

Herb K Twelve Step Workshop

Assignment 1

Introduction

To those interested in participating in the 12 Step Workshop:

As part of the process of discernment concerning your participation in the 12 Step process as we discussed please:

1. Obtain a new Alcoholics Anonymous Big Book (unless your current book has no writing/highlighting: then its OK).
2. Pray the "Set Aside Prayer":
 - a. As part of your morning prayer and meditation practice, and
 - b. Every time before you begin doing any part of the workshop assignments.

God, please set aside all I think I know about myself, my brokenness, my spiritual path and You, for a open mind and a new experience with myself, my brokenness, my spiritual path and especially You.

3. Read and highlight, from the title page up through page xxiv (up to the Doctors Opinion) with these questions under consideration. Do not answer them – **ASK them.**
 - a. Is this the 12 step process I really want to do at this time in my recovery?
 - b. Why do I want to submit to this process at this time?
 - c. At this time am I willing to go to any lengths? What does this mean?
 - d. In what areas of my life am I being dishonest with myself and others?
4. When you finish the reading, write out your answer to each of the consideration questions (no less than one sentence, no more than one page per question).

Please don't wait to start. The process will be more beneficial if you do, prayerfully and consistently, some work every day.

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Assignment 2

Definitions of Meditation and Reprieve

1. Look up the word “reprieve” in the dictionary and in more than one dictionary (we have a daily reprieve) and write out the definitions.
2. Look up “meditation” in the dictionary, in more than one dictionary and write the definitions out.
3. The Twelve Step Guide Using the AA Big Book, Herb K (in future we will call this The Guide). As a suggestion only, read pages 13-22 (last week pages 1-12)

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Assignment 3

Doctors Opinion, Bills Story and Step One

1. Read and highlight from the Doctors Opinion (xxv-xxxii) in the Big Book of Alcoholics Anonymous. Ask yourself the question "What is wrong with my body"? (List)
2. Read Bill Story pages 1 to 8 only. Look for identification (how he thought, felt, drank and behaved?)
3. Read pages 17 to 23 (There is a solution).
 - What is wrong with my body?
 - Look up "allergy", "phenomenon" and "craving".
 - What does Dr S mean by craving.
4. Read and highlight Step One from the Twelve Steps and Twelve Traditions.
5. Complete the "body" worksheet from Herbs Handout "Our Way of Life", on the website, in future to be referred to as "the handout" on the website.

Other suggestions during today's workshop:

- Highlight when reading
- Put notes in the margin
- When reading ask questions:
 - i. Did I behave like that?
 - ii. Do I believe this will give me the solution?
 - iii. Use the dictionary
 - iv. Has this happened to me?
- See the paragraph on page 64 from the Big Book regarding mental/physical/spiritual
- See page 263 from the Big Book for the Oxford Groups 6 Steps

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Assignment 4

Step One

There is a Solution & Delusion, Illusion, Obsession and the Mind

1. Read and highlight pages 23 to 43, Chapter, "There is a solution" in the Big Book.
2. Reflection questions: "Why didn't Bill just stop?, Why didn't I just stop? What's wrong with Bills mind? What is wrong with my mind?"
3. Write out definitions of the words "delusion", "illusion" and "obsession".
4. Refer to the worksheet in the handout on "The Mind". Have these questions in mind when reading the material:-
 - Did I ever stop?
 - Have I had any time of abstinence and relapsed?.
 - Why cant I do better when I know better (Don't answer the questions. Just reflect on them.)
 - After a period of abstinence, what was I conscious of (thoughts and feelings) just before I began using again?

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Assignment 5

“The Mind” continued

1. What is wrong with my mind?
2. Read and highlight from pages 30 to 43 in the Big Book.
3. The two stories of Jim and Fred are provided to confirm knowledge and self knowledge are of no avail. How did they contrast these stories?
4. Complete the “Mind” worksheet from the handout on the web.

