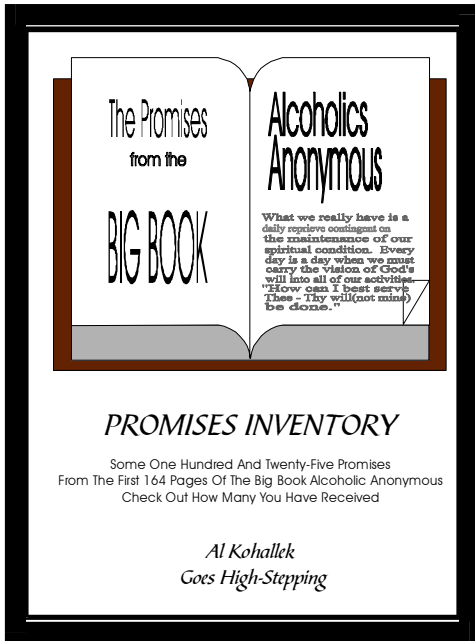
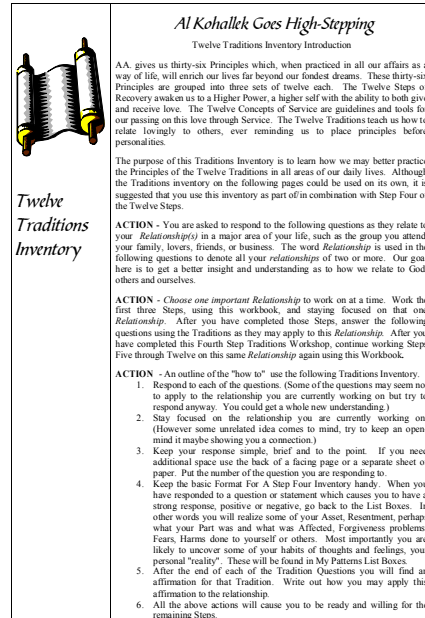


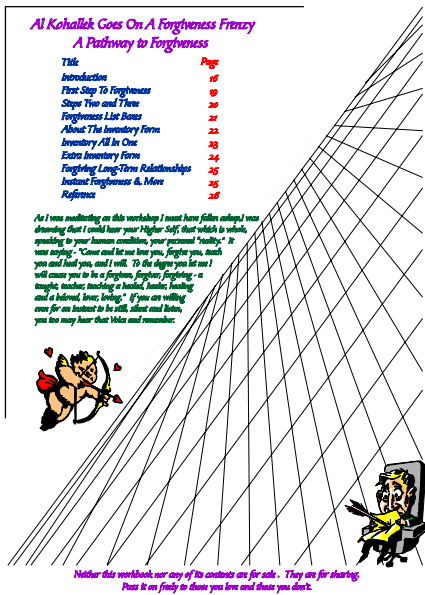
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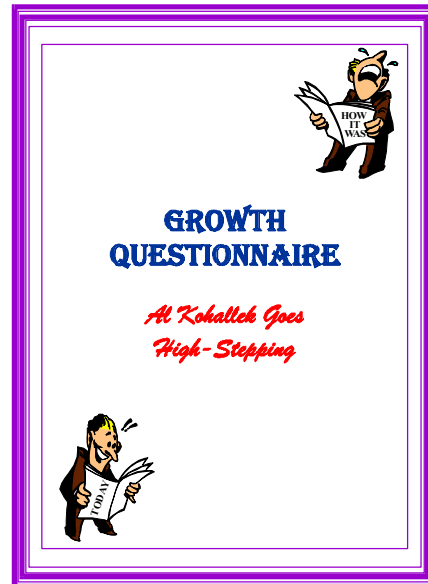
The Big Book Promises
Page 1



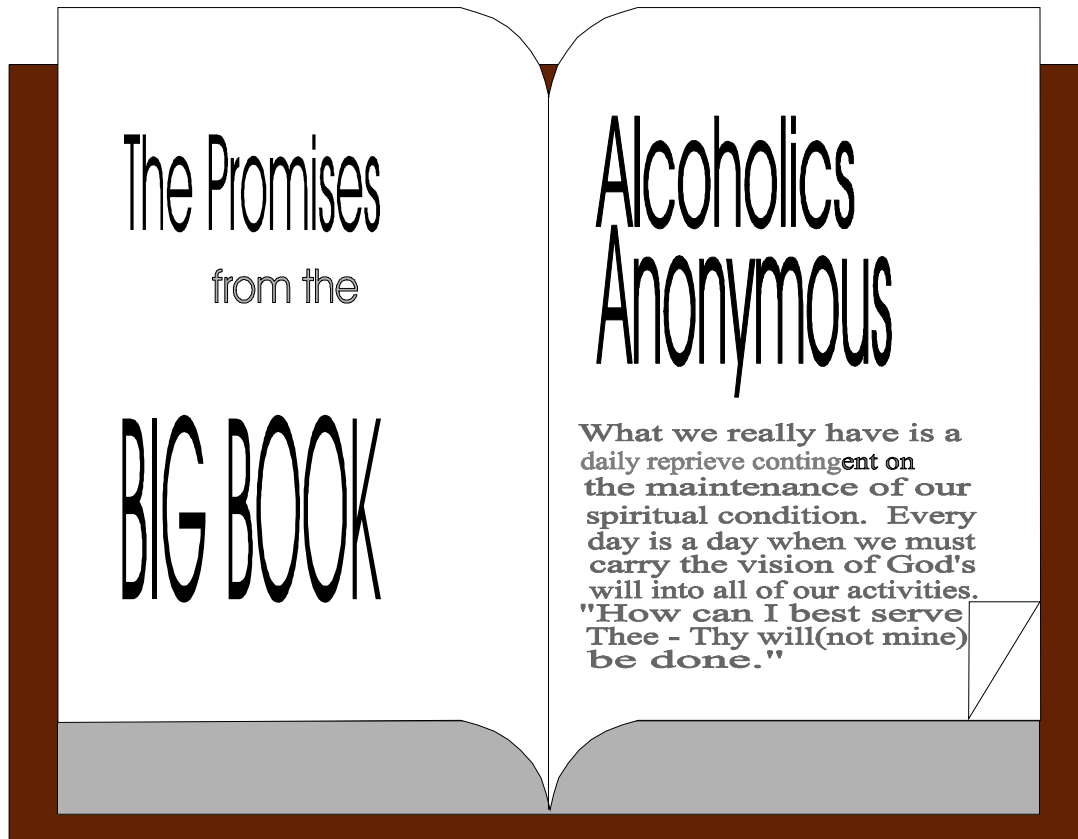
Twelve Traditions Inventory
Page 8



Forgiveness Frenzy
Page 17



Growth Questionnaire
Page 31



Promises' Inventory

Some One Hundred And Twenty-Five Promises
From The First 164 Pages of the Big Book Alcoholic Anonymous
Check Out How Many You Have Received

Al Kohallek Goes High-Stepping

PROMISES KEPT

ACTION

1. How often do we experience something?
2. How intense is it when we do experience it?
3. What is the duration of the experience?

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

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

Suggested ways of using this inventory: There are four columns on the left-hand side, each time you go through the list of promises you rate the ones you have experienced. At the top of this first page we have provided a space to place the date of each inventory run. We suggest that you do the first run ASAP. You could make a run on your yearly Program anniversary. Or you could make a run when you get a little down.

Run # 1 ____/____/____ Run # 2 ____/____/____ Run # 3 ____/____/____ Run # 4 ____/____/____

Page xiii - Foreword to First Edition's Promise

- To show other alcoholics ***precisely how we have recovered*** is the main purpose of this book. (This promise is a very good reason why we need to study the Big Book)

Page xxvii - Doctor's Promise

-.... once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, *suddenly finds himself easily able to control his desire for alcohol*, the only effort necessary being that [he be] required to follow a few simple rules.

