

Finding A Moody Person



***One Addicted to Pouting,
With A Side Order
Of Guilt And Punishment
The Good News Is There Is A Solution***

A MOODY INDEX

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*Finding A Moody Person
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The Good News Is There Is A Solution*

Al Kohallek (Alcoholic) has found a moody person and it is he so he has gone to see his sponsor, Lou-is Pazeniton (Lou is passing it on) to see if there is a solution. Lou-is assures him there is and it is the same solution, the A.A. Program that he has applied to some other areas. Once again to practice these principles in all our affairs takes on a whole new meaning. Al has experienced one of his old defects once again in an area (moodiness) he thought healed more than it was. Although it is a different form of the old defect it is never the less the same defect. Now Al felt like he must question all his known defects with or without any degree of healing to see if any of these are triggers for his moodiness. Al's sponsor came up with the following questions, a little mini-workshop to help uncover and discover those triggers that set off Al's moodiness as part of our Program.

Al realized that he was once again experiencing an old defect, judging more on personalities than on principles, in fact often his pathway to moodiness was just that. He now realized there are those who bring out the best in him and there are those who bring out his worse, sometimes form the same person. After praying and meditation often and talking to his sponsor, at least one old pattern, moodiness healed at some level yet as he now realize not near enough. Al recalls when he was 17 years old he left home to get away form a family, he never felt part of, which included too much fighting and arguing. Al had no useful verbal skills for dealing with the fighting and arguing so he had resorted to violence or withdrawing. Leaving home seem like the best solution, which Al did and never returned as the spirit of family but more like a family duty. Al had promised himself that he would never live in that fighting and arguing environment again, at home, work in AA or anywhere else. When Al had someone come to his office hell-bent on arguing, Al overreacted and at first had no idea what had happen. At some point he realized one of his worse nightmares had returned. This time he was willing to seek a solution more in alignment with his new way of life.

Lou-is reminds Al each time one of his old patterns pops up, that life is a process of awakening. "What we have is a daily reprieve contingent on our spiritual condition." Each time we experience a "new" healing/awakening; part of our personal "reality" has transformed into a Spiritual asset, which we may use as a useful tool to share with others. As we continue to awaken or as our denial breaks down in an important area of our life we are likely to experience one of our old defects showing up once again, which we thought healed.

Denial, we could say, is when we are guilty but we don't feel or think ourselves as guilty. Denial is one of the most loving gifts our Higher Power ever allowed a human to experience. The alcoholic or any other compulsive, obsessive does not have to do anything about it until we have the tools, then we must take action.

Moodiness comes in all shapes and sizes and each of us may experience it in different ways. For example some will take it out on others, far too often on those we love or need. Others may turn on themselves withdrawing and become depressed. It is most likely that we may react as both extremes. Once we have accepted whatever as our personal "reality" we will have to deal it, that is we will continue to repeat the pattern or have it healed or transformed into an asset.

Identifying and owning these patterns (our personal "reality") are so important to our long-term change. When these patterns are healed or transformed into assets it will continue to help us for a lifetime, not just a quick fix. We suggest that each time you discover or uncover one of your patterns place it on separate sheet of paper.

Finding what triggers our expressions of the addiction to moodiness will help us find the pathway to healing, transforming our personal "reality". The most common triggers come in the form of people, places or things in which we have given the power to determine our worth, happiness, freedom, sadness, joy, or anger. Instead of these being channels or agents we have elevated them to our source. Any deep-seated emotional experience may be a trigger, such as moodiness, jealousy, fear, self-pity and rage. Al realize that every time he has problems with people, places or things he had elevated them to the his Source.

Henry Drummond 1851 – 1897 - The following on the subject of good temper is part of the most wonderful addresses on love I have every found. Later printed in a little book, *The Greatest Thing in the World*. When I came to the Program this little book, as far as our group a required reading. It was just what I needed at the time. I did not know of anyone who wanted to experience love more than I did who knew less. Henry Drummond's message, the addresses speak for themselves. They are as vital and constraining today as when he first delivered them. For many of us they gripped us; they change our lives. For this workshop on Moodiness these inserts form *The Greatest Thing in the World* will give a new insights.

Good Temper – “Love is not easily provoked.” Nothing could be more striking than to find this as one of the most important ingredient of love. We are inclined to look upon bad temper as a very harmless weakness. We speak of it as a mere infirmity of nature, a family failing, a matter of temperament, not a thing to take into very serious account in estimating a man’s character. And yet here, right in the heart of this analysis of love, it finds a place; and the Bible again and again returns to condemn it as one of the most destructive elements in human nature.

The peculiarity of ill temper is that it is the vice of the virtuous. It is the blot on an otherwise noble character. You know men who are all but perfect, but for an easily ruffled, quick-tempered, or “touchy” disposition. This compatibility of ill temper with high moral character is one of the strangest and saddest problems of ethics. The truth is there are two great classes of sins-sins of the Body, and sins of the Disposition. The Prodigal Son may be taken as a type of the first, the Elder Brother of the second. Now society has no doubt whatever as to which of these is the worse. Its brands fall, without a challenge, upon the Prodigal. But are we right? We have no balance to weigh one another’s sins, and coarser and finer are but human words; but faults in the higher nature may be less venial than those in the lower, and to the eye of Him who is Love, a sin against Love may seem a hundred times more base. No form of vice, not worldliness, not greed of gold, not drunkenness itself, does more to un-Christianize society than evil temper. For embittering life, for breaking up communities, for destroying the most sacred relationships, for devastating homes, for withering up men and women, for taking the bloom off childhood; in short, for sheer gratuitous misery-producing power, this influence stands alone. Look at the Elder Brother, moral, hard-working, patient, dutiful – let him get all the credit for his virtues – Look at this man, this baby, sulking outside his own father’s door. “He is angry,” we read, “and would not go in.” Look at the effect upon the father, upon the servants, upon the happiness of the guests. Judge of the effect upon the Prodigal-and how many prodigals are kept out of the Kingdom of God by the unlovely characters of those to be inside? Analyze, as a study in Temper, the thundercloud itself as it gathers upon the Elder Brother’s brow. What is it made of? Jealousy, anger, pride, un-charity, cruelty, self-righteousness, touchiness, doggedness, sullenness – these are the ingredients of this dark and loveless soul. In varying proportions, also, these are the ingredients of all ill temper. Judge if such sins of the disposition are not worse to live in, and for others to live with, than sins of the body. Did Christ indeed not answer the question Himself when He said, “I say unto you, that the publicans and the harlots go into the Kingdom of Heaven before you.” There is really no place in heaven for a disposition like this. I man with such a mood could only make Heaven miserable for all the people in it. Except therefore, such a man be born again, he cannot, enter the Kingdom of Heaven. For it is perfectly certain – and you will not misunderstand me – that to enter Heaven a man must take it with him.

You will see then why Temper is significant. It is not in what it is alone, but in what it reveals. This is why I take the liberty now of speaking of it with such unusual plainness. It is a test for love, a symptom, and a revelation of an unloving nature at bottom. It is the intermittent fever, which bespeaks un-intermittent disease within; the occasional bubble escaping to the surface, which betrays some rottenness underneath; a sample of the most hidden products of the soul dropped involuntarily when off one’s guard; in a word, the lightning form of a hundred hideous and un-Christian sin. For a want of patience, a want of kindness, a want of generosity, a want of courtesy, a want of unselfishness, is all instantaneously symbolized in one flash of Temper.

