

One thing I learned from my Wilson House experience is that **there is too much information here for anybody to process at once or even in a short period of time.** And there is also too much information here to process by yourself **and it can leave you open to your EGO manipulating you with the exercises.** I guess it is like any Step work, **it really needs the supervision of a Sponsor or Spiritual Advisor....**

I would suggest that if you are going to give these exercises to others, you might want to learn from my mistakes....

1. These exercises are designed for people who have been through the Steps. They will distract and confuse someone who hasn't been through the Big Book & the Steps with a sponsor. Therefore, I will only give them to people who are starting to get "stale" after a while in the Steps.

2. Even though I give the exercises out at a much slower pace than at the Wilson House retreat, I also highly encourage others to get the Wilson House Retreat Tapes. The Tapes will help explain the exercises and give the user some insight into how the exercises are to be done. The tapes or CDs can be bought from Just Love Audio at: www.justloveaudio.com or you can call 201-232-8749 and ask for the Spiritual Retreat at the Wilson House with Mark H. & Dave F. February 8-10 2002.

3. When I give the exercises out, I give out the Greeting exercise, Just for Today and the principles of the lost chapters for the person to add to their daily prayer life. At the same time I give them the Step one questions and ask them to fill it out and then get back to me and I'll give them the next sheet.

4. After they have done the Step one exercise, I give them both Step two worksheets to fill out.

5. I give the Step Three exercise by itself. I do this because it seems to have the greatest impact to "shift" the person's perception about their life and program if they focus on it separately.

6. I give the 4 Absolutes exercise separately as well, this seems to get them used to writing "visions" for their lives and it gives me the chance to show them how to use "the Vision" in their daily meditation to help them "watch" throughout the day.

7. I give Step Seven and Nine exercises together after they have worked with the 4 Absolutes for at least a week and have seen how a "vision" can be a great aid to "watch" throughout the day.

8. Lastly, I give the forgiveness exercise and we talk about "the emotional banker" and the "Traitor". Then I help them mix all the exercises & visions into their daily prayer & meditation life. When they feel they have "Forgiven" those deepest hurts...I help them make any outstanding amends that are left....

**Bhante Wimala “Each new day has eighty-six thousand seconds.” Think of it as \$86,000...
How do you want to spend yours today?**

Waking up & Greeting Exercises

Mark H. “Discipline is the horse that I ride...”

1. Linger in bed and gaze, stretch, consciously breath and start your day off with a grateful vision of how to spend your \$86,000 for the day.
2. Close your eyes and be grateful for the gift of another day. [“Thank you God for another day, for a chance to live in a decent way.”] Let your mind wander from one gift of the day to the next. (Life, health, Love, Sobriety, Place to live, Job, Etc.) [I also say the Prayer of Jabez here: “Oh Lord, that you would Bless me indeed, and enlarge my territory. That your hand would be with me and that you would keep me from all evil, that I may not cause pain.”]
3. Do a well & happy meditation for yourself and your immediate family.
“May I be Well and Happy. May I be Free from Anger. May I be Free from suffering.”
“May _____ be Well and Happy. May _____ be Free from Anger. May _____ be Free from suffering.”
Repeat this meditation for each member of your immediate family.
4. Greet yourself in the mirror with Love and Gratitude. Smile warmly at yourself and look into your eyes as you greet yourself. (A True smile is a direct connection of Unconditional Love from your heart to that of your recipient.)
5. Now, go to an Eastward facing window and just greet the day, The Sun, The Fog, The Rain, The Heat, The Cold--whatever the Universe offers. Open yourself and relish whatever conditions God has offered you this morning. Be grateful for another sober day.
6. Warmly greet each of your family as you start the day. Take their hand, Look them in the eye and Say something appreciative about them as you greet them. Don’t expect a response from your listener. Your goal is Gratitude and Unconditional Love – expecting nothing in return. [If you get a strange response like “what’s gotten into you lately”, let it go. Ignore the comment but, remain diligent with this experiment! Keep going with the greetings until it becomes a habit – only then you can decide if it’s worth continuing]

A. Now that you know how to greet others – Let’s test your compassion for others...

- Would you greet a beggar on the street the same way you would a child who has become lost from their parent?
- Would you offer the same Love, Caring and Compassion to the beggar as to the lost child?
- Would you greet the same beggar the same way you would greet someone famous? (The President, A Famous Actor, or a Sport celebrity?)
- Would you feel the same elation and excitement for the beggar?
- Why not? Either way isn’t the beggar just another child of God?

