spiritual flow - everyone has a special gift to give to others. If you listen to the wisdom of your heart, you will know what it is. The secret of happiness is to use your special gift. The secret to abundance is to give your special gift away.

Michelangelo took a rough piece of marble and chipped away everything that did not look like the vision of David he held in his mind. Let us hold in our mind that vision of God's Will for us, and chip away all that is not.

Brief Step Eleven Inventory

1. Write: (a.) What was/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?

a.	
b.	
c.	

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: some of us have found it useful to start our day with pages 86 through 88 of Alcoholics Anonymous for forty days.

4. List those people who may be able to help you on your spiritual journey.

We cannot over state the importance of being able to stop the Dis-ease Jealousy thinking, feelings and reactions. This negative energy cannot safely be stuffed or avoided; it needs to be transformed or replaced. The very best solution is a Spiritual one so the more options we have the better chance we have for real healing. To have any of our defects transformed into an asset is the greatest. Our Higher Power can do this for us if we can let Him/Her. We offer you a few more suggestions below that have been so helpful through our Program. If you choose you can turn these into loving, wise and useful meditations.

Reading and/or studying suggestions:

Alcoholics Anonymous - pages 85 - 88

Twelve Steps and Twelve Traditions - Step Eleven

The Greatest Thing in the World by Henry Drummond – A great little book on love.

The Sermon On The Mount by Emmet Fox – much of our Spiritual Wisdom for our Big Book was inspired by this Book and Author

Lou-is' Morning meditation/affirmation includes the Characteristics of the most accomplished throughout history – Six Loves and their everyday elements and a number of the Attributes of our Higher Power. These are very useful to meditate on while we are rewriting and rewiring our personal “reality”, where most of our Dis-ease Jealousy is stored. When I have the time or I need to take the time because I am in need, I meditate on the whole set; other times I take what seems to be calling at the moment.

As I awaken this morning, I turn my consciousness toward Your Holy Presence Father, the Love that I am, and the Individual I was created as. I am filled with gratitude for what You have in mind for me today. I now visualize, and realize I am in conscious union with All Three Spiritual Gifts. These are my Heart's Desire, which are also Your Will for me, Father. I begin this day with a short review of yesterday and the willingness to have it corrected. I now choose to be non-judgmental. I am awakened in Your Light, in that Spiritual Flow, in Your Holy Consciousness, Your Presence and darkness disappears.

I know Your Voice is directing me very specifically, telling me what to do, say, think and feel in a way I can currently hear, understand and follow. I am given all I need to experience consciously Your Loving Will for me, Father. I am, we all are, created in Your Image and Likeness. I consciously practice these characteristics: higher purpose, focus, preparedness, conviction, faith, trust, perseverance, creativity, risk taking, curiosity, resilience, independence, commitment and courage.

I choose once again my life's goal to be consciously, and consistently that individual You created Father. I choose to be in direct conscious union with Your Divine Will, to be that Individual at all levels: spiritual, mental, physical, emotional, and social. By Your Loving Grace, Father I am warm and loving, kind and understanding, wise and intelligent, enriched and empowered, forgiven and forgiving, healed and healing, loved and loving. I am totally committed to Your Will, Father and I am assured that You are using me, as You Will to my fullest. I practice all forms of love: Love of God (agape), friendship (philia), affection (storge), being in love (eros), outer expression of Omnipresence (primal-love) and the Individualized Divine Design (Self-love)

I practice Patience; my love is passive, waiting to begin, not in a hurry, calm, and ready to do its work when the summons comes. Love understands and therefore waits.

I am Kind; my love is active. I enjoy merely doing kind things. Any kindness that I can share with any being let me do it now in a wise and loving way. I shall not defer it nor neglect it, for I shall not pass this way again.

AL Kohallek And The Green-eyed Monster

I share my Generosity. I am Your son, Father, and a loving brother to all. I do bestow all my goods, my gifts, and my talents. I share freely with all of my heart, mind and soul, out of the abundance I am receiving, as I am directed. My sharing does enrich, enlighten, heal, awaken and transform those I share with.

I live in a conscious state of Humility as I have the gift of knowing that You, Father, are my/our only True Source. Each time I share, I put a seal upon my lips and go back into the shade again and say nothing about it. I wait for the next gift to receive and share. I am but a channel, an agent of Your Will, Father.

I express Courtesy, the love in little things, thoughtful things; with a gentle heart filled with Your loving Grace, Father, expressing love at all levels, with all beings, in conscious union with Your Will, Father.

I am Unselfish out of enlightened self-interest. By giving of myself I truly am a master receiver. I give but little when I give of my possessions. It is when I give of my Self/self that I truly give.