Hence it is not enough to deal with the Temper. We must go to the source, and change the inmost nature, and the angry humors will die away of themselves. Souls are made sweet not by taking the acid fluids out, but by putting something in – a great Love, a new Spirit, the Spirit of Christ. Christ, the Spirit of Christ, interpenetration ours, sweetens, purifies, transforms all. This only can eradicate what is wrong, work a chemical change, renovate and regenerate, and rehabilitate the inner man. Will power does not change men. Time does not change men. Christ does. Therefore “Let that mind be in you which was also in Christ Jesus.” Some of us have not much time to lose. Remember, once more, that this is a matter of life or death. I cannot help speaking urgently, for myself, for you. “Whoso will offend one of these little ones, which believe in me, it was better for him that a millstone were drowned in the depth of the sea.” That is to say, it is better not to live than not to love. *It is better not to live than not to love.*

Yes, it is true it is better not to live than note to love because love is our True nature. Yet for many of us we block ourselves off from the sunlight of the Spirit with one of the oldest defects of humankind, moodiness. For many of us we don’t have to go far to find a moody person, just take a look in the mirror.

For the best results we suggest that you focus all of your responses on the subject, moodiness. This practice will open a deeper understanding of both the defect and the solution.

STEP ONE - (HONESTY)

WE ADMITTED WE WERE POWERLESS OVER ALCOHOL [MY ADDICTION TO MOODINESS] - THAT OUR LIVES HAD BECOME UNMANAGEABLE.

Twelve Steps and Twelve Traditions: *Step One* (reading time 7 minutes)

We admitted we were powerless over our limited personal “reality” - that our lives had become unmanageable. For most of us this personal “reality” is grossly limiting, useless, filled with 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 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 healing principles are 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 want to live, 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 your moodiness problem.**

Questions for Step One:

1. What do you want change about this addiction to moodiness most of all?

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2. What pain or fear do you associate with giving up this addiction to moodiness?

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3. What are you getting out of not changing your addiction to moodiness?

4. What will it cost you if this moodiness does not change?

5. What are the benefits you could gain by having this moodiness transformed into an asset?

6. How has this moodiness problem placed your important relationships in jeopardy? (Example)

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7. Have you lost self-respect and/or reputation due to this moodiness problem?

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8. Has this moodiness problem made your home life unhappy?

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

10. Do you turn to the type of person that enables you to practice this moodiness problem or to lower companions that enable you?

11. What part of this moodiness problem 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 moodiness problem? (Example)

13. List examples of what you have done in the past to fix, control or change this moodiness in your life?

14. What are the feelings, emotions, and conditions you have tried to alter or control with this moodiness?

15. At this time ask yourself, "If this moodiness is such an important area in my life, why haven't I changed?"

16. Am I now willing to do whatever it takes to have this moodiness changed, healed, or transformed?

17. If your answer to number 16 is YES write out the First Step: I admit I am powerless over my moodiness, that my life in this area is unmanageable. I cannot, with my unaided will and present understanding, consistently manage this moodiness addiction.

<input type="text"/>
<input type="text"/>
<input type="text"/>

Once we know and accept our addiction, realizing that alone and unaided we cannot have the healing, the transformation we long for. Now we are able to see how very important this First Step is. To realize and accept our powerlessness to change with our present understanding, that places us at the heart of the First Step. From here we can move on to the next Step in the healing process.

STEP TWO (HOPE)

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

Twelve Steps and Twelve Traditions: **Step Two** (reading time 17 minutes)

Step One shows us our problem, in this case we will address the moody condition - we are powerless over our little personal "reality" when it is running on automatic. We may be given to frequent changes of mood; temperamental [Dry-Polar]. 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 of erratic moods, 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 to do our part.

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? Write out as many of these experiences as you can and be precise. If you cannot recall an experience related to our moody addiction that can be useful as we move through the Steps. However any experience with your invisible means of support will do.

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:" The next 40 days.

I AM GRATEFUL FOR:

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

Alcoholics Anonymous: **Pages 58 through page 63** (reading time 12 minutes)
Twelve Steps and Twelve Traditions: **Step Three** (reading time 14 minutes)

Our making decisions may run to the extremes, from a total commitment to a meaningless gesture. Even if we are committed to change but we have the same old personal “reality,” then nothing has changed yet. This means that we are likely to fall back into one of our old ruts, habits. We may say, “I’m not going to let my moody disposition run my life come hell or high water,” and mean it. Then we fail to live up to our promise. It is likely we will fail because our old habits are still running on automatic. When we do fail we will 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 moody behavior alone and unaided. It does not hurt much until we try our best to stop, to change and cannot. This **trying alone and unaided with the same old personal “reality,” is one of the main causes of our hitting our personal bottom.** It gets us ready for this Program and for sure a Higher Power.

“There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself. Looking through it, we will 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.”

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

STEP FOUR (COURAGE) MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.

Alcoholics Anonymous: Bottom of page 63 through page 71 (reading time 15 minutes)

Twelve Steps and Twelve Traditions: Step Four pages 42-54 (reading time 25 minutes)

AN OVERVIEW - The actions we asked you to take are part of a process to help you realize consciously, your personal “reality” through which most of your life experiences are filtered. This part of the process, Step Four, is but one part but a very important one. If we do not awaken to our little personal “reality” and take responsibility for our beliefs, habits of thoughts and feelings, we will most likely continue to experience our life on automatic.

INDIVIDUALS AND “REALITY” - It is important to identify the individuals which we shared our life with in both loving and harmful ways. *“Selfishness self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate.”* (P62 *Alcoholic Anonymous* – reprinted with permission). Of course we have a lot to do to heal our past. However, it is even more vital to have our habits of thoughts and feeling, our rules/patterns, in other words our personal “reality” healed, changed or transformed. When this is done, it is not only for the past but more importantly for the present and the future.

PLAN OF ACTION - Action is the magic word, but you may say; “You are asking us to do a lot of work and it does not seem like magic.” If you do as good a job as you can, we can assure you freedom and wisdom will come into your experience.

PERSONAL “REALITY” - The way we are using the word “pattern” called by many other names: Habits of thoughts and feelings – Inner Rules – Our personal “reality” - Our personal filter system - . Whatever one chooses to call these patterns it is important to know that these patterns determine most of our life experiences by the way we react to them. These patterns are always present; however we are not always aware of them.

WHAT ABOUT RULES AND PATTERNS - The purpose of the simple exercise (Rules/Patterns Worksheet) is to help you identify more of your patterns or the inner rules you live by, conscious or not. Once you do you have the right to choose once again to continue to use these habits or build new ones. Often our conscious mind says yes to something we want. Something does or does not happen which keeps us from that wanted person, place or thing. It is likely that we have some long forgotten rule/pattern we made up or went along with that is saying no to us. These rules/patterns will continue to run on automatic until we call them into question. When you say; “I want this or to stop that” and you do not get this or stop that, it means that you have a contrary belief, rule/pattern that’s winning. The next time your conscious mind tells you one thing and you are experiencing another, try saying this; “I must have a contrary rule/pattern telling me no, so let me see it.” When it comes to our consciousness you may choose to make a new decision about that rule/pattern and then turn it over to your Higher Power and affirm what you do want.

WE’VE GOT QUESTIONS - The purpose of these questions is to bring our personal “reality” to surface. This personal “reality”, made up of our habits of thoughts and feelings. There cannot be long-term changes of conditions and causes without going to their source. In doing an inventory we want as complete and useful a list, report, record, evaluation, survey of our abilities, assets, and resources that make up our personal “reality” as we can come up with. If we want something other than another quick “fix”, we must go to the root of the problem - our habit consciousness. This is the home of our personal “reality.” Since it is so important that we understand these basic principles, we will repeat them from time-to-time. Since our true healing will come by grace, we want to position ourselves in the best place to receive it.

