

EACH DAY:

- ❖ Daily repeat of Step
- ❖ Practice of thinking (listening)
- ❖ Sense of principle wanted
- ❖ Spiritual 12th Step call on SELF

FIRST MONTH – STEP ONE – “WE ADMITTED WE WERE POWERLESS OVER ALCOHOL – THAT OUR LIVES HAD BECOME UNMANAGEABLE.”

Reading:

Big Book Doctor's Opinion (on page xiii)
Chapter 1 (Bill's Story (on page 1)
12 & 12: Step 1 (on page 21)

Principle: HONESTY (to get to know yourself from outside in... into inner light “un-manageability” as in feeling of re-activeness... when you are unable to determine “action” versus “re-action”).

- Suggestions:**
- ◆ “Admitted” – no reservations – no options – forever – admit to your innermost self – This is the beginning of personal honesty – “How is it done?” One Day at a Time.
 - ◆ Know alcoholism as a medically diagnosed disease, affecting body, mind, and spirit.
 - ◆ Think about the first Step (both parts) . Feel/remember “powerless-ness” and we will know by thinking and listening to our thinking – the spiritual cause of “un-manageability”.
 - ◆ Get your house in order (physical) – review basic instincts for moderation (security, sex, social instincts).
 - ◆ Remember, daily repeat and practice of Step/Principle - your interpretation and thinking on both. For example: honest motive, honest thinking, honest action.

SECOND MONTH – STEP TWO – “CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY”

Reading:

Big Book: Chapter 2 (There is a Solution – on page 17)
Chapter 3 (More About Alcoholism – on page 30)
Chapter 4 (We Agnostics – on page 44)
12 & 12: Step II (on page 25)

Principle: HOPE – (to change and let light in)

- Suggestions:**
- ◆ Solution – sanity – belief – hope, activated each time you attend meetings, read the book or work with others.
 - ◆ What is sane versus insane – for example: “This time it will be different” thinking is Insane.
 - ◆ Observe your daily life without judgment – listen to your thinking, become familiar with your self through your thoughts.
 - ◆ Experience wanting hope, and listen to your thinking and reactions when you sense “unmanageable” situations.
 - ◆ Take a moment to pause – to sense hope indicates sanity/soundness of mind – balance.
 - ◆ Not taking a moment to pause to sense hope (belief) leads to reaction to the un-manageability and this “insane” (out of balance), determined by thinking.... Is it based on Higher Self (God)? Honest motive.... Or reaction to fear.
 - ◆ Insane decision: “This time it is going to be different”.
 - ◆ Sane decision: “Go to God in 3rd Step. “Let Go and Let God”