

2nd Step Proposition Exercise

- **A.)** If you are “the tornado” roaring through the lives of others – who’s “hit” first?
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.

- **B.)** With respect to the people listed in A. above (1-5) –
What areas have I not given to God or am I unwilling to give to God?
Look in the following areas:
Spouse &/or Relationships – Control, Desired Changes, “I just wish they’d....”
Home; Finances; Job; - “I just wish ____ ...” Or “If only I could _____...”
Children; Friends; Co-workers- “I just wish they’d ____...” Or “If only they could _____...”
Relationship with God; Step Work – “I know I should _____ but,....” Or “I just wish God would _____...” Or “I know, But I did that the last time I _____....”
Sponsor; Sobriety- “I just wish they’d ____...” Or “I just wish they wouldn’t ____...”
Ministry; Volunteering - “I know I should _____ but,....” Or “I already do ____ why should I have to _____ ...”
Hobbies; Sports; Exercise; Gambling; Relaxation; TV; Games – “ He I already do ____ and it’s only ____...” Or “ Why shouldn’t I do ____...after all isn’t sobriety about enjoying life?” Or “what’s wrong with ____...nobody’s getting hurt?”
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
 - 7.
 - 8.
 - 9.
 - 10.

- **C.)** Let’s make sure we haven’t missed anything - What areas of my life listed in B.] (or any other areas) have others constructively commented upon or complained about what I do?
 - 11.
 - 12.
 - 13.

D.) With respect to the areas listed in B & C above (1-13) –
What if they never change? What are you afraid of?
List ALL the fears you have with an area next to the area number:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

- **E.)** With respect to the areas listed in D. above (1-13) –
[BB Page 68:3] When I'm feeling this fear – what does God want me to be?
List EVERYTHING you think God would want you to **BE** with respect to those fears:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____