Pages 12 thru 16 - Bill W.'s Realized Promises

Page 12 - It was only a matter of being willing to believe in a Power greater than myself. *Nothing more was required of me to make my beginning. I saw that growth could start from that point.*

Page 13 - Never was I to pray for myself, except as my requests bore on my usefulness to others. ***Then only might I expect to receive. But that would be in great measure.***

Page 13 - My friend [Ebby T.] promised when these things were done that **I** [Bill W.]

Would enter upon a new relationship with my Creator; Would have the elements of a

way of living which answers all my problems.

Page 15 - We commenced to make many *fast friends* and *a fellowship* has grown up among us of which it is *a wonderful thing to feel a part. The joy of living we really have, even under pressure and difficulty.*

Page 16 - Most of us feel we need look no further for *Utopia. We have it with us right here and now.*

Pages 17 thru 28 - Solution Promises

Page 17 - *There is a solution.*

- *Nearly all have recovered.*

- The tremendous fact for every one of us is that *we have discovered a common solution.* We have a way out *on which we can absolutely agree*, and upon which *we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer from alcoholism*

Page 18-19

- But the ex-problem drinker who has found this solution, who is properly armed with facts about himself, *can generally win the entire confidence of another alcoholic in a few hours.* Until such and understanding is reached, little or nothing can be accomplished.

- *he obviously knows* what he is talking about . . . he is a man with a *real answer . . . no attitude of Holier Than Thou . . .* nothing whatever except the *sincere desire to be helpful;*

- . . . there are *no fees* to pay, *no axes to grind, no people to please, no lectures* to be endured

- After such an approach *many take up their beds and walk again.*

Page 25

- We have *found much of heaven* and we have been *rocketed into a fourth dimension* of existence of which we had *not even dreamed.*

- The great fact is just this, and nothing less: *That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe.*

- The *central fact* of our lives today is the *absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous.*

- *He* [our Higher Power] *has commenced to accomplish those things for us, which we could never do by ourselves.*

Page 28

- What seemed at *first a flimsy reed*, has *proved to be the loving and powerful hand of God.*

- A *new life* has been *given us* or, if you prefer, *"a design for living" that really works.*

Page 45 - A Power Promise

- *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.*

Page 50 - Attitude Promises

- Here are thousands of men and women, worldly indeed. They flatly declare that since they have come to believe in a Power greater than themselves, to take a certain attitude toward that Power, and to do certain simple things, *there has been a revolutionary change in their way of living and thinking.* In the face of collapse and despair, in the face of the total failure of their human resources, *they found that a new power, peace, happiness, and sense of direction flowed into them. This happened soon after they wholeheartedly met a few simple requirements.*

Page 55 - The Great Promise

- We can only clear the ground a bit. If our testimony helps sweep away prejudice, enables you to think honestly, encourages you to search diligently within yourself, then, if you wish, you can join us on the Broad Highway. *With this attitude you cannot fail. The consciousness of your belief is sure to come to you.*

Page 57 - Promise to Agnostics

- He has come to all who have honestly sought Him. *When we drew near to Him He disclosed Himself to us!*

Page 60 - The Basic Promises

- (a) That we were alcoholic and could not manage our own lives.
- (b) That probably no human power could have relieved our alcoholism.
- (c) That *God could and would if He were sought.*

Page 62 -- Keystone Promises

This is the how and the why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life,

God was going to be our *Director*.

- *He is the Principal*; we are *His agents*.

- *He is the Father* and we are *His children*.

- Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.

Page 63 - Third Step Promises

When we sincerely took such a position, all sorts of remarkable things followed:

- We had a *New employer*.
- Being all-powerful, *He provided* what we needed, *if we kept close to him* and performed His work well.
- We became less and *less interested in ourselves*, our little plans and designs.
- More and more we became *interested in seeing what we could contribute to life*.
- As we felt *new power flow in*, as we enjoyed *new peace of mind*.
- We discovered *we could face life successfully*.
- We became *conscious of His presence*.
- We began to *lose our fear* of today, tomorrow or the hereafter.
- We were *reborn*.

Page 64 - Fourth Step Promise

Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease; for we have been not only mentally and physically ill, we have been spiritually sick. *When the spiritual malady is overcome, we straighten out mentally and physically.*

Page 67 - Fourth Step Promise

We avoid retaliation or argument. We wouldn't treat sick people that way. If we do, we destroy our chance of being helpful. We cannot be helpful to all people, but at least *God will show us how to take a kindly and tolerant view of each and every one.*

Page 69 - Fourth Step Promise

... we treat sex as we would any other problem. In meditation, we ask God what we should do about each specific matter. *The right answer will come, if we want it. God alone can judge our sex situation.*

Page 70 - Fourth Step Promises

If we have been thorough about our personal inventory, we have written down a lot. We have listed and analyzed our resentments.

- We have begun to *comprehend their futility and their fatality*.

- We have commenced to *see their terrible destructiveness*.
- We have begun to *learn tolerance, patience and good will toward all men, even our enemies*.
- We have listed the people we have hurt by our conduct, and are *willing to straighten out the past if we can*.

Pages 70-71 - Fourth Step Promises

In this book you read again and again that *faith did for us what we could not do for ourselves*. We hope you are convinced now that *God can remove whatever self-will has blocked you off from Him*.

Page 75 - Fifth Step Promises

We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past.

- Once we have taken this step, withholding nothing, *we are delighted*.
- We can *look the world in the eye*.
- We can be *alone at perfect peace and ease*.
- Our *fears fall from us*.

We begin to feel the *nearness of our Creator*.

- We may have certain spiritual beliefs, but now *we begin to have a spiritual experience*.
- The feeling that the *drink problem has disappeared* will often come strongly.
- We feel we are on the Broad Highway, *walking hand in hand with the Spirit of the Universe*.
- We thank God from the bottom of our heart *that we know Him better*.
- Carefully reading the first five proposals we ask if we have omitted anything, for *we are building an arch through which we shall walk a free man at last*.

Pages 83-84 - Ninth Step Promises

- *As God's people* we stand on our feet; *we don't crawl before anyone*.
- If we are painstaking about this phase of our development, *we will be amazed before we are half way through*.
- We are going to know a *new freedom* and a *new happiness*.
- *We will not regret the past* nor wish to shut the door on it.
- We will *comprehend* the word *serenity* and we will *know peace*.
- No matter how far down the scale we have gone, *we will see how our experience can benefit others*.
- That feeling of *uselessness and self-pity will disappear*.
- We will *lose interest in selfish things* and *gain interest in our fellows*.
- *Self-seeking will slip away*.
- Our *whole attitude* and out look upon life *will change*.
- *Fear of people* and of *economic insecurity will leave us*.
- We will *intuitively know* how to handle situations which used to baffle us.
- We will suddenly *realize that God is doing for us* what we could not do for ourselves.
- Are these extravagant promises? We think not. *They are being fulfilled among us -- sometimes quickly, sometimes slowly*.
- They will *always materialize if* we work for them.

Pages 84-85 - Tenth Step Promises

- We have *ceased fighting* anything or anyone -- even alcohol.
- For by this time *sanity will have returned*.
- We will *seldom be interested in liquor*. If tempted, we recoil from it as from a hot flame.
- We *react sanely and normally*, and we will find that this has happened *automatically*.
- We will see that our *new attitude* toward liquor *has been given us* without any thought or effort on our part. *It just comes!*
- We feel as though we had been placed in a position of neutrality -- *safe and protected*.

- We have not even sworn off. Instead, *the problem has been removed.*
- We are *neither cocky nor are we afraid.*

Page 85 - Tenth Step Promises

If we have carefully followed directions:

- We have begun to sense the flow *of His spirit into us.*
- We have become *God-conscious.*
- We have begun to develop this *vital sixth sense.*

Pages 86-87 - Eleventh Step Promises

We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.

- Under these conditions we can employ our mental faculties with assurance, for after all *God gave us brains to use.*
- Our thought-life will be placed on a much higher plane when our **thinking is cleared of wrong motives.**

We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle.

