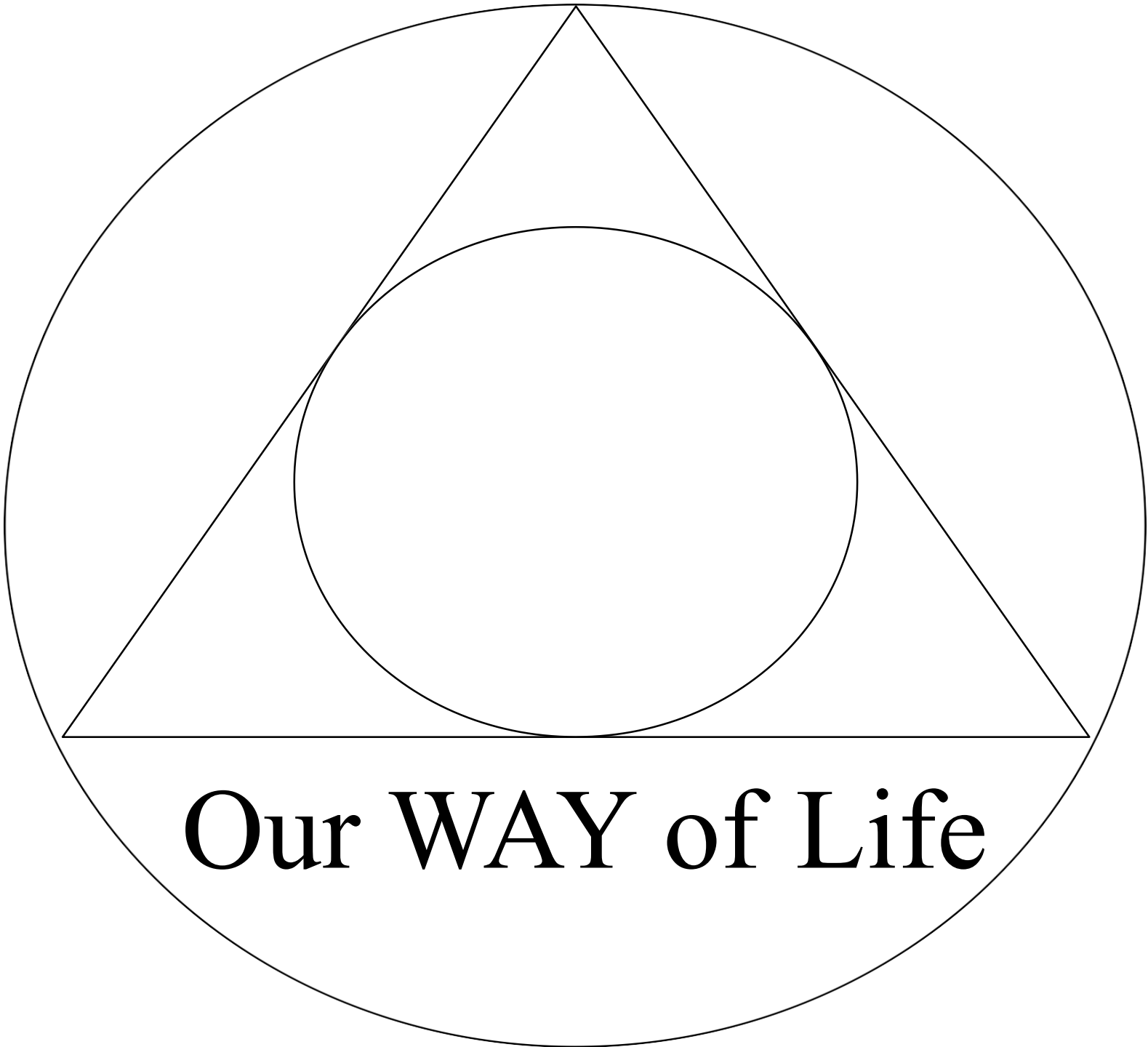


Twelve STEPS  
to  
Spiritual AWAKENING



# Prayers

## **Serenity Prayer**

God, grant me the serenity to accept  
the things I cannot change,  
courage to change the things I can,  
and  
wisdom to know the difference.

## **Set Aside Prayer**

God, please set aside everything that I think  
I know about myself, my unmanageability, my spiritual path  
and You, for an open mind and a new  
experience of myself, my unmanageability, my spiritual path  
and especially You!

## **Third Step Prayer**

(Big Book page 63)

"God, I offer myself to thee, to build with me and to do with me as  
Thou wilt.

Relieve me of the bondage of self, that I may better do thy will.

Take away my difficulties, that victory over them  
may bear witness to those I would help of Thy

Power, Thy Love, and Thy Way of life.

May I do Thy will always!"

## **Seventh Step Prayer**

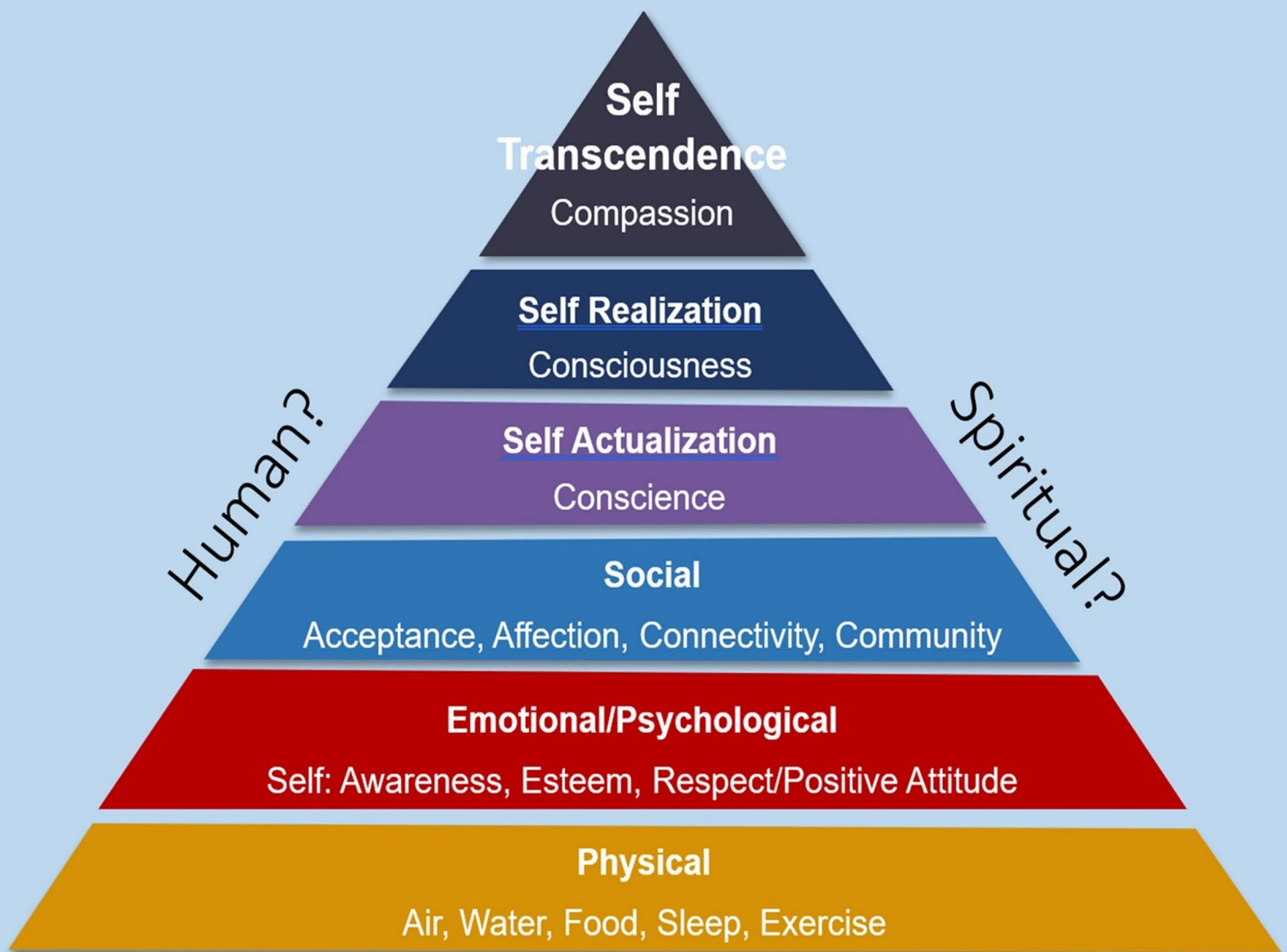
(Big Book page 76)

"My Creator, I am now willing that you should have all of me, good and bad.  
I pray that you now remove from me every single defect of character that stands in  
the way of my usefulness to you and my fellows.

Grant me strength as I go out from here to do your bidding.

Amen."

# Adapted from Maslow Model



Human Development – Organic Process

# Twelve Steps to Spiritual Awakening

**Purpose**      ●————→      **A Relationship with:**

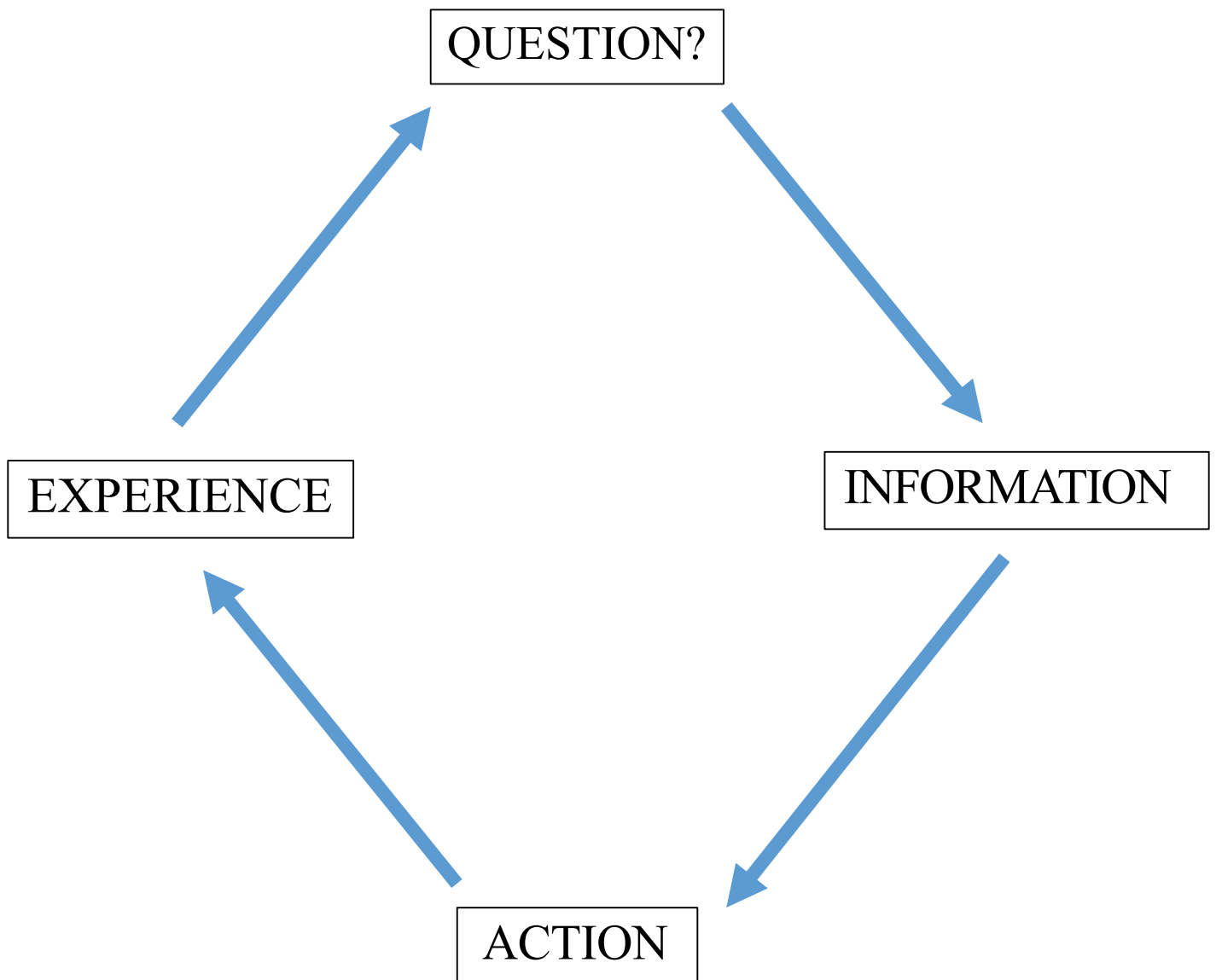
➤ 1-3      ●————→      God

➤ 4-7      ●————→      Self

➤ 8&9      ●————→      Others

➤ 10-12      ●————→      Our Way of Life

# Dynamic Process



# Reflections

- ✓ What did I hear?
- ✓ What does it mean?
- ✓ How does it apply to me?
- ✓ What is my experience?
- ✓ What is my invitation?