Yes, this is an extreme case so, lets try some other examples...

- How about a greeting for a new neighbor or business client?
- How about for a drunk at his first meeting, dirty, smelling of Booze, Urine and Puke?
- Why is it that we can be cold to one and warm to the other?
- Having reviewed these questions, can you see the importance in a simple greeting?

Try to keep these thoughts in mind as you greet all people from now on.

Exercise

As you start each day during this retreat, when you enter the common area of The Wilson House:

- Greet someone you have never met before in the way outlined in #6 above.
- On each break from the retreat, Greet someone you have never met before in the way outlined in #6 above.
- When you go into a meeting, look for a newcomer or someone you haven’t met and greet them in the way outlined in #6 above.

10 Meditations - Just For Today

1. **Just for Today** I will be happy. I will have no expectations nor will I make demands today. I will give up my need to “know” anything or “understand” anything. Instead, I shall pause and seek the will and guidance of God, which will come intuitively, if I just become still and quiet.
2. **Just for Today** I will adjust myself to what “is”, and not try to adjust everything to my own desires. I will take my "luck" as it comes, and fit myself to the “Stream of Life”.
3. **Just for Today** I will try to live through this day only and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.
4. **Just for Today** I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything and not try to improve or regulate anybody except myself.
5. **Just for Today** It is none of my business what anyone thinks about me or about anything else and I don't have the power to make anyone change. That's God's job.
6. **Just for Today** I will remember that it is not the experience of TODAY that drives men mad -it is remorse or bitterness for something which happened YESTERDAY and the dread of what TOMORROW, may bring. I will remember that **The Past is gone**--it's just an image in my mind. I also have no stake in **The future** for it is as yet unborn. Therefore, **The Present Moment is the only real moment and it is only in The Present Moment that a conscious contact with God can be found!**
7. **Just for Today** I will cease fighting anything or anyone – even alcohol because, what I resist persists.
8. **Just for Today** I will be unafraid. Especially I will not be afraid to enjoy what is beautiful. I will remember that I am a Spiritual Mirror and I will choose to believe that as I give Love to the world, so the world will reflect Love back to me.
9. **Just for Today** I will have a quiet half hour all by myself, and relax. During this half hour, I will try to get a better perspective of my life. My goal is a “sane” peace of mind through spiritual living.
10. **Just for Today** I will exercise my soul in three ways: I will do someone a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do just for exercise.

Principles From the Lost Chapters - “To Wives” & “The Family Afterwards” :

