

(Also included in Step 1 exercises) A.C.I.M. LESSON 24

I do not perceive my own best interests.

In no situation that arises do you realize the outcome that would make you happy. Therefore, you have no guide to appropriate action, and no way of judging the result. What you do is determined by your perception of the situation, and that perception is wrong. It is inevitable, then, that you will not serve your own best interests. Yet they are your only goal in any situation which is correctly perceived. Otherwise, you will not recognize what they are.

If you realized that you do not perceive your own best interests, you could be taught what they are. But in the presence of your conviction that you do know what they are, you cannot learn. The idea for today is a step toward opening your mind so that learning can begin.

The exercises for today require much more honesty than you are accustomed to using. A few subjects, honestly and carefully considered in each of the three practice periods (once in the morning, once in the early afternoon, and once at night) which should be undertaken today, will be more helpful than a more cursory examination of a large number. Two minutes are suggested for each of the mind-searching periods which the exercises involve.

The practice periods should begin with repeating today's idea ("I do not perceive my own best interests"), followed by searching the mind, with closed eyes, for unresolved situations about which you are currently concerned. The emphasis should be on uncovering the outcome you want (this is not about coming up with ideals of what you want, this is about the following - what does your actions and thoughts around these situations tell you about what you want here). You will quickly realize that you have a number of goals in mind as part of the desired outcome, and also that these goals are on different levels and often conflict.

In applying the idea for today, name each situation that occurs to you, and then enumerate carefully as many goals as possible that you would like to be met in its resolution (again, what does your actions and thoughts around these situations tell you about what you want). The form of each application should be roughly as follows:

In the situation involving ___, I would like ___ to happen, and ___ to happen,

and so on. Try to cover as many different kinds of outcomes as may honestly occur to you, even if some of them do not appear to be directly related to the situation, or even to be inherent in it at all.

If these exercises are done properly, you will quickly recognize that you are making a large number of demands of the situation which have nothing to do with it. You will also recognize that many of your goals are contradictory, that you have no unified outcome in mind, and that you must experience disappointment in connection with some of your goals, however the situation turns out.

After covering the list of as many hoped-for goals as possible, for each unresolved situation that crosses your mind say to yourself:

"I do not perceive my own best interests in this situation", and go on to the next one.

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Every day for the next 30 days, a few times a day, say this prayer:

Lord, help me to see You today.

OR

Lord, help me to know You better.

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Step A:

Page 58 – "Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely." What were (are) some of the old ideas that you had (have) to let go of?

Page 25 says: "We were in a position where life was becoming impossible, and if we had passed into the region from which there is no return through human aid, we had but two alternatives: One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other, to accept spiritual help." And page 44 says: "To be doomed to an alcoholic death or to live on a spiritual basis are not always easy alternatives to face." What do both of these alternatives look like in your life presently? Where are these two alternatives presently showing up in your life?

List your expectations.

Step B:

What would the above Step A look like if God was everything & if God was your Director/Father/Principle/Employer?

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Big Book, a Chapter 1 "Bill's Story" exercise"

Am I willing...

...to believe in the Spirit of the Universe, who knows neither time nor limitation?

...to admit complete defeat?

...to believe in a Power greater than myself? (Nothing more will be required of me to make my beginning.)

...to humbly offer myself to God, as I now understand Him, to do with me as He would?

...to place myself unreservedly under His care and direction?

...to ruthlessly face my sins and have Him take them away root and branch?

...to test my thinking by the new found God-consciousness within?

...to sit quietly when in doubt asking only for direction and strength to meet my problems as He would have me?
...to believe in the power of God?
...to establish and maintain a new order of things?
...to destroy self-centeredness?
...to turn in all things to the Father of Light who presides over us all?
...to accept these revolutionary and drastic proposals?
...to demonstrate these principles in all my affairs?
...to perfect and enlarge my spiritual life through work and self-sacrifice to others?
...to have God work in me and through me twenty-four hours a day?

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What does this statement mean to you:
I no longer pray TO God, I pray FROM God.

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Third Step Prayer Meditation Exercise:

(Day 1) God, I offer myself to Thee -

(Day 2) To build with me and do with me as Thou wilt.

(Day 3) Relieve me of the bondage of self, that I may better do Thy will.

(Day 4) 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.

(Day 5) May I do Thy will always!

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Meditate on the 3rd Step Promises (BB page 63:1).