# Do I Have an Addiction?

**Substances:** alcohol, drugs, or food?    **Processes:** gambling, work, internet, gaming, relationships, etc.?

## Ask & Answer – HONESTLY:

1. Have I **ever** been arrested or hospitalized after drinking alcohol, using drugs, food or for other behavior?
2. Have I **ever** used more than I intended? Did I do it more than once ... twice ... three times?
3. Have I **ever** made a resolution to control my use of alcohol, drugs, food or behavior? Was I unable to, consistently?
4. Have I **ever** quit on a voluntary basis? More than once ... twice ... threetimes?
5. For how long did I stop? Did I stay stopped? What was I thinking or feeling just before I began using or engaging in the compulsive behavior **again**?
6. Have I **ever** been asked to quit or moderate? By spouse/ significant other? By family member? By employer? By clients? By court? By attorney? By doctor? By therapist/ counselor? By friends?
7. Have I **ever** experienced lapses in memory (blackouts) while using alcohol, drugs, food or engaged in other compulsive behavior?
8. Have I **ever** had an accident (car, falls, etc.) or need medical help after drinking, using drugs, food or other compulsive behavior?
9. Have I **ever** lost a job or a relationship related to use of alcohol, drugs, food; or engaged in other compulsive behavior?
10. Have I **ever** been embarrassed by my behavior when drinking, using drugs, food other compulsive behavior ?
11. Do I **ever** hide my drinking, drug, food, or any compulsive behavior use from anyone: significant other? Doctor? Employer? Therapist?
12. Do I **ever** drink alcohol, use drugs, or misuse food in the morning?
13. After drinking/drugging/eating heavily the day before, have I **ever** begun drinking/drugging/eating the next day to feel better?
14. Do I **ever** use alcohol, drugs, or food to wake up, go to sleep, increase or decrease my energy?
15. Do I **ever** feel a need for alcohol, drugs, or food to feel OK, especially in social situations?
16. Have I **ever** hurt or threatened anyone when drinking alcohol, using drugs, food or other compulsive behavior ?
17. Do I **ever** have a strong physical or emotional craving for alcohol, drugs, or food?
18. Do I **ever** drink alcohol, use drugs, or eat food excessively, alone?
19. Does using alcohol, drugs, food, or engaging in other compulsive behavior **ever** interfere with the quality of **any** aspect of my life?
20. Does my drinking, drug use, eating or other compulsive behaviors **ever** make me unhappy or remorseful?

If you answered **“Yes”** to **any** question, you may need a professional assessment for possible addiction disorder.

# History

1932



Dr. Carl Jung

Psychology /Theology



Spiritual Experience

1933



Oxford Group

Religion



Six Steps / Conversion

1934



Dr. Silkworth

Medicine



Fatal Disease:

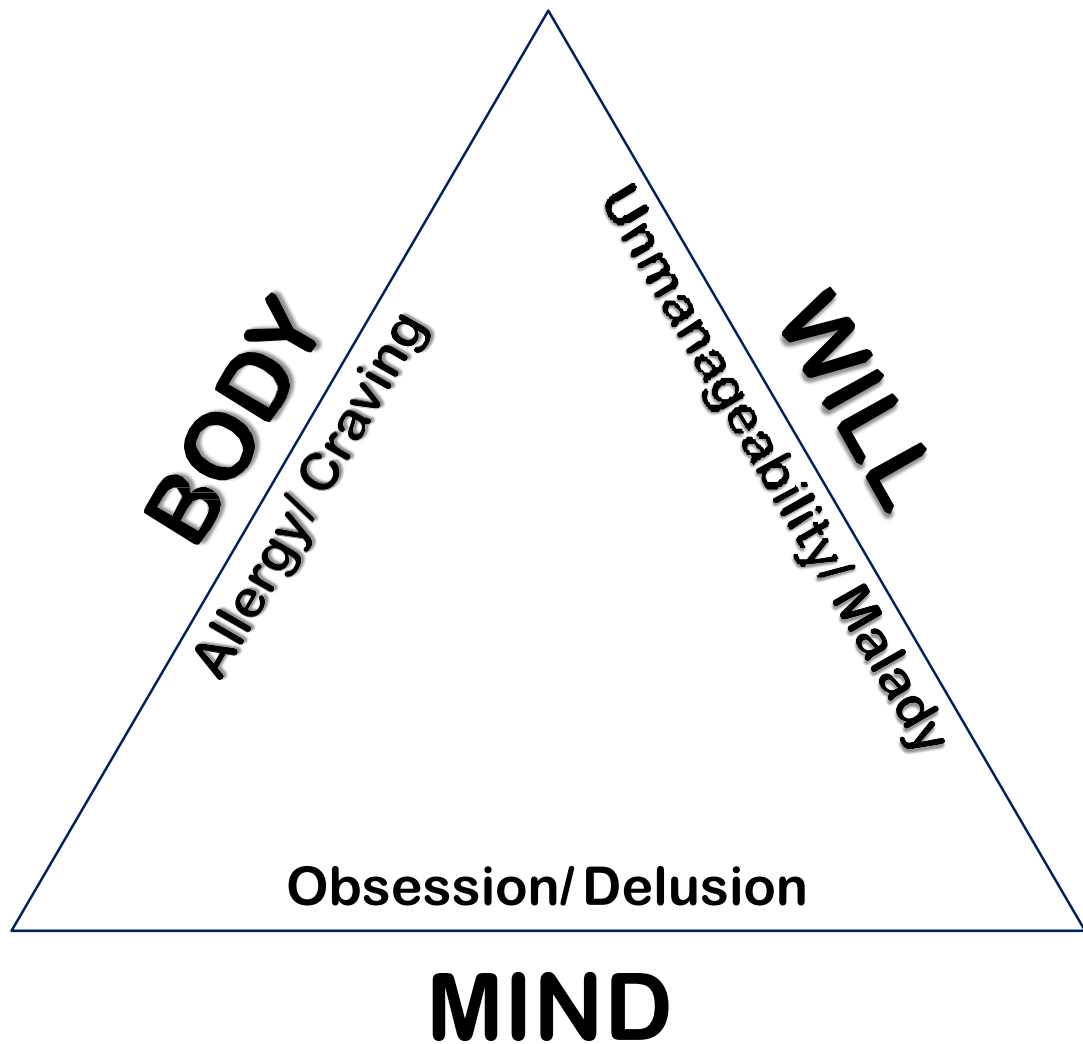
Allergy & Obsession



# History



# Problem



# Solution



# Big Book of Alcoholics Anonymous

## CONTENTS

|          | CHAPTER                  | PAGE                       | STEP          |         |
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|          | FORWARD SECONDEDITION    | XV                         |               |         |
|          | FORWARD THIRDEDITION     | XXII                       |               |         |
|          | FORWARD FOURTH EDITION   | XXIII                      |               |         |
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Exceptions to this structure: Bill's Story

Pages 1 through 8 describe the **problem** = his powerlessness (Step 1)

Pages 9 through 16 detail the **solution** = his recovery (Steps 2 through 12)

NOTE :

The description of "unmanageability," the second half of Step 1, the spiritual malady, is described on pages 44 and 45, page 52 "bedevilment" paragraph, and pages 60 to 62 ("we are extreme examples of self-will run riot")

|   |
|---|
| 60 pages = 34% of TEXT IS ON STEP 1             |
| 40 pages = 23% of TEXT IS ON STEPS 2-11         |
| 75 pages = 43% of TEXT IS ON STEP 12            |
| 175 PAGES (includes 11 pages of roman numerals) |

# Assignment Process

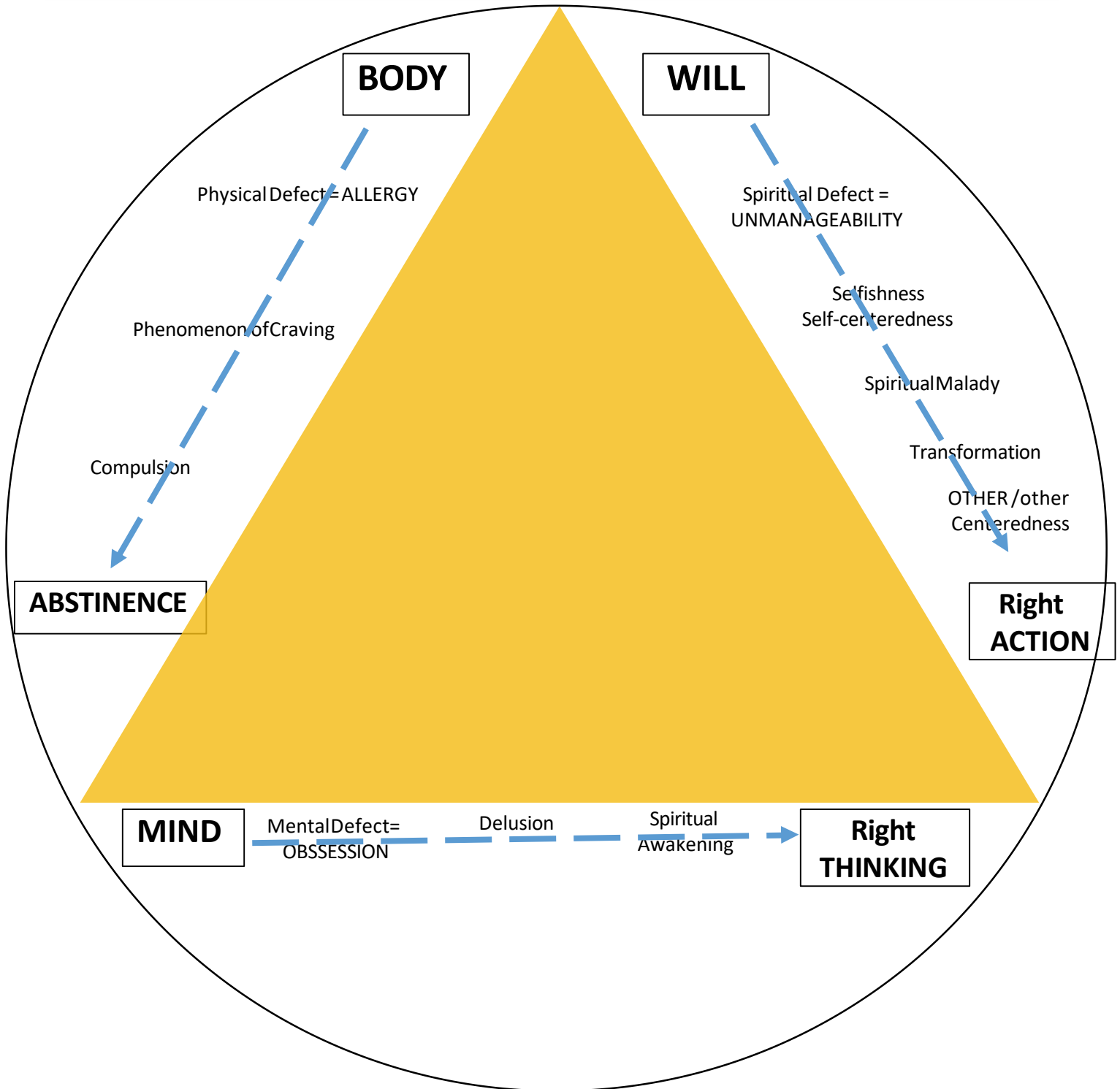
- Prayer
- Reading
- Listening
- Reflection
- Writing
- Discussion
  
- **HEART**



# Reflection

1. Where is my life not working:
  - Disturbances?
  - Frustrations?
  - Dishonesty?
  - Unforgiving / Unforgiven?
  - Secrets?
  
