

**ROCKETED  
INTO A FOURTH  
DIMENSION**

**“EVERY STEP OF  
THE WAY”  
STEP WORKSHOP**

22<sup>nd</sup> Annual McHenry  
Soberfest 2011

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**~NOTE OF INTEREST~**

**Big Book Page 144**

To you, some of the ideas which it contains are novel.

Perhaps you are not quite in sympathy with the approach we suggest. By no means do we offer it as the last word on this subject, but so far as we are concerned, it has worked with us.

After all, are you not looking for results rather than methods?

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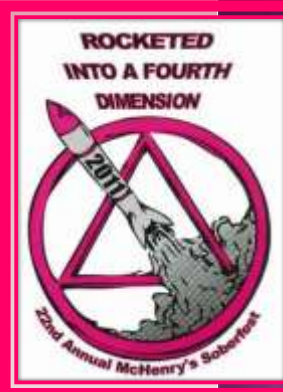
**No Pay For Soul Surgery**

This presentation is not affiliated with  
Neither Alcoholics Anonymous nor McHenry  
Soberfest.

It is the compilation from many and the reflection  
of one person's experience, strength and hope  
attempting to fit himself to be of maximum  
service to God and his fellows.

Quotes from the Big Book, Alcoholics Anonymous,  
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## BRIEF HISTORY

- The Only Thing New in A.A. is the History We Don't Know.



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## STEP ONE,

## PRINCIPLE IS HONESTY

**Step 1:** “We admitted we were powerless over alcohol - that our lives had become unmanageable”

- Two Requirements
- Disease of a two fold nature.
- Accepts identity as an alcoholic.
- Principle: **Honesty.**

6

## STEP ONE<sub>2</sub>

- BB Page xiii
- “We, OF Alcoholics Anonymous, are more than one hundred men and women who have **recovered** from a seemingly hopeless state of mind and body. To show other alcoholics **PRECISELY HOW WE HAVE RECOVERED** is the main purpose of this book.”

### ➤ **Two Requirements**

#### ➤ **First requirement:**

BB Page 6

### **COMPLETE DEFLATION:**

“As the whisky rose to my head I told myself I would manage better next time, but I might as well get good and drunk then. And I did.”

7

## STEP ONE<sub>3</sub>

### ➤ **Second requirement:**

BB Page 8

### **UNMANAGEABILITY**

No words can tell of the loneliness and despair I found in that bitter morass of self-pity. Quicksand stretched around me in all directions. I had met my match. I had been overwhelmed. Alcohol was my master.



8

**STEP ONE<sub>4</sub>**

BB Page 355 - 356

> **OBSESSION OF THE MIND &  
ALLERGY OF THE BODY**

The explanation that alcoholism was a disease of a two-fold nature, an allergy of the body and an obsession of the mind, cleared up a number of puzzling questions for me.....

BB Page 30

**We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery.**

9

**STEP TWO<sub>1</sub>****PRINCIPLE IS HOPE**

**Step 2:** “Came to believe that a power greater than ourselves could restore us to sanity”

- > Believe or be willing to believe in power greater than myself ( IT CAN NOT BE ME ANY LONGER)
- > Lack of power is our dilemma
- > Choose your own concept of a power greater
- > Principle: Hope.

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**STEP TWO<sub>2</sub>**

BB Page 12

*It was only a matter of being willing to believe in a Power greater than myself. Nothing more was required of me to make my beginning.*

I saw that growth could start from that point. Upon a foundation of complete willingness I might build what I saw in my friend. Would I have it? Of course I would!

11

**STEP TWO<sub>3</sub>**

BB Page 45

**Lack of power, that was our dilemma.**

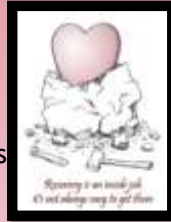
We had to find a power by which we could live, and it had to be a *Power greater than ourselves*. Obviously. But where and how were we to find this Power?

12

## STEP TWO<sub>4</sub>

BB Page 55

We found the Great Reality deep down within us. In the last analysis it is only there that He may be found. It was so with us.



**WHERE? – DEEP DOWN WITHIN US.**

**HOW? – STEPS 1 – 12**

**Came to believe that a Power Greater than myself could restore me to the point where I wouldn't pick up that 1<sup>st</sup> Drink.....THAT WOULD BE INSANE! Yes!**

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## STEP TWO<sub>5</sub>

BB Page 13-14

My friend promised when these things were done I would enter upon a new relationship with my Creator; that I would have the elements of a way of living which answered all my problems. Belief in the power of God plus enough **willingness, honesty and humility** to establish and maintain the new order of things. were the essential requirements.

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**BREAK  
STEP 3 NEXT**

15

## STEP THREE, PRINCIPLE IS FAITH

**Step 3:** “Made a decision to turn our will and our lives over to the care of God as we understood him”

BB Page 60

Being convinced, *we were at Step Three,*  
Being convinced of the A, B, C's after HI Works

- a) That we were alcoholic and could not manage our own lives.
- b) That probably no human power could have relieved our alcoholism.
- c) God could and would if He were sought.

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## STEP THREE<sub>2</sub>

Step 3: "Made a **decision** to turn our **will** and our **lives** over to the **care** of God as we understood him".

**More than a DECISION!**


**3 Frogs sat on a log.**

**One decided to jump.**

**How many frogs**

**are left on the log?**

It's decided, I'm Jumping...



> WILL & LIVES = THOUGHTS & ACTIONS  
> OUR WILL; CARE - UNTIL WE LEARN TO ALIGN OUR WILL WITH GOD'S WILL.  
> AS WE UNDERSTAND HIM - SURRENDERING AS MUCH AS YOU UNDERSTAND ABOUT YOURSELF TO AS MUCH AS YOU UNDERSTAND ABOUT GOD.

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## STEP THREE<sub>3</sub>

**What are some of the biggest difficulties that you are having in your life – TODAY.**

**LIST just 4, 5, 6,....not any major, long list; the largest difficulties....**

EXAMPLES ONLY~

- > **STAYING SOBER**
- > **RELATIONSHIP WITH MY \_\_\_\_\_**
- > **GOING TO JAIL**
- > **GETTING A JOB**

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## STEP THREE<sub>4</sub>

BB Page 63

- > We thought well before taking this step making sure we were ready;
- > that we could at last abandon ourselves utterly to Him.....
- > The wording was, of course, quite optional so long as we expressed the idea, voicing it without reservation.
- > This was only a beginning, though if honestly and humbly made, an effect, sometimes a very great one, was felt at once.

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## STEP THREE<sub>5</sub>

THIRD STEP PRAYER

BB Page 63, ¶ 2 L2

**We were now at Step Three.**

**Many of us said to our Maker, as we understood Him:**

"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, (INSERT YOUR 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!"

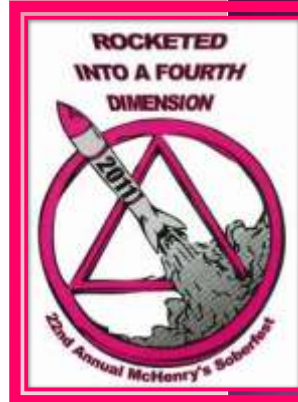
20

STEP THREE<sub>6</sub>

GROUP HUG'S



Hugs



"Don't see anything the matter here, Ma. Ain't it grand the wind stopped blowin'?" BB p 82

BREAK  
STEP 4 NEXT

WRITE YOUR GRUDGE LIST

TIME RESTRAINTS PREVENT US FROM WRITING THE "FULL" LIST; CHOOSE TWO OR THREE FROM YOUR LIST TO WORK WITH.

List people, institutions and principles with whom you are or have been angry with.

**PEOPLE**

- Father
- Mother
- Sisters
- Brothers
- Grandfather
- Grandmother
- Aunts
- Uncles
- Cousins
- Clergy
- Police
- Lawyers
- Judges
- Doctors
- Employers
- Teachers
- Co-Workers
- In-Laws
- Out-Laws
- Husbands
- Wives
- Childhood Friends
- School Friends

**SUGGESTIONS**

**INSTITUTIONS**

- Marriage
- Church
- Religion
- Races
- Law
- Authority
- Government
- Education System
- Hospitals
- Health Care System
- Correctional System
- Mental Health Sys.
- Welfare
- Philosophy
- Nationality
- Rehabs
- Mental Institutions
- I.R.S.
- God (or any Deity)
- Bible

**PRINCIPLES**

- Ten Commandments
- Golden Rule
- Seven Deadly Sins
- Twelve Steps
- "Do unto others..."
- Pull Yourself Up By Your Own Boot Straps
- Do as I say, not as I do.
- Children are to be seen and not heard.

