

SOCIAL INSTINCT

Do I have an ability to form a true partnership with another human being?

Do I either:

A. Dominate Them

OR

B. Depend Too Heavily on Them?

<p>Do I try to manipulate others by my own willful desires?</p> <p>AS A RESULT do they then revolt and resist me heavily?</p> <p>AS A RESULT do my feelings get hurt?</p> <p>Do I then feel a sense of persecution?</p> <p>Do I then develop a desire to retaliate?</p> <p>Do I then redouble my efforts at control? Do I continue to fail? Has my suffering become acute and constant?</p> <p>Is my self-centered behavior blocking a partnership relation with any one of those about me?</p> <p>Am I always ● struggling to the top of the heap or ● trying to hide underneath it?</p> <p>Has Self Pride blinded me to my own defects of character and liabilities?</p>	<p><u>They</u> fail me because <u>they</u> are human too. <u>They</u> cannot meet my incessant demands. My insecurity grows and festers</p>
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FINANCIAL SECURITY
SECURITY INSTINCT

1. Financial Insecurity: Has my fear, greed, possessiveness (covetousness) and pride reached such an extreme that I've developed an obsession for financial security that I want to do nothing but hoard money?
2. Have I become a miser - even a recluse - denying myself both friends and family?
3. *Looking at my business and employment record:
 - In addition to my drinking, what character defects contributed to my financial instability?
4. Did fear and inferiority about my fitness for my job destroy my confidence and fill me with conflict?
5. Did I cover up these feelings of inadequacy by bluffing, lying, cheating, evading responsibility?
6. Do I gripe that "others fail to recognize my exceptional abilities?"
 - Did I overvalue myself and play the big shot?
 - Did I have such unprincipled ambition that I double-crossed and undercut my associates? Was I extravagant?
 - Did I recklessly borrow money?
 - Was I a penny pincher?
 - Did I cut corners financially?
 - What about quick money deals? Races? The stock market?
 - Have I juggled charge accounts? Manipulated food budgets? Spent afternoons gambling?
 - Have I run myself and others into debt by irresponsibility, waste and extravagance?

EMOTIONAL SECURITY
SECURITY INSTINCT

Do my emotional insecurities stem from causes:

A) WITHIN ME

OR

B) WITHOUT

Consider carefully **ALL** personal relationships which bring continuous or recurring trouble?

The common symptoms of emotional insecurity are WORRY, ANGER, SELF-PITY and DEPRESSION.

SEX INSTINCT

1. Did my selfish pursuit of the sex relation damage other people and me?
2. When?
3. How?
4. In just what instances?
5. Who did I hurt?
6. How badly?
7. Did I spoil my marriage? (Long-term relationship?)
8. Did I injury my children?
9. Did I jeopardize my standing in the community?
10. Just how did I react to these situations at the time?
 - a. Did I burn with guilt?
 - b. Did I absolve myself? Insisting I was the pursuer and not the pursued?
11. How have I reacted to frustration in sexual matters?
12. When denied do (did) I become:
 - a. Vengeful
 - OR
 - b. Depressed
13. Did I take it out on people?
14. If there was rejection or coldness at home, did I use this as a reason for promiscuity?

FEAR

Self-centered fear is the chief activator of my defects - primarily fear I'll lose something I possess or won't get something I demand. Fear is a soul sickness in its own right. Fear in turn generates more character defects. Unreasonable fear that my instincts won't be satisfied drives me to covet the possessions of others, to lust for sex and power to become angry when my instinctive demands are threatened, to be envious when the ambitions of others seem to be realized when ours are not.

SEVEN DEADLY SINS

These considerations were taken from pages 48, 49, 66 & 67 of the Twelve and Twelve
The bold type presents definitions from Webster's Unabridged Dictionary.

PRIDE: An over high opinion of oneself; exaggerated self-esteem; conceit, arrogance, vanity, self-satisfaction.

- Have I been so proud that I've been scorned (disrespected) as a braggart (bragger)?
- Have I acted prideful, consciously or unconsciously out of fear?
- Have I used pride to justify my excesses in my sex conduct?
- Do I like to feel and act superior to others?

GREED: Excessive desire for acquiring or having; desire for more than one needs or deserves.

- Have I been so greedy that I've been or could be labeled a thief?
- Do I long for the possessions of others out of fear of not getting enough?
- Do I let greed masquerade as ambition?

