

Back To The Book

Week One Handout

Step One

Alcoholism is defined by our text as an inability to control and quit drinking. Once an alcoholic takes a drink the allergy is triggered and we crave alcohol uncontrollably. Even though we repeat this experience over and over, including many dire consequences, we continue to fall for the idea of the first drink. Finally, we admitted we were powerless over alcohol-that our lives had become unmanageable.

Step Two

AA's solution is a spiritual awakening. Our text goes to great lengths allowing us to choose our own conception of a power greater than ourselves. You don't have to believe in God, but you must *be willing* to believe there is a power greater than yourself.

Week One Homework

Meet with or telephone the person you paired up with at the beginning of the meeting. The older member is to share their story with the newer member. Talk about the struggles you made to control your drinking and how you tried to quit unsuccessfully on your own. Allow the newer member to share and relate to your experience.

The newer and older members are equally responsible for the homework.

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Week Two Handout

Third Step Prayer

God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!

Week Two Homework

1. Complete the inventory. Don't stop here, pick up a few of these sheets, carve out a couple of hours over the next couple of days and complete this process.
2. Step Five is homework. If you have a regular sponsor who is not here with you they might be the right person. The older member we paired you with last week is another option. Maybe you would feel more comfortable with someone ordained by your religion. Fine. Perhaps you use a combination of these. Great. Just share it with someone.
3. Do your Fifth Step with whatever you have completed in Step Four. If you feel your Fourth is incomplete then either complete it or do Step Five with what you have done and add to it later. We want you to be prepared to move on. We will always be adding more to our inventory.
4. When you are finished with Step Five go to page 75 of the big book – last paragraph. Read this paragraph and consider carefully what it says.
5. Bring your inventory with you next week.

Sponsors – please allow the new person to do most of the talking. Open with a prayer if you like. Practice generous listening. Allow the new person to read the inventory form from left to right, filling in the story as needed. You might put yourself in their place so you can identify and relate to what they are sharing. This will help with questions about columns three and four. You don't have to give advice unless it would be helpful. Be sure you have permission if you do. Share a piece of your experience if it will help create intimacy and the space for them to proceed. You are mostly listening, so do not break their momentum unless necessary.

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Week Three Handout

Step Six Prayer

God, please help me be willing to have these character defects removed. Allow me to think of others before I act only for myself. Let me know the wisdom of your will, and help me to break the habit of self-will.

Step Seven Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character 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.

Week Three Homework

1. Complete the Step Eight inventory.
2. Make amends to someone on your list. Be willing to do small things if the timing for some of the big ones is not right.

Fourth Step Inventory

One of the **requirements** for sobriety is the need for confession of personality defects, a moral inventory, and step four is designed to be just this. There is a lot of hype and fear surrounding this step (mostly created by those who are yet to do it), and these worksheets are designed to make this task as easy and simple as possible. Everything contained in these sheets is directly from the Big Book '**Alcoholics Anonymous**', there is no opinion, just fact. To be able to start on this step, the previous three steps must of course have been completed, so **before** starting check with your sponsor, spiritual advisor, counselor, etc. to make sure you are ready.

Many people get loaded or act out in some way when they reach this step. Why? They will tell you that the pain of dredging up memories long buried was too much to endure, or any one of a thousand other excuses. The plain and simple fact is just this, the pain does not come in writing this inventory, the pain comes in **resisting** the writing. Alcoholics and addicts, time after time, would rather get loaded again than have to face some inner truths. The freedom from self is made impossible by holding on to fears and secrets we've harbored all our lives, the way of strength, paradoxically, is in becoming vulnerable.

Here are some tips to help you with this moral inventory:

Try and list resentments in groups, i.e.; Family, school, relationships, work, etc. If you are not sure

in any area, call somebody and ask them for their **experience**.

Get into the habit of writing every day, even if it's only for ten minutes.

In the resentment inventory, **don't** write across, do it in columns, i.e.; ALL names first, ALL causes second, etc.

Be honest! The only person to truly benefit from this exercise is you, don't cheat yourself out of this incredible experience.

RESENTMENT INVENTORY PROMPT SHEET

Here is a list of people, institutions and principles that may be helpful in your resentment inventory. Feel free to add to the lists if you need to.