- We are often surprised how the *right answers come* after we have tried this for a while.
- What used to be the hunch or the occasional *inspiration gradually becomes a working part of the mind.*
- . . . we find that our thinking will, as time passes, be more and more on the plane of inspiration. *We come to rely upon it.*

Pages 87-88 - Eleventh Step Promises

As we go through the day, we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day *"Thy will be done."*

- *We are then in much less danger* of excitement, fear, anger, worry, self-pity, or foolish decisions.
- We become much *more efficient.*
- *We do not tire so easily,* for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.
- *It works -- it really does.*

Page 89 - Twelfth Step Promises

- Having had a *spiritual awakening.*
- Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. *It works when other activities fail.*
- 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.

Page 98 - Recovery Promise

- Burn the idea into the consciousness of every man that *he can get well regardless of anyone.* The only condition is that he trust in God and clean house.

Page 99 - Relationship Promise

If there be divorce or separation, there should be no undue haste for the couple to get together...

- When the time for living together has come, *it will be apparent to both parties.*
- Let no alcoholic say he *cannot recover unless* he has his family back. *This just isn't so.*

Page 100 - Spiritual Promises

Both you and the new man must walk day by day in the path of spiritual progress. If you persist:

- **Remarkable** things will **happen**.
- When we look back, we realize that the things which came to us when we put ourselves **in God's hands were better than anything we could have planned**.
- **Follow the dictates of a Higher Power** and you will presently **live in a new and wonderful world**, no matter what your present circumstances!

Page 102 - The Promise of God's Protection

- Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful. You should not hesitate to visit the most sordid spot on earth on such an errand. Keep on the firing line of life with these motives and **God will keep you unharmed**.

Page 103 - At Peace Promise

- After all, our problems were of our own making. Bottles were only a symbol. **Besides, we have stopped fighting anybody or anything. We have to!**

Page 115 - Family & Friends' Promises

When you have carefully explained to such people that he is a sick person:

- **You will have created a new atmosphere.**
- **Barriers** which have sprung up between you and your friends **will disappear** with the growth of sympathetic understanding.
- **You will no longer be self-conscious** or feel that you must apologize as though your husband [wife] were a weak character.
- Your **new courage, good nature and lack of self-consciousness will do wonders** for you socially.

Page 152 - Fellowship Promises

Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous.

- There you will find **release from care, boredom and worry**.
- Your **imagination** will be **fired**.
- **Life will mean something** at last.
- The **most satisfactory years** of your existence **lie ahead**.
- Thus we **find the fellowship**, and so will you.

Pages 152-153 - Fellowship Promises - continued

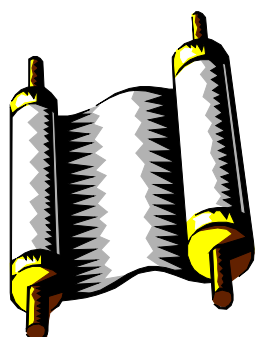
- **You are going to meet these new friends** in your own community.
- You will be **bound to them with new and wonderful ties**, for you will escape disaster together and you will commence shoulder to shoulder your **common journey**.
- Then you will know **what it means to give of yourself that others may survive and rediscover life**.
- You will **learn the full meaning** "Love thy neighbor as thyself."
- The age of miracles is still with us. **Our own recovery proves that!**

Page 164 - Closing Promises

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.
- **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.
- **We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.**

May God bless you and keep you – until then.



Twelve Traditions Inventory

Al Kohallek Goes High-Stepping

Twelve Traditions Inventory Introduction

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

The purpose of this Traditions Inventory is to learn how we may better practice the Principles of the Twelve Traditions in all areas of our daily lives. Although the Traditions inventory on the following pages could be used on its own, it is suggested that you use this inventory as part of/in combination with Step Four of the Twelve Steps.

ACTION - You are asked to respond to the following questions as they relate to your *Relationship(s)* in a major area of your life, such as the group you attend, your family, lovers, friends, or business. The word *Relationship* is used in the following questions to denote all your *relationships* of two or more. Our goal here is to get a better insight and understanding as to how we relate to God, others and ourselves.

ACTION - Choose one important *Relationship* to work on at a time. Work the first three Steps, using this workbook, and staying focused on that one *Relationship*. After you have completed those Steps, answer the following questions using the Traditions as they may apply to this *Relationship*. After you have completed this Fourth Step Traditions Workshop, continue working Steps Five through Twelve on this same *Relationship* again using this Workbook.

ACTION - An outline of the "how to" use the following Traditions Inventory.

1. Respond to each of the questions. (Some of the questions may seem not to apply to the relationship you are currently working on but try to respond anyway. You could get a whole new understanding.)
2. Stay focused on the relationship you are currently working on. (However some unrelated idea comes to mind, try to keep an open-mind it maybe showing you a connection.)
3. Keep your response simple, brief and to the point. If you need additional space use the back of a facing page or a separate sheet of paper. Put the number of the question you are responding to.
4. Keep the basic Format For A Step Four Inventory handy. When you have responded to a question or statement which causes you to have a strong response, positive or negative, go back to the List Boxes. In other words you will realize some of your Asset, Resentment, perhaps what your Part was and what was Affected, Forgiveness problems, Fears, Harms done to yourself or others. Most importantly you are likely to uncover some of your habits of thoughts and feelings, your personal "reality". These will be found in My Patterns List Boxes.
5. After the end of each of the Tradition Questions you will find an affirmation for that Tradition. Write out how you may apply this affirmation to the relationship. All the above actions will cause you to be ready and willing for the remaining steps.

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

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

This Tradition goes to the root of the human problem - selfishness/self-centeredness. Unity/love is the solution of the human problem. In a long-term relationship we may find it useful to view this relationship as a third party - that is we may have to do something for the common welfare of our relationship when we are unwilling to do the same for the individuals in this relationship(s). This act will insure continuance when all else fails. There can be little or no recovery without unity.

1. List examples where your selfishness or self-centeredness got in the way of unity, love, or "our common welfare."

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

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

4. Is there a type of personality you find yourself unable to open up around? That you tend to withdraw from or remain silent or you become aggressive toward?

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

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

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

The meaning of the phrase "group conscience" is very important to our understanding of these Traditions. One definition of a group is a number of persons gathered or classified. A definition for conscience: a sense of right and wrong. "We are people who normally would not mix...the tremendous fact for every one of us is that we have discovered a common solution." This solution, this Program, this Higher Power is how we understand Him. (Alcoholics Anonymous page 17 - Reprinted with permission)

Each one of us is drawn to a group (relationship). If we stay in that group (relationship), we must have in common a general agreement of what we think is right and wrong (conscience). How our Higher Power may express Himself to one group may be a good deal different from other groups. In other words, we are no more nor less than part of a Greater Whole; however, we are not the whole, nor were we intended to be.

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

1. What attracted you to this relationship?

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

3. What is a successful or useful relationship of this type?

4. In what ways do you see/feel your relationship failing?

5. In what areas are you still a selfish user of people, places or things?

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

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

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

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

1. When and with whom have you been willing to do "whatever it takes" to make "it" work?

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

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

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

5. One person cannot make a relationship successful alone and unaided. Both must want the relationship even if it is for different motives. Can you give examples when there was a mutual desire to make it work and when this mutual desire was not present?

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

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

Each of us has been drawn to each other for some common purpose, conscious or unconscious. This Tradition gives us the freedom to express our individual part in this common purpose. Every relationship to some degree must be self-governed; however some gave up that right when they became irresponsible. We became "children of chaos". We can, with some limitations do as we please until that doing takes away from another. When we are ego - driven, fear - driven, selfish, self - centered we may claim a right to govern the world. Part of the healing or growing process has to do with regaining that privilege of being self-governing. This whole process of the changing of responsibility is often painful when the change is resisted.

When we let that which is outside our relationship govern this relationship, we are setting ourselves up for failure. We must be free inside this relationship to choose.