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Translate the Third Step Prayer into YOUR own words. What does it mean to YOU? (This is not a mere exercise in rewording the 3rd Step Prayer. To take the first line as an example: What does offering yourself to God means to you? How do you actually do that and how would it be to experience that? As so on with the rest of the prayer.)

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Write your own Third Step Prayer from your Heart in your own words.

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When I was drinking I was turning over my life to alcohol. Step Three was a short step to the other side of the street. I was just turning my will and life over to God, and no longer making alcohol my Higher Power. Either way, I wasn't in control.

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Write a short overview of your spiritual life from the day that you were born until now. What religions/spiritual paths have you become involved with? What people of integrity have influenced you spiritually? How have these spiritual paths/people helped change you? What prayers have you loved? List spiritual experiences that you have had.

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Stand in front of the ocean or on top of a mountain & say, "Who am I to say there is no God?"

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What more do you need to do to reach enlightenment?

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Pick 3 people (if you are a man, pick 2 men and a woman; if you are a woman, pick 2 women and a man) who know you well and will be honest with you.

Make an appointment with each one for 1 hour. Sit them down and explain that it is very important that they tell you the complete truth as they see it because your spiritual growth for the next 6 months will hinge on just how honest they are with you, it could even be a life and death thing.

Go to page 60 where it says, "The first requirement..." and read from a sentence to no more than a paragraph at a time and pause asking them to clearly explain how these behaviors show up in your personality and actions. Go until page 62 where it says, "Here is the how and why of it..." and stop. Ask them what other behaviors they have noticed that may be interfering with your personal relationships. Let them tell you and take notes on it all.

This will prepare you to make the 3rd step decision like never before.

OR

Write down five things you like about yourself & five things you don't like about yourself. Ask five people close to you (men & women) to please be honest & do the same, writing down five things they like about you & five things they don't like about you.

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Emmet Fox

Making Your Life Worthwhile

(From page 149 of *Alter Your Life*)

by Mel B.

Have you every realized that all around us there lies a realm of infinite power which we can train ourselves at any time to tap for our own use? This power surrounds us as the atmosphere does, and like the atmosphere, it belongs to everyone, and is at the disposal of

anyone, for any good purpose. This Power, which is the real source of all things that exist, needs only to be *consciously contacted* in order to flow from your being, and transform itself into health, into true prosperity, into inspiration, or into anything else that you may be needing. This Power is quite impersonal in itself, but it is always seeking a chance to express itself through particular personalities, through you or through me, if only we will let it.

In this essay, Fox cites the case of a woman who was in desperate straits but learned to contact a Higher Power and was led into a successful career as a dress designer. He also mentions an architect (probably Frank Lloyd Wright) who worked in the same way, and a lawyer who managed to restore his health. Fox explains that this Power is available to everybody and gives the following instructions for contacting it:

Get by yourself for a few minutes once a day for several days -- if you can choose about the same time each day, so much the better, but this is not essential -- drop all your worries for the time being -- this is absolutely essential -- relax the body, and quietly invite the Great Universal Power to come into your mind and endow you with whatever thing you are most needing; whether that be health, or guidance, or some information concerning a particular matter, or a job, or even money, or what not. But on no account must you give instructions to that Power, because it will not take them; and if you try to compel it, nothing will happen. *Be receptive. Be open-minded. Be humble.* Do not be impatient; and you will see what you will see. Something remarkable will happen.

Mel B.'s comment about the preceding excerpts:

I have long believed that some of my best spiritual help has come from reading the books of Emmet Fox, especially *The Sermon on the Mount*. I also learned in a brief discussion with Bill W. that he and the other pioneer AA's attended Emmet Fox's lectures in New York in the late 1930's and benefitted from them.

I like the above statements from Emmet Fox because they explain how a Higher Power can work in our lives for good purposes. These statements also explain the conditions for such guidance and why it does not work at times.

In the above statements, I also underlined "consciously contacted" and "Be receptive. Be open-minded. Be humble." It does appear that Bill W. might have heard Fox use "consciously contacted." That may be how it emerged in Step Eleven. And "receptive" certainly equals "willingness," while "humble" can be close to what we regard as "honest." Thus we have three terms giving us an equivalency to the Honesty, Open-Mindedness, and Willingness we emphasize in the program.

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Step 2 - Came to believe that a power greater than ourselves could restore us to sanity.

This step caused me a lot of problems in my early days. I could never grasp the idea of a man sitting on a cloud looking down at me. So I had to find something that would work for me..

It came into my head that when I went to see a psychiatrist, I wanted him to find something in me that I could not find for myself.