STEP FOUR<sub>1</sub> RESENTMENT INVENTORY

Page 63-67

**Step 4:** "We made a searching and fearless moral inventory of ourselves"

**TIME TABLE** for taking the Fourth Step:

**Next** we launched out on a course of vigorous action,..... **at once** followed by a strenuous effort to face,...

**Any time between NEXT & AT ONCE is when the BB mentions to start (and complete) your fourth step.**



STEP FOUR<sub>2R</sub>

We made a  
**searching**→  
and  
**fearless**→  
**moral**→  
inventory of  
**ourselves**→

BB Page 64: ¶ 1-Line 3

*fact-finding**fact-facing**truth**stock-in-trade*

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STEP FOUR<sub>3R</sub>

BB Page 64

➤ **One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret.**

➤ **If the owner of the business is to be successful, he cannot fool himself about values. (Making excuses, Self-justifications & Rationalization—JUST CAN'T DO IT ANY LONGER)**

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STEP FOUR<sub>4R</sub>

BB Page 64; ¶2 - Line 3

Being convinced that **self, manifested in various ways**, was what had defeated us, we considered its common manifestations.

**self, manifested in various ways:**

Blocks us off  
from the  
Sunlight of  
the Spirit

- **RESENTMENTS**
- **FEAR**
- **GUILT &**
- **REMORSE**
- **HARMFUL SEX CONDUCT**

Our minds  
are directed  
by these,  
not letting  
God in.

27

STEP FOUR<sub>5R</sub>

BB Page 64; ¶3

Resentment is the "number one" offender. It **destroys** more alcoholics than anything else. From it stem all forms of **spiritual disease**, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically.

**THERE ARE ONLY 3 WAYS WE CAN BE ILL:  
THE 3 DIMENSIONS OF LIFE.**

**PHYSICALLY** - GO TO AN MD.

**MENTALLY** - GO TO A PSYCHIATRIST

**SPIRITUALLY SICK** - ONE THAT IS BLOCKED OFF FROM GOD.

DISPLAYS CERTAIN SYMPTOMS: **RESENTMENT, FEAR, GUILT & REMORSE, HARMFUL SEX CONDUCT.**

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STEP FOUR<sub>6R</sub>

**THERE ARE ONLY 3 WAYS WE CAN BE ILL:  
THE 3 DIMENSIONS OF LIFE.**

- **PHYSICALLY** - GO TO AN MD.
- **MENTLLY** - GO TO A PSYCHIATRIST
- **SPIRITUALLY SICK** - ONE THAT IS BLOCKED OFF FROM GOD.

**We break our arm and go to the Medical Doctor.**  
He looks at the symptoms, makes a diagnosis and prescribes treatment.

**We have mental issues and we go to a psychiatrist.**

He looks at the symptoms, makes a diagnosis and prescribes treatment.

**SYMPTOMS**

STEP FOUR<sub>7R</sub>

**We have spiritual issues and we do an Inventory(s) to REVEAL CERTAIN SYMPTOMS of our spiritual malady.**

- **RESENTMENT,**
- **FEAR,**
- **GUILT & REMORSE,**
- **HARMFUL SEX CONDUCT.**

**Make a Diagnosis: Spiritual Bankruptcy**  
**Prescribe Treatment: Steps 1-12**

**UNCOVER ~ DISCOVER ~ DISCARD**  
**MENTION: APPENDICITIS ATTACK**



STEP FOUR<sub>8R</sub>

Resentment is the "number one" offender.



**When we play our anger over again, a resentment is born.**

**LATIN: RE=AGAIN; SENTRI=TO FEEL;**

**WE RE-FEEL THE ANGER AGAIN - this could be deadly**

C  
O  
L  
U  
M  
N

STEP FOUR<sub>9R</sub>

BB Page 64; ¶3 - Line 7

We listed **people, institutions or principles** with whom we were angry.

←1

We asked ourselves **why** we were angry.

**7 AREAS AFFECTED BY RESENTMENTS..etc**

←2

In most cases it was found that our <sup>1</sup>**self-esteem**, our <sup>2</sup>**pocketbooks**, our <sup>3</sup>**ambitions**, our <sup>4</sup>**personal relationships** (<sup>5</sup>**including sex**) were hurt or threatened. So we were sore. We were "burned up."

←3

BB Page 65 ~ <sup>6</sup>**Security &** <sup>7</sup>**Pride**



### STEP FOUR<sub>10R</sub>

- >First, open a ringed school **NOTEBOOK** so two pages are open to you. (We will use both pages as a worksheet for our resentments inventory.)
- >On the left page, draw a line down the left side of the page about 2 inches or so from the left edge.
- >On the right page draw a line down the middle of the page.
- >Now you should see **four** columns.
- >At the top of the first column write, “I am Resentful at.

33

### STEP FOUR<sub>11R</sub>

- >Beneath the Resentment column list the name of the person you were, or are angry with.  
**These names are from your grudge list filled out earlier.**
- >*Time restraints prevent us from working with the “full” List; choose two or three from your list to work with.*
- >**Under the Resentment list write 2 names on a single page.** Go down the list and not across. Going across we have to change our minds to often going back and forth. Continue until you have written every **PERSON, INSTITUTION AND PRINCIPLE** from your Grudge list.

34

### STEP FOUR<sub>12R</sub>

At the **very top** of your first and continuing onto the second page **write:**

“I want what I want when I want it, and I don’t care what happens to you or me. When I don’t get what I want or am afraid I’m going to lose what I have I get scared. When I get scared, I get mad, and when I get mad I get even!”

I want what I want when I want it.....	
I'm Resentful	The Cause
Name	Why Am I Angry
	Why Am I Angry
	Why Am I Angry
<b>LIST</b>	
People	
Institutions	
Principles	
Go Down Each List - Not Across	
Name	Why Am I Angry
	Why Am I Angry
	Why Am I Angry
	Why Am I Angry

35

### STEP FOUR<sub>13R</sub>

In the Second column beneath **THE CAUSE** write, adjacent to the name, on the same line, what angered you about that person.

I'm Resentful At	The Cause
Henrietta	Always drinking
	Spending money
	Hidding Money
	Deceptive with Mark
	Stays out till 4 AM
	with the girls?
	Lies to me
	Doesn't Cook
	With Holds Sex
	Bitches all the time
Continue writing everything that angered you about that person; then go to the next person until you have gone through your entire Grudge List. <b>BREATHE ▼</b>	

36

STEP FOUR<sub>14R</sub>

**We are still gathering information,** but before we go any further let's visit once more BB pages **64 & 65** in regards to the **7even areas** affected by Resentments, Fear, Guilt, Remorse and a Harmful Sex life. **AMO FOR THE THIRD COLUMN**

**7even areas** affected by....

**1** self-esteem, our **2** pocketbooks, our **3** ambitions, our **4** personal relationships **(5 including sex)** **6** Security & **7** Pride  
**The Best Way to Do a 4ourth Step is the Way Your Sponsor Did It.**

37

STEP FOUR<sub>15R</sub>

BB Page 144

**After all, are you not looking for results rather than methods?**

The following is the way that worked for me and many others. **It is not the only way.**

The **7even** Areas listed in the Big Book on pages 64 & 65, were **Simplified to 4our.**

- **EMOTIONAL SECURITY (ES)**
- **SOCIAL PRESTIGE (SP)**
- **MONEY (M)**
- **SEX (S)**

38

STEP FOUR<sub>16R</sub>

From the 12X12, on pages 42-43

**Creation gave us instincts for a purpose.** Without them we wouldn't be complete human beings. If men and women didn't exert themselves to be **secure in their persons**, made no effort to harvest food or construct shelter, there would be no survival. If they didn't **reproduce**, the earth wouldn't be populated. If there were no **social instinct**, if men cared nothing for the society of one another, there would be no society.

39

STEP FOUR<sub>17R</sub>

So these desires - **for the sex relation (S), for material (M) and emotional security (ES), and for companionship (SP)** - are perfectly necessary and right, and surely God-given. **Yet these instincts, so necessary for our existence, often far exceed their proper functions.** Powerfully, blindly, many times subtly, they drive us, dominate us, and insist upon ruling our lives. **Our desires for sex (S), for material (M) and emotional security (ES), and for an important place in society (SP) often tyrannize us.**

40

## STEP FOUR<sub>18R</sub>

When thus out of joint, man's natural desires cause him great trouble, practically all the trouble there is. No human being, however good, is exempt from these troubles.

**Nearly every serious emotional problem can be seen as a case of misdirected instinct.**

When that happens, our great natural assets, **the instincts, have turned into physical and mental liabilities.**

41

## STEP FOUR<sub>19R</sub>

Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been, and are.

**We want to find exactly how, when, and where our natural desires have warped us.** We wish to look squarely at the unhappiness this has caused others and ourselves. **By discovering what our emotional deformities are, we can move toward their correction.**

42

## STEP FOUR<sub>20R</sub>

Without a **willing** and **persistent** effort to do this, there can be little sobriety or contentment for us.