FACT-FINDING FACT-FACING PROCESS - “Though our decision [Step Three] was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. Our liquor was but a symptom. ***So we had to get down to causes and conditions...*** A business, which takes no regular inventory, usually goes broke. Taking a commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or un-salable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values.” Nor can we. (Page 64 *Alcoholics Anonymous*)

EARNING OR GRACE - Some of us have an old belief that if we work at this program we will earn a place in a “secret order.” We were grossly misled. We *cannot* earn the Three Spiritual Gifts; these were given to us when each of us was created. However, we do have a part, and that is to be as open and receptive as we can be for this grace. This would include uncovering, owning, and having a willingness to let go of everything that is not part of these Three Spiritual Gifts. Our personal “reality” runs on automatic, twenty-four hours a day, so we need to be committed to this process - otherwise we will continue to be a victim of our own habits of thoughts and feelings.

WHAT ARE THESE PRINCIPLES? The idea that the principles are embodied in the simple words that somehow got assigned to each Step over the years is another case of over-simplifying. I believe that they do have a lot of meaning; in fact they are included in this workbook at the heading of each Step. As we begin to work Each Step, we begin to understand the principles, which are embodied in the process. That is, each one of the Steps is part of the whole and is not intended to be a stand-alone. It is clear that alone none of the Steps would be as effective.

REALITY - We do not change or adjust Reality, but we can be part of the solution, which removes obstructions and unwanted conditions from our little limited personal “reality”. What we can do is co-create an environment where the natural healing can take place, where our personal “reality” becomes a little more Real.

STEP EIGHT WORKSHEET (Page14) – Use this worksheet to list those you harmed and who need your forgiveness as you work through your Step Four. This will give you a step up when you address your Step Eight.

1. List the different ways you have experienced sudden changes of moods, giving examples and the frequency for as many of the following list as you can:

a. Sulky

b. Erratic

c. Temperamental

d. Unpredictable

e. Flighty

f. Inconstant

g. Undependable

h. Unreliable

i. Morose

j. Sullen

k. Unsociable

l. Resentful

m. Gloomy

n. Melancholy

o. Sadness

p. Pouting

q. Depression

2. Which of your family members are you most likely to act out your addiction to moodiness? Examples.

3. Which of your friends are you most likely to act out your addiction to moodiness? Examples.

4. Which of your fellow workers or business associates are you most likely to act out your addiction to moodiness? Examples.

5. Which of your fellow Program members are you most likely to act out your addiction to moodiness? Examples.

6. Are there some types of thinking or ideas that are likely to cause you to act out your addiction to moodiness, what are these? Examples.

Which of your actions are likely to cause you to act out your moodiness, what are these? Examples

7. Some of your emotions are likely to cause you act out your addiction to moodiness, what are these? Examples.

8. Which of your Spiritual practices are most likely to help you move toward a solution even if it is temporary? Examples.

10. Which of your defects are likely to cause you to act out your addiction to moodiness? Examples.

11. What types of moves bring out your moodiness?

12. Describe how your addiction to moodiness affects you:

Spiritual

Mental

Physical

Emotional

Social

13. What are your five top assets concerning your addiction to moodiness? Give examples:

Asset	How was it expressed and/or Violated

14. What are your five worse resentments concerning your addiction to moodiness? Give examples:

Resentful at:	The Cause of My Resentment	Asset Violated	My Part	Affects My:

15. What are your five worse fears concerning your addiction to moodiness? Are they (R) Rational or (I) Irrational

Fearful of:	R	I

16. Who are those you have harmed the most due to your moodiness? What was your part and how were you affected?

I Harmed	What I did or did not do to cause the harm	My Part	Affects My

17. What were your growing up rules and patterns about being moody? Was your family inclined to look at moodiness and bad temper as a harmless weakness, perhaps a mere infirmity of nature, a family failing, a matter of temperament, not a thing to take into serious account in estimating a person's character? Or was it viewed as the vice of the virtuous? What about the one who was easily ruffled, quick-tempered, or touchy judged? Which of the two; sins of the body or sins of the disposition the greater harm? What are your current rules and what are you desired rules?

Here is an example:

(1)	(2) My Growing up rule: My moodiness	(3)	(4) My Current rule for: My moodiness	(5) My Desired rule for: My moodiness
X	Moodiness and bad temper was expected so not to show fear	X	Moodiness is such an old habit the best I can do is react quickly	I seek my Higher Power to transform this defect into an asset

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

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

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

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

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

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

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

After you identify your patterns, go back over them and give a “make fun of” name. This name will be useful in the discrediting and dis-empowering of your old habits of thoughts and feelings. Out with the old rules/patterns and on with building the new ones. This process will be used in some of the remaining Steps, primarily in Step Six and Step Ten.

The sooner we can laugh at ourselves the sooner our healing will step up to a new level. We want these “Make fun of” names to be like an unwanted guest who comes to our door; we can choose to invite that person in and dwell on a “who done me wrong” song or we can turn that person away as soon as we see who it is. A “Make fun of” name will disempower that person to a large degree where they are less likely to harm us, upset us or cause us to experience that fear we get when someone or something intimidates us. When we lose respect for that person to the point we can laugh when we think of them, we have come a long way in being free from their control over us. In one way or another we gave that “power” to them. It’s time to take it back and give it to our real Boss.

Example:

“Make fun of” name	These rules/patterns are being violated or complied with. Violated and complied with are just two sides to the same rule/pattern.
Moody – O - saurus	I have a lot of problems with moodiness. (<i>I had this problem so long it seems like it started with the dinosaurs – but when I think of it as a moody dinosaur I can lighten up.</i>)
Peppy le Few	I practice the “law” of lack, never enough of anything (good temper, love, time)

“Make fun of” name	Write the rule/patterns that most concern you about your moody addiction – give it a “Make fun of” name

STEP EIGHT WORKSHEET

Use this worksheet as you work through your FIRST FIVE STEPS

Whenever we harm someone or ourselves, there has been a violation of one or more of the **Three Spiritual Gifts: 1. Presence of our Higher Power 2. Love 3. The Individual created Self.**

In the **first column** note which of these Three Spiritual Gifts violated by writing the corresponding number(s). In the **second column** put the name of the person or institution you harmed. In the **third column** write what you did or did not do to cause the harm. By doing this you will have come a long way toward your Eighth Step list.

A Eight Step Format From A Step Four Inventory

S G	NAME OF THE ONE HARMED	WHAT YOU DID OR DID NOT DO TO CAUSE THE HARM

FORGIVENESS

A Eight Step Format From A Step Four Inventory

1. Note which of these Three Spiritual Gifts were violated by writing in the corresponding number(s), in the SG column.
2. In the following column place the name of those you are unable or unwilling to forgive at this time.