2. Are my efforts:
  - Effective?
  - Consistent?
  - Lasting?
  - Producing desired results?
  
3. Do I really want my life to change? Am I willing to change?... to be changed?
  
4. What changes would I like?

# Step One



# Body

1) What is my experience with addiction?

---

---

---

2) What happens when I indulge in this addiction?  
List 3 examples

---

---

---

3) What is my history of attempts to deal with it – to stop after I start?  
Describe 3 examples

---

---

---

---

4) How successful have I been, once I start, to control substance use and/or behavior?

---

---

---

---

5) How honest have I been about it with others or myself – my efforts and failures?

---

---

---

---



# Mind

1) Have I made a resolution to stop any substance use or specific behavior? Be specific – list 3 examples.

---

---

---

2) What do I think or feel just before I engage in use and/or that specific behavior AGAIN? Am I even conscious? Or am I into it before I realize it?

---

---

---

3) How soon do I realize that I am doing it AGAIN?

---

---

---

4) How does that make me feel? What is my reaction?

---

---

---

5) Do I make another / stronger resolution to stay abstinent?

---

---

---

6) How well does this work? How successful have I been at staying abstinent?

---

---

---

7) How honest have I been with others or myself about it – my efforts and my failures?

---

---

---

# Will

1. Am I having trouble with personal relationships?

---

2. Can I control my emotions?

---

3. Am I a prey to misery and depression? Do I derive satisfaction from my way of life?

---

4. Am I or can I be self supporting?

---

5. Do I feel useful?

---

6. Am I full of fear?

---

7. Am I unhappy?

---

8. Am I able to be a real help to others?

---

9. Do I really care to be useful?

---

10. How honest have I been with others or myself about these issues – my efforts and my failures;  
my doubts and my dissatisfactions?

---

11. Do I repeatedly do what I really don't want to do?

---

Do I repeatedly don't do what I want to do?

# Step Two

**CHOICE ABOUT**

**POWER**

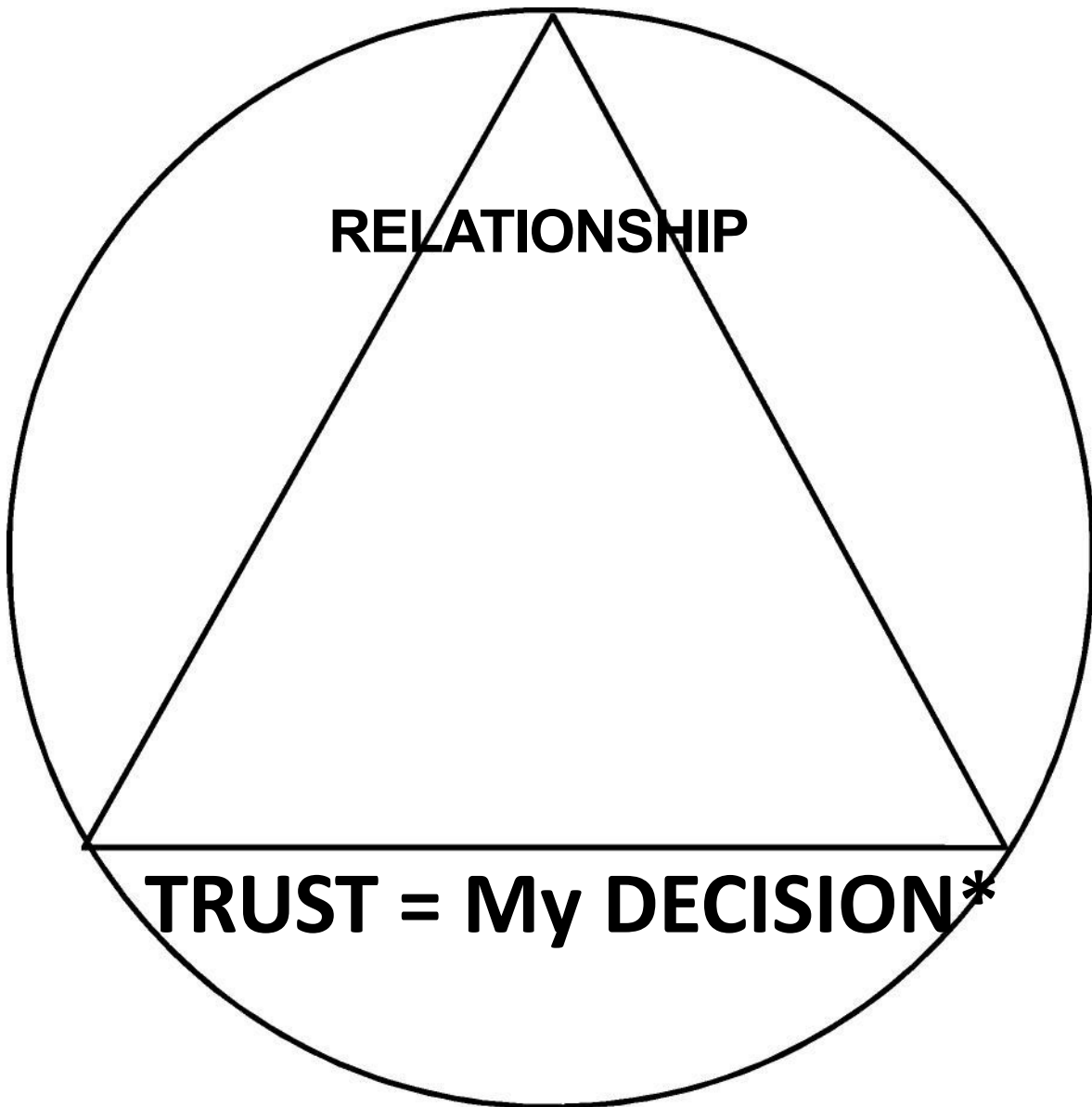


\*Cornerstone

# Step Three

**DECISION FOR**

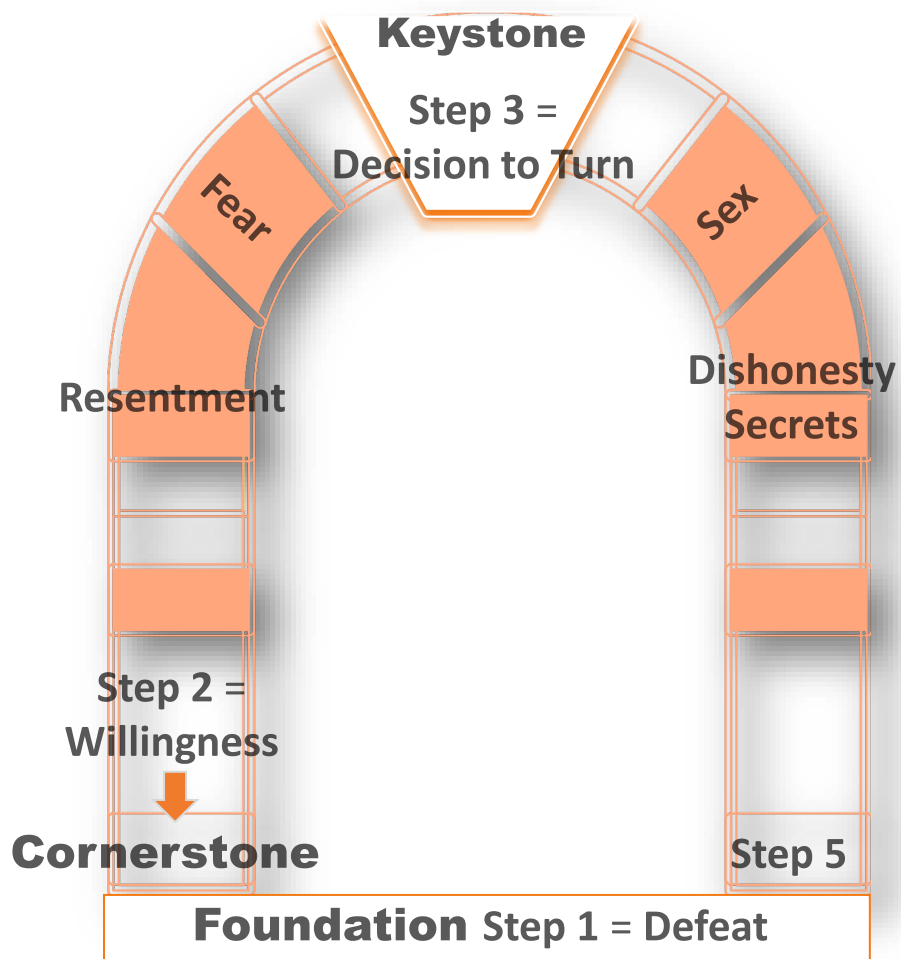
**POWER**



\*Keystone

# SPIRITUAL ARCH

... to **AWAKENING** ...

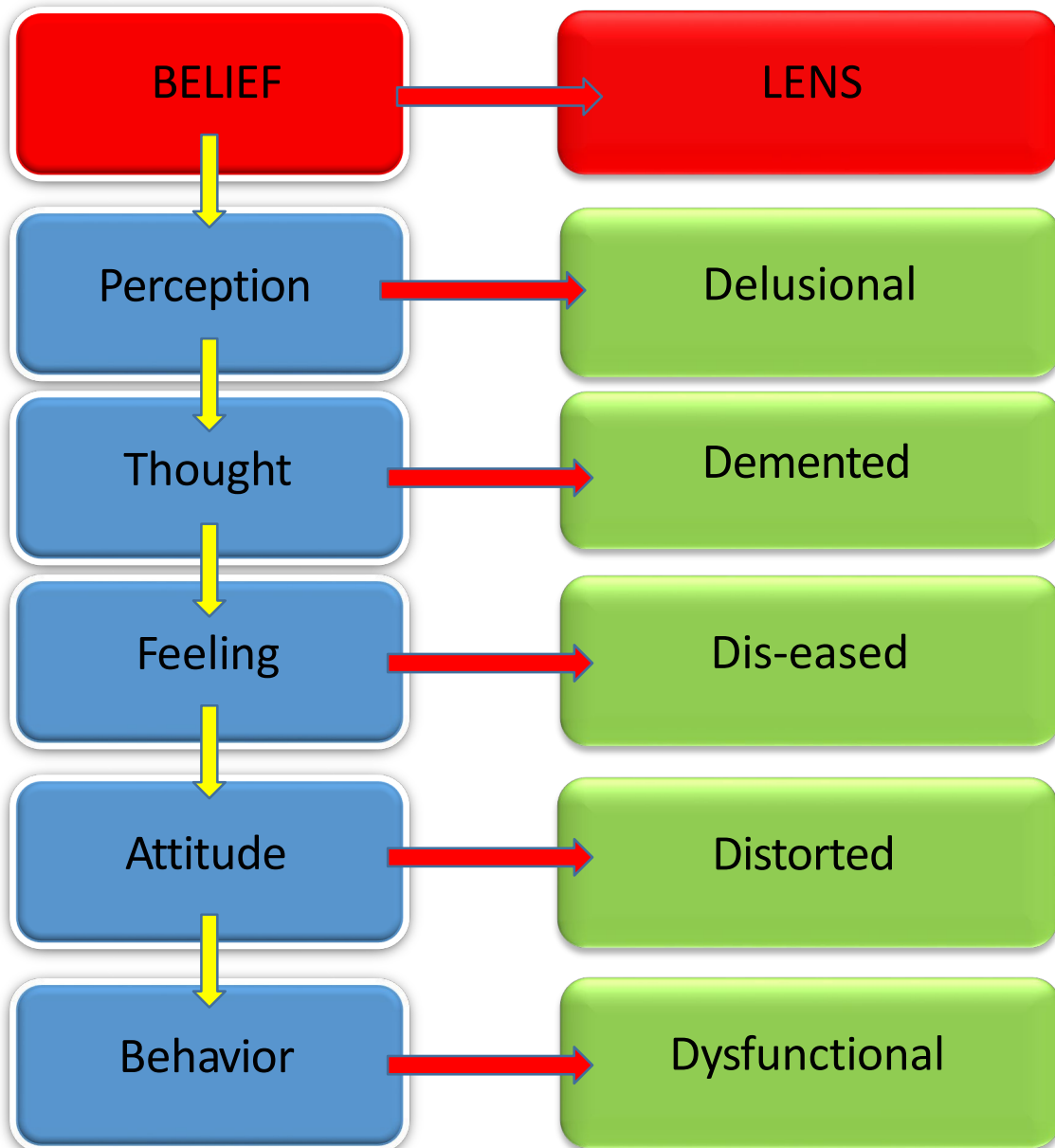


~ **FREEDOM**

# Problem = Asleep

PROBLEM:

IMPACT:



# Ego Deflation at Depth

... My *STORY*

BIOLOGY  
GENETICS



FAMILY  
CULTURE



EMOTIONS  
EXPERIENCES



PSYCHOLOGY  
EDUCATION



REALITY  
TRUTH



# Basic Human Survival

## Instincts

Fight

Flight

Freeze

## Reactions

Anger

Fear

Dishonesty

## Emotions

Resentment

Fear/Anxiety

Sex/Shame

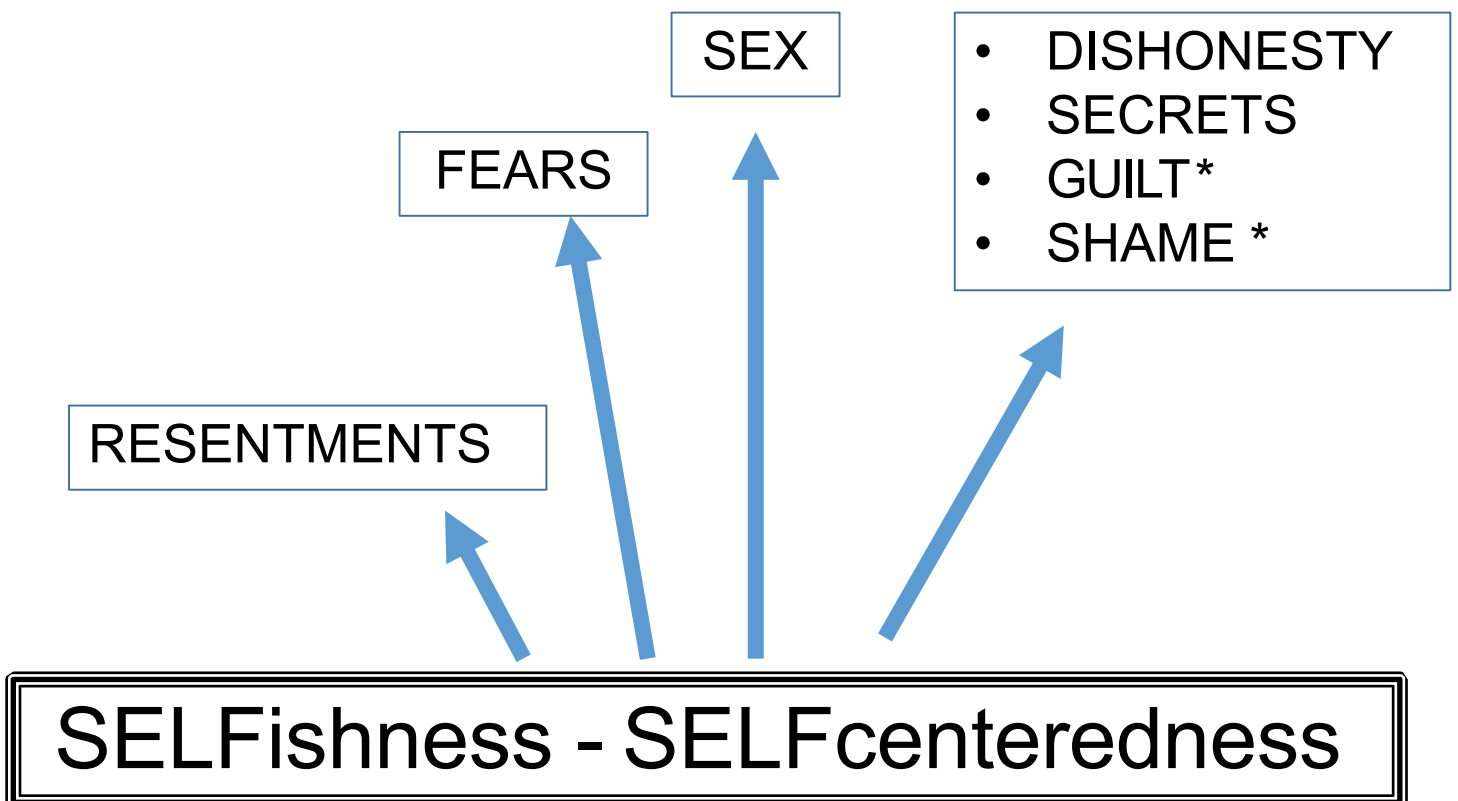
**SELF-  
Centered**

**Step FOUR = EXACT NATURE**



# Step Four

## Name OBSTACLES / IMPEDIMENTS



\* Not in "BigBook"

# Step Four

## Twelve & Twelve

### SEVEN DEADLY SINS\*

Pride  
Envy  
Anger  
Greed  
Gluttony  
Lust  
Sloth

\*Twelve & Twelve

# Step Four: Resentment Worksheet, Column Three

*Before you begin the worksheet, write and pray a personal version of the Set Aside Prayer:*

## Column Three = BELIEFS?

### Set Aside Prayer:

**CONSIDER:** When I resent \_\_\_\_\_ (Column One)  
for \_\_\_\_\_ (Column Two),  
did it hurt, threaten, or interfere with my:

1. **Self-esteem:** What is my deep belief about who I am?

I am \_\_\_\_\_  
\_\_\_\_\_

**What is my fear? May be  
opposite of my belief.**

( \_\_\_\_\_  
\_\_\_\_\_ )

2. **Pride:** How do I want other people to see me being treated?

Put myself on a stage w/other person; imagine a relevant audience watching.  
Others **should** see (Column One Person) \_\_\_\_\_  
treating me as \_\_\_\_\_

( \_\_\_\_\_  
\_\_\_\_\_ )

3. **Ambition:** What do I want to happen?

I want \_\_\_\_\_  
\_\_\_\_\_

( \_\_\_\_\_  
\_\_\_\_\_ )

4. **Security:** What do I need in order to be okay? Why?

I need \_\_\_\_\_  
Why? \_\_\_\_\_

( \_\_\_\_\_  
\_\_\_\_\_ )

5. **Personal relations:** How do I expect this relationship **should** be?

Consider roles: "I expect [mothers/father/friends/bosses/partners/etc.] **should..**"  
I expect \_\_\_\_\_  
\_\_\_\_\_

( \_\_\_\_\_  
\_\_\_\_\_ )

6. **Sex (gender) relations:** What is my **belief** about men/Women?

A real/ideal/model man **should** always or is \_\_\_\_\_  
\_\_\_\_\_

( \_\_\_\_\_  
\_\_\_\_\_ )

A real/ideal/model woman **should** always or is \_\_\_\_\_  
\_\_\_\_\_

( \_\_\_\_\_  
\_\_\_\_\_ )

7. **Pocketbook:** What is my affected value?

For example: money, material security, emotional security, well-being, etc.  
Nothing **should** interfere with, affect, or lessen my \_\_\_\_\_  
\_\_\_\_\_

( \_\_\_\_\_  
\_\_\_\_\_ )

# Prayer For Freedom From Resentment

GOD,

*(insert name)*, LIKE ME, IS A SPIRITUALLY  
SICK PERSON.

PLEASE:

- HELP ME TO SHOW *(insert name)* TOLERANCE, COMPASSION, AND PATIENCE;
- RELEASE ME FROM BEING ANGRY;
- ENABLE ME TO RELEASE THIS RESENTMENT;
- REMOVE THIS RESENTMENT;
- SHOW ME HOW TO TAKE A KINDLY AND TOLERANT VIEW OF *(insert name)*;
- BRING ME TO ACCEPT REALITY AS IT IS; and
- SHOW ME HOW I CAN BE HELPFUL TO *(insert name)*.

THY WILL BE DONE!

# Step Four: Resentment Worksheet, Column Four

Before you begin the worksheet, write and pray a personal version of the Set Aside Prayer:

## Column Four – MOTIVES?

### Set Aside Prayer

**CONSIDER:** When I resent \_\_\_\_\_ (Column One)  
for \_\_\_\_\_ (Column Two),

I have a belief about my role- how I believe I am affected - from the Column Three analysis:

**My PERCEIVED role** like an actor in a play = e.g., misunderstood person, betrayed spouse, abused child, etc.:

When feeling this resentment I believe I am \_\_\_\_\_

Is the event true or false? Did it really happen? \_\_\_\_\_

*Disregarding the other person/ entity involved entirely, consider before/during/after the event that was/is the occasion for this resentment.*

1. **Self-seeking:** Acting on my own behalf-self-entered behavior/ actions- when I feel this resentment?  
\_\_\_\_\_

2. **Selfish:** Thinking about myself- self-centered thoughts/motives/ attitudes- when I feel this resentment?  
\_\_\_\_\_

3. **Dishonest:** Misrepresenting myself or reality - lying/ omitting/ deluding - when I feel this resentment?  
\_\_\_\_\_

4. **Afraid:** Fear of not getting what I want or losing what I have -when I feel this resentment?  
\_\_\_\_\_

5. Where am I **wrong/ at fault/ to blame/ responsible** for my feelings/behavior -when I feel this resentment? **Then** - my contribution to the original event? \_\_\_\_\_

**NOW** - my current reaction to \_\_\_\_\_  
person/ event? \_\_\_\_\_

6. What feeling/ **harm** did I cause this person? Pick from these options - what is the actual negative impact of my actions on:

|                               |                                |
|-------------------------------|--------------------------------|
| Physical (Body) _____         | Mental (Mind) _____            |
| Emotional (Feelings) _____    | Spiritual(Relationw/God) _____ |
| Financial (Money/ Time) _____ | Other negative impacts _____   |

7. What **harm** did I cause to other people, in and around this relationship? Specific negative impact?  
\_\_\_\_\_

8. List any other **fears** that I've become aware of while completing this worksheet (not already listed):  
\_\_\_\_\_

9. List the **character defect(s)** that I've become aware of while completing this worksheet:  
\_\_\_\_\_

10. **WHY** do I hold on to this resentment? What is the  **motive/ benefit/ value** to me?  
\_\_\_\_\_

**My REAL role** in holding on to these negative feelings; it may be the direct opposite of my role above:  
I now **REALIZE** I am \_\_\_\_\_

# Fear Worksheet

Before you begin the worksheet, write and pray a personal version of the Set Aside Prayer:

| 1. | Name Fear | 2. | Why do I have it? | 3. | What behavior is manifest? | 4. | Name the opposite of this fear?<br>(the virtue) | 5. | What behavior would this virtue manifest? (the opposite of the 3' column ) |
|----|-----------|----|-------------------|----|----------------------------|----|---|----|--|
|    |           |    |                   |    |                            |    |   |    |  |
|    |           |    |                   |    |                            |    |   |    |  |
|    |           |    |                   |    |                            |    |   |    |  |
|    |           |    |                   |    |                            |    |   |    |  |
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|    |           |    |                   |    |                            |    |   |    |  |
|    |           |    |                   |    |                            |    |   |    |  |
|    |           |    |                   |    |                            |    |   |    |  |
|    |           |    |                   |    |                            |    |   |    |  |

# Step 4: Sex Inventory

*Before you begin the worksheet, write and pray a personal version of the SetAside Prayer:*

**Review the facts** - We are looking for our **motives**, and the impact on others of our actual **behavior**:

- How did the encounter or relationship begin?
- What happened?
- What's the status now, or how did it end?

