

The Big Book Adventure II

In a "how to" workshop for experiencing the steps as a way of life...

With

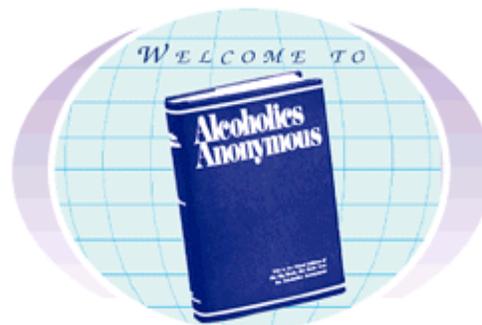
Dave F. and Chris S.

Sharing 30 years of experience with the Big Book

In A Step workshop Weekend

The Wilson House – East Dorset VT

February 2 – 4, 2001



A Set Aside Prayer:

“Dear God please set aside everything we think we know about ourselves, the Big Book, Alcoholism, the Steps, and in Spiritual terms - especially you God. Father, we ask that we may have a truly open mind, so we might have a new experience with these things and come to know you better; please help us see the truth. AMEN.”

Honest : Honorable; hence; creditable. Straightforward in conduct & thought. Free of deception or fraud.

Craving : To have an intense desire for. To require; need.

Allergy : An adverse reaction. Hypersensitive reaction to factors or substances, in amounts that do not affect most people.

Purpose of The Big Book:

- 1. To show other alcoholics precisely how we have recovered. (Forward xiii)**
- 2. To answer the question “What do I have to do?” for the alcoholic who wants to get over it. (20:2)**
- 3. To enable you to find a Power greater than yourself which will solve your problem. (45:2)**

Step One (xxiii - 45 and 52)...

Physical Craving: (xxiii – 23)

When you take a drink, do you loose control of how many you drink?

Step one Requirements:

- 1. Complete Willingness (Foundation) - (12:4) , (13:5) & (28:3)**
- 2. Belief in the power of God- (13:5)**
- 3. Honesty (honest desire) - (Forward xiv)(13:5)(28:3)**
- 4. Humility to establish and maintain a new order of things – (13:5)**
- 5. Concede we are alcoholic(Admission) – (30:2)**
- 6. Lack of power(Powerlessness) – (45:1) (See also Bedrock construction reference in 12&12)**

Construction References:

- 1. Bedrock = Personal Admission of Powerlessness [12&12 (21:3)]**
- 2. Foundation = Complete Willingness (12:4)**
- 3. Cement = _ Common peril & _ Common Solution (17:2)**
- 4. Cornerstone = Willing to believe there is a Power greater than you (47:2)**
- 5. Keystone = God is going to be our director (62:3)**
- 6. Foundation Stone = Complete Willingness to help others (97:1)**

Bill Wilson Exercise- 1st 8 pages (1-8)Vs 2nd 8 pages(8-16); highlight the 1st 8 pages in one color, anywhere you think, act or feel like Bill. 2nd 8 pages highlight in another color anything Bill did that you Are not willing to do – this is what will probably kill you!

Mental Obsession: (23 – 43)

[12&12 (21:1)] “...we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us. (and where does the main problem for an alcoholic reside?)

Without a drink for some time, Not wanting to drink ever again, did you drink again?

Mental :Of or pertaining to the mind

Obsession :The persistent and inescapable influence of an idea or emotion.

Self Diagnosis:

- 1. “Did you try to prove to yourself you could drink like other people?” (30:1) & (31:1)**
- 2. “Could you drink and stop abruptly?” (31:3)**
- 3. “Could you leave alcohol alone for one year?” (34:1) & (34:2)**
- 4. “If, when you honestly want to, can you quit entirely?” (44:1)**
- 5. “If, when drinking, do you have little control over the amount you take?” (44:1)**
- 6. “ Have you conceded to your innermost self that you are alcoholic?” (30:2)**

Insanity: (37 – 43) Did you ever pick up a drink again, even after terrible things had happened to you?

Insanity :State of being insane; madness; lunacy. The four principle types are:

Melancholia :depression of spirits; dejection

Mania :Excessive excitement or enthusiasm; a craze; a rage; a furor

Delusional insanity :False belief; misconception

Dementia :out of one's mind, mad. To deprive of reason; derange.

Unmanageability: [(8:1) (151:1) (52:2)]

Does this describe how you felt while drinking or how you feel today?

Unmanageable :To not have under control and direction; hence, unable to carry on.

4 Times we drink again and 3 warnings:

1. If we fail to perfect and enlarge our Spiritual Life. (14:6)
2. If we fail to rid ourselves of selfishness and self-centeredness. (62:2)
3. If we Shutout the sunlight of spirit with resentment. (66:1)
4. If we knowingly Continue to harm others with sex. (70:1)
 - A. If we Skip the 5th step. (72:2)
 - B. If we allow the fear of our creditors to block us from facing them. (78:2)
 - C. If we fail to immediately try to repair our damage to the family. (99:1)

Step One wrap up Questions:

1. Can you or could you control the amount you drink once you start to drink?
2. Do you believe that physical craving would occur if you took a drink today?
3. Could you take 2 drinks a day for 30 days? – No more, no less?...
4. Does your experience abundantly confirm that once you put alcohol into your system, something happens in the bodily and mental sense, which makes it virtually impossible for you to stop?" (22:4)
5. Did you ever drink when you didn't want to? – Even after swearing drinking off forever?(34:3)
6. Do you believe that Personal Knowledge is of no use with respect to your drinking?(37:2)
7. Do you believe that you will be unable to stop drinking on the basis of self-knowledge?(39:1)
8. Do you believe you have lost the power of choice in drink? (24:1)
9. Do you believe that you have only two choices today? (25:3&44:2)
 - A.) To live spiritually or
 - B.) To die an alcoholic death?
10. Do you believe you have a spiritual malady which creates unmanageability in your life?(43:1)
11. Do you believe that lack of power is your dilemma?(45:1)
12. Do you believe that a time may come where you will have no effective mental defense against the first drink? (24:1) & (43:3)
13. Do you believe your defense must come from a Higher Power? (43:3)
14. Do you believe that you have to find a power greater than yourself which will solve Your problem?(45:2)

“We admitted we were powerless over alcohol – that our lives had become unmanageable”

We: Me and my 12 Stepper, Me and My Group, Me and AA, Finally The 3 Dimensional “We” - Me, God & AA

Admission: The granting of an argument or position not proved; acknowledgement; concession. The price of entrance.

Powerless: Unable to produce effect. Denotes merely a lack of power. Impotent, commonly adds the implication of positive weakness or especially ineffectiveness.

Lives: (Pl. of Life) Existence, especially conscious existence conceived as a quality of the soul. Way or manner of living ; hence, human affairs; also lives considered collectively as forming a class or type.

Unmanageable: To not have under control and/or direction; hence, unable to carry on.

We alcoholics, have conceded to our Innermost Selves (hearts), We were powerless, during(craving), and after our drinking(mental obsession). And even years after we quit our drinking, our lives had become unmanageable because of our Spiritual Malady.

© David J. Fredrickson

Step Two (46-57) “Where and how were we to find this power?”

“The How” (46:1 – 47:2):

Four Requirements to Commence Spiritual Growth:

1. Lay aside prejudice (46:1)
2. Express even a willingness to believe in a Power greater than ourselves (46:1)
3. Earnestly seek God (46:2)
4. Ask yourself what spiritual terms mean to you (47:1)

[12&12 (26:3)] “...All you really need is a truly open mind. Just resign from the debating society”

[12&12 (27:1)] “To acquire it, I had only to stop fighting and practice the rest of A.A.’s program as enthusiastically as I could.

‘Cornerstone’ Question:

“Do I now believe, or am I even willing to believe, that there is a Power greater than myself?” (47:2)

3 Barriers to Spiritual Growth:

1. Obstinacy (48:0)
2. Sensitiveness (48:0)
3. Unreasoning Prejudice (48:0)

4 Roadblocks to Faith:

1. Indifference [12&12 (28:2)]
2. Fancied self-sufficiency [12&12 (28:2)]
3. Prejudice [12&12 (28:2)]
4. Defiance [12&12 (28:2)]

2nd Step Promises (50:2 – 50:4):

Four Step Two Requirements to get 2nd Step Promises and for Long Term Sobriety :

1. Leave aside the drink question (51:0)
2. Tell why living was so unsatisfactory (What it was like) (51:0)
3. Show how the change came over you (What happened) (51:0)
4. Share why the Presence of God is today the most important fact of your life (What it’s like now) (51:0)

2nd Step Proposition :

“ Either God is everything or else He is nothing. God either is, or He isn’t.
What was our choice to be?” (53:2)

“The Where” (55:1-55:4)

Read How it works: From the original manuscript page 26-27- Emphasize the changes thru (60:3)

- A.) That *you* are alcoholic and cannot manage your own life. (60:3 original manuscript)
B.) That probably no human power *can* relieve your alcoholism. (60:3 original manuscript)
C.) That God *can and will*. (60:3 original manuscript)

“If you are not convinced on these vital issues, you ought to re-read the book to this point or else throw it away!”
(Go back to 60:2 of the regular manuscript for The A B C’s)

Two Keystone Requirements before taking the Third Step:

1. We are convinced that any life run on self-will can hardly be a success. (60:4)
2. We had to quit playing God. It didn’t work. (62:3)

Step Three (62:3 - 63:2) What is our decision in Step Three?

[12&12 (34:2)] “ ...the effectiveness of the whole A.A. program will rest upon how well and earnestly we have tried to come to “a decision to turn our will and our lives over to the care of God *as we understood Him*”

[12&12 (40:1)] “All of the Twelve Steps require sustained and personal exertion to conform to their principles and so, we trust, to God’s will. It is when we try to make our will conform with God’s that we begin to use it rightly...to make this increasingly possible is the purpose of A.A.’s Twelve Steps, and Step Three opens the door.”

3rd Step Prayer:

Get down upon your knees and say to your Maker, as you understand Him: (63:2 original manuscript)

“God, I offer myself to thee - to build with me and 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!”

Bob Bisanz says... “ Any step worth taking is worth taking wrong...”

© David J. Fredrickson

Person, Institution, Principle Revised 3-12-00	Why you are angry - Be very specific and it Must be the truth!	Does this Hurt, Threaten or Interfere with these Areas?	A	B	C	D	E	F	G	Where Were you	A- Selfish? A- Dishonest? A- Self- Seeking? A- Frightened?
A-		<u>Self – Esteem</u> How I see or feel about myself.								A	
										Where Were you	B- Selfish? B- Dishonest? B- Self- Seeking? B- Frightened?
B-		<u>My Pocketbook</u> Anything involved with my Money, Job or financial system.								B	
										Where were you	C- Selfish? C- Dishonest? C- Self- Seeking? C- Frightened?
C-		<u>My Ambition</u> What I want for myself								C	
										Where were you	D- Selfish? D- Dishonest? D- Self- Seeking? D- Frightened?
D-		<u>My Personal Relationships</u> With friends, Co-workers, family, or neighbors.								D	
										Where were you	E- Selfish? E- Dishonest? E- Self- Seeking? E- Frightened?
E-		<u>My Sex Relations</u> People with whom I am, or have been sexually involved.								E	
										Where were you	F- Selfish? F- Dishonest? F- Self- Seeking? F- Frightened?
F-		<u>Security –</u> What I think I need.								F	
										Where were you	G- Selfish? G- Dishonest? G- Self- Seeking? G- Frightened?
G-		<u>Pride – (Ego)</u> How others see or feel about me.								G	

Step Four (63:4 – 71:0) **How and why is the 4th Step the Key to the future?**

A Pre-Inventory prayer: “God, please come into me and direct me. Father, please show me your will and help me write this inventory. Help me see beyond what I think I know about myself and show me the real truth about myself. Lord, please grace me with patience, tolerance, faith, strength and courage, that I may have the Power I require to write inventory. Father, please remove my fear, the fears which block me from seeing the truth about myself and Father, please keep me safe and protected as I search for and experience the real truth about myself.”

Step Four is really three separate inventories: [12&12 (50:2)] “ Since Step Four is but the beginning of a lifetime practice” and since [12&12 (89:1)] “Many A.A.’s go in for annual or semiannual housecleanings.”

1. **Resentments (64:3)**
2. **Fears – starting with our resentment inventory, column four, question 4. (67:3)**
3. **Harms done to others – with special emphasis on sex harms. (68:4)**

Resentment inventory - Four columns- set on paper:

Column One – People, Institutions, Principles with whom we are angry.

Column Two – Why we are angry. This is where we must tell the truth! Or the rest will be built on a lie.