**Without a searching and fearless moral inventory, most of us have found that the faith which really works in daily living is still out of reach.**

**From: The 12X12, on pages 42-43**

43

## STEP FOUR<sub>21R</sub>

### Basic Instincts of Life That Created Self

<u>SOCIAL INSTINCT</u>	<u>SECURITY INSTINCT</u>	<u>SEXUAL INSTINCT</u>
<p><b>COMPANIONSHIP:</b> Wanting to belong or to be accepted;</p> <p><b>PRESTIGE:</b> Wanting to be recognized or to be regarded as a leader.</p> <p><b>SELF-ESTEEM:</b> What we think ourselves, high or low.</p> <p><b>PRIDE:</b> An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate).</p> <p><b>PERSONAL RELATIONSHIPS:</b> Our relations with other human beings and with the world around us.</p> <p><b>AMBITIONS:</b> Our plans to gain acceptance, power, recognition, prestige, etc.</p> <p><b>Ambitions - Intention:</b> Desire to gain acceptance, recognition, power.</p>	<p><b>MATERIAL:</b> Wanting money, build-ings, property, clothing, etc., in order to be secure.</p> <p><b>Material opportunities:</b> now or in the future of money, property, security, to be secure.</p> <p><b>EMOTIONAL:</b> A desire for love from another person, or to be loved, or to dominate, or to be dominated, or to depend on others.</p> <p><b>Emotional - Intention:</b> Desire to gain acceptance, recognition, power.</p> <p><b>AMBITIONS:</b> Our plans to gain material wealth, or to dominate, or to depend on others.</p> <p><b>Ambitions - Intention:</b> Desire to gain acceptance, recognition, power.</p> <p><b>EMOTIONAL SECURITY = ES</b></p>	<p><b>ACCEPTABLE:</b> Our sex lives as acceptable by either society's, God's, or by our own principles.</p> <p><b>HIDDEN:</b> Elements of our sex lives that are contrary to either society's, God's, or our own principles.</p> <p><b>AMBITION:</b> Our plans regarding our sex lives, either acceptable or hidden.</p> <p><b>Ambitions - Intention:</b> Desire to gain acceptance, recognition, power.</p>
<b>SOCIAL PRESTIGE = SP</b>	<b>MONEY = M</b>	<b>SEX = S</b>

44

STEP FOUR<sub>22R</sub>

I'm Resentful At	The Cause	Affects My				Exact Nature				
		ES	SP	M	S	S	D	SS	P	I
Henrietta	Always drinking	ES	SP	M						
	Spending money	ES	SP	M						
	Hiding Money	ES	SP	M	S					
	Deceptive with Mark	ES	SP		S					
	Stays out till 4 AM with the girls?	ES	SP		S					
	Lies to me	ES	SP		S					
	Doesn't Cook	ES	SP	M	S					
	With Holds Sex	ES	SP		S					
	Bitches all the time	ES	SP		S					

Always drinking - what does it affect?  
MY ES? MY SP? MY M? MY SEX LIFE?  
Go thru the entire list - BREATHE !

45

STEP FOUR<sub>23R</sub>

## FIRST THREE COLUMNS

NOW! WHAT DO YOU SEE?

~NOWHERE~

What can we see from  
the information we have  
gathered so far?

**In Column 1:** It is obvious that we  
have resented a lot.

**In Column 2:** These people hurt me  
a lot.

**In Column 3:** My basic instincts  
were harm or threatened.

46

STEP FOUR<sub>24R</sub>

↑ NOW HERE IS "+" NO WHERE IS "-"

- **Resentments** never made me feel better.
- **They** only made be feel worse.
- **They** never straightened up a Relationship with another human being.
- **They** only made it worse.
- **In Column 1:** I can put any name in place of another and see that it is not the person but what they did to me that hurt. I can use any name - right?

47

STEP FOUR<sub>25R</sub>

**In Column 1:** I can also see how  
resentful I really am and how much  
they blocked me of from God. (S-3)

**In Column 2:** I learned its not them its  
what they do that makes me angry.

**In Column 3:** I've learned it's not even  
what they do, it's how I choose to  
react to a threat to one of my basic  
instincts of life that particular time  
with that particular incident.

I always demanded more than my fair  
share of everything.... to survive.

48

STEP FOUR<sub>26R</sub>

I can take a look at the **3rd column** and see that **ONE** of my basic instincts of life has been threatened more than any of the others.

The **weak** items in our inventory. Maybe with God's help we can get a handle of these.

Affects My					Exact Nature				
ES	SP	M	S		S	D	SS	F	I
ES	SP	M	S						
ES	SP	M	S						
ES	SP	M	S						
ES	SP	M	S						
ES	SP	M	S						
ES	SP	M	S						
ES	SP	M	S						
ES	SP	M	S						

Ascertained in a rough way what our trouble is. (BB-72)

MY REACTION TO LIFE IS TO AN OBSESSIVE DEGREE. MY INSTINCTS ARE ALWAYS BEING THREATENED OR HARMED.

49

STEP FOUR<sub>27R</sub>

I'm		Affects My					Exact Nature				
Resentful	At	ES	SP	M	S		S	D	SS	F	I
Heavens	The Cause										
	Always drinking	ES	SP	M	S						
	Spending money	ES	SP	M	S						
	Hidding Money	ES	SP	M	S						
	Deceptive with Mark	ES	SP	M	S						
	Close out till 4 PM	ES	SP	M	S						

My basic instincts were always demanding more than their share. They had to be feed and I obsessively filled them any way I could. **DRUGS, SEX, ROCK & ROLL and BOOZE** worked BUT they worked only TEMPORARILY.

As I continued to "use" in my search for fulfillment, CHARACTER DEFECTS **GRADUALLY CREEPT** IN AND BECAME PART OF MY LIFE. (BB page 355)

TO GET MY WAY, I learned to be **SELFISH, DISHONEST, SELF-SEEKING, FRIGHTENED and INCONSIDERATE. (AKA - The Grosser Handicaps)**

50

STEP FOUR<sub>28R</sub>

## 4OURTH COLUMN

BB Page 67: ¶2

Referring to our list again...we resolutely look for our own mistakes. WHERE HAD WE BEEN **SELFISH (S), DISHONEST (D), SELF-SEEKING (SS)** AND **FRIGHTENED (F)**? (B.B.PG 67) {ON THE SEX PAGES, BILL WISLON ADDS **INCONSIDERATE (I)**; (BB, PG.69) **IN COLUMN # 4 WE ASK, WHAT'S THE EXACT NATURE** OF MY WRONGS, FAULTS, MISTAKES, DEFECTS, SHORT COMINGS, SINS, WHAT EVER.

51

STEP FOUR<sub>29R</sub>

The inventory was ours not the other mans. We look at our side of the street try to disregard what **THEY** did to me.

**Look and see where you either started the ball rolling or kept it rolling by "getting Even" or just by being into "Self-Will-Run Riot".**

All of the "Grosser Handicaps" or just a few my be involved.

**Use abbreviations S, D, SS, F, & I**

52



STEP FOUR<sub>30R</sub>

Look and see where you either started the ball rolling or kept it rolling by “getting Even” or just by being into “Self-Will-Run Riot”.

The first Personality change happens in the 4ourth Step

Affects My				Exact Nature			
ES	SP	M	S	S	D	SS	F I
ES	SP	M		S	D	SS	F I
ES	SP	M		S		SS	F I
ES	SP	M	S	S		SS	F I
ES	SP		S	S	D		F
ES	SP		S	S	D		F
ES	SP		S		D		F
ES	SP	M	S	S		SS	F I
ES	SP		S	S		SS	F I
ES	SP		S	S	D	SS	F I

53

STEP FOUR<sub>31R</sub> PRINCIPLE IS COURAGE

I'm Resentful At		The Cause		Affects My				Exact Nature			
ES	SP	M	S	S	D	SS	F	I			
HANNAH											
		Always drinking		S	D	SS	F	I			
		Spending money		S		SS	F	I			
		Hidding Money		S	S	SS	F	I			
		Deceptive with Mark		S	S	D	F				
		Stays out till 4 AM		S	S	D	F				
		with the girls?		S		D	F				
		Lies to me		S		D	F				
		Doesn't Cook		S	S	SS	F	I			
		With Hold Sex		S	S	SS	F	I			
		Bratches all the time		S	S	D	SS	F I			

When doing your Fifth Step Just read across the columns

God- Grant Me the Serenity

To accept the things I cannot change

Courage to change the things I can

And the Wisdom to know the difference

54

**ROCKETED INTO A FOURTH DIMENSION**



**"FEAR"**

This short word somehow touches about every aspect of our lives. It was an evil and corrodng thread: the fabric of our existence was shot through with it.

Big Book, 4th edition, p. 67

FEAR INVENTORY

55

STEP FOUR<sub>1F</sub>

> Bill Wilson gave very explicit instructions on how to complete the Resentment part of **Our** inventory.