**Answer these questions:**

1. Where had I been selfish? (Thinking about myself)
2. Where had I been dishonest? (By commission or omission)
3. Where had I been inconsiderate?
4. Whom had I hurt?
5. Did I arouse jealousy?
6. Did I arouse suspicion?
7. Did I arouse bitterness?
8. Where was I at fault?
9. What should I have done instead?

*The answer to question #9 will help you become conscious of the principles you already have but are not aware of (or the principles you want to have) that will guide your future sex motives and behavior. They will form the basis of your "sex ideal".*

# Final Preparation for Step Four

Remember the purpose of this process—to identify and remove/have removed the impediments/obstacles to a relationship with that Power deep down inside us.

Ask yourself where/when you have experienced:

- Guilt
- Shame
- Embarrassment
- Dishonesty (Stealing)
- Secrets
- Irresponsibility: financial, relationship, behavior, family, work

The Twelve and Twelve suggests we also look at violations of moral principles (values) as expressed in the Seven Deadly Sins:

- Pride
- Greed
- Lust
- Gluttony
- Envy
- Anger
- Sloth

After praying the Set Aside prayer spend time reflecting (meditation) on each of these items and write out your thoughts, feelings, and memories. Be specific.

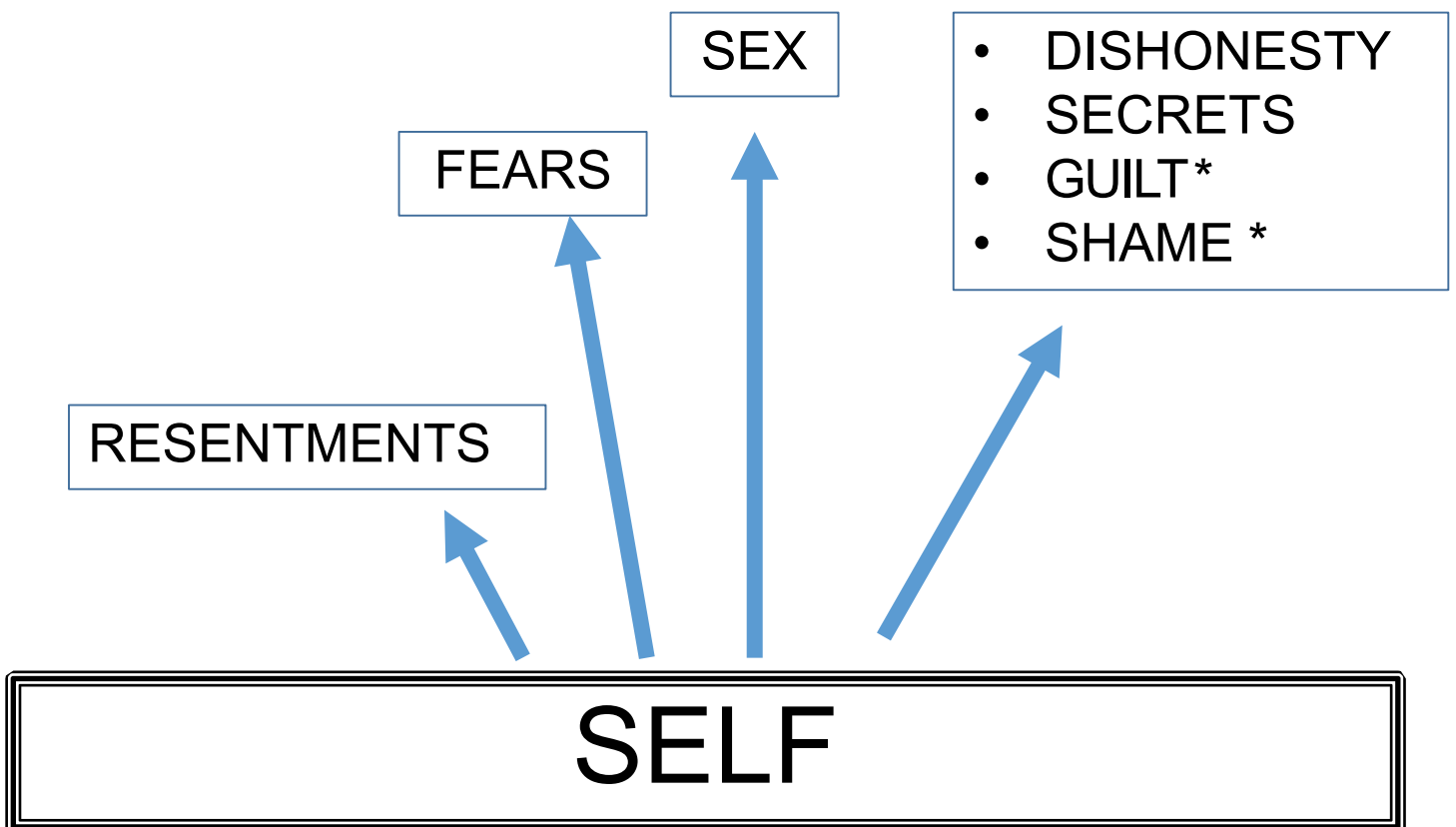
It is especially important to be specific about any area/item that you have any conscious/intuitive awareness of discomfort, embarrassment, and/or resistance to disclosure.

Err on the side of maximizing rather than minimizing. This is about "rigorous honesty", about being transparent. This is about removing the sludge in us that blocks us from God.



# Step Five

## Remove OBSTACLES / IMPEDIMENTS



\* Not in "BigBook"

# Step Six

## DEFECTS OF CHARACTER

Willingness to be changed.

Name Them:

- Resentment
- Fear
- Sex/Dishonesty
- Selfishness

# What is Personality Disorder?

From Diagnostic and Statistical Manual of Mental Disorders, 4th edition, 1994, commonly referred to as DSM-IV, of the American Psychiatric Association. European countries use the diagnostic criteria of the World Health Organization.

An enduring pattern of loner experience and behavior that deviates markedly from the expectation of the individual's culture, is pervasive and inflexible, has an onset in adolescence or early adulthood, is stable over time, and lends to distress or impairment.

A personality disorder is a pattern of deviant or abnormal behavior that the person doesn't change even though it causes emotional upsets and trouble with other people at work and in personal relationships. It is not limited to episodes of mental illness, and it is not caused by drug or alcohol use, head injury, or illness. There are about a dozen different behavior patterns classified as personality disorders by DSM-IV. All the personality disorders show up as deviations from normal in one or more of the following;

- Cognition—perception, thinking, and interpretation of oneself, other people, and *events*
- Affectivity—emotional responses (range, intensity, liability, appropriateness)
- Interpersonal functions
- Impulsivity

## **Narcissistic Personality Disorder (NPD) — indicators are:**

1. *An exaggerated sense self-importance (e.g.. Exaggerates achievements and talents, expects to be recognized as superior without commensurate achievements); grandiosity.*
2. *Preoccupation with fantasies of unlimited success, power, brilliance beauty, or ideal love*
3. *Belief of being “special”; only can be understood by, or should associate with, other special or high-status people (or institutions)*
4. *Require excessive admiration*
5. *Sense of entitlement*
6. *Selfishness in taking advantage of others to achieve their own ends*
7. *Lacking empathy*
8. *Envy of others or belief that others envy them*
9. *Behaviors or attitudes that are arrogant. haughty, patronizing, or contemptuous*

# Enneagram – Samples of Defects of Character

|   |  |
|---|--|
| <p>1. perfectionistic<br/>rigid/inflexible<br/>critical/negative<br/>judgmental<br/>angry<br/>intolerant<br/>bitter<br/>anal<br/>impatient<br/>obsessive<br/>rationalize<br/>control<br/>tense<br/>disrespectful<br/>fear of being wrong</p>  | <p>4. individualistic<br/>feelings of special<br/>self pity<br/>self loathing/selfcondemning<br/>dominated by feelings<br/>envy<br/>above the rule<br/>alienation from others<br/>moody<br/>aloof<br/>hopelessness<br/>victim<br/>ungrateful<br/>self indulgent<br/>withdrawn<br/>harsh<br/>remorseful<br/>dependent<br/>inhibited</p> |
| <p>2. pride<br/>vain glory<br/>manipulative<br/>smothering<br/>possessive<br/>needs others to depend on them<br/>martyr complex<br/>hypochondria<br/>needy<br/>resentful<br/>negative<br/>two faced<br/>ungrateful</p>  | <p>5. cynical/skeptical<br/>detached<br/>loner<br/>avarice (their time, resources, information)<br/>eccentric<br/>fear<br/>dependent<br/>antagonistic<br/>overly sensitive<br/>restless<br/>pessimistic<br/>emotionally needy<br/>disdaining<br/>non-supportive</p>  |
| <p>3. grandiose<br/>arrogant<br/>competitive<br/>overachievers<br/>image conscious<br/>insensitive<br/>feeling worthless<br/>chameleon/phony<br/>self deceit<br/>image vs. substance<br/>jealous<br/>dishonest<br/>lack of integrity<br/>self centered<br/>driven<br/>braggart<br/>emotionally unavailable<br/>deceit of others<br/>irresponsible</p> | <p>6. don't trust themselves<br/>fear based<br/>sloth<br/>fear of being alone<br/>rebellious<br/>fear of others<br/>self doubt/unsure<br/>passive — aggressive<br/>procrastinate<br/>self defeating<br/>over reactive<br/>excitable<br/>anxious<br/>miserly<br/>suspicious<br/>insecure<br/>blaming<br/>defensive<br/>pessimism</p>    |

# Enneagram – Samples of Defects of Character

|  |  |
|--|--|
| <p>7.</p> <ul style="list-style-type: none"> <li>superficial</li> <li>easily bored</li> <li>impulsive</li> <li>escapist</li> <li>restless/nervous</li> <li>fear of deprivation</li> <li>gluttony -convulsed to fill up with food/experience etc.</li> <li>hyper active/need for excitement</li> <li>destructive</li> <li>anxious</li> <li>irresponsible</li> <li>blaming</li> <li>insecure</li> <li>overly dramatic</li> <li>materialistic</li> <li>undisciplined</li> <li>self centered</li> <li>need for immediate gratification</li> <li>reckless</li> </ul>  | <p>9.</p> <ul style="list-style-type: none"> <li>complacent</li> <li>stubborn</li> <li>passive</li> <li>neglectful</li> <li>repressed</li> <li>slothful</li> <li>fatalistic</li> <li>denial</li> <li>aggressive</li> <li>dependent</li> <li>given to fantasy</li> <li>self neglect</li> <li>simplistic</li> <li>rigid</li> <li>compliant</li> <li>vicarious</li> <li>asleep</li> <li>self deprecating</li> <li>fickle</li> <li>shallow</li> <li>pessimistic</li> <li>powerless</li> <li>Shunning</li> <li>fear of change</li> <li>inattentive</li> <li>weak</li> <li>lazy</li> </ul> |
| <p>8.</p> <ul style="list-style-type: none"> <li>Hardhearted</li> <li>ruthless</li> <li>control</li> <li>aggressive</li> <li>lust (sex, power)</li> <li>very willful</li> <li>intimidate</li> <li>abusive</li> <li>seek/need power</li> <li>aggressive</li> <li>violent</li> <li>fear of being weak</li> <li>independent</li> <li>fear of being controlled</li> <li>self centered</li> <li>fear of fear</li> <li>controlling</li> <li>proud</li> <li>unaffectionate</li> <li>uncaring</li> <li>takes all the credit</li> <li>disrespectful</li> <li>impulsive</li> <li>passionate</li> <li>Unloving</li> </ul> | <p>#8, 9, 1 – Anger based<br/>           #5, 6, 7 – Fear based<br/>           #2, 3, 4 – Shame / Dishonesty based</p>  |



# Step Seven

## SHORT COMINGS

- Powerless to remove
- Pray for removal
- Be accountable for behavior

# Step Eight

## LIST HARMS

Negative impact of my behavior on persons or institutions

1. Who did I diminish?
2. What did I do?
3. What *harm* did I cause?
4. What specific actions are necessary for me:
  - \* to change behavior?
  - \* to repair the damage to others?
5. Am I *willing*?



