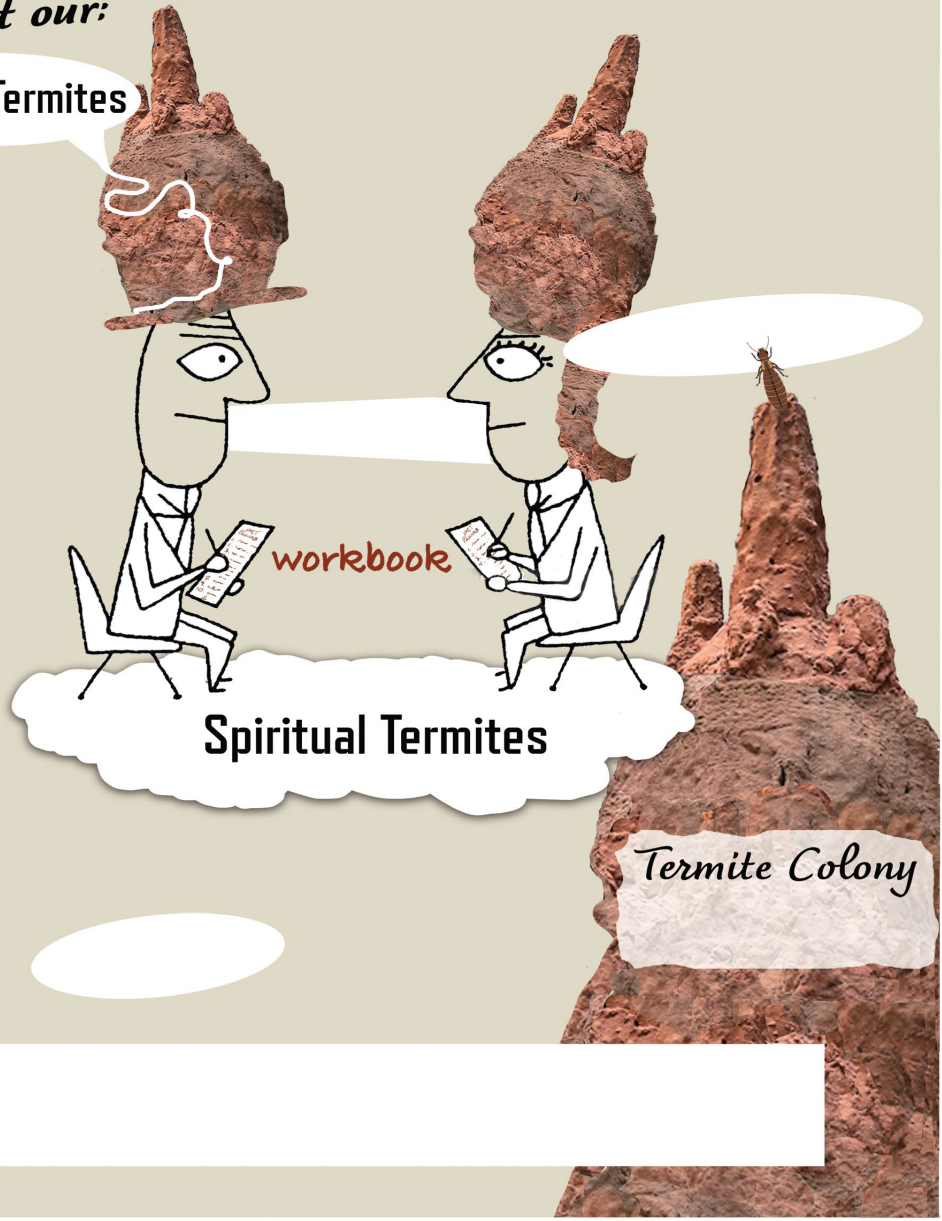


A Spiritual Termite & Pet Peeve Exterminator Tool

If we let our:

Mental Termites



Spiritual Termites

Termite Colony

If We Let Our Termites And Pet Peeves Have Their Way Without Being Called Into Question
It's As If We Choose To Live With A Petty Thief 24/7

Forward

“The little foxes that spoil the vine.” Is a metaphorical expression from Song of Solomon 2:15. The phrase is a call to action to address and resolve small issues in a relationship before they become a more serious problem. The little things are easily over-looked but can have a big negative impact – they can be mischief – cunning – trickery.

- The Foxes: Represent potential problems that could harm a relationship.
- The Vineyards: Symbolize the love and intimacy between a couple.
- The little foxes are small: Represents how small, overlooked issues can spoil a thing of value.
- The call to action: Urges the couples to take preventative measures to protect their relationship.

According to insurance companies termites destroy more property than all the “acts of God”. I have to say that “Termites and Pet Peeves” destroy more human relationships than all other reasons. The big issues have to be addressed and cannot be stuffed for long. The “little guys” are most likely stuffed away until their numbers accumulate and one day they come out of hiding and we are most likely to over-react. People become unhappy with one another often due to the Termites and Pet Peeves and if they are not addressed the unhappy one starts moving toward the “big problems”.

A peeve is an annoyance that’s nurtured – it’s something someone can never resist complaining about. We give them so much attention that they become, well - our little pets. However, without the fur and the adorable face, pet peeves are never endearing. Peeves can be personal or universal, and can involve behaviors of someone close to us, like a spouse or significant other. Our biggest pet peeves can be the smallest thing – from a sneeze to the tapping of a pen. Like driving too slowly in the fast lane. We know them when we see them, but we don’t always remember when someone asks, “What are your pet peeves?” Maybe we worried that our pet peeves are too weird.

Let’s be honest: we all have a pet peeves list that drives us crazy about the behavior of others. Some of our closest friends and family members may be the offenders, who constantly do things that get on our nerves. Unfortunately, many of them know it and still do those things to get under our skin. There may be things we laugh about with them, but deep down, there is a level of disdain and aggravation when people cross the line.

I’ve been active in a Twelve Step recovery program for over 67 years. To say it’s a way of life is an understatement. The reason I keep applying its Spiritual Principles in other areas of my life is because it works. When I experience part of my life is taking up too much time and energy its calling me to apply these wonderful simple principles to heal or transform the defect into a workable asset. In other words “To practice these principles in all my affairs” - is not an outside issue.

I’ve been thinking and talking about doing a workbook far too long on the most widely used *Termites and Pet Peeves*. The reason I call it a “drug” is because its acts like a chemical psychoactive drug - any substance abuse – as a fix. Our personal “reality,” the *Termites and Pet Peeves* user, was only temporarily sidetracked. We hope this little workbook will help you own your habits of thoughts and feeling, your personal “reality,” as patterns, not just an outside event, and you become willing and able to choose to surrender “the addiction” to your Higher Power to be transformed into workable assets. I am reminded of the proverb – Give a man a fish and you feed him for a day. Teach him how to fish and you feed him for a lifetime. Let’s you and I be a fisherman and teach others to fish.

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As I worked through this workbook, I found myself being, in the same hour, a true believer in my Higher Power as my only Source, and then going off in the far country of the atheist or agnostic. I became hyper aware of the limitless use - from the petty to the most controlling. The worse abuse was projecting my misuse of the “drug” onto our Father, blocking from Me His Loving mercy and grace. From as far back as I can remember the wrong-doer must be punished, even if it is me.

We do not change Reality. However, our understanding and reaction to it can change. The simple principles we will share with you really work. They are not new; in fact, we borrowed them mainly from Alcoholics Anonymous and a few other programs. They are part of a solution, which removes obstructions and unwanted conditions from our limited personal “reality.” They co-create an environment where the natural healing can take place, where our personal “reality” becomes a little more useful and Real. Once a *Termites and Pet Peeves user*, always a *Termites and Pet Peeves user*, however, if we own our part and surrender it to our Higher Power, it can be transformed into a workable asset, which we then can share the healing with others. “One recovering *Termites and Pet Peeves user*, sharing with other *Termites and Pet Peeves user*, (borrowing from Alcoholics Anonymous one of its most powerful recovering tool – passing it on). “Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it” (Twelve Steps and Twelve Traditions).

“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[woman] 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” (Alcoholics Anonymous page 164).

Each time I choose to work on this workbook - even if only for a few minutes – I find it useful to center my conscious mind on my True Source. “Father - it’s me again” (Call on the Higher Power of your choice.)

Living With A Petty Thief	OR	Expel The Thief
What if I play my Spiritual trump card and my Higher Power does not heal me the way I thought it should be? What if I trust all the way and fail?	OR	Stop dwelling on the negative – and use the Golden Key [Stop thinking of the problem and think about some of the attributes of our Higher Power] Focus on some attributes of our Creator

PETTY THEIVES BEGONE

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Start with a COPY OF THIS WORKBOOK and SOMETHING TO WRITE ON AND SOMETHING TO WRITE WITH

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Introduction

Action 3 - Today is _____

Read the introduction - highlight or underline what's important and useful.

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

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

The primary purpose for this serendipity journey is – Confronting our enemy, the use and miss-use of the Termites and Pet Peeves. It may come in almost any form; mild-mannered - or vindictive and all between. These guys are one of the greatest blockers of self-love and the love of others. Our goal is to identify our use of these Termites and Pet Peeves, taking responsibility for our use and misuse. We can surrender the patterns we own to our Father to be healed, and transformed into a workable assets. An important part of this journey is to increase the effectiveness of our forgiveness skills by applying them at many levels. The result for working this process is to help us detox from our use and abuse of Termites and Pet Peeves. We are given the tools to help us awaken spiritually. We can learn how to correct, not punish, our wrongs and mistakes. To keep and expand the gift of grace we must pass it on to others who are still suffering from this dis-ease.

The basic principles used in this workbook were borrowed mainly from The Twelve Steps and Twelve Traditions, Alcoholics Anonymous, from the works of Emmet Fox and a number of other spiritual sources, plus sixty-seven - plus years of my serendipity journey experience. I realize all I've ever had of value, has come by the grace of our Creator. When we love someone, we will find a way to communicate (prayer), and we will want to know all we can about them (meditation). This workbook is offering us a way to realize our true heart's desire.

Disclaimer - This workbook is not Alcoholics Anonymous' Conference Approved Literature. A.A. literature is that which is produced, distributed and Conference approved. This workbook is not approved or disapproved by A.A., they have no opinion of it. A.A. has been very generous by letting anyone use its program as long as they don't call it Alcoholics Anonymous. There are millions around the world using A.A.'s program for just about any human condition, because it works. I have respected my commitment to the principles of anonymity, by choosing to use the Pen Name – Al Kohalleck.

This workbook is focused on the Termites and Pet Peeves user. I realized it is like any other drug that alters the way we experience life; it does change the way we think and or feel as short-term fix. If we make someone or ourselves feel bad enough, we are motivated to alter our own experience temporarily. It is a breeding ground for resentment, anger and fear. I have been sharing recovery ideas with lots of people for many years. One thing we all have in common (up to now) is the use of Termites and Pet Peeves; ranging from an occasional user to a daily abuser. I was going to make a list of some of the worst Termites and Pet Peeves offenders, but it became ad-infinitum. We will use more examples in the body of the workbook. We will ask you to make a list of The use of Termites and Pet Peeves which may begin as early as the moment of conception. The child's life begins in the presence of Termites and Pet Peeves users.

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In 2019, the population in the United States was 328,239,523. According to my unscientific sample study of the use of the enemies Termites and Pet Peeves, based on over 67 years of sharing recovery programs, I find the percentage of Termites and Pet Peeves users are 99.9999%. I leave the 00.0001% to cover any margin of error (that's a lot of Termites and Pet Peeves users). My study did not include those in a coma or preverbal children or unborn children. In other words, I have not shared with anyone who doesn't have a history of Termites and Pet Peeves use.

Termites and Pet Peeves may come into play as early as the moment of conception, for some parents, who will pass it on to their child (oops). Sometimes it comes about by someone using Termites and Pet Peeves in the delivery room. Termites and Pet Peeves are well known to occur to preverbal children in the best and the worst of home care; often passed on from one generation to another. The formative years, of early childhood, is a period of rapid cognitive (intellectual), social, emotional and physical development of a child. This development occurs based on the child's response and the interaction between genetics, environment and experience. Often in these formative years, Termites and Pet Peeves are used by well-meaning parents to protect and motivate children. Of course, adults are partakers of Termites and Pet Peeves. Most of our Correctional Facilities are places of Termites and Pet Peeves and very few have a rehabilitation program. Termites and Pet Peeves are so engrained in us that most adults believe a wrongdoer must be punished. Unless, I'm the wrongdoer or my love-one is, then, I want tender mercy and forgiveness.

OUR MISSION - We will introduce you to this set of useful tools; however, tools are worthless unless we learn how to use them and do. Learning new ways to expand our application of this process is our main focus. To help you awaken to the powerful spiritual principles embodied in this workbook. Awakening we believe is the correct word because it happens as the result of applying the spiritual principles we will work with. In fact, we use information and understanding to help chip away all that is not our God-created self to help us open up and realize our Spiritual Gifts of Grace, our true nature.

WE CANNOT TEACH OLD DOGS NEW TRICKS – however, we are not old dogs nor is our workshop a trick. This system is not trading one addiction for a less harmful one. It is not one of substitution although it appears to be just that. It's for disempowering old useless and harmful habits; we will call our personal "reality," the more important it is to empower living, loving, Spiritual principles into our daily life. Spiritual Principles increases in value and usefulness with use, while our ego and material stuff deteriorate with use. We can awaken to Spiritual Principles at any age if we believe we can and do our little part.