I have a Good Temper and a Good Sense of Humor. I envy no other, as I have no competition with that individual You created me to be, Father. I do not make capital out of faults, my own or any other. I quickly seek correction; better yet I am non-judgmental of the "sins" of the physical world and the "sins" of the disposition, so there is no need for forgiveness.

I realize the Innocence in others and myself - that Higher Self, and the Holy, Whole Presence. I encourage all to chip away all that is not our true, Higher Self. I co-create an atmosphere of love and wisdom wherever I am and whomever I am with. Our innocence is beyond the human condition, yet it is ever present.

I am truly Sincere in all I do, say, think, and feel. I search for the truth and a consciousness of Your Attributes, Father (Life, Love, Truth, Reality, Wisdom, Spirit, Consciousness, Soul, Intelligence, Omnipresence, Omnipotence, Omniscience), with a humble and unbiased heart, mind, and soul. I rejoice in what I find, and I freely pass it on. I bear all things, believe all things, hope all things, and endure all things, for love never fails.

“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 could see only my little reflection in that limited mirror of my personal "reality," hearing 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.

I now abide in Your Reality, Father, with faith, hope, and love as You will me to be, to do, to see this holy instant. With each new beginning, during and ending I seek conscious union with You, Father. I only need to say, “Father,” silently, and that centers my consciousness. When centered for a moment, I experience the Presence, Love, and Purpose in that Spiritual Flow. In that moment I silently extend to others the spiritual gift(s), which will be the most fulfilling for that moment. This is my perfect gift(s), to give and to receive. I silently say, “Come and let me forgive you, heal you and love you, in and through our Father’s Loving Grace, even for this instant. It is now done; it is complete. Thank You, Father.”

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)

The following readings will be left up to you. Each of these will be drawn from but will not be covered in detail in this workshop. If you choose to complete one or more of these readings you are asked to convert the Dis-ease Alcoholism to the Dis-ease Jealousy. You will gain a much deeper insight into both the Dis-ease and the Healing Process.

Twelve Steps and Twelve Traditions is the chapter on Step Twelve, pages 106 – 125 Average reading time 39 minutes.

Alcoholics Anonymous is Chapter 7 Working With Others, pages 89 –103 reading time 29 minutes.

Alcoholics Anonymous is Chapter 8 To Wives, pages 104 - 121 reading time 35 minutes.

Alcoholics Anonymous is Chapter 9 - The Family Afterward, pages 122 - 135 reading time 28 minutes.

Alcoholics Anonymous is Chapter 10 To Employers, pages 136 - 150 reading time 28 minutes.

Alcoholics Anonymous is Chapter 11 – A Vision For You pages 151 - 164 reading time 28 minutes.

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. *Reread pages 569 - 570 of Alcoholics Anonymous.* Our old mask (personality) has been removed, at least some of it. We awaken at a place where we have always been, our Father's House. The first Spiritual Gift is the awakening to the Presence of our Higher Power and to be 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. Perhaps you have already awakened to the realization that there is an invisible unconditional Force, which has been with us all along, we just did not awaken to It. In other words we have always had an invisible means of support or we would not be here. Step Twelve along with the other eleven Steps, in an active background can help keep us awake and awakening and help us build the Spiritual, mental, physical, emotional and social equivalents of a way of life far beyond anything we have dreamed of.

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. [The same holds true for this Dis-ease Jealousy, intensive work with others can get us out of our self. Even a few moments is often enough to break the insane path where we may be heading.] 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. [For those of us who have received some level of healing from this Dis-ease Jealousy this is so true as well. In a very short time we can secure the confidence of one suffering from this Dis-ease Jealousy.] Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends - this is an experience you must not miss. Frequent contact with newcomers and with each other is the bright spot of our lives.” (Alcoholics Anonymous page 89, reprinted with permission)

THE MESSENGER IS THE MESSAGE

To this Dis-ease Jealousy that we have applied the Steps to and whatever degree of healing we have experienced, we must “give it away in order to keep it”. We share our experience, strength, and hope with each other, so that 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 were 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 truly 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. (For some in-depth ideas about love see The Six Loves Workshop – in our office or online www.12stepworkboob.org)

There is no difficulty that enough love will not conquer; no disease that enough love will not heal; no door that enough love will not open; no gulf that enough love will not bridge; no wall that enough love will not throw down; no sin that enough love will not redeem.

It makes no difference how deeply seated may be the trouble, how hopeless the outlook, how muddled the tangle, how great the mistake a sufficient realization of love will dissolve it all. (Around the year with Emmet Fox) This has been the case for so many of us. We believe that we were all created by Love, for love, to love because our Creator is Love; then so are we.

ACTION (2)

Write your response to the following on a separate sheet of paper or one of the facing pages:

1. In which areas in your life have you had some degree of healing that you have passed 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. Have you shared this Program with one suffering from the Dis-ease Jealousy?
4. How did you think and feel after you shared 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 belief. If we turn to do God's Will/Work, we are given the power to carry that out.