> We use the same format with our FEARS

FEAR INVENTORY

- > List your **major fears** that you are experiencing today.
- > It won't be a long list **4our, 5ive or 6ix** items, +/- ~

56



STEP FOUR<sub>2F</sub>

BB PAGES 67 &amp; 68

FEAR LIST~EXAMPLES ONLY~

- DRINKING & DRUGGING
- NOT HAVING A RELATIONSHIP
- GOING TO JAIL
- NOT HAVING MONEY TO PAY BILLS
- GETTING OLD
- BEING REJECTED

57

STEP FOUR<sub>3F</sub>

The Directions are Listed on  
Page 68 of the BB - ¶3

- 1. WE REVIEWED OUR FEARS THOROUGHLY. WE PUT THEM ON PAPER.
- 2. WE ASKED OURSELVES WHY WE HAD THEM.
- 3. WASN'T IT BECAUSE SELF-RELIANCE FAILED US?
- 4. WHEN IS MADE US COCKY, IT WAS WORSE.
- WHAT IS THE EXACT NATURE OF THE WRONG? S, D, SS, (F), I

58

STEP FOUR<sub>4F</sub>**1.) WE PUT THEM ON PAPER**

- DRINKING AND DRUGGING
- NOT HAVING A RELATIONSHIP
- GOING TO JAIL
- NOT HAVING MONEY TO PAY BILLS
- GETTING OLD
- BEING REJECTED

59

STEP FOUR<sub>5F</sub>**2.) WE ASKED OURSELVES WHY WE HAD THEM.**

3HREE CATAGORIES FEARS WILL FIT INTO.  
COULD BE MORE THAT ONE.

(USE THE CORRESPONDING NUMBER 1,2 OR 3)

- 1. I'VE DONE SOMETHING TO HURT ANOTHER HUMAN BEING AND I'M **SCARED** TO DEATH WHAT THEY ARE GOING TO DO WHEN THEY FIND OUT.
- 2. I'M **SCARED** TO DEATH THAT I'M GOING TO LOSE SOMETHING I'VE ALREADY GOT.
- 3. I'M SCARED TO DEATH I'M **NOT** GOING TO GET SOMETHING I WANT.  
(FEAR OF FAILURE? FEAR OF SUCCESS?)

60

STEP FOUR<sub>6F</sub>

**COLUMN 1:** **COLUMN 2:**

Number of Category **FEAR** will fit into

Column 1	2
DRINKING AND DRUGGING	2, 3
NOT HAVING A RELATIONSHIP	3
GOING TO JAIL	1,2, 3
NOT HAVING MONEY TO PAY BILLS	3
GETTING OLD	2, 3
BEING REJECTED	3

STEP FOUR<sub>7F</sub>

**3. WASN'T IT BECAUSE SELF-RELIANCE FAILED US?**

WAS BASIC INSTINCT OF LIFE IS AFFECTED?

ES, SP, M, S.

Column 1	2	3
DRINKING AND DRUGGING	2, 3	ES, SP, M, S
NOT HAVING A RELATIONSHIP	3	ES, SP, S
GOING TO JAIL	1,2, 3	ES, SP, M, S
NOT HAVING MONEY TO PAY BILLS	3	ES, SP,
GETTING OLD	2, 3	ES, SP, S
BEING REJECTED	3	ES, SP, S

STEP FOUR<sub>8F</sub>

**4. WHEN IS MADE US COCKY, IT WAS WORSE.**

WHAT IS THE EXACT NATURE OF THE WRONG?

S, D, SS, (F), I

Column 1	2	3	4
DRINKING AND DRUGGING	2, 3	ES, SP, M, S	S, D, SS, I
NOT HAVING A RELATIONSHIP	3	ES, SP, S	S, SS, I
GOING TO JAIL	1,2, 3	ES, SP, M, S	D,
NOT HAVING MONEY TO PAY BILLS	3	ES, SP,	S, D, SS, I
GETTING OLD	2, 3	ES, SP, S	S, D, SS, I
BEING REJECTED	3	ES, SP, S	S, D, SS, I

**ALL ON ONE PAGE**

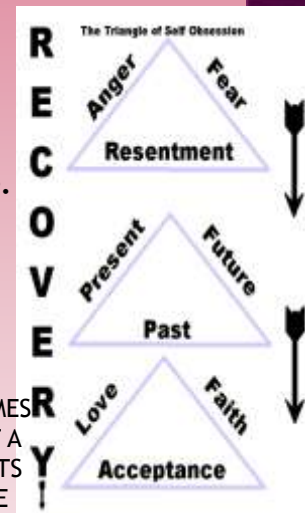
STEP FOUR<sub>9F</sub>

**BB Page 68; ¶3, Line 7**

“We ask Him to remove our fear and direct our attention to what He would have us be.

**At once, we commence to outgrow fear.” (BB133)**

- ALL FEARS ARE BASED IN THE FUTURE.
- ALL RESENTMENTS ARE BASED IN THE PAST.
- STAYING IN THE MINUTE, SOMETIMES ONE BREATH AT A TIME, ONE DAY AT A TIME, ELIMINATES ALL VAIN REGRETS OF THE PAST AND ALL FEARS OF THE FUTURE



STEP FOUR<sub>10F</sub>**RESENTMENTS**

are always in the past and are replaced with **ACCEPTANCE**

**ANGER** is always in the present and is replaced with **LOVE**

**FEARS** are always in the future and are replaced with **FAITH**

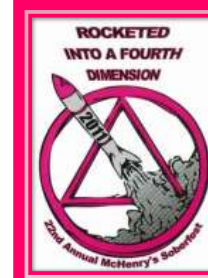
If your mind lives in the resentments and vain regrets of the past and the fears of the future; You have no present.

You made a decision in Step 3 to **turn those thoughts and actions over to God**, as you understand Him.

Those thoughts of the past and future are controlling your life - **You're** not controlling your thoughts - **Nor Is God**

*Turn-It-Over*

65



SEX INVENTORY

66

STEP FOUR<sub>1SEX</sub>

**BB Page 68 ¶4 NOW ABOUT SEX**

**WE DO NOT WANT TO BE THE ARBITER OF ANYONE'S SEX CONDUCT.**

- YOU NEED TO DO THIS ON YOUR OWN TIME.
- GET THE QUESTIONS DOWN - **Page 69 ¶2**
- DISCUSS AND SHARE WITH YOUR SPONSOR YOUR HIDDEN AND UNACCEPTABLE SEX EXPERIENCES WHICH CAUSE HARM.
- BE SURE THAT YOU UNDERSTAND THE QUESTIONS AND THE PRAYERS.

67

STEP FOUR<sub>2SEX</sub>

- COLUMN 1: WHO HAD WE HURT?
- COLUMN 2: WHAT DID I DO?
- COLUMN 3: WHAT PART OF SELF CAUSED IT?  
( E.S., S.P., M., S. )
- COLUMN 4: WHAT IS THE EXACT NATURE OF THE WRONG?  
( S, D, SS, F, I )

68

STEP FOUR<sub>3SEX</sub>**PAGE 69, BEGINNING WITH LINE 12)**

1. WE REVIEW OUR OWN CONDUCT OVER THE YEARS PAST. (¶1;L1)
2. WHERE HAD WE BEEN? (¶1; L2)
  - **A.** SELFISH
  - **B.** DISHONEST
  - **C.** SELF-SEEKING
  - **D.** FRIGHTENED (REJECTION OR NOT BEING ACCEPTED)
  - **E.** INCONSIDERATE

69

STEP FOUR<sub>4SEX</sub>

- 3. WHOM HAD WE HURT? (¶1; L3)
  - 4. DID WE UNJUSTIFIABLY AROUSE...? (¶1;L3)
    - A. JEALOUSY
    - B. SUSPICION OR
    - C. BITTERNESS
  - 5. WHERE WERE WE AT FAULT? (¶1;L4)
  - 6. WHAT SHOULD WE HAVE DONE INSTEAD? (¶1;L5)
- WE GOT THIS ALL DOWN ON PAPER AND LOOKED AT IT. (¶ 1; line 5)**

70

STEP FOUR<sub>5SEX</sub>

WE SUBJECTED EACH RELATION TO THIS TEST - WAS IT...? (¶ 2;L2)

7. SELFISH
  8. OR NOT SELFISH
  9. SUPPOSE WE FALL SHORT OF THE CHOSEN IDEAL AND STUBBLE?  
(Page 70; ¶ 1;L1)
  10. DOES THIS MEAN WE ARE GOING TO GET DRUNK? (Page 70; ¶1;L2)
- IN THIS WAY WE TRIED TO SHAPE A SANE AND SOUND IDEAL FOR OUR FUTURE SEX LIFE. (¶2;L1)

71

STEP FOUR<sub>6SEX</sub>**11. EXAMPLES OF USING SEX FOR SELFISH PURPOSES:**

- DID I USE SEX TO FULLFIL MY OTHER BASIC INSTINTS OF LIFE?
- **I USED SEX TO BUILD MY SOCIAL PRESTIGE?**  
**(Look at my trophy)**
- I USED SEX TO BUILD MY EMOTIONAL SECURITY AND ACCEPTANCE?  
(If you are happy, then I am happy; I like **"THAT"** feeling, I **"LOVE"** you?)
- **I WASN'T OVER SEXED, I WAS UNDER SECURE!**

72

STEP FOUR<sub>7SEX</sub>

- **I WITHHELD SEX TO GET EVEN?**
- DID I USE SEX TO FORCE MY WILL ON ANOTHER HUMAN BEING?
- **I DIDN'T REALLY CARE HOW YOU FELT AS LONG AS MY DESIRE WAS FULFILLED?**
- DID I DEMAND MORE THAN MY FARE SHARE?
- **I DID NOT KNOW HOW TO BE INTIMATE; SO MY CHEAP COPY FOR INTAMACY, SEX.**

73

STEP FOUR<sub>8SEX</sub>

*1<sup>st</sup> Prayer of the Sex Inventory; Pg 69 ¶2;L3*  
**WE ASK GOD TO MOLD OUR IDEALS AND HELP US TO LIVE UP TO THEM** WHATEVER OUR IDEAL TURNS OUT TO BE, WE MUST BE WILLING TO GROW TOWARD IT.

