

## **THE ST. FRANCIS PRAYER EXERCISE**

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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.”

"As beginners in meditation, we might reread this prayer several times very slowly, savoring every word and trying to take in the meaning of each phrase and idea." (12 & 12, page 99, Step 11)

### **Prayer of St. Francis**

- 1 - **LORD**, make me a channel of **Thy Peace** -
  - 2 - That where there is **hatred**, I may bring **Love**;
  - 3 - That where there is **wrong**, I may **bring the Spirit of forgiveness**;
  - 4 - That where there is **discord**, I may **bring harmony**;
  - 5 - That where there is **error**, I may **bring truth**;
  - 6 - That where there is **doubt**, I may **bring faith**;
  - 7 - That where there is **despair**, I may **bring hope**;
  - 8 - That where there are **shadows**, I may **bring light**;
  - 9 - That where there is **sadness**, I may **bring joy**.
  - 10 - Lord, grant that **I may seek** rather **to comfort** than to be comforted;
  - 11 - **To understand**, than to be understood;
  - 12 - **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.

Combining the practical with the spiritual.

I would like to share with you my method of prayer and meditation using the Prayer of St. Francis – a method which has proven to be the final phase in my being lifted from the depths of the insanity of alcohol and alcoholism...freeing me from the bondage of self.

Below, I have outlined my ABC's for **Taking Action** with the **Prayer of St. Francis**. In short, I have taken the Prayer of St. Francis (12 & 12, page 99) and divided it into 12 sentences. Each day, upon awakening, I take a few moments to contemplate each of the 12 sentences and their meaning in my life and the world about me. As I meditate upon their implications, I determine how I may put each thought into action in my **everyday** living.

I spend 24 hours on each sentence. For example, sentence one implies peacefulness. During that 24-hour period and *to the best of my ability*, I attempt to bring peace into all of my affairs. When driven by fear and selfishness or tempted by anger and frustration – dishonesty or deceit – I retreat to this meditation and take only the actions which will bring peace to the situation.

When finished with sentence one and before retiring for the day, I make notes about my experiences relating to this exercise and move on to sentence two the following day, utilizing the same method as before...and so on until I have completed all 12 sentences. When finished with all 12 sentences, I start anew with sentence one, **again and again and again**.

As you proceed with this method of *Prayer & Meditation*, you and those about you will soon detect a *(positive) change* in your *attitude and outlook* upon life and life's events.

As you persist with the actions of the Prayer of St. Francis, you will discover that these **ideals** have become a working part of your mind. During periods of *intense emotional disturbance*, you will be empowered to **take action** (upon a specific portion of the Prayer) in an effort to calm the disturbance and you will find that this happens *automatically*...one day at a time. This has been my **experience!**

*When falling short of these chosen ideals, as we surely will, accept God's forgiveness and make any reparations necessary...Then continue on as this shall become a lifetime practice.*

Take each day as it comes. Find harmony and balance within the disciplines of these exercises. Go about the business of living *cheerfully and enthusiastically*. Seek the Knowledge and embrace the Power of **God's Will** in *all* of your affairs. In so doing, you will find that you are – as the Big Book states – “*matching calamity with serenity*” (Big Book page 68) and you will begin to sense the reality of having “*become happily and usefully whole*” (12 & 12 page 15).

“All those who have persisted have found strength not ordinarily their own; wisdom beyond their usual capacity and a peace of mind which can stand firm in the face of difficult circumstances.” (12 & 12 page 104)

## The ABC's for Taking Action with The Prayer of St. Francis:

- At the *start* of each day, complete **Parts A & B**;
- As your day moves along, refer to the below Spot-check inventory guide *and use it* as a handy reference & reminder tool which you may utilize at any time during the course of the day;
- When evening comes and before retiring for the day, complete Part C.

### A

#### **Morning:**

1. Review the sentence of the day;
2. Review the definition listed in part A and consider the possible effects this could have upon the day ahead;
3. Contemplate the ideas contained within the paragraph *thoughts/considerations*;
4. Suggested additional readings: Big Book and 12 & 12.

*Then...*move on to Part B.

### B

#### **Morning/Day:**

1. Entertain the *idea* of \_\_\_\_\_ as a possible solution to (for) \_\_\_\_\_;
2. Review the definition listed in part A and consider its application in your daily affairs as it applies to overcoming the effects of \_\_\_\_\_ (as defined in part A);
3. Review the *ideas* listed within the paragraph designated **meditation** and contemplate this as a method to approaching life for the day;
4. **Then**, go on about the business of living today...*cheerfully and enthusiastically!*

### C

#### **Evening/Bedtime:**

1. Review parts A & B;
2. Contemplate the questions posed in the paragraph entitled **review** and make notes about your experiences today (in relation to these questions) in your 11<sup>th</sup> Step notebook;
3. Review the 12 sentences contained within the below spot-check inventory and, if a **written** evening review is indicated, be sure to complete it before retiring for the day.

*Now*, turn to page 4 and begin with sentence 1...**Channel of Peace**.