LUST: To feel an intense desire, especially sexual desire; to long: after or for.

- Have I been lustful enough to rape, if not physically what about in my mind?
- Do I fear I will never have the sex relations I need?
- Do I have sex excursions that have been dressed up in dreams or delusions of romance?

ANGER: A strong feeling excited by a real or supposed injury; often accompanied by a desire to take vengeance, or to obtain satisfaction from the offending party; resentment; wrath.

- Have I been angry enough to murder?
- Do I get angry out of fear when my instinctive demands are threatened?
- Have I enjoyed self-righteous anger in the fact that many people annoy me and that makes me superior to them?
- Have I enjoyed gossiping as a polite form of murder by character assassination?

GLUTTONY: One who eats too much. One with a great capacity for something; as, a glutton for work.

- Have I been gluttonous enough to ruin my health?
- Do I grab for everything I can, fearing I'll never have enough?
- Do I bury myself in my work, hobbies or activities?

ENVY: To resent another for excellence or superiority in any way, and to be desirous of acquiring it.

- Do I agonized over the chronic (persistent or recurring) pain of envy?
- Does seeing the ambitions of others materialize make me fear that mine haven't?
- Do I suffer from never being satisfied with what I have?
- Have I spent more time wishing for what others have than working towards them?

SLOTH: Disinclination to action or labor; sluggishness; habitual indolence; laziness, idleness; slowness; delay.

- Have I been paralyzed by sloth?
- Do I get alarmed with fear at the prospect of work?
- Do I work hard with no better motive than to be secure and slothful later on?
- Do I loaf and procrastinate?
- Do I work grudgingly and under half steam?

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The 12 & 12's Fourth Step Inventory

The inventory starts on page 48 where it says:

"But all who are in the least reasonable will agree upon one point: that there is PLENTY wrong with us alcoholics about which PLENTY will HAVE to be done IF we are to expect sobriety, progress, and any REAL ability to cope with life.

"To avoid falling into confusion over the names these defects should be called, let's take a universally recognized list of major human failings - the Seven Deadly Sins":

Pride – Also included here is self-righteousness, grandiosity, ego, conceit, gossip, vanity, and arrogance. An excessive and unjustified opinion of oneself: both positive (excessive self-love) or negative (self-hate); high or overbearing opinion of one's looks, worth or importance; pride of self usually unconsciously blinds us to our liabilities and leads us into making demands upon ourselves or upon others which cannot be met without twisting or misusing our God-given instincts, then the satisfaction of our instincts for sex, security, and society becomes the sole object of our lives and pride steps in to justify our excesses; leads to bragging about our own achievements or temporary good fortune and leads to fantasies of still greater victories over people and circumstances; blinded by "big-shot-ism" and prideful self-confidence, people turned away from us bored or hurt; putting self in the place of God as the center and objective of our life; it is the refusal to recognize our status as creatures dependent on God for our existence and placed by Him in a specific relationship to the rest of his creation, neither greater than nor less than anyone else; opposite of humility. Where is pride manifested itself in your life in thought, word or deed? Please be specific.

Greed – Also included here is being materialistic, money-hungry, possessiveness, and selfish. Having an excessive desire, ambition or eagerness to obtain anything beyond our needs; the refusal to respect the integrity of other people, creatures or the Earth, expressed in the inordinate accumulation of material things, in the use of other persons for our personal advantage, or in the quest for status, power or security at their expense; not paying ALL your bills EVERY month. Where is greed manifested itself in your life in thought, word or deed? Please be specific.

Lust – Also included here is horniness and carnal hunger. Inappropriate sexual desire, pursuit, fantasies or activity; disrespectful sexual thoughts; we sometimes speak of love while practicing lust, and even while staying within conventional bounds, many people have to admit that their imaginary sex excursions are apt to be all dressed up as dreams of romance; excessive masturbation or pornography. Where is lust manifested itself in your life in thought, word or deed? Please be specific.

Anger – Also included here is rage, irritation, wrath, and resentment. A strong mental irritation at something that offends, excited by a real or imagined attack or injury, often accompanied by a desire to attack back or seek “justice” or to obtain satisfaction from the offending person, place or thing; we sometimes think that self-righteous anger can be very enjoyable, in a perverse way we can actually take satisfaction from the fact that many people annoy us, for it brings a comfortable feeling of superiority, gossip barbed with our anger, a polite form of murder by character assassination, we are not trying here to help those we criticize, we are trying to proclaim our own righteousness. Where is anger manifested itself in your life in thought, word or deed? Please be specific.