SG	NAME	SG	NAME	SG	NAME

STEP FIVE - (INTEGRITY)

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

Alcoholics Anonymous: **Pages 72 through 75** (reading time 5 minutes)

Twelve Steps and Twelve Traditions: **Step Five** (reading time 15 minutes)

Admitting to our Higher Power and to ourselves everything is two-thirds of this Step and I may add the easier part. But it will not get the job done. We are most likely to go from one extreme of guilt and remorse to the other extreme of rationalizing our part away. Here are some of the reasons for taking this vital Step:

1. Most of us have always dreamed of having someone to love and accept us just the way we are. Only by sharing with another human being everything can we hope to experience this love and acceptance to the max.
2. The Big Book states; **if we skip this vital step, we may not overcome drinking. And there is little chance of our being restored to sanity.**
3. Some of us gain that feeling of belonging.
4. We are likely to experience a God -consciousness or a spiritual awakening.
5. Our "secrets" take a great deal of energy to support. Letting go of them will release the energy we are using to hold them back.
6. By the way, I've never heard of anyone blackmailed after doing their Fifth Step, but I have heard of people experiencing freedom and a peace of mind for the first time.

PREP WORK FOR STEP FIVE

1. Review all of your responses to the questions and statement up to this point. This includes all your responses.
2. Be ever so mindful of your patterns (experiences that you repeat.) Even if it was with different people, places, things or forms. These patterns (habits of thoughts and feelings) are one of, if not the most important parts of this process. These patterns make up your personal "reality," and are the key to long-term recovery, and personal growth.
3. These patterns will play a vital part of Steps Six and Ten
4. As we go through our review, we continue our preliminary work on Step Eight. As we are preparing we may uncover additional harms done and people we are unable to forgive. Add these to your Step Eight Worksheet.

It is important that you find the right person to confide in. We believe that it is best if you can share with a person who has finished his or her own Fifth Step. If this person is living the Program he or she will have a better understanding of what it is you are trying to do. However, you may not be able to find someone you could trust in your present group. You may have to go outside our Program. Many of us do our first time Fifth Step with a non-Program person. The main thing is that you feel that you can trust this person. This should enable you to be as honest as you can at the time. We would caution you about taking this Step with someone too close to you or one that you have an ax to grind. Someone could be hurt if you are honest. It would be wise to question your own motives.

Ask the person you choose to help you identify your patterns. Show this person a copy of your pattern list. They may have additions to your list or ask you to clarify the pattern. You may find you have a lot in common; on the other hand you may not even come close. Remember it is your inventory, your patterns, in the end you are the one who will gain or fail to gain from those patterns directly. Ask what format will be used for taking the Fifth Step. Write out any questions you may have or any part of the process you may want clarified before you begin.

DATE	START TIME	UP TO TIME	PLACE	PERSON	PHONE #

LAST-MINUTE REVIEW - Review the inventory work you have done to this point. This should help you discover additional questions. Perhaps a few more assets, resentments, fears, harms, need for forgiveness, love and understanding, if so add these and respond to them. Remember we are working the Steps on moodiness, which means that our good and bad moods can change quickly. Therefore we may think it does not count, but it does.

STEP SIX - (WILLINGNESS)

WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.

Alcoholics Anonymous: *Page 76* (Auto cassette reading time 1-minute)

Twelve Steps and Twelve Traditions: *Step Six* (Auto cassette reading time 13 minutes)

The key to this Step is in the wording. Were entirely ready to have God remove all these defects of character. Firstly, we want something when we are entirely ready. This really wanting something is often the beginning of healing. Second, it is God that is to remove all, not us alone and unaided. Third, the wording tells us which of our defects are to be removed, now, these, meaning that we have identified them. The rest of the Steps will be a piece of cake after taking my Fifth Step.

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

Once again, I am reminding you; just because something is simple does not make it easy. Now that you found some of your patterns, "these defects", it will be useful for you to follow the following suggestions:

1. That you take each one of "these defects" and ask yourself am I ready to have God remove this?
2. If your answer is yes move on to the next defects (patterns).
3. If not go back to Step One just for that defect and run over the First Step Questions to help increase the pain of holding on to that defect.
4. If that is not enough to convince you, try this: We know that our problems, as with everything in this life, is progressive. Our problems will worsen if nothing changes our habits (personal "reality", patterns). With time passing we will get "better" at our defects. Another way to increase the pain of holding on to this defect is by extending it into the future.
5. What will it be like if this does not change in another year or five, ten, or twenty years?
6. Have you had enough or are you thirsty for more?
7. If you are now ready, continue this process until you have gone over every one of your defects:
 - a. It will help us with our owning each of our defects, our defects center in our own mind.
 - b. Reminded just how powerless we are to remove these defects alone and unaided.
 - c. At the same time by doing something constructive about these defects we will experience a new hope.
 - d. It will help us see that some of our listed defects are just different parts of the same pattern. This will help us combine them, which is part of the next suggestion.
8. If you have followed this suggested process, you have gone over and over your uncovered defects, combining them into the smallest number of patterns. If you have not done that, please do so now.

You may say; "Do it quickly, by Friday so I can have a great weekend"? I find that I still have all the defects I had when I came in the Program. Those defects I have, experienced some healing by God's Grace, have become assets, tools, and Early Warning Signals. Those defects do not come about as often, they don't last long and they are not intense. This is a sure sign of growth, and awakening. We are building a new way of life and we feel it's so important to understand it is a long-term process. It's not another quick fix. We did not get here overnight but by practicing limited, sick and sometimes insane patterns, habits for many years. One important thing to remember, if we do the best job we can with this Program we will experience a way of life that is far beyond anything we could have dreamed of.

The next suggestion: If you have not already assigned each of these defects, patterns a "Make Fun Of" name, do so now. These names will become important to us when setting up our last three Steps to live by. These will be part of our Early Warning System.

If you are now ready to have God remove these defects, continue to Step Seven.

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

Alcoholics Anonymous: *Page 76* (reading time 1 minute)

Twelve Steps and Twelve Traditions: *Step Seven* (reading time 14 minutes)

We have come a long way by the time we get to this important Step. Both Al and Lou-is have their problems with this moody addition, so they will be able to help us. We have realized by working the first six Steps that:

1. We are lacking the power, the ability to change. Quick fixes are no longer enough.
2. We have by this time come to understand that we cannot consistently manage this problem we have been focusing on much less our total life.
3. We were able usually, to recall a time when something other than us, Higher than us, different from us did for us what we could not do for ourselves.
4. By listing those people, places and things that we are grateful for, we realized that we had far more than we thought. That list keeps growing as we add to it.
5. We begin to see how powerful our decisions and our willingness can be.
6. We begin to experience just how important it is that we set aside our old way of thinking and feeling so we can have a chance for a new understanding.
7. By experiencing the above listed things, it is easy to see and feel the importance of turning everything over to our loving Higher Power, which we know has already helped us at some point in our life. We do have an invisible means of support.
8. We experience by now some of the benefits of staying focused on what is before us, one question or statement in one area, and our response to that area.
9. By responding as honestly as we could to the questions and statements, we have begun to realize how we have been running on automatic, habits of thoughts and feelings, and our little personal “reality” most of our lives.
10. We have identified some of our common patterns and we are starting to put them in their place by dishonoring and discrediting, by making fun of them.
11. We have been open with our Higher Power, another human and ourselves about what we have awakened to so far.
12. Most of us have had great relief and a feeling of acceptance and of love. Some have had a new God-consciousness.
13. We took a closer look at our defects, habits of thoughts and feelings, our personal “reality,” and we are now sure that we want our Higher Power to remove these.

Al: I did not like the idea of having to write so much when I began this process and committing to working on it everyday. As I got into working it as part of the healing process, I saw it differently. I realized at some point that I was not playing a game with my moody addiction, nor was I looking for a quick fix any longer. My life and the quality of my life were in question. Maybe an hour a day was after all a good investment to bring about healing and awakening to my spiritual gifts.