The Third Spiritual Gift is awakening to the individual Self we were created to be with purpose and meaning; in other words to consciously and consistently live our Heart's Desire, God's Will for each individual. The third part of Step Twelve is: "...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 are God-centered even for a moment we will have all the power and wisdom we need for that moment. In that moment of awakening we will experience the Presence, the Love that we are, and the Individual we were created as. We will be told/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.

The suggestions we have given throughout the Workshop are designed to help you build the Spiritual, mental, physical, emotional and social equivalents of the way of life that these three Spiritual Gifts offer. Many of these suggestions are directly focused on the transformation of this Dis-ease Jealousy. Because we are dealing with Spiritual Principles these tools can be adapted to all areas of our human condition. While some of these tools are used as a temporary fix the purpose is consistent with the desire for a Spiritual Transformation to turn defects into living assets. Many of us have experienced that most wonderful mystical union, in those moments when the Infinite Un-manifested becomes manifested in our finite world. This creates a **hunger** and thirst that cannot be satisfied by the way we were living any more. It will cause a Divine Discontent that will not go away nor do we want it to.

ACTION (3)

Write your response to the following on a separate sheet of paper or one of the facing pages:

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?
4. How do you envision the Three Spiritual Gifts as being a primary tool in bringing about the Spiritual Transformation of this Dis-ease Jealousy from a degrading defect into an asset?

Lou-is: Al our Program offers us ways to experience fulfillment beyond any of our illusions and the ability 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 quickly get out. 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 and at home alone. Step Twelve embodies all three Spiritual Gifts. It is our choice at what level we will share these Gifts.

Al: I really do see how important it is to pass on what we are given when it comes to alcoholism but I am not sure how important it is with this jealousy thing. Yet I can see how this jealousy can be the conditions and causes that some go back to their primary addiction. I don't find it easy telling others that I have this dis-ease in the first place. When it comes to alcoholics, one of the things I have been doing is putting my name and phone number on the newcomer pack, but I have not had anyone call me. I have not seen a jealousy newcomer pack.

Lou-is: Placing your name on a newcomer pack a good idea if for no other reason, it shows your willingness to share but I have another suggestion that has never failed to work for me. I get the name and phone number of the newcomer so when I feel a little down or I just want to pass on some of what I have been so freely given, I call that newcomer. I share answers to some of the most basic questions that as a newcomer I asked. Like, "Do you have a Big Book? Do you have a sponsor? Where and when are you going to meetings?" I would share, as much meeting information I think could be useful. "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. If you listen closely to what others are having problems with it will be easy to identify those who are suffering for this Dis-ease Jealousy. If you choose you could follow the suggestions that have worked for others and me who need to share their own level of healing.

Lou-is: Most of us do not live on some island alone. Our dis-ease jealousy affects all of those around us. If we have a live-in relationship, all of the readings we have suggested can be very useful. In some ways those who live with someone with the program may experience an equal feeling of hopelessness. If you are not the one with the primary problem and still suffering, this Program can be a lifesaver and life fulfiller.

Al: Going through the first nine Steps I realized one little fact; I am so glad I am not married to another edition of me. This disease has taken me down some dark roads and I am just now able to see how wrong I have been.

Lou-is: Go through this chapter following this; "...we beg of you to be fearless and thorough..." In this chapter as you identify what the most important ideas to any of your relationships are and have written them down, write a brief plan of action as to what you are willing to do different.

A DAILY PRACTICE OF THE THREE SPIRITUAL GIFTS. BUILDING A NEW PERSONAL "REALITY"

The following suggestions are to help build new habits of thoughts and feelings. 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 awakened for a

greater percentage of our time. We can learn how to be consistently aware of the Presence of our Higher Power, and how to express more of the love we are and, in doing so, we become more like our true self. At the same time, we can realize the individual we were created as with purpose and meaning.

SET YOUR OWN PACE. We suggest that you start off choosing one of the spiritual gifts to work on every day for a full forty (40) days. If you have focused on one of the Three Spiritual Gifts in the first nine Steps, then of course choosing that gift is likely to bear more fruit. This workshop has been directed toward the healing and transformation of the Dis-ease Jealousy, which has not been the love we once thought it was, it became too often our “god”. If you will commit to this process for the next one hundred days, forty days for each Gift, you may very well begin a life long habit of these Three Spiritual Gifts.

ACTION (4)

A suggestion for each of the forty-day practice periods:

Upon awakening each morning, turn your consciousness toward the Spiritual Gift you have chosen to focus on. Choose one attribute, element or characteristic for this spiritual gift. The following are some thought starters for each of the Three Spiritual Gifts. Please feel free to make up your own list or add to these. We will offer a detailed example below – daily practice sheet on page 49.