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

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

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

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

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

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

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

"Better [to] do one thing supremely well than many badly. That is the central theme of this Tradition." (Twelve Steps and Twelve Traditions - Reprinted with permission) The primary purpose of the relationship and how this message is carried is very important to our understanding of this Tradition. Whatever brought each member to this group, business, or personal relationship, to a large extent, will determine just what the message is, as well as to whom his or her message is to be shared. When we have experienced healing in any area, it is our **privilege** to share that healing with those who "still suffer". The more we share our message with others, the more we receive.

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

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

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

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

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

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

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

1. When did you have a life changing experience "catch on fire"? Did you try to "make" it work everywhere, with everyone, and in everything? Where and how did you force it?

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

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

4. Can you give an example of how problems of money, property, and prestige divert you from your primary purpose?

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

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

" The irresponsible had become responsible, and that by making financial independence part of its tradition, Alcoholics Anonymous had revived an ideal that its era had almost forgotten." (Twelve Steps and Twelve Traditions reprinted with permission) Yes, it is very important that we become fully self-supporting financially, but it becomes equally important to be responsible in all areas of our lives at all levels (mental, physical, emotional, social and spiritual) to complete the cycle of integrity, of coming of age.

1. How do you react when someone who is an outsider tries to control or manage your relationship? Insider?

2. Have you learned yet that it is best for you to be a worker among workers, a friend among friends, one who gives of yourself in a relationship, or do you still take pride in being a user?

3. Are you fully self-supporting when it comes to spiritual matters? Do you depend on church or a spiritual adviser to make your spiritual decisions and do spiritual activity for you such as prayer and meditation? Do you draw from them but seek your own conscious contact and spiritual activity?

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

5. Are you fully self-supporting when it comes to your financial matters? Are you being responsible for your fair share?

6. Are you fully self-supporting when it comes to family matters? Are you being responsible for your fair share?

7. Are you fully self-supporting when it comes to friends and social matters? Are you being responsible for your fair share?

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

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

Each of us as individuals has something special we must freely give. Freely we have been received and freely we must give. We may receive a great deal but we can only keep what we give away.

We cannot without problems trade this special gift for money, property, prestige or power. You may be paid a sum of money to maintain your physical human needs; however, your special gift must be given freely.

1. What is your special gift(s)?

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

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

| Alcoholism | Drugs | Recovery | Relationships | Business | Medicine | Sociology | Program | Spirituality | Psychology |
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4. What do you think or feel when you are given goods or service? When you pay for those same goods or service how do you think or feel?

5. How do you feel about yourself and/or others when you compromise yourself?

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

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

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

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

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

1. What is your understanding of: "ought never be organized"?

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

3. To what extent do you believe this relationship needs a set of: rules, bylaws, and/or guidelines? Give examples.

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

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

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

The extremes are often our best teachers. This holds true in this Tradition for sure. Most of us have heard or read of the celebrated 'airing their dirty wash in public'. Maybe at first it was just a difference of opinion, or maybe they were using the general public to prove a point but somehow got drawn into public controversy. Once the ego, pride, selfishness and self-centeredness go on the defense, all will soon be polarized. Now it's my side against your side. All too often the relationship fails or is greatly damaged. The type of relationship, personal, business or other types of organizations, does not seem to matter. The public controversy may sell a lot of papers, but the outside pressure takes the relationship down the drain.

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

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

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

4. List the areas/people you cannot allow to disagree with without feelings of rejection or being on the defensive?

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

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

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

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

Attraction is a universal principle, which like most things in this life we may use for good or evil. When used as a spiritual principle, attraction becomes a most powerful force for sharing love and unity. Living in a commercial world as we do, most of us become very weary of promotions.

Everything we have ever done, said, thought, or felt and all the experiences we have ever had, (conscious or not, real or illusion) determine to a large degree how we view, feel and experience life and the people, places, and things within it. We could say that we have our own personal "reality". Whatever makes up this personal "reality" will be attracted to or repelled from us, real or illusion to confirm this "reality". A shortcut to your inventory is nothing less than this: look at the people, places and things you are attracting and repelling.

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

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

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

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

5. Is there someone important to you in your relationship that wants no part of what you have? How do you react?

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

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

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

Anonymity is much more than a silent giver. One who lives in an anonymous state of mind is living closer to reality/humility. They have awakened to the fact that all they have has been given and if they choose to keep and expand it, they must make a point of passing it on. Attributes of a God-centered life are: love, forgiveness, selflessness, willingness, gratitude, and humility. Attributes of a self-centered life are: resentments, fear, pride, arrogance, and selfishness. To place principles before personalities is like saying the moon reflects the light of the sun. Personality, the mask, reflects reality or illusion as filtered through our personal "reality" and our Higher Self. Personality has no light of its own; our Higher Self is part of the Light.

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

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

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

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

5. Which of these draw you away?

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

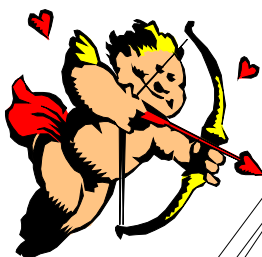
Affirmation for Tradition Twelve - Let me remember that we need to credit the results to Him - to take off our mask and practice His Principles in all of our affairs.

Al Kohallek Goes On A Forgiveness Frenzy

A Pathway to Forgiveness

| <i>Title</i> | <i>Page</i> |
|--|-------------|
| <i>Introduction</i> | <i>16</i> |
| <i>First Step To Forgiveness</i> | <i>19</i> |
| <i>Steps Two and Three</i> | <i>20</i> |
| <i>Forgiveness List Boxes</i> | <i>21</i> |
| <i>About The Inventory Form</i> | <i>22</i> |
| <i>Inventory All In One</i> | <i>23</i> |
| <i>Extra Inventory Form</i> | <i>24</i> |
| <i>Forgiving Long-Term Relationships</i> | <i>25</i> |
| <i>Instant Forgiveness & More</i> | <i>25</i> |
| <i>Reference</i> | <i>26</i> |

As I was meditating on this workshop I must have fallen asleep, I was dreaming that I could hear your Higher Self, that which is whole, speaking to your human condition, your personal "reality." It was saying - "Come and let me love you, forgive you, teach you and heal you, and I will. To the degree you let me I will cause you to be a forgiven, forgiver, forgiving - a taught, teacher, teaching a healed, healer, healing and a beloved, lover, loving." If you are willing even for an instant to be still, silent and listen, you too may hear that Voice and remember.



*Neither this workbook nor any of its contents are for sale . They are for sharing.
Pass it on freely to those you love and those you don't.*

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

Doing what's suggested in this workbook may cause you to let go of some parts of your personal "reality." It could cause you to be less limited. You may stop blaming other people, places, and things. You may stop being a user and become an owner of your own stuff.

You may find yourself giving up some of your old resentments, pains and fears. You could even find yourself with a new understanding and/or awakening. Maybe you will find your Self. Neither this workbook nor any of its contents are for sale. They are for sharing. Pass it on freely to those you love and those you don't.