Column Three – Ask if resentment hurts, threatens or interferes in any of seven areas of our lives:

Self-esteem, Pocketbook, Ambition, Personal relations, Sex relations, Security or Pride (ego)

Column Four – We answer the questions: Were was I Selfish, Dishonest, self-seeking, and Frightened? for

Each of the effected areas which were listed in column three.

[12&12 (44:1)] “Instincts on rampage balk at investigation. The moment we make a serious attempt to probe them, we are liable to suffer severe reactions.” [12&12 (45:1)] “If temperamentally we are on the depressive side, we are apt to be swamped with guilt and self-loathing. We wallow in this messy bog, often getting a misshapen and painful pleasure out of it.”

4th Step Resentment Tools for Life:

1. (64:3) **We set them on paper [four column inventory]**
2. (64:3) **7 areas of Self - Hurt, Threatened or Interfered with.**
3. (66:4) **Realize those who wronged us were perhaps Spiritually Sick.**
4. (67:0) **Ask God [Pray] to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend.**
5. (67:0) **Ask yourself “How can I be helpful to him?”**
6. (67:0) [Pray] **“God save me from being angry. Thy will be done.”**
7. (67:1) **Avoid retaliation or argument.**
8. [12&12 (47:1)] **“if we were seriously disturbed, our first need was to quiet that disturbance, regardless of who or what we thought caused it.”**
9. [12&12 (47:1)] **“we had to drop the word “blame” from our speech and thought.”**
10. (67:2) **Put out of your mind the wrongs others had done.**
11. (67:2) **We resolutely look for your own mistakes. (what were my mistakes in this resentment?)**
12. (67:2) **Ask yourself “where was I Selfish?”**
13. (67:2) **Ask yourself “where was I Dishonest?”**
14. (67:2) **Ask yourself “where was I Self-seeking?”**
15. (67:2) **Ask yourself “where was I Frightened?”**
16. (67:2) **Try to disregard the other person entirely.**
17. (67:2) **Ask yourself “where was I to blame?”**
18. (67:2) **When you see your faults, list them.**
19. (67:2) **Admit your wrongs honestly.**
20. (67:2) **Be willing to set these matters straight.**
21. [12&12 (50:2)] **“Step Four is but the beginning of a lifetime practice”**
22. [12&12 (54:0)] **“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 complete willingness to move forward.”**

A 4th Step Resentment Prayer:

“God, Please help me show those I resent the same Tolerance, Pity and Patience that I would cheerfully grant a sick friend. Help me to see that this is a sick man. Father, please show me how I can be helpful to him and save me from being angry. Lord, help me to avoid retaliation or argument. I know I can’t be helpful to all people, but at least show me how to take a kindly and tolerant view of each and every one. Thy will be done.”(67:0)

© David J. Fredrickson

Person, Institution, Principle	Why you are angry - Be very specific and it Must be the truth!	Does this Hurt, Threaten or Interfere with these Areas?	A	B	C	D	E	F	G	Where Were you	
A- MOM	WHEN SHE FORGOT ME AT THE STORE AS A CHILD	<u>Self – Esteem</u> How I see or feel about myself.	X	X	X	X	X	X	X	A	A- Selfish? Wanting a perfect mother, Wanting life my way, Not wanting to be left behind
											A- Dishonest? People make mistakes, Life isn't fair & I don't always get it the way I want (Myself, God, Mom, People I complained to)
											A- Self- Seeking? Security, To be with my mom
B- DAD	BEAT ME WHEN I BROKE THE CAR	<u>My Pocketbook</u> Anything involved with my Money, Job OR financial system.	@	@	X	X	X	X	X	B	B- Selfish? Wanting Dad to be understanding, Not getting beaten, Life on my Terms
											B- Dishonest? Life isn't fair & I don't always get it the way I want (Myself, God, Dad, People I complained to)
											B- Self- Seeking? Understanding, Compassion, Forgiveness, Leniency
C- GOT DRUNK AND MISSED MY CHAMPIONSHIP GAME		<u>My Ambition</u> What I want for myself	X	X	X	X	X	X	X	C	B- Frightened? Hurt, Pain, Unloved, Hurting those I love, Looking bad
											C- Selfish? Wanting Dad to be there/Pride, Wanting Dad to drive home
											C- Dishonest? I can have life on my terms, Dad's AlcoholicMe,Dad,God
D- DARK TUNNEL AA	THREATEN MY AND OTHER REAL ALCOHOICS SOBRIETY	<u>My Personal Relationships</u> With friends, Co-workers, family, or neighbors.	X	X	X	X	X	X	X	D	C- Self- Seeking? Looking Good, wanting dads approval,
											C- Frightened? Getting found out, Public embarrassment, Unloved
											D- Selfish? AA on my terms, Pure old style AA, Safe for Newcomers
E- WORK	CHANGED OUR INSURANCE TO AN HMO	<u>My Sex Relations</u> People with whom I am, or have been sexually involved.	@	X	X	X	X	X	X	E	D- Dishonest? I'm not in control, Doing their best (Me, God, DT's)
											D- Self- Seeking? Pure AA, Easy Recovery, My style of AA
											D- Frightened? AA ineffective, Drinking, Death, Misery for me & others
F- AUTHORITY	I DON'T NEED PEOPLE TELLING ME WHAT TO DO	<u>Security –</u> What I think I need.	X	X	X	X	X	X	X	F	E- Selfish? Wanting my old insurance company, To be consulted
											E- Dishonest? I'm not in control, They are the boss (Me, God, Boss)
											E- Self- Seeking? Regular insurance, Control
G- WIFE	SPENT \$2000 ON SOFA WITHOUT ASKING ME	<u>Pride – (Ego)</u> How others see or feel about me.	X	X	X	X	X	X	X	G	E- Frightened? Poor insurance Coverage, costing more, out of control
											F- Selfish? My way, Not be told what to do, Control
											F- Dishonest? Life on my terms, I'm an exception, I don't need rules (Me, God, Authority)
											F- Self- Seeking? Control, My Way, To be left alone
											F- Frightened? Out of Control, Unknown, Fines, Embarrassment
											G- Selfish? Wanting a vote, Control, To be included
											G- Dishonest? I'm in charge, She meant to hurt me (Me. God, Wife)
											G- Self- Seeking? Control, Decision, Intimacy, Respect
											G- Frightened? Control, Disrespect, Unloved, Poor, No Intimacy

Fear inventory (67:3 – 68:3) The Fear inventory Instructions:

1. (67:3) Was the fabric of your life shot through with Fear?
2. (67:3) Did we set the ball rolling?
3. [12&12 (48:2)] “For pride, leading to self-justification, and always spurred by conscious or unconscious fears, is the basic breeder of most human difficulties, the chief block to true progress.”
4. [12&12 (49:1)] “All these failings generate fears, a soul-sickness in its own right. Then fear, in turn, generates more character defects...these fears are the termites that ceaselessly devour the foundations of whatever sort of life we try to build.”
5. (68:1) We review our Fears thoroughly.
6. (68:1) We put them [our fears] on paper.
7. (68:1) We ask ourselves “why do I have these Fears?”
8. (68:1) Were you afraid because self-reliance failed you?
9. (68:2) We trust infinite God rather than our finite selves.
10. (68:3) We let God demonstrate through us what He can do.
11. (68:3) We ask Him [God] to remove our Fears.
12. (68:3) We ask Him [God] to direct our attention to what He would have us be.
13. [12&12 (122:0)] “We found that freedom from fear was more important than freedom from want.”

The Fear inventory is done in columns like resentments. List fears connected to resentment (column four, question 4) and then any fears not connected to resentment (heights, spiders, snakes, poverty, aids etc.) As a technique, to not miss any fears, then I look at any opposite of the fears I have already listed. After I have fears listed, I boil the fears down to my “Hit parade” with the question: “ why do I have this particular fear?”

Column one		Column two	Boil Down	Hit Parade
Fear	Opposite fear	Why I’m afraid		
Rejection	Acceptance	I’ll be alone, It’s painful, I’ll drink and I’ll die /// Eventually I’ll get found out, Unknown feeling	Alone, Pain Fake , Die	Fake
Isolation	Relationships	I’ll be alone. It’s painful, I’ll drink and I’ll die /// Eventually I’ll get found out, Unknown feeling	Alone, Pain Fake, Die	Alone
Intimacy	Being found out	Unknown feeling, They’ll see the truth, I’ll be found out /// It’s painful, I feel like I’ll just die.	Fake, Pain Unknown	Unknown
Death	Living	Unknown, It’s the end here on earth /// It’s painful, Eventually I’ll get found out	Unknown Fake, Pain	Pain
Pain	Pleasure	It’s painful, I’ll drink and I’ll die /// Greedy feeling and Eventually I’ll get found out	Pain, Die Fake	Die

An Example of Fear Prayer:

“God, thank you for helping me be honest enough to see this truth about myself and now that you have shown me the truth about my fears, please remove these fears from me. Lord, please help me outgrow my fears and direct my attention to what you would have me be. Father, demonstrate through me and help me become that which you would have me be. Help me do thy will always, Amen.”(68:3)

The Fear Tool:

As I go through my day, if I notice that one of my character defects has raised it’s ugly head, I use the fear tool. The defect recognition can be in the form of “The committee” which is a direct indicator that I’m resentful and will lead me to a four column resentment inventory. Then, column four, question four leads me back to the fear inventory “where was I frightened”. Or, my defect could also be in the form of inappropriate behavior, restlessness, irritability, depression or general discontentment found in the seven deadly sins. Regardless of how I notice the defect, once I see it, I know from experience that I must be afraid... Now my only problem is figuring out what I’m afraid of... Therefore, I go back to my ‘hit parade’. My ‘Hit Parade’ has all of my root fears on it and it helps me figure out which of my fears has been triggered. If I can figure out which fear it is, I stop and say the Fear Prayer, offering the fear to God. “At once, I commence to outgrow fear”, I no longer need to choose fear, instead I can choose faith. Now I have the Power I need to walk through the fear, to live God’s will and now I can go on to the next instruction. I can now become what God would have me “be” but, that takes vision...So I now pause and meditate on what God would have me be, not in the future, but right now because this is all I have, right here, right now. Now, after seeking Power, with my new vision of God’s will, I can now move toward the Power, Peace, and happiness that doing God’s will always provides me...

© David J. Fredrickson

Sex inventory (68:4 – 69:1),

An Example of Pre-Sex Inventory Prayer:

“God please help me to be free of fear as I attempt to shine the spotlight of truth across my past sex relations. Lord, please show me where my behavior has harmed others and help me to see the truth in these relationships. Help me see my faults and what I should have done differently.” (From the thoughts on pg. 69)

The Sex inventory Instructions:

1. (68:4) We try to be sensible.
2. (69:1) We review our own conduct over the years past.
3. (69:1) We write out the 9 questions. (see below)
4. (69:1) We get it down on paper and look at it.

I write the Sex inventory in paragraph form. I cover all of my sex relationships. I write a chronological history of the relationship. From how you met through the relationships end, hitting all high and low points of the relationship, followed by nine questions about the relationship. It looks like this...

3-13-00 SEX INVENTORY- (69:1) “We reviewed our own conduct over the years past.”

© David J. Fredrickson

Who was the relationship with?

How did you meet?

Was it love at first sight?

How long did you date before you started to have sex?

What were some good things about your relationship? (ie; things in common, times you had fun together etc.)

What were some bad things about your relationship? (be specific and to the point)

1. (69:1)Where had we (you) been Selfish? (harm)
2. (69:1)Where had we (you) been Dishonest? (harm)
3. (69:1)Where had we (you) been inconsiderate? (harm)
4. (69:1)Whom had we (you) Hurt? (harm) **(A)**
5. (69:1) Did we (you) unjustifiably arouse Jealousy? (harm)
6. (69:1) Did we (you) unjustifiably arouse Suspicion? (harm)
7. (69:1) Did we (you) unjustifiably arouse Bitterness? (harm)
8. (69:1) Where were we (you) at fault? (harm)
9. (69:1) What should we have done instead? **(Ideal)**

Sex Ideal (69:2 – 70:2)

[12&12 (52:1)] “These are the sort of fundamental inquiries that can disclose the source of my discomfort and indicate whether I may be able to alter my own conduct and so adjust myself serenely to self-discipline.”

This wanting to ‘alter our conduct and adjust ourselves serenely to self-discipline’ requires us to have a goal; something to aim towards with respect to our sex relationships. This goal becomes our sex ideal...