**(↑Has been said by couples, together.)**

*2<sup>nd</sup> Prayer of the Sex Inventory; Pg 69 ¶3;L6*  
**IN MEDITATION, WE ASK GOD WHAT WE SHOULD DO ABOUT EACH SPECIFIC MATTER.**

74

STEP FOUR<sub>9SEX</sub>

*3<sup>rd</sup> Prayer of the Sex Inventory Pg 70; ¶2;L1*  
**“WE EARNESTLY PRAY FOR THE RIGHT IDEAL, FOR GUIDANCE IN EACH QUESTIONABLE SITUATION, FOR SANITY, AND FOR THE STRENGTH TO DO THE RIGHT**

**HE NEEDS TO ADMIT TO HIMSELF, TO GOD AND TO ANOTHER HUMAN BEING ANY HARM DONE BY ANY HIDDEN OR UNACCEPTABLE SEXUAL INSTINCTS EXHIBITED.**

75

STEP FOUR<sub>10SEX</sub>

***GOD ALONE CAN JUDGE OUR SEX SITUATION.***

*Page 69 (¶4;L1)*

***GOD WILL BE THE FINAL JUDGE.***

*Page 70; L1*

***“IF WE ARE SORRY FOR WHAT WE HAVE DONE AND HAVE THE HONEST DESIRE TO LET GOD TAKE US TO BETTER THINGS, WE BELIEVE THAT WE WILL BE FORGIVEN AND WILL HAVE LEARNED OUR LESSON.”***

**(Page 70; ¶ 1; line 4-)**

76

STEP FIVE<sub>1</sub> PRINCIPLE IS INTEGRITY***ADMITTED TO GOD, TO OURSELVES,  
AND TO ANOTHER HUMAN BEING THE  
EXACT NATURE OF OUR WRONGS:***

Page 72; ¶2;L10

Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock.

77

STEP FIVE<sub>2</sub>

Page 73; L4

They only thought they had lost their egoism and fear; they only thought they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else all their life story. **\*\*TASK ~**  
***“Now tell the three things you promised yourself, you were going to take to the grave with you. The things that you swore you would never tell anyone, ever. Now is the time.”***

CHOOSE\*YOU HAVE TO GET IT ALL OUT\*OR DRINK

78

STEP FIVE<sub>3</sub>

Once satisfied with their answer; go back to their Resentment, (Fear and Sex) inventory and point out that in **the 4<sup>th</sup> column they admitted to God , themselves and another human being, the exact nature of their wrongs.**

**The wrong was the Resentment, the exact nature** of the wrong was where they had been; **Selfish, Dishonest, Self-seeking, Frightened** and/or **Inconsiderate.**

79

STEP FIVE<sub>4</sub>

**So they had completed Step 5 as they were going through their inventories.**

**As we go through their inventory (in my case, sponsors are with the sponsee continually) we try and pull everything out we can while going through the writing process; getting their whole story.**

**If this hasn't been done during; just read the inventory across all 4our columns.**

80



STEP FIVE<sub>5</sub>**8 PROMISES OF STEP 5****BB PAGE 75 ¶2**

1. ONCE WE HAVE TAKEN THIS STEP, WITHHOLDING NOTHING WE ARE DELIGHTED.
2. WE CAN LOOK THE WORLD IN THE EYE.
3. WE CAN BE ALONE AT PERFECT PEACE AND EASE.
4. OUR FEARS FALL FROM US.
5. WE BEGIN TO FEEL THE NEARNESS OF OUR CREATOR.
6. WE MAY HAVE HAD CERTAIN SPIRITUAL BELIEFS, BUT NOW WE BEGIN TO HAVE A SPIRITUAL EXPERIENCE.
7. THE FEELING THAT THE DRINK PROBLEM HAS DISAPPEARED WILL OFTEN COME STRONGLY.
8. WE FEEL WE ARE ON THE BROAD HIGHWAY, WALKING HAND IN HAND WITH THE SPIRIT OF THE UNIVERSE.

81

STEP FIVE<sub>6</sub>

- > We thank God from the bottom of our heart that we know Him better. BB pg 75; ¶3L3
- BECAUSE: WE KNOW MORE ABOUT LOVE & TRUTH**
- > **Carefully reading the first five proposals we ask if we have omitted anything**, for we are building an arch through which we shall walk a free man at last. ¶3L6
- READ THE 1ST FIVE PROPOSALS AND ASK IF WE HAVE OMITTED...**

82

STEP FIVE<sub>7</sub>**BB PAGE 75 ¶3L9  
4 QUESTIONS**

> **IS OUR WORK SOLID SO FAR?**

**THE A, B, C'S AFTER HOW IT WORKS.**

> **ARE THE STONES PROPERLY IN PLACE?**

**FOUNDATION OF COMPLETE WILLINGNESS - P 12**

**SPIRITUAL STRUCTURE REVIEW**



**CORNERSTONE OF WILLING TO BELIEVE - P 47**

**KEYSTONE OF THE NEW AND TRIUMPHANT ARCH THROUGH WHICH WE PASSED TO FREEDOM - DECISION - P 62**

83

STEP FIVE<sub>8</sub>

- > **HAVE WE SKIMPED ON THE CEMENT PUT INTO THE FOUNDATION?** **HAVE I** SKIMPED ON THE WILLINGNESS PUT IN THE FOUNDATION.
- > **HAVE WE TRIED TO MAKE MORTAR WITHOUT SAND?** **HAVE I** TRIED TO TAKE STEPS 2, 3, 4 & 5 WITHOUT TAKING STEP 1.

84




**BREAK**  
**STEPS 6 & 7**  
**NEXT**

85

STEP SIX, PRINCIPLE IS WILLINGNESS

**Are we now ready to let God remove from us all the things which we have admitted are objectionable?**

*What* did we admit in the 4<sup>th</sup> Column of our 4<sup>th</sup> Step?  
*What* did we admit was the exact nature of our wrongs, to God, to Ourselves and to another Human Being in Step 5?

86

STEP SIX<sub>2</sub> **BECOMING ENTIRELY READY IS ALL THERE IS.**

**WASN'T IT:**

- **SELFISH**
- **DISHONEST**
- **SELF-SEEKING**
- **FRIGHTENED**
- **INCONSIDERATE**

ALL DEFECTS WILL FIT INTO ANYONE OF THE ABOVE **GROSSER HANDICAPS** .

**YOU ADMITTED THEM IN THE PREVIOUS STEPS – DO YOU FIND THEM OBJECTIONABLE?**

**IF YOU DO, CONTINUE TO STEP SEVEN**

87

STEP SEVEN, PRINCIPLE IS HUMILITY



88

STEP SEVEN<sub>2</sub>

**[ Step 6 = If we still cling to something we will not let go, we ask God to help us be willing. ]**

**Page 76, ¶2 SEVENTH STEP PRAYER**

When ready, we say something like this:

**“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.**

STEP SEVEN<sub>3</sub>

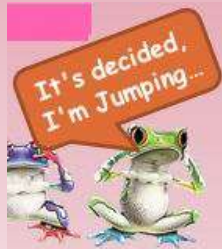
**Tool**

**“MY CREATOR, I AM NOW WILLING THAT YOU SHOULD HAVE ALL OF ME GOOD AND BAD. I PRAY THAT YOU NOW REMOVE FROM ME,**

**Being Selfish, Dishonest, Self-seeking, Frightened, Inconsiderate and 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.**

STEP SEVEN<sub>4</sub>

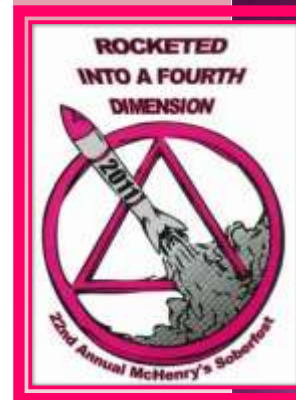
Remember the “Frog” in Step 3hree that made a decision?