Theoretically, once pointed out to me I would start to heal or be healed. So, in a sense, that was an act of faith, or hope!

The psychiatrist could not change my life. What had happened had happened. However, in a sense he would winkle out the causes and in doing so that would make the neurosis evaporate! (That is the Theory).

Where was this God that brought happiness into peoples lives? I knew there was not a God. So, all of these people in AA and other Twelve Step fellowships who had faith believed that God was guiding their life. They had a contentment, which I wanted. It then hit me, I knew there was no God, then all of these people got happy by believing in God's will. What they believed God wanted them to do. When was I going to find a God/Higher power? Well, my higher power did the business for me by the way of a friend of mine who always showed off anything new he had bought. He turned up at my house with a brand new BMW car. He spoke for an hour about the qualities of BMW cars. He lifted the bonnet of the car to reveal a giant engine. He said, "Feel the bronze on the engine". As I touched it he said, "They are the best designed cars in the world". So, I thought, "Who designed my hand?" I looked at my hand and saw for the first time ever, a fantastic piece of engineering. I moved my wrist, raised my arm, swivelled it around and said to him "Who designed my hand?" He looked at me as if I had gone mad. I walked up my driveway and for the first time ever, I knew there was a creator, and that I had been designed in away that if I was to do something wrong, it would hurt, and that pain is a warning. The most obvious being if you put your hand by a fire and you put it too close, it starts to hurt. That pain is a warning of great danger!. So pain is a way of warning. Emotional pain, I then realized, was caused by me wanting people, places, past and present to be different to what they really are, were or are going to be. WOW!!

It was my reaction that was the problem. I had tried to run away from pain, repressing it or over reacting, never any middle ground. So God had designed to accept **the 3 'D's**, disappointment, dis-ease and death.. I could see it so clearly that my pain was craving, I wanted everything my way. Sounds childish, but true. I could not handle emotional pain.

When I was 17 I lost 3 relatives within a few months. I would not go to the funeral. Why? because I was running away from grief. It is no coincidence that shortly after these deaths I became neurotic, panic attacks started, anxiety came into my life.

Today, I know "repression without expression, leads to depression".

So my higher power, in my early days became courage, it became tolerance, it became gratitude, it became honesty, it became patience. If I did not do these things then I would suffer!. So, simply to get restored to sanity means practice opposites. Seek to get a Teflon personality where nothing sticks!. To obtain emotional muscle, one must do emotional exercises. We must understand that we are all products of our past!. So, my past had to be looked at and understood, not just thought about, but to be looked at, and to see what triggers had caused my pain.

If you, right now, are tortured emotionally, then think you can't know what's best for you!. If you did then you would not be suffering right now!.

If you want peace of mind, then practice opposites, it's SIMPLE!. The keys to peace of mind are accepting life and life's terms. You may be worried about death, disease or disappointments. Well, worry kills your spirit, it makes you feel down!. It causes DIS-

APPOINTMENT. A higher power to counteract this is affirmations like, "Am I OK now", "do I have money in my pocket/purse?" In short, all your needs have been met and always will do!. If all your needs are met today, then why should they not be met next year! These affirmations return us to sanity!

I was walking around a Buddhist monastery and I noticed a gutter was dripping water, as I got close to the drip I noticed that the gentle repetition of a drop of water had worn a hole into the concrete floor! That was a spiritual awakening. I started to get faith just by knowing that if I changed my thinking I would change.

I suffered from obsessive, intrusive thoughts; those triggered anxiety in me which triggered craving! I learnt to laugh at my thoughts and not believe them!

Step 3 - Made a decision to turn our will and our lives over to the care of God as I understood him.

This step was the first time that I can say I practiced humility. I got down on my knees along with my sponsor and did the Step 3 Prayer.

In doing that small act of humility, what I was saying was, that my past actions, reactions to life's ways, had caused the pain and that I did not know what was best for me. So from now on I was going to TRY and accept life on life's terms. The tools I needed for this spiritual journey back to sanity was courage, tolerance, patience, honesty, gratitude, and awareness. If I had these in my life, this would mean less friction. Less friction. That is what I see the spiritual path leading to. These cause social lubrication; they stop friction between myself and other people.

That is what it is all about. Peace of mind!