The Sex Ideal is formed between you and God. Remember, it’s not just what you want... it’s what you want to bring to your new relationship. Take the high points from your past sex relationships and transfer them directly to your sex ideal. Then take all the negatives and low spots from your past sex relationships and take their opposite. Transfer these opposites to your sex ideal. Now ask God to help you live up to this new sex ideal...

The Sex Ideal Instructions:

1. (69:2) We subjected each [Sex] relation to this test – “Was it selfish or not?”
2. (69:2) We asked God to mold our Ideals.
3. (69:2) We asked God to help us to live up to them [Ideals].
4. (69:2) We remembered always that our Sex powers were God – given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed.
5. (69:3) We must be willing to grow toward our ideal.
6. [12&12 (119:2)] “The prospective partners need to be solid A.A.’s and long enough acquainted to know that their compatibility at spiritual, mental, and emotional levels is a fact and not wishful thinking. They need to be as sure as possible that no deep-lying emotional handicap in either will be likely to rise up under later pressures to cripple them. The considerations are equally true and important for the A.A.’s who marry “outside” A.A. With clear understanding and right, grown-up attitudes, very happy results do follow.”
7. (69:3) We must be willing to make amends where we have done harm.
8. (69:3) We ask God what to do about each specific matter.
9. (70:0) We let God be the final judge of our Sex Ideal.
10. (70:0) We realize that some people are as fanatical as others are loose.
11. (70:0) We avoid hysterical thinking or advice.
12. (70:2) We pray for the right Ideal.
13. (70:2) We pray for guidance in each questionable situation.
14. (70:2) We pray for Sanity.
15. (70:2) We pray for Strength to do the right thing.
16. (70:2) If sex is very troublesome, we throw ourselves the harder into helping others and we think of their needs and work for them.

Imperious: Arrogant or overbearing. Urgent, compelling.

A Sex Prayer: “God, Please remove my fears as I shine the spotlight of truth across my past sexual relationships. Father please help me mold my sex ideals and help me to live up to them. Help me be willing to grow toward my ideals and help me be willing to make amends where I have done harm. Lord, please show me what to do in each specific matter, and be the final judge in each situation. Help me avoid hysterical thinking or advice. Father, please Grace me with guidance, sanity, and strength to do the right thing. If sex becomes very troublesome, quiet my imperious urge, help me not to yield and keep me from heartache as I throw myself the harder into helping others. Help me think of their needs and help me work for them. Amen.”(69:2, 69:3, 70:2)

A SEX IDEAL –From an old inventory of mine

1. A true partner – someone to share equally in the responsibilities of life (neither partner feels or is taken advantage of...).
2. An intimate relationship – someone who can see into me, see my dark side and light side. Someone with whom I can take emotional risks and let them in behind the wall I put up and not abandon me (totally accepting of me-good and bad without expectation of change; if change comes it comes from God....)
3. A monogamous relationship – sexually and spiritually where I show reverence and respect of our love and commitment (i.e. I demonstrate BTK is #1 all the time in my life (honor and cherrishment).
4. Someone with whom I am free to be truthful – not afraid to be honest – both omission and commission.
5. A lover – open, honest, sex – fantasy realization through caring exploration of our sexual natures. The true goal is pleasure for each other through sexual means to enhance intimacy where two really do become one.
6. Fair play – total commitment to harmony through fair , expedient compromise using the rules to keep our disagreement within bounds and open commitment to a quick fair resolution to restore harmony to our relationship.
7. Safe, loving, nurturing home for parenting – emotionally stable filled with love and self-sacrifice for the good of The family union.
8. A balanced relationship: work & play balanced, spending & saving balanced, home & travel balanced. Money is not My God – love and family are paramount.
9. A relationship which nurtures our “couplehood” not just “parenthood” so when the nest is empty our relationship just moves to the next chapter, not starts again...someone to grow old with.
10. Someone to grow with mentally, spiritually and sexually. A nonjudgmental support for the betterment of the individuals which betters the couplehood.
11. Someone who will share in our combined vision of our future, our lives to come – with whom I can strive to reach a mutual goal of serene old age where we look back on happiness in the journey – not a finishing line.
12. My #1 fan, supporter, confidant, best friend, lover, spouse, wife, mother, companion and hero – where we revere each other through sacrifice and love to become one and that the one we become can give back and help others including our kids, program, society and church (where our lives can be an example of the program which helps others find happiness, fidelity and love.

© David J. Fredrickson

Harms done others (70:3 – 71:0)

(70:3) “We have listed the people we have hurt by our conduct,...”

This is where we add all the other harms to our inventory. What about the people with whom we aren't resentful, afraid of, nor did we have sex with them? Where do they go in our inventory? Well, This is where they go... After all sex relationships are covered, check the rest of your life to see if you have other harms outstanding (ie: stealing, cheating, lying, adultery, assault, verbal abuse, damaged property etc.) to family, friends, employers, co-workers, neighbors, acquaintances etc. Write out a list of their names and the specific harm you caused them.

© David J. Fredrickson

The 10th Step Instructions:

Step Ten (84:2-85:2)

1. (84:2) **Continue to take Personal Inventory and continue to set right any New mistakes as you go along.**
2. [(12&12 (88:1)] “... A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us...”
3. (84:2) **We commenced this Way of Living as we cleaned up the past [4th Step].**
4. (84:2) **We have entered the World of the Spirit.**
5. [12&12 (89:0)] “...It requires an admission and correction of errors *now*”
6. (84:2) **We now grow in Understanding and Effectiveness and we continue for our Lifetime.**
7. [12&12 (89:1)] “Although all inventories are alike in principle, the time factor does distinguish one from another. There's the spot check inventory, taken at any time of the day, whenever we find ourselves getting tangled up....(89:2)our inventories become a regular part of everyday living, rather than something unusual or set apart.”
8. (84:2) **Continue to Watch for Selfishness, Dishonesty, Resentment and Fear and when these Crop up, we ask God to remove them.**
9. [12&12 (90:1)] “It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong *with us*...”
10. (84:2) **We discuss them with someone immediately.**
11. [12&12 (91:1)] “In all these situations we need (A)self-restraint, (B)honest analysis of what is involved, (C)a willingness to admit when the fault is ours, and (D)an equal willingness to forgive when the fault is elsewhere.
12. (84:2) **We make amends quickly, if we have harmed someone.**
13. (84:2) **We resolutely turn our thoughts to someone we can help.**
14. [12&12 (91:2)] “Our first objective will be the development of self-restraint. This carries a top priority rating ...Nothing pays off like restraint of tongue and pen. We must avoid quick-tempered criticism and furious, power-driven argument. The same goes for sulking or silent scorn.”
15. (84:2) **Love and Tolerance is our Code.**
16. [12&12 (92:1)] “Finally, we begin to see that all people, including ourselves, are to some extent emotionally ill as well as frequently wrong, and then we approach true tolerance and see what real love for our fellows actually means. It becomes more and more evident as we go forward that it is pointless to become angry, or to get hurt by people who, like us, are suffering from the pains of growing up.”
17. (85:1) **We are not cured of alcoholism so we do not let up on our Spiritual Program of action.**
18. [12&12 (92:3)] “With those we dislike we can begin to practice justice and courtesy, perhaps going out of our way to understand and help them. Whenever we fail any of these people, we can promptly admit it- to ourselves always, and to them also, when the admission would be helpful. Courtesy, Kindness, justice, and love are the keynotes by which we may come into harmony with practically anybody.
19. (85:1) **We maintain our Spiritual Condition to receive our daily reprieve from alcoholism.**
20. [12&12 (92:1)] “...we are today sober only by the grace of God and that any success we may be having is far more His success than ours.
21. (85:1) **Every day we must carry the vision of God's will into all of our activities.**
22. [12&12 (93:3)] “When prideful, angry, jealous, anxious, or fearful, we acted accordingly, and that was that. Here we need only recognize that we did act or think badly, try to visualize how we might have done better, And resolve with God's help to carry these lessons over into tomorrow, making, of course, any amends still neglected...(94:2)There are cases where our ancient enemy, rationalization, has stepped in and has justified conduct which was really wrong. The temptation here is to imagine that we had good motives and reasons when we really didn't”
23. (85:1) **Think constantly “How can I best serve thee – Thy Will not mine be done.” We can exercise our will power along this line all we wish. It is the proper use of the will.**
24. [12&12 (92:3)] “When in doubt we can always pause, saying, “Not my will, but Thine, be done.”

25. [12&12 (95:0)]“Learning daily to spot, admit, and correct these flaws is the essence of character-building and good living. An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will be the permanent assets we shall seek. Having so considered our day, not omitting to take due note of things well done, and having searched our hearts with neither fear nor favor, we can truly thank God for the blessings we have received and sleep in good conscience.”

26. (85:1) We must go further in action. [to Step 11]

A 10th Step prayer for Growth and Effectiveness:

“God, please help me Watch for Selfishness, Dishonesty, Resentment and Fear. When these crop up in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. Father, help me to quickly make amends if I have harmed anyone and help me to resolutely turn my thoughts to someone I can Help. Help me to be Loving and Tolerant of everyone today. Amen”(84:2)

The 11th Step Instructions: **Step Eleven** (85:3 - 88:3)

1. [12&12 (96:1)] “Prayer and meditation are our principal means of conscious contact with God...(97:2) And when we turn away from meditation and prayer, we likewise deprive our minds, our emotions, and our intuitions of vitally needed support. As the body can fail its purpose for lack of nourishment, so can the soul. We all need the light of God’s reality, the nourishment of His strength, and the atmosphere of His grace. To an amazing extent the facts of A.A. life confirm this ageless truth.”
2. **(86:1) We constructively review our day.**
3. [12&12 (98:1)] “There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life. Now and then we may be granted a glimpse of that ultimate reality which is God’s kingdom. And we will be comforted and assured that our own destiny in that realm will be secure for so long as we try, however falteringly, to find and do the will of our own Creator. As we have seen, self-searching is the means by which we bring new vision, action, and grace to bear upon the dark and negative side of our natures.”
4. **(86:1) Was I resentful?**
5. **(86:1) Was I selfish?**
6. **(86:1) Was I dishonest?**
7. **(86:1) Was I afraid?**
8. **(86:1) Do I owe an apology?**
9. **(86:1) Have I kept something to myself which should be discussed with another person at once?**
10. **(86:1) Was I kind toward all?**
11. **(86:1) Was I Loving toward all?**
12. **(86:1) What could I have done better?**
13. [12&12 (100:4)] “...meditation is like that, too; it helps to envision our spiritual objective before we try to move toward it...(101:5) This much could be a fragment of what is called meditation, perhaps our very first attempt at a mood, a flier into the realm of the spirit, if you like. It ought to be followed by a good look at where we stand now, and a further look at what might happen in our lives were we able to move closer to the ideal we have been trying to glimpse. Meditation is something which can always be further developed...it’s object is always the same: to improve our conscious contact with God, with His grace, wisdom and love. And let’s always remember that meditation is in reality intensely practical. One of its first fruits is emotional balance.”
14. **(86:1) Were we (Was I) thinking of myself most of the time?**
15. **(86:1) Were we (was I) thinking of what I could do for others?**
16. **(86:1) Were we (was I) thinking of what I could pack into the stream of life?**
17. **(86:1) We must be careful not to drift into worry, remorse or morbid reflection,....**
18. **(86:1)After making our review we ask God's forgiveness and inquire what corrective measures should be taken...**
19. [12&12 (102:0)] “With it (Meditation) we can broaden and deepen the channel between ourselves and God. Now what about prayer? Prayer is the raising of the heart and mind to God- and in this sense it includes meditation... Prayer, as commonly understood is a petition to God. Having opened our channel as best we can, we try to ask for those right things of which we and others are in the greatest need.

A Nightly Review Prayer: “ God, please forgive me for my failings today. I know that because of my failings, I was not able to be as effective as I could have been for you. Please forgive me and help me live thy will better tomorrow. Father, I ask you now to show me how to correct the errors I have just outlined. Guide me and direct me. Please remove my arrogance and my fear. Lord, show me how to make my relationships right and grant me the humility and strength to do thy will. Amen”(86:1)

© David J. Fredrickson

Upon Awakening Instructions:

1. (86:2) On awakening let us think about the 24 hours ahead.
2. (86:2) We consider our plans for the day.
3. (86:2) Before we begin we ask God to direct our thinking.
4. [12&12 (102:2)] “In the morning we think of the hours to come...when making specific requests, it will be well to add to each one of them this qualification: ‘...if it be Thy will.’ We ask simply that throughout the day God place in us the best understanding of His will that we can have for that day, and that we be given the grace by which we may carry it out. As the day goes on, we can pause where situations must be met and decisions made, and renew the simple request: “Thy will, not mine, be done.”