**When you hear the splash...he took Step 7even v**



**Just more self “sucked-out” to continue with Steps 8 & 9**



22<sup>nd</sup> Annual McHenry Soberfest 2011

**BREAK  
STEP 8 NEXT**

STEP EIGHT,  
PRINCIPLE IS  
BROTHERLY

LOVE/FORGIVENESS

BB Page 76, ¶2

**MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.**

*“Faith without works is dead.”*

**YOU HAVE TO DO YOUR PART**

*...In your own recovery - while we give you Loving Support*

93

STEP EIGHT<sub>2</sub>

(12/12 PAGE 80)

➤ **HARM IS DEFINED** AS THE RESULT OF INSTINCTS IN COLLISION, WHICH CAUSES **PHYSICAL, MENTAL, EMOTIONAL**, OR **SPIRITUAT**, DAMAGE TO PEOPLE.

➤ **REVIEW THE 4th STEP “GRUDGE TIST** - and **add** to it those you have harmed but are not on any of your lists.

**THIS IS YOUR 8<sup>TH</sup> STEP LIST**

➤ If we are now about to ask **forgiveness** for ourselves, why shouldn't we start out by **forgiving** them, one and all? (12X12, Page 78)

94

STEP EIGHT<sub>3</sub>

**WE ARE STILL GATHERING INFORMATION**

The following is **MY EXPERIENCE** in the way I became willing to make amends to them all.

**-THIS IS NOT THE ONLY WAY -**

- **FIRST** WE LOOK BACKWARD AND TRY TO DISCOVER WHERE WE HAVE BEEN AT FAULT.
- **SECOND** WE MAKE A VIGOROUS ATTEMPT TO REPAIR THE DAMAGE WE HAVE DONE.
- **HAVING CLEANED** AWAY THE DEBRIS OF THE PAST, WE CONSIDER HOW WITH OUR NEWFOUND KNOWLEDGE OF OURSELVES, **WE MAY DEVELOP THE BEST POSSIBLE RELATIONS WITH EVERY HUMAN BEING WE KNOW.**

(12/12 PAGE 77)

95

STEP EIGHT<sub>4</sub>

➤ On One Full Sheet of Paper, Draw a Line Down the Middle of the Page.

➤ On the Left Hand Side, at the Top, Write; **“Harms Done”** (the harms I have done) **Write the Persons Name below “Harms..**

➤ **Do This On a Blank Sheet of Paper, One Page For Each Name On Your 8<sup>th</sup> Step List.**

The image shows a sheet of lined paper with a vertical line drawn down the center. At the top left, the words "Harms Done" are written in blue ink, with the name "Henrietta" written below it. The rest of the page is blank with horizontal lines.

96

**STEP EIGHT<sub>5</sub>**

Underneath the 1<sup>st</sup> name **write the harms** you have done to that person.

**THERE EXISTS A GOOD BEGINNING LIST ON PAGES 80 & 81 OF THE 12x12.**

~BUZZ WORDS ONLY~ YOU, HOPEFULLY, WILL FEEL THE HARM AS YOU RE-THINK **ONE HARM PER LINE**

*Examples*

- YELLED (Bad Temper)
- DISHONEST (Lied/Cheated)
- SELFISH-JEALOUS
- MISERLY~COLD
- IRRESPONSIBLE (their needs)
- CALLOUS-IRRITABLE
- CRITICAL-IMPATIENT
- HUMORLESS~DOMINATING
- WALLOWING IN SELF-PITY & DEPRESSION...

**STEP EIGHT<sub>6</sub>**

**We are still gathering information.**

Next, we **maybe** entering into a dimension we have seldom gone before -

~**EMPATHY**~ =

The ability to identify with and understand somebody else's feelings or difficulties.

Harms Done	
Henrietta Yelled at her	
dishonest, lied	
Cheated on her	
Criticized her	
refused her advice	
Selfish	
ruined her	
manipulated her	
ignored her	
miserly-sluggish	
irresponsible to her needs	
unstable	
cold/callous	
unpleasant	
intolerant	
humorless	
dominated her	
neglected her	
wallowed in self-pity	
judgmental	
suspicious	
smug-stubborn	
inconsiderate	

**STEP EIGHT<sub>7</sub>**

Above the right hand column **WRITE ~**

**Effects**

Look at the harm done in the left column.

“Yelled at her”

**How do you think that made her feel, when you yelled at her?**

**HOW WOULD YOU FEEL IF SOMEONE YELLED AT YOU?**

**Write your selection on the same line but in the right column**

Yelled at her - Scared her

**STEP EIGHT<sub>8</sub>**

**Try to feel** what it was like to “walk a mile” in their shoes” - while you were **loving** them in this Way.

**Is this the way you loved people??**

Harms Done	Effects
Henrietta Yelled at her	scared her
dishonest, lied	loss of trust
Cheated on her	betrayed
Criticized her	hurt
refused her advice	inadequate
Selfish	left out
ruined her	scared - worthless
manipulated her	felt used
ignored her	not loved
miserly-sluggish	wanted to get even
irresponsible to her needs	insignificant
unstable	frustrated
cold/callous	unappreciated
unpleasant	no respect
intolerant	rejected
humorless	unaccepted
dominated her	angry - hurtful
neglected her	abandoned
wallowed in self-pity	she felt guilty
judgmental	worthless - used
suspicious	felt unworthy
smug-stubborn	unimportant
inconsiderate	hurt
discourteous	insulted

**STEP 6**  
Do You Find The Defects Above Objectionable?



STEP EIGHT<sub>9</sub>

- CAN YOU SEE WHY SHE REACTED THE WAY SHE DID?
- LOOKING AT THE EFFECTS CAUSED FROM MY ACTIONS CAN I ADMIT THAT “HENRIETTA” ***WAS NOT WRONG*** TO REACT OR ACT AS SHE DID?
- WAS HENRIETTA WRONG IN THE WAY SHE REACTED?
- At the top, next to Henrietta’s name **WRITE: WAS NOT WRONG.**

101

STEP EIGHT<sub>10</sub>

### Can you forgive Henrietta for what she did to you?

(EVERYONE HAS SELF and EVERYONE HAS BASIC INSTINCTS, WANTING TO BE FILLED.)

If you can forgive her write: I forgive Henrietta across the page.

Harms Done	Effects
Henrietta <b>was not wrong</b>	
felted at her	scared her
dishonest lied	loss of trust
cheated on her	helpless
belittled her	belittled
refused her advice	inappropriate
blame	lost self
she her	scared - worthless
manipulated her	felt used
ignored her	not loved
miserly - stingy	wanted to get even
irresponsible to her needs	selfish
unstable	unimportant
void/nalious	unappreciated
unpatient	no respect
intolerant	rejected
humorous	unaccepted
dominated her	angry - belittled
neglected her	abandoned
involved in self-pity	she felt guilty
judgmental	worthless - usda
suspicious	felt untrustworthy
smug - scorn	unimportant
unpleasant	hurt
disrespectful	insulted

Continue through the list. →

102

STEP EIGHT<sub>11</sub>

Remember ⇓

There may be those on your list that **never did anything to you- which you have to forgive them for;** like Grandmother or Aunt Rosie. See the harm that you did to them, **Love & forgive yourself & move on....**

**BB Page 70:**  
**“If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson.”**

103

STEP EIGHT<sub>12</sub>

There may be those on your list that **did some horrific things** to you; sexual abuse, rape, forced incest, beatings, mental/ emotional torture - - **that it is so hard to forgive.** They cannot possibly hurt you now.

Know that you have to get over being the victim and be the Victor (as in the 3rd Step Prayer - victory over my difficulties) **RELEASE THE BURDEN - Let God be the Final Judge,** he will take care of it. You can release it now - try and “turn it over”.

104



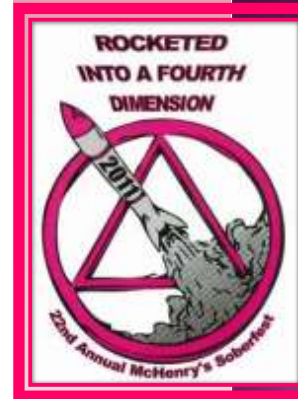
**STEP EIGHT<sub>13</sub>**

I discovered in Step 8, that I hadn't completed the **Grieving Process**. I was stuck in the middle of it some where; **still being the victim**; letting them rent space in my head, free. **BB Page 76; ¶13 L10** ↓  
 "If we haven't the will to do this, we ask until it comes."

**The more of my resistance I can give up the quicker my Power Greater will give us peace.**

If we have been **violated** by others, we must experience the stages of **shock, denial, anger, depression , & sadness** in order to purify our hearts. **Only then will we be ready to approach the final step of the process –**

**Forgiveness** - grieving without resentment and with emotional integrity:



**STEP 9 NEXT**

**STEP NINE<sub>1</sub>**

**Made direct amends to such people wherever possible, except when to do so would injure them or others.**



My sponsor took a **quiet time and invited God** for guidance, direction and discernment in selecting my amends to make.

Which ones were to be **Direct**, and which ones to **Omit, Delay, Write letters** for and/or future **Service Work**. **Living amends** refers to the last line of Step 12.