Today I know that peace of mind is not about having no problems whatsoever, but about learning to deal with problems. So does handing over to a higher power now mean that I will never experience the 3 'D's, Death, Disease or Disappointment ever again? Does it mean now that all my bills will be paid, and every person I meet from now on will be polite, courteous, friendly and do everything I wish?!, "If only people would do as I want, when I want, where I want, how I want, would not life be OK for me?" No, it means EFFORT from me, plenty of EFFORT to accept life and life's events. That is a major key to understanding, it does not mean you agree but you understand! St Frances Pray, "It is better to understand than to be understood", trying to get people to understand my way of thinking just caused me agony. I can see that so clearly now. So, if I can understand the other person then I don't get any friction. Simple!. Constantly wondering why the world was such a cruel place, wondering why my favorite people had died so young. Today, I understand that as I sow I shall reap. If I worry about all the people who gossip and slander I will always feel Dis-eased (he who talks to you about them, will talk to them about you). If I steal, guilt and a fear of being found out will loom.

I have never enjoyed an argument, violence, stealing, hatred, anxiety, fear, rage, grief, or tension, all of these are symptoms of me wanting life on my terms. But understanding, tolerance, patience, honesty, courage, awareness, these lead to peace and a non-tormented mind!

I made a decision to write this web page. I thought it out, I planned it, its content, its style, but it was not a decision until I actually picked up a pen and started writing! So handing my will over to a higher power means quite simply that if I am stuck at traffic lights, and I don't want to be there, and I start getting angry, that I suffer. But if I have patience, then I will not suffer. Patience is then in that case, handing my will over to the care of God as I understand it. What I will never know is that if I had not been at those lights then maybe I would of skidded off the road, or a wagon would of hit me, killing or causing serious injury! But I am at the lights, waiting, and in once piece.

So, I understand that Gods will for me, is for me to be happy, joyous and free!. And I can be those, even if dying by acceptance but not wanting any of these things to be different.

How simple it is now to see that 90% of my pain was caused by not wanting people, places and later events to be different.

Acceptance lubricates and stops friction.

3 'D's

DEATH

DIS-EASE (Physical and Emotional)

DIS-APPOINTMENT

4 'A's

ACCEPTANCE

APPROVAL

APPRECIATION

APPLAUSE

The 3 'D's will effect every single person and there is no escape from them. I do not write that to make you depressed but to see that they are reality!!. By accepting it lubricates and stops friction. So instead of asking why, ask how can I learn to accept. Remember by accepting it does not mean that you agree, but it means you stop turmoil, torture and torment of the mind. By stopping wanting of people, places, past, present, etc. To be different, we start to get peace of mind

The 4 'A's

If like me, you want acceptance, approval, appreciation and applause and went to any lengths to be liked, respected and thought good of, well I am sure you have suffered greatly!. I discovered that if your are ugly, beautiful, fat, thin, rich, poor, sad, glad, educated,

illiterate, tall, short, verbal, quiet, drunk, sober, clean, using spiritual, aggressive, religious, non religious, whatever, you will be criticized. That is a fact!

If you are on a spiritual path, you will be criticized less. You will have more chance of living in peace and harmony. Seek the 4 'A's by none spiritual means and life will be a torment.

But live a blameless life and you will have friends who want you for what you are not what you die!.

There is less chance of drinking, using, or going back to my suffering if I am on a path of spirituality. If I am seeking the 4 'A's there is more chance of me going back to my negative ways. Living a blameless life means in short, do not be arrogant, argumentative, or aggressive. But, be polite, gentle, kind and do not seek reward. That way you will not be disappointed.

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Step 2 - I come to believe that a power greater than myself can restore me to sanity

What was the religion that your family of origin practiced or claimed to be a part of?

List the positive and negative aspects as you see it of your family's religion.

Have you made a break with your family's religion or have you stayed with it? Explain why you have taken your particular course of action.

What other people have helped you to see the unmanageability of your life? Do they believe in a Higher Power and if so describe their belief as far as you know of it?

Recall some of your best friends from childhood or adolescence. Describe what you liked best about them and what they liked best about you? Do you think that these qualities have any relationship to a Higher Power? Explain.

From the following list of groups, write Yes or No according to whether you could share in their values or not?

Group	Share Values?
Twelve Step Group	
Conservative Christian church	
Liberal Christian church	
Synagogue	
Mosque	
Hindu temple	
Buddhist temple	
Unitarian or non-Christian church	
Non-religious ethical organization	
Activist Humanitarian group (e.g. Amnesty Intl)	
Environmental Organization (e.g., Sierra Club)	

Describe events, situations or people who have helped you to understand what a "Higher Power" or God is all about.