Lou-is: I find it interesting that I would spend every waking moment for days on just one resentment or fear. I was a lot like you, Al, when it came time to work on the healing process in the beginning, I resisted the suggestion that I should spend at least an hour a day on the solution. Is that insane or what?

Al: What is the difference between defects and shortcomings?

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

Al: As I reflected on my past wrongs, I thought: I have done harm to others and I. It was not my intent at the time to harm anyone, but I did. When these harms were taking place, as I see now, I was reacting to my “then reality”. Because I received so much love, forgiveness, and acceptance when I took my Fifth Step, I began to feel that it was more like a shortcoming, coming up short. The root word for sin means missing the mark, and that is the way I have come to believe a loving God views us. I am so grateful I had the experiences and the willingness to share them.

Lou-is: When I realized God, as I understood Him, who was and is my only true Source, I was humbled at that moment, opened and teachable. When we are aware that it is our Higher Power, and not ourselves, alone and unaided, who is to remove our shortcomings, our decision to follow through becomes easier. If you are now ready and willing to be healed of these shortcomings, the following suggestions will prove useful.

We are suggesting that you present each of your shortcomings (patterns), to a form of the Serenity Prayer.

There is some part of our shortcomings (defects, patterns, and personal “reality”) we may have to accept.
Example: We would be wise to accept that we cannot change others, nor what was done or not done to us.

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

--

Most of the time there is at least some part of a pattern we can change, which may be mental, physical, emotional, social, or spiritual. Example: We may not be able to stop one of our shortcomings that come into our consciousness, but we can stop dwelling on it for one moment at a time.

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

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Peace comes to us by grace. Most of us love the times when we experience even a few moments of it. When we are at peace everything seems to be in harmony, and there is the absence of conflict. Perhaps serenity is far more valuable in this human condition. Everything around us can be falling apart, but if we have the grace of serenity, we just know at some deeper level all is going to work out.

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

We are suggesting that you ask for courage and wisdom for each pattern you found in this moodiness defect.

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

**STEP EIGHT - (BROTHERLY LOVE) (WILLINGNESS TO FORGIVE)
MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO
THEM ALL.**

Alcoholics Anonymous: **Pages 76 through 84** (Auto cassette reading time 15 minutes)
Twelve Steps and Twelve Traditions: **Step Eight** (Auto cassette reading time 11 minutes)

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

Al: So far every time you told me how simple something is going to be, you “suggest” extra work. I already have my list (Step Eight Worksheet page 14).

Lou-is: The Step Eight Worksheet you filled in as you worked through your first Seven Steps is a good start on this Step. I remembered some additional harms done while focusing on Steps Five, Six, and Seven, when I was working on my patterns. Once I accepted that my habit patterns drove me, I remembered others I had harmed as I expressed the same pattern, perhaps in a different form.

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

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

We suggest you make your list of those you harmed into three groups: First, list those you harmed, and you are ready, willing and able to make these amends. Second, list those you harmed and are willing to make your amends, but unable to now. Third group is the people you harmed, but are unwilling to make amends to them. Also we have included a format to help us with our forgiveness. Have you ever noticed some of those we harmed were those whom we had not forgiven? Now we are ready for your Step Eight Worksheet, p14. It should have the names of those you harmed and the harm done.

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

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

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

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

Name of the one you harmed.

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

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

[3] In this group are the ones you are resisting or saying "no never". Our Higher Power could help if asked. We will never be free holding on to the past. Pray for the willingness to take care of these amends. Put these people on a prayer "hit list." Pray for this person five times a day (upon awakening, mid morning, noon, mid afternoon and before you go to sleep), for two weeks or whatever time it takes for you to experience that you have let it go.

Name of the one you harmed.

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

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

FORGIVENESS is the key to all happy and loving relationships with God, others, and us. 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 to forgive ourselves. There are many reasons for this, one being we have too much inside information, which includes an abundance of our falling short. We hear talk about this program and life in general being a process, going from limited to ad infinitum. However, most of us believe someday 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 "crimes" happen and we read in today's understanding. The following format will help let go of the past. God can and will do for us what we cannot do for ourselves, if we trust Him.

On a separate sheet write out the following:

1. Name of the one who harmed you.
2. What did they do or not do to harm you?
3. How did you react at the time the harm was done?
4. How did you feel and/or think at the time the harm was done?
5. What about now? How do you feel and/or think about the harm done?
6. How do you react when you think of, hear 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.

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.

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

Twelve Steps and Twelve Traditions: *Step Nine* (reading time 6 minutes)

"Good judgment, a careful sense of timing, courage, and prudence - these are the qualities we will need when we take Step Nine." (12 and 12 Reprinted with permission) This Step will go a long way to heal a relationship or end it. The main purpose is to let go of the past, to take walls down, to heal.

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

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

ACTION IS THE MAGIC WORD (An amends format)

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

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

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

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Setups - When I Am Most Likely	Page 24
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STEP TEN - (PERSEVERANCE)

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

Alcoholics Anonymous: *Middle of page 84 through 85* (reading time 3 minutes)

Twelve Steps and Twelve Traditions: *Step Ten* (reading time 14 minutes)

GROWTH STEPS

Steps Ten, Eleven, and Twelve often called Growth Steps. We suggest that you use these three Growth Steps each day as a unit, as part of our way of life. These three Steps can help us stay focused in the present, in the Presence. At the beginning, during, and at the close of each day, we can invite our consciousness to focus on what we believe God’s Will is for us. The spirit of these three Steps is vital to our awakening of our Three Spiritual Gifts, helping us walk our talk. Step Ten in our Big Book reminds us of this: “We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.” (Alcoholics Anonymous page 84, reprinted with permission).

Lou-is wants to impress on Al just how important these last three Steps are to our daily living, continued growth, and our staying awake after we awaken to the Three Spiritual Gifts.

HOW PROMPT CAN WE BE?

We have repeated through this workbook how important finding our habits of thoughts and feelings that are our personal “reality is.” All of our life experiences, real or illusion, filter and color our personal “reality,” belief. If there are going to be any long-term changes, we must identify these beliefs before we can take responsibility for them. In other words, own them. When we do this, we have the right to make a new decision what to do with them. We cannot surrender them to our Higher Power if we don’t have possession of them. It is a simple fact that we cannot give away something we don’t have. This process will help us find and own our part, our personal “reality.” To answer the question, “How prompt can we become in doing something constructive about our old ways?” The answer is, “Very prompt.” In fact we can learn how to stay a step or two ahead.

SPIRITUAL AXIOM

“It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us.” (Twelve Steps and Twelve Traditions, Step Ten) So what is wrong with us? It is our little personal “reality”, rules and patterns.

AS WE GO ABOUT OUR DAY

Most of our life experience runs on automatic until something disturbs “good” or “bad”. This is an important moment to our growth. We can choose at the moment, which way we will continue to feel, think and act or just react automatically. This sounds too simple, too easy. Simple, yes – easy, no.

“MAKE FUN OF” NAME

In Steps Four and Six you were to come up with a “make fun of” name for each of your most (I) intense or important rules and patterns. Here in the Tenth Step these can become a vital part of your growth in as you go about your day. As these old rules and patterns, our personal “reality”, come into our conscious life we are to treat them as an unwanted guest.

EARLY WARNING SIGNALS

1. When disturbed asked yourself, “Does this feel familiar?” (Spend a little time learning these rules and patterns you have given “make fun of” names.)
2. If so, say; “Here’s ole (your “make fun of” for this guy). It’s unlikely that you will have respect for one you make fun of.
3. Then state the new rule and pattern you want to build into a habit.