DISEMPOWERING HABITS - It takes as much or more skill to disempowering a habit as it does to build a useful one. Our Program is a way by which we can replace a habit with a new one. Although it is simple, it will not be easy. Anything we repeat long and often will become a habit, and we will get good at it. The brain utilizes millions and sometimes billions of cells for each habit. In fact, most of the habits we choose to change have a mental, physical, emotional, social and spiritual side. With this Program, we are able to address each of these areas as we are disempowering a habit and empowering our new one. Our habits became our personal "reality," and this is the way we experience our world.

We need to take back the power we gave to our harmful, useless and too limiting habits and invest in new productive and useful ones. If you are willing to do whatever it takes to practice these suggestions in all your affairs you will be greatly pleased. The cost will be consistent focus on the new habit, and disempowering the old habit every time it comes into your consciousness. This takes a real commitment to practice the following suggestions, "Half measures avail us nothing." That's a great solution to most of the problems we experience in this human condition. This is a healing solution not limited to our primary addiction. Each time we apply this process to an area, we "PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS." (Alcoholics Anonymous 62)

The use of forty days as a time period to effect a change has been around a long time. Using forty days for a transformation places us in some powerful company:

- Noah's life was transformed by 40 days of rain.
- Moses was transformed by 40 days on Mount Sinai.
- The spies were transformed by 40 days in the Promised Land.

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- David was transformed by Goliath's 40-day challenge.
- Elijah was transformed when God gave him 40 days of strength from a single meal.
- The entire city of Nineveh was transformed when God gave the people 40 days to change.
- Jesus was empowered by 40 days in the wilderness.
- The disciples were transformed by 40 days with Jesus after his resurrection.

To replace an old habit with a new habit – surrender the old one to your Higher Power each time it pops up and consistently practice the new one for forty days; that's a great way to start. There is a spiritual purpose in (doing) a 40-day process. However, we will see how we can experience transformations at other levels as well - mentally, physically, emotionally, and socially.

This human condition we live in has many cycles; women are aware of the 28-day cycle. The cycle for men is different of course. All humans have some things in common. For example, at times we feel full of energy and love just doing physical stuff, at other times we feel drained of energy for no identifiable reason. We are suggesting that we have cycles at other levels. For example, there are times when we are overflowing with new ideas. At other times we are alert mentally and at other times we can hardly remember our own name. What about the times when we are so emotionally sensitive, positive or negative, that we feel separated from our "reality" and at other times we don't feel much of anything? What about the times we want to be social and other times we need to be alone? This brings us to an important point. We believe that we pass through these 40-day cycles as a normal part of this human condition. In building a new habit and then practicing it consistently for forty days, we are practicing it through a set of normal cycle changes. This means that we would experience this through the highs, lows and in between. We can take any of life's experiences and realize that we react differently as we pass through these normal cycles.

Most of us have experienced what I call a resistance movement working through a growth process. Deciding to make a change in our personal "reality" our resistance pops up. Common forms are - we see this same problem all around us, at times seemingly getting worse, or it feels like we have stirred up a beehive. We may feel elated with the possibility of a new-enlightened understanding. At other times we are angry at others or ourselves for no understandable reason. We may fear changing or fear not changing. We may feel we are nearing an early closer, and we want to stand on a rooftop and declare a victory. At other times it seems like it will never end. At times we know something important wants to come out, but doesn't. If we are willing, even for an instant, to surrender all to the process or your Higher Power, a break happens and we awaken. Nothing is ever the same.

Many of us at one time thought the sole object of our Program was to overcome difficulties and problems. To limit our Program to problem fixing only is like judging the power and abundance of the ocean by a few empty shells on the beach. Knowledge and understanding of the Program can be useful tools if we put them to work. The real object of our Program is to seek and find a Higher Power that will do for us what we cannot do for ourselves. In turn, it will help us awaken, realize, develop our own higher faculties and powers. In other words, His will is individualized through each of us. In reality, learning and awakening are but the preparation for a life filled with joy, happiness and freedom, in other words, to be our created Self. **An overview:** First let us review the Forty-Day Commitment's papers, which will give us an overview of what we are asked to commit to. Then we will have to decide if we are willing to make a total commitment to work through this process. We may be asking questions like: What is it? How does it work? What's in it for me? Is it for me? **How does it work?** It is suggested that we work on this process at least one hour per day, everyday for forty days. Yes, this includes weekdays, weekends, and holidays. Forty hours to devote to a life changing process is a very good investment. When we are building a new habit it is useful to be consciously consistent. The habits we are seeking to replace run 24/7. Another reason to work consistently, on this life changing process, is that we will get into a solution. We will find, after a few days, as we are doing our normal day-to-day stuff, an important insight will come to mind about the area we are focusing this forty day process on. As these insights pop up, write or record a key word or two. This will help us restore this insight later. We suggest that you carry something to write with or record on while working this Program. Each day we will have a daily assignment with suggestions and tips. Finish this day's assignment before we go to the next. This means that some days we may invest more or less than an hour.

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Plan of Action - Set aside at least one hour a day. Make this a firm commitment. Let everyone know that we would love to have the freedom from all distractions including the telephone – computer – TV - while working on this Forty Day program. We ask that you start your day's practice with the provided affirmation or create your own. We believe it is useful to ask for guidance from your Higher Power on awakening and starting the day's assignment.

What's in it for me? If we will totally commit ourselves to this forty-day process we will never be the same. We will realize a set of Spiritual Tools that may be used on every area of our life to enrich it. We will most likely come away with a new depth. So we ask ourself, is it for me? The only way to answer that question is to go through this process the best we can be here/now, giving it a fair chance to bring us more happiness, peace and joy.

Mission Statement: The healing process begins when we are able to admit, accept, and realize that we need help. Alone and unaided with our present level of understanding, habits of thoughts and feeling, (in other words our little personal "reality"), we are powerless. We are without the ability to get out of this box we are in, much less going beyond it. We realize that we cannot consistently manage our thoughts, feelings or actions in this area. If we are to get out of this box we need someone or something higher than, different from, other than our self. As we can see, Step One describes our problem.

An Eye (I) Witness Account

AS YOU CHOOSE - Once there was a wise man that lived in a small village. There also lived a guy who was jealous of the wise man, and he was hell-bent on showing him up. One day this guy took a group of witnesses to confront the wise man. This guy had a small bird in his closed fist. He said to the wise man, "If you are so wise, tell me this: Is the bird I have in my hand dead or alive?" The wise man knew if he answered the bird was alive, this guy would squeeze it to death, and if he answered that it was dead, he would open his hand and let it fly away. The wise man replied, "It is as you choose." And so it is with this way of life, this program.

GOING BEYOND THE ENTRY-LEVEL - There are endless levels available to each of us in this program. Based on spiritual principles, which are ever expanding, our power lies in our decisions and our willingness to follow through with whatever action we're directed to carry out. We believe that all humans in or out of the program settle for far too little. We pray that each of us continue to choose to grow, and awaken to Higher Levels. After the first level you will find some useful free download Workshops on line at www.12stepworkbook.org or at our office. Our experience tells us that our old habits of thoughts and feelings try to draw us back to a lower level. However, we can choose once again to place our will into the Boss' hands.

There are three spiritual principals or attributes at this level; this is a fundamental theme of life.

These **Three Spiritual Gifts** are:

1. Awakening to the Presence of our Higher Power, and to be in conscious union with this Presence.
2. Awakening to the Love that all of us are.
3. Awakening to the individual Self we were created to be, with purpose, and meaning. In other words, to consciously live Our Heart's Desire, God's Will.

We believe that these Three Spiritual Gifts are our true nature, and we shall never be whole until these are realized. As we continue through this workbook, we will have much more to say of these Gifts, the why and how to get to them. We dedicate this workbook to that end. This process helps awaken us at a place where we have always been, Our Father's House. Welcome Home!

Whose JOB IS IT? What we can do is our responsibility. How do we know if we can or cannot? We try.

Everything else is God's responsibility. **YOUR CHOICE** - Many of us choose to live in darkness with our eyes closed, our ears stuffed, our fists tightly closed grasping nothing. We had a closed mind focused on self, our emotions fed with yesterday's self-centered fears. We abused our physical bodies and used others selfishly as objects. We looked to people, places and things for our worth, meaning and purpose. We went for spiritual junk food because we were so hungry. We tried to control others and ourselves. All of that was living apart from our Three Spiritual Gifts.

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

LET'S SET THE RECORD STRAIGHT - We have failed many times, but we are not failures. We have been foolish, but we are not fools. We have done many bad things, but we are not evil. We were punished and made to feel guilty and have done the same to others, but now we seek correction for others and ourselves. We have withheld and withdrawn our love and our Spiritual Gifts, and this caused us to believe that others, even God was doing the same to us.

A REMINDER - When I can't make a conscious contact with my Higher Power, one of the things I find helpful is this: I remind myself that the food I ate today is being changed into flesh and bones, thoughts and energy and all kinds of things. If I had all the money in the world and every kind of resource, including the best brain, I could not reproduce what is going on in the least of us. Yet we have the illusion that we are without recourse to heal our dilemma. If we do the best, we can chip away everything that is not related to our Three Spiritual Gifts, we will be given all that we need for the moment.

WATCH OUT FOR TERMITES - Watch out for the termites and the pet peeves, the little day-in day-out stuff. This is a real present danger. These little guys undermine the foundation of every relationship. Termites destroy more property than all the fires, floods, wind, and hail, and so it is with relationships. We're forced to do something about the “big” problems or run away. With the little stuff we don't have to do anything, or they are not important enough. In one-way or another, we often stuff these. One termite or pet peeve doesn't matter, but when they build up in numbers, watch out. It is best to deal with all problems AS SOON AS POSSIBLE.

GIFT OF DENIAL - Denial can be a special gift of grace. Denial does not ask us to address anything until we have the tools. When we have the tools, it breaks down. When that happens, the denial turns to dishonesty, if we try to avoid it. Then, it demands our attention.

YES - LIFE IS SIMPLE BUT NOT EASY; everything is, easy after we really understand it and live it. Trying to force or pretend something is simple before it is, can be a problem. Let's wait until it is.

KEEP AN OPEN-MIND - Many of us are so fearful of change that we resist anything that is the least bit different from our personal “reality.” The new or unfamiliar seems out of place until we've experienced it. “There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance – that principle is contempt prior to investigation” (Herbert Spencer).

ME AND MY SHADOW - What most of us see is our own little reflection in that limiting mirror of our personal “reality,” hearing the hum of our little voice as that “reality.” This image we see and the sounds we hear are so familiar, so habitual that we often think and feel that “this” is REALITY. At best, it is but a shadow of our Higher Self.

SAME BEGINNING AND ENDING FOR ALL OF MY RELATIONSHIPS. We took a look at every important one: lover, friends, and business. They all begin and end alike. All began like this: “If I believe that you believe in me, we have a deal.” The beginning of the end is like this: “I no longer believe that you believe I am special.” It soon became clear, that other people determine my worth; not my true Source.

A dentist had a sign in his office, “Only floss those teeth you want to keep”. We say: only practice this simple set of tools in the areas that you want to be joyous, happy and free. I was reminded that this Program is based on Spiritual Principles and can be applied to any human condition. The more often we practice this way of life, the more skillful we become.

What do you hope to gain by doing this workbook?

Each time you work on this process start by asking your Higher Power to guide you, and supply you with everything you need to do and to be His Will. Affirm that you are the individual He created you as, both as Spirit and human, with a purpose. You have awakened to the love you are, that we all are.

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ACTION 4 - Today is _____
Make An Ongoing List Of All You Have Not Been Able To Let Go – Yet

JUST ONE TIME - The more active we are in the program, the sooner our denial breaks down. No matter how honest we were with our first set of Steps, we could see only a little, more will show up. Each time we work the Steps the better we get at it, so return to the Well as needed.

PRACTICE THESE PRINCIPLES - “To practice these principles in all our affairs.” We will deal with many different areas in our lives, where we have used *Termites and Pet Peeves* . Something with many parts makes that something complex, but it does not make it complicated. This Step work will help us identify many of our parts, not as apart from the whole, but included in our whole being. To over-simplify is to be under the illusion, as many of us are, that all we need to do is stop drinking (or stop something) and all would be well.

CHANGING - Many of us could only see our own little reflection in that limited mirror of our personal “reality”, hearing only the hum of our own little voice as that “reality.” If tired of seeing our own little reflection and hearing the hum of our little voice, then where do we go from here? Our little personal “reality” must change, but how? That is what this workbook is all about.

Action:

Make an ongoing list of all *Termites and Pet Peeves* you still use – keep it updated.

Column 1 The name of the *Termites and Pet Peeves* that you're unwilling or unable to let go.

Column 2 The wrong they are causing.

Column 3 The letter denoting your willingness or unwillingness to let go:

- (A) You are willing and able out of enlightened self-interest to let go now unconditionally
- (B) You are willing but unable to let go
- (C) You are willing and able to let go all but you choose to remember it
- (D) Your willingness to let go is dependent on them being punished first
- (E) You are Willing to let go before punishment- believing they will be punished later
- (F) You are unwilling or unable to let go

<i>Unfairness Bullies</i>	<i>(Pet Peeve Example) I resent bullies and those who are unfair</i>	A

ACTION 5 - Today is _____
Remove Illusions and Obstacles That Block Your Special Gift

Everyone has a Special Gift to give, to others and to themselves. If we could be still and listen to the wisdom of our heart, we would know what that is. The secret of happiness is to know and use your Special Gift. The secret to abundance is to share your Special Gift to others. This is a tool in the process, which can help remove illusions and obstacles that block your Special Gift so the natural healing can take place. When we reach a place in our life where we realize our powerlessness to change with our present understanding and our inability to be still, and if we are willing to seek help, it will come.

