

CONFRONTING OUR ENEMY - THE DRUG GUILT AND PUNISHMENT

Love Calls for Correction – Never punishment

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

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Foreword

I've been active in a Twelve-Step recovery program for over 68 years, since February 6, 1957. 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 simple: they work. When a part of my life begins taking up too much time and energy, it calls me to apply these wonderful 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 for far too long on one of the most widely used "drugs" in the world: *guilt and punishment*. The reason I call it a "drug" is that it acts like a chemical psychoactive drug. Any substance used as a fix works the same way. If I make myself or someone else feel guilty enough, or punish us enough, the "wrong" will surely stop... maybe, but not for long. Our personal "reality," the *guilt and punishment* user, was only temporarily sidetracked.

We hope this little workbook will help you look at your habits of thought and feeling—your personal "reality"—as patterns, not just as outside events. You become willing and able to choose differently, to surrender the "addiction" to your Higher Power, and to transform it into workable assets. I am reminded of the old 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 fishermen and teach others to fish.

As I worked through this workbook, I found myself being, sometimes in the same hour, both a true believer in my Higher Power and a wanderer off in the far country of the atheist or the agnostic. I became more aware of the limitless uses of the "drug" of *guilt and punishment*, from the petty to the most controlling. The worst of all was my projection of the "drug" onto our Father, blocking me from His loving mercy and grace. As far back as I can remember, the wrongdoer had to be punished, even if the wrongdoer was me.

We do not change Reality. But our understanding of it, and our reaction to it, can change. The simple principles we share are not new. In fact, we borrowed many of them from Alcoholics Anonymous and a few other programs. They are part of a solution, one that removes obstructions and unwanted conditions from our limited personal "reality." They co-create an environment where natural healing can take place, where our personal "reality" becomes a little more useful and real.

Once a *guilt and punishment* addict, always a *guilt and punishment* addict. However, if we are open to our Higher Power, *guilt and punishment* can be transformed into a workable asset, one that allows us to share healing with others. "One recovering *guilt and punishment* addict, sharing with another *guilt and punishment* addict" (borrowing from Alcoholics Anonymous' most powerful recovery 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 around us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it's really talking about the kind of love that has no price tag (see 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 us and to you. Ask Him in your morning meditation what you can do each day for the man or 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 for just 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.)

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Action 1 - Today is _____

Read this 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. The contents of this workbook are for sharing. Pass it on freely to those you love and those you don't.

The primary purpose of this serendipity journey is to confront our enemy: the use and misuse of the drug *guilt and punishment*. It may come in almost any form—mild-mannered or vindictive and all between. This drug is one of the greatest blockers of self-love and the love of others. Our goal is to identify our use of this drug, *guilt and punishment*, and take responsibility for our use and misuse. We can surrender the patterns we own to our Father to be healed and transformed into an asset. An important part of this journey is to increase the effectiveness of our forgiveness skills by applying them at many levels. The result of working this process is to help us detox from our drug *guilt and punishment* use, or even its addiction. 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 several other spiritual sources, plus sixty-eight 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 on it. A.A. has been very generous in 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 principle of anonymity by choosing to use the pen name "Al Kohallek."

This workbook is focused on the drug *guilt and punishment*. I realized it is like any other drug that alters the way we experience life; it changes the way we think and or feel as a short-term fix. If we make someone or ourselves feel guilty or punished enough, we are motivated to alter our experience temporarily. It is a breeding ground for resentment, anger, and fear. I have been sharing recovery ideas with many people for many years. One thing we all have in common (up to now) is the use of *guilt and punishment*, ranging from an occasional user to a daily abuser. I began to make a list of some of the worst *guilt and punishment* offenders, but soon realized the list had no end. We will have some examples later in the workbook. We will ask you to make a list of these addictions. The use of *guilt and punishment* may begin as early as the moment of conception by a selfish, self-centered father-to-be, demanding that his sexual needs be taken care of in a manner he wants to become accustomed to. He tells the mother-to-be how much he loves her when he has little or no regard for her. And while she is feeling guilty, she doesn't give in. The child's life begins with an act of *guilt and punishment*. For a drug addict, this happens far too often.

In 2024 the population in the United States was 340.1 million. According to my unscientific sample study of the use of the drug *guilt and punishment*, based on over 68 years of sharing recovery programs, I find the percentage

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of *guilt and punishment* users is 99.9999%. I leave the 0.0001% to cover any margin of error. That's a lot of users of *guilt and punishment*. My study did not include those in a coma, preverbal children, or unborn children. In other words, I have not shared with anyone who doesn't have a history of *guilt and punishment*.

This drug 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 when someone uses the drug in the delivery room. The drug *guilt and punishment* is 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 are a period of rapid cognitive (intellectual), social, emotional, and physical development. This development occurs based on the child's response and the interaction between genetics, environment, and experience. Often, in these formative years, the drug *guilt and punishment* is used by well-meaning people to protect and motivate children. Adults also partake in the use of *guilt and punishment*. Correctional facilities are places of punishment. Very few have a rehabilitation program. The drug *guilt and punishment* is so ingrained in us that most adults believe a wrongdoer **must** be punished. Only when a loved one, or myself, is the wrongdoer do I want mercy or 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 put them to use (action). Learning new ways to expand our application of this process is our focus. We will work to help you awaken to the powerful spiritual principles embodied in this workbook. **Awakening**, we believe, is the correct word because it does happen as the result of applying the spiritual principles we will work with. 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 are our workshops 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, which we will call our personal "reality." It's more important to empower living, loving, Spiritual principles into our daily life. Spiritual Principles increase in value and usefulness with use. 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 disempower 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 can address each of these areas as we disempower a habit and empower 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 it in new 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 a 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 suggestion: "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 are learning how to practice these principles in all our affairs.

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

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- 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.
- 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.

If we want a new habit and are willing to consistently practice it for forty days, we are well on the way to a real change in habits. There is no doubt there is a spiritual purpose in a 40-day process, but 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 keenly aware of the 28-day cycle. Men go through a physical cycle, too. This cycle for men is different, of course, but there are some parts of this cycle that all humans have 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 while we were working through a growth process. When deciding to make a change, which is important in our personal "reality," our resistance pops up. Some of the common forms are we begin to see this same problem all around us, at times seemingly getting worse, or it feels like we have stirred up and angered a beehive. At times, 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. At times, we fear changing, or we fear not changing. At times, we may feel we are nearing an early closure, 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, 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, to realize, to develop our own higher faculties and powers. In other words, His will is individualized through each of us. 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 pages, 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?

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How does it work? It is suggested that we work on this process for at least one hour per day, every day 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 to 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 on during this forty-day process. As these insights pop up, write or record a keyword 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.

Plan of Action - To expand on our first suggestion, 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, and 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 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 in every area of our lives to enrich them. We will most likely come away with a new depth. So, we ask ourselves, 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 can admit, accept, and realize that we need help. Alone and unaided with our present level of understanding, habits of thought 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 ourselves. As we can see, Step One describes our problem.

An Eye (I) Witness Account

AS YOU CHOOSE - Once there was a wise man who 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 that if he answered that 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. **It is as you choose.**

GOING BEYOND THE ENTRY-LEVEL - There are endless levels that are 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, to awaken to Higher Levels. Our experience tells us our old habits of thought and feeling try to draw us back to a lower level. However, we can choose once again and place our will into the Boss's hands.

There are three spiritual principal attributes at this level. These attributes are 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.

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2. Awakening to the Love that we are, 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 about 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 were 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 with *guilt and punishment*. All of that was living apart from our Three Spiritual Gifts.

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. This caused us to believe that others, even God, were 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 our best we can to chip away at 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, the little day-in, day-out stuff. This is a real and 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 things, we don't have to do anything, or they are not important enough. In one way or another, we often stuff these. One termite 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.

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YES - LIFE IS SIMPLE BUT NOT EASY; everything is simple 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." The images 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 looked 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 2 - Today is _____

Make an Ongoing List of All You Have Not Forgiven...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 be revealed. Each time we work the Steps, we get better 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 the *drug guilt and punishment*. 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 separate from the whole, but included in our whole being. To oversimplify is to be under the illusion, as many of us are, that all we need to do is stop using *guilt and punishment*, 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.

A naïve person forgives and forgets—an uninformed person neither forgives nor forgets—a wise person forgives but never forgets. For me, it has taken years of radical training. I am nowhere near graduation.

Action:

Make an ongoing list of all you have not forgiven – keep it updated throughout this workbook process.

Column 1: The name of the person, organization, or pattern you have yet to forgive.

Column 2: The wrong that was done that you need to forgive.

Column 3: The letter denoting your willingness or unwillingness to forgive:

- (A) You are willing and able, out of enlightened self-interest, to forgive **now** unconditionally.
- (B) You are willing but unable to forgive.
- (C) You are willing and able to forgive all, but you choose to remember the wrong done.
- (D) Your willingness to forgive is dependent on their being punished first.
- (E) You are willing to forgive before punishment, believing they will be punished later.
- (F) You are unwilling or unable to forgive.

Sam M.	(Example) Spreading lies about me	A
Unfairness Pattern	(Example) I resent bullies and those who are unfair	D

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Action 3 - 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 it is. The secret of happiness is to know and use your Special Gift. The secret to abundance is to share your Special Gift with 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. As an example, let's say we experienced success in one area and think that we should automatically be great in every area of our lives. 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 questions:

Question: Have you come to an understanding as to how your use of the drug *guilt and punishment* is triggered? What are they?

Question: How has your dis-ease—drug *guilt and punishment*—progressed? Does it take more or does it take less to hurt more?

SELF-DELUSION - Starts with denial, then repression, then mind games, then 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 costs, 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 *guilt and punishment*, the drug, use anymore. But 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 *guilt and punishment*. 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 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 autonomic 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 expected to, it responds with danger signals.

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

CONFRONTING OUR ENEMY - THE DRUG GUILT AND PUNISHMENT

Love Calls for Correction – Never punishment

Action 4 - Today is _____

Increasing the Pain by Hanging on to the Useless or Harmful

This program is designed to clear away obstructions and create an environment where natural healing, wholeness, and awakening can take place. The principles that foster this healing are not complicated. They come alive only when we live them and put them into action. **Action is the magic word.** Healing begins the same way in every area of our lives: with the realization that, on our own, we are powerless to change. The mindset that kept us trapped in *guilt and punishment* cannot be the same mindset that makes us well. We must **want** a change in our lives, not just need it. Many of us have been around recovery programs for a long time. At the first sign of a problem, our instinct may be to jump straight into an inventory. But what we are suggesting here is something simpler and more immediate: whenever we realize we are falling short of the way of life we want to live, we begin by owning our part in the problem and admitting that, alone and unaided, we cannot fix ourselves. Then we follow the process laid out here. It is suggested that you keep your responses focused on the "drug" of *guilt and punishment*. The following questions will guide you back and forth, helping you contrast the two paths: What will it cost me if I do not change? What may I gain if I do experience change?

INCREASING THE PAIN - Write your response to these questions.

1. What pain or fear do you associate with changing this use of the drug, *guilt and punishment*?
2. What pleasure are you getting out of not changing how you experience the drug, *guilt and punishment*?
3. What will it cost you if this does not change?
4. What are the benefits you could gain by having this drug, *guilt and punishment*, disempowered?
5. How has this drug, *guilt and punishment*, placed your important relationships in jeopardy? (Example)
6. Have you lost self-respect and/or reputation due to this drug, *guilt and punishment*?
7. Has the drug, *guilt and punishment*, made your home life unhappy?
8. Has the drug, *guilt and punishment*, caused any illness? (Example)
9. Do you turn to the type of person who enables you to practice the drug, *guilt and punishment*, or to lower companions who enable you?
10. What part of this drug 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 the drug, *guilt and punishment*? (Example)
12. List examples of what you have done to try to fix, control, or change this drug, *guilt and punishment*?
13. What are the feelings, emotions, and conditions you've tried to alter or control with this drug?
14. Now 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 the drug, *guilt and punishment*; my life in this area is unmanageable. I cannot, with my unaided will and present understanding, consistently manage the drug, *guilt and punishment*.