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| <p>FORGIVEN FORGIVER FORGIVING</p> <p><i>Al Kohallek wants to forgive everyone even himself – Now Lou-is Pazeniton suggested that he do one at a time.</i></p> | <p>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. 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. The following are a group of thoughts and ideas about forgiveness – check them over – take some and leave some. Al Kohallek (Alcoholic) found then very useful. Lou-is Pazenition (Lou is passing it on) is Al's sponsor.</p> |
| <p>OUR MISSION Al Kohallek has Questions -- What Is It? How Does It Work? What's In It For Me?</p> | <p>Our primary purpose of this workshop is to offer additional tools, which could enable you to <i>practice these principles in all your affairs</i>. We will introduce you to this set of useful tools; however, tools are worthless unless we learn how to use them and then use them. Well that's what this little workbook is about. The main focus of this workshop will be on forgiveness. We will use this process to help chip away all that is not our God-created self, to help us open up and realize our Spiritual Gifts, which is our true nature.</p> |
| <p>POWER SUPPLY <i>Lou-is Pazeniton tells Al Kohallek about Three Spiritual Gifts</i></p> <p><i>1st Spiritual Gift Awakening – The correct word</i></p> | <p>"Lack of power, that was our dilemma. We had to find a Power by which we could live, and it had to be a <i>Power greater than ourselves</i>. 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." (<u>Alcoholics Anonymous</u> page 45 reprinted with permission) The main object of this workshop is to be in concert with that. Working the first eleven Steps will assure us of having a personality change, a shift in our perception sufficient to cause a spiritual awakening. Step Twelve opens with: <i>"Having had a spiritual awakening as the result of these steps..."</i> This spiritual awakening, this Gift, is the first of our three primary goals of this workshop.</p> |
| <p>SHARING</p> <p><i>2nd Spiritual Gift Love is the message And the messenger</i></p> | <p>One of the most common human needs is love. The second part of Step Twelve is; <i>"...we tried to carry this message."</i> 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 it 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. The messenger is the message.</p> |
| <p>INDIVIDUAL SELF</p> <p><i>3rd Spiritual Gift Finding our purpose And living it</i></p> | <p>Awakening to the individual self we were created to be with purpose and meaning, in other words, to consciously live our Heart's Desire, God's Will for each individual. The third part of Step Twelve is: <i>"...and to practice these principles in all our affairs."</i> 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. In that moment we will be told, shown what to do, say, think and feel in a way we can currently hear, understand and follow.</p> |

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| <i>Al Kohallek finds out that the most commonly used drugs in a dry world are: Guilt & Punishment</i> | The most commonly used drugs in our little world are: guilt, punishment, resentment, and fear. These drugs give us the illusion that we are doing something about the problem. Like our use of other drugs we get a quick “fix.” And nothing is really changed. For most of us these drugs are so much a part of our life that they have become an automatic response. An automatic response is a habit and a habit can be changed to a large degree or transformed into a useful asset, much like our alcoholic drinking has, by the grace of our Higher Power. We are learning, in our A.A. Program, when the thought of drinking alcohol comes to mind we turn to our Program Tools for a real solution, instead of a “fix.” |
| <i>Al Kohallek was reminded of the times when there were no need for forgiveness</i> | Is there a time when forgiveness is not need even when some “wrong” was done? 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 to some degree of others and ourselves. Without these judgments we have no need of forgiveness. This is the very best kind of forgiveness – none needed. |
| <i>“One cannot teach an Old dog new tricks.”</i> | The good news is this: We are not old dogs, nor is our Program a bag of tricks. We can learn “to practice these principles in all our affairs.” Our Program is a spiritual awakening and mind, physical, emotional, and social training process. To the degree that we experience a healing or transformation, our harmful judgments in a given area will fall away and this defect will become another asset to share. |
| <i>“We are not saints”</i> | “We are not saints. The point is, that we are willing to grow along spiritual lines.” (Alcoholics Anonymous – p60). We have a lifetime of judgments to be healed or transformed; however one transformation will not heal everything. By the grace of our Higher Power we can experience a degree of healing. This comes about when one of our patterns – a habit of thought or feeling is realized, owed as ours, not other people, places or things and surrendered to our Higher Power, Higher Self. To the degree that we can completely own and surrender these, the more complete the healing or transformation. |
| <i>Willingness Is The Key To: An Open Mind Spiritual Growth Self-forgiveness Relationships Healing Loving No capital crimes please How these forgive: A naïve person? A stupid person? A wise person? Who’s Responsibility God’s or mine</i> | 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 purely selfish, like “I just don’t want to feel this way or I’m tired of being negative, fearful and resentful.” The ability to realize 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 ourselves, they must be found guilty and punished. Yet when we are wrong most of us 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. |
| <i>Termites</i> | Watch out for the termites. Termites destroy more property that all floods, wind storms, fire etc and so it is with relationships. If we don’t attend to the little angers, fears, resentments, one day when enough of these have been stuffed an explosions will happen. In other words if we don’t deal with these little guys (the Tenth Step would be useful), then one day they will deal with us. |

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| <p><i>“Number One” Offender.</i></p> <p><i>Lou-is: I remind you Al that it is so very important that we find a solution for our resentments</i></p> <p><i>Poor me, poor me, Pour me a drink.</i></p> | <p>“Resentment is the “number one” offender. It destroys more alcoholics than anything else.” (Alcoholics Anonymous p64)</p> <p>Anger is not resentment until we re-feel it – over and over, again and again. Much like the instant replay in sports. When the pain, fear, negative stuff weakens a little we will add something more to our resentment to make it grow. We may even get the poor me’s – poor me, poor me, pour me a drink. We are likely to let the one person, place or thing own us, preoccupy our thoughts, feelings, time and energy, which we dislike or disapprove of the most. They seem to have moved into our very heart, mind, and soul. When a thought of this one comes into our consciousness we hand over our live to that one, so that one can dictate how we are to think, act and feel for a while – sometimes a long while. If this is so, and it is, what can we do about it? Well our A.A. Program has a solution, and that solution is what this little workshop is about.</p> |
| <p><i>Al: What is the “source” of resentments?</i></p> <p><i>Lou-is: It is the violation or lack of fulfillment of two of our Spiritual Gifts Love and/or Individual Created Self</i></p> | <p>Our A.A. Program is indeed a channel of Grace, offering us lots of loving, useful tools. If we are willing to use these tools to the best of our ability we are rewarded abundantly. We are awakened to the Presence of a Higher Power, the Solution, to the love we are and to the individual, with purpose each were created as.</p> <p>When we find ourselves angry, resentful and fearful know this; we have given the power to some person, place or thing to determine our human experience, instead of our Higher Power. The main “source” of our anger, resentment and fear is just that. Take any resentment you may have and ask these questions: “Are there any violations or lack of fulfillment of my love, giving or receiving? Am I being honored, respected and/or valued as the individual I am, my God created self? Have I made someone or something my “Source” other than My Higher Power?</p> |
| <p><i>Let’s Use Some Our Program Tools</i></p> <p><i>Always start with Step One</i></p> <p><i>Generalizing: “Now that I’ve stop drinking everyone will love me and respect me.”</i></p> <p><i>“I did not do this or that perfectly so everyone will know I’m a failure.”</i></p> | <p>If we have had previous success working our Twelve-Step Program in one area, perhaps our primary problem, we may now realize its 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. We need to realize that we are powerless and we cannot consistently manage our life very well with our present mindset. The mind that made us sick or limited cannot make us whole or well (Step One). We must have something other than us, higher than us, different than us if we are going to have any real long-term change (Step Two). And if we are going to be open-minded and open to a new understanding, we must be willing to let go, surrender our old personal “reality” to make room for the new (Step Three.)</p> <p>Al: Once I have admitted that I am powerless and that I cannot manage my life, then why do it again?</p> <p>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.</p> |
| <p><i>Applying The Steps to Forgiveness</i></p> | <p>We will work with brief excerpts from both - A Twelve Step Workbook – Al Kohallek Goes Stepping – For information on free Workbooks – Web Downloading - Workshops www.12stepworkbook.org</p> |

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

We admitted we were powerless over our limited personal “reality” - that our lives had become unmanageable. For most of us this personal “reality” has a lot of limiting, useless, even harmful habits of thoughts and feelings. These often give us the illusion that our Higher Power is not always present, that we cannot experience the fullness of love, and that we really don’t have any real individual purpose or meaning.

This program is designed to remove obstructions and create an environment where the natural healing, wholeness, and awakening can take place. The principles that cause the healing are found in the process of doing and living these suggestions. Action is the magic word.