Our mind plays tricks on us. An example, let's say we experienced success in one area, and think that we should automatically be great in every area of our life. We often experience highs and lows, directly or indirectly, because of generalizing our limited victory. We may go to an extreme when we fail at something and treat ourselves as an overall failure.

Action – respond to the following question:

Question: Have you come to an understanding as to how your use of the *Termites and Pet Peeves* is Triggered? What are they?

Question: How has your Termites and Pet Peeves progressed? Does it take more or does it take less to hurt more?

SELF-DELUSION - Starts with denial, then repression, and then mind games, rationalizing, then comes the conscious lying. The rationalizing and consciously lying do a job on our trust, self-esteem, respect and self-respect. At all cost, we must keep our addictive behavior going. --- If I had realized one more failure, I would have killed myself. When my denial broke-down I could not fool myself about Termites and Pet Peeves used any more. However, by then I had little or no trust, or self-respect left.

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

DISTORTION OF ATTENTION - Preoccupied with the object of our addiction or attachment, in this case it was the Termites and Pet Peeves, and we cannot think of anything else but stuff connected with the dis-ease or the person or thing we are attached to. The distortion becomes our **ULTIMATE CONCERN**. Another word for it is "idolatry." The defect becomes our "god."

Question: Can you give an example of how you dealt with this type of thinking and feeling?

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

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

WITHDRAWAL - "They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort that comes at once by punishing or making someone feel guilty. Our habits become part of our automatic nervous system the more we repeat the behavior. Sometimes we've enlisted billions of our body and brain cells. THE ADDICTION BECOMES OUR "REALITY". Our mind says, "Play it again, Sam" when depriving the body/mind of something it has become accustomed to, it responds with danger signals.

Question: Can you give examples of your experience with a withdrawal?

ACTION 6 - Today is _____
Increasing the Pain by Hanging On to the useless or harmful

This program is designed to remove obstructions and create an environment where the natural healing, wholeness, and awakening can take place. The principles that generate healing are fostered by our doing and living these suggestions found in these examples. Action is the magic word. This healing begins the same way in any area of our life. It begins with the realization that we are powerless to change, alone and unaided. The mind-set that supported the use of *Termites and Pet Peeves* cannot make us well. We must want a change in our life, not just need it. Many of us have been around recovery programs for a long 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 by owning our part of the problem and realizing alone and unaided we cannot fix ourselves, and follow the process. It's suggested that you keep your response to the questions or statements on the *Termites and Pet Peeves*. The following questions will contrast going back and forth: What will it cost us if we do not change? What may we gain if we do experience change?

INCREASING THE PAIN - Write your response to these questions.

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

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ACTION 7 - Today is _____

Let us first love our Higher Power; in the same motion love one another.

Choose not to use these *Termites and Pet Peeves*, today. Friend: two or more people having a common purpose, goal or cause. Life offers everyday opportunities to expressions of love – patience, kindness, generosity, humility, courtesy, unselfishness, good temper, good sense of humor, and sincerity; simple acts of love we commonly share, which pay off great dividends. Let us not defer or delay these opportunities because we will not pass this way again. Our life is not just the passing of time but it is our gifts of love and service we share during the passing of time, that bring joy, happiness, freedom and unity. Freely we are given and freely we give; this is the True flow of life's loving energy. Yes! Our love is a healing power touching everything, everyone into Wholeness, share it freely.

1. How did selfishness and self-centeredness of your *Termites and Pet Peeves* use get in the way of unity, love, or “our common welfare?”
2. List examples where your *selflessness*, after you stopped or delayed the use of *Termites and Pet Peeves* brought about unity, love, healing, or harmony.
3. Are you a peacemaker when you are free from these *Termites and Pet Peeves*, without being an enabler of yourself or others? List examples.
4. What are your strong points and what are your weak points in your communications?
5. Is there a personality you are unable to open up around - that you withdraw from or remain silent or you become aggressive toward?
6. How have you compromised yourself around active *Termites and Pet Peeves* users?
7. How are we to live and work together alongside *Termites and Pet Peeves* abusers?
8. Do you practice spiritual principles before personalities? Is your significant other relationship founded on spiritual or emotional principles?
9. What do you need to change for the common welfare of this relationship?
10. What are the most important things you can share with others about *Termites and Pet Peeves* recovery?
11. What a great relationship this may have been if you were *Termites and Pet Peeves* free?
12. How can you improve the common welfare with those you share with?

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

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ACTION 8 - Today is _____
We are attracted to each person or relationship for a purpose.

If we remain part of it, we have something in common with what we believe is right and wrong (conscience). We have a willingness to forgive. Our Higher Power individualizes Himself, within each of us, yet as His creatures, we have much in common. The way we treat others we will think others will treat us. We are no more, nor less than part of a Greater Whole. We are not the whole, nor were we intended to be. We need to be aware how we affect others. If we have been using *Termites and Pet Peeves*, the results will be clear.

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

1. What attracted you to your present relationship(s)? Was it *Termites and Pet Peeves* or recovery?
2. Who or what is your ultimate authority in your relationship(s)?
3. What are some of the characteristics of your ultimate authority?
4. Is your present ultimate authority like your growing up authorities? How so?
5. Is your ultimate authority an elder-statesmen or a bleeding-deacon?
6. What's a successful or useful relationship? How do you use *Termites and Pet Peeves*?
7. In what ways do you see or feel your relationship failing? Do you try to control it with *Termites and Pet Peeves*?
8. Do your leaders drive by mandate or by example? Give examples?
9. What are the changes you want for this partnership, group or relationship?
10. Are you still a selfish user? Are you willing to be used by spiritual principles? Examples?
11. Do you feel or think you or others must control or govern, otherwise nothing gets done?
12. How can you improve your relationship's conscious contact with your ultimate authority?

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

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

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ACTION 9 - Today is _____
List the ways your Higher Power did for you what you could not

There is a Power within each of us that will do for us what we cannot. We are within that Power, know it or not. It is the infinite intelligence that transforms our food into flesh, bones and energy, everything we need to live, move and have our being. That is something a human cannot do but it is being done by grace no less

Today's Mission Statement: We're seeking to expand our understanding of how we and others used *Termites and Pet Peeves* and their patterns, so we can own them. We realize that we are powerless to change our personal "reality," without the mercy and grace of our Creator. We are without the ability to change our habits of thoughts and feelings alone and unaided. When we fall back into one of our ruts, (habits), we cannot consistently manage our thoughts, feelings, or actions. This process tells us what the solution is. Where and how to find all we need is to awaken to a Power Greater than ourselves that will do for us what we cannot. So how do we do this? How do we get from the problem, to the Solution? Well, that's what our workbook is all about. Are you willing and ready to do your part of recovery and discovery?

The way our Workbook is designed we will join you in some radical training, help you follow the process and be more useful, effective, and loving. When we fully realize we must have each other, we realize that we cannot alone and unaided change this area in our life. Now we're told that a Power Greater than we are will restore us to our Father's individually Divine Design. We're asked to write down the ways we have already received our Higher Power's loving grace. When we make a decision to join in partnership with our Creator, He will become our senior Partner. We will be well taken care of, being a junior partner, filled with gratitude. Because He has demonstrated His mercy and generosity, the next step we take will be to surrender everything over to our Senior Partner. Higher Power helping a person as I am, as we are. This makes it easier to cross the bridge to surrender everything, even if it is only one hour at a time.

Action - Would it be possible for you to recall the times when you experienced a Power Greater than yourself doing 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 *Termites and Pet Peeves*, any experience with your invisible means of support will do.

We suggested that you carry a notepad and/or an iPhone with you while you are working this workbook. You will be happy you did. As you go through your day you will have important or great ideas popup. It is very likely that you will not be able to recall that idea. Even though you reassured yourselves that there was no way you could forget it, but later we will be hard-pressed to remember them.

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Action 11 - Today is _____

We could not manage our lives –

That no human power could - That God could and would if He were sought.

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

Our decision may run to the extremes, from a total commitment to a meaningless gesture. Even if we are totally committed to change, and have the same old personal “reality,” it's unlikely. This means that we are going to fall back into one of our ruts, habits. If we say, “I'm going to do this, come hell or high water,” and then fail to live up to our promise, because we are still running on automatic, we will even feel worse about ourselves. This, by the way, is one of the main characteristics of addictions, the loss of willpower. Each time we fail, with our best intentions, we feel even more hopeless, useless, powerless, and worthless. The greatest damage to our self-esteem comes from repeated attempts to change addictive, habitual behavior alone and unaided. It does not hurt much until we try our best to stop, and cannot. This trying alone and unaided with the same tools and skills is one of the principle reasons we hit our bottom; this reality gets us ready for this Program and for sure a Higher Power.

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

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

When I made an important decision it was like I was giving my word and giving my word to a Higher Power was frightening to say the least. What was going to happen to me if I could not keep it? And, as I soon found out, I could not keep my word or my promise to my Higher Power or to me, and I was raised to believe a man had to keep his word or he was worthless; not to be trusted. I had not cleared away the wreckage of my past, so I had not identified my defects much less had them healed or transformed. Yes, I was to fail. I had a realization when I was coming to believe that I have had a merciful invisible means of support for a long time; otherwise I would have been dead or in jail. I had written specific events where someone or something Higher than me was doing for me what I could not do for myself. Now, I choose to turn everything over to that Higher Power who had already helped me. That was helpful; however my giving my word and not being able to keep it was causing me big problems. I knew I had to work the rest of this spiritual process.

ACTION: Write your response to the four questions.

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

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Action 12 - Today is _____

Today we begin by far the most demanding part of this workbook's Commitment.

There will be a limited amount of reading however, it is important. Keep in mind we are looking for patterns, habits of thoughts and feelings, in other words, our personal "reality". Change a habit and we change the rest of our life. While an event or experience, which seems separate or a onetime experience may be interesting, the patterns or habits they represent are far more valuable. Keep a separate page to listing these habits of thoughts and feelings as you work through this process.

AN OVERVIEW - Each action you're asked to take is part of a process to help you realize consciously, your personal "reality" through which most of your life experiences filter. This part of the process, inventory is but one part, however, an 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 continue to experience our life running on automatic.

A PERFECT TIME TO AWAKEN - The more active we are in a healing, awakening program, the sooner our denial breaks down. However, by grace our denial will not open up to reveal more of our purpose until we have the tools to deal with a new level of understanding. No matter how honest we were with our first program journey, we could see only what we had been prepared to see and do. Each time we work toward being the individual we were created as we experience a real change, and the better we get at the unfolding process.

PRACTICE THESE SPIRITUAL PRINCIPLES - We will deal with many different areas of our lives where we have used Termites and Pet Peeves. Something with many parts may be complex, that doesn't make it complicated. This workbook will help us identify many of our parts, not as apart from the whole, but included in the whole. To oversimplify is to be under the illusion, as many of us are, that all we need to do is stop using Termites and Pet Peeves, and all would be well. That mindset will keep us locked in our old habits of thoughts and feelings, in other words, our personal "reality."

CHANGING - Many of us could only see our own little reflection in that limited mirror of our personal "reality", hearing only the hum of our own little voice as that illusionary world view. Tired of seeing our own little reflection and hearing the hum of our voice, then where do we go from here? Our little understanding truth must change, but how? That is what this workbook is all about. Next we are asked to do a searching, and fearless moral inventory.

INDIVIDUALS AND "REALITY" - It is important to identify the individuals whom 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 and patterns, in other words our personal "reality" healed, changed or transformed. When done, the best we can, it is not only for the past but also more importantly for the present and the future.

PLAN OF ACTION - Action is the magic word. However, you may say - "You are asking far too much, and it's not magic. It's demanding." I can assure you, if you do the best you can, the promises of freedom and wisdom will come. Just follow the Format.

PERSONAL "REALITY" - The way we use the word "pattern" has many other names. Such as - habits of thoughts and feelings – Inner Rules – Our "reality" filter system – etc. Whatever you choose to call these it's important to understand they determine most of our life experiences; they are always present; however, often we are not consciously aware of them.

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WE'VE GOT QUESTIONS - This workbook is filled with questions. The purpose of these questions is to get our personal "reality" to the surface from our sub-conscious storehouse, which is made up of our habits of thoughts and feelings; all of our experiences. There cannot be any long-term changes of conditions and causes without going to their source. In doing an inventory we want as complete a list, record, evaluation, survey of our abilities, assets and resources that make up our personal "reality," made up of our habits of thoughts and feelings, and our experiences; real or illusions. If we want something other than another quick "fix," we must go to the root of the problem. It is important that we understand these basic principles well enough to own them; that is realize where they are stored, and what to do with them; to surrender them to the Boss. Since our true healing and transformation will come by His grace, we want to position ourselves in the best place to receive it - in our Father's Presence and have an open-heart and open-mind.