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Assignment 6

Step Two

1. Look up and write out definitions for:
 - unmanageability
 - malady
 - will
 - willpower
 - bedevilment
2. Read and highlight pages 44 to 45 in the Big Book , from the end of the 2nd sentence, 2nd full paragraph (ending with...will solve your problem).
3. Read and highlight page 52 of the Big Book, 2nd full paragraph (beginning with "We had to ask ourselves"... ending with "Of course it was"). This is the behavioral description of unmanageability –what it looks like.
4. Read and highlight from pages 60 to 62 in of the Big Book, from the last full paragraph on page 60 (begins "The first requirement..."... ends "We had to have Gods help"). This describes the spiritual malady. Why is this so?.
5. Re-read the paragraph on page 52 our loud, substituting the words "I" and "me" and "my" and using the present tense, for example" I have to ask myself...".

Pause and ask yourself "is that my experience"?, "is that what I felt"?
6. Beginning the last paragraph on page 60, turn the following sentence around into a question: "The first requirement is that we are convinced that any life run on self-will can hardly be a success" Am I convinced?

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Assignment 7

Step Two

1. Ask yourself and write the answer” What do I actually believe about God?”
2. Look up the definitions for:
 - belief
 - faith
 - trust
 - agnostic
 - atheist
 - decision
3. Read and highlight Chapter 4 of the Big Book (We Agnostics).
4. Read and highlight Spiritual Awakening, Appendix 11 pages 567-568.
5. Read and highlight the balance of Bill's Story (pages 9-16) in the Big Book.

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Assignment 8

1. Re-read and highlight the Big Book, Chapter 4, "We Agnostics" with a different color. This time highlight and mark the phrases that you resist, disagree with, have resistance to or have any negative connections with.

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Assignment 9

Step Two

1. Re- read and highlight Chapter 4 in the Big Book, in a different color. This time highlight and mark the phrases that you can embrace, especially looking at the synonyms, for example, Bills “New Land”, “Broad Highway”, etc. Examine these words and meanings (Write).
2. Read Chapter 2 in the Twelve Steps and Twelve Traditions.
3. Choose any attributes or qualities, for example, power, caring, you NEED God to be/have.

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Assignment 10

Step Three

1. Read and highlight pages 58 to 63 in the Big Book in preparation for the third step. On pages 62-63, Bill Wilson suggests five relationships. (Write)
2. Read Chapter 3 in the Twelve Steps and Twelve Traditions.
3. What relationship does your heart yearn for?

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Assignment 11

Step Three

1. Read and highlight from the last paragraph of page 62 of the Big Book, from the chapter on How It Works, beginning with “This is the how and why of it” until the end of the last paragraph on page 63 ending with “...was felt at once”

Pay particular attention to the relationship described and the relevance to you.

Does the concept you chose in Step 2 connote a relationship?. For example, Divine Architect, Healer, Teacher, Coach, etc. Make the relationship personal to you, connected to the attributes for a Higher Power described in the Step 2 process. That is, there should probably be an element of power, of caring, and of goodness. Find the word or phrase that your heart yearns for. Choose the relationship for your prayer and your orientation during this process (bearing in mind that you can change it later).

2. Pay attention to the third step promises found in the last paragraph on page 63 beginning “When we sincerely...”
3. Write out your own Third Step prayer (using the Set Aside Prayer).
4. Find definitions for:
 - decision
 - turn
 - surrender.

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Assignment 12

Steps Three & Four

1. Prepare for the Third Step by writing out you own prayer (repeat from last assignment)
2. Read and highlight the balance of page 63 and page 64 in the Big Book.
3. Read and highlight Chapter 4 from the Twelve Steps and Twelve Traditions.
4. List your resentments – people, principals and institutions. (*Resentment is anger felt over and over*).The point is not the memory of the anger. It is about still having the feeling of the anger and upset.

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Assignment 13

Step Four Resentment Worksheets

Reminder: resentment is anger that is felt and re-felt. If you are still angry, it is resentment.

1. Following our list of who we are resentful to written for this week, write a second column. We ask why are we angry. Look at the Big Book on page 65.

Take a new page and write down the first person you have listed as someone you are resentful to and number that person as number one (This is not a priority list). List the cause/s of why you are angry and see how it is done for Mr. Brown in the Big Book. If the person did something once, put down one reason, twice , put down two reasons etc. Use A, B, C , etc, for causes. Each can be chronologically and qualitatively different (I had A-Z for my father). Use page 65 as a model.

2. Read the bottom of page 64, through the matrix and up to and not including the last paragraph on page 65 of the Big Book.