Gluttony – Also included here is overeating. Greed or excess in eating; indulging in something excessively or inordinately. Where is gluttony manifested itself in your life in thought, word or deed? Please be specific.

Envy – Also included here is covetousness, jealousy and begrudge. Uneasiness, discontent or resentment aroused by another's superiority, advantages or success, usually accompanied with some degree of ill-will; to be discontented at seeing a person have something. Where is envy manifested itself in your life in thought, word or deed? Please be specific.

Sloth – Also included here is procrastination, laziness, sluggishness, and indifference. To delay action or labor; habitual laziness and idleness; the habit of often showing up late; spending significant amounts of time wishing for what we have not, rather than working for it, or angrily looking for attributes we shall never have, instead of adjusting to the fact, and accepting it. Where is sloth manifested itself in your life in thought, word or deed? Please be specific.

Then on page 50 it says:

By now the newcomer has probably arrived at the following conclusions: that his character defects, representing instincts gone astray, have been the PRIMARY CAUSE of his drinking AND his failure at life; that unless he is NOW willing to WORK HARD at the ELIMINATION of the WORST of these defects, BOTH sobriety and peace of mind will still ELUDE him; that ALL the faulty foundation of his life WILL HAVE TO BE TORN OUT and built ANEW on bedrock.

Then the inventories begin:

1 - Looking back over your life, you can readily get under way by consideration of questions such as these:

a) When, and how, and in just what instances did my selfish pursuit of the sex relation damage other people and me? What people were hurt, and how badly? Did I spoil my relationships/marriage and injure my children? Did I jeopardize my standing in the community?

b) Just how did I react to these situations (question 1a) at the time? Did I burn with a guilt that nothing could extinguish? Or did I insist that I was the pursued and not the pursuer, and thus absolve myself?

c) How have I reacted to frustration in sexual matters? When denied, did I become vengeful or depressed? Did I take it out on other people? If there was rejection or coldness at home, did I use this as a reason for promiscuity?

2 - Surveying his business or employment record, almost any alcoholic can ask questions like these:

a) In addition to my drinking problem, what character defects contributed to financial instability? Did fear and inferiority about my fitness for my job destroy my confidence and fill me with conflict? (See also question 4a)

b) In what ways did I try to cover up those feelings of inadequacy by bluffing, cheating, lying, or evading responsibility, or by griping that others failed to recognize my TRULY EXCEPTIONAL abilities?

c) How did I overvalue myself and play the big shot?

d) In what ways did I have unprincipled ambition by double-crossing and undercutting my associates?

e) Was I extravagant? Did I recklessly borrow money, caring little whether it was repaid or not? Was I a pinchpenny, refusing to support my family properly? Did I cut corners financially? What about the "quick money" deals, the stock market, and the races?

3 - The most common symptoms of emotional insecurity are worry, anger, self-pity, and depression. These stem from causes which sometimes seem to be within us, and at other times to come from without. To take inventory in this respect we ought to consider carefully ALL personal relationships which bring CONTINUOUS OR RECURRING trouble. It should be remembered that this kind of insecurity may arise in any area where instincts are threatened. Questioning directed to this end might run like this:

a) Looking at both past and present, what sex situations have caused me anxiety, bitterness, frustration, or depression?

b) Appraising each situation fairly, can I see where I have been at fault? Where were you at fault? Did these perplexities beset me because of selfishness or unreasonable demands? Or, if my disturbance was seemingly caused by the behavior of others, why do I lack the ability to accept conditions I cannot change?

These are the sort of fundamental inquiries that can disclose the source of my discomfort and indicate whether I may be able to (with God's help) alter my own conduct and so adjust myself serenely to self-discipline.

4 - Suppose that financial insecurity constantly arouses these same feelings. I can ask myself:

a) To what extent have my own mistakes fed my gnawing anxieties? (see also question 2a)

b) If the actions of others are part of the cause, what can I do about that? If I am unable to change the present state of affairs, am I willing to take the measures necessary to shape my life to conditions as they are?

Questions like these, more of which will come to mind easily in each individual case, will help turn up the root cause. In other words, what activities do you do that can be better spent doing something else, what other areas of your life are out of balance, are lacking integrity, or are behaviors or thoughts that fall short of an ideal you have?