This process of healing begins the same way in any area of our life to which we may choose to apply it. It begins with the realization that we are powerless to

Change, alone and unaided. The mind set that made us sick will not, cannot make us well. We must want a change in our life, not just need it, or we will not go to any length to get it. Many of us that have been around the program for some time and at the first sign of a problem, we want to jump into an inventory. We are suggesting that anytime we realize we are falling short of the way of life we really want to live in any area, we start at Step One and take the first nine Steps in order. A dentist had a sign in his office, “Only floss those teeth you want to keep”. We are saying: only practice this program in the areas of your life that you want to be joyous, happy and free in. We suggest that you keep your response to the questions or statements on one forgiveness or lack of it at a time. Questions for Step One:

1. List those who you most need to forgive. Choose one.
2. What pain or fear do you associate with forgiving the one you have chosen?
3. What pleasure are you getting out of not forgiving?
4. What will it cost you if there is no real forgiveness?
5. What are the benefits you could gain by having this forgiveness?
6. How has this lack of forgiveness placed your important relationships in jeopardy? (Example)
7. Have you lost self-respect and/or reputation due to this lack of forgiveness?
8. Has this lack of forgiveness made your home life unhappy?
9. Has this lack of forgiveness caused any type of illness? (Example)
10. Do you turn to the type of person that enables you to be unforgiving?
11. What part of this un-forgiveness does your loved ones, friends, family or business associates object to the most?
12. What type of abuse has happened to you and/or others due to this lack of forgiveness? (Example)
13. List examples of what you have done in the past to fix, control or change this lack of forgiveness?
14. What are the feelings, emotions, and conditions you have tried to alter or control with this unforgiveness?
15. At this time ask yourself, “If this is such an important area in my life, why haven’t I forgiven?”
16. Am I now willing to do whatever it takes to experience a complete forgiveness?
17. If your answer to number 16 is YES write out the First Step: I admit I am powerless over my inability to forgive, that my life in this area is unmanageable. I cannot, with my unaided will and present understanding, consistently manage this lack of forgiveness.

STEP TWO (HOPE) Came to believe that a Power Greater than ourselves could restore us to sanity.

Step One shows us our problem - we are powerless over our little personal “reality”. That is, we are without the ability to change our habits of thoughts and feelings alone and unaided. When we fall back into one of our ruts, habits, we are unable to consistently manage our thoughts, feelings, or actions.

Step Two tells us what the solution is. We need to find, to awaken to a Power Greater than ourselves.

So how do we do this, how do we get from Step One, the problem, to Step Two, the Solution? Well that’s what our other ten Steps, the fellowship, and the rest of our program can do for us, if we are willing.

Step Two is the result of the process found by living and practicing this Program. The following two suggestions will help us get a feel for what’s to come.

- a). Would it be possible for you to recall the times when you experienced that a Power Greater than yourself did for you what you could not do for yourself, be precise. If you cannot recall an experience related to the area, (forgiveness) you are presently working on. Any experience with your invisible means of support will do.

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- b). List as many ways as you can of anything that you are grateful for, from the least important to the most important. We want to begin to build a new habit of gratitude in our everyday life. We are suggesting that you keep this running list of “I am grateful for:” at least 40 days. I AM GRATEFUL FOR:

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

Making a decision may run to the extremes, from a total commitment to a meaningless gesture. Even if we are totally committed to change but we have the same old personal “reality,” then nothing has really changed yet. This means that we are likely to fall back into one of our old ruts, habits. If we say to ourselves, “I’m going to do this thing come hell or high water,” and fail to live up to our promise, which is very likely because our old habits are still running on automatic, we will even feel worse about ourselves.

This, by the way, is one of the main characteristics of addictions, the loss of willpower. Each time our willpower fails, with our best intentions, we feel even more hopeless, useless, powerless, and worthless. The greatest damage to our self-esteem comes from repeated failures at trying to change addictive, habitual behavior alone and unaided. It does not hurt much until we really try our best to stop, to change and cannot. This really **trying alone and unaided with the same old personal “reality,” is one of the main causes of our hitting our personal bottom.** It gets us ready for this Program and for sure a Higher Power.

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

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

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

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| Take Some & Leave Some | Check the boxes as you experience them – On the left are a few “Why I Am Willing” suggestions and on the right are a few “Why I Am Unwilling Or Unable” suggestions - or - Add your own): (R) Rarely - (S) Sometimes - (O) Often - (I) Intense/very Important |
|------------------------|---|

[illegible]

- ACTION:** 1. Write in column one what you are having the most problem forgiving.
2. Write in column two what you are willing and able to do and what you are not.

| 2. Write in column two what you are willing and able to do and what you are not. | |
|--|---------------------------------------|
| WHO OR WHAT | WHAT'S GOING ON WITH THIS FORGIVENESS |
| | |
| | |

| | |
|--|---|
| <p><i>About The following Inventory Worksheet</i></p> <p><i>We have given you an Example using the example on page 65 Alcoholics Anonymous for each of the Boxes – fill in your own responses</i></p> <p><i>We are including an Extra Worksheet so You may make copies</i></p> | <p>This is a detailed guideline on how to use the Inventory Worksheet. It will walk you through this useful form with an example for each box. This Worksheet is a tool that can change the way we view our process. It allows us to experience how different parts of our experience fit together all on the same page. There is a great deal of information that will be generated on this one form which will give us a more complete picture as to what happened in an important life experience.</p> <p>Recall your absolutely worst resentment, one that you have been unable to let go of or forgive. Fill in all the boxes on the Inventory Worksheet as they pertain to that resentment. Now follow this format with all of your major resentments. If the information generated by the above action does not list each of your worst fears, your most valuable Asset, your worst harms done to others or yourself, and/or the absence of Forgiveness, take another Inventory Worksheet for each of these until all are covered. In any case we suggest that you follow the same outline in this form and keeping everything on one page. All inventories begin with a direct or implied question.</p> |
|--|---|

| | |
|------------------------------|---|
| (A) A QUESTION OR STATEMENT: | <i>List examples where your selfish or self-centeredness got in the way of unity, love or "our common welfare."</i> |
| | |
| (B) RESPONSE: | <i>My wife found out about my mistress when I went by the office drunk</i> |
| | |

| | |
|------------------------|--|
| (C) I AM RESENTFUL AT: | (D) WHAT WAS THE CAUSE OF THIS RESENTMENT? |
| <i>Mr. Brown</i> | His attention to my wife – told my wife about my mistress – He's after my job |
| | |

| | |
|-----------------------|---|
| (E) ASSET(S): | (F) HOW WAS THIS ASSET EXPRESSED – OR -- VIOLATED? |
| <i>Trust and love</i> | My wife does not love or trust me – Brown told my boss about my drinking |
| | |

| | |
|--|---|
| (G) RECEIVING AND GIVING LOVE: | (H) VALUED AS THE INDIVIDUAL I AM: |
| I must have someone to love & I must be loved | <i>I am of more value than I am demonstrating</i> |
| | |

| | |
|---|--|
| (I) WHAT WAS MY PART AT THE TIME? | (J) HOW WAS I AFFECTED AT THE TIME? |
| I shouldn't have gone by the office drunk | I was really stressed out so I drank more |
| | |
| (K) HOW DO I SEE MY PART TODAY? | (L) HOW AM I AFFECTED TODAY? |
| <i>I was so selfish, lustful and I drank too much</i> | I was caught and my denial came down |
| | |

(R) RATIONAL (I)