**STEP NINE<sub>2</sub>**

In Step 8 I did become willing to make amends to them **ALL**, one way or the other. My sponsor omitted some. He marked the amends I had to make **FOR ENTRY** - not the whole list just 3 or 4 items & what kind of amends to make- **DIRECT, LETTERS....**

Harms Done	Effects
Henrietta <b>was not wrong</b>	
lied at her	scared her
dishonest lied	loss of trust
cheated on her	betrayed
manipulated her	belittled
ignored her advice	inappropriate
Coerced	let her
felt her	scared - worthless
manipulated her	felt used
ignored her	not loved
misery - misery	wanted to get even
unresponsive to her needs	unimportant
infinite	infinite
bold/hollow	denigrated
unpleasant	disrespect
intolerant	misleading
sumless	unaccepted
dominated her	angry - belittled
neglected her	abandoned
manipulated her	she felt guilty
judgmental	worthless - weak
subliminal	felt unworthy
smug - smug	unimportant
unresponsive	hurt
disrespect	insulted

*I forgive Henrietta*

## STEP NINE<sub>3</sub> PRINCIPLE IS JUSTICE

### **Types of Amends: (Page 83; 12x12)**

- > There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety.
- > **There will be those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good.**
- > There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all.
- > **Most of us begin making certain kinds of direct amends from the day we join Alcoholics Anonymous.**

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## STEP NINE<sub>4</sub>

- > Go out to repair the damage done in the past - **willing to go to any lengths** for victory over alcohol.
- > Purpose is to fit ourselves to be of maximum service to God and the people about us.
  - > Pray - Send God first
  - > Meet in person
  - > "I was wrong...., please forgive me"
  - > Share experience with sponsor

110

## STEP NINE<sub>5</sub>

### **1. SEND GOD FIRST:**

- > Make the call or write the first paragraph of the letter
- > **Start by introducing yourself and then say something like this:**
- > "I've got something important to talk to you about. Do you have a minute?"
- > **If they agree to listen: tell them, briefly, about the troubles you have been having and how you wound up in A.A. Tell enough of your story to let them know that you have had serious troubles with alcohol.**
- > "I have recently met some people in Alcoholics Anonymous who took me through the 12 Steps in the A.A. recovery program. My life has been changed."

111

## STEP NINE<sub>6</sub>

### **2. Set the appointment**

**"This is the reason I'm calling you. I'd like a chance to meet with you, and to tell you how I now see that I was wrong in the past. I would really appreciate the opportunity to talk briefly with you.**

When would be a good time for you?"

**Be ready to meet at their convenience. If they can't think of a place to meet, suggest a setting, at their home, a park, public restaurant, etc.... a place most comfortable for them.**

If you are calling long distance you can ask, "When would be a good time to call."

**Be considerate of their time and fears---they will know you mean business.**

112

STEP NINE<sub>7</sub>**3. Making the amend**

When you meet them (if you're not doing the amend by phone), briefly review what you told them on the first contact.

**Do not say, "I'm Sorry". Say, "I was wrong—please forgive me."**

"When I looked at myself through the steps of the A.A. program, I realized that I was totally self-centered and selfish. I used people and I was never satisfied no matter what I got. I was always afraid of losing what I had. I always wanted more; more time, more money, more friendship, more attention--the list is long.

**Back then, when I didn't get what I wanted I got mad, - I got even.**

In your case I ....." (go over 3 or 4 examples from the 8th Step).

113

STEP NINE<sub>8</sub>

>The goal is to let them know that you really have looked at your behavior, without re-opening old wounds. (Keep the examples to 3 or 4 at the most.)

**>"I now see that I was wrong and you were, in no way, to blame. I need to start my life over again, and to do that, I'm here to ask you to forgive the harm I have done to you."**

>If their anger lashes out --- do not get into an argument with them. You are there to let God fix the past, not to start it up again. Simply respond:

**>"You're right. And I now see that, and I've been wrong for doing that. That's why I'm here, to let you know that I now know that I've been wrong. I need to start my life over again, and to ask you to forgive me."**

114

STEP NINE<sub>9</sub>

>Bring the conversation back around again to your real purpose, Forgiveness.

**>Remember-- God is going ahead of you to prepare that person to receive you with favor.**

>You are on God's business, not your own, and God will pave the way. You just show up and open your mouth.

**4. Call sponsor after each amend and share the good news.**

**See 12 Promises on page 83 & 84**

115

## 10 ~ 11 ~ 12 ~ CONSTRUCTION

If you have been

***painstaking*** about the amends phase of your development you are amazed....**If you have not been **painstaking**, you may not be amazed.**

**>Steps 4 thru 9 Clears Away the wreckage of the past.**

**>Steps 4 & 5, Shows us the "REAL ME";** so we can heal.



**>Steps 6 & 7, Reconnects or Connects us with GOD; to heal us.**

**>Steps 8 & 9, Showed us how we dealt with relationships so we could live with OTHERS.**

116



STEP TEN<sub>1</sub> Principle is  
Perseverance

**“Continued to take personal inventory and when we were wrong promptly admitted it”**

**CONTINUED IS MENTIONED 4 - FOUR TIMES IN THE FIRST PARAGRAPH**

- **continue** to take personal inventory
- should **continue** for our lifetime
- **Continue** to watch for
- **continue** to set right

BB Page 84

➤ **WHY WOULDN'T WE WANT TO KEEP THAT SLATE CLEAN? WHY FIGHT IT? I ALREADY LOST ONCE.**

118

STEP TEN<sub>2</sub>

### ***Five Parts of Step 10 +***

- 1 Continue** to watch for selfishness, dishonesty, resentment, and fear. (inconsiderate)
- 2 When** these crop up, we **ask God** at once to remove them.
- 3 We discuss** them with someone immediately and
- 4 make amends** quickly if we have harmed anyone.
- 5 Then** we resolutely turn our thoughts to **someone we can help**.

119

STEP TEN<sub>3</sub>

~WHEN NOT IF ~  
WHAT DID WE LEARN EARLIER - 1

Notice Bill didn't tell us **“if”** these (**selfishness, dishonesty, resentment and fear**), but he says **“when!”** These devils will always be out there waiting to attack me during a weak moment. This is why I will need to keep my Step Ten Tools in good working order for a lifetime, but in what manner am I to ask God to remove these reoccurring demons

- I learned how to ask God to remove **resentments** when I did Step Four. Do you remember the 4-part prayer on page 67? *(This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.)*

120

STEP TEN<sub>4</sub>

~WHEN NOT IF ~

WHAT DID WE LEARN EARLIER - 2

- I learned how to ask God to remove my irrational **fears** on page 68 with this prescribed prayer: *“We asked Him to remove our fear and direct our attention to what he would have us be.”*
- Step Four also taught me how to recognize my innate **dishonesty** and **selfishness** and Step Six taught me how to become willing to let go of these dangerous threats to sobriety.

121

STEP TEN<sub>5</sub>

~WHEN NOT IF ~

WHAT DID WE LEARN EARLIER - 3

- **Step Seven** taught me a prayer asking God to take over my whole being; both good and bad. This allows me to live with my real purpose to be fit to be of maximum service to God and the people about me. In this mode I begin to lose my desire to be **selfish**.
- So, it is very easy for me to realize how the **on-the-job training of the earlier steps** taught me how to **effectively** live in the spirit of this second clear-cut-**direction** of Step Ten.

122

STEP TEN<sub>6</sub>**Step 10 - 10 Promises** (*The Forgotten Promises*)

<sup>1</sup>And we have ceased fighting anything or anyone - even alcohol. For by this time sanity will have returned. <sup>2</sup>We will seldom be interested in liquor. <sup>3</sup>If tempted, we recoil from it as from a hot flame. <sup>4</sup>We react sanely and normally, and we will find that this has happened automatically. <sup>5</sup>We will see that our new attitude toward liquor has been given us without any thought or effort on our part. <sup>6</sup>It just comes! That is the miracle of it. <sup>7</sup>We are not fighting it, neither are we avoiding temptation. <sup>8</sup>We feel as though we had been placed in a position of neutrality - safe and protected. <sup>9</sup>We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. <sup>10</sup>That is how we react so long as we keep in fit spiritual condition.

123

STEP TEN<sub>7</sub>

BB Page 84; ¶2 L14

**Love and Tolerance of others is our code.**

BB Page 85; ¶1 L1

It is easy to let up on the spiritual program of action and rest on our laurels.

**Laurels are Past Accomplishments -**  
**So, don't rest on Steps 1-9.**

A laurel wreath is a circular wreath made of interlocking branches and leaves of the Bay Laurel. Worn as a trophy for Past “things” well done.

**If you are RESTING on Your LAURELS where is your head?**



124



STEP TEN<sub>8</sub>

BB Page 85; ¶1 L3

**We are not cured of alcoholism.***What we really have is a **daily reprieve** contingent on the maintenance of our spiritual condition.*(inserted by dg. **HOW DO WE GET A DAILY REPRIEVE?**)

By continuing to take a Personal Inventory.)

How can I best serve Thee -

Thy will (not mine) be done."