<u>PEOPLE</u>	<u>INSTITUTIONS</u>	<u>PRINCIPLES</u>
Father (Step)	Marriage	God-Deity
Mother (Step)	Bible	Retribution
Sisters (Step)	Church	Ten Commandments
Brothers (Step)	Religion	Jesus Christ
Aunts	Races	Satan
Uncles	Law	Death
Cousins	Authority	Life After Death
Clergy	Government	Heaven
Police	Edu cation System	Hell
Lawyers	Correctional System	Sin
Judges	Mental Health System	Adultery
Doctors	Philosophy	Golden Rule
Employer's	Nationality	Original Sin
Employee's		Seven Deadly Sins
Co-Workers		
In-Laws		
Husbands		
Wives		
Creditors		
Childhood Friends		
School Friends		
Teachers		
Life Long Friends		
Best Friends		
Acquaintances		
Girl Friends		
Boy Friends		
Parole Officers		
Probation Officers		
A.A. Friends		
C.A. Friends		
N.A. Friends		
U.S. Service Friends		

FEAR INVENTORY PROMPT SHEET

Here is a list of fears that may be helpful in your fear inventory.

Feel free to add to the lists if you need to.

- | | |
|--------------------------------|---------------------------|
| Fear of God | Fear of Responsibility |
| Fear of Dying | Fear of Physical Pain |
| Fear of Insanity | Fear of Fear |
| Fear of Insecurity | Fear of Drowning |
| Fear of Rejection | Fear of Men |
| Fear of Loneliness | Fear of Women |
| Fear of Disease's | Fear of Being Alone |
| Fear of Alcohol | Fear of People |
| Fear of Drugs | Fear of Crying |
| Fear of Relapse | Fear of Poverty |
| Fear of Sex | Fear of Races |
| Fear of Sin | Fear of The Unknown |
| Fear of Self-Expression | Fear of Abandonment |
| Fear of Authority | Fear of Intimacy |
| Fear of Heights | Fear of Disapproval |
| Fear of Unemployment | Fear of Rejection |
| Fear of Employment | Fear of Confrontation |
| Fear of Parents | Fear of Sobriety |
| Fear of Losing A Wife | Fear of Hospitals |
| Fear of Losing A Husband | Fear of Responsibility |
| Fear of Losing A Child | Fear of Feelings |
| Fear of Animals | Fear of Getting Old |
| Fear of Insects | Fear of Hurting Others |
| Fear of Police | Fear of Violence |
| Fear of Jail | Fear of Writing Inventory |
| Fear of Doctor's | Fear of Being Alive |
| Fear of Stealing | Fear of Government |
| Fear of Creditors | Fear of Gangs |
| Fear of Being Found Out | Fear of Gossip |
| Fear of Homosexuals & Lesbians | Fear of Wealthy People |
| Fear of Failure | Fear of Guns |
| Fear of Success | Fear of Change |

FOURTH STEP INVENTORY

RESENTMENTS, FEARS & SEXUAL CONDUCT/HARM DONE TO OTHERS

RESENTMENTS

Please read from the bottom of page 63 through page 65 before beginning.

Column 1: Resentments

List all people, places, things, institutions, ideas or principles with whom you are angry, resent, feel hurt or threatened by.

Column 2: The Cause

What happened? Be specific as to why you were angry.

Column 3: Affects My.....

How did it make me feel? Specifically, how did it affect the seven parts of self?

Column 4: Where Was I To Blame

Read through the second paragraph on page 67 before answering this.

What's the truth here? Where was my responsibility in this relationship? What might I have done instead? Where was I at fault?

FEARS

Read the Big Book, page 67, last paragraph through first paragraph on page 68.

List your fears. Then write about why you have each fear. Has self-reliance failed you?

SEXUAL CONDUCT/HARM DONE TO OTHERS

Read carefully Big Book pages 68-70.

Again, make a list for yourself. What happened in each instance? How did it make you feel?

The Seven Parts of Self Defined

Self Esteem - How I think of myself

Pride - How I think others view me

Pocketbook - Basic desire for money, property, possessions, etc.