1. (111:1) “You should **never be angry**”
2. (111:1) “**Patience...**”
3. (111:1) “...**Good Temper** are most necessary.”
4. (111:4) “**Reasonableness**”
5. (111:4) “Be sure you are **not critical** during such a discussion.”
6. (115:3) “...it is best **not to take sides in any argument...**”
7. (115:3) “Use your energies to **promote a better understanding** all around.”
8. (116:0) “...**be careful not to be resentful...**”
9. (116:3) “... try to **put spiritual principles to work in every department of our lives.**”
10. (117:2) “These workouts (with **faith and sincerity**) should be regarded as part of your education...”
11. (117:3) “...**be careful not to disagree in a resentful or critical spirit.**”
12. (118:2, 127:0) “...**tolerance...**” (122:1) “All members of the family should meet upon the common ground of **tolerance...**”
13. (118:2, 122:1) “...**understanding...**”
14. (118:2, 122:1, 127:0) “...**love...**”
15. (118:2) “...**show a willingness to remedy your own defects...**”
16. (119:0) “When resentful thoughts come, try to **pause and count your blessings.**”
17. (119:2) “...**cooperate**, rather than complain...”
18. (119:2) “...**awaken to a new sense of responsibility for others.**”
19. (120:0) “...**think of what you can put into life** instead of how much you can take out.”
20. (120:3) “...**place the problem, along with everything else, in God’s hands.**”
21. (124:1) “... grow by our **willingness to face and rectify errors and convert them into assets.**”
22. (124:2) “**Cling to the thought that, in God’s hands, the dark past is the greatest possession you have-the key to life and happiness for others.**”
23. (125:1) “We do talk about each other a great deal, but we almost invariably **temper such talk by a spirit of love and tolerance.**”
24. (125:2) “...**do not relate intimate experiences of another person** unless we are sure he would approve.”
25. (127:0) “They should **be thankful...**”
26. (127:0) “... **spiritual understanding.**”
27. (127:3) “...family talks will be constructive **if they can be carried on without heated argument, self-pity, self-justification or resentful criticism.**”
28. (128:0) “**Giving, rather than getting,** will become the guiding principle.”
29. (131:2) “...each will have to **yield here and there** if the family is going to play an effective part in the new life.”
30. (132:0) “**Each individual should consult his own conscience.**”
31. (132:1) “We absolutely **insist on enjoying life.**”
32. (132:1) “We **try not to indulge in cynicism** over the state of the nations, nor do we carry the world’s troubles on our shoulders.”
33. (132:2) “So we think **cheerfulness and laughter make for usefulness.**”
34. (132:4) “So **let each family play together** or separately, as much as their circumstances warrant.”
35. (133:0) “We are sure God wants us to **be happy joyous and free.**”
36. (133:0) “**Avoid then, the deliberate manufacture of misery, but if trouble comes, cheerfully capitalize it as an opportunity to demonstrate His omnipotence.**”
37. (135:0) “...**Seeing is believing** to most families...”
38. (135:4) “We have three little mottoes... **First Things First Live and Let Live Easy Does It**”
 - (111:2) “**Never tell [them] (him) what [they] (he) must do...**”
 - (111:3) “**Do not set your heart on reforming** your [Spouse] (husband)”
 - (111:4) “Let [them] (him) see that you want to **be helpful rather than critical.**”
 - (113:1) “**Avoid urging** [them] (him) to follow our program.”
 - (113:2) “Again, **you should not crowd** [them] (him.)”
 - (115:1) “... you must **be on your guard not to embarrass or harm** [them] (your husband).”
 - (120:1) “You need not remind [them] (him) of [their] (his) spiritual deficiency.”
 - (120:1) “**Cheer [them] (him) up and ask [them] (him) how you can be still more helpful.**”
 - (123:4) “...[they] (he) shouldn’t be reproached.” {to blame, condemn or criticize}
 - (127:0) “Let them **praise [each others] (his) progress.**”
 - (127:2) “...**show unselfishness and love** under [your] (his) own roof.”
 - (131:2) “...**thoughtful consideration** [should be] given their needs.”
 - (130:2) “...**adopts a sane spiritual program, making a better practical use of it.**”