CONFRONTING OUR ENEMY - THE DRUG GUILT AND PUNISHMENT

Love Calls for Correction – Never punishment

Action 5 - Today is _____

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

Choose not to use the drug *guilt and punishment* today. *Friend: two or more have a common purpose, goal, or cause.* Life offers these everyday opportunities to expressions of unity, love, and friendship: patience, kindness, generosity, humility, courtesy, unselfishness, good temper, good sense of humor, and sincerity—simple acts of love we commonly share, paying 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. 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 use of the drug *guilt and punishment* 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 the drug *guilt and punishment*, brought about unity, love, healing, or harmony.
3. Are you a peacemaker when free from the drug *guilt and punishment*, without being an enabler? 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, remain silent around, or become aggressive toward?
6. How have you compromised yourself around active *guilt and punishment* drug users?
7. How are we to live and work together alongside *guilt and punishment* drug abusers?
8. Do you practice spiritual principles before personalities, as a rule? Is your significant other's relationship founded on spiritual or emotional principles or the dis-ease of *guilt and punishment*?
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 *guilt and punishment* drug recovery?
11. What a great relationship this may have been if you were *guilt and punishment* drug-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 are side effects of sharing what I have now. As I share the love, I am now wherever or with whomever, and 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 percentage want to go the extra mile. 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.

CONFRONTING OUR ENEMY - THE DRUG GUILT AND PUNISHMENT

Love Calls for Correction – Never punishment

Action 6 - 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. We will think others will treat us the way we treat them. 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 of how we affect others. If we have been using the drug, *guilt and punishment*, 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."

1. What attracted you to your present relationship(s)? Was it the drug *guilt and punishment* 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 statesman or a bleeding deacon?
6. What's a successful or useful relationship? How do you use the drug *guilt and punishment*?
7. In what ways do you see or feel your relationship failing? Do you try to control it with the drug *guilt and punishment*?
8. Do your leaders guide through orders 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. 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? Are you failing to 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. Letting today be one of those times.

CONFRONTING OUR ENEMY - THE DRUG GUILT AND PUNISHMENT

Love Calls for Correction – Never punishment

Action 7 - 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 *guilt and punishment* and their patterns, so we can take full ownership of 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? It 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 in 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. For example, when we fully realize we must have each other, for example, we realize that we cannot alone and unaided make changes in this area of our life. Now we're told that a Power Greater than we 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 decide 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 for 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 *guilt and punishment*, any experience with your invisible means of support will do.

We suggested that you carry a notepad and/or a smartphone 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 pop up. It is very likely that you will not be able to recall these ideas later. Even though we reassured ourselves that there was no way we could forget them, later, we will be hard-pressed to remember them.

Action 8 - Today is _____

I AM GRATEFUL FOR:

[illegible]

CONFRONTING OUR ENEMY - THE DRUG GUILT AND PUNISHMENT

Love Calls for Correction – Never punishment

Action 9 - Today is _____

Yes, we can experience an instant forgiveness, even here and now, one moment at a time.

Today's Mission Statement: We're reminded of the problem we must deal with, the drug *guilt and punishment*, 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 [the *guilt and punishment* drug addiction] 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.

The way these spiritual principles are in is 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 drug *guilt and punishment* 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 7**, we're asked to write down the ways we have already received God's grace. In **Action 8**, 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 *guilt and punishment* has often 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 for one hour at a time.

We are on a toll road. We must pay a fee if we want to save a lot of miles and have a 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 take a trip to the "drug store." 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 are 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 is 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 a result of this process. The drug, *guilt and punishment*, gets in our way. Forgiveness helps us clear away the clutter. When we are God-centered, even for a moment, we have all the power and wisdom we need. In that moment, we are told, or shown, what to do, say, think, and feel in a way we can hear, understand, and follow.

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The most commonly used drugs in our world are guilt, punishment, resentment, and fear. These give us the illusion that we are doing something about the problem, even though they are negative. Like our use of other drugs, we get a quick "fix." And nothing has really changed. Without these judgments, we have no need of forgiveness. This is the very best kind of forgiveness; none needed. For long-term healing or transforming of our *guilt and punishment*-producing patterns, the illusory beliefs that foster them must be replaced.

Alone and unaided, they are beyond our pay grade. We need to call on the Boss, and He will give us whatever we need. We have already received some of those spiritual tools.

For most of us, these drugs are so much a part of our lives that they have become an automatic response. An automatic response is a habit. A habit can be changed to a large degree or transformed into an asset. For some of us, by the grace of our Higher Power, many of our other addictions or obsessions have been transformed into assets. We are learning that when one of our *guilt and punishment* producers comes 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 and we take full ownership of it (not other people, places, or things), and surrender it to our Higher Power, Higher Self. To the extent that we can honestly own and surrender these, healing and transformation will follow.

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. It could sound 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, but we also 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.

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

Yes, we can experience 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 worst resentments, one you have held on to far too long.
2. Just be sure you are willing to let it go; not able, but willing.
3. Find a motive, 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 angry at Sam M. that I no longer cared who did what, to whom. I just wanted to be free, so I no longer felt, thought, or acted as I did when I thought or heard Sam's name. A friend had told me, "God answers the prayers of the heart because He put them there."

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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, I am now willing, just for this moment, to forgive myself and (name of the person, place, or thing) for any wrongs, real or illusory, that I did or did not do or they did or did not do."*
5. God, I am willing but not able, currently, 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 moment 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 10 - Today is _____

For this action, we are asked to complete the Forgiveness Willingness Form. Add as many of your experiences or those you know about as you can.

Working this form - Check the boxes as you experience them – On the left are a few “Why I Am Willing” suggestions and on the right are a few “Why I Am Unwilling or Unable” suggestions - or - Add your own): Rank your response - **(R)** Rarely - **(S)** Sometimes - **(O)** Often - **(I)** Intense/very Important

	S	O	I	#	WHY I AM WILLING	R	S	O	I	#	WHY I AM UNWILLING OR UNABLE
				1	I have a lot more to gain					26	Alone is better than hurt
				2	I want the problem corrected					27	I can't let go
				3	I want this relationship					28	I don't know how to forgive
				4	I want to be forgiven					29	Fear being taken advantage of
				5	I want to be free					30	I seek revenge
				6	I want to build a trust					31	I stuffed it
				7	I want to experience peace					32	I suffered and they went free
				8	I'm willing to let God do it					33	I want to punish them
				9	I'll forgive but I won't forget					34	I'm no fool
				10	I'm tired of being fearful					35	I'm scared to
				11	I'm tired of being negative					36	I'm withholding/withdrawing
				12	I'm tired of being resentful					37	Shows that I approve of []
				13	It is the loving thing to do					38	Some like to hurt others
				14						39	They didn't forgive me
				15						40	They don't deserve it
				16						41	They really did hurt me
				17						42	They will do "it" again
				18						43	They will go unpunished
				19						44	
				20						45	
				21						46	
				22						47	
				23						48	
				24						49	
				25						50	

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ACTION: a. Write in column one what you are having the most problem forgiving.
b. Write in column two what you are willing and able to do and what you are not.

[illegible]

CONFRONTING OUR ENEMY - THE DRUG GUILT AND PUNISHMENT

Love Calls for Correction – Never punishment

Action 11 - Today is _____

FORGIVENESS is the key to all happy and loving relationships. Sometimes the hurt seems to be too much for us to forgive. In this case, willingness to forgive is the key. However, we may be unable or unwilling to forgive (check out the Forgiveness Willingness Chart on page 18). For those whom we have a difficult time forgiving, it is suggested that you pray for the willingness to forgive. Put these people on a prayer "hit list." Pray for this person five times a day (upon awakening, mid-morning, noon, mid-afternoon, and before you go to sleep) for two weeks or whatever time it takes for you to experience that you have forgiven.

Perhaps the most difficult is forgiving ourselves. There are several 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, an ongoing journey of growth and healing.

However, most of us believe that someday, once we "get it right" or when we earn "it," we will "graduate." Instead of seeing each experience as a stepping-stone, we often view it as a stumbling block, a cause for disappointment, which calls for *guilt and punishment*. The beatings will continue until we become perfect. We would be far ahead of the game if we were 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 with whom we have had **long-term relationships**. 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 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.**

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 of, or see the one who harmed you?
7. Go to the right-hand column of the Forgiveness Willingness Chart - 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 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.

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Action 12 - Today is _____

A Simple Forgiveness Technique

Brief excerpts from: The Sermon on the Mount -- By Emmet Fox - The Chapter "Forgive Us our Trespases, 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 the **willingness** to forgive. Provided you desire to forgive the offender, the greater part of the work is already done. People have always made such a bogey of forgiveness because they have been under the erroneous impression that to forgive a person means that you must compel yourself to like them. 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. 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; through 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 him and let him go. I completely forgive the whole business in question. As far as I am concerned, it is finished forever. I cast the burden of resentment upon the Christ within me. He is free now, and I am free too. I wish him well in every phase of his life. That incident is finished. The Christ Truth has set us both free. I thank God." Then get up and go about your business."

On no account repeat the act of forgiveness, because you have done it once and for all, and to do it a second time would be tacitly to repudiate 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 that 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.

CONFRONTING OUR ENEMY - THE DRUG GUILT AND PUNISHMENT

Love Calls for Correction – Never punishment

Action 13 - 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 of this is an open mind and a hope for a new understanding. We can see only our little reflection in that limited mirror of our personal "reality," hearing only the hum of our little voice as that limited "reality." In other words, we will work out of our past instead of the present in the Presence.

Our decision may run to 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 feel even worse about ourselves.

This 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 principal 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 bound 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. 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. Today, I choose to turn everything over to that Higher Power who has already helped me.

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 this "will" and "life" you're asked to turn over is?**
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 14 - Today is _____

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

There will be a limited amount of reading, but what there is, 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 lives. While an event or experience, which seems separate or a one-time experience, may be interesting, the patterns or habits they represent are far more valuable. Keep a separate page dedicated to listing these habits of thought 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, an important one. If we do not awaken to our little personal "reality" and take responsibility for our beliefs, habits of thought, 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 the drug *guilt and punishment*. Something with many parts may be complex, but that doesn't make it complicated. This workbook will help us identify many of our parts, not as separate 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 the drug *guilt and punishment*, and all would be well. That mindset will keep us locked in our old habits of thoughts and feelings, 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 of 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 with whom we've shared our lives 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 Alcoholics 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 thought 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 subconscious storehouse, which is made up of our habits of thoughts and feelings; all our experiences. There cannot be any long-term changes in conditions and causes without going to their source. In doing an inventory, we want as complete and useful a list -- report -- record -- evaluation - survey of our abilities -- assets - and resources that make up our personal "reality," as we can come up with. If we want something other than another quick "fix," we must go to the root of the problem. It is important that we understand these basic principles well enough to own them; that is, realize where they are stored, what to do with them, and 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 mind.

WE ARE BUILDING A NEW WAY OF LIFE

It's worth the effort to enjoy it to the fullest. To do this, we must let go of our old, useless, harmful, and limiting beliefs. They 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 worldview and our reaction to it aren't changed, then we will keep falling back into an old "rut."