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. *Al used Lou-is’ Affirmation page 40 to meditate on.* I practice patience; my love is passive, waiting to begin, not in a hurry, calm, and ready to do its work when the summons comes. Love understands and, therefore, waits.

A Daily Practice Supplement is on page 49

1. Upon 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 come in contact with today.*

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

A DAILY PRACTICE THOUGHT STARTERS:

FIRST GIFT’S THOUGHT STARTERS

You may recall some of the main attributes of our Higher Power such as: Life, Love, Truth, Reality, Wisdom, Consciousness, Soul, Spirit, Intelligence, Omnipresence (Always Present), Omnipotence (All Power), Omniscience (All Knowing), Universal Principles, or Intuition. Check out a few spiritual books, our two textbooks suggested readings: Alcoholics Anonymous and Twelve Steps and Twelve Traditions.

SECOND GIFT'S THOUGHT STARTERS

If you choose you may check out the Six Loves Workshop, online www.12stepworkbook.org or at our office, 16607 Blanco Road Suite 401, San Antonio, TX 78232. Another suggestion is the nine common, everyday elements of love: patience, kindness, generosity, humility, courtesy, unselfishness, good temper/sense of humor, innocence, and sincerity. There are so many ways we can give of ourselves in and through our program. Just ask to be used by your Higher Power, Higher Principles, to be of service and it will come. As with the First Gift's thought Starters, check out other sources.

THIRD SPIRITUAL GIFT'S THOUGHT STARTERS FOR LIVING PRINCIPLES

Characteristics of one hundred of the most accomplished people: Throughout history the most accomplished people had a number of common characteristics that you and I can share. All had a Higher Purpose, not always spiritual in nature but a cause bigger than they were. Living this Program and getting out of and beyond our little egos and awakening to the Three Spiritual Gifts is without a doubt a Higher Purpose. These winners were able to stay focused; we too can learn to focus. They prepared for what was in front of them. To work the Steps in order is to prepare us for the following Steps. They had conviction. Each time we see this Program in action we are more convinced that it works. All of them had faith in something beyond themselves; most of us have at least a little faith in something higher than we are. As with faith, all of them had trust in something other than themselves. They all had perseverance, and as most of us, we keep on keeping on. They were creative, as most sensitive people are. Most of us in the Program are sensitive. Whenever we are going to do anything new, we are risk takers, and so were they. These people had a lively curiosity, just as we do. They all bounced back after failing; they had resiliency. Most of us have gotten up one more time than we went down. They were all independent of other people, places, and things. Trusting God as our only true source allows us to be free of dependence on another human. Facing their fears took courage. It takes courage for us to face our fears and illusions. The last characteristic they possessed was commitment. This is so vital to any success in life. You will notice throughout the workbook a call for total commitment to the process. Remember how important it is to be willing to forgive others and yourself.

ACTION (5) DAILY PRACTICE FOR GREATER BENEFITS

Until it becomes a habit of turning your consciousness toward the Presence of your Higher Power, set up a physical reminder upon awakening, that you can't help noticing. Keep this workbook in a handy place. Choose which Attribute of our Higher Power, which of the Six Loves or element of love, or which characteristic for this day's practice of the gift(s) you are working on for this forty-day period. Write this on a notepad and carry it with you as a reminder throughout the day.

MOTIVATORS - 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 seek to remove all our obstructions that block the spiritual flow of Divine energy, and we can co-create a loving environment where our Three Spiritual Gifts can take place. *Spiritual Motivators:* When we are in conscious union with our Spiritual Gifts, we intuitively know we are on the right path, and we are motivated to expansion. When we are in conflict with God's Will for us, we are filled with fear, anger, negative stuff, and the pain motivates us to turn once again to our Spiritual Source.

PHYSICAL LEVEL: We live in a physical body and world. *Physical Motivators:* When we are taking care of our physical bodies and world we experience being on the path. When we are not taking care of the physical we get warning signals, which can motivate us to get back on the path if we choose. All of life is in motion; so we are going to be on the move. Why not act in concert with the spiritual gift of the day?

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

SOCIAL LEVEL: We were created in such a way that we cannot live alone. *Social Motivators:* When we are joining with others in our common welfare in useful, constructive or joyful ways we are motivated toward the relationship. When we are withholding, withdrawing in to self, our relationships will fail and the pain of failure can motivate us to change.

NOW WHAT

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

ACTION (6)

At the end of each day or the next morning make short reviews of your practice experience. What contributed to and what was contrary to the practice of my spiritual gift(s) for the day.

IN CLOSING

"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).

A DAILY PRACTICE SHEET

Date ____ / ____ / ____

1. Upon 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, Six Loves 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:



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