A Prayer for On Awakening:

© David J. Fredrickson

“God please direct my thinking and keep my thoughts divorced from self – pity, dishonest or self-seeking motives. Lord, please keep my thought life clear from wrong motives and help me employ my mental faculties, that my thought-life might be placed on a higher plane, the plane of inspiration.” (86:2)

During The Day Instructions:

1. (86:3) If we are not able to determine which course to take, We ask God for inspiration, an intuitive thought or a decision.
2. (86:3) We relax and take it easy.
3. (86:3) We don’t struggle.
4. [12&12 (103:0)] “ If at these points our emotional disturbance happens to be great, we will more surely keep our balance, provided we remember, and repeat to ourselves, a particular prayer or phrase that has appealed to us in our reading or meditation. Just saying it over and over will often enable us to clear a channel choked up with anger, fear, frustration, or misunderstanding, and permit us to return to the surest help of all-our search for God’s will, not our own, in the moment of stress.”
5. (87:1) We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be.
6. (87:1) That we be given whatever we need to take care of our problems.
7. (87:1) We ask especially for freedom from self-will and are careful to make no requests for our selves only.
8. [12&12 (104:1)] “It is A.A.’s experience that particularly in these cases we ought to pray that God’s will, whatever it is, be done for others as well as for ourselves. In A.A. we have found that the actual good results of prayer are beyond question. They are matters of knowledge and experience. All those who have persisted have found strength not ordinarily their own. They have found wisdom beyond their usual capability. And they have increasingly found a peace of mind which can stand firm in the face of difficult circumstances.”
9. (88:2) We let God discipline us in the simple way just outlined.
- 10.[12&12 (105:2)] “The moment we catch even a glimpse of God’s will, the moment we begin to see truth, justice, and love as the real and eternal things in life, we are no longer deeply disturbed by all the seeming evidence to the contrary that surrounds us in purely human affairs. We know that God lovingly watches over us. We know that when we turn to Him, all will be well with us, here and hereafter.”

An 11th Step Morning Prayer:

“God, should I find myself agitated, doubtful or indecisive today, please give me inspiration, help me to have an intuitive thought or a decision about this problem I face. Father, help me not to struggle, instead, help me to relax and take it easy. Help me know what I should do and keep me mindful, that you are running the show. Lord, free me from my bondage of self. Thy will be done always.” (86:3)

An 11th Step Morning Prayer:

“God, please show me all through this day, what my next step is to be and please Grace me Father, with whatever I need to take care of the problems in my life today. I ask especially Lord, that you free me from the bondage of self-will, Amen.”(87:1)

Step Five (72:1-75:3)

Warnings for skipping the 5th Step:

1. (72:2) We may not Overcome Drinking.
2. [12&12 (56:1)] “Few muddled attitudes have caused us more trouble than holding back on step five. Some people are unable to stay sober at all; others will relapse periodically until they really clean house. Even A.A. oldtimers, sober for years, often pay dearly for skipping this Step. They tell how they tried to carry the load alone; how much they suffered of irritability, anxiety, remorse, and depression; and how, unconsciously they would sometimes accuse even their best friends of the very character defects they themselves were trying to conceal.”
3. (73:0) We will not learn Humility.
4. (73:0) We will not learn Fearlessness.

5. [12&12 (56:2)] “Most of us would declare that without a fearless admission of our defects to another human being we could not stay sober. It seems plain that the Grace of God will not enter to expel our destructive obsessions until we are willing to try this”
6. **(73:0) We will not learn Honesty.**
7. [12&12 (57:2)] “Until we had talked with complete candor of our conflicts, and had listened to someone else do the same thing, we still didn’t belong. Step Five was the answer. It was the beginning of true kinship with man and God. This vital Step was also the means by which we began to get the feeling that we could be forgiven, no matter what we had thought or done. Often it was while working with our sponsor or spiritual advisers that we first felt truly able to forgive others, no matter how deeply we felt they had wronged us.”
8. **(73:0) We will be plagued by Egoism and Fear.**
9. [12&12 (59:1)] “We’d have to have outside help if we were surely to know and admit the truth about ourselves- the help of God and another human being. Only by discussing ourselves, holding back nothing, only by being willing to take advise and accept direction could we set foot on the road to straight thinking, solid honesty, and genuine humility.”
10. **(73:4) We will not expect to Live Long.**
11. [12&12 (60:1)] “...going it alone in spiritual matters is dangerous.”
12. **(73:4) We will not Live Happily.**
13. [12&12 (62:0)] “Provided you hold back nothing, your sense of relief will mount from minute to minute. The damned-up emotions of years break out of their confinement, and miraculously vanish as soon as they are exposed. As the pain subsides, a healing tranquility takes its place... This feeling of being at one with God and man, this emerging from isolation through open and honest sharing of our terrible burden of guilt, brings us to a resting place where we may prepare ourselves for the following Steps towards a full and meaningful sobriety.”

With whom do we do a 5th Step?

1. **(74:0) The proper appointed authority if part of your religion.**
2. **(74:0) Someone ordained by an established religion even if you have no religious connection.**
3. **(74:1) A Close – mouthed, Understanding Friend.**
4. **(74:1) A Doctor or Psychologist.**
5. **(74:1) A Family Member who will not get hurt or made unhappy by what we will disclose.**
6. **(74:2) Someone who can keep a confidence.**
7. **(74:2) Someone who fully understands and approves of what we are driving at; that he will not try to change our plan.**

A **Pre-Fifth Step Prayer**: “God, please remove my fear and help me be completely Honest in what I am about to do. Please Father, give me the Courage, Faith and Strength I need to share with this person my whole truth; especially the things I swore I’d take with me to the grave. Amen”

© David J. Fredrickson

5th Step Rule – (74:1) We must always be hard on our self, but always considerate of others.

How To 5th Step :

1. **(75:1) We Decide who is to hear our story.**
2. **(75:1) We Waste no time.**
3. **(75:1) We have a Written Inventory.**
4. **(75:1) We are prepared for a Long Talk.**
5. **(75:1) We Explain to our partner what we are about to do and why we have to do it.**
6. **(75:1) Be sure he realizes that we are on a Life & death errand.**
7. **(75:1) We Pocket your Pride and go to it.**
8. **(75:1) We Illuminate every twist of character, every dark cranny of the past.**

Returning home Instructions:

1. **(75:3) We find a place where we can be quiet for an hour.**
2. **(75:3) Carefully reviewing what we have done.**
3. **(75:3) We thank God from the bottom of our heart that we know Him better.**
4. **(75:3) Taking this book down from our shelf we turn to the page which contains the twelve steps. (pg 59)**
5. **(75:3) Carefully reading the first five proposals.**
6. **(75:3) We ask if we have omitted anything.**
7. **(75:3) Is our work solid so far?**
8. **(75:3) Are the stones properly in place?**
9. **(75:3) Have we skimped on the cement put into the foundation?**
10. **(75:3) Have we tried to make mortar without sand?**

A Quiet Hour Prayer:

“God, Thank You for giving me the strength, faith and courage I needed to get through my 5th Step. I thank you from the bottom of my heart for helping me to know you better, by showing me what has been blocking me from you. Father, please show me if I have omitted anything and help me to honestly see if my stones are properly in place or if I have skimmed in any area of this work.”(75:3)

Step Six (76:1)

Sixth Step Instructions:

1. [12&12 (63:1)] “This is the Step that separates the men from the boys...any person capable of enough willingness and honesty to try repeatedly Step Six on all his faults-*without any reservations whatever*-has indeed come a long way spiritually...Of course, the often disputed question of whether God can-and will, under certain conditions-remove defects of character will be answered with a prompt affirmative by almost any A.A. member.”
2. **(76:1) Are you now ready to let God remove from you all the things which you have admitted are objectionable?**
3. [12&12 (64:1)] “It is plain for everybody to see that each sober A.A. member has been granted a release from this very obstinate and potentially fatal obsession. So in a very complete and literal way, all A.A.’s have “become entirely ready” to have God remove the mania for alcohol from their lives. And God has proceeded to do exactly that. Having been granted a perfect release from alcoholism, why shouldn’t we be able to achieve by the same means a perfect release from every other difficulty or defect?”
4. **(76:1) Can He now take them all-every one?**
5. [12&12 (65:3)] “If we ask, God will certainly forgive our derelictions. But in no case does He render us white as snow and keep us that way without our cooperation. That is something we are supposed to be willing to work towards ourselves. He asks only that we try as best we know how to make progress in the building of character. So Step Six-“Were entirely ready to have God remove all these defects of character”- is A.A.’s way of stating the best possible attitude one can take in order to make a beginning on this lifetime job. This does not mean that we expect all our character defects to be lifted out of us as the drive to drink was. A few of them may be, but with most of them we shall have to be content with patient improvement. ”
6. **(76:1) If we still cling to something we will not let go, we ask God to help us be willing.**
7. [12&12 (65:4)] “The key words “entirely ready” underline the fact that we want to aim at the very best we know or can learn...The best we can do, with all the honesty that we can summon, is to try to have it...no matter how far we have progressed, desires will always be found which oppose the Grace of God...Step Six is still difficult, but not at all impossible. The only urgent thing is that we make a beginning, and keep trying. If we would gain any real advantage in the use of this Step on problems other than alcohol, we shall need to make a brand new venture into open-mindedness. We shall need to raise our eyes toward perfection, and be ready to walk in that direction.”
8. [12&12 (69:1)] “At the very least, we shall have to come to grips with some of our worst character defects and take action toward their removal as quickly as we can. The moment we say, “No never!” our minds close against the grace of God. Delay is dangerous, and rebellion may be fatal. This is the exact point at which we abandon limited objectives, and move toward God’s will for us.”

A 6th Step prayer: “God, Thank you for removing my fear and for showing me the truth about myself. Father, I need your help to become willing to let go of the things in me which continue to block me off from you. Please grant me your Grace Lord and remove these objectionable characteristics, defects and shortcomings from Amen” (76:1)

Step Seven (76:2)

(From the original manuscript (pg 28) We get down on our knees and ...

(76:2)When ready, we say something like this: "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 which 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."

© David J. Fredrickson

1. [12&12 (70:1)] “Since this Step so specifically concerns itself with humility, we should pause here to consider what humility is and what the practice of it can mean to us. Indeed, the attainment of greater humility is the foundation principle of each of A.A.’s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.’s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven’t much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.”
2. [12&12(71:2)] “We had lacked the perspective to see that character-building and spiritual values had to come first, and that material satisfactions were not the purpose of living... (72:0) We never thought of making honesty, tolerance, and true love of man and God the daily basis of living.

Character Defect 10-10-99	© David J. Fredrickson	Opposite of Defect
Selfish		Unselfish/Giving/Sharing
Dishonest		Honest
Resentful		Forgiving
Afraid/Fear		Faith
Arrogant		Humble
Egotistical/Egoism		Modest
Cocky		Mild
Envy		Grateful
Sloth		Hard Working/Industrious
Gluttony		Sharing
Impatient		Patient
Vengeful		Loving
Hurtful		Kind
Sarcastic		Complimentary
Intolerant		Tolerant
Hateful		Forgiving
Inconsiderate		Considerate
False Pride		Modest
Greedy		Content/Giving
Thieving		Honest/Giving
Lustful		Content
Angry		Happy
Jealous		Secure/Trusting
Procrastination		Timely
Self-Seeking		Charity/Helpful for others
Self-Centered		Selfless/Thoughtful
Self – Righteous		Gracious
Self – Pity		Lenient/Positive
Self – Justification		Accepting
Self - Important		Considerate of others
Self – Condemnation / criticism		Self – Embracing/ approval
Self – Harming Smoking, Over-eating		Self Esteem – Self Love
Low Self – Esteem		Self -Acceptance
Suspicious		Trusting
Insecure		Secure/Fulfilled
Manipulative		Compliant/Accepting
Abusive		Caring
Conceited/Vain		Unassuming
Non- Committal		Definite/committal
Rationalization		Acceptance/Reality
Judgmental		Fair Minded/Understanding
Denial/Justification		Agreeable/Acceptance
Opinionated/ Obstinate		Fair Minded
Violent		Cuddly/Loving
Prejudice		Open Minded
Controlling		Retiring/Humble
Expectant		Unwatchful/Accepting
Paranoid		Trusting
Needy		Giving
People Pleasing/Fake		Real/True
Unloving/ Unkind		Loving/Kind
Irresponsible		Responsible
Perfectionist/Anal		Sympathetic/Easy Going
Martyr/Victim		Courageous/Responsible
Infidelity		Monogamous
Divorce		Married/Committed
Enabling		Tough Love
Immoral		Moral/Spiritual
Pompous		Modest

3. [12&12 (72:1)] “As long as we placed self-reliance first, a genuine reliance upon a Higher Power was out of the question. That basic ingredient of all humility, a desire to seek and do God’s will, was missing.”
4. [12&12 (73:1)] “To get completely away from our aversion to the idea of being humble, to gain a vision of humility as the avenue to true freedom of the human spirit, to be willing to work for humility as something to be desired for itself, takes most of us a long time...Still goaded by sheer necessity, we reluctantly come to grips with those serious character flaws that made problem drinkers of us in the first place, flaws which must be dealt with to prevent a retreat into alcoholism once again...We are obliged to choose between the pains of trying and the certain penalties of failing to do so. These initial steps along the road are taken grudgingly, yet we do take them. We may still have no very high opinion of humility as a desirable personal virtue, but we do recognize it as a necessary aid to our survival.”
5. [12&12 (74:2)]“ Our eyes begin to open to the immense values which have come straight out of painful ego-puncturing. Until now, our lives have been largely devoted to running from pain and problems...In every case, pain had been the price of admission into a new life. But this admission price had purchased more than we expected. It brought a measure of humility, which we soon discovered to be a healer of pain. We began to fear pain less, and desire humility more than ever. During this process of learning more about humility, the most profound result of all was the change in our attitude toward God...We saw we needn’t always be bludgeoned and beaten into humility. It could come quite as much from our voluntary reaching for it as it could from unremitting suffering.”
6. [12&12 (76:1)] “We now clearly see that we have been making unreasonable demands upon ourselves, upon others and upon God. The chief activator of our defects has been self-centered fear – primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands...The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility.”