## **SPOT-CHECK INVENTORY**

...a **constructive** review of our day...being careful **not** to drift into worry, remorse or morbid reflection:

1. Was I selfish, dishonest, inconsiderate, resentful or afraid today?
2. Do I owe an apology?
3. Am I keeping something to myself **now** which should be discussed with another person **at once**?
4. Was I kind and loving towards all today?
5. Is there something I could have done better during my day?
6. Was I thinking of myself most of the day?
7. Was I thinking of what I could do for others or of what I could pack into the stream of life **today**?
8. Did I avoid falling into worry, remorse and/or morbid reflection today?
9. Did I remember that *love and tolerance* of others *is our code*? (Pssstt! Remember the Prayer of Tolerance: “Please, Lord, help me to believe that this person is doing their very level best at this precise moment in time. God save me from being angry, critical or judgmental. Thy Will be done.”)
10. Did my actions today indicate that I have ceased fighting anything or anyone?
11. Am I seeing that truth, justice and love are the real and eternal things in life?
12. At times of anxiety, stress and/or indecision today, was I able to **Stop, Think, and Ask God to grant me...*Serenity to Accept* the things I could not change; for the *Courage to Change* the things I could and the *Wisdom to Know* the difference...before I **Responded** (please notice the acronym “**S.T.A.R.**”)?**

If you answer **yes** to #1, 2 or 3 or **no** to #10, a **written Evening Review Inventory** is indicated and suggested, ideally before days end.

(Adapted from the “Big Book,” page 86 and the 12 & 12, pages 91 – 103)

## Part 1: Channel of Peace

### A

“Lord, make me an instrument of thy peace”...

**Unrest:** *A restless, troubled or uneasy state; disquiet. Strong almost rebellious dissatisfaction and agitation;* **Turmoil:** *A state of great commotion, confusion or disturbance; tumult; agitation; disquiet; i.e., restless, irritable, discontent.*

### THOUGHTS/CONSIDERATIONS

*What are my plans for today? Is there any element of anxiety apparent to me as I begin my day? What signs of adversity loom within my plans? Do I feel like saying the heck with it all? What can I do to assure harmony in my life? Am I being distracted by negative thoughts or fears at this moment? What can I do to prepare for action this day?*

Suggested Readings:

Big Book: Page 86, line 19 – page 88. 12 & 12: Page 102, line 14 – page 103, line 14.

### B

Entertain the *idea of peace* as a possible solution to (for) *turmoil & unrest*.

### Peace

*A state of mutual harmony between people or groups, especially in personal relations; cessation of or freedom from any strife or dissension; freedom of the mind from annoyance (calamity), distraction (pomp), an obsession (worship); tranquility, serenity. To make one's peace...to be reconciled; acquiesce; amend.*

### MEDITATION

Today, to the best of my ability, I will be an instrument of peace. I will begin by asking God to see me through any adversity I may be faced with. I will practice patience, kindness, tolerance and love in all my affairs of the day. I will avoid distraction, obsessive thinking and I will get along with those whom I come into contact with. I will utilize the Serenity Prayer if I become annoyed, agitated or afraid. Thy will be done.

*Now, go on about the business of living today...cheerfully and enthusiastically!*

### C

### REVIEW

Was I an instrument of peace today? Was I mentally & emotionally free of distraction and anxiety? Was I free of annoyances? Was I able to avoid obsessive thinking and/or compulsive, impulsive or excessive behavior today? Did I get through the day with tranquility & serenity? Did I feel or create any strife or dissension as I went through my day? Did I experience mutual harmony within my activities, both in and out of AA? Am I in conflict with anyone about anything right now? Did I exert *my will* in an effort to be superior to anyone? Did I fall short of my *chosen ideals* today? Write about this in your 11<sup>th</sup> Step notebook.

Review page 3 herein and, if indicated, complete a *written* Evening Review Inventory.

Suggested Readings: Big Book: Page 86, line 5 – 18. 12 & 12: Page 93, line 17 – page 95.

Extra Credit: Turn to page 16 and follow the directions at the bottom of that page.

Tomorrow morning, begin with sentence 2...*Hatred/Love*.

## Part 2: Hatred/Love

### A

“That where there is hatred, I may bring love”...

**Hatred:** *Intense dislike or extreme aversion or hostility. Lacking self-esteem, self-respect or dignity.*  
**Symptoms:** Self-defeating, self-destructive or self-sabotaging actions (or failure to take needed actions). Harmful or injurious conduct directed towards others (or oneself); i.e., a person, an institution, a principle of life or thing.

### THOUGHTS/CONSIDERATIONS

*What are my plans for today? Am I secure in myself and these plans? In what ways do I express self-hatred? Do I bring self-destructive or self-defeating behavior into my life? Do I thwart my own intentions or frustrate myself? Am I aware that people who genuinely love themselves do not commit self-defeating or self-destructive acts or failure to act when needed? Do I bring negative personality traits into my arena of life? Will my attitudes play a part in my plans today? What can I do to prepare for action this day?*

Suggested Reading: Big Book: Page 86, line 19 – page 88. 12 & 12: Page 102, line 14 – page 103, line 14.

### B

Entertain the *idea* of love as a possible solution for (self) *hatred*.