A DRY HORSE THIEF

Why go to so much trouble? There are people who have been around recovery programs for years and have never 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 thought and feelings, their personal "reality" have 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 *guilt and punishment* drug abuse, was but a symptom. We had to get down to causes and conditions... *"A business, which takes no regular inventory, usually goes broke. Taking a commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or un-saleable 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. By being consistent after a few days, 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. If possible, keep your responses short, simple, and to the point.

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Action 15 - Today is _____

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. This keeps us from the wanted person, place, or thing. It is likely that we have some long-forgotten rule and pattern we made up, which says NO. 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, it 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." When it comes to your awareness, 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 as you were 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.

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 is, some way that had to do with guilt and punishment. 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 guilt and punishment. If this rule is useless, harmful, or too limiting, and you no longer want it, mark an (X).

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

RULES and PATTERNS 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 16 - Today is _____

“Assets” (page 28), “My Part” and “Affects My” (page 29), and “Those I Harmed” (page 35) are used like a Drop Box on a computer. **Take this Asset List out of your Workbook and have it** when you are asked to fill in the columns that refer to these. With these lists, you will not have to turn back and forth through this Workbook to find the supporting List Boxes for other assignments.

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

In the first column, check off your most important assets. Add your own and 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 - The following is a list of common My Part actions and reactions – Use this list as you would a Drop Box on a computer. **Take these out of your Workbook** and **have them available** when you're asked to fill in the columns that refer to these by writing the corresponding numbers - **assign a number to those you add**.

Check off those on the list below that are most important to.

#	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 Affects actions and reactions– Use this list as you would a Drop Box on a computer. Have it when you're asked to fill in the columns that refer to these by writing the corresponding numbers. Assign a number to those you add.

Check off those on the list below that are most important to you.

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

Whenever we harm someone or ourselves, there has been a violation of one or more of the Three Spiritual Gifts:

1. Presence of our Higher Power. 2. Love. 3. The individual created Self.

In the first column, note which of these were violated. In column 2, note who you harmed, and in column 3, what you did or did not do to cause the harm.

[illegible]

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Action 18 - Today is _____

RESENTMENTS

The word, resentment, comes from the French word, *ressentiment*. *Ressentir* itself comes from the Latin, **re-** (again) + **sentire** (to feel). So at its root, *resentment* literally means “to feel again.” If we could deal with anger quickly, that anger would not turn into resentment. Re-feeling a violation of an asset qualifies as a resentment. All resentments are directly or indirectly caused by a violation of assets. That’s the common characteristic of all resentments; an asset was violated in some way. What we are saying is that 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 are our number one offender; my experience confirms that. Resentments rob me of the joy of living. They reveal most of my defects, selfishness, self-centeredness, and fear. Resentments drive alcoholics back to the bottle. They cut us off from the sunlight of the Spirit. Don’t cut this part of your inventory short.

Check off those listed below that show up often in your resentments. These are thought starters.

It is suggested that you make your own list.

#	RESENTMENTS	#	RESENTMENTS
1	Abandonment	21	Infidelity
2	Addiction	22	Insensitivity
3	Alcoholism	23	Insults
4	Backbiters	24	Jealousy
5	Being used	25	Judgmental
6	Condemnation	26	Pride
7	Condescending	27	Perfectionism
8	Controlling	28	Projecting my guilt
9	Depredation	29	Manipulation
10	Dishonesty	30	Negativity
11	Disloyalty	31	Rejection
12	Disrespectful	32	Self-centeredness
13	Driven	33	Selfishness
14	Envy	34	Self-righteousness
15	Fear	35	Slights
16	H-A-L-T	36	Toxic thinking
17	Isolation	37	Too much thinking - no action
18	Illusions	38	User
19	Inconsiderate	39	What others are
20	Indifference		
<i>Create your own list</i>		<i>Create your own list</i>	

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Having completed the Resentments list form, we're to address our resentments. Have the Asset List (page 27), and the My Part – the Affects My List (page 28) worksheets ready.

"It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us." (Twelve Steps and Twelve Traditions page 90).

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 others' 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 to guilt and punishment.**

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

- a. In column one, write the name of a 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. 27)
- d. In column four, write My Part (matching number on the List My Part List - p. 28)
- e. In column five, write Affected My (matching number on the Affects My List – p. 28)

RESENTMENT WORKSHEET

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

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Action 19 - Today is _____

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 a fear is irrational, another one of the 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. I can start working on my personal “reality” that made 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: Check off those fears you experience too often or too intensely. This is a list of common fears found among us. Add to this list as many fears as you care to and assign each one a number. Note all your fears that relate to guilt and punishment.

MY FEAR LIST BOXES

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

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

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 guilt and punishment.**

FEAR WORKSHEET

FEARFUL OF:	THE CAUSE OF THIS FEAR	R	I

Action 20 - Today is _____

Is there anyone whom you harmed that you did not include on your guilt and punishment or resentment list or your forgiveness list? If so, go back and include them on those lists.

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

36

HOW I HARMED OTHERS WORKSHEET

[illegible]

Action 21 - Today is _____

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

[illegible]

CONFRONTING OUR ENEMY - THE DRUG GUILT AND PUNISHMENT

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HOW I HARMED MYSELF

Use the My Part and Affects My Lists you took out of your Workbook (page 28). This list will act as a response guide, as well as a reference for the Harm List Boxes as needed. 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 a 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 lives 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 My Part, and column four Affects My (see these List Boxes pg. 28)
4. Focus on your examples that relate to guilt and punishment

HOW I HARMED MYSELF

I Harmed:	What I Did or Did Not Do to Cause the Harm	My Part	Affects My

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Action 22 - Today is _____

“MAKE FUN OF NAMES”

The sooner we can laugh at ourselves, the sooner our healing takes place. 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 is 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 practice the “law” of lack, never enough of anything (love, money, time). <i>(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 guilt and punishment, on the solution or the dis-ease as called for.

The first three on the following list of suggested “make fun of” names are the Three Spiritual Gifts. They are primary patterns that are always present, whether we are conscious of them or not. They are not subject to any real change. We came equipped with these three Spiritual Gifts, even though we’re not fully awakened. However, by practicing the spiritual principles gained by working this workbook, we are most likely to awaken to them.

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

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

Focus on guilt and punishment 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 drug *guilt and punishment*. 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.

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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 guilt and punishment are an illusion, like a drug, a quick fix.
	10	Control everyone with guilt and punishment, even myself.
	11	I project my experience and beliefs and call it reality.
	12	I know I am far more loving than I can give or receive.
	13	The beginning of a relationship (love, friends, business): I believe you believe in me, that I am special. The beginning of the end of this relationship is when I no longer believe you believe in me.
	14	I resist change. I am likely to procrastinate.
	15	I blame the past, project negatively on the future, and fear the present.
	16	I experience fear in most areas of my life including success and love.
	17	I have to earn everything or know the "right" people or get lucky.
	18	I have hurt others, but I did it without malice.
	19	I judge by such high standards that all must fail. I am driven by perfectionism.
	20	I change roles within the same pattern, thinking I have changed: one time a victim, the next time the aggressor; or I am a user, and the next time I am used.
	21	I make "deals" and promises, but I don't keep them.
	22	What I can have I don't want, and what I want I can't have.
	23	I lack ability to form a true relationship with another human being.
	24	I feel I don't belong. I feel emptiness no one or anything can fill.
	25	I keep attracting the same sick relationships (love, business, friends).
	26	I just cannot find the willingness to do whatever "it" takes.
	27	I am doing just great; then I fall into an old rut. This is a rebound.
	28	I am too negative, fearful and angry so I withhold and withdraw.
	29	I have lots of problems with jealousy.
	30	
	31	
	32	
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	35	
	36	
	37	

CONFRONTING OUR ENEMY - THE DRUG GUILT AND PUNISHMENT

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Action 23 - Today is _____

Prep Work for sharing your Secrets

I had promised myself that I would never tell anyone my secrets, so when the time came, I balked. I looked for an easier, softer way. I could not find one. I told myself, "I have already talked to my Higher Power about my secrets. Why tell anyone else?" Then another fear arose: if I tell someone everything, that person could blackmail me into doing his or her will. I was tempted to move on to the next part of the process. But I had agreed at the beginning of doing this workbook that I was willing to do whatever it takes to complete it. Oops.

Admitting everything to our Higher Power and to ourselves is two-thirds of this process, and it is the easier part. It will not get the job done. Left to ourselves, we tend to swing from guilt and remorse to rationalizing our part away. Here are some reasons to take this vital action:

1. Most of us have always dreamed of having someone love and accept us just as we are. Only by sharing with another human being can we hope to experience this love and acceptance to the fullest.
2. Some of us gain a real sense of belonging.
3. We are likely to experience God-consciousness or a spiritual awakening.
4. Our secrets consume too much energy to maintain. Letting them go releases the energy we have been using to hold them back.
5. I have never heard of anyone being blackmailed after doing this important part of the Program.
6. I have heard of people experiencing the Presence of a Higher Power, along with freedom and peace of mind, for the first time.

PREP WORK FOR SHARING YOUR SECRETS

1. As you go through this prep work, make an outline so you can remember everything you need to share.
2. Review all your responses to the questions and statements up to this point. Include your written responses, your list of Boxes, and your worksheets.
3. Be very mindful of your patterns, the experiences you repeat, even with different people, places, things, or forms. These patterns, habits of thought and feeling, are one of, if not the most important, parts of this process. They make up your personal "reality" and are the key to long-term recovery and spiritual growth.
4. Remember that these patterns will show up throughout the process.
5. As you review, continue preliminary work on amends. As you prepare, you may uncover more harm done and people you cannot forgive. In truth, many of us must face more *guilt and punishment* abuse here. I did not want anyone to know how petty I can be.

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

It is important to find the right person to confide in. It is best to share with someone who has completed this process. If he or she is living a recovery Program, that person will better understand what you are trying to do. You may not be able to find someone you trust in your present group; you may have to go outside your circle. Many of us have taken our first time to a doctor, a spiritual counselor, or someone else outside our usual contacts. One person I know went out of state and told a total stranger he hoped never to see again.

What matters is that you feel you can trust this person. That trust will help you be as honest as you can be at the time. Use caution about doing this with someone too close to you or with someone you have an ax to grind with. You could hurt that person or someone else if you are completely honest. It is wise to question your motives. A self-serving motive might tempt someone to take this to an ex-lover.

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Action 24 - 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 *guilt and punishment* 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 *guilt and punishment* you must 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, write what you believe to be any benefits or advantages of doing it with that person. In the third column, write what you think or feel could be any possible problems, and list your 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 is 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 we take this step, withholding nothing, we will most likely be delighted. Some of us have a spiritual experience. You may feel, perhaps for the first time, that another human being accepts you just as you are. We will know a new freedom.

Much of what we kept hidden for years loses its power over us. For the moment, we are free from our self-made prison.

We remember there is still work to be done. In a short time, we may find ourselves sharing one of our former secrets to help someone else. It is a wonder to help another by sharing our experience, strength, and hope, letting go of a "secret" we were sure we would take to the grave.

These experiences are common among those of us who are open and honest in the moment. Later, most of us find ourselves ready to do the work again at a deeper level. We are individuals with different levels of understanding. If your healing experience fell short and you are not free of your self-made prison, we suggest returning to the beginning of the process, reviewing everything to this point, and trying again. It may help to take this step with another person, especially someone who has completed the whole process. Many who go through this work receive an awakening wisdom they can pass on to others.