Personal Relations - Our relations with other people

Ambition - Our goals, plans and designs for the future

Emotional Security - General sense of personal well being

Sex Relations - Basic drive for sexual intimacy

REVIEW OF FEARS

"SELF"

COLUMN 1	COLUMN 2	COLUMN 3: Which Part of Self Was Affected?				COLUMN 4	Questions								
THE FEAR:	WHY I HAVE THIS FEAR:	Social Instinct	Security Instinct	Sex Instinct	Ambitions	What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?	<p>What was MY PART in all this? What did I do initially to get the ball rolling? How could I have done things differently?</p>								
						Frightened		Inconsiderate	Dishonest	Self-Seeking & Selfish	Sexual	Security	Social	Hidden Sex Relations	Acceptable Sex Relations

Basic Instincts of life which create self

Social Instinct

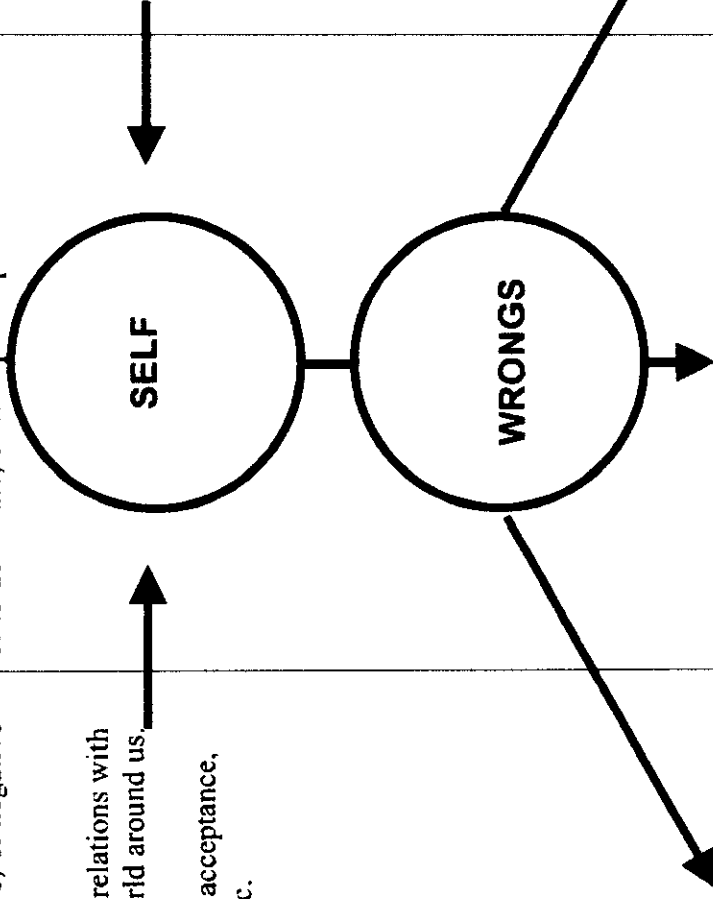
- Companionship** – wanting to belong or to be accepted
- Prestige** – Wanting to be recognized, or accepted as a leader
- Self-esteem** – What we think of ourselves
- Pride** – An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate).
- Personal Relationships** – Our relations with other human beings and the world around us
- Ambitions** – Our plans to gain acceptance, power, recognition, prestige, etc.

Security Instinct

- Material** – Wanting money, buildings, property, clothing, etc. in order to be secure in the future.
- Emotional** – Based upon our needs for another person or persons. Some tend to dominate, some are overly dependent on others.
- Ambitions** – Our plans to gain material wealth, or to dominate, or to depend upon others.

Sex Instinct

- Acceptable** – Our sex lives as accepted by Society, God's principles or Our own principles.
- Hidden** – Our sex lives that are contrary to Society, God's principles or Our own principles.
- Ambitions** – Our plans regarding our sex lives either acceptable or hidden.



Resentments

Feelings of bitter hurt or indignation which comes from rightly or wrongly held feelings of being injured or offended

Fear

Feelings of anxiety, agitation, uneasiness, apprehension, etc.

Harms or Hurts

Wrong acts which result in pain, hurt feelings, worry, financial loss, etc., for others and ourselves.

GLOSSARY OF WORDS USED IN STEP FOUR AND FIVE

- EXACT** - Very accurate, methodical, correct
- NATURE** - The essential characteristic of a thing
- WRONG** - Acting, judging, or believing incorrectly
- FAULT** - Something done wrongly, an error or mistake
- MISTAKE** - To understand or perceive wrongly
- DEFECT** - Lack of something necessary for completeness-Same as shortcoming
- SHORTCOMING** - Falling short of what is expected or required-Same as defect
- SELF-CENTERED** - Occupied or concerned only with one's own affairs
- SELFISH** - Too much concern with one's own welfare or interests and having little or no concern for others
- SELF-SEEKER** - A person who seeks only or mainly to further his own interests
- DISHONEST** - The act or practice of telling a lie, or of cheating, deceiving, stealing, etc.
- FEAR** - A feeling of anxiety, agitation, uneasiness, apprehension, etc.
- FRIGHTENED** - A temporary or continual state of fear
- INCONSIDERATE** - Without thought or consideration of others

RESENTMENTS

Do not be restricted by this list. It is just to help you get started. List your resentments on the next pages.

