

Letters From Our Readers

Letters and stories can be submitted to The InterGroup News at: Akron InterGroup News; 775 N. Main Street Akron, OH 44310; or fax to: 330-253-8292; or email to: ignews@akronaa.org.

Spontaneous Writing For Step Four (Step 3 1/2)

Resentment	Fear	Guilt	Sex
God help me I am doing my inventory	God help me I am doing my inventory	God help me I am doing my inventory	God help me I am doing my inventory

Four separate sheets of paper ↑

Instructions:

I was told to let God, *as I understood Him*, do *all* the writing and not to use my distorted and selective memory. The drunken monkey in my head wants to drink - It doesn't like God or AA and certainly doesn't want to allow the Twelve Steps to expose him and ruin everything. So, here are the rules from my sponsor, Carl:

- ⇒ Do not think – write spontaneously.
- ⇒ Jump from one column to another as God moves you.
- ⇒ Write no sentences – just one word will do.
- ⇒ No punctuation or capital letters – that makes your head think thoughts.
- ⇒ Do not be neat – scribble; neatness arouses your ego.
- ⇒ Again, write with your heart, not your broken head.
- ⇒ Pray the prayer at the top again and again throughout this process.
- ⇒ Write till you feel all cleaned out inside.

Most of this was on paper in about 15 minutes, but later in the night other deep emotions found their way onto the list. I call this Step 3 1/2 - Steps Four, Five, Six, Seven and Eight were done the next weekend, although my amends took years. I was immediately launched into the maintenance Steps Ten, Eleven & Twelve which have since rocketed me into a fourth dimension of existence of which I had not even dreamed. A few months later, the summer of 1976, the obsession to drink went on vacation and has not revisited to date. I highly recommend this 'spontaneous writing' method as the gateway into mid-part of the Twelve Step process.