### Love

*Affectionate concern for the well being of others; a feeling of warm personal attachment of deep affection; in consideration of; for the sake of others; the benevolent affection of God for his creatures; or the reverent affection due from them to God.*

### MEDITATION

Today, to the best of my ability, I will attempt to express self-love. I will not be hostile! I will hold my temper. I will remember “restraint or tongue & pen!” I will not avoid risk for fear of failure or of how I may look to others. I will show kindness, patience, tolerance and love toward all others...especially those whom I dislike. I will not do harm nor injury to another. I will be constructive in my daily activities. I will keep a good attitude and portray a positive outlook on life. I will not procrastinate nor sabotage my efforts and/or intentions. I will follow through. I will be considerate of others. I will be watchful for the sake of another person’s well being. Thy will be done.

*Now, go on about the business of living today...cheerfully and enthusiastically!*

### C

### REVIEW

Was I able to meet and complete my plans for the day? Did I complete the day with an aversion or hostility toward any person or entity? Was I able to avoid thwarting or frustrating my own good intentions? Did I do anything harmful or injurious to another person, place or thing today? Did I avoid self-defeating, self-destructive or self-sabotaging actions today? Did I fail to act when necessary or called upon in the time of someone’s need? Did I avoid any situation or circumstance in my daily affairs due to fear, sloth, indifference or an attempt to impress or influence another? Did I fall short of my *chosen ideals* today? Make these notes in your 11<sup>th</sup> Step notebook.

Review page 3 and, if indicated, complete a *written* Evening Review Inventory. Suggested Readings: Big Book: Page 86, line 5 – 18. 12 & 12: Page 93, line 17 – page 95. Extra Credit: Turn to page 16 and follow the directions at the bottom of that page. Tomorrow morning, begin with sentence 3...*Wrong/Forgiveness*.

### Part 3: Wrong/Forgiveness

#### A

“That where there is wrong, I may bring the spirit of forgiveness”...

**Wrong:** *Not correct in action, judgment, opinion, method; not proper or usual; not in accordance with requirements or recommended practices.*

#### THOUGHTS/CONSIDERATIONS

*What are my plans for today? Am I conscious of my tendency to fail to act in good judgment? Am I willing to conduct myself in an orderly, proper fashion? Am I willing to comply with known requirements and/or commands? Am I willing to comply with and follow recommended practices; such as on the job, within my community, within AA and within my own family? Do I have opinions which could adversely affect my day; opinions which are, perhaps, based in wishful thinking rather than fact or evidence? What can I do to prepare for action this day?*

Suggested Reading: Big Book: Page 86, line 19 – page 88. 12 & 12: Page 102, line 14 – page 103, line 14.

#### B

Entertain the ***idea*** of forgiveness as a possible solution for *wrong*.

**Forgive:** *To grant “free” pardon; to give up all claim of; to cease to feel resentment against.*

**Forgiveness:** *The act of forgiving; i.e., disposition or willingness to forgive; a state of being forgiven.*

#### MEDITATION

Today, to the best of my ability, I will attempt to exercise good judgment in all my affairs. I will be compliant and agreeable without surrendering my independence or integrity. I will resist the desire to rebel against established standards or practices. I will be law-abiding and a good citizen today. I will keep my unsolicited opinions to myself unless asked and when asked I will give an opinion which is based in known fact or evidence. I will not gossip nor rumor-monger. I will be patient. I will not be sensitive. If someone injures me, I will look for the good in them and act in good faith and forgiveness. Thy will be done.

*Now, go on about the business of living today...cheerfully and enthusiastically!*

#### C

#### REVIEW

Was I able to meet and complete my plans for the day? Did I fail to act in good judgment in any of my affairs today? Was my conduct *today* improper or unusually out of character for me? Did I comply with requirements and/or expectations of myself at work, home and play today? Did I outright *rebel* against any recommended practice or social expectation today? Were my comments or expressions of opinion today based in fact or just my *wishful thinking*? Did I fall short of my ***chosen ideals*** today? Make these notes in your 11<sup>th</sup> Step notebook.

Review page 3 herein and, if indicated, complete a *written* Evening Review Inventory.

**Suggested Readings:** Big Book: Page 86, line 5 – 18. 12 & 12: Page 93, line 17 – page 95.

**Extra Credit:** Turn to page 16 and follow the directions at the bottom of that page.

Tomorrow morning, begin with sentence 4...***Discord/Harmony***.

## Part 4: Discord/Harmony

### A

“That where there is discord, I may bring harmony”...

**Discord:** *Disagreement/difference of opinion; lack of harmony with others.*

**Symptoms:** Being oppositional; contrary; argumentative; forcing unsolicited opinions on others; being an irritant; negativism; inciting dissension.

### THOUGHTS/CONSIDERATIONS

*What are my plans for today? Am I in disagreement with anyone as I start my day? Is a difference of opinion a factor in my plans? Are my plans conformative, consistent, orderly and in mutual harmony with those about me? Are my thoughts based in selfish, dishonest, self-seeking, inconsiderate, resentful or frightened motives? What can I do to prepare for action this day?*

Suggested Reading: Big Book: Page 86, line 19 – page 88. 12 & 12: Page 102, line 14 – page 103, line 14.

### B

Entertain the *idea of harmony* as a possible solution for *discord*.