IRRATIONAL

| | | | |
|----------------------|---|---|----------|
| (M) I AM FEARFUL OF: | (N) WHAT WAS THE CAUSE OF THIS FEAR? | R | I |
| Brown/My Wife | <i>I fear Brown will get my wife and my job</i> | | <i>x</i> |
| | | | |

| | | |
|----------------------------|--|---|
| (P) I HARMED: | (Q) WHAT I DID OR DID NOT DO | (R) HOW DID I HARM MYSELF? |
| <i>Wife/Brown/Mistress</i> | <i>I was unfaithful to my wife – I burned Brown – I used my mistress</i> | <i>I cut myself off from the love I needed – drank too much</i> |
| | | |

| | |
|---|--|
| (S) AM I WILLING AND ABLE TO FORGIVE THIS PERSON? | (T) AM I WILLING AND ABLE TO FORGIVE MYSELF? |
| <i>Yes – I am willing and able</i> | <i>Yes – I am willing but I am not able</i> |
| | |

| | |
|------------------------------|--|
| (A) A QUESTION OR STATEMENT: | |
| (B) RESPONSE: | |

| | |
|------------------------|--|
| (C) I AM RESENTFUL AT: | (D) WHAT WAS THE CAUSE OF THIS RESENTMENT? |
| | |

| | |
|---------------|--|
| (E) ASSET(S): | (F) HOW WAS THIS ASSET EXPRESSED – OR -- VIOLATED? |
| | |

| | |
|--------------------------------|------------------------------------|
| (G) RECEIVING AND GIVING LOVE: | (H) VALUED AS THE INDIVIDUAL I AM: |
| | |

| | |
|-----------------------------------|-------------------------------------|
| (I) WHAT WAS MY PART AT THE TIME? | (J) HOW WAS I AFFECTED AT THE TIME? |
| | |
| (K) HOW DO I SEE MY PART TODAY? | (L) HOW AM I AFFECTED TODAY? |
| | |

(R) RATIONAL (I)

IRRATIONAL

| | | | |
|----------------------|--------------------------------------|---|---|
| (M) I AM FEARFUL OF: | (N) WHAT WAS THE CAUSE OF THIS FEAR? | R | I |
| | | | |

| | | |
|---------------|---|----------------------------|
| (P) I HARMED: | (Q) WHAT I DID OR DID NOT DO TO CAUSE THE HARM: | (R) HOW DID I HARM MYSELF? |
| | | |

| | |
|---|--|
| (S) AM I WILLING AND ABLE TO FORGIVE THIS PERSON? | (T) AM I WILLING AND ABLE TO FORGIVE MYSELF? |
| | |

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| <i>Forgiving Long-Term Resentments</i> | Al: Why can't we experience forgiveness in some important long-term relationship? Lou-is: That's what our next project is for. Respond to the following. |
|--|---|

FORGIVENESS is the key to all happy and loving relationships. 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.

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, which includes an abundance of our falling 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 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. One of the most common problems with forgiveness is the forgiveness of those we have had long-term relationships with. We believe the primary reason is our changing the "crime" as the years roll by. We have forgotten what we were upset about when the "crime" happens 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.

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 of, 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?

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.

| | |
|---|---|
| <p><i>Lou-is: Here is a way we can experience a true forgiveness in this present moment. This is the only Real Time we have.</i></p> <p><i>We may read a thousand menus and cook books and starve to death but if we have just one bite our nourishment begins</i></p> <p><i>Our personal power comes with our choices</i></p> <p><i>Do we choose to have our Higher Power as our Source Or????</i></p> | <p>Yes, we can experience an instant forgiveness, even here and now, one moment at a time. If you do not get anything else out of this workshop but this simple process of Instant Forgiveness, count this workshop a great success.</p> <ol style="list-style-type: none"> 1. Pick out one of your worse resentments, one you have held on to – far too long. 2. Just be sure you are willing to let it go – not able but willing. 3. Find a motive, with in your self, no matter how selfish it may be, one that your head and your heart can agree on. For example; <i>Al was so tired of being negative, fearful and anger at Sam M. that he no longer cared who did what, to whom, he just wanted to be free, so he no longer felt, thought, and acted as he did when he thought or heard Sam's name.</i> Al's sponsor, Lou-is Pazeniton had told him, "<i>God answers the prayers of the heart because He put them there.</i>" 4. When you truly realize that you want even a few minutes of freedom – say something like this: God I am so tied of thinking and feeling this way – I am so willing just for this moment to forgive myself and (name of the person, place or thing) for any wrongs, real or illusion that I did or did not do or they did or did not do. 5. God I am willing but not able at this time to forgive – so I entrust this to you. 6. Thank you, 7. Now let it go – one moment at a time – <u>this one</u>. Repeat this any time a thought of this one comes back. Bless both of you and turn it back to your Higher Power. 8. We have the power to choose in this moment – this present one – it is the only one there is. 9. Leave the results to your Higher Power – He will do for us what we cannot do alone and unaided. |
| <p>A Simple Technique</p> <p>Brief excerpts form: The Sermon On The Mount – By Emmet Fox The Chapter Forgive Us Our Trespasses, As We Forgive Them That Trespass Against Us</p> <p>-----THE METHOD</p> | <p>The technique of forgiveness is simple enough, and not very difficult to manage when you understand how. 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 to 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; through it is always followed, sooner or later, by a wonderful feeling of peace and happiness.</p> <p>The method of forgiving is this: Get by yourself and become quiet. Repeat any prayer or treatment that appeals to you, or read a chapter of the Bible. 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 Christ 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 Christ Truth has set us both free. I'd thank God." Then get up and go about you business. On no account repeat the act of forgiveness, because you have done it once and for all, and to do it a second time would be tacitly to repudiate you own work. 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 of the children of God. Your forgiveness is complete. You will experience a wonderful joy in the realization of the demonstration.</p> |

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| <p>The Sermon On The Mount – By Emmet Fox Continued</p> <p>Practice general Forgiveness every day</p> | <p>Everyone should practice general forgiveness every day as a matter of course. When you say your daily prayers, issue a general amnesty, forgiving everyone who may have injured you in any way, and on no account particularize. <i>Simply say: “I freely forgive everyone.”</i> Then in the course of the day, should the thought of grievance or resentment come up, bless the offender briefly and dismiss the thought.</p> <p>The result of this policy will be that very soon you will find yourself cleared of all resentment and condemnation, and the effect upon your happiness, your bodily health, and your general life will be nothing less than revolutionary.</p> |
| <p><i>Somebody Did Me Wrong Song</i></p> | <p>From time to time in life people will do things to you, which definitely will not promote aliveness or satisfaction in your life. They may do these things over a period of years, without your cooperation. While it is true that you create the experience of having something “done” to you, it is also true that people are doing things to you.</p> |
| <p><i>Hold everyone accountable including yourself</i></p> <p><i>If we don’t we are asking for it</i></p> <p><i>What does it mean to hold someone accountable?</i></p> | <p>Now, while I don’t want you to make people wrong for their actions, I definitely want you to hold them accountable for their actions, chances are that things will never get to the point that you will have something done to you important enough to require “forgiving.” If you don’t hold people accountable for their actions, you are asking for it and you have probably noticed that you are getting it. What it means to hold someone accountable for their actions is that you notice their actions, then you communicate to them what you know about the consequences of those actions in this world. In other words, you assist people through their unconsciousness about what they are actually up to in their lives. That is what I am doing here, with you, by the way. To hold people accountable for their actions means operation outside the right/wrong system. When you make people right or wrong they become less conscious. In the case of making them right, they are not challenged to look at their life. If you make them wrong, they mobilize their defenses to ward off your attack and make themselves right. No one is less conscious than someone engaged in being right.</p> |
| <p><i>Keep it simple. To forgive means that you give up forever all claim for revenge. “Forever”</i></p> <p><i>Notice that you don’t have to give up revenge, only the claim for it.</i></p> | <p>So, if you have been holding people accountable for their actions consistently, you probably don’t have much to forgive anyone for. Probably you have been letting accountability slide and feel that you have a little or a lot to forgive. What forgiving someone means is that you give up forever all claims for revenge. That’s it. Period. Stop. Don’t add any extra baggage to it. Keep it simple. To forgive means that you give up forever all claim for revenge. Notice that you don’t have to give up revenge, only the claim for it. And get that word “forever.” It carries the unconditional nature of forgiving. To “forgive” doesn’t mean that you get to attach conditions to it. You don’t even get to attach the condition called “I’ll forgive you if you never do it again.” Therefore, if they do it again you don’t have to forgive them again; you already did that. Don’t be repetitive. If you come to think that you have to forgive them again, you didn’t do it in the first place. We will have to call what you did by some other name. So forgiving someone isn’t a righteous ritual that you go through time after time. Hold it! I did not say that you do not hold them accountable. You had better hold them accountable unless you really want it done to you. What this means is that after you forgive someone for something, you are then outside the right/wrong system. If they do it again, they are not wrong and they are responsible for the consequences. This should give you a clue as to whom you go through the forgiveness process for.</p> |
| <p><i>Whom You Do It For Is You</i></p> | <p>If you think you have forgiven people for their sake you don’t know what it is to forgive. Whom you do it for is you. They don’t need to be forgiven. They did what they did and that is it – except for the consequences, which they get to live with. Your forgiving someone doesn’t erase the consequences. The consequences are the consequences. So you are doing this “forgiving” for you, so that you can get off your grudge and get your life on the road. You see, you have a lot of vital life energy tied up in your grudges. By detaching yourself you get all the energy back. You can now make up even more mischief.</p> |
| | |