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Action 25 - Today is _____

REMOVING OUR DEFECTS IS GREAT -- HAVING THEM TRANSFORMED IS EVEN MORE USEFUL

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" implies 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 that you've found some of your patterns, "defects," following these suggestions will be useful. Take each one of "these defects" and ask yourself if you are ready to have God remove or transform this defect into a workable asset.

1. If your answer is yes -- ask your Higher Power to do it for you and move on to the next defect (pattern).
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, are progressive. Our problems will worsen if nothing is done to heal them. Our habits grow stronger with use (personal "reality," patterns). With time, 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 owning each of our defects. Our defects center in our own minds.
- 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 repeatedly gone 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 into 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 that 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 that if we do the best job we can with this Program, we will experience a way of life that is far beyond anything we dreamed.

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Imagination The Co-creator. Our thoughts become things. We can use them to co-create those things we want and to disempower 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 as 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-center? We learn that our past can be transformed into loving assets, so why not offer all 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 Love and His Will, we will have a great many promises come true. 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.

ACTION: (C) We reviewed our inventory after finishing sharing it with another person and updated our Rules and Patterns List Boxes. Now we assign each of these defective Patterns a dishonoring, discrediting name, "make fun of" name. You can change the "Make Fun Of" name 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 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 (pg. 26-27).

"Make Fun Of" Name	RULE and PATTERN	#

ACTION: (D) Which of these defects are you 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 6), to upgrade these defects to the "ready" list.

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

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Action 26 - 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 every day. As I got into working on 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, after all, an hour a day was 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, and 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 shared my inventory, 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.

When I realized God, as I understood Him, as my only true Source, I was humbled. In that moment, I opened up and 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 and not use the drug *guilt and punishment*.

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 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 ever done you any harm of any kind, or ever 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 27 - Today is _____

GRATHERING AMENDS INFORMATION

We suggest you make your list of those you have 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 is those whom you are willing to make amends to but are unable to now. The third group is the people you harmed, but you are unwilling to make amends to. Also, we have included a format to help us with our forgiveness. Have you ever noticed that we harmed those whom we had not forgiven? Do we still want to make them feel guilty and punish them?

Did you keep a running list of those you harmed? First, we will give you examples of the three groups. Then we will go over the groups again to solidify your suggested actions.

Examples

Group [1]: This first group is for those to whom you are ready, willing, and able to make amends 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 finish writing each group, before you set out on your amends 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 amend. 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. There 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 okay the way I am intended to do it, I will make an appointment with these four people and make my amends AS SOON AS POSSIBLE.

Group [2]: This group consists of those you are willing to make amends to but are unable to for some reason now. After you finish writing this list, share your thoughts and feelings about these amends with the person who 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 a 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 in contact with 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?

Group [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

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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 to not even hear his name.

Actions

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.

Group [1]: This first group is for those to whom are ready, willing, and able to make amends 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 finish 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.

Group [2]: This group consists of those you are willing to make amends to but are unable to for some reason now. After you finish writing this list, share your thoughts and feelings about these amends with the person who 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 a 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.

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

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Action 28 - 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 to, 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 amends to 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 who 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 feel 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.

CONFRONTING OUR ENEMY - THE DRUG GUILT AND PUNISHMENT

Love Calls for Correction – Never punishment

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 amends to, take a separate sheet of paper and include all the information you will need to carry out those 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 amends.
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 in me, and I do regret betraying your confidence. I am here to show my intention to change. Thank you.
6. If this person does not accept my offer, I will make the best deal I can without over-committing myself.
7. I am grateful for the willingness to clear my side of the street.

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 29 - Today is _____

AMENDS -- INTO ACTION

Having done your prep work for making amends as best you could now, including making as many appointments as possible, you're ready for this Action - the day when you go about making your amends. When you start each of your amends you will find it useful to use your daily opening affirmation.

Is there anyone left in Group (3) three list? Those you resisted making amends to or said "no, never," and could not upgrade to group (1) one or (2) two, check out forgiveness on page 20.

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 time it takes.

The most difficult is to forgive ourselves. There are several reasons for this; we have too much inside information, including how often we have fallen short. This program and life in general are 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 disappointment, and that called for *guilt and punishment*, the drug of our choice. The beatings will continue until we become perfect. Let us forgive quickly and seek correction, leaving the results to our Higher Power.

A common forgiveness problem is forgiving those with whom we had long-term relationships. The primary reason is that 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 HARMS FROM LONG AGO THAT YOU FEEL HAVE NEVER BEEN 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 who harmed you?
7. Go to the right-hand column of the Forgiveness Willingness Form(pg.19). Which of those items stand out?
8. Are you now willing to forgive that person so you can be free?
9. 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 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 back then.
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.

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Action 30 - Today is _____

TITLE	ACTION	PAGE
Introduction: Continue to Awaken and Grow	30	53 - 54
Setups - Am I Most Likely To (Negative)	31	55 - 56
Setups - Am I Most Likely To (Positive)	32	57
A Negative Spiritual Road Map	33	58 - 60
A Positive Spiritual Road Map	34	61 - 63

ACTION: Underline or highlight what is most useful for you in the text and follow the suggestions.

How do these ideas directly relate to the drug *guilt and punishment*? 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 unregenerated personal "reality," soon to doubt that a real Spiritual awakening had happened, telling themselves that it was an illusion.

Those who 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 our affairs, our Third Spiritual Gift, building the spiritual, mental, physical, emotional, and social equivalents of our expanding conscious capacities and abilities. Our Program is a radical training ground.

HOW PROMPT CAN WE BE? We have repeated throughout this workbook the importance of finding our habits of thought and feelings. All life experiences, real or illusion, are filtered and colored by our personal "reality," our beliefs. 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 must **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 quickly can we turn from the problem to the solution? The answer is, "Very quickly." In fact, we can learn how to stay a step or two ahead.

SPIRITUAL AXIOM - *"It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us."* 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. This sounds too simple, too easy. It is simple, yes -- easy, no.

"MAKE FUN OF" NAME - In earlier **actions**, you were asked to come up with a "make fun of" name for each of your important rules and patterns. 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 unwanted guests.

CONFRONTING OUR ENEMY - THE DRUG GUILT AND PUNISHMENT

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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 have given "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? (Negative) (Positive)

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 automatic, habits. It often feels like we're controlled, or that we've lost control, because of our conscious experiences running 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.

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

DAILY JOURNAL If we keep a Daily Journal for at least forty 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 can help us track all kinds of cycles and 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 useful tool and can be fun, if you want it to be.

CONFRONTING OUR ENEMY - THE DRUG GUILT AND PUNISHMENT

Love Calls for Correction – Never punishment

Action 31 - 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 exit is coming up in time for us to change lanes. It is up to each of us to decide to change lanes and take 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 that statement to my dealings with others. Far too often, I did not get along well with others. My social skills left a lot to be 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. Action 34, A Positive Spiritual Road Map, will direct us toward a solution for that problem. However, the purpose of today's and tomorrow's "AM I MOST LIKELY TO?" lists are an important part of the process in building the Early Warning Signal System, and that System is a vital part in our making the Spiritual Road Map.

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, which would cause fear. Instead of letting it run on automatic, I could turn that "problem" over to our Higher Power, and its automatic course toward resentment would end or reduce its power.

Respond to the list of WHEN AM I MOST LIKELY TO negative questions as they relate to *guilt and punishment*.

1. Am I most likely to have a physical craving for problem stuff when I am dishing out *guilt and punishment*?
2. Am I most likely to be a victim or an aggressor when someone uses *guilt and punishment* on me?
3. Am I most likely to feel fearful, 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 *guilt and punishment* addict?
5. Am I most likely stressed out when I am in the company of *guilt and punishment* abusers?
6. Am I most likely to feel shame or guilt when (*blank*)?

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7. Am I most likely to feel hurt, angry, or resentful when I am falsely accused by (*blank*)?
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 want to punish someone I like? Someone I don't like?
10. Am I most likely to control others with *guilt and punishment*?
11. Am I most likely to feel inadequate, stupid, or incompetent when dealing with a highly intelligent guilt addict?
12. Am I most likely to punish or make others feel guilty?
13. Am I most likely to feel sad or depressed when I have made a loved one feel guilty and punished them?
14. Am I most likely to fear abandonment or rejection when someone has used the drug *guilt and punishment*?
15. Am I most likely to put things off, like a visit to a friend, when I am feeling guilty?
16. Am I most likely to withdraw or withhold because someone accused me of something I did do?
17. Am I most likely to have obsessive thoughts or feelings about getting even with someone -- payback time?
18. Am I most likely to conflict with others or myself when I feel it would be unfair to punish them?
19. Am I most likely to judge or criticize the *guilt and punishment* users?
20. Am I most likely to be too sensitive or overreact to criticism or punishment for the same thing they do?

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 lives? 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 had the same problem. I focused on the negative for so long that 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 anger, 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.

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Action 32 - 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 of thoughts and feelings, our personal "reality." We will continue to repeat these unless we change. Unlike the negative examples, we want the change to be an expansion of that which is positive and constructive; in other words, we want what does work to increase. If nothing changes, 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 is called for long before it ever takes place, therefore improving the opportunities for a positive increase. These Early Warning Signal Systems could be compared to the signs on a freeway telling us when our exit is coming up in time for us to change lanes. It is up to each of us to decide to change lanes and take 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 a Higher Power when I have been corrected instead of punished?
2. Am I most likely to experience love or loving when I have been forgiving?
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 open-minded?
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 others and myself quickly 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 open-minded?
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?

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Action 33 - Today is _____

NEGATIVE SPIRITUAL ROAD MAPS

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

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

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

My responses to the eight questions from the SPIRITUAL ROAD MAPS and the two "AM I MOST LIKELY TO" lists, plus the other information generated from working this workbook up to now, are helping us build an Early Warning System, giving us the "one step ahead", which makes our chances better for being happy, joyous, and free.

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

The exercise below is most effective just after we have fallen into one of our old ruts. Keep these eight questions handy for the next time it happens. If you have an experience fresh enough, you may choose to practice now. Because we are dealing with habits, we will have a next time. Take one of your old defects that have caused you lots of problems, one that you want changed, healed, or transformed, and respond to the following. REMEMBER WE ARE GOING BACKWARDS; that is, we start at the height of the problem. We already messed up. This process can save us a lot of trouble in the future.

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Let's look at a Road Map example and see how simple it works.

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

"Red Bully" – I could not stand by and watch my friend Bill be treated unfair or bullied – Verbally abused because he made a mistake by Sam – I identify with the victim – I had a driving need to verbally and physically punish Sam – before I realize it was already out of hand – the "Red Bull" was charging. He had to be punished.

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

When I partook in the drug guilt and punishment – "Red Bull" was standing at the gate ready to enter - the embedded life-long belief that any wrong doer even if it is me must be punished

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

Before I opened the gate to let "Red Bull" in – My rational reasoning mind was telling me to back off – my emotions were screaming for the Avenger of blood to do his job – now I know I had a choice which I had to make.

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

I heard the words "don't go there," but they were having no controlling say so – I seem to be in denial - hearing noise but little meaning.

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

I was watching the "News" and there was a whole herd of "Red Bulls" – all trying to outdo each other – the thought of how much fun I could have punishing each one of them – I could play "The Avenger of Blood" – instead I chose to stop watching the "News" again

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

I am working on a very complex project – it is not completed but it has many parts and feels like it is – I can see how it is controlling or demanding too much of my time – I have little or no balance.