A Pre - Eighth Step Prayer: “God, Please remove my Fears and show me your truth. Show me All the harms I have caused with my behavior. Lord, make me willing to make amends to one and all. Amen.”(76:3)

An Eighth Step Meditation:

© David J. Fredrickson

“God, Does my lack of willingness have anything to do with whether I will drink again?”

Step eight (76:3)

Eighth Step Instructions:

1. [12&12 (77:1)] “Steps Eight and Nine are concerned with personal relations. First, we take a look backward and try to discover where we have been at fault (4th step), next we make a vigorous attempt to repair the damage we have done (steps 8 &9); and third, having thus cleaned away the debris of the past, we consider how, with our newfound knowledge of ourselves, we may develop the best possible relations with every human being we know.(steps 10 &11) This is a very large order. It is a task which we may perform with increasing skill, but never really finish.”
2. **(76:3) We have a list of all persons we have harmed.**
3. [12&12 (80:2)]“Harm...the result of instincts in collision, which cause physical, mental, emotional, or Spiritual damage to people.” (don’t forget about financial as well as...our tempers are constantly bad, we arouse anger, we lie or cheat, we deprive others of their worldly goods, emotional security and peace of mind, our sex conduct is selfish, we excite jealousy, misery and a strong desire to retaliate, we are miserly, irresponsible, callous, or cold. We are irritable, critical, impatient and humorless. We lavish attention or neglect others. We dominate the whole family, we wallow in depression, self-pity oozing from every pore and inflict that upon those about us.”
4. **(76:3) We are willing to make amends.**
5. **(76:3) We made it [the list] when we took inventory.**
6. [12&12 (77:2)] “Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake. To a degree, he has already done this when taking moral inventory, but now the time has come when he ought to redouble his efforts to see how many people he has hurt, and in what ways.” (ie: three questions asked in an amends)
7. **(76:3) We subjected ourselves to a drastic self-appraisal.**
8. [12&12 (78:1)] “The moment we ponder a twisted or broken relationship with another person, our emotions go on the defensive...Let’s remember that alcoholics are not the only ones bedeviled by sick emotions. Moreover, it is usually a fact that our behavior when drinking has aggravated the defects of others...In many instances we are really dealing with fellow sufferers, people whose woes we have increased. If now we are about to ask forgiveness for ourselves, why shouldn’t we start out by forgiving them, one and all?”

9. [12&12 (78:1)] “The moment we ponder a twisted or broken relationship with another person, our emotions go on the defensive...Let’s remember that alcoholics are not the only ones bedeviled by sick emotions. Moreover, it is usually a fact that our behavior when drinking has aggravated the defects of others...In many instances we are really dealing with fellow sufferers, people whose woes we have increased. If now we are about to ask forgiveness for ourselves, why shouldn’t we start out by forgiving them, one and all?”
10. [12&12 (81:2)] “...year by year we walk back through our lives as far as memory will reach, we shall be bound to construct a long list of people who have, to some extent or other, been affected. We should, of course, ponder and weigh each instance carefully. We shall want to hold ourselves to the course of admitting the things we have done, meanwhile forgiving the wrongs done us, real or fancied. We should avoid extreme judgements, both of ourselves and of others involved. We must not exaggerate our defects or theirs. A quiet, objective view will be our steadfast aim...It is the beginning of the end of isolation from our fellows and from God.”

Step eight comes from our fourth step inventory. The list is compiled during the 4th Step. During the 5th step, with our sponsors, our list is expanded, reviewed and labeled (+) for willing, (-) for unwilling, and finally, each of our eighth step cards are numbered within in each category (+ or -). The numbering is done from easiest to hardest.

(THE FRONT OF THECARD IS FOR YOU)	
John Smith - 125 south st. - Madison, NJ 07940 (973) 555-5555	(+) (13)
<p>Don't delay Ask God for Strength & Direction to do the right thing. Before implicating others, we secure their consent Tell Him: I will not get over drinking until I straighten out the past. If an enemy- confess my ill feeling and regret.</p> <p>Don't: emphasize spirituality unless asked; if so - use tact and common sense. Don't tell him what to do; only my faults are to be discussed. Don't criticize or argue Be Calm, frank, & open. Make a demonstration of good will. Be sensible, tactful, considerate, & Humble without being servile or scraping. Don't dodge creditors. If I owe money, I will make the best deal I can.</p>	
(THE BACK OF THE CARD ID FOR THEM)	
<p>Remember: you have decided to go to <u>any lengths</u> to find a Spiritual Experience. I know I have caused you this harm: I beat you up, stole your money, slept with your wife</p> <p>Don't Shrink, As God's people we stand on our feet; we don't crawl before anyone: Q: “Are there any more harms I have caused you, which I may not know about?” Shut up and listen! Q: “Do you need to tell me how any of this hurt you?” Shut up and listen! Q: “Is there anything I can do to correct this wrong?” Write it down! © David J. Fredrickson</p> <p>A:</p>	

Step Nine (76:4 – 83:3)

The 9th Step Instructions:

1. [12&12 (83:1)] “Good judgement, a careful sense of timing, courage, and prudence-these are the qualities we shall need when we take step nine. After we have made a list of people we have harmed, have reflected carefully upon each instance, and have tried to possess ourselves of the right attitude in which to proceed, we will see that the making of direct amends divides those we should approach into several classes...those who ought to be dealt with just as soon as we become reasonably confident that we can maintain sobriety...those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good...cases where action ought to be deferred...(some) we shall never be able to make direct personal contact at all.”
2. (76:4) **Do not emphasize Spiritual feature on the first approach**
3. (77:0) **fit ourselves to be of maximum service to God and the people about us.**
4. (77:0) **Make a demonstration of good will.**
5. (77:1) **Don't shy away from the subject of God.**

6. **(77:1) Be willing to announce our convictions with tact and common sense.**
7. [12&12 (85:2)] “The temptation to skip the more humiliating and dreaded meetings that still remain may be great. We will often manufacture plausible excuses for dodging these issues entirely. Or we may just procrastinate, telling ourselves the time is not yet, when in reality we have already passed up many a fine chance to right a serious wrong. Let’s not talk prudence while practicing evasion.”
8. **(77:1) If an enemy, go to him in a helpful and forgiving Spirit, confessing our former ill feeling and expressing our regret.**
9. **(77:2) Never criticize or argue. Simply tell him we will never get over our drinking until we have done our utmost to straighten out the past.**
10. **(78:0) Never try telling him what he should do**
11. **(78:0) His faults are not to be discussed. We stick ours harm**
12. **(78:0) Our manner should be Calm, Frank and Open.**
13. [12&12 (85:3)] “As soon as we begin to feel confident in our new way of life and have begun, by our behavior and example, to convince those about us that we are indeed changing for the better, it is usually safe to talk in complete frankness with those who have been seriously affected, even those who may be only a little or not at all aware of what we have done to them. The only exceptions we will make will be cases where our disclosure would cause actual harm... We needn’t wallow in excessive remorse before those we have harmed, but amends at this level should always be forthright and generous”
14. **(78:2) Don’t dodge your creditors. Tell them what you are trying to do and make no bones about your drinking.**
15. **(78:2) Arrange the best deal you can and let them know you are sorry**
16. **(78:2) We must lose our Fear of our creditors no matter how far we have to go, for we are liable to drink if we are afraid to face them.**
17. **(79:1) Remind yourself that you have decided to go to any lengths to find a Spiritual Experience.**
18. **(79:1) Ask God for the Strength and Direction to do the right thing, no matter what the personal consequences may be. We are willing. We have to be.**
19. **(79:1) We must not shrink at anything.**
20. [12&12 (87:0)] “...all of them (amends) do require a complete willingness to make amends as fast and as far as may be possible in a given set of conditions. Above all, we should try to be absolutely sure that we are not delaying because we are afraid. For the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine.”
21. **(79:2) If other people are involved, we are not to be a hasty or foolish martyr who would sacrifice others to save himself from the alcoholic pit.**
22. [12&12 (86:1)] “There can be only one consideration which should qualify our desire for a complete disclosure of the damage we have done. That will arise in the occasional situation where to make a full revelation would seriously harm the one to whom we are making amends. Or-quite as important-other people... And even in those cases where such a matter must be discussed, let’s try to avoid harming third parties, whoever they may be.”
23. **(80:1) Before taking drastic action which might implicate other people, we secure their consent.**
24. **(80:1) If we have permission, consulted others [sponsor], Asked God to help and a drastic step is indicated, We must not shrink.**
25. **(83:3) Some people can’t be seen [deceased included] – We send them an honest letter.**
26. **(83:3) We don’t delay if it can be avoided.**
27. **(83:3) Be Sensible, Tactful, Considerate and Humble without being servile or scraping. As God’s people we stand on our feet; we don’t crawl before anyone.**

For the Spouse and Family:

© David J. Fredrickson

1. [12&12 (83:3)] “The moment we tell our families that we are really going to try the program, the process has begun... At this sitting, it is necessary only that we make a general admission of our defects... Much the same approach will apply at the office or factory... we may not want to say anything for several weeks, or longer. First we will wish to be reasonably certain that we are on the A.A. beam. Then we are ready to go to these people, to tell them what A.A. is, and what we are trying to do. Against this background we can freely disclose the damage we have done and make our apologies. We can pay, or promise to pay, whatever obligations, financial or otherwise, we owe.”
2. **(81:1) [For spouses] Undoubtedly, we should admit our fault**
3. **(82:1) Each [spouse] should pray, having the other one’s happiness uppermost in mind. And it may be the way of good sense to let by-gones be by-gones.**