### Harmony

*Agreement, accord, harmonious relation. A consistent, orderly, or pleasing arrangement of parts; congruity. Unity, peace, amity, friendship; consonance, conformity, correspondence, consistency; harmony or parts.*

### MEDITATION

Today, to the best of my ability, I will attempt to be agreeable. I will keep my unsolicited opinion to myself. If I submit my opinion and it is not accepted *and maybe even criticized*, I will try to remember that everyone has a right to be wrong (including myself) in their opinion along with the right to be right. I will remember that someone can disagree with me and remain a valued and trusted friend, associate and decent human being. If their disagreement seems to me to be laced with malice, I will Stop, Think & Ask questions *before* I Respond (or “S.T.A.R.”). I will respond rather than react. I will entertain the idea that this person is perhaps spiritually blocked off and I will pray for God’s Will, God’s Mercy and God’s Blessings to be bestowed upon them. Thy will be done.

*Now, go on about the business of living today...**cheerfully and enthusiastically!***

### C

### REVIEW

Was I able to meet and complete my plans for the day? Was I agreeable today? Did I express any differences of opinion in a negative manner? Did I impose my opinions or my will upon anyone today? Did I remain harmonious in my affairs throughout the day? Was I consistent, orderly and conformative in my dealings with others today? Did I give others the right to be wrong today? Was I able to stop myself before overreacting to any uncontrollable circumstances today? Was I at one with the world today? Did I fall short of my *chosen ideals* today? Make these notes in your 11<sup>th</sup> Step notebook.

Review page 3 herein and, if indicated, complete a *written* Evening Review Inventory.

**Suggested Readings:** Big Book: Page 86, line 5 – 18. 12 & 12: Page 93, line 17 – page 95.

**Extra Credit:** Turn to page 16 and follow the directions at the bottom of that page.

Tomorrow morning, begin with sentence 5...**Error/Truth.**

## Part 5: Error/Truth

### A

“Where there is error, I may bring truth”...

**Error:** *Deviation from accuracy or correctness; as a mistake, as in action, speech, etc.; the holding on to of mistaken options. (Math) The difference between the observed or approximately determined value and the true value of a quantity.*

### THOUGHTS/CONSIDERATIONS

*What are my plans for today? Am I focused in my actions in an effort to stay on track? Am I having difficulty telling the truth? Am I wanting to mislead anyone to get what I want today? Am I planning something that I know is not fair to all concerned? Am I kidding myself about the value of something I “really” want? Do I have trouble being *direct* in my dealings with others or am I usually *passive* and indirect? Do I resist conforming to situations and circumstances I do not want to conform with even though they may in fact be in my own best interest? Do I “tell it the way it is” or do I manipulate the facts to get a desired outcome? What can I do to prepare for action this day?*

Suggested Reading: Big Book: Page 86, line 19 – page 88. 12 & 12: Page 102, line 14 – page 103, line 14.

### B

Entertain the *idea* of truth as a possible solution for error.

### Truth

*The truth or actual state of a matter; conformity with fact or reality; verity; a verified or indisputable fact, proposition, principle or the like; i.e., honesty, integrity, truthfulness, accepted fact, truism, platitude, accuracy.*

### MEDITATION

Today, to the best of my ability, I will be honest. I will keep my thoughts and actions based in reality and fact. I will tell the truth. I will conform to situations and yet I will stay loyal and true to my chosen ideals. If I am to learn that my personal values are based upon a mistaken opinion, I will have the courage to “let it go” and change my mind, creating a new personal value. I will remain focused and complete my plan for the day. I will be *direct* in my dealings with others. I will ask for what I want or need and refrain from manipulating others for my own gain. I will *play fair* in my arena of life today. Thy will be done.

*Now, go on about the business of living today...cheerfully and enthusiastically!*

### C

### REVIEW

Was I able to meet and complete my plans for the day? Did I remain focused or did I allow (or create) distractions to deviate my plans? Did I make any mistakes today that I have yet to take responsibility for? Were the things I said and actions I took today accurate and consistent with the truth? Did I willfully (knowingly) *hold on to* a mistaken opinion just to “fit in” for the moment at some point today? Did I deviate from my plans or lie or tell a half-truth in an effort to get someone to like me, approve of me or accept me? Did I switch allegiance (loyalty) just to fit in or to look good? Did I fall short of my *chosen ideals* today? Make these notes in your 11<sup>th</sup> Step notebook.

Review page 3 herein and, if indicated, complete a *written* Evening Review Inventory. Suggested Readings: Big Book: Page 86, line 5 – 18. 12 & 12: Page 93, line 17 – page 95. Extra Credit: Turn to page 16 and follow the directions at the bottom of that page. Tomorrow morning, begin with sentence 6...**Doubt/Faith.**



## Part 6: Doubt/Faith

### A

“Where there is doubt, I may bring faith”...

**Doubt:** *To be uncertain about in opinion; hold questionable; hesitate to believe; distrust; to fear; be apprehensive about; a feeling of uncertainty about the truth, reality or nature of something.*

#### THOUGHTS/CONSIDERATIONS

*What are my plans for today? Am I focused in my objectives? Am I lacking confidence in the reliability of my own personality, thoughts, actions and motives as I preview my day? Do I have dreams and have I set goals to attain them? Do I believe I can reach them? Do I believe I can get through today successfully? Is there anyone with whom I am acquainted that I have the power to help to realize their hopes and dreams and goals? Is there something about myself that I am in doubt of today? Am I feeling impending doom or disaster? Am I questioning reality today? Am I afraid of what may lie ahead for me? Am I withholding something from someone which I may need to share with them *today*? What can I do to prepare for action this day?*

Suggested Reading: Big Book: Page 86, line 19 – page 88. 12 & 12: Page 102, line 14 – page 103, line 14.