7. Any anniversaries, birthdays, special events nearby?

Yes. I have a birthday coming up – I will be 95 years old – I start dwelling on the event ahead of time

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

The reason I chose to do this workbook on the drug guilt and punishment because it is most abused drug in this country – By causing one to feel guilty pr punish them enough and they will never do it again – what an illusion that is – at best it is a fix – to be repeated

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Build your own negative Spiritual Road Map by following the example.

1. Can you state one of your problems, defects, and/or harms done to another, which got out of hand? (If it is one of your patterns, state it or its “make fun of” name.)

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

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

4. When did you get the thought or feeling, “don’t say or do this?”

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

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

7. Any anniversaries, birthdays, special events nearby?

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

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Action 34 - Today is _____

CONSTRUCTIVE SPIRITUAL ROAD MAPS

Workshop assignment - designing a Spiritual Road Map on the constructive or positive side. Just follow the suggestion.

A.A. reminds us of this reality - We grow by our willingness to face and rectify errors and convert them into assets. Our past thus becomes the principal asset, and frequently it is almost the only one. Cling to the thought that, in God's hands, the dark past is the greatest possession you have - the key to life and happiness for others. With it, you can avert death and misery for them.

It's helpful to design a Constructive Spiritual Road Map that you refer to in the Negative Spiritual Road Map. We are faster sharing our resentments, fears, harms or the negative, than our assets, or the positive. Now follow our example for the Positive Spiritual Road Map.

A SPIRITUAL ROAD MAP (The Constructive Road)

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

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

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

BUILDING A SPIRITUAL ROAD MAP

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

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

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Example for the positive map. In this example, I will answer the eight questions with an experience. After each response, I will be shown that there is a solution. If I choose, I can apply our Program and build an early warning signal system. Realizing our everyday miracles, and at times an awakening, and mapping them as soon as possible, can help build a useful Early Warning System. It can enrich and expand the good experiences in our lives. Make copies of the eight questions and carry them with you. **Build a Positive Spiritual Road Map by following the example:**

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

A friend had a very bad thing happen to a loved one. My friend wanted to punish the wrongdoer. I asked our Higher Power for a healing. I shared with him that he would harm himself by holding on to his resentment. His "enemy" needed correction for sure, which is an act of love; punishment would be an act of hate out of fear. Out of enlightened self-interest, my friend saw forgiveness as the way - I love being able to make a positive difference.

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

With all my heart, mind, and soul, I sought our Father's guidance to be helpful to my friend – I felt it coming – I have confidence in myself when I have confidence in our One Source of all.

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

When I saw a peace start to flow between us, I could have been more open to our Father's grace – I could have silently extended the flow of loving grace to other friends who had joined us.

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

When my friend who was the forgiver forgiving shared with our group his decision to surrender the whole experience over to our Father – I knew we were free to talk about the healing that had taken place.

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

Last week, I witnessed the guilt and punishing abuse of a stranger – I wanted to punish the abuser, but I remembered sharing forgiveness and how powerful it was. Because I knew it was our Father within us doing the work, after a short delay, I turned to our Father in His First Language – Silence – "Don't call me good, it is the Father within me doing the works." I remembered – We Are Called to Be Part of the Correction – But Never the punisher

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

Yes – I have been working on this workbook - I have to turn again and again to the Boss for everything I need – everything I have received of value has come by grace – I show up – I know we cannot do anything great enough to earn grace – nor can we do anything bad enough to block it. I am deeply grateful.

7. Any anniversaries, birthdays, special events nearby?

My 95th birthday is coming up shortly.

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

Yes - I realize I can by our Father's grace make a difference to some degree - as a beloved lover loving - healed healer healing - taught teacher teaching – forgiven forgiver forgiving - empowered empower-er empowering - enlightened enlightener enlightening – communicated to communicator communicating – created co-creator co-creating awakened awakener awakening. – passing on freely all I am given that I want to expand and grow.

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Build a Constructive (Positive) Spiritual Road Map.

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

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

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

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

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

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

7. Any anniversaries, birthdays, special events nearby?

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

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Action 35 - Today is _____

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. 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 the spiritual or religious resources available to you, that you could seek guidance to improve your understanding and practice of prayer and meditation.
- f. List those people who may be able to help you on your spiritual journey.

SEEKING - Our spiritual journey is an important part of our human condition. That's what it means 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 these became a habit, I would find myself thinking and saying one of these affirmations instead of automatically responding with something negative.

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

I turn to my affirmation and Spiritual readings 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 pick an idea from the "Most accomplished list," and from the list of Loves and their elements, and 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 eat 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. And 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.

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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 for a while, 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.

HUMAN AUTHORITIES AND OUR HIGHER POWER - I realized that every judgment of an authority I made, I projected onto Our Father/Creator. I understand the importance of forgiving Him for all my illusions bestowed upon Him. For example, I knew that my dad loved my brother more than me. *If you had known him, you would have loved him more, too.* Our dad would give my 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 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 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 to there being 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 my heart, mind, and soul, I experience the 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 say 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. Centering Prayer, and other prayers and affirmations are in the Appendix.

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 lives. 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). 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 - awakening - starting a new project - answering the phone -- in other words, any beginning, remind yourself with a word or name that works for you (Father, Love, God, Om). 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) and seek God's Will and the power to carry it out. And withdraw from our *guilt and punishment*, "drug" abuse.

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 drug *guilt and punishment* use. Any way you turn toward a Higher Power at a given time is the best way. Each time we seek to improve our conscious contact with our Higher Power, the better receivers and givers we become. We cannot make ourselves grateful any more than we can make ourselves deeply love; these are gifts of grace. However, we

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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.

ALL HAVE A PURPOSE

Whoever created us as individuals must have a purpose for each of us, and this must 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 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. It is not necessary that we think of God as others think and feel about 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 any way we wish, but the way we 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, 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

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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.

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 at hand. What he does is to gently throw a small switch -- and leave it in. 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 your 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 are all 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 the same as Yours, Father."

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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 has 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 been given to me. Perhaps ask the simple, basic questions for newcomers. 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.

Whatever area we have applied the process to 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 not throw down; no sin that enough love will not redeem.

It makes no difference how deeply seated may be the trouble, how hopeless the outlook, how muddled the tangle, how great the mistake; a sufficient realization of love will dissolve it all. 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.

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.

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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 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 random acts of love.

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THE THREE SPIRITUAL GIFTS

FIRST SPIRITUAL GIFT - AWAKENING PRESENCE

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

ACTION 1

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

SECOND SPIRITUAL GIFT - LOVE

WE TRIED TO CARRY THIS MESSAGE - *"Practical experience shows that nothing will so much ensure 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).

ACTION 2

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?

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 realizes 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 living 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 because of this

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process. When we're God-centered, even for a moment, we have all the power and wisdom we need. In that moment of awakening, we experience the Presence, the Love that we are, and the created Individual we are. We are told or shown what to do, say, think, and feel in a way we can currently hear, understand, and follow. The more we practice this way of life, the better we can get at it.

ACTION 3

Write your response to the following:

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 drug, *guilt and punishment*, has taken me 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 are and write them down, and write a brief plan of action, consider what you're willing to do differently.

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 follows). Check the detailed example and a form for the Daily Practice sheet.

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

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There are many ways to give of ourselves 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 disapproval. 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. If I think my destiny is in the hands of others, the situation is hopeless. Remember, I only have my thoughts to deal with.

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 turning consciously toward the Presence of your Higher Power is a habit, set up a physical reminder. Write down your insights.

MENTAL LEVEL: For best results, set up a plan of action, which includes 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, 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. We want to get in the 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 silent 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 can be used to turn us back toward 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 our physical bodies and the 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 or withdrawing, we will fail, and the pain can motivate us to change.

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Begin your Daily Practice

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. Today I choose to focus on:

2. Each day, I will choose one of God's main Attributes, 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 of 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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A DAILY PRACTICE EXAMPLE

Date 2 / 13 / 2025

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. Today 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, 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 – whichever is called for today.***

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

Mentally: ***I will make a 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 willing to patiently direct 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 a 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 the "drug" *guilt and punishment*. Mornings work best for me when going over my notes for the day. They are most useful for me then.

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Action 39 - 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.12stepworkbook.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, infancy, childhood, adolescence, adulthood, and the elder. The Spiritual Transformation Cycle is far more intense, giving a profound meaning to the idea that we must die before rebirth. Jesus demonstrated a Spiritual Transformation cycle with his birth, life, death, and resurrection.

SPIRITUAL TRANSFORMATION is 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. This is often referred to as 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 oneself. 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 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 two questions. If the answer to either is yes, take whatever action is needed to correct it.

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

If no, move on.

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

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

If no, move on.

If yes, take the needed action 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 in a natural transformation cycle, it does not mean the Program is not working; it means we are going through a way of transformation. When winter arrives, we can accept it and even find ways to enjoy the short, cold, dark days until spring returns. The seasons come and go; so does this time of transformation.

Do not stop the basics:

1. Keep going to meetings (set a minimum).
2. Keep trying to help others (get out of yourself).
3. Keep turning to your Higher Power (even when it feels useless).
4. Keep reading the Program literature (even a line or two).
5. Do not withdraw, spiritually, mentally, physically, emotionally, or socially.

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

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Action 40 - Today is _____

NOW WHAT?

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 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 am a total loss. I knew there was someone out there who would help me, forgive me, and love me. The reason is simple enough; I had extended forgiveness and love to one I did not feel deserved it.

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

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

Today's Mission Statement: Now that we are at the end 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're wise to freely pass on what we have become by His grace, consciously and consistently, which enables us to continue to awaken, expand, and grow.

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 have but have not used often?
3. As a result of working through this Forty-Day Commitment, what new tools or upgraded old tools for living did you realize?
4. List at least ten ways you plan to practice these principles in all your affairs. Keep this list handy each day during your Daily Inventory until these become your new habit of thought and feeling, your transformed personal "reality."

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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 are fed with yesterday's self-centered fears. We abused our physical bodies and used others as objects. We looked to people, places, and things for our worth, meaning, and purpose. Feasting on spiritual junk food, starving for a conscious contact with our Higher Power. We tried to control others and ourselves with *guilt and punishment*.

CHOOSE ONCE AGAIN

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

IN CLOSING: *"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).

MUST BE PRESENT

This workbook cannot help those who are active in their addictions. We don't know of any program that 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 who are still getting ready for the program (practicing their illness). 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."

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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Then said a rich man, Speak to us of giving.

And he answered:

You give but little when you give of your
possessions.

It is when you give of yourself that you truly give.
For what are your possessions but things you keep
and guard for fear you may need them tomorrow?
And tomorrow, what shall tomorrow bring to the
over prudent dog burying bones in the trackless
sand as he follows the pilgrims to the holy city?

And what is fear of need but need itself?

Is not dread of thirst when your well is full, the
thirst that is unquenchable?

There are those who give little of the much which
they have - and they give it for recognition and
their hidden desire makes their gifts
unwholesome.

And there are those have little and give it all.
These are the believers in life and the bounty of
life, and their coffer is never empty. There are
those who give with joy, and that joy is their
reward.

And there are those who give with pain,
and that pain is their baptism.

And there are those who give and know not pain
in giving, nor do they seek joy, nor give with
mindfulness of virtue; They give as in yonder valley
the breathes it fragrance into space.

Through the hands of such as these God speaks,
and from behind their eyes
He smiles upon the earth.

It is well to give when asked, but it is better to give
unasked, through understanding;

And to the open-handed the search for one who
shall receive is joy greater than giving.

And is there aught you would withhold?

All you have shall some day be given;

Therefore give now, that the season of giving may
be yours and not your inheritors.