# Step Nine

## AMENDS PROCESS

1. Describe harms
2. Ask: "Any other harms?"
3. Suggest amends
4. Ask: "Any other amends?"

# Forgiveness is a Process Not an Event

*A forgiving person has no past. An unforgiving person has no future.*

## What is Forgiveness?

Forgiveness is **Not** to...

- Condone
- Forget
- Tolerate
- Ignore
- Approve
- Excuse
- Minimize
- Pardon
- Deny
- Absolve
- Reconcile
- Invite to hurt again
- Surrender justice

Forgiveness Is a **Decision to not...**

- Retaliate
- Exact revenge
- Seek compensation
- Judge

Forgiveness Is a **Decision to...**

- Release them
- Release ourselves
- Be released

## What is the Forgiveness process?

**Name it.** Accept the facts: Betrayal = it did happen; I was hurt.

Open your mind, memories and heart to remember the hurts, the wounds, where and when you have been let down, dishonored, abused, lied to, cheated on; diminished in spirit and emotion; diminished physically and financially.

Bring to your mind, to your memory and to your heart a picture of the betrayer; your father, mother, husband, wife, boyfriend, girlfriend, brother, sister, relative, friend; have you been betrayed by your school, church, the judicial system, healthcare system, legal system, the government?

# Be willing to decide to release them and myself:

This is the reality—it did happen—we have been betrayed, hurt and deeply wounded. Name it and accept it. It's tragic and it's true.

**Understand it.** I had hopes and expectations. They were not met. Accept the facts of the process of forgiveness: I can be healed from these soul wounds. The process begins when I decide to release them and myself; to release my current feelings about the events of my past.

- To forgive is not to condone or excuse the behavior. What was done was wrong.
- To forgive is not to pardon—that's not mine to give—I don't have the power to absolve.
- To forgive is not to forget. I am saddened by the memory, must grieve the event, and resolve to never let it happen again.
- To forgive is to release from debt; to release from the demand for retribution or retaliation.
- To forgive is to surrender the right to get even; to release my current feelings about my past "rights".

**Identify the rules.** My beliefs— My "unenforceable" rules.

- To forgive them is to take responsibility for my part, which may only be that I have been holding onto these memories, these feelings, and have allowed them to continue to devastate my physical, emotional and spiritual life. Am I willing to acknowledge my beliefs, my unrealistic rules, my naive expectations? Am I willing to release my feelings about the event?

**Acknowledge reality.** To forgive myself is to experience my regret, remorse, sorrow for who I've been, how I've acted, and how I hurt others – and to commit to change my behavior. Am I willing to release my feelings and assume a new attitude?

- The reality is that as long as I hold onto these hurts, they possess me; actually, they poison me physically, emotionally, and spiritually.

**Accept responsibility.** How long am I going to carry these wounds? How long am I going to be shackled to this garbage barge of memories of hurt, anger and shame?

- All spiritual traditions believe that I am forgiven just to the extent that I forgive; all spiritual traditions believe that I am released just to the extent I release others.
- Look at my own brokenness— the many betrayals for which I have been responsible. Look at my motives, my role, in the events in which I find myself betrayed. Where was I selfish, self-seeking, dishonest, angry or afraid?
- In light of my own brokenness, look at their brokenness— see them like me— those that hurt me are themselves hurt, fearful, wounded, sick people— human beings twisted by their own personal histories.
- Embrace compassion both for them and for my self: they have suffered; they act out of their suffering. I have suffered; I act out of my suffering.

# Forgiveness is the release of others and the harm they have caused us.

- I am a weak, wounded human being, full of defects—attempting to survive the difficulties of life and find a little security, peace and happiness.
- Forgiveness is the release of others and my feelings about the harm they have caused me. The truth is forgiveness often follows deep acceptance of and repentance for my own harmful actions to others.

**Make a decision.** I am powerless to name and accept the truth of the harm I have done; I am likewise powerless to release the memories of the hurt others have done to me.

- Despite this powerlessness, I have a responsibility to decide not to live in the past. I have a responsibility to decide to live in the present, to accept reality as it is – not as it “should be” or as I want it.

**Implement decision.** Am I willing to embrace the process and release them.

**Take action.** Am I willing to pray for the power:

- To ask for knowledge of the truth?
- To ask for freedom from the bondage of my own history?
- To wish for the spiritual healing of those persons, institutions, or events that have harmed me?
- To forgive myself—to let go of self-condemnation, morbid reflection, remorse, my temper, my addictions, my vanities, my arrogance, my smugness, my victim stance; to let go of my failures, to do what I must and become who I really am?
- To change my attitude and my actions?

**Am I willing to pray for the power:**

- To love them as I want to be loved?
- To see the world and the people in it from God’s point of view? To see and accept reality? To identify and release my “unenforceable rules”?
- To act better than I feel?

**Invite the healing Spirit of the Universe:**

- Into my mind—that my memories may be healed
- Into my heart—that my feelings may be healed
- Into my soul—that my human spirit may be healed and flourish

**Healing Spirit of the Universe:**

- Enable me to be willing to let go and to forgive: to release and to be released
- Enable me to be willing to be restored to sanity – to healthy thinking
- Enable me to be willing to be taken to a place of serenity – to accept reality as it is
- Enable me to be willing to find freedom – to act with the intention of compassion and loving kindness

**Holy Spirit, breathe Your Loving Spirit into me.**

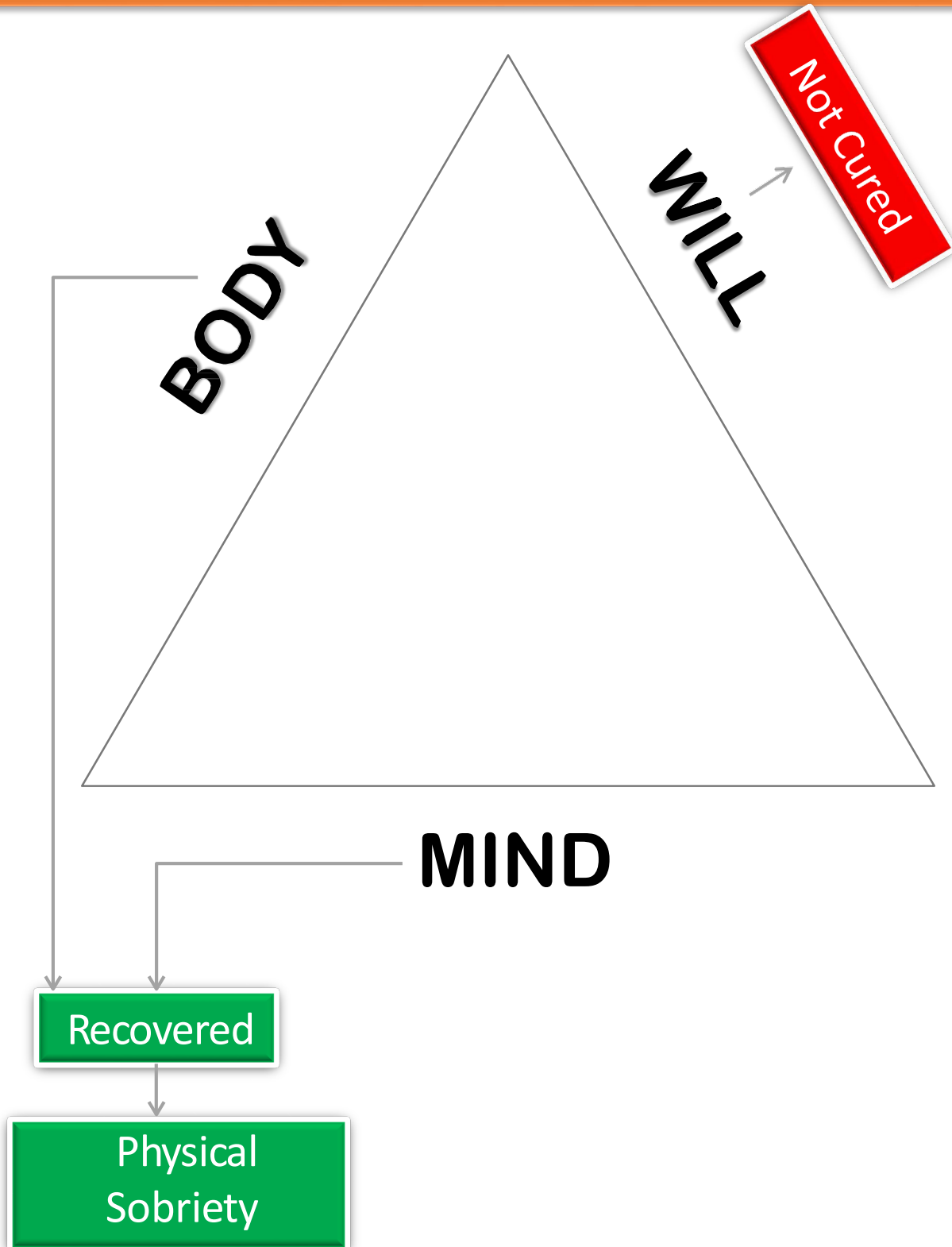
- Enable me to live from a vision of being tender love and a witness to the benefits of hope.

# Bedevilments are Transformed into the Promises

| THE BEDEVILMENTS<br>(page 52)  |   | THE PROMISES<br>(pages 83 & 84)  |
|--|---|--|
| <ul style="list-style-type: none"> <li>• We were having trouble with personal relations.</li> </ul>      | ↔ | <ul style="list-style-type: none"> <li>• We will lose interest in selfish things and gain interest in our fellow. Self-seeking will slip away.</li> </ul>  |
| <ul style="list-style-type: none"> <li>• We couldn't control our emotional natures.</li> </ul>           | ↔ | <ul style="list-style-type: none"> <li>• We will comprehend the word serenity and we will know peace.</li> </ul>   |
| <ul style="list-style-type: none"> <li>• We were prey to misery and depression.</li> </ul>               | ↔ | <ul style="list-style-type: none"> <li>• Our whole attitude and outlook upon life will change.</li> </ul>  |
| <ul style="list-style-type: none"> <li>• We couldn't make a living.</li> </ul>                           | ↔ | <ul style="list-style-type: none"> <li>• Fear of people and economic insecurity will leave us.</li> </ul>  |
| <ul style="list-style-type: none"> <li>• We had a feeling of uselessness.</li> </ul>                     | ↔ | <ul style="list-style-type: none"> <li>• That feeling of uselessness and self-pity will disappear.</li> </ul>  |
| <ul style="list-style-type: none"> <li>• We were full of fear.</li> </ul>                                | ↔ | <ul style="list-style-type: none"> <li>• We will intuitively know how to handle situations that used to baffle us.</li> </ul>  |
| <ul style="list-style-type: none"> <li>• We were unhappy</li> </ul>                                      | ↔ | <ul style="list-style-type: none"> <li>• We are going to know a new freedom and a new happiness.</li> </ul>  |
| <ul style="list-style-type: none"> <li>• We couldn't seem to be of real help to other people.</li> </ul> | ↔ | <ul style="list-style-type: none"> <li>• No matter how far down the scale we have gone, we will see how our experience can benefit others. We will not regret the past nor wish to shut the door on it.</li> </ul> |
| <ul style="list-style-type: none"> <li>• And, most of all.</li> </ul>                                    | ↔ | <ul style="list-style-type: none"> <li>• We will suddenly realize that God is doing for us what we could not do for ourselves.</li> </ul>  |

From Big Book Awakening: Dan Sherman

# Our *WAY* of Life Step Ten



# Step Ten

## **Watch for being “disturbed”:**

Resentment

Fear

Dishonesty

Selfishness

## ***When crop up - take action***

### **... “on the spot”:**

Pray

Discuss

Amend

Help someone

## **Results:**

Forgiveness

Trust

Honesty

Helpful



Emotional  
Sobriety

# Our *WAY* of Life

Step Eleven  
Prayer & Meditation

Step Twelve  
Carry Message  
Practice Principles



SPIRITUAL COIN

**Spiritual Sobriety**



# Prayer and Meditation

Evening — Inventory today? Radar sweep !