Describe any dreams that you have had about a "Higher Power" or God, and what they mean to you.

What have been your previous experiences with religion? How do think that this does or does not relate to your experience with God as you understand God.

Step 3 - I make a decision to turn my will and my life over to the care of God as I understand God

What are your greatest fears about giving up control over your life to God as you understand God?

What things, people or circumstances have you tried to control in the past and how has that turned out? Do you think that God will be able to handle your life better than you have?

How do you feel in general about turning your life over to God?

In what ways will you keep up the process of turning your life over to God? Possibilities include going to religious services, 12 Step meetings, meeting with others in recovery, writing a journal, service to others, meditation, reading, physical exercise, contacting your sponsor or engaging in therapy.

How would you answer the question "Who am I"?

How would you answer the question "Who is God"? In other words, describe God as you understand God.

Describe who or what you trust and to what degree.

In what do you find meaning now or think that you can find meaning in the future?

How do you think that you should live your life after giving your life over to the care of God as you understand God? What changes do you expect to make and how will this look in specific detail?

How do you plan to celebrate or honor this step of turning your life over to the care of God?

Describe any celebration or honoring activity that you have actually made in turning your life over to the care of God.

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Step 2 Reflection Questions

After prayerful consideration, write out the answers to the following questions:

- 1) What is my current concept of my Higher Power? What qualities does my current Higher Power have?
- 2) What are my doubts about God's:
 - a) Existence?

- b) Knowledge?
 - c) Power?
 - d) Love?
 - e) Presence?
 - f) Accessibility?
- 3) How do these doubts manifest in the way I think, feel, and act?
 - 4) What qualities do I need my Higher Power to have?
 - 5) Where is God?

Step 3 Reflection Questions

After prayerful consideration, write out the answers to the following questions:

- 1) Am I really convinced that my life, run on self-will, can hardly be a success?
- 2) What relationship do I want with this Higher Power: child; agent; employee; actor; creature?
- 3) Am I willing to make a decision to turn my life (what I have) and my will (what I want) over to the CARE of God?

What would my life (my actions) look like if I really ABANDONED MYSELF UTTERLY to God and relied on God WITHOUT RESERVATION?

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I sit with the thought that self cannot overcome self; that I cannot change me. I then do deep relaxing breathing:

(while breathing in I say to myself) - I open myself to change

(while breathing out I say to myself) - I allow change to overcome me

(while breathing in I say to myself) - That my (anger/resentment/frustration/fear/etc.) will fade

(while breathing out I say to myself) - And my love will come to the surface

Repeating this several times each morning and night, for two weeks at a time, has been effective.

John E.

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Rather than writing a letter from you *to* God, write a letter to yourself *from* God. What do you know in your heart that God would want to say to you?

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Water is everywhere & in all living things - we cannot be separated from water. No water, no life. Period. Water comes in many forms - liquid, vapor, ice, snow, fog, rain, hail. But no matter the form, it's still water.

Human beings give this stuff many names in many languages, in all its forms. It's crazy to argue over what its true name is. Call it what you will, there is no difference to the water. It is what it is.

Human beings drink water from many containers - cups, glasses, jugs, skins, their own hands, whatever. To argue about which container is proper for the water is crazy. The container doesn't change the water.

Some like it hot, some like it cold, some like it iced, some fizzy, some with stuff mixed in with it – like alcohol, coffee, whatever. No matter. It does not change the nature of the water.

Never mind the name or the cup or the mix. These are not important.

What we have in common is thirst. Thirst for the water of Life!

As it is with water, so it is with God. - Robert Fulghum

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Chris D.: When I first got into the Steps, my sponsor asked me, "Chris, do you believe in God?"

And I said, "Yeah Jerry, I believe in God. But ya know what Jerry? I believe He's after me. I knew there was a God for YOU, but I believe if God catches me I'm going to be in a world of hurt. I believe He can't wait to do me in."

That was my plight.

And my sponsor said, "Chris, let's talk about that. Do you remember the day you got sober?"

I said, "Yeah."

He said, "Were you doing anything particularly NICE that day?"

And I thought back through my experience and I said, "No."

He said, "Did you tell a lie on that day?"

"Yeah, probably more than one."

"Did you try cheating someone out of something that day?"

"Yeah."

"Alright, so let's say that when you LEAST deserved it, God granted you the gift of physical sobriety. Does that sound like a God that's after you?"

What a novel idea! At my worst, not at my best - ya see, I always thought that I had to get good to find God. I now believe that God accepts me for the way I am.