4. (82:2) There is plenty we should do at Home...But, we are yet a long way from making good...
We feel a man unthinking when he says that sobriety is enough.
5. (83:1) We must take the lead...So we clean house with the family...a remorseful mumbling that we are sorry won't fit the bill at all. Sit down with the Family and frankly analyze the past being very careful not to criticize them.
6. (83:1) Ask each morning in meditation that God show us The Way of Patience, Tolerance, Kindliness and Love.
7. (83:2) We have to Live the Spiritual Life.
8. (83:2) Don't talk incessantly to your family about Spiritual matters. Use your Spiritual behavior to urge your family to live on a Spiritual basis. [live by example]
9. (98:3) "When your prospect has made such reparations as he can to his family, and has thoroughly explained to them the new principles by which he is living [not forcing them on the family], he should proceed to put those principles into action at home.
10. (99:1) "...the alcoholic continues to demonstrate that he can be sober, considerate, and helpful, regardless of what anyone says or does.
11. (99:1) "We must try to repair the damage immediately lest we pay the penalty by a spree."
12. (99:3) "Let no alcoholic say he cannot recover unless he has his family back. This just isn't so.
13. (99:3) "Remind the prospect that his recovery is not dependant upon people [including you!].
It is dependant upon his relationship with God.
14. (111:1) "The First Principle is that you should never be angry.
15. (116:3) "Now we try to put spiritual principles to work in every department of our lives. When we do that, we find it solves our problems too; the ensuing lack of fear, worry and hurt feelings is a wonderful thing.
16. (118:1) During heated discussion, "no matter what the subject, it should be the privilege of either to smile and say, "this is getting serious. I'm sorry I got disturbed. Let's talk about it later."
17. (118:1) We should be "trying to live on a spiritual basis, he will be doing everything in his power to avoid disagreement or contention."
18. (118:2) You owe "more than sobriety...Patience, tolerance, understanding and love are the watchwords."
19. (118:2) "Live and let live is the rule."
20. (118:2) "If you both show a willingness to remedy your own defects, there will be little need to criticize each other."
21. (119:0) "When resentful thoughts come, try to pause and count your blessings. After all, your family is reunited, alcohol is no longer a problem. [sounds like a gratitude list to me!]
22. (119:0) You are working toward an undreamed of future.
23. (122:1) "All members of the family should meet upon the common ground of tolerance, understanding and love. This involves a process of deflation."
24. (123:2) "It will take time to clear away the wreck. Though old buildings will eventually be replaced by finer ones, the new structures will take years to complete."
25. (124:1) "We grow by our willingness to face and rectify errors convert them into assets. The alcoholic's past thus becomes the principle asset of the family and frequently it is the only one!"
26. (124:3) don't "dig up past misdeeds so they become a blight, a veritable plague.
27. (124:2) "...Each family which has been relieved owes something to those who have not, and when the occasion requires, each member of it should be only too willing to bring out their former mistakes, no matter how grievous, out of their hiding places."
28. (124:2) "Cling to the though 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 misery and death for them."
29. (125:0) "Unless some good and useful purpose is to be served, past occurrences should not be discussed.
30. (125:2) "We alcoholics are sensitive people. It takes some of us a long time to outgrow that serious handicap."
31. (125:2) "Another principle we observe carefully is that we do not relate intimate experiences of another person unless we are sure he would approve."
32. (125:1) "We do talk about each other a great deal, but we almost invariably temper such talk by a spirit of love and tolerance."
33. (125:3) "Many alcoholics are enthusiasts. They run to extremes...(126:1) We think it dangerous if he rushes headlong at his economic problem. The family will be affected..."

34. (127:2) “Since the home has suffered more than anything else, it is well that a man exert himself there. He is not likely to get far in any direction if he fails to show unselfishness and love under his own roof.”
35. (127:1) The alcoholic “ought to remember that he is mainly to blame for what befell his home. He can scarcely square the account in his lifetime. But he must see the danger of over-concentration on financial success...For us, material well-being always followed Spiritual progress; it never preceded.”
36. (127:3) “As each member of a resentful family begins to see his shortcomings and admits them to the others, he lays a basis for helpful discussion.”
37. (127:3) “...Family talks will be constructive if they can be carried out without heated argument, self-pity, self-justification or resentful criticism.”
38. (128:0) “Giving rather than getting.” Is the guiding principle for the family.
39. (129:1) “...a Spiritual life which does not include his family obligations may not be so perfect after all.”
40. (129:3) “...let him go as far as he likes in helping other alcoholics...(130:0) we think dad will be on a firmer foundation than the man who is placing business or professional success ahead of Spiritual development.”
41. (131:2) “Father will necessarily spend much time with other alcoholics, but this activity should be balanced.”
42. (130:1) “We have found nothing incompatible between a Powerful Spiritual Experience and a life of Sane and Happy Usefulness.”
43. (133:0) “Avoid then, the deliberate manufacture of misery, but if trouble comes, cheerfully capitalize it as an opportunity to demonstrate His omnipotence.”
44. (133:1) “...a Spiritual mode of living is a most powerful health restorative...(133:2) But his does not mean that we disregard human health measures.
45. (135:1) “Whether the family goes on a Spiritual basis or not, the alcoholic has to if he would recover.”
46. (135:1) “The others must be convinced of his new status beyond the shadow of a doubt. Seeing is believing to most families who have lived with a drinker.”
47. (134:3) “In time they [the family] will see he is a new man...when this happens, they can be invited to join in morning meditation and they can take part in the daily discussion without rancor or bias.”
48. (135:4) We have three little mottoes which are apropos. Here they are:

First Things First
Live and Let Live
Easy Does It.

Armed with our cards we start making appointments and we make our amends. Our Experience has proven:

- A. The general rule is “**always make amends face to face if at all possible**”.
- B. Before making any amend, **always run the amend past a sponsor**. This keeps you from having ulterior motives and ensures you will not inadvertently hurt anyone with the amend.
- C. **Pray** for strength and direction to do the right thing, no matter what the personal consequences may be.
- D. (76:3)**We go out to our fellows.**
- E. (76:3) **Repair the damage done in the past.**
- F. (76:3)**We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves.**
- G. (76:3) **If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol.**

A 9th Step Prayer :

“God, with regard to this amend, please remove my Fear and give me the strength, courage and direction to do the right thing, no matter what the personal consequences may be. Amen”(79:1)

A Ninth Step Meditation:

© David J. Fredrickson

“Dear God, please show me if finishing my amends has anything to do with my drinking again or not...”

With our family we have ongoing amends which require daily attention and prayer.

A 9th Step prayer for the Spouse:

“God, please show me how to make amends to my Spouse. Father , Help me to keep my Spouse’s happiness Uppermost in my mind as I try, with your Grace, to make this relationship right. Amen” (82:1)

A 9th Step Prayer for the Family:

“God, please show me how to find Patience, Tolerance, Kindness and Love in my heart, my Mind and my Soul. Lord, show me how to demonstrate these principles to my family and all those about me. Amen.” (83:1)

Step Twelve (89:1 –103:3)

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. (89:1) and Helping others is the foundation stone of your recovery. (97:1) Therefore, Step twelve is of vital importance to long term sobriety. First and foremost, We need to have had a spiritual awakening by working the 12 Steps in our own life. This ensures we have some experience and a message to carry to the still suffering alcoholic.

[12&12 (106:3)] “When a man or woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone. He has been granted a gift which amounts to a new state of consciousness and being...He finds himself in possession of a degree of honesty, tolerance, unselfishness, peace of mind, and love of which he had thought himself quite incapable. What he has received is a free gift, and yet usually, at least in some small part, he has made himself ready to receive it. A.A.’s manner of making ready to receive this gift lies in the practice of the Twelve Steps in our program.”

Once we have had a spiritual awakening, we are charged by the A.A. creed which says...

“I am responsible... when anyone, anywhere, reaches out for help,

I want the hand of A.A. always to be there. And for that:

I am responsible.”

How to do a 12 Step Call [First Call]:

© David J. Fredrickson

1. [12&12 (106:1)] “The joy of living is the theme of A.A.’s Twelfth Step. And action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety.”
2. (90:1) **If he doesn’t want to stop drinking, don’t waste your time persuading him or his family. You may spoil latter opportunity.**
3. (90:1) **Find out all you can about him. Talk to the person most interested in him.**
4. (90:3) **Wait until he goes on a binge. But, don’t deal with him if he is very drunk. Wait for the end of a spree.**
5. (90:3) **Let family or friend ask him “do you want to quit for good and will you go to any extremes to do so?”**
6. (90:3) **You should be described to him as someone who needs him as part their own recovery & who would be glad to talk, if he wants to.**
7. (90:4) **If he doesn’t want to see you, never force yourself upon him. Nor should his family plead with him to see you.**
8. (90:4) **The family should not tell him much about you. In fact it is better to approach through a doctor or institution.**
9. (91:1) **If he needs hospitalization [Detox] he should have it.**
10. (91:2) **Leave the family out of the first discussion.**
11. (91:2) **Call on him while he is still jittery. & depressed.**
12. (91:3) **See your man alone, if possible.**
13. (89:3) **Don’t start out as an evangelist.**
14. (89:3) **To be helpful is our only aim [nothing else]**
15. (89:3) **Cooperate; never criticize.**
16. (91:3) **At first engage in general conversation.**
17. (91:3) **After a while, turn the talk back to some phase of his drinking.**
18. (91:3) **Tell him enough about your drinking habits, symptoms and experience to encourage him to speak of himself.**
19. (91:3) **Let him talk if he wants to.**
20. (91:3) **If he doesn’t want to talk give him a sketch of your drinking career up to the time you quit. Say nothing for the moment as to how it was accomplished.**
21. (91:3) **If he is in a serious mood, dwell on the troubles liquor caused you. But, be careful not to moralize or lecture.**
22. (91:3) **If the mood is light, tell him humorous stories of your escapades and get him to tell some of his.**
23. (91:4) **When he sees you know all about the drinking game, describe yourself as an alcoholic.**
24. (92:0) **Share how baffled you were, how you learned you were sick and the struggles that led to you stopping.**
25. (92:0) **Show him the mental twists which leads to the first drink of a spree.**

26. (92:1) If you are satisfied he is a real alcoholic, begin to dwell on the hopeless feature of the malady.
27. (92:1) Show him how the mental condition [denial] prevents normal functioning of the will power.
28. (92:1) Don't yet talk of the Big Book.
29. (92:1) Be careful not to brand him an alcoholic, let him draw his own conclusion.
30. (92:1) If he maintains he can control his drinking, tell him maybe he can if he is not too alcoholic. But, insist if he is seriously afflicted, there is little chance he will recover by himself.
31. (92:2) Talk of alcoholism as an fatal illness which encompasses the body and the mind.
32. (92:2) Keep him focused on your experience. You can talk about the doom & hopelessness of alcoholism because you offer a solution.
33. (93:0) Tell him exactly what happened to you.
34. (93:0) Stress the Spiritual feature freely, make it emphatic that he does not have to agree with your conception of God. The main thing is that he be willing to believe in a Power Greater than himself and that he live by Spiritual Principles.
35. (93:1) Don't raise theological issues, no matter what your own convictions are.
36. (93:2) Let him see you aren't there to instruct him in religion
37. (93:2) Draw his attention to the fact that no matter how deep his faith and knowledge, he could not have applied it or he would not drink.
38. (94:1) Outline the program of action.
39. (94:1) Explain how you made a self-appraisal [4The Step], how you straightened out your past & why you are endeavoring to be helpful to him.
40. (94:1) Make it plain he is under no obligation to you.
41. (94:1) Suggest how important it is he place others welfare ahead of his own.
42. (94:1) Make it clear he is not under pressure & he doesn't have to see you again if he doesn't want to.
43. (94:1) The more hopeless he feels, the better.
44. (94:2) Tell him you once felt as he does, but doubt you could have made much progress without taking action.
45. (94:2) Tell him about the Fellowship of Alcoholics Anonymous.
46. (94:2) Lend him your copy of this book.
47. (95:1) Do not wear out your welcome.
48. (95:1) It is better not to proceed at once.
49. (95:1) Do not exhibit a passion for crusade or reform.
50. (95:1) Never talk down from a moral or Spiritual hilltop.
51. (95:1) Simply lay out the kit of Spiritual tools for his inspection.
52. (95:1) Offer him friendship & fellowship.
53. (95:1) Tell him that if he wants to get well, you will do anything to help.
54. (95:3) If he is sincerely interested & wants to see you again, ask him to read this book in the interval.
55. (95:3) He must decide for himself whether he wants to go on
56. (95:3) He must not be pushed or prodded by you or others.
57. (95:3) The desire to find God must come from within.
58. (95:4) If he thinks he can do the job some other way, encourage him to follow his own conscience.
59. (95:4) Point out that all alcoholics have much in common and that in any case, we want to be friendly.
60. (95:4) Let it go at that.
61. (96:1) Search out another alcoholic and try again.
62. [12&12 (109:3)] "Even the newest of newcomers finds undreamed rewards as he tries to help his brother alcoholic, the one who is even blinder than he. This is indeed the kind of giving that actually demands nothing. He does not expect his brother sufferer to pay him, or even to love him. And then he discovers that by the divine paradox of this kind of giving he has found his own reward, whether his brother has yet received anything or not. His own character may still be gravely defective, but he somehow knows that God has enabled him to make a mighty beginning, and he senses that he stands at the edge of new mysteries, joys, and experiences of which he had never even dreamed."

On your second visit to the man...

© David J. Fredrickson

Ask him (96:2) "Have you read the Big Book?"

(58:2) Do you want what I have? (Tell him what you have & briefly explain what the steps require.)

[ie:3-4th Step inventories, 5th step, Pay the money back, Find God, pray, meditate, 12 Step etc.]

(96:2) Are you prepared to go through with the rest of the program?