Morning — Think about the day ahead: *Do?*

— Consider your plans: *Be?*

— **LISTEN** for *guidance*? GPS\*

\* God Positioning System

All Day

— Be awake and aware

— Pause when "disturbed"

— Be conscious of Presence

— Take corrective action

— **INTENT** is **ALIGNMENT!**



# Evening

(continued)

4. Thank God for blessings received!
5. Be willing to try again tomorrow!
6. Conclude with a modified version of Prayer of St. Francis

*Spirit of the Universe ...  
Make me a channel of thy peace;  
That where there is hatred ... I may bring love;  
That where there is wrong ... I may bring the spirit of forgiveness;  
That where there is discord ... I may bring harmony;  
That where there is error ... I may bring truth;  
That where there is doubt ... I may bring faith;  
That where there is despair ... I may bring hope;  
That where there are shadows ... I may bring light;  
That where there is sadness ... I may bring joy.  
Please grant ... that I may seek rather ...  
To comfort ... than to be comforted;  
To understand ... than to be understood;  
To love ... than to be loved.  
For it is by self-forgetting ... that one finds;  
It is by forgiving ... that one is forgiven;  
It is by dying ... that one awakens ... to this life.  
Amen!*

# Morning

## Prayer

- Set-Aside Prayer  
God, please set aside everything that I think I know about myself, my unmanageability, my spiritual path and You, for an open mind and a new experience of myself, my unmanageability, my spiritual path, and especially You!
- Step Three Prayer  
God, I offer myself to Thee, to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness, to those I would help, of Thy Power, Thy Love, and Thy Way of Life. May I do Thy will always!

**Reading (Lectio Divina)** Inspirational reading (Big Book, Scripture, etc.).

## Preparation

- Is my attitude one of prayerful attention?
- What is my purpose?:
  1. To improve my *conscious contact* with God.
  2. To enhance my *usefulness* to others.
  - 3 To develop *humility*: makes it possible to receive God's help.
- Who is God—"As I understand...":
- Is God:  
EVERYTHING?  
ALL KNOWLEDGE?

# Morning

(continued)

3. ALL POWER?
4. ALL LOVE?
5. ALL PRESENCE?

- Where is God? Do I believe God is deep down inside of me?

**Meditation** Use our *mind* to create our vision of God's will for us: **My Attention**

- God, please direct my thinking; especially divorce it from motives of:  
*Selfishness*                      *Resentment*  
*Self-Seeking*                      *Fear*  
*Self-Pity*                              *Dishonesty*

Please clear my thinking of wrong motives.

Allow me to be *attentive*:

- Think                      about the 24 hours ahead (*doing*).                      What will I *do*?
- Consider                      my plans for the day (*being*).                      Who will I *be*?
- Envision                      my vision of God's will for me today (*intent*).  
How can I best serve You?                      What is my vision?
- Decide                      to relax and take it easy; to stop struggling.                      What action is suggested?

**Contemplation** (\*) Use our *will* to be present to the Presence of God: **My Intention**.

**Acknowledge** and embrace the Mystery.  
Allow the Spirit to guide you and have its way with you.  
Respond from your heart. Open, receptive and undefended.  
Be conscious of your *intention*.  
**Consent** to the action of Love; be willing to be transformed.

(\*) not in the Big Book – summary of Centering Prayer, a contemplative practice.

# Morning

(continued)

## Concluding Prayer

### Please:

Show me all through the day what my next step is to be.

Give me whatever I need to take care of tasks and problems.

Especially free me from SELF-WILL.

Show me the way of patience, tolerance, kindness, and love.

Allow today's WORK to provide an opportunity to be useful and helpful. What can I do today for the person who is still suffering?

## Step Seven Prayer

*My Creator,*

*I am now willing that you should have all of me, good and bad.*

*I pray that you now remove from me every single defect of character that stands in the way of my usefulness to You and my fellows.*

*Grant me strength as I go out from here to do Your bidding.*

*Amen!*

### Please give me:

KNOWLEDGE

POWER

FREEDOM

LOVE

COMPASSION

# All Day

- Pray for Knowledge and Power
- PAUSE frequently – when agitated or doubtful: ask for the right:  
***Thought***  
Or  
***Action***
- Many times a day humbly say “*Thy will be done*”:
- ***Consent to Presence!***
- ***THINK*** what you can **DO** for others! : **Be helpful!**

# Step Twelve

## SPIRITUAL AWAKENING



### Radical CHANGE:

- Think
- Feel
- Behave

... it is done **to** us ...  
...not **by** us, but ...  
...not without us!



# Step Twelve

Carry *This Message*     *Immunization*

*Practice* These Principles     *Integration*

- Significant Relationship
- Family
- Work
- Fellowship / Community

# Working with Others\*

1. Find a person (addict\*) who wants to recover (proactively search out).
2. Find out all you can about them in order to put yourself in their place:
  - Indirectly, from a person close to them (their family)
  - Directly from the problem person. Share yourself with them, especially attempt identification with addiction experiences
3. Ask them if they want to quit for good and are ready to go to any extreme to do so.
4. Stress the hopelessness. Relate your specific experience with the physical allergy and the mental obsession. Help this person connect their experience to powerlessness with addiction. Let them draw their own conclusion.
5. Tell them exactly what happened to you; stress the spiritual. They need to be willing to believe in a Power greater than themselves and to live by spiritual principles (but no specific dogma).
6. Be sane, quiet and full of human understanding.
7. Outline the program of action:
  - Inventory
  - Amends
  - Daily prayer and meditation
  - Helping others
8. Tell them about the Fellowship. Tell them that if they want to get well you will do anything to help.
9. If they are sincerely interested; give them the Big Book and ask them to read it.
10. Share your practical experience with the Steps. Make yourself available for the Third and Fifth Steps (and Seventh if requested).
11. Help them get a job, give them a little financial assistance, or provide shelter in your home. Help but do not enable. Recovery is not dependent upon people. It is dependent upon the person's relationship with God.
12. "Your job now is to be at the place where you may be of maximum helpfulness to others" (page 102).

\*Modified to include all addictions

# Profile of a Sponsor\*

- Has had a spiritual awakening: a change in their thinking, feeling, and especially in their behavior
- Appears to have what you want
- Has a sponsor to whom they hold themselves accountable
- Willing to allocate time: meet; return calls; work Steps
- Has knowledge and experience with Big Book; has completed Steps
- Goes to meetings; has a home group
- Operates their life based on spiritual principles
- Genuinely wants to be helpful
- Has a positive attitude
- Has a consistent, daily Prayer and Meditation practice
- Listens; is patient; has commonsense
- Has a personal life that is attractive: relationships; work; fun
- Shares experience and knowledge; not opinions
- Has some humility; acknowledges limitations
- Is confidential and trustworthy
- Embraces anonymity: theirs and yours
- Respects: does not guilt or shame
- Minimizes conversations about outside issues
- Willing to admit mistakes; knows their own limitations; undefended
- Interested in you having your own experience; not theirs
- Is inclusive; wants to be helpful; open to outside resources: medication; therapy; other professional interventions
- Familiar with Traditions, Concepts and Twelve Step History
- Knows the sponsor role is not:
  - ❖ Parent
  - ❖ Judge
  - ❖ Therapist/MD/Rx
  - ❖ Teacher
  - ❖ Hotel
  - ❖ Disciplinarian
  - ❖ Employer
  - ❖ Attorney
- Is NOT an enabler; competitive; invested/attached; controlling; manipulative
- Is honest; non-judgmental; tolerant; patient; compassionate; encouraging; flexible
- Makes suggestions, not rules/requirements/mandates
- Does not protect you from consequences of your actions
- Is a guide, mentor, coach, cheerleader, and an accountability partner
- Is a role model: as a healthy human being
- Sees role: to be helpful/useful; a lantern, not the light
- Walks the walk!
- And most of all: Enjoys their sobriety!!

\*Input from "Twelve Step Sponsorship" Hamilton B (Hazelden) and from attendees at various workshops.

# Principles\*

1. **HONESTY:** Facing and accepting the facts, the objective truth about reality. Conduct is fair and straight forward; means uprightness of character or action. Honesty implies a refusal to lie, steal, deceive in any way.  
**Action: CONCEDE “powerlessness” to our innermost self – to surrender/admit defeat.**
2. **FAITH/HOPE:** A decision to believe and have complete confidence in God/HP/power-other-than-self, without logical proof or material evidence. To desire with expectation of fulfillment, to long for with expectation of obtainment, to expect with desire; desire accompanied by expectation of or belief in fulfillment.  
**Action: DECISION ABOUT “IT” – our concept.**
3. **TRUST:** A decision for a covenant, an arrangement, by which something is transferred with assurance to someone with confident expectation of the proper use for a specified purpose; to commit to the care of someone's management; to confer a commission confidently; outward conduct is governed by implicit confidence and dependence on goodness and reliability of the recipient of this trust.  
**Action: DECISION TO TURN to be in alignment with “IT”; LIVE as if “IT” is real – our relationship.**
4. **COURAGE:** Mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty; courage implies firmness of mind and will in the face of danger or extreme difficulty; willingness to face and accept the truth.  
**Action: NAME/ANALYZE the obstacles in us to our relationship with “IT” – to see and accept the truth.**
5. **INTEGRITY:** An unimpaired condition; soundness; adherence to a code of moral, artistic, or other values; the quality or state of being complete or undivided.  
**Action: CONFESSION/REVELATION of all obstacles/secrets – to prepare for removal.**
6. **WILLINGNESS:** Inclined or favorably disposed in mind; ready; prompt to act or respond without reluctance; or relating to the will or power of choosing.  
**Action: MAKE A LIST of our defects of character/shortcomings – to prepare for removal.**
7. **HUMILITY:** Quality or state of being truthful; unpretentious, modest, not proud or haughty; not arrogant or assertive; reflecting, expressing, or offered in the spirit of deference or submission; having a balanced, objective perspective.  
**Action: PRAYER/ACCOUNTABILITY – to request removal.**
8. **COMPASSION:** Sorrow for the sufferings caused to others; a person's concern that freely seeks the good of another.  
**Action: MAKE A LIST of harms done by us to others – to identify them.**
9. **JUSTICE:** The maintenance or administration of that which conforms to law, especially spiritual; honorable and fair dealing of persons with each other.  
**Action: CHANGE behavior; REPAIR damage; embrace FORGIVENESS process.**
10. **VIGILANCE:** Watchfulness; keeping awake and alert, especially to feelings of being “disturbed”. These ill-at-easiness feelings are signals that we are in self-will and out of alignment with reality, as-it-actually-is. When we begin to exercise self-regulation, we correct our behavior, mold our mental faculties, and improve our moral character.  
**Action: Daily PRACTICE of awareness of feelings, using “spot check inventory” when disturbed, and applying the suggested remedy for emotional re-alignment: pray; talk; amend; help – which develops our CONSCIENCE.**
11. **AWARENESS:** Having or showing realization, perception, or knowledge; implies attentiveness in observing or alertness in drawing inferences and direction from what one thinks, feels, sees or hears; developing our mindfulness.  
**Action: Daily PRACTICE of prayer and meditation - which improves our CONSCIOUSNESS.**
12. **ALTRUISM/LOVE:** Devotion to the welfare of others; behavior done solely for the benefit of others; to be useful.  
**Action: Daily PRACTICE of helping – which enlarges our COMPASSION.**

\***PRINCIPLES:** Foundational truths: core values which regulate moral behavior.