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Assignment 14

Step Four: Resentment Worksheets

1. Print out a supply of Step 4 Resentment Worksheets – Column 3, from the workshop handouts on the web.
2. Complete 3 worksheets by doing: 1)a; 2)a; 3)a (i.e. three different people and a resentment for each person). Pick out two or three that are the most significant.
3. Read and highlight material about deep resentment from pages 66 to 67 in the Big Book down to paragraph 3 starting with “ Referring to our list again”

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Assignment 15

Step Four: Resentments

1. Look at your list of resentments (persons) and check off your deep resentments.
2. Construct a prayer of your own for the removal and freedom from resentment from your heart, using the "Prayer for Freedom of Resentments" from the handout on the website.
3. Pray your prayer for each person (8 persons 8 prayers), with whom you have your deep resentments every day. It is suggested you do this on your knees to get your full attention each morning until you know in your inner most being that the resentment has been removed. Cross this resentment off.(Herb took two and a half months for the first resentment to be lifted).
4. Continue to complete the worksheets from Column 3.
5. Read and highlight the final paragraph on resentment, on page 67 of the Big Book. Review Column 4 worksheet.

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Assignment 16

Step Four: Worksheets cont.

1. Complete three of the Step Four Resentment Worksheets- Column 4, from the handout on the website. Do it on the first three people you used when completing the Column Three Worksheets (Pay attention to the definitions and comments on the worksheet. They will guide you)
2. Look up “forgiveness” and write out the definition.

(You don't have to do this perfectly. Next week we will refer to the Column Four Worksheets to verify the process is clear to everybody or could be looked at from a different angle).

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Assignment 17

Step Four: Resentment Worksheets cont.

Continue on with the Step Four Resentment Worksheets - Column Four (Now I perceive where I am responsible, why I am hanging on to this resentment and what do I get out of playing victim). This is not about self blame.

How big is our Higher Power?

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Assignment 18

Step Four

1. Read and highlight page 67 and 68 from the Big Book, down to... about sex”.
2. Do this twice. It is dense but quite simple.
3. Fear Inventory. For the next week make a list of your fears.
 - a) Do a spontaneous dump. Let it fall out without comment or filter.
 - b) Then go over your life in brackets and parenthesis.:
 - i. 1-5 years
 - ii. grammar school (primary school)
 - iii. each year of high school
 - iv. each year thereafter

See if there is a fear. It could be concrete, for example, lack of money or being fired. It could be psychological fear – fear of looking awkward, fear of powerful people.

- c) Scan Resentment Worksheets Column 3 and 4 for fear components.
- d) When you have done this go back to your third column and 4th column worksheets to complete these.

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Assignment 19

Step Four: Fear Inventory.

Take one of your fears and put it on a separate piece of paper.

Ask: why do I have this fear? (For example: Fear of honesty. In prayer, ask "why do I have this fear"? *I want you to believe something about me that is not true...* Continue to ask the question .." why is that so",... "why do I have this fear" *I want you to see what I think I am*" Push it... "Why is that so"? *If I represent myself in a particular way, it will reinforce my delusional or wishful thinking..." I am really special and unique".." When I look in your eyes I will see what I want to be"... "It is a diminished sense of self confidence and I get my sense of value from who you think I am".* The point is to push it.

Why do I have this fear? What if it came true..? What will happen if it happens? What am I afraid of?

Go until you get to a wall, it becomes circular; there is no answer or nothing more to do.

Then take your next fear. Do up to three fears. They need to be a fear you have now.

Have no more than twenty fears for a manageable fear list. You may need to reduce your fear list but be careful as the ego is powerful and is fighting for its life, so make sure it is not the ego diminishing the fear.

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Assignment 20

Step 4: Fear worksheet cont.