### B

Entertain the *idea* of faith as a possible solution for *doubt*.

#### Faith

*Confidence or trust in a person or thing; belief in God or in the doctrines or teachings of religion. Belief in anything; as a code of ethics, standards of merit, etc.*

#### MEDITATION

Today, to the best of my ability, I will act in faith. When in doubt, I will contact someone whom I trust *will tell me the truth* about my circumstances, thoughts or feelings. I will seek someone who has success in the area of living in which I am troubled for their criticism. I will not leave my plans to chance. When faced with a major decision, I will stop and think IRS: Investigate; Research; Scrutinize; *then* decide! I will recite the 7<sup>th</sup> Step Prayer when I feel my strength slipping. If I question someone's comments or motives, I will take it upon myself to search out the facts in an effort to discover the *reality* of the situation. I will ask God to direct my thinking. I will recall the experiences of others and have confidence and trust that their results can be mine as well. Thy will be done.

*Now, go on about the business of living today...cheerfully and enthusiastically!*

### C

#### REVIEW

Was I able to meet and complete my plans for the day? Did I accomplish my goals? Did I fail to act in good faith today? Was I reluctant to believe someone today? Did someone question my character or my credibility today? Did I question myself today? Was I mistrusting of anyone or of a specific circumstance today? Do I have fear right now? Am I feeling apprehensive, insecure, inadequate or inferior at the moment? Did I fail to do something today because I doubted myself or my abilities? Did I change an opinion or a decision to suit a more dominant personality today even though I strongly disagreed with them and maybe even lacked respect for them? Did I fall short of my *chosen ideals* today? Make these notes in your 11<sup>th</sup> Step notebook.

Review page 3 herein and, if indicated, complete a *written* Evening Review Inventory. Suggested Readings: Big Book: Page 86, line 5 – 18. 12 & 12: Page 93, line 17 – page 95. Extra Credit: Turn to page 16 and follow the directions at the bottom of that page. Tomorrow morning, begin with sentence

*7...Despair/Hope.*

## Part 7: Despair/Hope

### A

“Where there is despair, I may bring hope”...

**Despair:** *Loss of hope. That of which there is no hope.*

#### THOUGHTS/CONSIDERATIONS

*What are my plans for today? Am I focused and motivated? Does anything in my arena of life look or appear hopeless as I begin my day? Do I believe my plans are doomed even *before* I begin? Do I feel reluctant to move forward; to *take action*? In doing or approaching most things, do I feel or think “it won’t work” even before I give it an honest effort? Is everything about me “gloom & doom?” Do I have the attitude “well, it may work for you but *never* for me? Do I believe that no matter what I do, it won’t work for me? What can I do to prepare for action this day?*

Suggested Reading: Big Book: Page 86, line 19 – page 88. 12 & 12: Page 102, line 14 – page 103, line 14.

### B

Entertain the ***idea*** of *hope* as a possible solution for *despair*.

#### Hope

*The feeling that what is desired is also possible, or that what may turn out is for the best; a person whom or thing in which expectations are centered. To believe, desire or trust.*

#### MEDITATION

Today, to the best of my ability, I will *act as if* I have hope. In all my activities and affairs of the day, I will move ahead even though I may “think” it is hopeless. I will contact someone who I know has found *success* in life for support and direction. I will look back upon some of my recent little victories, including the simple fact that I did not drink today; after all, at one time I “knew” I couldn’t stay sober at all...let alone finish anything I started. I will trust my instincts today as being God given. I will trust infinite God. I believe my dreams are possible if I work hard to realize them. Thy will be done.

*Now, go on about the business of living today...**cheerfully** and **enthusiastically**!*

### C

#### REVIEW

Was I able to meet and complete my plans for the day? Did I accomplish my goals? Did I feel hopeless today? Did I exert my best effort to combat these feelings of hopelessness? Did it appear to me that my goal could not be met today and therefore delay action? Did I expectation go unfulfilled? Did I feel let down by someone? Did some situation or circumstance disappoint me or hurt my feelings? Do I feel overwhelmed by today’s activities? Did something happen (or not happen) today to make me feel disparaging, hopeless or unnecessary? Did I end the day feeling unneeded, unwanted and/or unloved? If so, what could I have done differently? Did I fall short of my ***chosen ideals*** today? Make these notes in your 11<sup>th</sup> Step notebook.

Review page 3 herein and, if indicated, complete a *written* Evening Review Inventory. Suggested Readings: Big Book: Page 86, line 5 – 18. 12 & 12: Page 93, line 17 – page 95. Extra Credit: Turn to page 16 and follow the directions at the bottom of that page. Tomorrow morning, begin with sentence 8...***Shadows/Light***.

## Part 8: Shadows/Light

### A

“Where there are shadows, I may bring light”...

**Shadows:** Obscurity, gloom, dusk, a slight suggestion; trace; faint, indistinct image or idea. A period or instance of gloom, unhappiness, mistrust, doubt, dissension, or the like. A dominant or pervasive threat, influence or atmosphere; especially one causing gloom, fear, doubt, or the like; i.e., control, authority, dissent, etc.