You often say, "I would give, but only to the
deserving."

The trees in your orchard say not so, n
nor the flocks in your pasture.

They give that they may live,
for to withhold is to perish.

Surely he who is worthy to receive his days and his
nights, is worthy of all else from you.

And he who deserves to fill his cup from your little
stream.

And what desert greater shall there be, than that
which lies in the courage and the confidence,
nay the charity, of receiving?

And who are you that men should rend their
bosom and unveil their pride unabashed?

See first that you yourself deserve to be a giver,
and an instrument of giving.

For in truth it is life that gives unto life – while you,
who deem yourself a giver, are but a witness.

And you receivers – and you are all receivers –
assume no weight of gratitude,
lest you lay a yoke upon him who gives.

Rather rise together
with the giver on his gifts as on wings
For to be over mindful of your debt, is to doubt the
generosity who has the free-hearted earth for
mother, and God for father.

The Prophet – Kahlil Gibran

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Centering Prayer Guidelines

1. Choose a sacred word as the symbol of your intention to consent to God's Presence and Action within. (My Sacred Word is Father)
 - The sacred word expresses our intention to be in our Father's Presence and to yield to the Divine Action.
 - The sacred word should be chosen during a brief period of prayer, asking the Holy Spirit to inspire us with one that is especially suitable to us.
 - Examples: Father, Mother, God, Master, Lord, Jesus, Mary, Holy Spirit.
 - Other: Love, Peace, Mercy, Silence, Stillness, Calm, Trust, Faith.
 - Having chosen a sacred word, we do not change it during the prayer period, for that would be to start thinking again.
 - A simple inward gaze upon God may be more suitable for some persons than the sacred word. In this case, one consents to God's Presence and action by turning inwardly to God as if gazing upon him. The same guidelines apply to the sacred gaze as to the sacred word.
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your intention to consent to God's Presence and Action within.
 - "Sitting comfortably" means relatively comfortably; not so comfortably that we encourage sleep, but sitting comfortably enough to avoid thinking about the discomfort of our bodies during the time of prayer.
 - Whatever sitting position we choose, we keep our back straight.
 - If we fall asleep, we continue the prayer for a few minutes upon awakening, if we can spare the time.
 - Praying in this way after a main meal encourages drowsiness. Better to wait an hour at least before Centering Prayer. Praying in this way just before retiring may disturb one's sleep pattern.
 - We close our eyes to let go of what is going on around and within us.
 - We introduce the sacred word inwardly and gently as if laying a feather on a piece of cotton.
3. When you become aware of thoughts, return ever so gently to the sacred word.
 - "Thoughts" is an umbrella term for every perception, including sense perceptions, feelings, images, memories, reflections, and commentaries.
 - Thoughts are a normal part of Centering Prayer.
 - By "returning ever-so-gently to the sacred word", a minimum of effort is indicated. This is the only activity we initiate during the time of Centering Prayer.
 - During our prayer, the sacred word may become vague or even disappear.
4. At the end of your prayer period, remain in silence with eyes closed for a few minutes.
 - If this prayer is done in a group, the leader may slowly recite the Our Father during the additional 2 or 3 minutes, while the others listen.
 - The additional 2 or 3 minutes give the psyche time to readjust to the external senses and enable us to bring the atmosphere of silence into daily life.
 - The minimum time for this prayer is 20 minutes. Two periods are recommended each day, one first thing in the morning, and one in the afternoon or early evening.
 - The end of the prayer period can be indicated by a timer, provided it does not have an audible tick or loud sound when it goes off.
 - The principal effects of Centering Prayer are experienced in daily life, not in the period of Centering Prayer itself.
 - Physical Symptoms:
 - a. We may notice slight pains, itches, or twitches in various parts of the body or a generalized restlessness. These are usually due to the untying of emotional knots in the body.

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- b. We may also notice heaviness or lightness in the extremities. This is usually due to a deep level of spiritual attentiveness.
 - c. In either case, we pay no attention, or we allow the mind to rest briefly on the sensation, and then return to the sacred word.
- *During the prayer period, various kinds of thoughts may be distinguished.*
 - a. Ordinary wanderings of the imagination or memory.
 - b. Thoughts that give rise to attractions or aversions.
 - c. Insights and psychological breakthroughs.
 - d. Self-reflections such as, “How am I doing?” or “This peace feels great!”
 - During this prayer, we avoid analyzing our experience, harboring expectations, or aiming at some specific goal such as:
 - a. Repeating the sacred word continuously.
 - b. Having no thoughts.
 - c. Making the mind a blank.
 - d. Feeling peaceful or consoled.
 - e. Achieving a spiritual experience.
 - What Centering Prayer is not:
 - a. It is not a technique.
 - b. It is not a relaxation exercise.
 - c. It is not a charismatic gift.
 - d. It is not a para-psychological experience.
 - e. It is not limited to the “felt” presence of God.
 - f. It is not a form of self-hypnosis.
 - g. It is not discursive meditation (reason rather than intuition) or affective prayer (arousing feelings or emotions).
 - What Centering Prayer is:
 - a. It is at the same time a relationship with God and a discipline to foster that relationship.
 - b. It is an exercise of faith, hope, and love.
 - c. It is a movement beyond conversation with God to communion.
 - d. It habituates us to the language of God, which is silence.

A Few Questions

1. *Is there a right way to pray?* It is not important how you pray, but the reason you pray. Just a desire to pray is good, useful.
2. *Noise bothers me when I meditate. How can I decrease this distraction?* Just accept the noise and let it be – if you resist it, you give it more “power.”
3. *Is it all right to fall asleep when I meditate?* Yes, just enjoy it – when you wake up, you can start over – we are just learning to meditate, so expect to make mistakes.
4. *Can I meditate even though I haven’t done all the steps?* Yes. Don’t put it off.
5. *Do you have to use a sacred word?* The word has no real importance in and of itself; it is just to pull us back to the Center. Some people use all kinds of words, some watch their breath, anything that will draw us back to Centering intention. At some point, you will no longer need a word or anything else.
6. *I struggle with too many trash thoughts when I try to meditate. So why try?* Say hello and goodbye to those thoughts. We cannot control the nature of our thoughts at times, so we just let them pass by, re-

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centering. In other words, don't dwell on them. Do not resist them or make judgments about them. Let them go.

7. *What am I supposed to think about when I meditate?* We don't think of anything specifically. Have the intention of being there with our Father. Create a loving attentiveness toward our Father, His Presence, love, forgiveness, in other words, our created goodness. Let the thoughts go, and the experience of His Presence will come. Ever so gently turn back to your sacred word. Looking for love, peace, understanding, etc., is missing the point of Centering Prayer. Giving ourselves away to our Father, over and over, is the practice. *Let us enter the Silence where You await each of us, Father.*

Excerpts from: The Method of Centering Prayer – By Thomas Keating

For information and resources, contact the International Office: Contemplative Outreach, Ltd.

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THE GOLDEN KEY

(From Power Through Constructive Thinking – by Emmet Fox)

SCIENTIFIC PRAYER will enable you sooner or later, to get yourself, or anyone else, out of any difficulty on the face of the earth. It is the Golden Key to harmony and happiness.

To those who have no acquaintance with the mightiest power in existence, this may appear to be a rash claim, but it needs only a fair trial to prove that, without a shadow of doubt, it is a just one. You need take no one's word for it, and you should not. Simply try it for yourself, and see.

God is omnipotent, and man in His image and likeness, and has dominion over all things. This is the inspired teaching, and it is intended to be taken literally, at its face value. Man means every man/woman, and so the ability to draw on this power is not the special prerogative of the Mystic or the Saint, as is so often supposed, or even of the highly trained practitioner. Whoever you are, wherever you may be, the Golden Key to harmony is in your hand now. This is because in Scientific Prayer it is God who works, and not you, and so your particular limitations or weaknesses are of no account in the process. You are only the channel through which the Divine action takes place, and your treatment will really be just the getting of yourself out of the way. Beginners often get startling results at the first time of trying, for all that is absolutely essential is to have an open mind, and sufficient faith to try the experiment. Apart from that, you may hold any views on religion, or none.

As for actual method of working, like all fundamental things, it is simplicity itself. All that you have to do is this: *Stop thinking about the difficulty, whatever it is, and think about God instead.* This is the complete rule, and if only you will do this, the trouble, whatever it is, will presently disappear. It makes no difference what kind of trouble it is. It may be a big thing or a little thing; It may concern health, finance, a lawsuit, a quarrel, an accident, or anything else conceivable; but whatever it is, just stop thinking about it, and think of God instead – that is all you have to do.

The thing could not be simpler, could it? God Himself could scarcely have made it simpler, and yet it never fails to work when given a fair trial.

Do not try to form a picture of God, which is, of course, impossible. Work by rehearsing anything or everything that you know about God. God is Wisdom, Truth, inconceivable Love. God is present everywhere; has infinite power; knows everything; and so on. It matters not how well you may think you understand these things; go over them repeatedly.

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But you must stop thinking of the trouble, whatever it is. The rule is to think about God, and if you are thinking about your difficulty you are not thinking about God. To be continually glancing over your shoulder, if it were, in order to see how matters are progressing, is fatal, because that is thinking of the trouble, and you must think of God, and of nothing else. Your object is to drive the thought of the difficulty right out of your consciousness, for a few moments at least, substituting for it the thought of God. This is the crux of the whole thing. If you can become so absorbed in this consideration of the spiritual world that you really forget for a while all about the trouble concerning that which you began to pray, you will presently find that you are safely and comfortably out of your difficulty – that your demonstration is made.

In order to “Golden Key” a troublesome person or a difficult situation, think, “Now I am going to “Golden Key” John, or Mary, or that threatened danger”; then proceed to drive all thought of John or Mary, or the danger right out of your mind, replacing it by the thought of God.

By working in this way about a person, you are not seeking to influence his conduct in any way, except that you prevent him from injuring or annoying you, and you do him nothing but good. Therefore he/she is certain to be in some degree a better, wiser, and more spiritual person, just because you have “Golden Keyed” him/her. A pending lawsuit or other difficulty would probably fade out harmlessly without coming to a crisis, justice being done to all parties concerned.

If you find that you can do this very quickly, you may repeat the operation several times a day with intervals between. Be sure, however, each time you have done it, that you drop all thought of the matter until the next time. This is important.

We have said that the Golden Key is simple, and so it is, but of course, it is not always easy to turn. If you are very frightened or worried it may be difficult, at first, to get your thoughts away from material things. But by constantly repeating some statement of absolute Truth that appeals to you, such as *There is no power but God, or I am the child of God, filled and surrounded by the perfect peace of God, or God is Love, or God is guiding me now, or perhaps best and simplest of all, just God is with me* – however mechanical or dead it may seem at first – you will soon find that the treatment has begun to “take,” and that your mind is clearing. Do not struggle violently; be quiet but insistent. Each time that you find your attention wandering, just switch it straight back to God.

Do not try to think out in advance what the solution of your difficulty will probably turn out to be. This technical called “outlining,” and will only delay the demonstration. Leave the question of ways and means strictly to God. You want to get out of your difficulty – that is sufficient. You do your half, and God will never fail to do His.

Whosoever shall call upon the name of the lord shall be saved.

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.