(58:2) "Are you willing to go to any length to get what I have?"

1. (96:2) He has read this volume.
2. (96:2) He is prepared to go through with the Twelve Steps.
3. (96:2) Let him know you are available if he wishes to make a decision [Step3] and tell his story [Step 5] but, do not insist upon it.
4. (97:3) If the alcoholic does not respond, you should continue to be friendly to the family.
5. (97:3) The family should be offered your way of life.
6. [12&12 (110:1)] “Practically every A.A. member declares that no satisfaction has been deeper and no joy greater than in a Twelfth Step job well done. To watch the eyes of men and women open with wonder as they move from darkness into light, to see whole families reassembled, to see the alcoholic outcast received back into his community in full citizenship, and above all to watch these people awoken to the presence of a loving God in their lives-these things are the substance of what we receive as we carry A.A.’s message to the next alcoholic... “Freely ye have received; freely give...” is the core of this part of Step Twelve.”
7. (98:2) Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust God and clean house.
8. (99:3) Remind the prospect that his recovery is not dependant upon people. It is dependant upon his relationship with God.
9. (100:2) Take care not to participate in their quarrels.
10. [12&12 (110:3)] “We may often pass through Twelve Step experiences where we will seem to be temporarily off the beam. These will appear as big setbacks at the time, but will be seen later as stepping-stones to better things. For example, we may set our hearts on getting a particular person sobered up, and after doing all we can for months, we see him relapse...Or we may encounter the reverse situation, in which we are elated because we seem to have been successful. Here the temptation is to become rather possessive of these newcomers. Perhaps we try to give them advise about their affairs which we aren’t really competent to give or ought not give at all...these are only the pains of growing up, and nothing good can come from them if we turn more and more to the entire Twelfth Step for the answers.”
11. (103:1) Be careful never to show intolerance or hatred of drinking as an institution.

Here is my own personal experience...

When is a 12 step call successful? ... If you don’t get drunk on the call – it’s a success!

What to Do and What to Bring on a 12 Step Call:

- A. Ask God to direct your actions and the outcome of the 12 step call.
- B. Always bring Another person! We always go in pairs. Never try to go it alone, it’s part of the ‘We’ in A.A., and it is safer that way. One person is the Twelve Stepper and the other is The Safety.
- C. Be prepared for anything!
- D. Take along booze [to prevent seizures or D.T.’s], A Big Book [for him to read before second meeting], A meeting book, Water, Big Plastic Garbage Bags, Wipes and Paper Towels [they always get sick], Candy, Orange or Grapefruit Juice [they need sugar to replace what was in the booze], Honey[to sweeten the drinks so they will drink it] and Sauerkraut [if they can’t keep anything Down, pour off the juice in a glass and add lots of honey and it usually does the trick! Don’t tell them what it is though, just that it will settle their stomach and nerves. Plus it’s got minerals too!].

A 12 Step Call Overview:

1. (12:1) We need to become “A Living Example” and carry the true message to the alcoholic who still suffers.
2. [12&12 (111:2)] “Can we bring the same spirit of love and tolerance into our sometimes deranged family lives that we bring to our A.A. group? Can we have the same kind of confidence and faith in these people who have been infected and sometimes crippled by our own illness that we have in our sponsors? Can we carry the A.A. spirit into our daily work?...Furthermore, how shall we come to terms with seeming failure or success? Can we now accept and adjust to either without despair or pride? Can we accept poverty, sickness, loneliness, and bereavement with courage and serenity? ...The A.A. answer to these questions about living is “Yes, all of these things are possible.” We know this because we see monotony, pain, and even calamity turned to good use by those who keep on trying to practice A.A.’s Twelve Steps.”
3. (18:4) “The ex-problem drinker who has found this solution, who is properly armed with the facts about himself, can generally win the confidence of another alcoholic in a few hours. Until such an understanding is reached, little or nothing can be accomplished.”
4. (97:1) Helping others is The Foundation Stone of Recovery.
5. [12&12 (118:1)] “Her husband may become so wrapped up in A.A. and his new friends that he is inconsiderately away from home more that when he drank.

6. **(97:1) Never avoid these responsibilities, but be sure you are doing the right thing if you assume them.**
7. **(97:1) A kindly act once in a while isn't enough.**
8. [12&12 (112:3)] "Of course all A.A.'s even the best, fall far short of such achievements as a consistent thing. Without necessarily taking that first drink, we often get quite far off the beam. Our troubles sometimes begin With indifference... We temporarily cease to grow because we feel satisfied that there is no need for *all* of A.A.'s Twelve Steps for us. We are doing fine on a few of them. Maybe we are doing fine on only two of them, the First Step and that part of the Twelfth Step where we "carry the message." In A.A. slang, that blissful state is known as "two-stepping". And it can go on for years... (113:3) Well, we surely have a chance if we switch from "two-stepping" to twelve-stepping," if we are willing to receive that grace of God which can sustain and strengthen us in any catastrophe."
9. **(97:1) You have to act the Good Samaritan every day.**
10. [12&12(114:1)] "Our basic troubles are the same as everyone else's, but when an honest effort is made "to practice these principles in all our affairs," well-grounded A.A.'s seem to have the ability, by God's grace, to take these troubles in stride and turn them into demonstrations of faith...Like most people, we have found that we can take our big lumps as they come. But also like others, we often discover a greater challenge in the lesser and more continuous problems of life. Our answer is in still more spiritual development. Only by this means can we improve our chances for really happy and useful living."
11. **(100:1) Both you & the new man must walk day by day in the path of Spiritual Progress.**
12. [12&12 (114:3)] "We have learned that the satisfaction of instincts cannot be the sole end and aim of our lives. If we place instincts first, we have got the cart before the horse; we shall be pulled backward into disillusionment. But when we are willing to place spiritual growth first-then and only then do we have a real chance."
13. [12&12 (116:0)] "It became clear that if we ever were to feel emotionally secure among grown up people, we would have to put our lives on a give and take basis; we would have to develop the sense of being in partnership or brotherhood with all those around us. We saw that we would need to give constantly of ourselves without demands for repayment...we discovered the best possible source of emotional stability to be God Himself. We found that dependence upon His perfect justice, forgiveness, and love was healthy, and that it would work where nothing else would."
14. [12&12 (117:1)] "Our main problem is not how we are to stay married; it is how to be more happily married by eliminating the severe emotional twists that have often stemmed from alcoholism.... (118:1) When the distortion has been great, however, a long period of patient striving may be necessary... (119:1) The alcoholic, realizing what his wife has endured, and now fully understanding how much he himself did to damage her and his children, nearly always takes up his marriage responsibilities with a willingness to repair what he can and to accept what he can't. He persistently tries all of A.A.'s Twelve Steps in his home, often with fine results. At this point he firmly but lovingly commences to behave like a partner instead of like a bad boy."
15. **(100:4) Assuming you are Spiritually fit, you can do all sorts of thing alcoholics are not supposed to do.**
16. [12&12 (116:1)] "If we really depended upon God, we couldn't very well play God to our fellows nor would we feel the urge wholly to rely on human protection and care. These were the new attitudes that finally brought many of us an inner strength and peace that could not be deeply shaken by the shortcomings of others or by any calamity not of our own making. This new outlook was, we learned, something especially necessary to us alcoholics."
17. [12&12 (120:2)] "Where the possessions of money and material things was concerned, our outlook underwent the same revolutionary change. With few exceptions, all of us had been spend-thrifts. We threw money about in every direction with the purpose of pleasing ourselves and impressing other people... Money was the symbol of pleasure and self-importance ... (121:0) Financial importance was no longer our principle aim; we now clamored for material security......we forgot the actual or potential financial insecurity of every human being in the world. And, worst of all, we forgot God. In money matters we had faith only in ourselves, and not too much of that. This all meant, of course, that we were still far off balance."
18. [12&12 (121:1)] "When a job still looked like a mere means of getting money rather than an opportunity for service, when the acquisition of money for financial independence looked more important than right dependence upon God, we were still victims of unreasonable fears. And these were fears which would make a serene and useful existence, at any financial level, quite impossible. But as time passed we found that with the help of A.A.'s Twelve Steps we could lose those fears, no matter what our material prospects were. We could cheerfully perform humble labor without worrying about tomorrow...we no longer dreaded a change for the worse..."

19. [12&12 (122:0)] “It did not matter too much what our material condition was, but it did matter what our spiritual condition was. Money gradually became our servant and not our master. It became a means of exchanging love and service with those about us...(122:2)...he finds that real happiness is not to be found in just trying to be a number one man, or even a first-rater in the heartbreaking struggle for money, romance, or self-importance. He learns that he can be content as long as he plays well whatever cards life deals him. He is still ambitious, but not absurdly so, because he can now see and accept actual reality. He’s willing to stay right size.”
20. (101:3) **Our rule is not to avoid a place where there is drinking if we have a legitimate reason for being there.**
21. (102:0) **Be sure you are on solid Spiritual ground before you start and that your motive in going is thoroughly good.**
22. (102:0) **Do not think of what you will get out of the occasion. Think of what you can bring to it.**
23. (102:0) **If you are shaky, work with another alcoholic instead.**
24. [12&12 (123:0)] “...most of the alcoholics under investigation were still childish, emotionally sensitive, and grandiose... We have seen that we were prodded by unreasonable fears or anxieties into making a life business of winning fame, money, and what we thought was leadership. So false pride became the reverse side of that ruinous coin marked “fear”. We simply had to be number one people to cover up our deep-lying inferiorities...At heart we had all been abnormally fearful. It mattered little whether we had sat on the shore of life drinking ourselves into forgetfulness or had plunged in recklessly and willfully beyond our depth and ability. The result was always the same—all of us had nearly perished in a sea of alcohol.”
25. (102:2) **Your job is to be at the place where you may be of maximum helpfulness to others.**
26. [12&12 (124:1)] “True leadership, we find, depends upon able example and not upon vain displays of power or glory. Still more wonderful is the feeling that we do not have to be specially distinguished among our fellows in order to be useful and profoundly happy.”
27. (102:2) **Do not hesitate to visit the most sordid spot on earth on such an errand.**
28. [12&12 (124:2)] “Service, gladly rendered, obligations squarely met, troubles well accepted or solved with God’s help, the knowledge that at home or in the world outside we are partners in a common effort, the well-understood fact that in God’s sight all human beings are important, the proof that love freely given surely brings a full return, the certainty that we are no longer isolated and alone in self-constructed prisons, the surety that we need no longer be square pegs in round holes but can fit and belong in God’s scheme of things—these are the permanent and legitimate satisfactions of right living for which no amount of pomp and circumstances, no heap of material possessions, could possibly be substitutes.”
29. (102:2) **Keep on the firing line of life with these motives and God will keep you unharmed.**
30. (103:3) **After all, our problems were of our own making. Bottles were only a symbol. Besides, we have stopped fighting anybody or anything. We have to!**
31. [12&12 (124:2)] “True ambition is the deep desire to live usefully and walk humbly under the grace of God... (125:1) We have been talking about problems because we are problem people who have found a way up and out, and who wish to share our knowledge of that way with all who can use it. For it is only by accepting and solving our problems that we can begin to get right with ourselves and with the world about us, and with Him who presides over us all. Understanding is the key to right principles and attitudes, and right action is the key to good living; therefore the joy of good living is the theme of A.A.’s Twelfth Step.”
32. [12&12 (125:2)] “With each passing day of our lives, may every one of us sense more deeply the inner meaning of A.A.’s simple 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.”

Remember in A.A. we have...

A Declaration of Unity

This we owe to A.A.’s future:

To place our common welfare first;

To keep our fellowship united.

For on A.A. unity depend our lives,

And the lives of those to come.

“Show The Way” ...

I would rather see a sermon - than to hear one, any day.

I would rather one walk with me - than merely tell the way.

For the eye is a better pupil - more willing than the ear.

Fine council is confusing - but example is always clear.

I can soon learn to do it - if you let me see it done.

I can watch your hands in action - but your tongue, too fast may run.

And the best of all the preachers - are the men who live their creed.

For seeing good in action - is what everybody needs.

I may misunderstand you - in the high advise you give.

But there is no misunderstanding - in how you act and how you live.

Revised 3-13-00

Steps 10 & 11 as a Way of Life

© David J. Fredrickson

Steps 10 & 11 have been proven to be absolutely vital to the long term sobriety of alcoholics, yet they are covered in a mere five pages of the Big Book (84–88). How can something so necessary to sobriety be so brief and when does an alcoholic need to start to practice these necessary steps for life? Let's take a look...