WE ARE BUILDING A NEW WAY OF LIFE WORTH THE EFFORT AND ENJOY IT TO THE FULLEST. To do this, we must let go of our old, useless, and harmful and limiting beliefs, that are getting in the way of our realizing a Higher Power, that can and will do for us what we cannot do for ourselves. Finding the right questions and responding to them as honestly as we can, with as much courage as we can muster at the moment, will help us awaken to a place we have always been – HOME. The problem is this; if our World View and our reaction to it, isn't changed, then we will keep falling back in an old "rut."

A DRY HORSE THIEF - Why go to so much trouble? There are people who have been around recovery program for years and have not done much of an inventory, if any. They have never taken the time to get to the conditions and causes. They may be "dry" but their habits of thoughts and feelings, their personal "reality" has not changed. It is unlikely that these people will be joyous, happy and free. If nothing has changed, then nothing has changed. There is an old saying, "If you sober up a drunken horse thief, you've got a sober horse thief."

FACT-FINDING FACT-FACING PROCESS - Though our decision to turn our will and life over to the care of our Higher Power was a vital and crucial one, 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 Termites and Pet Peeves abuse, 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 unsalable 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).

Reading, even studying the directions in advance can save time and frustration. This format is designed specifically to carry out the mandate; "With all the earnestness at our command, we beg of you to be fearless and thorough from the start." (P58 Alcoholics Anonymous). It is designed to help us uncover and discover our personal "reality" - patterns, habits of thoughts and feelings that keep showing up, limiting and or harming us.

COMMITMENT - We strongly suggest you work on the assignment each day until you have completed this Workbook. After a few days working it, you will begin to think in terms of the solution for the problems instead of focusing on the problem.

STAY FOCUSED -Keep your responses focused on the area you are working on – Termites and Pet Peeves. If possible, keep your responses short, simple and to the point.

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Action 13 - Today is _____
WHAT ABOUT RULES AND PATTERNS WORKSHEET?

The purpose of this simple exercise (Rules and Patterns Worksheet) is to help you identify your patterns or the inner rules you live by, conscious of 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 but it does not happen, which keeps us from that wanted person, place or thing. It is likely that we have some forgotten rule or pattern we made up, that is saying no to us. Those will continue to run on automatic until we call them into question. When you say - "I want this or stop that," and you do not get it; that means that you have a contrary belief, rule and 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 and pattern telling me no, let me see it." You may choose to build a new habit, and then turn it over to your Higher Power, and affirm what you do want.

This is a chance for you to see that some of your old habits of thoughts and feelings began a long time ago. Perhaps some of these beliefs you picked up when growing up have not changed all that much. I have had some of mine so long I forgot when and where I began to respond the way I do; mostly likely preverbal.

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

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

DESIRED RULE ACTION: will give you a flow of how most habits come about - If you think it's time to change one of these rules, write your desired replacement rule in column three. For added space use a separate sheet of paper.

RULES BOX WORKSHEET

	(1) My Growing up rule: My Career		(2) My Current rule for: My Career		(3) My Desired rule for: My Career
X	<i>We have to earn what we get. Money doesn't grow on trees.</i>	X	<i>Work smarter not harder.</i>		<i>Do the best you can and leave the rest to God.</i>

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

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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:

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Action 14 Today is _____

“Assets” (page 21) - “My Part” and “Affects My” (page 22) – are used like a Drop Box on a computer. **Take these out of your Workbook and have them on hand when you’re asked to fill in the columns that call for them.** With these lists, you will not have to turn back and forth through this Workbook to find the supporting List for other assignments.

The following is a list of common Assets - Use this list as you would a Drop Box on a computer. **Take this page out of your Workbook and have it available** when you’re asked to fill in the columns that refer to Assets - by writing the corresponding numbers – instead of writing the words out – **assign a number to those Assets you add.**

Check those on the list below that are most important to you – use your list to complete you’re Asset Worksheet - Asset: A useful or valuable quality, person, or thing, something that contributes to one’s well being. Now – check the most important assets and add your own – assign them a number.

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

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My Part List Boxes

The following is a list of common My Part actions and reaction – Use this list as you would a Drop Box on a computer. **Take this page out of your Workbook and have it available** when you're asked to fill in the columns that refer to My Part - by writing the corresponding numbers – instead of writing the words out – **assign a number to those My Parts you add. Check those on the list below that are most important to you – use your list to complete your My Part Worksheet.**

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

Affects My List Boxes

The following is a list of common Affect My actions and reaction – Use this list as you would a Drop Box on a computer. **Take this page out of your Workbook and have it available** when you're asked to fill in the columns that refer to Affects My - by writing the corresponding numbers – instead of writing the words out – **assign a number to those Affects My you add. Check those on the list below that are most important to you – use your list to complete your Affect My Worksheet.**

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

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Action 15 Today is _____
Asset - How Was It Expressed or Violated?

Now, use the Asset List you took out of your Workbook (page 21) This asset list will act as a response guide, as well as a reference for this Asset and the Resentment response Box as needed. If you did not check the most important listed assets to you, do so now. Turn to the Asset Worksheet below and fill in your response for those assets you chose.

ACTION: The Assets Worksheet

- a. In the left-hand column write the ASSET.
- b. In the right-column write HOW IT WAS EXPRESSED OR VIOLATED.

ASSET	HOW WAS IT EXPRESSED OR VIOLATED
<i>(Example)</i> Teachable	I have realized that since I came into the Program I have been teachable. At first I was willing to do anything to get away from the heat; now I'm hungry for a better way of life. I know now I must be teachable.

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Action 16 - Today is _____
RESENTMENTS

Resentment comes from a root word, which means to re-feel. If we could deal with anger quickly, that anger would not turn into resentments. Re-feeling a violation of an asset qualifies as a resentment. All resentments are directly or indirectly caused by a violation of assets. In fact the one common characteristic of all resentments is in some way a violation of assets. In fact violations of Assets #2 (love) and or #3 (a violation of my individual Self), and for sure not trusting #1 my Higher Power are most often the root cause of our resentments.

Resentments is our number one offender, my experience confirms that. Resentments rob me of the joy of living revealing most of my defects, selfishness, self-centeredness and fear. Resentments drive alcoholics back to the bottle, if not to the bottle it could cut us off from the sunlight of the Spirit. Don't cut this part of your inventory short. **Remember Pet Peeves are always resentments and some of the termites are also resentments.**

Completed the Resentment List Boxes we're to address our resentments – Have the Asset List (page 23) – the My Part – the Affects My List (page 24) pullout list ready.

"It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us." My Part comes directly from my personal "reality," (rules, patterns, habits of thoughts and feelings, belief systems). This is the reason we made a big deal out of our inventories. Our change comes by changing our consciousness. Part of our personal "reality", we made up or went along with other's beliefs. Once we accept that our experience is filtered through our personal "reality" we can then choose to have it changed. Then our Higher Power through this Program can and will, if asked, transform our defects into assets. **Focus on your examples that relate Termites and Pet Peeves.**

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

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

RESENTMENT WORKSHEET

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

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Action 17 - Today is _____
Fear

Fear gains much of its “power” by our trying to avoid looking at it, feeling it, or running away from it. When we turn and face our fears their nature will change into one of two things:

1. This fear is a current problem that calls for a solution or acceptance. **(Rational)**
2. This fear is an illusion that we made up. **(Irrational)**

The way we are likely to respond is easy to see. When I have a rational fear or problem, I can choose to look for a solution or just accept it, the emotional insanity is being taken out of it.

When I realize that this fear is irrational, another one of my illusions I made up, that it is not Reality but my personal “reality”, it is likely I can let it go or disempower it. Then I am ready and I can start working on my personal “reality” that called the illusion up.

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

ACTION – After you have completed the My Fear List Boxes use following format.

1. In column, one write the name of the person, place or thing you fear.
2. In column, two write the cause: what was or was not done – taken away or not given.
3. Is this Fear Rational (R) or Irrational (I)? Mark one of the right-hand columns.
4. **Focus on your examples that relate to Termites and Pet Peeves**

FEAR WORKSHEET

FEARFUL OF:	THE CAUSE OF THIS FEAR	R	I

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Action 18 - Today is _____

HARM

HARM LIST *Is there anyone who you harmed that you did not include on your Termites and Pet Peeves or resentment list and/or your forgiveness list? If so go back and include them on those lists.*

[Assets page 21] [My Part page 22] [Affect My page 22]

HOW I HARMED OTHERS WORKSHEET

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

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Action 19 - Today is _____
HOW I HARMED MYSELF

HOW I HARMED MYSELF

Now, use the My Part and Affects My Lists you took out of your Workbook (page 24) This list will act as a response guide. If you did not check the most important listed as My Part and Affects My, do so now.

Welcome to planet earth. Let's focus on our inventory and nothing or no one else's for now. We are all one life, which means we cannot harm another without harming ourselves. As the result of doing a thorough job on our inventory and owning what we uncovered and discovered we will be able to choose to stop harming others and ourselves to a greater degree, and our life will improve. I'm able to extend love instead of the negative stuff that was a habit. We are given an opportunity to choose once again not to let the past equal my future.

ACTION:

1. In column, one write the name of the person, place or thing you harmed.
2. In column, two write the cause: what was or was not done – taken away or not given?
3. In column, three write Assets [List p21].
4. In column, four write My Part and column five Affects My (List p22).
5. Focus on your examples that relate to Termites and Pet Peeves.

HOW I HARMED MYSELF

[Assets page 21] [My Part page 22] [Affect My page 22]

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

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**Action 20 - Today is _____
"MAKE FUN OF NAMES"**

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

Let me give you an example:

"Make fun of" name		#	Violated and complied with are just two sides to the same rule or pattern.
Jeal - o-saurus	X	29	I have problems with jealousy. <i>(I had this problem so long it seems like it started with the dinosaurs – but when I think of it as a jealous dinosaur I can lighten up.)</i>
Peppy le Few	X	8	<i>I practice the "law" of lack, never enough of anything (love, money, time). (Same as above)</i>
Peter PerfeCTOR With a P on my chest	X	19	I judge by such high standards all must fail. I am driven by perfectionism. <i>(No matter what I do it is never good enough. I started feeling this way it seems like my first day in school. A family motivator, beatings will continue until grades improve)</i>

Remember when responding focus on *Termites and Pet Peeves* for the solution or the dis-ease as called for.

The first three make fun of names you are to make up on the following age are Three Spiritual Gifts, which are primary human patterns that are always present, learning to identify them is a good investment. They are not subject to any real change. We came equipped at birth with these three Spiritual Gifts even though we're not fully awakened. However by practicing the spiritual principles built in this workbook will most likely help to awaken to them.

The root cause of every resentment both of second and/or third Spiritual Gift is violated or unfulfilled. The second Spiritual Gift, Awakening to the Love that we are and the third Spiritual Gift, Awakening to the created individual we are, with purpose and meaning.

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

Focus on *Termites and Pet Peeves* as much as possible.

To come up with some funny names I had to seek the help of my friends. It was hard for me to find anything funny about some of my use of the *Termites and Pet Peeves*. I am blessed with some truly creative, gifted friends.

Now finish the task. It would be useful for you to come up with some of your own important patterns on the next page. Have fun – unless you have other plans.

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"Make fun of" name		#	Violated and complied with are just two sides to the same rule and pattern.
		1	Awakening to the Presence of our Higher Power.
		2	Awakening to the Love that we are.
		3	Awakening to the created individual we are, with purpose, meaning.
		4	I know I am of more worth or value than I can prove.
		5	I look to other people, places and things to determine my: worth, meaning, purpose, happiness, sadness, fulfillment, etc.
		6	I compromise myself to get what I need or want, then resent it.
		7	I have been in denial.
		8	I practice the "law" of lack, never enough (love, money, time, etc.).
		9	I am quick to forgive. I seek correction. I realize that Termites and Pet Peeves are an illusion, like a drug, a quick fix.
		10	Control everyone with Termites and Pet Peeves even myself.
		11	I project my experience and beliefs, and call it reality.
		12	I know I am far more loving than I can give or receive.
		13	The beginning of a relationship (love, friends, business): I believe you believe in me, that I am special. The beginning of the end of this relationship is when I no longer believe you believe in me.
		14	I resist change. I am likely to procrastinate.
		15	I blame the past, project negatively on the future, and fear the present.
		16	I experience fear in most areas of my life including success and love.
		17	I have to earn everything or know the "right" people or get lucky.
		18	I have hurt others, but I did it without malice.
		19	I judge by such high standards that all must fail. I am driven by perfectionism.
		20	I change roles within the same pattern, thinking I have changed: one time a victim, the next time the aggressor; or I am a user, and the next time I am used.
		21	I make "deals" and promises, but I don't keep them.
		22	What I can have I don't want, and what I want I can't have.
		23	I lack ability to form a true relationship with another human being.
		24	I feel I don't belong. I feel emptiness no one or anything can fill.
		25	I keep attracting the same sick relationships (love, business, friends).
		26	I just cannot find the willingness to do whatever "it" takes.
		27	I am doing just great; then I fall into an old rut. This is a rebound.
		28	I am too negative, fearful and angry so I withhold and withdraw.
		29	I have lots of problems with jealousy.
		30	
		31	
		32	
		33	
		34	
		35	

Action 21 - Today is _____

Why I am willing and able to forgive? Why I Am Unwilling Or Unable to forgive?

Perhaps it is the belief that Termites or Pet Peeves are important enough to call for forgiveness!