Step One Worksheet – Use “Tornado Exercise” to look at your life

1. Have you worked **all 12 Steps** of Alcoholics Anonymous **completely** since coming into the program of Alcoholics Anonymous?
2. Can you say “Yes” to all **12** of these statements? **Have you:** (1. Admitted Powerless over alcohol; 2. Admitted life unmanageability; 3. Come to believe in the Power of God; 4. Given your Will and Life over to God; 5. Written Three inventories (resentment, fear, & harms to others (sex emphasized)); 6. Written a Sex Ideal; 7. Shared it all - No more “take it to the grave” stuff; 8. Asked God to remove your defects; 9. Finished **All** amends that you know of, accepting responsibility, paid **all** the money back, changed your behavior - especially at home, completed what they asked of you to make your relationships right; 10. A daily prayer life; 11. A daily meditation life; 12. Been in the trenches – actually 12 stepping drunks, volunteering & doing service work etc.) If No, why not?
3. Have you continued to do **all 12 steps** in some part of your daily life on at least an annual basis?
If not, which steps have you been skimping on?
4. Have you been having trouble with personal relationships (family, friends, co-workers)? If so, with whom?
5. What seems to be the problems that you are having with the people in your relationships?
6. Whom do you resent...why? (ie: Is it because THEY aren’t doing what you want and you aren’t getting YOUR way?)
7. Is there anyone that you refuse to forgive? If so, who is it and what did they do to you?
8. Are you full of fear in your relationships? Is your whole life shot through with fears? What are your fears?
9. How successful are you at managing your sober life today? Have you been careless with your program (not doing what you know you should be doing)? What specifically haven’t you been doing?
10. Are you able to control our emotional nature? Are you quick to criticize with a biting or sarcastic tongue? Why?
11. Do you fly off the handle easily (using a raised voice while arguing, or yelling & Screaming)?
With whom specifically? (family, spouse, kids, coworkers)
12. Are you impatient with others? Are you impatient with certain situations? If so, where specifically are you most impatient?
13. Do you exhibit or participate in Road Rage? If so, do you think that is sane, emotionally sober behavior?
What fears trigger this behavior in you?
14. Can you be alone with yourself in quiet? (One + comfortable hour with **No:** Reading, T.V., Music, Radio or Phone). If not, why?
15. Would other people describe you as: having a short temper, being argumentative or hard to get along with? Would other people describe you as being “emotionally volatile” or “Passionate”? Would you describe yourself as a controlling person? Would others describe you as a “Control Freak”? If so, Write down who in your life would describe you this way (boss, coworkers, the fellowship, family, spouse, kids) and which description you think they would apply to you.
16. Do you want to become a better person? For yourself or because you will become more effective for God? Can you be thankful for someone else for pointing out your weaknesses and opening up your eyes to them? What if the person pointing out your weaknesses were your enemy?
17. Do you face criticism with calmness & peace inside because you know it can lead to growth? If not, what are you afraid of?
18. Do you feel like you have to “Win” while getting your point across in discussions, arguments or fights? If so, why (could it be that you are ego-driven)? What are you afraid of when you are trying to “Win”?
19. Would your family say that you are controlling when it comes to money? Are you a good steward with God’s money? Are you cheap? If so, are you cheap in all areas? How about when it comes to things you want? Do you Tithe? If so, do you tithe with money? Do you tithe (other than AA work)with your time?
20. In looking back over your life, what memories are still Painful, Guilty or do you still feel "dirty" about?
21. Do you loath (hate, abhor, despise, or detest) something about yourself? If so, What?
22. What current defects of character, do you perceive, are preventing you from being at peace?
23. Today, in what ways do you feel inadequate as a person?
24. Have you been unhappy lately? Do you sulk in silent scorn? If so, where (home, the fellowship, in relationships, at work, with friends)?
25. Have you recently been prey to Misery? Have you recently been prey to Depression? Have you recently been prey to Whining or Complaining? Have you recently been prey to Martyrdom? If so, where in your life and about what?
26. In what areas of your life are you still playing the Victim And Why? (home life, the fellowship, relationships, work)
27. Have you had a feeling of uselessness lately?
28. Are you able to be of real help to other people? (Living Amends - Making a substantial difference at home, at work, at school, at church, as a volunteer, as a sponsor, as a mentor, as a parent, as a friend etc.)
29. What are your goals for this retreat?
30. What are your goals for the future as you see them today?

The Big Book says...(47:1) **“Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you.”** Can you identify with any of these terms? Has your concept of them changed since you came in to A.A.? **Have you ever unknowingly worshiped any of these and had them as your higher power?** Did they work for you? Do any of these expressions currently describe your concept of a Higher Power? Meditate on what each of these terms mean to you & write out your answers.

| | |
|--|--|
| Our Fellowship of Alcoholics Anonymous (xiii, 94:2, 96:1, 159:1, 162:2, 164:3) | |
| High Finance (4:1) | |
| A Power greater than myself (10:3, 12:4, 47:2, 50:3, 50:4, 55:2, 93:0) | |
| Christ (11:1) | |
| Brotherhood of Man (11:2) | |
| Devil (11:2) | |
| Boss Universal (11:2) | |
| Creative Intelligence (12:1, 46:2, 49:0) | |
| Universal Mind (12:1) | |
| Spirit of Nature (12:1) | |
| Czar of the Heavens (12:1) | |
| new-found Friend (13:2) | |
| God-consciousness within (13:4) | |
| My Creator (13:5, 76:2) | |
| Our Creator (25:2, 68:3, 72:1,75:2, 83:1, 158:2) His Creator (56:4, 80:4) | |
| Father of Light (14:1) | |
| Utopia (61:2) | |
| The grace of God (25:0) | |
| All Powerful, Creator (49:0, 161:0) | |
| A living Creator (28:3) | |
| A Higher Power (43:3, 100:1); Power (45:1, 45:2, 46:0, 50:3, 50:4, 59:2, 63:2) | |
| A Supreme Being (46:0) | |
| Spirit of the Universe (10:3, 46:2, 52:3, 75:2) | |
| Realm of the Spirit (46:2,) | |
| Guiding (49:0) | |
| Intelligent agents, spearheads of God’s ever advancing Creation (49:1) | |