WHEN AM I MOST LIKELY TO? (Pages)

The first two lists for working our Tenth Step can be useful in building an Early Warning Signal System. Each of the questions starts out asking: When am I most likely to? Use these questions as thought starters to help us produce our own lists of “When Am I Most Likely To”. Some experts say that as much as 98% of our conscious experiences are running on automatic, habits. We feel controlled, or that we lost control. It feels as though we didn’t have any choices. If tired of this, and it is likely that we are, identifying these habits as part of the healing process is a vital part.

Al: There is more than enough “When Am I Most Likely To” thought starters listed. Why do I need to make my own list?

Lou-is: For one thing you said from the outset that you were willing to do whatever it takes, right? We are trying to get to our little personal “reality,” and no one can do that for us. The thought starters listed are common with most of us but not always personal.

SPIRITUAL ROAD MAP (Page)

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

DAILY JOURNAL (Pages)

Keeping a Daily Journal for at least forty days, in just one important area, we will gain a deeper understanding, and the way we relate to it. The human condition runs in cycles. Most people know about the physical cycle of twenty-eight (28) days, but some of us have found there are also, mental, emotional, social and spiritual cycles. None are the same number of days. Some days, for no reason we are aware of, we feel physically tired or energized. At times mentally sharp or dull. At times we have emotional highs or lows. At times we choose to be with other people, other times we want to be alone. At times we experience a spiritual flow, other times we cannot find God with a search warrant.

Al: Well, that explains a lot. Some days my thinking is clear and sharp; at other times I feel stupid.

Lou-is: When we learn to identify our cycles and patterns, we can make wiser decisions and productive action plans. Keeping a Daily Journal can help us track our cycles and patterns.

PRIMARY PURPOSE

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

STEP TEN - (PERSEVERANCE)

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

Two lists follows; the first list is negative SETUPS and the second list is constructive, useful, or positive. SETUPS are the ways that we are most likely to think, feel and react to our habits of thoughts and feelings, our personal “reality.” It is likely that we will continue to repeat these, unless we change. If nothing changes then nothing changes. Identifying these SETUPS can help us create what we call an Early Warning Signal System. In other words, we can learn to see it coming, promptly admit it, choose to make a new decision about it, and take whatever action or inaction called for long before that old stuff gets out of hand. Compare these Early Warning Signal Systems to the signs on a freeway telling us when our turn off is coming up in time for us to change lanes if we need to. It is up to each of us to decide to change lanes and take the action. What we can do is our responsibility, and what we cannot do is our Higher Power’s Job.

Finish the statement WHEN AM I MOST LIKELY. Later make up your own lists of WHEN AM I MOST LIKELY.

1. When am I most likely to have a physical craving for problem stuff?

2. When am I most likely to be a victim or an aggressor?

3. When am I most likely to feel fearful/anxious/terrified?

4. When am I most likely to be too rigid?

5. When am I most likely to be stressed out/stressful?

6. When am I most likely to feel shame/guilt?

7. When am I most likely to feel hurt/angry/resentful?

8. When am I most likely to feel unsure/doubtful?

9. When am I most likely to feel abnormal or confused?

10. When am I most likely to have to control others?

11. When am I most likely to feel inadequate/stupid/incompetent?

12. When am I most likely to punish or make others feel guilty?

13. When am I most likely to feel sad or depressed?

14. When am I most likely to fear abandonment or rejection?

15. When am I most likely to put things off?

16. When am I most likely to withdraw or withhold?

17. When am I most likely to have obsessive thinking/feelings?

18. When am I most likely to be in conflict with others or myself?

19. When am I most likely to judge/criticize?

20. When am I most likely to be too sensitive or overreact to criticism?

21. When am I most likely to experience moodiness?

22. Is there a type of person that sets off your moodiness?

CONSTRUCTIVE, USEFUL AND POSITIVE SETUPS - It is no less important to identify our constructive, useful, and positive SETUPS. We want the good stuff to increase and being aware of their likelihood. The following list is to act only as a thought starter. After you go through the following list please make up your own list of WHEN AM I MOST LIKELY.

1. When am I most likely to experience the presence of God/Higher Power?

2. When am I most likely to experience being loved/loving?

3. When am I most likely to be grateful?

4. When am I most likely to be trusting of others and myself?

5. When am I most likely to be able to make decisions and follow through?

6. When am I most likely to feel close/intimate toward others?

7. When am I most likely to feel safe/secure/stable?

8. When am I most likely to feel I have a purpose/meaning/mission in this life?

9. When am I most likely to feel wise/intelligent?

10. When am I most likely to be flexible?

11. When am I most likely to be playful/happy/joyous/free?

12. When am I most likely to feel constructive/positive?

13. When am I most likely to quickly forgive myself/others?

14. When am I most likely to be patient with myself/others?

15. When am I most likely to be honest with myself/others?

16. When am I most likely to feel worthwhile/useful?

17. When am I most likely to ask for what I need/want?

18. When am I most likely to make commitments and keep them?

19. When am I most likely to be spontaneous?

20. When am I most likely to feel like I belong?

21. When am I most likely to feel selfless?

22. When am I most likely to experience a good mood change?

A SPIRITUAL ROAD MAP-STEP TEN

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

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

BUILDING A SPIRITUAL ROAD MAP (*Both the Negative and Constructive Road Maps can be most important toward understanding our mood changes*) This process of Building A Spiritual Road Map has to include our mental, physical, and emotional stuff, being the humans that we are. This also includes all the crossroads, stoplights, detours, washouts, dangerous intersections, warning signs. When we run into problems, we can change directions if we choose. Our Program is a mind training and spiritual awakening process. The following will hopefully help you begin your Spiritual Road Map.

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

1. State the problem, defect and or the harm done. (If it is one of your patterns state that or its "make fun of" name.)

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

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

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

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

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

7. Any anniversaries, birthdays, special events nearby?

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

"We grow by our willingness to face and rectify errors and convert them into assets. The alcoholic's past thus becomes the principal asset of the family, and frequently it is almost the only one. Cling to the thought that, in God's hands, the dark past is the greatest possession you have - the key to life and happiness for others. With it you can avert death and misery for them." (Page 124 Alcoholics Anonymous reprinted with permission).

A SPIRITUAL ROAD MAP (The Constructive Road)

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

With a good Early Warning Signal System or Guidance System - We can learn how to identify promptly, admit, and accept our part in both the destructive and the constructive experiences. The constructive, useful or loving we can choose to do or not to do something to increase the chances of a more fulfilling experience. If we have been painstaking about working these first nine Steps we are now aware of some of our personal "reality," that is, our habits of thoughts, feelings, actions, and reactions. With help from our When Am I Most Likely To; Constructive, Useful, and Positive lists, and the rest of the Steps, we can see, know, or feel when these habits are present. As the old negative, useless roads these constructive, useful roads have become like a good rut that we fall into repeatedly. We do not want to avoid or be too quick to jump out of these constructive, useful ruts. We want to be consciously aware of them and choose to build new and more loving and useful ruts, habits, by God's Grace.

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

BUILDING A SPIRITUAL ROAD MAP

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

The exercise below is most effective just after we have entered one of our constructive, useful, positive or loving experiences. Keep this format handy for the next time it happens. Because we are dealing with habits, we will have a next time. Take one of your good experiences, one that you want to see increased and respond to the following. REMEMBER WE ARE GOING BACKWARDS

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

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

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

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

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

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

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

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

DAILY JOURNAL

WHAT'S IN A JOURNAL FOR US?