The simple fact is just this – so we send them off to build a colony

Today's Mission Statement: We're reminded of the problem we have to deal with, the *Termites and Pet Peeves*, which our little personal "reality" is powerless alone and unaided to change. We cannot consistently manage our thoughts, feelings, or actions. We need to find - awaken to a Power Greater than ourselves. How do we do this? How do we get from the problem [*Termites and Pet Peeves*], to the Solution? Well that's what our workbook is addressing, with our Boss showing us the way. The spiritual principles offer us the tools, we need to help us chip away everything that is not our Father's Will and Love.

Spiritual principles are in a special order which if followed will help us be more effective. For example we realize that we cannot alone and unaided change our use of the *Termites and Pet Peeves* consciously and consistently. Next, we're told that we will come to believe that a Power Greater than ourselves COULD restore us to sane thinking and action. In **Action 9** - we're asked to write down the ways we have already received God's grace. In **Action 10** we're asked to keep a running list of all the things and people we are grateful for. Those two actions are reminders that we have had a Higher Power looking out for us, even though often we blocked the way. Those two reminding actions open to some degree our awareness of our Higher Power. This makes it easier to cross the bridge to surrender everything, even if it is only one hour at a time.

However, we are at the toll road, and we have to pay a fee if we want to save a lot of miles and have fruitful and safe passage. The cost is to address forgiveness both for ourselves and others. Forgiveness will not change the past, but it will free us from loveless detours, costly delays on our way to our heart's desire. It isn't about the other person, but it is about us and our self-made prison. Setting another person free does not make them right; but it makes the forgiver free. A side benefit is that we will not have to keep taking trips to *Termites and Pet Peeves* *storehouse*." If we choose to be healed and express the love we are, forgiveness is a must. To our rational, reasoning, emotionally charged mind forgiveness does not seem right, and we may only understand it after it is done. As Nike reminds us – "Just do it." Try Oscar Wilde's approach: "Always forgive your enemies; nothing annoys them so much."

If I want the fullness of life – if I want loving, caring relationships with whomever – if I want to be joyous, happy and free, if I want an open heart, mind, and soul then I must be willing to forgive all, even myself, perhaps not able but willing. Then I can look to our Father to do the deed. If the doors of my consciousness were clear of clutter caused by my holding on to old useless or harmful beliefs, judgments of others and myself – realizing my part in all of this is no more nor less than my little personal "reality." Our Program demonstrates that we can, through its process, become; forgiven forgivers forgiving. The following are a group of thoughts and ideas about forgiveness – check them over – take some and leave some. I've found them very useful.

One of the most common human needs is love. This is sharing; this is Love. We give but little when we give of our possessions, it is when we give of ourselves that we truly give. In the act of giving, "passing it on", what we have received, we realize that giving and receiving are the same? In fact, the only way we can become a Master Receiver is to share with others everything we want for ourselves. We can love because our deepest nature is love. The messenger is the message. Because I do value love I am willing to address my forgiveness needs. It is impossible to have the depth of love, I long for without it.

Awakening to the individual self we were created to be with purpose and meaning, in other words, to consciously live our Heart's Desire, God's Will for each individual. The only way we can fully realize who we are is to share what we currently are as the result of this process. The *Termites and Pet Peeves* gets in our way, and forgiveness helps us clear away the clutter. When we are God-centered even for a moment we will have all the power and wisdom we need. In that moment we will be told, shown what to do, say, think and feel in a way we can currently hear, understand and follow. **Once an idea or ideal becomes part of our personal "reality" (habits of thoughts and feelings) it is beyond our pay grade to change alone and unaided.**

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For most of us, these Termites and Pet Peeves are so much a part of our life that they have become an automatic response. An automatic response is a habit and a habit can be changed to a large degree or transformed into a useful asset, much like our other addictions or obsessions, for some of us, by the grace of our Higher Power. We are learning when one of our guilt and punishing producers come to mind, we turn to our Spiritual Tools for a real solution; forgiveness is one important tool; not a “fix.”

We have a lifetime of judgments to be healed or transformed; however one transformation will not heal everything. By the grace of our Higher Power we can experience a degree of healing. This comes about when one of our patterns – a habit of thought or feeling is realized, owned as ours, not other people, places or things and surrendered to our Higher Power, Higher Self. To the degree that we can completely own and surrender these, the more complete the healing or transformation.

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

The ability to realize the importance of forgiveness is dismissed with little or no thought; one possible reason could be as simple as not knowing how to forgive. Sometimes, we are just unable to forgive or let go. More often it is from the core belief that when someone does something “wrong”, even if that someone is ourselves, they must be found guilty and punished. Yet when we are wrong most of us would love to be forgiven quickly. Not only that, we don’t want to see our “crime” made into a capital crime. If I want this level of forgiveness, I must be willing to extend it to others. Remember this: What I can do is my responsibility; all else is God’s responsibility. I can choose at any given time to be willing to forgive; that’s a great start; let our Higher Power do the rest. **When it comes to Termites and Pet Peeves most likely we never gave forgiveness a thought.**

We offer you a number of techniques and levels of forgiveness for different needs.

Yes, we can experience an instant forgiveness, even here and now, one moment at a time. If you do not get anything else out of this workbook, but this simple process of Instant Forgiveness, if you are anything like me, then count this workbook a great success.

1. Pick out one of your worse Pet Peeves, one you have held on to – far too long.
2. Just be sure you are willing to let it go – not able but willing.
3. Find a motive, within yourself, no matter how selfish it may be, one that your head and your heart can agree on. For example; I was so tired of being negative, fearful and pushing others away using this Pet Peeve that put people down - I no longer cared who did what, to whom, I just wanted to be free, so I no longer felt, thought, and acted as I did when I used it. A friend had told me, “God answers the prayers of the heart because He put them there.”
4. When you truly realize that you want even a few minutes of freedom – say something like this: God I am so tired of thinking and feeling this way – with all my heart, mind and soul, out of enlightened self-interest am so willing just for this moment to forgive myself and those I am drawn to that seem to enable me to use this Pet Peeve.
5. God I am willing but not able at this time to forgive – so I entrust this to you.
6. Thank you,
7. Now let it go – one moment at a time – this one. Repeat this any time a thought of this one comes back. Bless both of you and turn it back to your Higher Power.
8. We have the power to choose in this moment – this present one – it is the only one there is.
9. Leave the results to your Higher Power – He will do for us what we cannot do alone and unaided.

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Action 22 - Today is _____

FORGIVENESS is the key to all happy and loving relationships.

Sometimes the hurt seems to be too much or little to call for us to forgive. In this case willingness to forgive is the key. However, we may be unable or unwilling to forgive. For those whom we have a difficult time forgiving cause we know they will do it again – so we suggest 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.

Out of enlighten self-interest we want to be free of this one – taking back the power we gave them.

Perhaps the most difficult is the forgiving of ourselves. There are a number of reasons for this, one being the fact that we have too much inside information, which includes an abundance of our falling short. We hear a lot of talk about this program and life in general being a process. Most likely we bought into the belief (perhaps a long ago) that anyone who has done “such a thing” should be punished.

However, most of us believe some day we will graduate, once we get “it” right or when we earn “it.” Instead of seeing each experience as a stepping-stone, we often view it as stumbling block, a cause for disappointment. The beatings will continue until we become perfect. We would be far ahead of the game if we would be willing to forgive quickly and seek correction, leaving the results to our Higher Power.

One of the most common problems with forgiveness is the forgiveness of those we have had **long-term relationships** with. We believe the primary reason is our changing the “crime” as the years roll by. We have forgotten what we were upset about when the “crime” happened and we read in today’s understanding. The following format will help you let go of the past. God can and will do for us what we cannot do for ourselves.

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

Action 23 - Today is _____

A Simple Technique Brief excerpts from: "The Sermon On The Mount" – By Emmet Fox - The Chapter Forgive Us our Trespasses, As We Forgive Them That Trespass Against Us

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

Get by yourself and become quiet. Repeat any prayer or treatment that appeals to you, or read a chapter of the Bible. Then quietly say. "I fully and freely forgive X (mentioning the name of the offender); I loose her/him and let her/him go. I completely forgive the whole business in question. As far as I am concerned, it is finished forever. I cast the burden of resentment upon the Christ within me. She/he is free now, and I am free too. I wish her/him well in every phase of her/his life. That incident is finished. The Christ Truth has set us both free. I'd thank God."

On no account repeat the act of forgiveness, because you have done it once and for all, and to do it a second time would be tacitly to repudiate your own work. Afterward, whenever the memory of the offender or the offense happens to come into your mind, bless the delinquent briefly and dismiss the thought. Do this, however many times the thought may come back. After a few days it will return less and less often, until you forget it altogether. Then, perhaps after an interval, shorter or longer, the old trouble may come back to memory once more, but you will find that now all bitterness and resentment have disappeared, and you are both free with the perfect freedom of the children of God. Your forgiveness is complete. You will experience a wonderful joy in the realization of the demonstration.

Somebody Did Me Wrong Song

From time to time people will do things to you, which definitely will not promote happiness or satisfaction in your life. They may do these things over a period of years, without your cooperation. While it is a fact that you create the experience of having something "done" to you, it is also true that people are doing things to you.

Practice general Forgiveness every day as a way of life – "The Sermon On The Mount" - By Emmet Fox.

Everyone should practice general forgiveness every day as a matter of course. When you say your daily prayers, issue a general amnesty, forgiving everyone who may have injured you in any way, and on no account particularize. Simply say: "I freely forgive everyone." During the day, when a thought of grievance or resentment comes up, bless the offender briefly and dismiss the thought. The result of this policy will be that very soon you will find yourself cleared of all your resentments and condemnations. The effect upon your happiness, your bodily health, and your general life will be nothing less than revolutionary.

A naïve person forgives and forgets – an unformed person neither forgives or forgets – a wise person forgives however, never forgets. It has taken me years of radical training to awaken to this wisdom. I am nowhere near graduation.

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Action 24- Today is _____
Prep work for sharing your secrets

I had promised myself that I would never tell anyone my secrets; so, when it came time I balked. I thought I could find an easier, softer way. However, I could not.

I've already talked to my Higher Power about my "secrets" and I see no reason to tell anyone else. It came to me that if I tell someone everything, that person could blackmail me into doing his or her will. Shall I just move on to the next part of the process? I agreed at the beginning of doing this workbook that I was willing to do whatever it takes to complete it – oops.

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

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. Some of us gain that feeling of belonging.
3. We are likely to experience a God - consciousness or a spiritual awakening.
4. Our "secrets" take too much energy to support. Letting go of them will release the energy we are using to hold them back.
5. By the way, I've never heard of anyone blackmailed after doing this important part of the period,
6. I have heard of people experiencing the Presence of a Higher Power, freedom and a peace of mind for the first time.

PREP WORK FOR SHARING YOUR SECRETS.

1. Make an outline as you go through this Prep Work so you will be able to remember everything you need to share.
2. Review all of your responses to the questions and statements up to this point. This includes your written responses, your list of Boxes, and worksheets.
3. Be ever so mindful of your patterns (experiences that you repeat.) Even if they were with different people, places, things or forms. These patterns (habits of thoughts and feelings) are one of, if not the most important parts of this process. These patterns make up your personal "reality," and are the key to long-term recovery, and spiritual growth.
4. These patterns will play a part throughout the process.
5. As we go through our review, we continue our preliminary work on the amends. As we are preparing we may uncover more harms done and people we cannot forgive. In fact, we had to deal with more of the Termites and Pet Peeves abuse. I did not want anyone to know how petty I can be.

Who do you trust enough to share both the good and bad you have uncovered and discovered?

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 experience doing this process. If this person is living a recovery Program he/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 of people. You may have to go outside your circle. Many of us take our first time with a doctor, spiritual counsel, many others, one person I know went out of state and told a total stranger, he hoped to never see again. It is important that you feel you can trust this person. This should enable you to be as honest as you can be at the time. We would caution you about taking this with someone too close to you or one with whom you have an ax to grind. We may hurt that person or another if you are honest. It would be wise to question your own motives. One with a self-serving motive may try to tell an ex-lover.

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**Action 25 - Today is _____
Sharing Our Secrets**

Ask the person you go to share your secrets, to help you identify your patterns. Show this person a copy of your pattern list, including your Termites and Pet Peeves examples. They may have additions for your list. 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, and your Termites and Pet Peeves you have to deal with. In the end, you are the one who will gain or fail from those patterns directly.

Make a list of the possible people that you could or would take this with. In the first column put their names. In the second column he wrote what he believed to be any benefits or advantages in doing it with that person. In the third column he wrote what he thought or felt could be any possible problems, and he listed his fears.

NAME	BENEFITS - ADVANTAGES	PROBLEMS - FEARS

Ask the person you choose to do it with you – when they agree - ask what you need to bring or do – make an appointment - Write out any questions you may have or any part of the process you may need to clarify. Now your prep work done and you set the date, the starting time, and the estimated amount of time to set aside to complete it with the person you have chosen. This is a great day to carry out this important mission.

DATE	START TIME	UP TO TIME	PLACE	PERSON	PHONE #

Let's pocket our pride and go to it, "illuminating every twist of character, every dark cranny of the past." Once taken, withholding nothing, most likely we will be delighted. Some of us have a spiritual experience. You are likely to feel for the first time that another human accepted us, just as we are. We will know a new freedom.

