

Step Eleven & Emotional Sobriety

The alcoholic is childish, emotionally sensitive and grandiose. We are in full flight from reality, maladjusted to life and mentally defective. We have trouble with personal relationships. We can't control our emotional natures. We are prey to misery and depression. We can't make a living. We have a feeling of uselessness. We are unhappy. We are driven by a hundred forms of fear, self-delusion, self seeking, self-pity, pride, anger, greed, gluttony, envy, lust and sloth. we are guaranteed to arouse jealousy, suspicion and bitterness because we are selfish, dishonest and inconsiderate of others.

This is an accurate description of the alcoholic gleaned from the Big Book and the 12 & 12. In short, we are a mess when we show up to AA. This makes the Eleventh Step Promises that much more astounding.

"We are then in much less danger of excitement, fear, anger, worry, self-pity or foolish decisions.. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves."

This phenomenal change in our lives comes as a result of the disciplines of prayer and meditation. Bill Wilson further expounds on the benefits of Step Eleven in his writing on emotional sobriety. The following attributes are exhibited by the practitioners of prayer and meditation.

1. They are comfortable about themselves.
2. They are not bowled over by their own emotions.
3. They take life's disappointments in stride.
4. They have a tolerant, easy going towards themselves and others.
5. They can laugh at themselves.
6. They neither underestimate nor overestimate their abilities.
7. They can accept their shortcomings.
8. They have self-respect.
9. They feel able to deal with every situation that comes their way.
10. They get satisfaction from the simple everyday pleasures.
11. They feel right about other people.
12. They are able to give love, consider the interest of other people and accept love.
13. They have intimate, emotional relationships that are satisfying and lasting.
14. They expect to trust and like others and take it for granted that others will trust and like them.
15. They respect the many differences they find in people.
16. They do not push people around, nor do they allow themselves to be pushed around.
17. They can feel they are part of a group.
18. They feel a sense of responsibility to their neighbor and to their fellow human beings.
19. They are able to meet the demands of life.
20. They are able to do something about their problems as they arise.
21. They accept responsibility for who they are and what they do.
22. They learn from the past. Live in the present and look to the future with hope.
23. They are objective enough about life to find humor in every difficult situation.
24. They welcome new ideas and experiences.
25. They make use of their natural capabilities.
26. They set realistic goals for themselves.
27. They put their best in what they do and get satisfaction out of doing.

Lofty goals, but they do manifest in our lives when we follow the disciplines of Step Eleven after working the 10 Steps before it. "It works. It really does."luv ya....jerry o.