1. Commence completing the fear worksheet. This is outside the scope of the Big Book but helped me to have my fears reduced and replaced with the opposite. You might experiment with it and see if it is helpful. For example, honesty: to replace fear of honesty with being radically honest and embracing honesty. I would be forthright and rigorous. I would be transparent and not shade my meaning to look good. This becomes a vision statement to aspire to.
2. Continue with column 3 & 4 work sheets
3. Read and highlight from the bottom of page 68, page 69, 70 and 71 of the Big Book. If you haven't read Chapter Four from the 12 Steps and 12 Traditions, or not read it recently, read or reread this. (Next week we will receive an assignment from this)

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Assignment 21

Step Four: Fear Inventory and Sex Inventory

1. Continue to complete the 4th Step, columns 3 and 4, and your fear inventory, in your own time. As you do these it is useful to do current exercises, as dealt with in each progressive workshop, for sampling purposes.
2. Sex inventory: As with other inventories, we make a list. This should be from a stream of consciousness. Look over the history of your sexual encounters. Go back to your earliest memories, for example, played doctor, flirted, or sexual experience/s in high school. Review each year. Some activities may be interchangeable and dealt with in a group. This is where the dynamics remain the same, for example, one night stands, or affairs with married people.
3. Complete the Step 4: Sex Inventory Worksheet from the downloads from the web.

The answer to question 9 "What should we have done instead?" will open up your core values (for example, not to be involved with married women versus my previous value of having immediate gratification and not getting caught).

Place each of the question 9 answers on a separate sheet and list the one after another. What are the principles under each example (for example, friendship, and honesty). These are the ideals we must be willing to live up to. We ask God what we should do about each specific example. We earnestly pray for the right ideal.

Do at least 10 and up to 20 with a variety of circumstances to give you a pattern.

To filter out our core values and develop our sexual ideal; we each need to distinguish what is conditioned behavior i.e. the taking on values just because they were our family's values and come up with our own values, from an open mind and using the set aside prayer. We put our sexual ideal in the context of responsibility for our own behavior. (some examples may be friendship, honesty, consideration of partners feelings, integrity, fidelity, respect for myself and my partner etc) . Just a reminder. We are not the arbiter of others sexual conduct and we do not have an opinion.

Once you've done multiple worksheets for the sex inventory, take all your answers to Q9 and write them out consecutively. Try to distill from this the principles that will help you to form your vision and ideal for future behavior. For, example, respect committed relationships, be honest, etc.

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Assignment 22

Step Four

Be where you are in the work. If you are on the third or fourth column, finish it up.

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Assignment 23

Final Preparation of Step Four

Remember the purpose of this process – to identify and remove/have removed the impediments/obstacles to a relationship with that Power deep down inside us.

Ask yourself where/ when you have experienced:

- Guilt
- Shame
- Embarrassment
- Dishonesty (stealing)
- Secrets
- Irresponsibility

The Twelve Steps and Twelve Traditions suggest we also look at violations of moral principals (values) as expressed in the Seven Capital Sins:

- Pride
- Greed
- Lust
- Gluttony
- Envy
- Anger
- Sloth

After praying the Set Aside Prayer spend time reflecting (meditating) on each of these items and write out your thoughts, feelings and memories. Be specific.

It is especially important to be specific about any area/item that you have conscious/intuitive awareness of resistance to disclosure.

Err on the side of maximizing rather than minimizing. This is about “rigorous honesty” and about being transparent. This is about removing sludge in us that blocks us from God.

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Assignment 24

Step Five

1. In preparation for the Fifth Step read and highlight: pages 72 to 75 in the Big Book and the chapter on Step 5 in the Twelve Steps and Twelve Traditions.
2. It is recommended that we do the 5th Step in one sitting, preferably face to face. It is OK to give part of our story to someone who will understand, for example, a lawyer, a priest, a psychologist etc.

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Assignment 25

Step Six

1. Read and highlight the first paragraph on page 76 of the Big Book.
2. Read and highlight Step Six in the Twelve Steps and Twelve Traditions (pages 63-69).
3. Refer to the three ring binder material on the web site for the sheet on Defects of Character, the page on What is a Personality Disorder.
4. Make a list of your character defects, not a long list, just a brain and heart dump as you know what they are.

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Assignment 26

Step Seven

1. Read and highlight the second paragraph of page 76 from the Big Book. This is the 7th Step Prayer. Take a look at the prayer and write out your own based on the principles and concepts of the 7th Step Prayer (a prayer in your own words will assist you to understand)
2. Read Step 7 in the Twelve Steps and Twelve Traditions.