THE WORD OF POWER

(From Power Through Constructive Thinking – by Emmet Fox)

Pray regularly for the ability to pray the right way: I am Divine Spirit. In God I live, and move, and have my being. I am part of the self-expression of God, and I therefore express perfect harmony. I individualize Omniscience. I have direct knowledge of Truth. I have perfect intuition. I have spiritual perception. I know God is my Wisdom; so I cannot err. God is my Intelligence; so I am always thinking rightly. There is no waste of time, for God is the only Doer. God works through me; so I am always working rightly. There is no danger of my praying wrongly. I think the right thing, in the right way, at the right time. My work is always well done, for my work is God’s work. The Holy

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Spirit is continually inspiring me. My thoughts are fresh, and new, and clear, and powerful with the might of Omnipotence. My prayers are the handiwork of the Holy Ghost – powerful as the eagle and gentle as the dove. They go forth in the name of God Himself, and they cannot return unto me void. They shall accomplish that which I please, and prosper in the thing whereto I send them. I thank God for this.

WHAT IS SCIENTIFIC PRAYER?

(From Power Through Constructive Thinking – by Emmet Fox)

SCIENTIFIC prayer or spiritual treatment is really the lifting of your consciousness above the level where you have met your problem. If only if you can rise high enough in thought, the problem will then solve itself. That is really the only problem you have – to rise in consciousness. The more “difficult,” which means the more deeply rooted in your thought, is the problem concerned, the higher you will have to rise. What is called a small trouble, will yield to a slight rise in consciousness. What is called serious difficulty, will require a relatively higher rise. What is called a terrible danger or hopeless problem, will require a considerable rise in consciousness to overcome it – but that is the only difference.

Do not waste time trying to straighten out your own or other people’s problems by manipulating thought – that get you nowhere – but raise your consciousness, and the action of God will do the rest.

Jesus healed sick people and reformed many sinners by raising his consciousness above the picture they presented. He controlled the winds and the waves in the same way. He raised the dead because he was able to get as high in consciousness as is necessary to do this.

To raise your consciousness you most positively withdraw your attention from the picture for the time being (The Golden Key), and then concentrate gently upon spiritual Truth. You may do this by reading the Bible or any spiritual book that appeals to you, by going over any hymn or poem that helps you in this way, or by the use of one or more affirmations, just as you like.

I know many people who have secured the necessary elevation of consciousness by browsing at random through the Bible. A man I know was saved in a terrible shipwreck by quietly reading the Ninety-first Psalm. Another man healed himself of a supposedly hopeless disease by working on the one affirmation, “God is Love,” until he was able to realize something of what that greatest of all statements must really mean.

If you work with affirmations, be careful not to get tense; but there is no reason why you should not employ all these methods in turn, and also any others that you can think of. Sometimes a talk with a spiritual person gives you just the lift that you need. It matters not how you rise so long as you do rise.

“I bare you on eagles’ wings, and brought you unto Myself.”

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Characteristics Of - The World's Most Accomplished

My Higher Purpose

All my other characteristics are centered on my Higher Purpose, Heart's Desire, in other words, my Mission. This is something beyond my little self. I feel this inner drive as a calling or being used by some kind of compelling force or an ideal. At times, I may think, act, and feel like an atheist, agnostic, or a devoted lover of yours, Father, but I realize that I always have an unseen, invisible means of support. I have a vision of a better way of doing, being, or seeing something. I am humbled by this inner driving force, which is my Higher Purpose.

My Higher Purpose guides and motivates me to accomplish the greatest deeds possible. It causes me to stay focused, committed, to take risks, to be independent of old ways, to do whatever it takes to be prepared, to persevere, to be resilient, that is, to rebound after each setback, which gives me the courage to be creative. I have a deep conviction and faith in what I am doing, being, and I do trust in You, Father, with all my heart, mind, and soul.

Focus

I am single-minded. At times, I am so caught up in my mission, Heart's Desire, that I forget to take care of my most basic needs. I am able to stay focused on my Heart's Desire no matter what, even at great personal cost and risk. "You have my undivided attention," I may say when someone interrupts my project.

Preparedness

I will do whatever it takes to prepare for my mission, Heart's Desire. I will seek out support, knowledge, or research as needed from any quarters. No detail is too small, nor any project too great. I freely use what others have already found. I willingly ask for what I need to complete my mission.

Resilience

I have the ability, by Your Loving Grace, Father, to bounce back quickly. On my ups and downs, I am always on my way up.

Conviction

In calm confidence, I am deeply convinced that my Heart's Desire is right. It does not seem to matter all that much what anyone else thought about my mission, even if those who disagreed were very powerful. This conviction is often the only thing I have, but it is enough to keep me on my path. I have confidence in myself as I have confidence in You, Father -- I am sure of myself as I am sure of You, Father.

Faith

I have a very strong abiding faith in You, Father, and in the mission You gave/give me. This faith is always present, sometimes as the size of a grain of mustard seed, sometimes beyond my fondest dreams, a dream You gave me, Father. My faith turns into knowledge as I experience a demonstration, a manifestation, and then my faith is truly increased to a new level in preparation for a new level of knowledge.

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Independence

I am independent to the point of being free from the control of other people, places, or things in all areas and at all levels. I am a free thinker, and I am not bound by the norm or stuck in patterns. I am detached from public pressure, yet I freely share all I am given with whomever You will, Father. I am very grateful for the abundance of approval and support for my Heart's Desires, my Mission from others as channels, agents of Yours, Father. I look to You, Father, as the source of all, so I leave the results to You.

Perseverance

To the best of my ability, I apply all I am given at any given moment. My moments, hours, and days are often filled with purpose and meaning by Your Grace, Father. I enlist my little personal "reality" into Your service, Father. In consciously and consistently living my Mission, I turn over my needs to You, and I keep on keeping on. This inner drive of Your Holy Spirit within me moves and motivates me to a deeper and deeper level of commitment and focus to Your Will, Father. I am empowered to persevere by Your Grace.

Creativity

I am, as we all are, creative, as this trait is found in every area, in many different forms. I am very flexible, imaginative, and I have the ability to work around problems and opportunities by finding fresh solutions. I am often able to come up with something original. I am able to take something that is already known and apply it in a new or better way that is unprecedented, novel, inventive, innovative, clever, or just a simple new, useful look.

Courage

I have an abundance of courage to face anything and everything I come across, even success and love. It is the Omnipresence, Omnipotence, Omniscience within me that governs, guides, supports, directs, and supplies my every need/want. The government shall be (is) upon His Shoulders. He has awakened the miracle Child, the wonder Child, my Counselor, the Prince of Peace within me, which gives me an abundance of courage.

Commitment

I am totally, completely committed to the Love Story, which You gave me, Father. Which is Your Will for me, which is also my true Heart's Desire. I am totally committed to Your Will for me, Father, in principle, even in the passing forms. This is much more than an obligation; I am so deeply joined as atonement by my innermost drive, which I now realize in Your Holy Presence, Father. This commitment is so very easy, joyful, and fulfilling in this Spiritual Flow.

Trust

In calm confidence and perfect trust as I am consciously living out Your Will for me, Father. I realize once again that You are my/our only true Source. I trust in myself because I trust in You. I need not trust myself or anyone else beyond my/our present level of conscious union. By Your Grace, Father, I am trusting myself to complete my mission.

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Everyday Love Elements

Patience

I practice Patience. In this case, my love is passive, waiting to begin; not in a hurry; calm; ready to do its work when the summons comes. For love understands and therefore waits. Patience is Consciously Living Reality, Love, Wisdom as Individual Souls, through Universal Principles and Empowered by Your Grace, Father.

Kindness

I am kind. In this case, my love is active. Even as my loving Brother, Jesus, I enjoy merely doing kind things. Any kindness that I can share with any being, let me do it now. I shall not defer it nor neglect it, for I shall not pass this way again. I am now in that Spiritual Flow, Holy Presence as Love, Life, Truth, Conscious that each Soul is Living Your Purpose, Father through Your Universal Principles, Design and Empowered by You.

Generosity

I share my generosity with whomever You will. I envy no other; no competition as that Individual You created me to be, Father, sharing freely my gifts and talents fortified with Your Holy Grace. I share freely with all my heart, mind, and soul, out of the abundance I am receiving. My sharing does enrich, enlighten, heal, awaken, and transform those I share with. I am now in that Spiritual Flow, Holy Presence as Loving Abundance, Powered by Life giving to Life from one Soul to another Soul. Even as I consciously receive Your Attributes, Father, I pass them on, and this is Truly Wise.

Humility

I live in a conscious state of humility as I have the gift of knowing that You, Father, are my/our only True Source, that anything separate from Your Grace is but an illusion. Each time I share, I put a seal upon my lips and go back into the shade again and say nothing about it, and I wait for the next gift to receive and share. Because I Know I am but a channel, an agent, of Yours, Father, never the Source. I am now in that Spiritual Flow, Holy Presence as living Life as Life, all Your Attributes as my Attributes now, Father. In The Spirit, not the letter, as a tiny Soul with a tiny Purpose, Empowered by Your Holy Grace, Father, through Spiritual Principles, ever Present and all Knowing.

Courtesy

I express courtesy, that is, the love in little things, thoughtful things; I do these as a gentleman out of a heart filled with Your loving grace, Father. Expressing love at all levels, with all creators, joining, as You Will, Father. I am now in that Spiritual Flow, Holy Presence Joined in Life, in the Reality of Sharing in Spirit and in Truth. Consciously Realizing that we are all Individual Souls carrying out Your Plans, Father, and Empowered by You, given whatever we need.

Good Temper - Good Humor

I have a good temper and a good sense of humor. Directly Knowing and experiencing love in all its elements, in all, as all, as common virtues, is one of the master keys. As I love this instant, that love will carry over into the next and the next, even to infinity. I am quick to forgive the "sins" of the physical world and the "sins" of the disposition. I quickly seek correction, not punishment; better yet, I seek to be non-judgmental. I am now in that Spiritual Flow, Holy Presence in the Joy of Joining in Life, Part of the Whole, Intuitively Knowing, having a feel for Reality.

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Innocence

I Realize the innocence in others and myself, the Christ, the Higher Self, and the Holy Presence. I co-create an atmosphere of Love and Wisdom wherever I am and with whomever I am with. Those I share with are aware that I am Conscious of their Highest good, their True state of being. I encourage them to chip away at all that is not their Highest Self. We then Awaken and expand into Conscious Union with our Father's will for each Individual Soul that He Created and Maintains. I do not make capital crimes out of faults, my own or any others'. I seek out correction, awakening instead. For the most part, I am non-judgmental, so there is no need for forgiveness. All of this adds up to my **being, this very moment, in that Spiritual Flow, Holy Presence, consciously, consistently Living Your** Holy Attributes, Father.

Unselfish

I am unselfish out of enlightened self-interest. Only in the giving can I truly be a Master Receiver. There is no real happiness in having or in getting things. I am now in that Spiritual Flow, Holy Presence Joined in Life, expanding my Abundance by Sharing. This is Wisdom through the action of Universal Principles. This is a True expression of Empowerment. It is the Giving of Individual Selves that completes the Whole/Holy.

Sincere

I am truly sincere in all I do, say, think, and feel. I search for the Truth and all Your Attributes Father with a Humble and unbiased Heart, Mind, and Soul. I rejoice in what I find, and I freely pass it on. I bear all things, believe all things, hope all things, endure all things for Love never fails. I am Love as You are Father, even as all Your Children are. I am now in that Spiritual Flow, Holy Presence as Love, Truth, Consciously, wisely with each Individual Soul, Empowered by Your Holy Grace through Your Universal Principles, Father.

SEVEN LOVES

Agape

Here's a question - How does Agape, Spiritual Love, transform the natural loves into our Father's service, that His Will can be done on Earth as it was designed to be? These natural loves are: Primal Love, Storge, Self-love, Philia, and Eros.