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

MINIMAL TIME COMMITMENT

The reason for sixty days is this; we would have gone through more than a full cycle, mental, physical, and emotional. By going through a full cycle we will experience how different we react to some of the same conditions. For example, if we are physically on the downside we will not want to do anything too physical. When we are mentally high, we see and deal with mental ideas much easier. When we are emotionally down we may not deal with others well. We may want to withdraw or left alone.

THREE MINDSETS

When most of us come into the Program, we have the mindset of a user. We were using people, places, and things to blame or explain why we were happy or successful, sad, or failing. As a user we view most everything as others using us or as us using others. One who has the mindset of ownership knows that he or she is responsible for the way they are experiencing life. They expect and allow others to be responsible for the way they are experiencing life. The third mindset (Trust) is a willingness to trust our Higher Power to use us for His Will. But we must be willing to own our personal "reality," experiences and all of its content before we can turn it over. As you can see whichever mindset we are in and part of the life cycle we are presently in, has a lot to do with the way we are reacting. We cannot give away something we don't possess. Most of us go back and forth between the three mindsets. To save space you may choose to use these codes: MS (Mind Set) - O(Owner) - T(Trust) - U(User).

OUR HEART'S DESIRE

We believe that our Heart's Desire is nothing less than the driving desire to be the Individual each of us created as. We also believe that we will never experience total fulfilled trying to be someone other than this. Our Heart's Desire is one of our spiritual gifts.

DAILY JOURNAL FORM

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

My Heart' Desire Is: [Example]

To awaken to the Three Spiritual Gifts and consciously and consistently live them.

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

DATE	MS	CONTRIBUTED TO	DATE	MS	CONTRARY TO
02/06 2010	T	<i>I asked my Higher Power for help before I talked to Sam he had my number</i>	02/06 2010	U	<i>John took my inventory and within flash I went from be happy to gloomy and resentful-he did it</i>
02/06 2010	O	<i>I didn't blame Allienon for my mood change</i>	02/06 2010	U	<i>Pete told me I always had a chip on my shoulder-he caused it</i>
02/06 2010	T	<i>I consciously experienced the Presence today even after I had one of my mood attacks</i>	02/06 2010	U	<i>When I believed that George believed in me I did a great job but when he put me down my mood changed in a blink.</i>

MY HEART'S DESIRE IS:

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

DATE	MS	CONTRIBUTED TO	DATE	MS	CONTRARY TO

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

Alcoholics Anonymous: **Bottom of page 85 through 88** (reading time 6 minutes)

Twelve Steps and Twelve Traditions: **Step Eleven (reading time 20 minutes)**

SEEKING

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

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

Lou-is: If not a member of religious bodies, we sometimes select and memorize a few set prayers, which emphasize the principles we have discussed. There are many helpful books. Suggestions about these may be obtained from one's priest, minister, or rabbi and from other members of your group. Make use of what they offer. Read Page 87 of Alcoholics Anonymous.

WHAT ABOUT AFFIRMATIONS

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

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

There was a guy named Sam who met an old high school friend he had not seen in years. He had heard that this friend had become successful. Sam asked his friend how he had become so successful. The friend said that he had gone to finishing school. Sam asked him: What did you learn in finishing school? He replied: "I learned to say fantastic, instead of B.S."

SIMPLE SUGGESTIONS

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

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

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

CAN'T BELIEVE

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

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

WHEN I LOVE
SOMEONE I
THINK A LOT
ABOUT THEM

Lou-is: At some point I began to think of prayer and meditation something like this: If I love someone with all of my heart, mind, and soul (our Father) or if I knew of someone who had what I really wanted (our Father), I always find a way to communicate (pray). Once I awakened to the fact there is a Power Greater than myself, that can and would do for me what I could not do for me, I started to communicate with Him. My motive not all that pure, but when I ask with all of my heart and mind, I experience useful solutions. When it came to meditation, I approached it along the same lines: when I love someone (our Father) or know of someone who has what I want (our Father), I just can't get enough of them. I want be near them, talk and listen to them, talk and listen to others about them. Prayer and meditation are spiritual principles, which means they are endless. The highest form of meditation is contemplation, that is, direct knowing. This is more likely to come when we are still mentally, emotionally, and spiritually.

Al: I don't know if I ever did love anyone. I have been so selfish. I have known special people who I admired and wanted to be like. At first, they intimidated me, but I did find a way to get to know them.

ONE SOURCE
MANY
CHANNELS

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

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

SPIRITUAL
LEVELS

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

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

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

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

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

AS YOU
BELIEVE

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

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

ALL HAVE
A PURPOSE

Lou-is: Whoever created us as individuals must have a purpose for each of us, and this has to be His Will for each of us. If we can be in conscious union and harmony with His Will and His Purpose, we are most likely to experience our personal fulfillment. In that case, we would surely want to improve our understanding and experience in His Will and have the power to carry it out. There are many teachers who are waiting to share with you. "When the student is ready, the teacher appears. When the teacher is ready, the student appears." Seek them. Be as willing, honest, and open-minded as you can.

Our human condition fosters the illusion that we are separate from all others. Therefore, we need prayer and some form of meditation to bring us home to an experience of conscious union, to healing, to wholeness, to fulfillment.

ACTION

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

GOD'S
INDIVIDUAL
WILL FOR EACH

Finding our Heart's Desire, our purpose, our mission, God's individual Will for each of us, that spiritual flow, a Higher Power that can and will do for us what we cannot do for us, is the focus of this workbook.

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

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

Lou-is Pazeniton shares some of his experiences through his affirmations

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Twelve Steps and Twelve Traditions: **Step Twelve** (reading time 39 minutes)

Alcoholics Anonymous: **Working With Others** (reading time 29 minutes)

PART ONE – THE FOLLOWING IS A ONETIME EXRCISE; WRITE A LITTLE ABOUT YOUR EXPERIENCE WITH THE THREE SPIRITUAL GIFTS, STEP TWELVE. (Suggestion use the facing page to write your response)

FIRST
SPIRITUAL
GIFT
PRESENCE
ACTION (1)

Step Twelve opens with: *Having had a spiritual awakening as the result of these steps.* Working the first eleven Steps will assure a personality change, a shift in our perception sufficient to cause recovery, a spiritual awakening. Reread pages 569 - 570 of Alcoholics Anonymous. Our old mask (personality) removed, well some of it. We awaken at a place where we have always been, our Father's House. *The first Spiritual Gift is the awakening to the Presence of our Higher Power and to be in conscious union with this Presence.* "Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But where and how were we to find this Power? Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem." (Alcoholics Anonymous page 45 reprinted with permission) The main object of this workbook is in concert with that mission. This spiritual awakening is the first of our three primary goals of this workbook. If you have had a spiritual awakening, sum up what that experience has meant to you. Share this experience. On a separate sheet of paper or one of the facing pages write your response.

SECOND
SPIRITUAL
GIFT
LOVE

WE TRIED TO CARRY THIS MESSAGE - Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are ill. Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends - this is an experience you must not miss. Frequent contact with newcomers and with each other is the bright spot of our lives." (Alcoholics Anonymous page 89, reprinted with permission)

THE MESSENGER
IS THE
MESSAGE

Whatever area we have applied the Steps to and whatever degree of healing we have experienced, we must "give it away to keep it". We share our experience, strength, and hope with one another, so we may enjoy living to the fullest.