### THOUGHTS/CONSIDERATIONS

*What are my plans for today?* Am I focused and motivated? For me, shadows can be seen as those thoughts of negativity which I absorb and cast about; the darkness I see in the soul of another; the secrets I keep and the deceptions of myself and others in which I live. Is God an actual “Power” in my life or just an “idea” that gives me temporary relief? Is God *obscured* from my view? Am I sensing or feeling impending calamity? Is there mistrust or dissension in my arena of life as I begin my day? Am I feeling unconsciously anxious; apartness; slight restless, irritable and/or discontent with my life or circumstances in my life today? What can I do to prepare for action this day?

Suggested Reading: Big Book: Page 86, line 19 – page 88. 12 & 12: Page 102, line 14 – page 103, line 14.

### B

Entertain the *idea of light* as a possible solution for *shadows*.

**Light:** *State of being visible, exposed to view, or revealed to public notice or knowledge. The information, ideas or mental capacities possessed. To begin to accept or understand a point of view one formerly opposed. To clarify, clean-up, to discover or reveal.*

### MEDITATION

Today, to the best of my ability, I will attempt to change my negative thoughts by taking alternative *positive actions*. I will look for the good in those who seems to me to project badness or who may say or do something unkind or injurious. I will see the brighter side of things when darkness presents itself. If I can see no light, I will call someone, a trusted friend or acquaintance, for their views. I will not lie to nor deceive myself or anyone else today. I will be forthright and direct in my dealings with others today. I will not gossip nor rumor-monger about anyone today. I will keep an open mind – someone may have a better idea or plan! Thy will be done.

*Now, go on about the business of living today...cheerfully and enthusiastically!*

### C

### REVIEW

Was I able to meet and complete my plans for the day? Did I accomplish my goals? Did I feel hopeless today? Did I accomplish the tasks set forth this morning? Was I able to maintain a positive attitude and outlook upon life today? Did I find the good in those whom I had occasion to deal with today or did I focus on the dark and negative side of their natures? Was I able to see the *brighter* side of circumstances and events today? Did I call someone today in an effort to overcome doubt, fear, mistrust or dissension? Was I honest, straightforward and direct in my dealings with others today? Did I gossip or help spread a rumor today? Was I happy today? Did I bring happiness into another persons existence today? Did I clear up any misunderstanding or dissension between persons in my arena of life? Did I fall short of my *chosen ideals* today? Make these notes in your 11<sup>th</sup> Step notebook.

Review page 3 herein and, if indicated, complete a *written* Evening Review Inventory. Suggested Readings: Big Book: Page 86, line 5 – 18. 12 & 12: Page 93, line 17 – page 95. Extra Credit: Turn to page 16 and follow the directions at the bottom of that page. Tomorrow morning, begin with sentence 9...*Sadness/Joy*.

## Part 9: Sadness/Joy

### A

“Where there is sadness, I may bring joy”...

**Sadness:** *The state of being sad; grief; depressed. Sad:* *Depressed, dejected, melancholy, with low spirits. Depressed by* *unhappiness or grief; sorrowful or mournful; deplorably bad; (too) sorry. Depressed:* *Refers to a temporary lapse in natural buoyancy because of fatigue, unhappiness; a sense of being unable to change unsatisfactory conditions or the like.*

### THOUGHTS/CONSIDERATIONS

*What are my plans for today? Am I focused and motivated? Am I feeling or is there sadness in my life today? Have I lost a loved one or a close friend recently? Am I grieving the loss of something I want that I have yet to receive? Am I lonely and afraid? Do I know the difference between dejection, rejection and/or selection? Sadness and depression? Am I fatigued as I begin my day? Are there any conditions I have to meet today which are unsatisfactory to me? What can I do to prepare for action this day?*

Suggested Reading: Big Book: Page 86, line 19 – page 88. 12 & 12: Page 102, line 14 – page 103, line 14.

### B

Entertain the *idea* of joy as a possible solution for *sadness*.

**Joy:** *The emotion of great delight or happiness caused by something good or satisfying. A source of or cause of keen pleasure or delight.*

### MEDITATION

Today, to the best of my ability, I will attempt to change my attitude toward life, myself, an idea or an experience. I will **take action** to overcome any ill-fated feelings I may harbor. I will look to find the good that can come from a negative experience. I will relive memories of a person or situation past which brings joy into my being. I can, at any time, reset and restart my goals; perhaps they were unrealistic or unattainable when I set them given the limitations of my own abilities. I will learn to adjust the expectations I allow others to place upon me as well as my own. I will keep a clear perspective of my own abilities and limitations. I will allow myself to make mistakes; to be human; to look bad and yes, even to *grow-up!* They will be done.

*Now, go on about the business of living today...cheerfully and enthusiastically!*

### C

### REVIEW

Was I able to meet and complete my plans for the day? Where did my successes lie today? Did I avoid being depressed? Did I avoid becoming dejected or melancholy today? Was I happy? Did I bounce back from negativity? Was I able to change my attitude or conditions toward a positive note? If I was sad or dejected, did I “dump” it on others or did I work things out with a friend? Did I avoid feeling dejected today? Did I burn up energy foolishly, leaving myself fatigued? Did I work within my own limitations or did I misjudge them and leave myself open to self-condemnation, self-loathing or criticism from others? Did I make mistakes today, look bad in front of others or fail to act “grown up” at some point in my daily affairs? Did I fall short of my *chosen ideals* today? Make these notes in your 11<sup>th</sup> Step notebook.