Some of what we had kept hidden for many years lost their power over him/her. For the moment, we are likely to be free from our self-made prison. We are reminded there was much work yet to be done. We are likely in a short to time find ourselves sharing one of our secrets to help someone. It is wonderful that we are helping another by sharing our experience, strength and hope, by letting go of "secret" we were sure we would take to the grave.

These experiences are common among those of us who have been open and honest at the moment. Later most of us are able to see ourselves ready to do it again at a deeper level. We are all individuals with different levels of understanding. If our healing experience left a lot to be desired, and you are not free of your self-made-prison, we suggest that you go back to the beginning of the process and review everything up to now, and try it once again. Perhaps it would be useful to take it with another person. It is truly helpful to share it with someone who has completed the whole process. There is for many who go through this process a special awakening wisdom for them to pass on to others.

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Action 26 - Today is _____
REMOVING OUR DEFECTS IS GREAT – HAVING THEM TRANSFORMED IS EVEN MORE USEFULful

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

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

ACTION: (A) Just because something is simple does not make it easy. Now you’ve found some of your patterns, “defects”, following these suggestions will be useful. Take each one of “these defects” most used Termite or Pet Peeve and ask yourself if you are ready to have God remove or transform this “defect” into a useable “asset.”

1. If your answer is yes – ask your Higher Power to do it for you and move on to the next defect (patterns)?
2. If not go back to the beginning of the process, just for that defect and run over the First set of questions to help increase the pain of holding on to that defect?
3. If that is not enough to convince you, try this: We know that our problems as with everything in this life, is progressive? Our problems will worsen if nothing is done to heal them. Our habits grow stronger with use,(ie) (personal “reality”, patterns). With time passing we get “better” at our defects. Another way to increase the pain of holding on to this defect is by extending it into the future.
4. What will it be like if this does not change in another year or five, ten, or twenty years?
5. Have you had enough or are you thirsty for more?
6. If you are now ready, continue this process until you have gone over every single one of your defects?

ACTION: (B) Going over each defect in such detail will help us:

- a. It will help us with our owning each of our defects; remember our defects center in our own mind.
- b. We’re reminded just how powerless we are to remove these defects alone and unaided.
- c. By doing something positive about these defects, we 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.

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.

“Do it quickly, at least by Friday, so I can have a great weekend.” I find that I still have all the defects I had when I came in the Program. Those defects 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. It's important 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 dreamed.

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Imagination is a tool of our co-creating-self, or we use it to make up our illusions. Our thoughts become things. We can use them to co-create those things we want and dis-empower those things we don't. "No matter how thin you slice it, there are always two sides." The past, present and future all have two ways of viewing them; I can choose to perceive them having a good purpose or view them negatively. Why would that be a hard choice to make, even by one who is a little off centered? We learn that our past can be transformed into loving assets, why not offer all of our past up for transformation? Now, is the only time we can do, say, think, feel anything or co-create, so why not choose the good purpose? Now, that I am thinking about the future why not expect a lot of inspiring surprises, it takes the same amount of time and energy, maybe even less than the negative stuff? Living with an open mind and open heart our unique life is filled with wonderful gifts, but we may have to stop, look and listen for them. If we choose to live our Father's Will and His Love - wonderful promises will come true, such as Alcoholics Anonymous Promises pages 83 -84 Our faith is our perceiving power, linked with the divine power will shape our outer experience in a most wonderful way, His Way. Let us ask more of our Father, more of our spiritual program and more of ourselves.

The Spirit of our Father is within us and His breath is our life. Reality is at the center of our being, life is from within out. I am awakening to what that means, and I choose to start paying more attention to what we are paying attention to, with an open heart, mind and soul, empowered by His grace.

Thy Love, Thy Will be done.

The next suggestion: Assign each of these defects, patterns a "Make Fun Of" name. These names become important to us when setting up our last three parts of this process to live and grow by. These will be part of our Early Warning System. Speaking of "Make Fun Of" names, what about making fun of names.

ACTION: (C) We reviewed our inventory after finishing our sharing it with another person and updated our Rules and Patterns List Boxes. page 21 Now we assign each of these defective Patterns a dishonoring, discrediting name "make fun of" name. You can change the "Make Fun Of" anytime. We will use these "Make Fun Of" names to disempower these defects (patterns) of the power we gave them. Making fun of our defects and laughing at ourselves is in itself healing. We will go into the "HOW TO" in Step Ten. **ACTION:** (1) In column one write the "Make Fun Of" name. (2) In column two write the pattern.

(3) In column three write the number of that pattern. See the Rules and Patterns List Boxes, p. 22

"Make Fun Of" Name	RULE and PATTERN	#

ACTION: (D) Which of these defects you are now ready to have God remove. Fill in the matching #

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

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

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

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**Action 27 - Today is _____
We Humbly Ask For Help**

I did not like the idea of having to write so much when I began this process or of 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, 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.

It's interesting that I would spend every waking moment for days on just one resentment or fear. When it came time to work on the healing process in the beginning, I resisted the suggestion that I should spend at least an hour a day on the solution. Is that insane or what?

Sometimes our words have a hidden meaning that we are unaware of. When I got to my inventory I felt defective. Talking with an understanding person began to set me free. Following that I realized that I was more than ready to surrender each of my defects to my Higher Power to disempower each defect – removing it or transforming it into an asset I could use to help others.

I was now aware of these defects. Just wanting to trust that a loving God could and would remove or transform my defective beliefs, habits, my little personal “reality,” gave me a new hope! The love shown me allowed me to believe it wasn't my coming up short.

I reflected on my past wrongs, I thought: I have done harm to others and myself. It was not my intention to harm anyone, but I did. When these harms were taking place, as I see now, I was reacting to my “then reality”. Because I received so much love, forgiveness, and acceptance when I inventoried my secrets, 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.

I became teachable. When we are aware that it is our Higher Power, and not ourselves, alone and unaided, who is to remove our shortcomings, our decision to follow through becomes easier. If you are now ready and willing to accept the healing of these shortcomings, the following suggestions prove useful.

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

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, or what was done or not done to us.

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ACTION:(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.

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

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 serenity as it may relate to each pattern.

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

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

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

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

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

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

SOWING AND REAPING

(From Power Through Constructive Thinking – by Emmet Fox)

WHATSOEVER A MAN SOWETH THAT SHALL HE ALSO REAP.

There is no such thing as luck. Nothing ever happens by chance. Everything, good and bad, that comes into your life is there as the result of unvarying, inescapable law. And the only operator of that law is none other than yourself. No one else has done you any harm of any kind, or could do so, however much it may seem that he did. Consciously or unconsciously you have yourself at some time or other produced every condition desirable or undesirable that you find in your bodily health or your circumstances today. You, and you alone, ordered those goods; and now they are being delivered. And as long as you go on thinking wrongly about yourself and about life, the same sort of difficulties will continue to harass you. For every seed must inevitably bring forth after its own kind, and thought is the seed of destiny.

Yet there is a simple way out of trouble. Learn how to think rightly instead of wrongly, and conditions at once begin to improve until, sooner or later, all ill-health, poverty, and in-harmony must disappear. Such is the Law. Life need not be a battle; it can, and should be a glorious mystical adventure; but living is a science.

This is one way of stating the Great Law. Read and reread it at regular intervals, and it will inevitably change your outlook on life.

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**Action 28- Today is _____
Gathering Amends Information**

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

Did you keep a running list of those you harmed?

ACTION: [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 someone who has done some of their amends after you finished writing each group, before you set out on your adventures.

Example: Name of the one you harmed.

Sam M.

What you did or did not do to cause the harm. I thought that Sam had been bad-mouthing me. I started telling a bunch of lies about him and it turned out that my information was wrong. Sam did not say anything about me good or bad.

How will you go about making this amend? Write down your plan of action for each amends. I had burned Sam with George, Mary, Sally and John so I am going to each of them and tell them I was wrong and I should not have said anything about Sam. And if they ever hear me talk like that again about anyone tell me to take my own inventory. I am going to these people instead of Sam because that is where the "crime" took place. It is no need to hurt Sam when he didn't even know I had said anything bad. I am ready, willing and able to make this amend. Now I need to talk to my sponsor. I may have missed something, so I want my sponsor to look this over, if he says it's OK the way I am intending to do it, I will make an appointment with these four people and make my amends AS SOON AS POSSIBLE.

ACTION: [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.

Example: Name of the one you harmed.

Mary Brown

What you did or did not do to cause the harm. I had an auto accident with Mary Brown – I got her name and address and told her I was going to take care of her car. I lied to her about my address and phone number - she could not get contact me - so I never paid her.

State why you cannot make this amend now. Seek out someone to help you. I went by her home address and she had moved away and left no forwarding address. The landlord did not have any information that checked out. I am ready and willing but unable to find her. What shall I do?

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

Example: [3] Name of the one you harmed.	Pete Duelittle, my ex-partner
What you did or did not do to cause the harm. I commingled my money and company money and never paid it back when we dissolved the partnership. I do not intend to ever talk to him much less give him any money. He jacked me around on another deal. I should have known better than to partner-up with him.	
State the form of the resistance and why you are unwilling or unable to make this amend. Pete has a lot more money than I do; he does not need my little commingled money. I hate him and the horse he rode in on. I would give a \$100 - not to hear his name.	

Follow this Format for each of those you harmed – do not start to make amends until you talk to a Program person or an understanding person with experience if possible.

ACTION: [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 amends adventures.

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

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

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

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

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

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**Action 29 - Today is _____
Letting Go Of The Past**

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

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

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.

INTO ACTION (An amends format)

After reviewing your previous plan of action, and making an appointment list or contact with one you are to make your amends; make your amends in person, face-to-face, if possible, unless it could cause more harm than good. For example, if the person we need to make an amends is an ex-lover, we need to question our motives. In addition, if this person has someone else in his or her life, your contact could cause harm. Once again it is always wise to talk over your plan with 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 guidance and the ability to be honest, willing and open-minded, loving, forgiving, or anything else that comes to mind.

ACTION IS THE MAGIC WORD (An amends format)

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

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Amends can be made to those 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. You may choose to write them a letter; saying all you need to say, then burn the letter. The most important thing is that you both be FREE to get on with life, their new life and yours.

Building your amends contact list.

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

Example:

Brief outline of what I want to cover:

1. I ask my Higher Power to cause me to have all the honesty, willingness, humility and wisdom to carry out this amend.
2. I am in a recovery program, which suggests that I clear up my past by making amends or I may not get well.
3. I was wrong and I deeply regret all the ways I have harmed you [and the company]. I hope that I would do it differently now. I'm asking for your forgiveness, but you may be unable to forgive me. I can truly understand. I'm not sure I could if the shoe were on the other foot.
4. I co-mingled my money with your [company] money; the best I can tell is about \$?? I do not have that much today, but I have \$??, and I agree to pay the rest out with interest at \$?? a month until I have repaid all. If I can pay it off sooner, I will, but right now I know I can do it at \$?? a month.
5. I know that money will not restore the trust you once had for me and I do regret betraying your confidence. I am here to show my intention to change. Thank you
6. If this person will not accept my offer I will make the best deal I can without over-committing my self.
7. I am grateful for the willingness to clear my side of the street off.

Having done your prep work for making amends as best you could at this time including making as many appointments as possible, you are ready for Action Day - the day when you go about making your amends, Good luck and may God Bless you.

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Action 30 - Today is _____
Amends – Into Action

Having done the prep work, for making amends, it is best to include making appointments, ready for live action. This is the time for making amends. At the start of each amend it is helpful to use your daily opening affirmation.

Is there anyone left in the Group (3) three list PAGE 41? Those you resisted making amends or said, "no, never," and could not upgrade to group (1) one or (2) two, page 40.

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

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

A common forgiveness problem is forgiving those we had long-term relationships with. The primary reason, we change the "crime" with time. We forgot what upset us when the "crimes" happened; and we judge it with today's understanding. The following format will help you let go of the past. God can and will do for us what we cannot do for ourselves, if we trust Him. *YOU CAN USE THIS FORGIVENESS METHOD FOR THOSE WHO HARMED YOU A LONGTIME AGO THAT YOU FEEL HAS NEVER BEEN REALLY HEALED.*

On a separate sheet write out the following:

1. Name of the one who harmed you.
2. What did that person do or not do to harm you?
3. How did you react at the time of the harm?
4. How did you feel and or think at the time of the harm?
5. What about now? How do you feel and or think about the harm?
6. How do you react when you think of, hear about, or see the one that harmed you?
7. Are you now willing to forgive that person so you can be free?
8. 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. Perhaps at the time of the "crime" we were very childish, selfish, self-centered demanding we have our way, believing adults have to have their way or else. When we grow up we may come to believe that the people in "charge of us" were loving us the best they could. We did not see it that way – way back then.
9. 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.

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Action 31 - Today is _____

TITLE	ACTION	PAGE
Introduction Continue To Awaken and Grow	31	45
Setups - Am I Most Likely To (Negative)	32	47
Setups - Am I Most Likely To (Positive)	33	49

ACTION: Underline or highlight what is most useful for you in the text and follow the suggestions.
Introduction Continue To Awaken and Grow

How do these ideas directly relate to Termites and Pet Peeves? Give examples.

By working this Program completely we're promised a Spiritual Awakening, which is the First Spiritual Gift. This is a transforming experience; I was never the same afterward. Some have a great Spiritual Awakening but soon go back to sleep. I asked those who went back to sleep, what went wrong? I've come up with interesting conclusions.