Then it closes with:

Therefore, THOROUGHNESS ought to be the watchword when taking inventory. In this connection, it is wise to WRITE out our questions and answers. It will be an aid to clear thinking and honest appraisal. It will be the first TANGIBLE evidence of our COMPLETE willingness to move forward (Steps Five through Twelve).

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Another Step One Unmanageability Exercise

Questions that address the "Spiritual Malady" by Father Tom A., from Los Angeles, Ca.

The first five are general questions to help you come to grips with some of the perimeters of who you are:

1. **What is your greatest desire in your life?** What is it that you want most for your life? What would be the thing, if you could have it, would make you the most happiest?
2. **What is the greatest question that you have now about your life?** I believe that all of us have a question within us that we're trying to work out. What is your greatest question? For some people it could be "Is love possible?" "Is there a God?" "Why was I created? What's the purpose of my existence?"
3. Now, get more specific into the above question and ask yourself: **Why do you think you were created?** What was the purpose for your life? When answering this question, just let the pen flow... answer it from inside. Just let it all flow out.
4. **What are your inner wars? What are the things you fight within yourself?** It could be the battle of pleasing everyone and pleasing myself. It could be the battle of dealing with my own imperfections versus the image of trying to be perfect. It could be the battle of trying to be who I am and still be for other people. It could be the battle of being of my own freedom versus the sense of feeling trapped. Just ask yourself "What are the battles I struggle over?" Think about your problems - your difficulties - and what issues are involved in those struggles? What are your inner wars? Where do you fight yourself? Where do you have the most pain?
5. **What are your sexual fantasies?** What are the things that you think about - sexual - the thoughts and desires that you have? What is it that most fascinates you in other people? What is it that sexually excites you when you meet someone - what is in them that does that?

The next set of questions deal with "The Seven Deadly Sins":

Pride - How important is it that you appear perfect? How much attention do you give to the world of appearances? How do you expect and deal with yourself when you fall short of your image of yourself? Are you very vulnerable? Is there anyone that loves you the way you are? Do you let people know who you really are? Is it easier for you to give or to receive? Are you the kind of person that can do a lot for someone but you find it very difficult to let anyone do anything for you? How many people have you let into your "secret world"? How many secrets do you have in there? Do you find that you procrastinate a lot? What are do you procrastinate in? What things do you keep putting off in your life? In what areas do you find that you are paralyzed - that you don't do anything that you just sit there and wait for it to happen? The main issues in this area are: 1. How much am I a perfectionist - that I depend out of myself? 2. How vulnerable am I? How much do I let people love me as I really am?

Materialism - How materialistic am I? What is the comfort zone in my life? What do I do when I'm in pain? Where do I go? Reflect on when things are really bothering you: Do you work harder? Do you travel? Do you get on the telephone? What do you do when you're in pain? Where do you go? Do you go inside or do you go outside? Where outside do you go? Are material things in your life a substitute for happiness? Or are they celebration of your life? Do you use material things? Do you use things and enjoy people? Or do you enjoy things and use people? How do you vary on that? What is the center piece of your life: people or things? Are people more important than things? Or are things more important than people? Do you look upon yourself as a spectator to life or are you a participant? Are you watching life go by you, like you watching it in the stands? Or are you actively involved in your life? Are you willing to risk and

muck around and to get dirty? Or do you play it safe? What kind of people do you associate with? Do you associate with people who are basically deep persons with personal concerns and cares? Or are you more concerned with people that are more part of the group, or belong to the country club, or in society? What is it that attracts you do others? Is it more important to be yourself or is it more important to be approved by others.

Anger - Do you get angry often? What makes you mad? Think about the times in just the past couple weeks that you've been angry. Can you show your anger? Who can you show your anger with? In your relationship to your mom and dad, what kind of relationship do you have with them today? Even if God has called them Home, what kind of communication do you have? Do you really feel that they have loved you as you are? Have they given you the space to grow? Have they given you the space to be yourself? Do you let them be? Can you honestly talk to them. Examine the relationship to see if there is any anger to your parents - deep anger. Do you have problems relating to either males or females? Is there something that seems to happen that shows that your anger is unrelated? For example: Related anger is when we get angry appropriately at a certain situation that happens to us. Inappropriate anger is when our reaction is over-blown. It much more than the situation calls for. When you're angry, is your anger related or unrelated? Do you have any passive aggressive anger in you? What I mean by that is that we never show it - we're a "people pleaser", but we're angry because people put use in that position. It's like when 11 people invite me to be with them at Christmas - I can say yes to them all and be angry that they invited me. Is there a passive aggressive pattern in my life? Do I find that certain types of people get me angry? What gets me angriest about other people? What makes me most angry? How about in my family? Do I have a love and hate relationship with my mother and father - with my children - my brothers and sisters? Is there something that this person, that I love the most, does but they can get me the angriest? Who are those people in my life?