**These are thoughts which must go with us constantly. We can exercise our will power along this line all we wish.****It is the proper use of the will.**

125

STEP TEN<sub>9</sub>

BB Page 85; ¶2 L6

**We have begun to develop this **vital sixth sense.******The 5ive senses of Taste, Touch, Sight, Hearing and Smell gather information.****The 6<sup>th</sup> sense is a sense of direction: from our will to God's will.**

126

STEP TEN<sub>10</sub>**LIABILITIES** TODAY WHERE HAVE I BEEN **ASSETS**

SELFISH

DISHONEST

SELF-SEEKING

FRIGHTENED

INCONSIDERATE

**SELF-PITY****SELF-IMPORTANCE****SELF-JUSTIFICATION****SELF-COMDEMNATION**

GENEROSITY

HONESTY

SERVICE-ABILITY

COURAGE THOROUGH FAITH

SELF-FORGETFULNESS

**MODESTY/GRATITUDE****MODESTY****HUMILITY****SELF-VALUATION**

127

*Serenity Prayer**God Grant Me  
The Serenity  
To Accept The Things  
I Cannot Change;  
Courage To Change The  
Things I Can;  
And The Wisdom To  
Know The Difference.  
Living One Day  
At A Time;  
Enjoying One Moment  
At A Time;**Accepting Hardships 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.*reworded to Recovery Workbook 1926**BREAK  
STEP 11 NEXT**

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## STEP ELEVEN<sub>1</sub> PRINCIPLE IS SPIRITUAL

**Step 11:** “Sought through prayer and meditation to improve our conscious contact with God, as we understood him, praying only for knowledge of his will for us and the power to carry that out”

“TRAINING ON HOW TO LIVE A SPIRITUAL LIFE.”

*Nightly Suggested Readings:*

Big Book: Page 86, line 5 - 18.

12 & 12: Page 93, line 17 - page 95.

129

## STEP ELEVEN<sub>2</sub>

**When we retire at night,  
BB PAGE 86; ¶ 1**

- WERE WE:
  - RESENTFUL**
  - SELFISH**
  - DISHONEST**
  - AFRAID**
- DO WE OWE AN APOLOGY?
- HAVE WE KEPT SOMETHING TO OURSELVES THAT WE SHOULD DISCUSS WITH ANOTHER PERSON AT ONCE?
- WERE WE KIND AND LOVING TOWARD ALL?

➤ BE CAREFUL NOT TO DRIFT INTO:

**WORRY**  
**REMORSE or**  
**MORBID**  
**REFLECTION**

- THIS MAY DIMINISH OUR USEFULNESS TO OTHERS.
- AFTER MAKING OUR REVIEW WE **ASK GOD'S** FORGIVENESS AND INQUIRE WHAT CORRECTIVE MEASURES SHOULD BE TAKEN.

130

## STEP ELEVEN<sub>3</sub>

**BB PAGE 86; ¶ 2**

**ON AWAKENING:**

THINK ABOUT THE 24 HOURS AHEAD.

**ASK GOD** TO DIRECT OUR THINKING. TO DIVORCE US FROM

**SELF-PITY**  
**DISHONESTY or**  
**SELF-SEEKING MOTIVES**

WE MAY NOT BE ABLE TO DETERMINE WHICH COURSE TO TAKE.

HERE WE **ASK GOD** FOR:

**INSPIRATION**  
**AN INTUITIVE THOUGHT**  
**A DECISION**

Morning Suggested Readings:  
Big Book: Page 86, line 19 - page 88.  
12 & 12: Page 102, line 14 - page 103, line 14.

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## STEP ELEVEN<sub>4</sub>

**BB PAGE 86; ¶3 L4**

- RELAX AND TAKE IT EASY, DO NOT STRUGGLE. WITH **PRACTICE** WE WILL DEVELOP THE PLANE OF INSPIRATION.
- YOU MAY **VOICE** THE 11th STEP MEDITATION PRAYER.
- CONCLUDE **WITH A PRAYER** THAT WE BE SHOWN ALL THROUGH THE DAY WHAT OUR NEXT STEP WILL BE. THAT WE BE GIVEN WHATEVER WE NEED TO TAKE CARE OF SUCH PROBLEMS.
- **ASK FOR** FREEDOM FROM SELF-WILL THROUGHOUT THE DAY:

132

STEP ELEVEN<sub>5</sub>

- **PAUSE WHEN** AGITATED OR DOUBTFUL AND ASK FOR THE RIGHT ACTION.
- WE KNOW THAT WE ARE NOT RUNNING THE SHOW, SAYING MANY TIMES A DAY “TRY WILL BE DONE.”
- WE ARE THEN IN MUCH LESS DANGER OF:
  - EXCITEMENT**
  - FEAR**
  - ANGER**
  - WORRY**
  - SELF-PITY or FOOLISH DECISIONS**
- WE ALCOHOLICS ARE **UNDISCIPLINED**. SO WE LET GOD DISCIPLINE US, BEGINNING IN THE SIMPLE WAY THE BIG BOOK OUTLINES.

133

STEP ELEVEN<sub>6</sub>

**“IF FAITH WITHOUT WORKS IS DEAD  
THEN WILLINGNESS WITHOUT ACTION  
IS FANTASY.”**

**Prayer is talking to God;  
Meditation is listening to God.**

**12 X 12; Page 98**

There is a direct linkage among self-examination, meditation, and prayer. **Taken separately, these practices can bring much relief and benefit.** But when they are logically related and interwoven, the **result is an unshakable foundation for life.**

134

STEP ELEVEN<sub>7</sub>

AS BEGINNERS IN MEDITATION, **WE MIGHT NOW REREAD THIS PRAYER SEVERAL TIMES, VERY SLOWLY, SAVORING EVERY WORD AND TRYING TO TAKE IN THE DEEP MEANING OF EACH PHRASE AND IDEA**

(The idea of meditation is to quiet the mind down enough so that when the answers come **WE CAN HEAR THEM.**)

WE REST QUIETLY WITH THE THOUGHTS OF SOMEONE WHO KNOWS, SO THAT WE MAY EXPERIENCE AND LEARN.  
**(12X12 PAGES 99-100)**

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STEP ELEVEN<sub>8</sub>

12X12 PAGE 99

**THE PRAYER OF ST. FRANCIS**

***“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 THAT 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.”***



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**BREAK**  
**STEP 12 NEXT**

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**STEP TWELVE<sub>1</sub> Principle is service**

**Step 12:** <sup>1</sup>“Having had a spiritual awakening as the result of these steps <sup>2</sup>We tried to carry this message to alcoholics and <sup>3</sup>practice these principles in all our affairs”

**BB Page 92; L2 The Problem**

Give him an account of the struggles you made to stop. Show him the mental twist which leads to the first drink of a spree.

**BB Page 93; L4 The Solution**

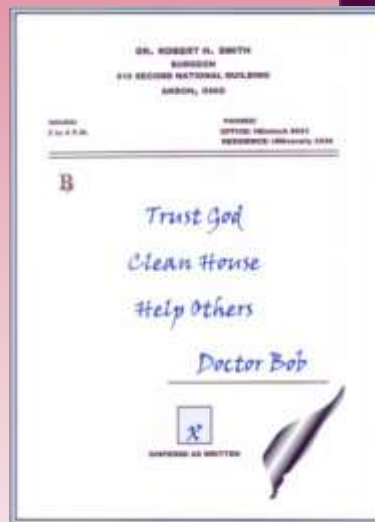
Stress the spiritual feature freely. If the man be agnostic or atheist, make it emphatic that *he does not have to agree with your conception of God*. He can choose any conception he likes, provided it makes sense to him. *The main thing is that he be willing to believe in a Power greater than himself and that he live by spiritual principles.*

138

**STEP TWELVE<sub>2</sub>**

**BB Page 93; ¶1 L1 The Program of Action**

Outline the program of action, explaining how you made a self-appraisal, how you straightened out your past and why you are now endeavoring to be helpful to him.

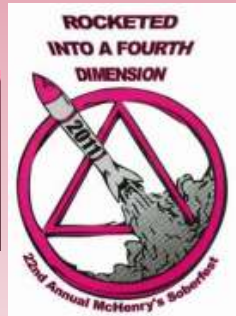


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**STEP TWELVE<sub>3</sub>**

STEP 1	<b>THE PROBLEM</b>	
STEP 2	<b>THE SOLUTION</b>	
STEP 3	<b>THE SOLUTION</b>	
STEP 4	WRECKAGE	4&5 → <b>ME</b>
STEP 5	WRECKAGE	} <b>CLEAR 6&amp;7 → GOD</b> <b>WRECKAGE</b> <b>AWAY 9&amp;10 → OTHERS</b> <b>Maintenance</b>
STEP 6	WRECKAGE	
STEP 7	WRECKAGE	
STEP 8	WRECKAGE	
STEP 9	WRECKAGE	
	<b>/Construction</b>	
STEP 10	<b>ME</b>	<b>ME</b>
STEP 11	<b>GOD</b>	<b>GOD</b>
STEP 12	<b>OTHERS</b>	<b>OTHERS</b>

# THANK YOU!!



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INFO:



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