# Dynamics of Twelve Steps

Reflects the two functions that make us specifically human:

**WILL**

DECIDE / ACTION

1. Concede powerlessness
3. Decide for relationship
5. Disclose fully
7. Pray for removal
9. Change behavior / repair damage

**MIND**

KNOW / NAME

2. Name Higher Power
4. Name obstacles
6. Name defects
8. Name harms
10. Name/correct disturbances

11. Improve conscious contact: Prayer / Meditation

12. Enlarge conscious contact: Message / Principles

**Spiritual Sobriety**

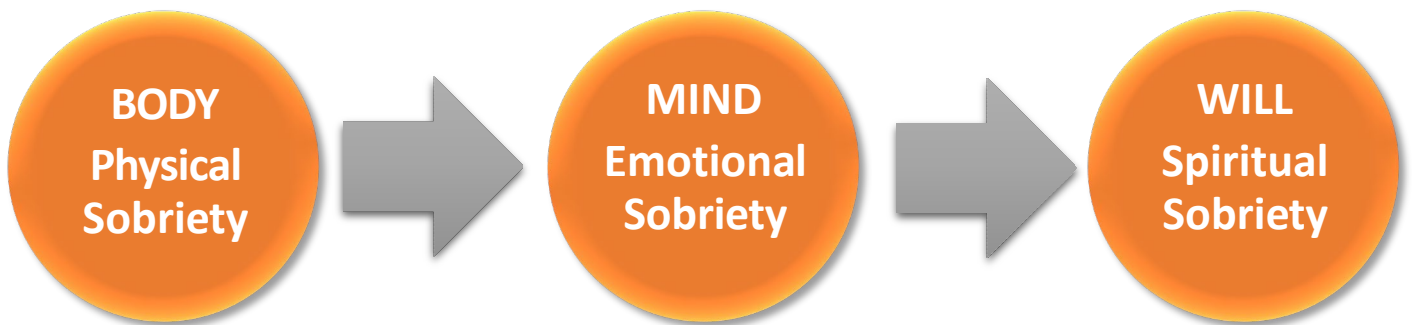
# Twelve Step Program

- ✓ **Meetings** = Identify Problem / Solution
- ✓ **Big Book** = Instruction Manual / Textbook
- ✓ **12 Steps** = Precise Process / Method/ Path
- ✓ **Prayer & Meditation** = Power & Guidance
- ✓ **Message & Principles** = Awakening & Practice of Contrary Actions
- ✓ **Sponsorship\*** = Steps  
Guide/ Mentor / Accountability Partner

\*Word "sponsor" is not in Big Book (Title Page to Page164)

# Process NOT Event

## Integration



## Disintegration



# Spiritual Awakening

## TURNING



### **From Dis-ease**

Addiction: Substance / Process

Anger / Resentment

Fear / Anxiety

Inappropriate Sex Behavior

Dishonesty: Self / Others

Secrets

Guilt / Shame

Unhealthy Self-Esteem

Willfulness

**MY WILL  
out of alignment  
with reality**

### **To At - ease**

Abstinence / Moderation

Love / Forgiveness

Trust / Tranquility

Guided by Principles

Rigorous Honesty

Transparency

Freedom

Healthy Self-Worth

Willingness

**MY WILL  
in alignment  
with reality**



# Our *PATH* to ...

*ALIGNMENT*

## TURNING: WILLINGNESS + GRACE !



# A Chinese Legend

*Look at that curve in the River of Ch'i  
With the green bamboos so luxuriant.*

The Book of Songs (Waley)

Once upon a time, in the heart of the Western Kingdom, lay a beautiful garden. And there in the cool of the day was the Master of the Garden wont to walk. Of all the denizens of the garden, the most beautiful and most beloved was a gracious and noble bamboo. Year after year, Bamboo grew yet more noble and gracious, conscious of his Master's love and watchful delight, but modest and gentle withal. And often, when wind came to revel in the garden, Bamboo would cast aside his grave stateliness, to dance and play right merrily, tossing and swaying and leaping and bowing in joyous abandon, leading the Great Dance of the Garden which most delighted the Master's heart.

Now upon a day, the Master himself drew near to contemplate his Bamboo with eyes of curious expectancy. And Bamboo, in a passion of adoration, bowed his great head to the ground in loving greeting. The Master spoke: "Bamboo, Bamboo, I would use thee."

Bamboo flung his head to the sky in utter delight. The day of days had come, the day for which he had been made, the day to which *he* had been growing hour by hour, the day in which he would find his completion and his destiny. His voice came low: "Master, I am ready. Use me as thou wilt."

"Bamboo"--the Master's voice was grave--"I would fain take thee and--cut thee down!"

A trembling of a great horror shook Bamboo. "Cut . . . me down? Me . . . whom thou, Master, hast made the most beautiful in all thy garden . . . to cut me down! Ah, not that, not that. Use me for thy joy, O Master, but cut me not down!"

"Beloved Bamboo"--the Master's voice grew graver still--"if I cut thee not down, I cannot use thee."

# A Chinese Legend

(continued)

The garden grew still. Wind held his breath. Bamboo slowly bent his proud and glorious head. There came a whisper: "Master, if thou canst not use me but thou cut me down . . then . . . do thy will and cut."

"Bamboo, beloved Bamboo, I would . . cut thy leaves and branches from thee also."

"Master, Master, spare me. Cut me down and lay my beauty in the dust; but wouldst thou take from me my leaves and branches also?"

"Bamboo, alas, if I cut them not away, I cannot use thee."

The sun hid his face. A listening butterfly glided fearfully away. And Bamboo shivered in terrible expectancy, whispering low: "Master, cut away."

"Bamboo, Bamboo, I would yet . . . cleave thee in twain and cut out thine heart, for if I cut not so, I cannot use thee."

Then was Bamboo bowed to the ground. "Master, Master . . then cut and cleave."

So did the Master of the garden take Bamboo and cut him down and hack off his branches and strip off his leaves and cleave him in twain and cut out his heart. And lifting him gently, carried him to where was a spring of fresh, sparkling water in the midst of his dry fields. Then putting one end of broken Bamboo in the spring and the other end into the water channel in his field, the Master laid down gently his beloved Bamboo. And the spring sang welcome and the clear sparkling waters raced joyously down the channel of Bamboo's torn body into the waiting fields. Then the rice was planted, and the days went by, *and* the shoots grew and the harvest came.

In that day was Bamboo, once so glorious in his stately beauty, yet more glorious in his brokenness and humility. For *in* his beauty he was life abundant, but in his brokenness he became a channel of abundant life to his Master's world.

*In the Shadow of Nine Dragons*, Eric Hague. London: Highway Press, 1958.

# Prayer of St. Francis of Assisi

"Lord, make me a channel of thy peace;  
That where there is hatred, I may bring love;  
That where there is wrong, I may bring the spirit of forgiveness;  
That where there is discord, I may bring harmony;  
That where there is error, I may bring truth;  
That where there is doubt, I may bring faith;  
That where there is despair; I may bring hope;  
That where there are shadows, I may bring light;  
That where there is sadness, I may bring joy.

Lord, grant that I may seek rather to comfort than to  
be comforted;

To understand, than to be understood;

To love, than to be loved.

For it is by self-forgetting that one finds;

It is by forgiving that one is forgiven;

It is by dying that one awakens to eternal life.

*Amen"*

# Amazing Grace

Amazing grace, how sweet the sound  
that saved a wretch like me.

I once was lost, but now am found;  
Was blind, but now I see.

Was grace that taught my heart to fear,  
and grace my fears relieved.

How precious did that grace appear  
The hour I first believed.

The Lord has promised good to me,  
His word my hope secures;  
He will my shield and portion be  
As long as life endures.

Through many dangers, toils and snares  
I have already come.

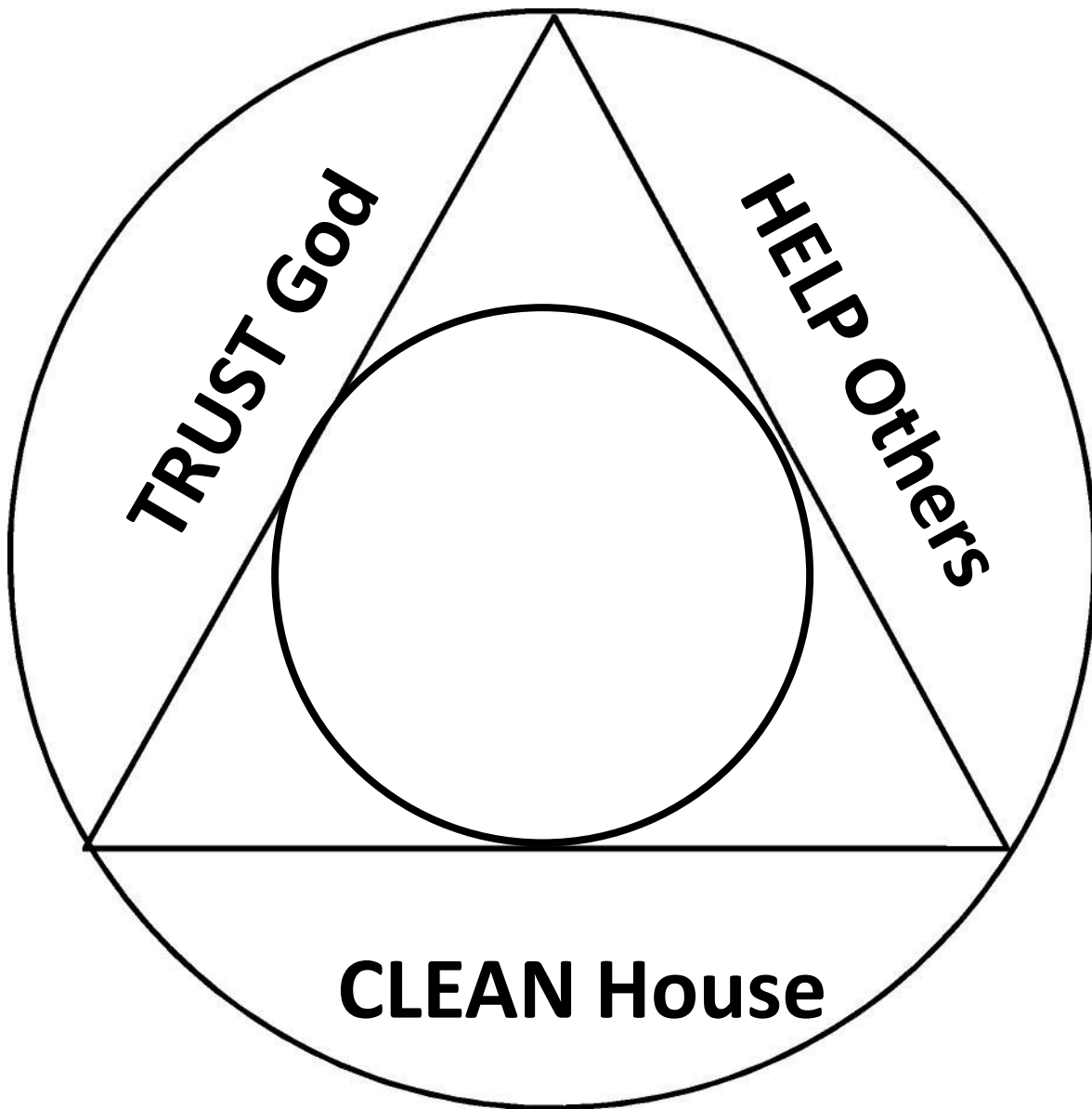
Tis grace that brought me safe thus far;  
And grace will lead me home.

When we've been there ten thousand years,  
Bright shining as the sun,  
We've no less days to sing God's praise  
Than when we'd first begun.

# AA Big Book Step Study, Reading Assignments

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# Our *WAY* of *LIVING*



## **Twelve Steps to *A W A K E N I N G***