Right then, right there, I had a spiritual awakening.

And that's what we do here at Alcoholics Anonymous. We don't tell the newcomer that comes walking through the door, "Hey, go straighten yourself out first and then come back and see us." We accept them for who they are. When I came to AA I was a liar, a

cheat, a thief, a stinking 130-pound drunk that could not be trusted and you looked at me and said, "Chris, please come back tomorrow?"

If you (another human being) could do that, if you could accept me the way I was when I came here, why couldn't God?

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The question the Big Book gives us for a beginner taking Step 2 is found on page 47:

"Do I now believe, or am I even willing to believe, that there is a Power greater than myself?"

For those of us who are going through the Steps more than once or who already have a belief in a Higher Power and want to have a deeper experience with this Step, there are two questions that may be considered when taking Step 2 (the bottom question can be found in the middle of page 53):

1) "Do I now believe, or am I even willing to believe, that there is a Power greater than myself that can take me beyond where I am now in every area of my life, past here, past the experience I've already had? Do I believe there are realms of peace, love, freedom, happiness, understanding, wisdom, areas of consciousness, existence and power that I can't even imagine?"

2) "...we had to fearlessly face the proposition that either God is everything or else He is nothing. What was our choice to be?"

You can easily see why this last question is important. The areas of our life that we don't include God (where we are not loving, not honest, not dealing with reality or truth, not unselfish, not acting with integrity, etc.) inevitably become unmanageable, out of balance, emotionally and spiritually uncomfortable, and show up on our 4th Step sooner or later. – Barefoot Bill

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STEP 2

Came to believe that a Power greater than ourselves could restore us to sanity.

I came to realize I could not do it alone. I was very weak. I asked for help. Somehow I asked others and God to help me.

QUESTIONS

1. What are the activities that bring you hope and help you believe things are okay and will be okay?
 - a) Going to meetings?
 - b) Talking with other alcoholics?
 - c) Reading recovery material?
2. Name those who have helped you to believe the most in your future.
3. How have your ideas changed about what it means to be restored to sanity?

Have your expectations about recovery changed?

What do you expect from recovery now that is different from what you expected when you first stopped drinking?
4. For now, how do you define a Power greater than yourself?

Do you believe that Power cares about you?
5. What is a reasonable plan of self-care for you to help you continue to believe that recovery can, and will, work for you?
6. What has been done for others in recovery that you would like to happen for yourself?

Do you believe this is possible?
7. Make a list of the areas in your life where you would like to be restored.

Your goals will be more effective if they center around restoring your own life rather than someone else's.

STEP 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

I continued to believe in God. That God did not love me. How could God love me? I was doing so much to incur God's wrath and so little to deserve God's love. Now I believe God loves me no matter what.

God is LOVE.

QUESTIONS

1. To remember this Step, you may find it helpful to write it down in the form of an affirmation. For example: "I have turned my life and my will over to the care of God today. All is well".
2. If all was well and on schedule in your life today, how would you feel?

If things were being managed by a Power greater than yourself in a way that would work out in your best interests, what would your attitude be?
3. If you thought you had no power to control events, outcomes, or a particular person, how would you behave differently?

What would you say or do?

What would you stop saying or doing?
4. If nobody or nothing had control over you, what would you do differently with your life?

How would you feel?
5. Taking this Step often puts you in touch with yourself. Listen to yourself. Write about what you feel, want, need, and think. Then share who you are with someone safe, someone you trust. Talk in a way that reflects self-responsibility, not victimization. Don't ask them to rescue you. Ask them to listen and accept you as you are.

6. What is the most loving, most nurturing thing available to you right now that you can use to take care of yourself and enjoy life?

What will you do with it?

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It is plain to us that a life run on self-will can almost never be successful and happy. Left to our own resources, we find the fulfillment of our basic instincts to be pleasurable, yet so temporary and fleeting that we're driven to fulfill them over and over and over. Almost invariably we overdo it, and fulfilling our instincts becomes an obsession. And when we overdo it, we come into conflict with other people and cause them pain and difficulty. That robs us of any possibility of peace of mind. Instead of gaining anything, we end up robbing ourselves – and hurting others too.

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Go back through your life and list the times that Something outside of yourself was looking out for you. Also the times that had a spiritual feel to them. Finding this Power is essential to long term recovery. We do not recover on self will alone.

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Fr. Richard Rohr - You can't say "Thy Kingdom come" until you can first say "my kingdom go".

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