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Assignment 27

Step Seven

1. Re-read and highlight Chapter 7 in the Twelve Steps and Twelve Traditions.
2. Read and highlight the 8th Step from page 59 of the Big Book.
3. Read and highlight from the paragraph after the 7th Step prayer on page 76 of the Big Book to the bottom of page 83, not including the last paragraph.
4. Read and highlight the 8th Step from the Twelve Steps and Twelve Traditions

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Assignment 28

Step Eight

1. Read or re-read and highlight Step 8 in the Twelve Steps and Twelve Traditions
2. Make up two or three 3 by 5 cards, for three different people with different harms (if there is more than one harm per person put these on the cards).
3. On the card put the name of the person harmed, the specific harm done and be really clear (how did you damage them, what was the impact of your behavior).
4. Do easy ones first. You can make notes on the card, keep contact details, dates of contact etc, until you have made the amends. (Pages 76 to 84 in the Big Book gives examples of amends).

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Assignment 29

Step Eight and Step Nine

1. Review each of your cards. Write down the specific amend you believe will address/repair the harm done.
2. Review each of the cards with your sponsor/step guide before you make the amend. If your sponsor/step guide doesn't have a specific experience to make that amend, find another step guide for that amend.
3. Read and highlight Step 9 in the Twelve Steps and Twelve Traditions.

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Assignment 30

Step Ten

1. Read and highlight pages 84 and 85 from the Big Book.
2. Read and highlight Step 10 from the Twelve Steps and Twelve Traditions.

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Assignment 31

Step Ten and Step Eleven

1. Write out an outline of the process for Step 10 as described in the Big Book.
2. Read and highlight in the Big Book from the bottom of page 85 and all of pages 86 to 88.
3. Look up in a dictionary, the words: '*prayer*', '*meditation*' and '*contemplation*'.
4. Read and highlight Step Eleven in the Twelve Steps and Twelve Traditions.

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Assignment 32

Step Eleven

1. Outline pages 85 to 88 in the Big Book. This provides specific instructions on how to do Step 11, especially the last paragraph on page 88.
2. Incorporate any instructions from Step 11 in the Twelve Steps and Twelve Traditions.
3. After doing this, take a look at pages 41 to 47 in the three ring binder from the web site, to see if anything can be incorporated into your personal process for Step 11.

Next week we will also look at the meaning of meditation and contemplation.

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Assignment 33

Step Twelve: Working with Others

1. Read and highlight Chapter 7 of the Big Book, "Working with Others".
2. Re-read "Appendix 11" pages 567 to 568 of the Big Book on spiritual awakening.
3. Review pages 48 – 50 from the three ring binder material from the web site.

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Assignment 34

Step Twelve: To The Wives

1. Read Chapter 8 from the Big Book.
2. Note principles and guidelines for dealing effectively with your relationship with your significant others.

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Assignment 35

Step Twelve: The Family Afterwards

1. Read Chapter 9 from the Big Book.
2. Note principles and guidelines for dealing effectively with your relationship with your significant others.

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Assignment 36

Step Twelve: To Employers

1. Read and highlight Chapter 10 of the Big Book " To Employers" and look for the principles at work.

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Assignment 37

Step Twelve: A Vision for You

Read and highlight Chapter 11 of the Big Book " A Vision for You" looking for the principles.

As you read, keep in mind that it is practicing principles in your community and your fellowship. It is a vision for you.

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Assignment 38

Step Twelve

1. Read or re-read Chapter 12 in the Twelve Steps and Twelve Traditions.
2. Review the list of principles on page 51 from the three ring binder from material on the website.

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Assignment 39

Step Twelve: Working With Others as a template for sponsorship

Chapter 7 in the Big Book: Working With Others describes a process in working with alcoholics. It is a template for sponsorship.

Now re read this chapter and in the margin put a number against each instruction given for working with alcoholics.

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Assignment 40

Conclusion

Review the first set of questions asked at the beginning of the workshop.

1. Why do I want to do this work?
2. Why now?
3. Am I willing to go to any length and what does this mean?
4. Am I willing to be honest?

Take a look at what your answer was then, as you look over your journey over the last year.

1. What shift has occurred from the original questions until now?
2. How have I been changed?
 - In my consciousness, have I had any shift in awareness and awakeness?
 - How has that been manifest in my behavior, if at all?