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|---|--|
| <i>How Do You Know One thing will definitely happen; your relationship with whoever it is will clear up remarkably. If it doesn't, then you didn't forgive.</i> | How will you know when you have forgiven someone? Well, you will know and you don't need a "how" for this one. It will be obvious to you, but oddly enough it doesn't "feel" any certain way every time. You may feel any difference at all and chances are you will soon notice that you have more energy than you thought you had, but maybe not. One thing will definitely happen; your relationship with whomever it is will clear up remarkably. If it doesn't, then you didn't forgive. You will notice that you don't ruminate about how wronged you have been. You will notice that you sleep more soundly, perhaps, and perhaps not. |
| Forgiving – It Is Simple | Forgiving is not complicated; it is simple. You simply identify the grudge and ask yourself, "Am I willing to waste my energy further on this matter?" If the answer is "no," then that's it. If the person is available you may want to tell them. But that is not what it is about. You are doing it for you, not for them. Therefore, telling them is just a little extra, added on at the end, if you want to add it. But forgive; you really do have to get into a condition of honesty about what you are blaming whom for. Until you tell the absolute truth about it to your Self, you can't forgive. |
| <i>There Is A Choice When you choose something, you are the responsible agent</i> | After the truth is told you have to know that there is a choice: you don't have to forgive anybody. You can hang onto your grudges until you die and you can take them to the grave if you like. If you do, you are not wrong, for people choose to do this all the time. Bearing grudges to the grave is a style of acting in life. Be certain that you see what the consequences are; then choose. When you choose something, you are the responsible agent so you might as well have clarity about it. So choosing is not something we can make you do or not do. You can't forgive someone because you "should." |
| <i>No Matter Living Or Not</i> | By the way, if the person you have in mind is no longer living, that is of no consequence where forgiving is concerned. In fact, if they are no longer living that condition gives you a terrific opportunity to experience whom you are forgiving for. |
| <i>Brief excerpts form: To Give Is To Receive Gerald.G.Jampolsky Forgiveness Is The Key To Happiness</i> | 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. |
| Information About Free Stuff | Workbooks: Workshop Papers: Web Address – www.12stepworkbook.org Phone # 210 493 5983 - Fax – 210 493 3946 Address: Jim Willis - 16607 Blanco Road Suite 401 – San Antonio, Texas 78232-1940 |

Alcoholics Anonymous - Third Edition

FORGIVE

p106 – Next day they would be themselves again and we would forgive and try to forget.

p134 – They cannot seem to forgive and forget.

p463 – Forgive me – I cannot write further about this latest turn of events, anticipating seeing the family I deserted so long ago.

p536 – If I write with the air of one who has discovered the obvious, which is to say, the eternal truths which have been offered to us since the beginning, forgive my callowness; I had to find these things out for myself.

FORGIVEN

p70 - If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson.

p140 – If you concede that your employee is ill can he be forgiven for what he done in the past?

p242 – Back at camp, all was forgiven because it was the End, But in the light of what I have since learned I know I was a confirmed alcoholic at nineteen.

p533 – There was the father broke his solemn word in a circumstance where you, eleven years old, had assumed guilt when you were innocent; but the father would not believe you, no matter what; and to ease his suffering you “confessed” and were “forgiven,” only – months later – to have you knew what he was talking about – brought up in front of the stern grandmother.

FORGIVENESS

p79 - We suggested he write his first wife admitting his faults and asking forgiveness.

p86 - After making our review we ask God’s forgiveness and inquire what corrective measures should be taken.

p362 – Time after time I would beg forgiveness on bended knees, with tears rolling down my cheeks, and promise I would never again drink too much.

p536 – I ask the forgiveness of the reader; and from now on I shall try to write with the humility I honestly pray for.

FORGIVING

p77 - We go to him in a helpful and forgiving spirit, confessing our former ill feeling and expressing our regret.

Twelve Steps and Twelve Traditions - Alcoholics Anonymous

FORGIVE

Contents – Step Eight – Obstacles: reluctance to forgive; non-admission of wrongs to others; purposeful forgetting.

p58 – Step Five – Often it was while working on this Step with our sponsors or spiritual advisers that we first felt truly able to forgive others, no matter how deeply we felt they had wronged us.

p65 – Step Six – If we ask, God will certainly forgive our derelictions. But in now case does He render us white as snow and keep us that way without our cooperation.

p91 – Step Ten – In all these situations we need self-restraint, honest analysis of what is involved, a willingness to admit when the fault is ours, and an equal willingness to forgive when the fault is elsewhere.

p101 – Step Eleven – He thought it better to give comfort than to receive it; better to understand than to be understood; better to forgive than to be forgiven.

FORGIVEN

p58 – Step Five – This vital Step was also the means by which we began to get the feeling that we could be forgiven, no matter what we had thought or done.

p99 – Step Eleven – It is by forgiving that one is forgiven.

FORGIVENESS

Contents – Step Five – Lose sense of isolation, receive forgiveness and give it; learn humility; gain honesty and realism about ourselves.

p58 – Step Five – Our moral inventory had persuaded us that all-round forgiveness was desirable, but it was only when we resolutely tackled Step Five that we inwardly knew we’d be able to receive forgiveness and give it, too.

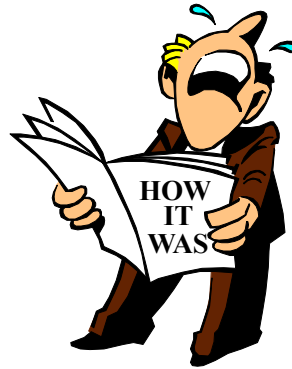
p78 – Step Eight – obstacles, however, are very real. The first, and one of the most difficult, had to do with forgiveness. --- If we are now about to ask forgiveness for ourselves, why shouldn’t we start out by forgiving them, one and all?

p99 – Step Eleven – that where there is wrong, I may bring the spirit of forgiveness.

p101 – Step Eleven – Then he asked for the grace to bring love, forgiveness, harmony, truth, faith, hope, light, and joy to every human being he could.

FORGIVING

p82 – Step Eight – admitting the things we have done, meanwhile forgiving the wrongs done us, real or fancied.



GROWTH QUESTIONNAIRE

*Al Kohallek Goes
High-Stepping*



Growth Questionnaire

A JOURNEY INWARD

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

AM I GROWING

The Growth Questionnaire – Do you sometimes feel you have not grown very much? Try this if you have been in the Program a year or more. You are in for a big surprise. Three questions we can ask if we are growing or really changing are:

4. How often do we experience something?
5. How intense is it when we do experience it?
6. What is the duration of the experience?

ACTION

Respond to the one hundred statements as follows: (Closely read each statement)

4. We are to rate our responses from 0 to 5 in three areas of growth: How Often, How Intense or the Duration.
5. The first response in the WAS column is for how it before we came into the program.
6. Our next response in the TODAY column is for how it is today.

After you have responded to each statement you are to total the WAS and TODAY columns, then use the little formula to get your percent of change.

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

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

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

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

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

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

This Growth Questionnaire Completion Date _____

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



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