| | |
|--|--|
| The Presence of God (51:0, 56:4, 162:0) | |
| God-Sufficiency (52:4) | |
| Bridge of Reason (53:3) Reason (53:3) The God of Reason (54:0) | |
| The New Land (53:3) | |
| The Great Reality (55:3) | |
| The Broad Highway (55:4) | |
| The Presence of God (56:4) | |
| The Presence of Infinite Power and Love (56:4) The Presence (162:0) | |
| Our Director (62:3) | |
| The Principal (62:3) | |
| The Father (62:3) | |
| Our Maker (63:2) | |
| Thy Power (63:2) | |
| Thy Love (63:2) | |
| Thy Way of life (63:2) | |
| A new Employer (63:1) | |
| The sunlight of the Spirit (66:1) | |
| The Broad Highway (75:2) | |
| The Spirit of the Universe (75:2) | |
| Power of God (162:0) | |
| God (many) Write out Your Vision of God Below... | |

Second Step Proposition Exercise

• (53:2) “When we became alcoholics, crushed by a self-imposed crisis we could not postpone or evade, we had to fearlessly face **the proposition that either God is everything or else He is nothing**. God either is, or He isn't. What was our choice to be?”

1. In Column One - List the areas of you life where you:
 - B. Haven't give your life over to God
 - C. Have been unwilling to give over to God.
 (Reference Step 1 Worksheet questions: 4, 6, 7, 9, 10 – 13, 20 – 22, 25, 26, and 28)

| Areas you haven't/Unwilling to give to God | What are you Afraid of? |
|--|-------------------------|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |
| 5. | 5. |
| 6. | 6. |
| 7. | 7. |
| 8. | 8. |
| 9. | 9. |
| 10. | 10. |
| 11. | 11. |
| 12. | 12. |
| 13. | 13. |
| 14. | 14. |
| 15. | 15. |

2. List the reasons you are afraid to give the area over to God in Column Two

| After you meditate – Write out what God wants you “to be” when you feel this fear |
|---|
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |
| 6. |
| 7. |
| 8. |
| 9. |
| 10. |
| 11. |
| 12. |
| 13. |
| 14. |
| 15. |

• **ATY March 23rd** Blessed are the poor in spirit: for theirs is the kingdom of heaven Matthew 5:3
“To be poor in spirit means to have emptied yourself of all desire to exercise personal self-will, and, what is just as important, to have renounced all preconceived opinions in the wholehearted search for God. It means to be willing to set aside your present habits of thought, your present views and prejudices, your present way of life if necessary; to jettison, in fact, **anything and everything that can stand in the way of your finding God.**”

• **(63:2)** “We were now at Step Three. Many of us said to our Maker, *as we understood Him*: “**(1)** God, I offer myself to Thee-**(2)** to build with me and **(3)** to do with me as Thou wilt. **(4)** Relieve me of the bondage of self, **(5)** that I may better do Thy will. **(6)** Take away my difficulties, **(7)** that victory over them may bear witness **(8)** to those I would help of **(9)** Thy Power, **(10)** Thy Love, and **(11)** Thy Way of life. **(12)** May I do Thy will always!”

Third Step Vision Exercise

Write out a vision for your life for what each of these **(12)** areas of the prayer personally mean **TO YOU**.

The Second Step exercise should have clarified your vision of God for you so, we'll start with the second half of **(1)**

- 1. What exactly are you offering?** (your sobriety, your health, your actions, your body etc.) **And**
What does it look like to offer your self to God?

- 2. How do you expect God “to build” with you? What does that look like?** (better actions, better thoughts etc.)

- 3. What do you think God will “do with” you? What does God want with you? Why were you spared from Alcoholism when so many others aren't? Does God have a plan for you? What does His plan for you look like?**

- 4. What is your bondage ? What exactly does it look like, when you are actively in bondage of “self”?**

- 5. Describe what it would look like for you to “better do” God's will?**

- 6. What are your current “difficulties”?**

(over)

• (63:2) “We were now at Step Three. Many of us said to our Maker, *as we understood Him*: “(1) God, I offer myself to Thee-(2) to build with me and (3) to do with me as Thou wilt. (4) Relieve me of the bondage of self, (5) that I may better do Thy will. (6) Take away my difficulties, (7) that victory over them may bear witness (8) to those I would help of (9) Thy Power, (10) Thy Love, and (11) Thy Way of life. (12) May I do Thy will always!”