Review page 3 herein and, if indicated, complete a *written* Evening Review Inventory. Suggested Readings: Big Book: Page 86, line 5 – 18. 12 & 12: Page 93, line 17 – page 95. Extra Credit: Turn to page 16 and follow the directions at the bottom of that page. Tomorrow morning, begin with sentence 10...*to Comfort.*

## Part 10: To Comfort

### A

“Lord, grant that I may seek rather to comfort, than to be comforted”...

**Discomfort:** *Uneasiness, distress, annoyance, embarrassment; pain, soreness.*

#### THOUGHTS/CONSIDERATIONS

*What are my plans for today? Am I focused and motivated? Is there anything distressing or annoying to me right now that could undermine my day? Am I alert to my selfish, self-seeking nature? Am I aware of the fact that when I am acting selfishly in my arena of life that I bring discomfort to those about me? Do I realize that when I am dishonest or deceitful that I set people ill-at-ease with me? Being inconsiderate and resentful discomforts all involved...am I cognizant of the fact? It is apparent to me that fear erodes all peace of mind and serenity? Do I admit that I know when I am expressing anger, impatience, intolerance or inappropriate desires that I have placed people at dis-ease – creating disharmony through fear, anxiety and/or resentment? Do I like to point out others shortcomings or to embarrass them publicly? Do I like to annoy people to make them uncomfortable? What can I do to prepare for action this day?*

Suggested Reading: Big Book: Page 86, line 19 – page 88. 12 & 12: Page 102, line 14 – page 103, line 14.

### B

Entertain the *idea* of comfort as a possible solution for *discomfort*.

**Comfort:** *To sooth or console; to cheer, as someone grieved; to aid, encourage; relief in affliction; consolation; solace; a feeling of relief or consolation. A cause or matter of relief or satisfaction. A state of (or being at) ease and satisfaction of bodily (mental & emotional) wants with freedom from pain and anxiety.*

#### MEDITATION

Today, to the best of my ability, I will attempt to be selfless. I will strive to maintain comfort in my own life. I will look to others need to be consoled without giving pity or sympathy. I will look to cheer someone who is lonely, depressed or grieving of an *actual* injury or loss. I will look to encourage someone who may be engulfed in doubt or hopelessness. I will look to bring joy to one who may be afflicted with illness or irreversible circumstances. If I have the where-with-all, I will *help* bring satisfaction to someone in emotional pain without “taking it over” for them. Thy will be done.

*Now, go on about the business of living today...cheerfully and enthusiastically!*

### C

#### REVIEW

Was I able to meet and complete my plans for the day? Did I accomplish the tasks set forth this morning? Did I bring discomfort into my life or the lives of those about me? Did I avoid or avert selfish, dishonest, self-seeking, inconsiderate or resentful attitudes and/or actions in my arena of life today? Did I bring comfort to someone in need? Was I able to encourage someone today? Did I help reduce or relieve someone’s fear today? Did I feel or experience a sense of ease and comfort in my activities today? Was I kind and tolerant of others? Was I able to stay out of “my own stuff” today? Did I act to good purpose? Did I fall short of my *chosen ideals* today? Make these notes in your 11<sup>th</sup> Step notebook.

Review page 3 herein and, if indicated, complete a *written* Evening Review Inventory. Suggested Readings: Big Book: Page 86, line 5 – 18. 12 & 12: Page 93, line 17 – page 95. Extra Credit: Turn to page 16 and follow the directions at the bottom of that page. Tomorrow morning, begin with sentence 11...*to Understand.*

## Part 11: To Understand

### A

“To understand, than to be understood”...

**Indifference:** *Lack of interest or concern. Unimportant; of little or no concern.*

#### THOUGHTS/CONSIDERATIONS

*What are my plans for today? Am I prepared to meet my responsibilities of the day? Do I have a schedule? Am I focused? Do I acknowledge a general lack of understanding and that I have much to learn? Do I understand what motivates me as a person? Have I grasped the full implication of what it means to be an alcoholic? When combined with experience, do I believe that knowledge is a *key factor* in gaining understanding? Am I aware that understanding allows for forgiveness and peace of mind? Do I know that understanding brings emotional freedom and security to otherwise dependent and compromised individuals? Am I aware that a grain of understanding could grant pardon to seemingly unforgivable circumstances? What can I do to prepare for action this day?*

Suggested Reading: Big Book: Page 86, line 19 – page 88. 12 & 12: Page 102, line 14 – page 103, line 14.

### B

Entertain the *idea of understanding* as a possible solution for *indifference*.

**Understand:** *To grasp the meaning of; to perceive what is meant; to grasp the significance, implications or importance of; to accept as true; believe; to accept tolerantly or sympathetically.*

#### MEDITATION

Today, to the best of my ability, I will attempt to be understanding. I will remain focused. I will show concern and interest in my plans and in the welfare of others. If someone commits an injury against me, I will try to understand what motivated them. I will attempt to understand their plight rather than judge their conduct. Today I will search for the truth of a matter to discover what is “really meant” or actually intended. I will look to see the importance of ideas not my own. I will accept something as true (if it is) even though I personally disagree with its application. I will show tolerance for others as I accept them for what and who they really are. I will attempt to grasp the implications of a situation so as to respond appropriately. I will make an extra effort to better understand what motivates me as a person; a human being; a child of God. I will forgive someone today. I will seek forgiveness and make reparations if I have wronged someone today. Thy will be done.