PEOPLE

Father
Mother
Boy Friends/Lovers
Brothers
Sisters
Sponsors
Employers
A.A. Friends
Acquaintances
Aunts
Best Friends
C.A. Friends
Childhood Friends
Clergy
Co-Workers
Cousins
Creditors
Doctors
Employees
Girl Friends
Husbands

In-Laws
Judges
Lawyers
Life-long Friends
Parole Officers
Police
Probation Officers
School Friends
Teachers
Uncles
Wives

INSTITUTIONS

Authority
Bible
Child Protection
Church
Correctional System
Education System
Government
Law
Marriage
Health/Mental Health System

Nationality
Philosophy
Races
Religion
Society

PRINCIPLES

Adultery
Death
God/Deity
Golden Rule
Heaven
Hell
Homophobia
Jesus Christ
Life After Death
Original Sin
Retribution
Satan
Seven Deadly Sins
Sin
Ten Commandments

MORE from your experience!

SERENITY PRAYER

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

(Continued below)

Living one day at a time; enjoying one moment at a time; accepting hardship as the pathway to peace. Taking, as He did, this sinful world as it is, not as I would have it. Trusting that He will make all things right if I surrender to His Will; that I may be reasonably happy in this life, and supremely happy with Him forever in the next. AMEN

THE LORD S PRAYER

OUR FATHER, who art in heaven, hallowed be thy name. Thy Kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power and the glory, forever and ever. AMEN

ST FRANCIS PRAYER

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

LORD, grant that I may seek rather to comfort than to be comforted; to understand, than to be understood; to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. AMEN

(Page 99,12 & 12)

MORNING PRAYER

GOD, direct my thinking today so that it is divorced of self-pity, dishonesty, self-will, self-seeking and fear. God inspire my thinking, decisions and intuitions. Help me to relax and take it easy. Free me from doubt and indecision. Guide me through this day and show me my next step. God, give me what I need to take care of any problems. I ask all these things that I may be of maximum service to you and my fellow man (in the name of the Steps I pray.) AMEN (Page 86 BB)

NIGHT PRAYER

GOD, forgive me where I have been resentful, selfish, dishonest or afraid today. Help me to not keep anything to myself but to discuss it all openly with another person - show me where I owe an apology and help me make it. Help me to be kind and loving to all people. Use me in the mainstream of life God. Remove worry, remorse or morbid (sick) reflections that I may be of usefulness to others. AMEN

(Page 86 BB)

FIRST STEP PRAYER

GOD, Creative Intelligence, Universal Mind, Spirit of Nature or Spirit of the Universe my name is _____, and I'm a real alcoholic... I need your help today. AMEN (Page 10-12, Ch. 3, Page 46 BB)

SECOND STEP PRAYER

GOD, I'm standing at the turning point right now. Give me your protection and care as I abandon myself to you and give up my old ways and my old ideas just for today. AMEN (Page 59 BB)

THIRD STEP PRAYERS

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! AMEN (Page 63 BB)

GOD, Take my will and my life. Guide me in my recovery. Show me how to live. AMEN (Page 59 BB)

FOURTH STEP PRAYERS

WHEN IN DOUBT

"I am to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me. Never am I to pray for myself, except as my requests bore on my usefulness to others. Then only might I expect to receive. But that would be in great measure."

(Page 13 BB)

WHEN I AM DISTURBED BY THE CONDUCT (SYMPTOMS) OF OTHERS

"This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done." (p. 67 BB)

GOD, help me to show this person the same tolerance, pity and patience that I would cheerfully grant a sick friend. This is a sick person, how can I be helpful to him? God save me from being angry. Thy will be done.

AMEN (See above & Page 141 of 12 St 12)

WHEN I AM AFRAID

"We ask Him to remove our fear and direct our attention to what He would have us be." (Page 68 BB)

GOD, relieve me of His fear and direct my attention to what you would have me be. AMEN (See above)

WHEN I AM AWARE OF MY OWN DEFECTS AND SEEKING GOD S HELP TO CHANGE

"We asked God to mold our ideals and help us to live up to them, we ask God what we should do about each specific matter."