Page(96:1) of the 12&12 says... “ Prayer and meditation are our principal means of conscious contact with God”... (98:1) "There is a direct linkage among self-examination, meditation and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life."

The Big Book says...(84:2) "This thought brings us to *Step Ten*, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the spirit..."

Let's break this statement down piece by piece...

Vigorously - full of physical or mental strength or active force; strong; energetically.

Do you think Bill Wilson really meant to express it this way? Yes!!! This is what I missed! I was doing steps 10 and 11 when I felt like it or half-assed. **Not like my life depended on them, which it does!**

This way of living- Notice that this is not a daily action, to be done once a day. Step 10 is a way of Living!

I must have the self-examination, meditation and prayers as my way of life!

That's right, Step 10 and 11 are a way of Life! Here again, I thought I was working the A.A. program, yet I had missed this major point. Self-examination – I had done a 4th step, although it was 10 years old. Meditation-I had no idea how to meditate or gain vision in my life. As for prayer, it was just something I did in the morning. The only problem was, right after I got off my knees, I proceeded to let my ego take over and with my character defects, my ego would run my life. Needless to say, I ended up almost as crazy as when I drank! Remember... ❁❁ (85:1) **“It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism.”**

What do you suppose is the spiritual program of action Bill Wilson is referring to? Certainly it includes steps 10 & 11. **As we cleaned up the past-** When do we start to clean up the past? I started when I began to look at what I had done in the past. That means I should have started this way of life as I started my 4th step! I missed this point in sobriety and it's no wonder why I was sicker at 10 years, then when I was still drinking. At least when I was drinking, I had alcohol to point to as a reason for my crazy behavior.

Well, now that we know what I missed. How did I work these tools into a way of living? First, I had to do another 4th step. Then I had to go back to the Big Book. On page (86:1) we are given several daily instructions.

The Big Book starts out with the nightly review and then it follows with the morning meditation. In between is a whole bunch of prayers. Let's look at these three tools of prayer, evening review and morning meditation and see how I have used them to weave a wonderful way of life.

An overview to steps 10 & 11 ...

I start with the nightly review (86:1) (12 questions). The 12 questions show me where I have failed to live God's will to it's fullest. If I write this review down, I now have an outline for **what not to do tomorrow** and **how to clean up the mess I made today**. The fourth step is a wonderful tool to get our slate clean for the classroom of life. Once this slate is clean, we have to keep it clean, But how? The evening review is the tool to use and here's how I use it... In the morning, I use the evening review as a basis for my morning meditation. The review helps me find the critical vision for my life. Remember...**(85:1) "What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities."** This concept of our vision of God's will for us is a repeat of what we already learned back on **(68:2)...** **"We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity** Notice that "He" is capitalized because Bill is referencing God as he describes our need for vision in our lives.

The evening review also gives me my plan for the day because, my plan is to clean up the mess I made yesterday. And finally, the prayers give me guidance for what ever I face throughout the day! The prayers provide the tool for a conscious contact with God all day. It really is a wonderful system to live life by. What follows are individual descriptions of the three parts that make up my 10th and 11th steps and I will explain how I use self-examination, meditation and prayer to find Vision for my life....

The evening review questions (86:1)

Here are the evening review questions from the Big Book. They are a necessary part of the program, which on a daily basis, helps us find God's will in our lives. These questions are also a great way to foster intimacy within a relationship. If you want to try something new in your relationship, try answering these questions each day with your partner. I found in my life that the questions took my relationship to a new level. One word of caution though - If you are answering these questions with another person as a way of fostering intimacy, I highly suggest you keep quiet as the other person answers the questions. The questions are a great tool for you and your partner see into each other's lives but, they are not designed as a way for you to help or critique your partner's day. The questions offer a way, for you to see into your partner's life through *them being vulnerable with you*. Do not abuse that vulnerability by making "helpful suggestions" or "helpful criticisms", there is no such thing when it comes to these questions. Although I have found this process very, very valuable to my relationship and I highly recommend it, I have also found it very hard to keep quiet when the other person is answering the questions. Particularly when it is me that they are resentful at, dishonest to, afraid of, etc... Remember the goal of the questions within a relationship... to help you foster intimacy. It is for each individual, with God's help, to correct the behavior that caused a negative response to any of these questions. Anyway, give it a try and I think you will find it extremely beneficial to your recovery and to your relationship.

Evening Meditation Questions : (86:1) -

The Book has the questions in the form of "were we"" but, I put the questions in the form of "was I"...

- 1. Was I resentful?**
- 2. Was I selfish?**
- 3. Was I dishonest?**
- 4. Was I afraid?**
- 5. Do I owe an apology?**
- 6. Have I kept something to myself which should be discussed with another person at once?**
- 7. Was I kind toward all?**
- 8. Was I Loving toward all?**
- 9. What could I have done better?**
- 10. Were we (Was I) thinking of myself most of the time?**
- 11. Were we (was I) thinking of what I could do for others?**
- 12. Were we (was I) thinking of what I could pack into the stream of life?**

But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken...

Here is the prayer of forgiveness I ask after I do the questions...

" God, please forgive me for my failings today. I know that because of my failings, I was not able to be as effective as I could have been for you. Please forgive me and help me live thy will better tomorrow. Father, I ask you now to show me how to correct the errors I have just outlined. Guide me and direct me. Please remove my arrogance and my fear. Lord, show me how to make my relationships right and grant me the humility and strength to do thy will. Amen"

© David J. Fredrickson

I now make a list of the ways in which I intend to correct my wrongs...

If I was resentful, I write out the resentment as specified in the Big Book (a mini-Four column inventory). If dishonest, selfish, unkind, unloving, I owe an apology or if I have kept things to myself, I write out the amend I will make tomorrow. As for the rest of the questions, I meditate on how I can improve in those areas. If an answer comes to me, I write it down so I won't forget.

These thoughts are mirrored in the 12 & 12..(94:1) “ When prideful, angry, jealous, anxious or fearful, we acted accordingly, and that was that. Here we need only recognize that we did act or think badly, try to visualize how we might have done better, and resolve with God's help to carry these lessons over into tomorrow, making of course, any amends still neglected.”

In the morning meditation there is the statement that we “consider our plans for the day” This list I have just made is the plans I have for the day. I have to correct the mess of yesterday if I hope to keep my side of the street clean so when I say my morning prayers, I ask God for help in those areas - if it is His will...

The bottom line is expressed very well in the 12 & 12...(95:0) “ An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will be the permanent assets we shall seek. Having so considered our day, not omitting to take due note of things well done, and having searched our hearts with neither fear nor favor, we can truly thank God for the blessings we have received and sleep in good conscience.” **Morning Meditation**

The 12 & 12 says... (98:2) “ As we have seen, self-searching is the means by which we bring new vision, action and grace to bear upon the dark and negative side of our natures. It is a step in the development of that kind of humility that makes it possible for us to receive God's help. Yet it is only a step. We will want to go further.” What do you think is the “further” Bill Wilson is talking about? Let's take a look...

To start with I say the following prayer as soon as possible in the morning. This helps me from getting too far off track with my day from the very start...

“God please direct my thinking and keep my thoughts divorced from self – pity, dishonest or self-seeking motives. Lord, please keep my thought life clear from wrong motives and help me employ my mental faculties, that my thought-life might be placed on a higher plane, the plane of inspiration.” (86:2)

Now, I am ready to do the first two items.

- 1.) I think about the 24 hours ahead – Here I meditate about what I would like to be and I think about what God would want me to be. (a better husband, better father, better A.A. member, better employee, better etc.) I think about what God wants me to be, what I am to do and how I am to live His will. I come up with my vision of what I believe is God's will is for me today. I do this by asking myself questions. I ask myself “what can I do today, to be a better father?” then I think about what would God want me to do today, to be a better father? Next, I ask myself “How can I be a better husband today?” then I think about what would God want Me to do today, to be a better husband? Etc., Etc., Etc... This process gives me the meditative vision of God's will in my life, which our program requires.
- 2.) I consider my plans for the day - I already have a list of amends from last night's 10th/11th step evening review. I plan to start out my day with yesterday's list of amends. Then, I ask myself, what else would God want me to do today? I think about, with God's help, how I will fulfill my list of amends and I think about how I can avoid any repeats with my behavior for today. Once again, as in the first instruction, I focus my mind on my vision of God's will for me today. Remember, It is only after I have cleaned up my mess from yesterday, that I can make plans for the rest of today...
- 3.) Now I say the prayers on my prayer sheet (the prayers which come from the Big Book, see below) and I end up my prayer and meditation with some meditation books. (A.A.'s daily reflection's, 2 pages of- As Bill Sees It, Emmett Fox's daily meditations, The runners Bible, Thomas Merton- spiritual direction, A page or two of The recovery Bible, and Experiencing God etc.)

This is where you get to expand your spirituality – There are lots of program meditation books and other spiritual books I have used in the past. These include...

The 24 hour book, The A.A. grapevine, which I use when I am traveling. The Grapevine is called “our meeting in print” because when you are on the road you may not be able to catch a meeting.

Our history books are great too like... A.A. comes of age, Dr. Bob and The Good Old Timers, Pass It On, Language of the Heart, Came to Believe, The best of the Grapevine, Living Sober etc. As I have already said, there are hundreds of resources for you to use and it is your personal experience with your higher power that you want to expand and enhance as you grow spiritually.

**During my morning meditation, as a minimum, I say the following prayers:
The big book gives us these prayers...**

“God, please direct my thinking today and keep my thoughts divorced from self-pity, dishonest or self-seeking motives.

Father, please keep my thought life clear from wrong motives and please help me employ my mental faculties, that my thought-life might be placed on the higher plane of inspiration and help me pay attention to this vital sixth sense. Lord, Please show me how I can best serve thee – Thy will (not mine) be done.” (85:2 & 86:2& 85:1)

“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!”(63:2)

“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 which 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.”(76:2)

“God, please show me how to find Patience, Tolerance, Kindness and Love in my Heart, my Mind and my Soul. Father, please help me show these attributes to my family and to those about me. Help me lord to keep their happiness uppermost in mind”(83:1)

“God, please remove from me: selfishness, dishonesty, resentment and fear. If these feelings crop up, help me to immediately share these feelings with others. Help me quickly make amends to others for my wrongs, that I might live serenely with them. Lord, Help me to not think of myself, instead, help me think of others and help me be loving and tolerant toward them. Father, Keep me spiritually fit today, by helping me to not fight with anything or anyone - especially alcohol and please God, help me not to drink alcohol today.” (84:2)

“God, should I find myself agitated, doubtful or indecisive today, please give me inspiration, help me to have an intuitive thought or a decision about this problem I face. Father, help me not to struggle, instead, help me to relax and take it easy. Help me know what I should do and keep me mindful, that you are running the show. Lord, free me from my bondage of self. Thy will be done always.” (86:3 & 87:3)

“God please help me live the twelve steps, twelve traditions and all the principles of A.A. in my entire life. Remove from me my character defects, specifically profanity, dishonesty, arrogance, false pride, sarcasm, _____ and fear. Watch over me, protect me and care for me. Give me the strength, Courage and faith I need to do thy bidding. Keep me mindful of thy presence Lord and help me know you better.”

“God, please show me all through this day, what my next step is to be and please Grace me Father with whatever I need to take care of the problems in my life today. I ask especially Lord, that you free me from self-will and fear. Father, please show me today how I might help the man who is still sick and suffering from alcoholism. Amen” (87:1, 164:2)

During times of fear and agitation I have found it helpful to pay close attention to my breathing. At the same time I find it soothing to repeat a simple prayer, over and over, as I watch my breathing. Some like to use the prayer of St. Francis Assisi or the serenity prayer but, I prefer a simpler prayer...as I breath in, I think to myself “God in” and as I exhale I think “fear out”. It may seem simple but, in times of trouble or indecision, I think you will find it a very effective and comforting meditation.

This is the prayer composed by Bill and recited during morning ‘quiet time’ P.I.O. (265:1)

“Oh lord, we thank Thee that Thou art, that we are from everlasting to everlasting. Blessed be Thy holy name and all Thy benefactions to us of light, of love and of service. May we find and do Thy will in good strength, in good cheer today. May Thy ever-present grace be discovered by family and friends – those here and those beyond – by our Societies throughout the world, by men and women everywhere, and among those who must lead in these troubled times. Oh Lord, we know Thee to be all wonder, all beauty, all glory, all power, all love. Indeed, Thou art everlasting love. Accordingly, Thou has fashioned for us a destiny passing through Thy many mansions, ever in more discovery of Thee and in no separation between ourselves.”

© David J. Fredrickson