The sleepers did not have the containers or equivalents Spiritually, mentally, physically, emotionally or socially to support an expanding consciousness. Resuming the old day-to-day lifestyle, they fell back into a rut, habit of thought and feeling, to the unchanged and un-regenerated personal "reality," soon to doubt that a real Spiritual awakening had happened, telling themselves that it was an illusion.

Those that did not fall back into old ways stepped up their awakening experience. In other words, sharing the love we are, our Second Spiritual Gift. Let us learn to practice these principles in all their affairs, our Third Spiritual Gift, building the Spiritual, mental, physical, emotional and social equivalents of their expanding conscious capacities and abilities. Our Program is a radical training ground.

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

"It is a **spiritual axiom** that every time we are disturbed, no matter what the cause, there is something wrong with us." So what is wrong with us? It is our little personal "reality", our rules and patterns.

AS WE GO ABOUT OUR DAY - Most of our life experience runs on automatic until something disturbs us, which is "good" or bad". This is an important moment for our growth. We can choose at that moment which way we will feel, think and act or just react automatically. It is simple, but not easy.

"MAKE FUN OF" NAME – **Action 20** page 28 - You are asked to come up with a "make fun of" name for each of your important rules and patterns. Here in this part of the process these names can become a part of your growth as you go about your day. As these old rules and patterns, our personal "reality," come into our conscious life we are to treat them as an unwanted guest.

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EARLY WARNING SIGNALS:

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

WHEN AM I MOST LIKELY TO?

The next two Actions are to help us build an Early Warning Signal System. These questions thought starters help us produce our personal lists of "When Am I Most Likely To". Some experts say that as much as 98% of our conscious experiences are running on habits. It often feels like we're controlled, or that we've lost control, because our experiences run on automatic. It feels as though we don't have any choices. If we're tired of this, and it is likely that we are, we would not have come this far; identifying these habits as part of the healing process is vital.

DAILY JOURNAL - If we will, keep a Daily Journal for at least forty (40) days, in just one important area of our lives, we will gain a much deeper understanding of that area and the way we relate to it. The human condition runs in cycles. Some days my thinking is clear and sharp; at other times, I feel stupid.

When we learn to identify our cycles, we make better decisions and plans. Keeping a Daily Journal helps us track our cycles and our patterns.

PRIMARY PURPOSE

Building an Early Warning System is important, and we cannot overstate it. It offers us a new freedom in our daily lives. Learning to use the "make fun of" name is a great tool and can be fun, if you want it to be.

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Action 32 - Today is _____
"Am I Most Likely To" List – Today We Will Cover The Negative

After you have responded to these twenty negative questions build your own lists of WHEN AM I MOST LIKELY TO.

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

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

I related to that statement with my dealing with others. Far too often I did not get along with others well. My social skills left a lot to desired. I had not learned the importance of restraint of tongue and pen, as our Program suggested. I recalled the many times I saw myself going down the same old rut and unable to stop.

As you can see if we could stay a step ahead of old, useless, harmful problems we would be way ahead in the game of life. Example: At first, resentment was anger, and before the anger it was likely a fear. The fear came out of an old belief. I did not want to do something, or maybe I had to deal with someone I did not want to deal with. Perhaps I had to work on something, I was not good at that would cause fear. Instead of letting it run on automatic I could turn that "problem" over to our Higher Power, and its course toward resentment would end or reduce its power.

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Respond to the list of *WHEN AM I MOST LIKELY TO* negative questions as they relate to *Termites and Pet Peeves*.

1. Am I most likely to have a physical craving for problem stuff when I am dishing out *Termites and Pet Peeves*?
2. Am I most likely to be a victim or an aggressor when someone uses *Termites and Pet Peeves* on me?
3. Am I most likely to feel fearful or anxious or terrified when someone is trying to put a guilt trip on me?
4. Am I most likely to be too rigid when I am dealing with a *Termites and Pet Peeves* addict?
5. Am I most likely stressed out or stressful when I am in the company *Termites and Pet Peeves* abusers?
6. Am I most likely to feel shame or guilt when (???????)?
7. Am I most likely to feel hurt or angry or resentful when I am accused falsely – by (???????)?
8. Am I most likely to feel unsure or doubtful when a loved one is guilty of what I'm accused of?
9. Am I most likely to feel abnormal or confused when I use *Pet Peeves* on someone I like? Someone I don't like?
10. Am I most likely to try to control other *Termites and Pet Peeves* addicts?
11. Am I most likely to feel inadequate or stupid or incompetent dealing with a highly intelligent *Termites and Pet Peeves* addict?
12. Am I most likely to punish or make others feel guilty when they use *Pet Peeves*?
13. Am I most likely to feel sad or depressed when I have made a loved one a victim of my *Termites and Pet Peeves*?
14. Am I most likely to fear abandonment or rejection when someone has used *Termites and Pet Peeves on me*?
15. Am I most likely to put things off - like a visit to a friend when I'm using *Termites and Pet Peeves*?
16. Am I most likely to withdraw or withhold because someone accused me of *Termites and Pet Peeves use*?
17. Am I most likely to have obsessive thoughts or feelings to get even when I am a victim of *Termites and Pet Peeves*?
18. Am I most likely to be in conflict with others or myself when I feel it would be unfair to punish them?
19. Am I most likely to judge or criticize those that use *Termites and Pet Peeves*?
20. Am I most likely to be too sensitive or overreact to criticism for my using *Termites and Pet Peeves*?

After you have responded to these twenty negative questions, build your own lists of *AM I MOST LIKELY TO*:

Why is it so hard for so many of us to open up when it comes to the good in our life. I don't have a problem talking about the negative stuff but when it comes to positive or loving experiences, I am so closed off. I remember when I first started my Asset List I resisted every statement or question? I am feeling the same way now with this list. I had the same problem. I focused on the negative for so long I thought to feel and talk about the good was not being honest. I still had old fears and resentments not fully healed. Well, I still have fears and angers but the Program has taught me not to linger on them. To use the skills and tools you are learning to apply in your life, just do the best you can. It is no less important to identify our constructive, useful, and positive SETUPS. We want the good to increase and to become aware of their likelihood. The following list is to act only as a thought starter.

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Action 33 - Today is _____
Am I Most Likely To List - Today We Will Cover The Constructive, Positive List

The following is made up of the second list of AM I MOST LIKELY TO SETUPS. This second list is constructive, useful, and positive. SETUPS are the ways that we are most likely to think, feel and/or react to our habits, our personal "reality." We will continue to repeat these, unless we change. Unlike the negative examples, we want the change to be an expansion of that which is positive and constructive; in other words, we want what does work to increase. If nothing changes then nothing changes. Identifying these SETUPS can help us create what we call an Early Warning Signal System. In other words, we can learn to see it coming, promptly realize it, choose to make a new decision, and take whatever action or inaction called for long before it ever takes place, therefore, improving the opportunities for a positive increase. These Early Warning Signal Systems could compare to the signs on a freeway telling us when our turn off is coming up in time for us to change lanes. It is up to each of us to decide to change lanes and take the action. What we can do is our responsibility, and what we cannot do is our Higher Power's Job.

1. Am I most likely to experience the presence of God or Higher Power when I have been corrected instead of punished?
2. Am I most likely to experience love or loving when I have been forgiven?
3. Am I most likely grateful when I am given tender mercy?
4. Am I most likely to trust others and myself when we are being honest and openminded?
5. Am I most likely able to make decisions and follow through when I have one Source?
6. Am I most likely to feel close or intimate toward others when I believe they are kind and loving?
7. Am I most likely to feel safe, secure and stable when I have faith in the Boss?
8. Am I most likely to feel I have a purpose, meaning or mission in this life when I am walking my talk?
9. Am I most likely to feel wise and intelligent when I call on my true Source?
10. Am I most likely flexible when I am free to act without being judged?
11. Am I most likely playful, happy, joyous and free when I am not too serious and living in the presence?
12. Am I most likely to feel constructive and positive when I am sure of my purpose?
13. Am I most likely to forgive quickly others and myself when I am in harmony and at peace?
14. Am I most likely patient with myself and others when I know the outcome?
15. Am I most likely honest with myself and others when I am filled with trust?
16. Am I most likely to feel worthwhile and useful when I am single minded?
17. Am I most likely to ask for what I need and want when I trust the giver?
18. Am I most likely to make commitments and keep them when I want the outcome I perceive?
19. Am I most likely spontaneous when I am openminded?
20. Am I most likely to feel like I belong when I feel cared for?
21. Am I most likely to feel selfless when I give of myself?

Action 34 - Today is _____
Inventory Your Spiritual Journey

On a separate sheet of paper write a brief Inventory of your spiritual journey:

- (a.) What was or is your resistance to a Higher Power, religion, or a Spiritual way of life?
- (b.) What are the types of prayers and meditations you have used.
- (c.) How effective were they?
- (d.) Sum up your present prayer and meditation practices.
- (e.) Make a list of your spiritual or religious resources available to you - that you could seek guidance to improve your understanding and practice of prayer and meditation.
- (f.) Make a list those people who can help you on your spiritual journey.

SEEKING – Our spiritual journey is an important part of our human condition; that is, to be our Real Self, the Individual we were created as; in other words, our Creator's Will for each of us. Ask for the power to carry it out. I remind you, we shall never be joyous, happy and free until we realize who and what we are. Once we have realized where the power is, and what we want that power for, it becomes a much simpler and easier decision. All of life is a process. For our own benefit we are to continue to seek through prayer and meditation to improve our conscious contact with this Higher Power and our Higher Self.

WHAT ABOUT AFFIRMATIONS

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

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

I turn to my affirmation and Spiritual readings, as thought-starters, each morning as I am co-creating my day. I intend to focus my attention on affirming what I want instead of what I don't want. For example, I picked an idea from the "Most accomplished" list, which is in the list of Loves and their elements from the list of our Higher Power's Attributes, His nature or characteristics.

SIMPLE SUGGESTIONS

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

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

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

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HUMAN AUTHORITIES AND OUR HIGHER POWER – I realized that every judgment of an authority I made, I projected on to Our Father/Creator. I understand the importance for me to forgive Him for all my illusions bestowed on to Him. For example, I knew that my dad loved my brother more than me. If you would have known him you would have loved him more also. Our dad would give brother the good stuff; the love I wanted. One morning during meditation, I found myself saying, “Father I’m sorry I’m not the Son you wanted.” I remembered that I said the same to my dad, “I’m sorry I’m not the son you wanted, that is, like my brother. “ I did a workshop on relationships with the authorities, and how we projected those characteristics, good and bad onto our Higher Power.

WHEN I LOVE SOMEONE, I OFTEN THINK OF THEM.

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

ONE SOURCE, MANY CHANNELS

I thought we were **not** to pray for our selfish ends. Are you saying that we are? Asking our Higher Power for what we need at any given time is a way of including our Higher Power in every area of our life. Many of us, for one reason or another, believe and feel there are some things we must do alone and unaided (as though our Higher Power cannot or will not help us with these “forbidden” areas). But on the contrary, we believe that we shall never experience true fulfillment being anything or anyone other than the individual He created us to be. In other words, in conscious union with our Higher Power's Will for each of us. Turn your consciousness toward your Higher Power at each beginning – examples like - awaking - starting a new project - answering the phone – in other words, any beginning, remind yourself with a word or name. With each completion, say thanks to your Higher Power.

AS YOU BELIEVE.

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

To receive God's help - He must have our consent. It is hard for us to give our consent when we are full of self. Therefore, prayer and meditation are vital to our recovery, to our awakening, for the healing of our Termite and Pet Peeves use. Anyway 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 deeply love; these are gifts of grace. However, we can keep turning to the God of our understanding, we can choose to make a habit of it. By building this habit, we open ourselves to both receiving and giving consistently.

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ALL HAVE A PURPOSE

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

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

GOD'S INDIVIDUAL WILL FOR EACH

Each person thinks of some kind of Higher Power according to the varying perceived needs. Some try to satisfy themselves with other people, places and things; this is always a temporary fix at best. For their negative tool they are guilt and punish-er "drug" addicts. To please themselves with what they believe is the "positive" side of their illusion they may overdue other mind-changing stuff. It is not necessary that we think of God as others think and feel of Him or Her. However, it is necessary that we think of Him or Her as our Source of what we personally need. The hungry need food. The weak need strength. The strong need tenderness. The lonely need others to share with. The fearful need courage. The loveless need love. The tempted and the fallen need God's tender mercy. You get the idea, now, make a list of your wants and needs, and what you believe is their solution. If we can accept that our Creator is our first cause of everything, we are a step ahead. We may think of God anyway we wish, but the way we do think and feel matters. Too often many of us most likely do not turn to Him or Her until we are in need. As we practice the spiritual principles in this process we will have a spiritual awakening and experience some level of the love we are. As we practice these principles in all our affairs we are introduced to our Heart's Desire.

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

BLESSING and CURSING
(From Power Through Constructive Thinking – by Emmet Fox)

Life is a reflex of mental states. As far as you are concerned, the character that things will bear will be the character that you first impress upon them. *Bless a thing and it will bless you. Curse it and it will curse you.* If you put your condemnation upon anything in life, it will hit back at you and hurt you. If you bless any situation, it has no power to hurt you, and even if it is troublesome for a time it will gradually fade out – if you sincerely bless it.