(Page 69 BB)

GOD, mold my ideals in this particular area of my life and help me to live up to them. What should I do in each specific matter? Guide me God and give me strength to do right. AMEN (See above)

FIFTH STEP PRAYER

GOD, I thank you from the bottom of my heart that I know you better.

Help me become aware of anything I have omitted discussing with another person. Help me to do what is necessary to walk a free man at last. AMEN (Page 75 BB)

SIXTH STEP PRAYER

GOD, help me become willing to let go of all the things to which I still cling. Help me to be ready to let You remove all of these defects, that Your will and purpose may take their place. AMEN (Page 76 BB)

SEVENTH STEP PRAYER

"I humbly offered myself to God, as I then understood Him, to do with me as He would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost. I ruthlessly faced my sins and became willing to have my new-found Friend take them away, root and branch."

(Page 13 BB)

MY CREATOR, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows.

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

(Page 76 BB)

EIGHTH STEP PRAYER

"We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes." (Page 76 BB)

GOD help me to become willing to sweep away the debris of self will and self reliant living. Thy will be done for his person as well as for me.
AMEN (See above)

NINTH STEP PRAYER

GOD, give me the strength and direction to do the right thing no matter what the consequences may be. Help me to consider others and not harm them in any way. Help me to consult with others before I take any actions that would cause me to be sorry. Help me to not repeat such behaviors. Show me the way of Patience, Tolerance, Kindliness, and Love and help me live the spiritual life. AMEN (Page 78-80 BB)

TENTH STEP PRAYERS

GOD, remove the Selfishness, dishonesty, resentment and fear that has cropped up in my life right now. Help me to discuss this with someone immediately and make amends quickly if I have harmed anyone. Help me to cease fighting anything and anyone. Show me where I may be helpful to someone else. Help me react sanely; not cocky or afraid. How can I best serve You - Your will, not mine be done. AMEN (Page 84-85 BB)

"How can I best serve Thee—Thy will (not mine) be done." AMEN
(Page 85 BB)

ELEVENTH STEP PRAYER

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day 'Thy will be done.'

(Page 87-88 BB)

GOD, I'm agitated and doubtful right now. Help me to stop and remember that I've made a decision to let You be my God. Give me the right thoughts and actions. God, save me from fear, anger, worry, self-pity or foolish decisions and that Your will, not my will, be done.

AMEN (See above)

SUGGESTIONS ABOUT PRA YER AND MEDITATION FROM THE BB:

- 1) Make no requests in prayer for yourself only.
- 2) Never pray for your own selfish ends.
- 3) Select and memorize a few set prayers that emphasize the principles of the steps.
- 4) Ask a priest, minister, or Rabbi about helpful books and prayers that emphasize the principles of the Steps.
- 5) Be quick to see where religious people are right.
- 6) Make use of what religious people have to offer.

(Page 87 BB)

WHAT IS OUR/MY PURPOSE?

'To love and be loved.'

To find our way home.'

'Trust God, clean house, help others.'

"THIS IS THE HOW AND WHY OF IT"

(Page 62 BB)

FORMULA FOR CONTENTMENT & FULFILLMENT

Someone to love
Something to do
Something to look forward to

AA ACRONYMS

ISM'S OF ALCOHOL

I, Self, Me * I See Me

I Sponsor Myself * I Sabotage Myself
Internal Spiritual Malady * Incredibly Short Memory

GIFT

God Is Forever There

WISDOM

When In Self Discover Our Motives

FAITH

Fantastic Adventure In Trusting Him

PUSH

Pray Until Something Happens

TIME

This I Must Experience

FAMILY

Forget About Me I Love You

FINE

F***ed up. Insecure, Neurotic, & Emotional

DEAD

Drinking Ends All Dreams

D AMM

Drunks Against Mad Mothers

FEAR

F*** Everything And Run
Fight Everyone And Relapse
False Evidence Appearing Real
Face Everything And Recover

SERENITY

See things for what they are
Everything happens for a reason
Rely on God for the answer
Engage in prayer when you are in need
Never give up on God because God never gives up on you
Illustrate character by example
Try forgiveness
Yesterday learn from, today learn towards, tomorrow learn to

RULE #62

" Don't take yourself too seriously!"