*Now, go on about the business of living today...cheerfully and enthusiastically!*

### C

#### REVIEW

Was I able to meet and complete my plans for the day? Did I accomplish the tasks set forth today? Did I express concern and interest in the events of my day? Did I accept an opportunity to gain self-understanding by understanding another individual’s plight in life? Was I tolerant and accepting of others today? Did I perceive reality as it was today or did I try to fashion it to my wishes, desires or demands? Did I experience serenity, tranquility or peace of mind as a result of understanding today? Did I help anyone better understand themselves or their circumstances as they pass through my arena of life today? Did I gain any insights or perspectives into the idea that I am a child of God? Did I fall short of my *chosen ideals* today? Make these notes in your 11<sup>th</sup> Step notebook.

Review page 3 herein and, if indicated, complete a *written* Evening Review Inventory. Suggested Readings: Big Book: Page 86, line 5 – 18. 12 & 12: Page 93, line 17 – page 95. Extra Credit: Turn to page 16 and follow the directions at the bottom of that page. Tomorrow morning, begin with sentence 12...*to Love.*

## Part 12: To Love

### A

“To Love, than to be loved”...

**Ambivalence:** *The coexistence within an individual of positive & negative feelings toward the same person, object or action; drawing him in opposite directions. Uncertainty or fluctuation, especially when caused by inability to make a choice or by a simultaneous desire to say or do two opposite things.*

#### THOUGHTS/CONSIDERATIONS

*What are my plans for today? Am I focused and motivated? Am I prepared to meet my responsibilities today? Do I need anyone's assistance to meet my goals? Is my day structured in an orderly fashion? Did I leave time for family, friends and especially to play today? Am I being torn in two different directions involving a decision I need to make regarding a person or situation? Can I see “to love” as to bring the *action* of care and concern into my arena of life? What can I do to prepare for action this day?*

Suggested Reading: Big Book: Page 86, line 19 – page 88. 12 & 12: Page 102, line 14 – page 103, line 14.

### B

Entertain the *idea* of love as a possible solution for *ambivalence*.

**Love:** *In consideration of; for the sake of; an affectionate concern for the well-being of others; the benevolent affection of God for his creatures or the reverent affection due from them to God. A feeling of warm personal attachment or deep affection.*

#### MEDITATION

Today, to the best of my ability, I will attempt to be loving. I will seek to express only love in my actions. I will see to the well-being of someone in my arena of life today. I will be careful to avoid selfish, dishonest, self-seeking, inconsiderate or resentful actions. I will let someone know today that I love them. I will go out of my way to let someone know who may feel lonely and afraid that God loves them as He does all his kids. I will acknowledge that all things good are of God. I will carry a message of love through unselfish, kind and tolerant actions today. I will not be self-defeating, self-destructive nor self-debasing, just for today. Thy will be done.

*Now, go on about the business of living today...cheerfully and enthusiastically!*

### C

#### REVIEW

Was I able to meet and complete my plans for the day? Did I follow through on my schedule? Was I kind and loving towards all...even my *enemies*? Did I look for ways to express love without being caught up in frothy emotional appeal? Did I misuse the power of love to gain something motivated by selfishness, lust greed or the like? Did I let someone know that I love them or that they are loved by God today? Did I aid in the well-being of another person today? Did I *play fair* today? Was I tolerant and accepting of others in my arena of life? Did I act lovingly today in all my affairs? Did I fall short of my *chosen ideals* today? Make these notes in your 11<sup>th</sup> Step notebook.

Review page 3 herein and, if indicated, complete a *written* Evening Review Inventory.

Suggested Readings: Big Book: Page 86, line 5 – 18. 12 & 12: Page 93, line 17 – page 95.

Extra Credit: Turn to page 16 and follow the directions at the bottom of that page.

Tomorrow morning, begin again with sentence 1...*Channel of Peace*.

## SHORTCOMINGS AND DEFECTS

### **Characteristics of self-will:**

Selfishness & Self-seeking  
Being Self-centered  
Dishonesty  
Fears  
Being Inconsiderate  
Pride  
Greed  
Lustful Thoughts  
Anger  
Envy  
Sloth/Procrastination  
Gluttony  
Impatience  
Intolerance  
Resentment  
Hate  
Harmful Acts  
Self-pity  
Self-justification  
Self-importance  
Self-condemnation  
Suspicion/Jealousy  
Doubt

### **Characteristics of God's Will:**

Interest in Others/Altruism  
Being Love- & God-centered  
Honesty  
Faith & Trust in God  
Being Considerate  
Humility, Seeking God's Will  
Giving & Sharing  
Respectful Thoughts  
Serenity  
Being Grateful  
Taking Right Action  
Moderation  
Patience  
Tolerance  
Forgiveness  
Love & Concern for Others  
Good Deeds  
Self-forgetfulness  
Humility & Truth  
Modesty  
Self-forgiveness  
Trust  
Faith & Trust in God

Review both columns above and make note of those which had an impact in your day's activities. Describe the *effects produced* as the result of the actions you took (*or failed to take*) in relation to these traits.