IF YOU WANT
LOVE PLANT
LOVE SEED

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

ACTION (2)

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

1. In which areas in your life have you had some degree of healing that you have passed on?
2. You give but little when you give of your possessions; it is when you give of yourself that you truly give. When and how have you given of yourself?
3. How did you think and feel after you shared with another?

THIRD
SPIRITUAL
GIFT
MISSION

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

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

- ACTION (3) Write your response on a separate sheet of paper or one of the facing pages, to the following:
1. As an individual, how do you practice the Presence of your Higher Power?
 2. As an individual, how do you practice sharing the love you are?
 3. As an individual, how do you practice your purpose, value, mission or heart's desire?

PART TWO: A DAILY PRACTICE OF THE THREE SPIRITUAL GIFTS.

BUILDING A NEW PERSONAL "REALITY"

The following suggestions are to help build new habits. We cannot imagine a better set of conscious habits than the Three Spiritual Gifts. ***Our Program is a spiritual awakening and mind training process.*** Once awakened, we can learn how to stay awakened for a greater percentage of our time. We can learn how to be consistently aware of the Presence of our Higher Power, and how to express more of the love we are and, in doing so, we become more like our true self. At the same time, we can realize the individual we were created as with purpose and meaning.

SET YOUR OWN PACE. We suggest that you start off choosing one of the spiritual gifts to work on every day for a full forty (40) days. If you have focused on one of the Three Spiritual Gifts in the first nine Steps, then of course choosing that gift is likely to bear more fruit. If you will commit to this process for the next ninety days, thirty days for each Gift, you may well begin a lifelong habit of these Three Spiritual Gifts.

SUGGESTIONS ACTION (4)

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

1. Upon awakening each morning, turn your consciousness toward the Spiritual Gift you have chosen to focus on.
2. Choose one attribute, element or characteristic for this spiritual gift. The following are thought starters for each of the Three Spiritual Gifts. Please feel free to make up your own list or add to these.
3. We will offer a detail example page – a blank daily practice sheet on page 39.

FIRST GIFT'S THOUGHT STARTERS

You may recall some of the main attributes of our Higher Power such as: Life, Love, Truth, Reality, Wisdom, Consciousness, Soul, Spirit, Intelligence, Omnipresence (Always Present), Omnipotence (All Power), Omniscience (All Knowing), Universal Principles, or Intuitive. Check out a few spiritual books, our two textbooks: Alcoholics Anonymous and Twelve Steps and Twelve Traditions plus our website www.12stepworkbook.org for additional ideas.

SECOND GIFT'S THOUGHT STARTERS

Another suggestion is the nine common, everyday elements of love: patience, kindness, generosity, humility, courtesy, unselfishness, good temper and a sense of humor, innocence, and sincerity. There are so many ways we can give of ourselves in and through our program. Just ask your Higher Power to use you through His Higher Principles, for His service and it will come. As with the First Gift's thought Starters check out other sources.

THIRD GIFT'S THOUGHT STARTERS

THIRD SPIRITUAL GIFT'S THOUGHT STARTERS FOR LIVING PRINCIPLES

Characteristics of one hundred of the most accomplished people: Throughout history the most accomplished people had common characteristics that you and I can share. All had a Higher Purpose, not always spiritual in nature but a cause bigger than they were. Living this Program and getting out of and beyond our little egos and awakening to the Three Spiritual Gifts is without a doubt a Higher Purpose. These winners were able to stay focused; we too can learn to focus. They prepared for what was in front of them. To work the Steps in order is to prepare us for the following Steps. They had conviction. Each time we see this Program in action we are more convinced that it works. All of them had faith in something beyond

themselves; most of us have at least a little faith in something higher than we are. As with faith, all of them had trust in something other than themselves. They all had perseverance, and as most of us, we keep on keeping on. They were creative, as most sensitive people are. Most of us in the Program are sensitive. Whenever we are going to do anything new, we are risk takers, and so were they. These people had a lively curiosity, just as we do. They all bounced back after failing; they had resiliency. Most of us have gotten up one more time than we went down. They were all independent of other people, places, and things. Trusting God as our only true source allows us to be free of dependence on another human. Facing their fears took courage. It takes courage for us to face our fears and illusions. The last characteristic they had was commitment. This is so vital to any success in life. You will notice throughout the workbook it calls for total commitment to the process. Remember how important it is to be willing to forgive others and you.

ACTION (5)
DAILY PRACTICE
FOR GREATER
BENEFITS

1. Until it becomes a habit of turning your consciousness toward the Presence of your Higher Power, set up a physical reminder upon awakening, that you can't help noticing.
2. Keep this workbook in a handy place.
3. Choose which attribute, element, or characteristic for this day's practice of the gift(s) you are working on for this forty-day period. Write these on a notepad and carry it with you as a reminder throughout the day.
4. MOTIVATORS - For best results set up a plan of action, which include all levels of consciousness daily:

MENTAL
LEVEL

For a better understanding of these motivators see the Motivational Chart – A Guidance System in Book Two

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

PHYSICAL
LEVEL

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

EMOTIONAL
LEVEL

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

SOCIAL
LEVEL

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

SPIRITUAL
LEVEL

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

ACTION (6)

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

A DAILY
PRACTICE
EXAMPLE

The First Spiritual Gift: Awakening to the Presence of our Higher Power.
The Second Spiritual Gift: Awakening to the Love that we are; that all of us are.
The Third Spiritual Gift: Awakening to the individual Self, with purpose and meaning.

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

A Daily Practice
Supplement is
on page 39

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

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

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

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

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

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

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

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

Socially: ***I am willing to be patient with all those I come in contact with today.***

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

Al used Lou-is' Affirmation (Book Of Inventories) to meditate on. I practice patience; my love is passive, waiting to begin, not in a hurry, calm, and ready to do its work when the summons comes. Love understands and, therefore, waits.

A DAILY
INVENTORY

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

A DAILY PRACTICE

Date ____ / ____ / ____

1. Upon awakening this morning, I turn my consciousness, toward Your Presence Father, the Love I am, and the individual I was created as. I am filled with gratitude for what You have in mind for me today. Each day I will focus on one of the three Spiritual Gifts or some part of my Heart's Desire. This day I choose to focus on:

2. Each day I will choose one of God's main Attributes or one element of love or one of the characteristics of the most accomplished people to focus on. Today I choose:

3. I will practice this Attribute or element of love or characteristics throughout this day, at all levels:

Spiritually:

Mentally:

Physically:

Emotionally:

Socially:

WHAT NOW

Alcoholics Anonymous: **A Vision For You** (reading time 28 minutes)

NOW I
KNOW
HOW TO DO
A 12 STEP
CALL

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

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

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

WE BOTH
RECEIVED
A GIFT

A person that I could hardly stand asked me to help him with his Step work. This person feared that he could not stay sober with all the anger and negative stuff going on in his life. I had a lot of resistance about working with this person. But if I were sincere about walking my talk I knew then that I must have a go at it.

He began working the Steps as though his life depended on it. I believe it did. When I saw how hard he was working, I realized I had a feeling of warmth and loving compassion for that person. I prayed with all of my heart that he would get "it." Since that moment I have never felt, no matter how "bad" I do, say, think or feel that I was a total loss. I knew there was someone out there who would help me, forgive me, and love me. The reason is simple enough; I had extended forgiveness and love to one I did not feel deserved it.

NOW WHAT?

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

BE QUICK
TO FORGIVE

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

IN CLOSING

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

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