What if Agape, Spiritual Love, is just another name for the Holy Spirit, an extension of our Creator, our Father, the Master Builder? This would answer a number of questions for me. For example, none of the other loves are effective unless they have been transformed into our Father's service. Perhaps each natural love, as a standalone, does serve some level of usefulness, a fix. A love as a standalone is an illusion of separation; everything is part of the whole, but sometimes we don't want God present. Sooner or later, they fail because each of these natural loves is a *need love*, which contains a high degree of self-serving, and it has a built-in, limited value. However, these natural loves can be transformed into Agape's loving service. Agape is the only true *giving love*, perfect, pure love. "Perfect Love casts out all fear." Agape, Spiritual Love is that perfect Love sometimes called the Breath of Life.

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How does Agape use our Father's Holy Attributes to transform the natural loves into His service? Some of these Holy Attributes are: Omnipresence, Omnipotence, Omniscience, Life, Love, Reality/Truth, Spirit, Soul, Intelligence, and Universal Principles. It is very interesting to note which one of the Holy Attributes we are currently using here and now, no matter what we are up to; it is a way to practice the Presence of our Higher Power.

Agape, Spiritual Love (the Holy Spirit), seems to be able to mold Divine Love Energy into a limited edition, a form or expression, and still remains infinite, perfect, pure Love. It reminds me of the principle that when we use a Spiritual Principle, it expands with its use. Agape transforms each natural love into its intended mission, using the most effective Holy Attribute(s) and providing the perfect amount of Divine Love Energy to create this natural love into a useful finite tool, which will enable us to complete some part of our Father's Will.

Primal Love

I believe Agape uses Primal Love as its basic building block to create the other loves, Storge, Philia, Eros, and Self-love. Everyone has a God-created purpose or mission, in which we have a predominant need for one natural love over the other loves. From time to time, this special love will inspire each of us to carry out our individual mission, His Will for each of us. God has a plan for each one of us, and He has a plan for you. We are assured He will supply us with whatever it takes to carry that purpose out.

Primal Love can be found in the least particle throughout the universe to the most complex of the Master Builder's Creations. It is not only the building blocks for the natural loves, but also the same building blocks throughout all of nature. With a little reflection, we can realize it is everywhere present. It seems to be unconditional because it does not care who or what gains from its being. It can be molded into any other form of love, not just in humans but also in all of Creation. Primal Love says yes to Agape's Yes and no to Agape's no.

Self-Love

One of the reasons I believe Agape created Self-love is so that we can love our little personal "reality" self into His loving service. When our Higher Self (our God-created Self) and our little personal "reality" self are in conscious union, love may be present at all levels. Our Higher Self, our God-created Self, has many names. In the Western world, it may be called the Christ Self, and in the Eastern world, it may be called the Atman. Our little personal "reality" self is the illusory individual we each made up from everything we have ever experienced, real or illusory, plus everything in this world we are part of. Although our personal "reality" self is always part of us in this human condition and is inspired by the Father within, this pure Love/Light must pass through our personal "reality" filter system. What we experience consciously may not look anything like the pure Love/Light it started out as.

OF SPECIAL NOTE: Agape, Spiritual Love (the Holy Spirit) via our Created Self, the Christ Self has a special interest in our little personal "reality" self being joined as love for the whole Self/self. Without this union, our mission cannot be completed. Love must be taught and practiced throughout the world, our internal personal world. Agape expresses its Self through each individual in a way that this being will think enough of her/himself to carry out their mission. Love yourself as you love your neighbor, or love your neighbor as you love yourself, same, same.

When our Created Self, our Christ Self, and the personal "reality" self have experienced atonement, joined with each other, we become soul mates. When we share our love with others as one voice, we are in conscious union with Agape, the Holy Spirit, and each relationship may then become a Holy relationship.

Our Higher Self (our Christ Self) is a pure expression of our Father's love in this world, not of it but in it. Being the same nature as our Father, we are love, but until these three have joined: the Holy Spirit (Agape), our Higher

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Self (the Christ Self), and our Personal "reality" self as one, we would be hard-pressed to prove consistently that we are love. When we experience conscious union, even for an instant, it feels like perfect love; maybe it is. Our Higher Self, our Christ Self, has a need to extend this perfect love to our little personal "reality" self. When we are able to accept this, there is a moment of conscious union, the three become as one, and we are at peace with ourselves. This is the mystical experience of Christ in the world, but not of it.

Storge

I believe that Agape created Storge for several very good reasons. If we did not have this Storge love, most likely there would be no humankind. Humans have a very long childhood; for some, it may never end, but that's another story. Thus, when a child comes into this world, she/he will need a lot of special care for a number of years. Storge was created as a *need love*; the mother needs to be needed, a need to give, and the child needs to be dependent and needy.

Storge has to be a very powerful love because the care of a child is very demanding, and it lasts for such a long time. In the animal kingdom, Storge love is built in, but much less demanding than it is in the human condition. The protection, learning, and growing-up process is much less complex than it is in the human condition.

Storge, like the other natural *need loves*, carries with it an inherent group of problems. For example, when a child becomes a young adult, the relationship must shift away from dependence, or it can get sick. The same is true in A.A., when the sponsored one becomes a young spiritual adult, the relationship needs to shift to a more equal partnership or friendship.

OF SPECIAL NOTE: Storge love at its best is experienced within each of us as a conscious union between Agape (the Holy Spirit), our Higher Self (the Created Self, Christ Self), and our made-up personal "reality" self becoming as one in our Father's Will. Agape (the Holy Spirit) and our Higher Self (the Created Self) are direct expressions of our Creator, our Father, which means we have the same basic nature, even as an individual ocean wave and the whole ocean have the basic elements. As with Agape, the Created Self is a *giving love* and has a need to give our personal "reality" self that perfect love of our Mother/Father Creator. Our personal "reality" self has a need to receive this love, to depend on it. This inner relationship is the purest form of Storge.

Philia

I believe, before our Father's Will is completely done in earth, as it is in heaven, there is a great deal to be done. I believe He has a Divine Design, which extends to each of us, as individual creations, a special part, a purpose, even if it is ever so small in relation to the whole of creation; to consciously live in harmony with this individual purpose is a big deal to each of us.

There are lots of projects to be done on Earth as it is in Heaven (great news for those of us who are workaholics). To get these projects done, humans and other creators must join in a common purpose. The way this life was created makes it impossible for any of us to survive without others. In fact, just one individual working alone could not accomplish much. It's an illusion to think we can really be alone. Like it or not, we were created with the need for one another. The foundation for Philia, friendship, is when two or more people gather for the same goal or purpose. The more who come together for a common purpose, the same goal, the better.

A.A. is a great example of people coming together for a common purpose. Out of this joining together, the basis of our fellowship and friendship was formed. Each A.A. group is a small fellowship within itself, which has its own mission. [4th Tradition] "Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

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OF SPECIAL NOTE: When the relationship between our Created Self (Christ Self) and our personal "reality" self, have the same goal, and this goal is the Will of our Creator, it becomes a Holy love friendship relationship. This is the purest form of Philia within each individual. Is it becoming a little more understandable why it is so very important that we seek, find, and consciously realize that our Father's Will and our will are one and live it the best we can?

Eros

Eros, like the other *need loves*, was created for a very special place in and for the human condition. When two individuals are in love, there is a very special type of union between them. It opens a depth of love which is somewhat like the Mystic's experience of a direct conscious union with our Father. "When will the kingdom of heaven come? When the two become one – when there is neither male nor female."

In most cases, if it really is Eros, two people form a partnership, which may or may not include children. This partnership helps bring about some stability to our community. Notice the last five letters of community are **unity**, which is another word for love. At first, Eros lovers do not want anyone else around. At some point, this may change from a total desire for just each other into a desire for community, family. Eros first brings a depth of warmth and love which draws two people together in a loving union; however, this relationship must continue to grow, that is, to keep learning to live with one another, even after the romance has cooled off, or this relationship may end up in a separation.

There are within each of us three major loves: 1. The Holy Spirit (Agape, Spiritual Love). 2. The Higher Created Self (the Christ Self or Atman). 3. Our personal "reality" self. It is when all three of these are in at-one-ment, as our Father's Will, that we find a Spiritual Union, that Mystical experience of a direct conscious union with our Father. The three have become One. Is this possible? Yes, when it is by Grace, it is simple and easy. So how do we open up to Grace? There is a Love within us that can answer that question. Be Still.

"Ask, and it shall be given you; seek, and you shall find; knock, and it shall be opened unto you." I am asking, I am seeking, and I am knocking at the Door of Consciousness, of Your Presence, Father, for that consistent awakening in That Spiritual Flow. Thank You.

FIFTEEN POINTS

(From Power Through Constructive Thinking – by Emmet Fox)

I AM REALLY ON THE PATH:

1. If I always look for the best in each person, situation, and thing.
2. If I resolutely turn my back on the past, good or bad, and live only in the present and future.
3. If I forgive everybody without exception, no matter what he or she may have done; and if I then forgive MYSELF whole-heartedly.
4. If I regard my job as sacred and do my day's work to the best of my ability (whether I like it or not).
5. If I take every means to demonstrate a healthy body and harmonious surrounding for myself.
6. If I endeavor to make my life of as much service to others as possible, without interfering or fussing.
7. If I take every opportunity wisely to spread the knowledge of Truth to others.
8. If I rigidly refrain from personal criticism, and neither speak nor listen to gossip.
9. If I devote at least a quarter of an hour a day to prayer and meditation.
10. If I read at least seven verses of the Bible every day.
11. If I specifically claim spiritual understanding for myself every day.
12. If I train myself to give the first thought on waking to God.
13. If I speak the Word for the whole world every day, say, at noon.

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14. If I PRACTICE the Golden Rule of Jesus instead of merely admiring it. He said, "*Whatsoever ye would that men should do to you. Do ye even so to them.*" The important point about the Golden Rule is that I am to practice it whether the other fellow does so or not.
15. If above all, I understand that whatever I see is but a picture which can be changed for the better by Scientific Prayer.
If you want to demonstrate, ask yourself once a week how far you are observing these points in your life.

RESENTMENT

"Resentment is the 'number one' offender. It destroys more alcoholics than anything else" (Alcoholics Anonymous page 64).

Anger is not resentment until we re-feel it, over and over, again and again, much like the instant replay in sports. When the pain, fear, and negative stuff weaken a little, we will add something more to our resentment to make it grow. We may even get the poor me's -- *poor me, poor me, pour me a drink*. We are likely to let the person, place, or thing, which we dislike or disapprove of the most, own us, preoccupy our thoughts, feelings, time, and energy. They seem to have moved into our very heart, mind, and soul. When a thought of this one comes into our consciousness, we hand over our life to that one, so that it can dictate how we are to think, act, and feel for a while -- sometimes a long while.

If this is so, and it is, what can we do about it? Our A.A. Program has a solution, and that solution is what this little workshop is about.

Our A.A. Program is indeed a channel of grace, offering us lots of loving, useful tools. If we are willing to use these tools to the best of our ability, we are rewarded abundantly. We are awakened to the Presence of a Higher Power, the Solution, to the love we are and to the individual, with purpose each was created as.

When we find ourselves angry, resentful, and fearful, know this: we have given the power to some person, place, or thing to determine our human experience, instead of our Higher Power. The main "source" of our anger, resentment, and fear is just that. Take any resentment you may have and ask these questions: "Are there any violations or lack of fulfillment of my love, giving, or receiving? Am I being honored, respected, and/or valued as the individual I am, my God created self? Have I made someone or something my 'Source' other than My Higher Power?"