We are told, you remember, that whatever name Adam gave to an animal – that was its name; and of course you know that the name of a thing means its character. Adam said to one animal. "You are a tiger, ferocious," and so it was. To another, he said, "You are a gazelle, gentle and kind," and so it is. Now, Adam is every human, and until we learn to give good names, to "christen" everything, we shall have enemies of various kinds to deal with. Bless your body. If there is anything wrong with a particular organ, bless that organ. (Of course, you must bless the organ and not the disease.) Bless your home. Bless your business. Bless your associates. Turn any seeming enemies into friends by blessing them. Bless the climate. Bless the town, and state, and the country. Bless a thing and it will bless you.

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Have you ever seen a huge hoist in action at the docks? You know what happens. The operator would not dream of trying to pull up that load with his muscles. He would damage himself seriously and make no impression on the task in hand. All he was to gently throw a small switch. Then the electric power raises the load to any height required. When you work spiritually you are applying infinite Power to your problem, letting the Boss handle our heavy load, and there can be but one outcome – victory.

Affirmation: I awakened to the realization that I projected onto my Heavenly Father, the characteristics of my earthly dad, and other authorities. I had to forgive our Father for the illusions I had made up. Today, I'm blessed with Spiritual Discernment. It's clear that I've had an invisible means of support all my life. I should have been locked up or in a grave, long ago. In my heart, I know that we all are created with a purpose. As long as we are alive in this world, we have not finished our mission. When I experience a peace within, and my heart is overflowing with love, that is deeper than words, for our Father and Jesus, I am in conscious union with our Father's Will for me. I am a man with limited talents. I need not expect my purpose in this world to be a great contribution to mankind. However, I do make some good difference to those I am given to share with. For me, to share my experience, strength and hope I've been given by grace, is to speak with authority. When I hear anyone tell his or her life's story from their heart and experience, I believe they are speaking with authority. Much like a parable, their sharing, speaks to the listener's heart, mind and soul. I am speaking with authority, when I pray with an open heart and mind, "Thy Love and Thy Will be done and not mine, unless mine is also; Yours, Father."

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Action 35 - Today is _____
The Messenger Is The Message

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

I have a suggestion that never failed to work for me. Before I take any Program action I seek the guidance of my Higher Power. I share whatever comes to mind and pray it will be useful. I get the name and phone number or contact information from the newcomer. When I feel down, or just want to share the Program with someone, I call that newcomer and share what's given me. Perhaps the simple basic questions newcomers ask. Like, "Do you have a desire to stop drinking? "Are you able to get to meetings or talk to a member of your recovery program?" I would ask him or her if they had any questions. I would then let that person know how they could contact me. If I can get out of myself, even for a minute or two, I am uplifted.

THE MESSENGER IS THE MESSAGE.

Whatever area we have applied the process and to whatever degree of healing we have experienced, we must "give it away to keep it". We share our experience, strength, and hope with each other, so we may enjoy living to the fullest; that's love. When our sharing, is centered in love, we are speaking with authority.

THE GOLDEN GATE

(From Power Through Constructive Thinking – by Emmet Fox)

God is love, and he that dwelleth in love dwelleth in God and God in him.

Love is by far the most important thing of all. It is the Golden Gate of Paradise. Pray for the understanding of love, and meditate upon it daily. It casts out all fear. It is the fulfilling of the law. It covers a multitude of sins. Love is absolutely invincible.

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

It makes no difference how deeply seated may be the trouble, how hopeless the outlook, how muddled the tangle, how great the mistake; a sufficient realization of love will dissolve it all. If only you could love enough you would be the happiest and most powerful being in the world.

IF YOU WANT MORE LOVE, PLANT MORE LOVE SEEDS

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

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MANY OF US HAD DIFFICULTY - with the idea that the solution to our problem is to find a Power Greater than ourselves. With most compulsive, addictive folks we could be an atheist, agnostic, and a true believer in the same hour on a given day. This will not take this problem away but every little bit will help.

EARNING OR GRACE - We *cannot* earn the Three Spiritual Gifts; these were given to us when created, by grace. 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.

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.

AFFIRMATION - Align my finite being with the infinite within me, within all, around me everywhere Present, and I have arrived Home in our Father's Loving embrace. I awakened, and I am experiencing His Will being done; I am sharing with all my brothers and sisters the random acts of love.

36 - Today is _____
The Three Spiritual Gifts

ACTION (1)

FIRST SPIRITUAL GIFT AWAKENING PRESENCE

This workbook has 40 Actions the result from working each of the actions up to this point, has most likely caused a degree of a spiritual awakening. Working these actions will foster a personality change, a shift in our perception sufficient to cause recovery. 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: Awakening to the Presence of our Higher Power and experiencing a conscious union with His. "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. Write your response.

ACTION (2)

SECOND SPIRITUAL GIFT LOVE

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

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

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

ACTION (3)

THIRD SPIRITUAL GIFT MISSION

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

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

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Write your response 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?

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

Going through the first set of actions I realized one little fact; I am so glad I am not married to anyone as sick as I am. This disease, my abuse of the Termites and Pet Peeves has taken be down some dark roads and I am just now able to see how wrong I have been.

Follow this suggestion; "...we beg of you to be fearless and thorough." As you identify what the important ideas and write them down, and write a brief plan of action, what you're willing to do different.

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

ACTION (4)

A suggestion for each of the forty-day practice periods: On awakening, consciously turn to the Spiritual Gift you chose for the day. Choose an attribute of your Higher Power. Choose one of the six loves or an element of love. Choose a characteristic of the most accomplished people throughout recorded history for the day's practice (a list of these follow).

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

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

THOUGHT STARTERS: The **six loves – all centered in Divine Universal Love (Our Father)**.

Agape	Philia	Primal Love
Storge	Eros	Self-love

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

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

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

I no longer hate anyone – that is far too strong a word for my disapproving – today I shall silently or openly extend random acts of love to all who pop into my mind – I have all of those thought starters to choose from as long as I think my destiny is in the hands of others – the situation is hopeless - Remember I only have my thoughts to deal with.

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

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

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

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

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

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

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

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

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

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Action 37 - Today is _____
Begin your Daily Practice
Blank Daily Practice Sheet page 60

A DAILY PRACTICE EXAMPLE

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

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: ***Today I choose patience as the element of love***

3. I will practice this Attribute or element of love or characteristics throughout this day, at all levels: ***I will practice patience silently or openly – which-ever is called for today.***

Spiritually: ***I will seek our Father's guidance at each beginning - I am willing to trust Him for all the results so I can be patient.***

Mentally: ***I will make note of the patterns as to when I am patient and when I am not – so I can learn from the experience.***

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

Emotionally: ***I am patiently directing my emotional energy toward love.***

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

ACTION (6) At the end of each day or the next morning make short review of your practice experience. What contributed to and what was contrary to the practice of my spiritual gift (s) for the day.

Tomorrow morning I will make a full written report of today's experience – I am especially watchful for the patterns that show up concerning the use and abuse of Termites and Pet Peeves. Mornings work best for me. As I go over my note-of-the-day they are most useful then.

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A DAILY PRACTICE

Date ___ ___ / ___ ___ / ___ ___ ___ ___

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

Spiritually:

Mentally:

Physically:

Emotionally:

Socially:

A DAILY INVENTORY: The next morning some of us review the day before as to how well we did with our daily practice. Others may do their inventory the same day while it's fresh in their minds. By the time you have completed a full forty-days' practice on each of the Three Spiritual Gifts you will have a pretty good idea what worked and didn't work. Perhaps most important is the uncovering and discovering our patterns – in other words, our personal "reality." It is a special treat when we awaken to our Heart's Desire – our Father's Will for us.

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**Action 38 - Today is _____
Spiritual Transformation**

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

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

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

When an important area or everything seems to stop working ask yourself these two questions. If the answer to one or both is yes take whatever action it takes to correct it.

1. Am I doing something I should not be doing?

If your answer is no, move on.

If your answer is yes, stop it for a while and see if that helps.

2. Am I not doing something I should be doing?

If your answer is no, move on.

If the answer is yes, take whatever action you need to and see if that helps.

If there is no real change you may be entering a transformation cycle.

VERY IMPORTANT SUGGESTIONS: The A.A. Program is based on principles and will work if we are able to live it. If we are going through a natural transformation cycle it does not mean that the Program isn't working, it means we are going through a way of transformation. When winter rolls around we could find ways to accept it and even enjoy the short, cold, dark days until spring comes around. The four seasons come and go – so it is with this time of transformation.

It is so very important that we do not stop the basics:

1. Keep going to our meetings (set a minimum)
2. Keep trying to help others (get out of your self)
3. Keep turning to your Higher Power (no matter how useless it feels)
4. Keep reading some Program books (even if it is only a line or two)
5. Don't withdraw (Spiritually, mentally, physically, emotionally, socially)

Talk about what you are going through in meetings or someone in recovery

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**Action 39 - Today is _____
Now What?**

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

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

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 Gods.

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

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

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

Summary Questions - Now What? – and practice these principles in all our affairs.

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

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YOUR CHOICE

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

CHOOSE ONCE AGAIN

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

MUST BE PRESENT

This workbook cannot help those who are active in their addictions. We don't know of any program, which can help these people. Perhaps it is as simple as this: When the time comes to face the healing process these people avoid it with their addiction. Common sense tells us we need to abstain while working on this healing process. The mind that made us sick - cannot make us well in its present state nor under the influence of the addiction. We need something higher than us, different from us, other than us, that can and will do for us what we cannot do for ourselves. This is a mind training and Spiritual Awakening Program, so it is important to be consciously present.

WINNERS – LOSERS

We hear in meetings "stick with the winners." Who are these winners? The winners are those who are living the solution. Who are the losers? The losers are those that are still getting ready for the program (practicing their illness). So we could say that winners and losers are the same person at different points in the process. A sad fact is that most of those losers never make the cut. Since you are here, I would suggest that you stay and forgo any additional sick prep work.

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).

It is hard to believe how powerful this process can be until we experience its results in our daily living. I found myself saying - "If I had it to do over, I would ask more of God, more of the program, and more of myself sooner."

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Action 40 - My Termites and Pet Peeves 40 Daily Tracker (as these little guys that show up) check if new)

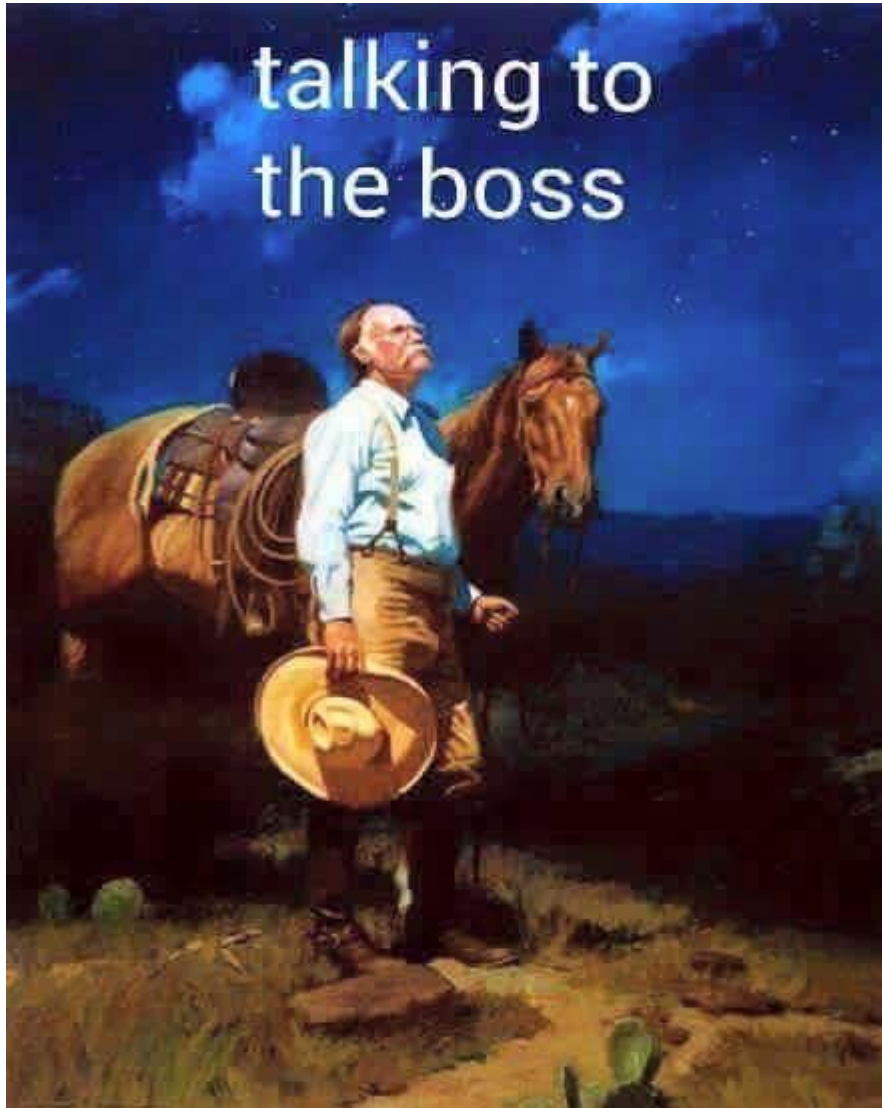
Date	Termites	new	Pet Peeves	Date

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Date	Termites	new	Pet Peeves	Date

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BEST TIME TO TALK TO THE BOSS IS NOW



Jim Willis
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