Lust - Is my sexuality part of who I am or is it part of my "secret world"? Do I find that I am sexually at ease or is it something that is clamped down in my life? If I am a male, have I developed my emotional sensitive life - do I feel adequate as a male that I can communicate my sensitive side? Can I be tender? Can I be compassionate? Can I show my feelings? If I am a female, do I feel that I am adequately developing self-reliance? Do I feel that if my husband were to die or if I were to be divorced that I could go out and I could live a very satisfying life on my own? Do I feel that I have taken responsibility for my life and I have used my energies to build my own personal life? Am I aware of my body and what my body can tell me about what's going on inside of me? Do I see a relationship between getting sexually uptight and what's going on in my life? Do I have any connection between the two? Do I see that relationship between my body and my spirit? Would I honestly see my sexuality as a gift from God, as something to help me celebrate my life, or do I deep down see it as a curse - as my problem - that if I didn't have it life would be so much easier? Do I see my sexuality as something I have to keep locked up in my cellar - every once in a while it escapes and causes me havoc - or is it something that is working for me in becoming a whole person? Do I really feel that I've worked through my sexuality and helped incorporated into the person I am or have I skirted the issue and hid it and made it part of my shadow? Are a lot of secrets in my life involved in my sexuality? Do I feel that in my significant relationship, my marriage, that I have been able to achieve a sexual integration with my love. Are my sexual relationships a celebration of love, or are they a substitute for the love that's not there?

Jealousy / Envy - Do you consider yourself a jealous person? Do you ever get in touch with your jealous. (People who are never angry are the most angry. People who are never jealous, are the most jealous.) What makes you jealous? When do you feel jealous most? Is it around relationships, material things, status? A way of looking at it is to listen to your conversation: Are you basically a negative person in communicating about others or are you a positive person? When you hear about someone's weaknesses, does it make you feel good about yourself? Or

when someone is weak, are you compassionate and you help to build them up? Do you think you're a gossip? Do you thrive on bad news? Are there any significant jealousies in your family - your brothers and sisters - is there any jealousy involved in trying to get parental love? Are there any jealousies in your life that you haven't worked through - that are kind of hanging on? Are there some people that you are always jealous about? It's not a particular act but it's a state.

Gluttony - Do you have an inordinate desire for food, or alcohol, or drugs? Do you find that when you are in pain that this is where your comfort zone is? Or you can look in the mirror. Do you overweight? And are you overweight because whenever you have problems you eat? Do you have a drinking problem? Have people mentioned to you that alcohol causes problems? When you having difficulties, do you need a drink to take the pain away? If you are in problems are difficulties do you have to work to substitute for the pain - the more there's pain, the harder you have to work? Do you find that you have had to take tranquilizers to live - to survive? How about sleeping pills? And the question that can be asked on top of all that is: Are you pretty satisfied with how you handle pain or do you have to find some sort of pain killer?

Sloth / Laziness - Do you talk more than you do? Do you let your talking be a substitute for your doing? Do you find that when you need to do something you talk a lot about it but you never do it? How much are you involved in doing what you're doing right now? Are you really giving your heart and soul to it? When you look at your life do you really believe that it's up to you to do it or are you looking for someone to do it for you? Do you really believe that you have freedom? Where have you shown freedom in your life? Have you ever made a declaration of independence - have you made a significant decision in your life that maybe caused hurt to others or disappointment to your parents or something as an effort to assert yourself? Have you ever done anything that cost you something in order to achieve something more important?

These are just some questions, some techniques, to help us find out from our external behavior what is happening inside of us - our outer reality telling us about our inner selves. These are just arbitrary questions that I have asked to help us discover what they are saying about our own journey at this present time - helping us to deal with our own shadow.