7. Are you gaining “victory” over your difficulties? If not, Why not? (are you still running the show?)
Who should be able to observe you, in order for you to “bear witness” to your victory?

8. Would you “Help” if you could? To what lengths would you go to “Help”? Are you of “Help”?
What does it look like for you to be of real “Help” to others? (are you a living example of God’s Power?)

9. Why would you need Power? How much Power is available to you?
What does it look like when you have received His Power?

10. Do you need God’s “Love” in your life? Can others recognize God’s “Love” in your life?
What does God’s “Love” in your life look like?

11. What is God’s “way of life”? What does God’s “way of life” specifically look like for you?

12. Are you attempting to “do” God’s will “Always”?
What would it look like for you to attempt to do God’s will “always” in you life? (See also #5 above)

The 4 Absolutes & Other Principles

• Cleveland Central Committee **“What do the four absolutes mean to most of us? Words are tools. Like any other tools they get rusty and corroded when not used. More importantly, we must familiarize ourselves with the tools, understand them, and ever improve our skill in their use. Else the end product, if any, is pathetically poor.”**

[Written about the absolutes but... this is true of all the principles in A.A. –The Steps, Traditions, Concepts, Absolutes 9th Step& Family Afterward principles etc.]

• ABSI (106:1) **“For myself, I try to seek out the truest definition of humility that I can... ‘Perfect Humility’ would be full willingness, in all times and places, to find and to do the will if God...when I meditate upon such a vision...I only need to dwell on the vision itself, letting it grow and ever more fill my heart. This done, I can compare it with my last-taken personal inventory. Then I get a sane and healthy idea of where I stand on the highway to humility. I see that my journey toward God has scarce begun. As I thus get down to my right size and stature, my self-concern and importance become amusing.”**

The 4 Absolutes:

Adapted from the pamphlet published by The Cleveland Central Committee

Honesty: [candid, direct, forthright, open, sincere, truthful]

“Our sobriety is a gift, but honesty is a Grace that we must earn and constantly fight to protect and enlarge.”

“Over and over we must ask ourselves, **“is it true or is it false?” for honesty is the eternal search for truth.** It is by far the most difficult of the four absolutes, for anyone, but especially for us in this fellowship. The problem drinker develops **genuine artistry in deceit.**”

“Any intended violation of honesty stabs the health of not only the doer but the whole fellowship...Like sobriety, it’s the power of example that does the job. It is much simpler to appear honest, than to be honest.”

“Truth is life and falsity is spiritual death. It’s an everlasting, unrelenting instinct for truth that counts. Honesty is not a policy. It has to be a constant state of mind.”

“We must strive to be in reality what we appear to be...The real virtue in honesty lies in the persistent dedicated striving for it.”

ABSI (172:3) “Sometimes we need to place love ahead of indiscriminate ‘factual honesty’. We cannot, under the guise of ‘perfect honesty’, cruelly and unnecessarily hurt others. Always one must ask, ‘what is the best and most loving thing I can do?’”

What does it look like in your life when you are absolutely honest? Write out a vision for yourself....

Unselfishness: [Selflessness, Altruistic, Considerate, Thoughtful, Concerned for others]

“Unselfishness is the stream in which our sober life must flow...the greatest gift we bestow on others is the example of our life as a whole.” “Our unselfishness must include not merely that which we do for others, but that which we do for ourselves... Yet we know that we must give of ourselves to others in order to maintain our own sobriety, in a spirit of complete selflessness with no thought of reward... We must be unselfish even in our pursuits of self-preservation. Not the least of our aid to others **comes from examples of our own lives...** those whose unselfish love guided us in the beginning, and those whom we in turn guided later on.”

“Selflessness for which we must strive in our way of life...which is our spiritual cornerstone, the real significance of our anonymity...in judging what you are about to do, say, think or decide, “**how will this affect the other fellow?**”

What does it look like in your life when you are absolutely Unselfishness? Write out a vision for yourself....

Purity: [Chaste, Unadulterated, Ethical, Virtuousness, Integrity, Rectitude, Not morally corrupt]

To test if your behavior is of Purity, Just ask yourself “**Is it right, or is it wrong?**”

“Purity is a quality of both the mind and the heart, or perhaps we should say the soul of a man...It isn't in the realm of the mental aspects of purity that our main problem lies...It's in the realm of the heart and spirit that we face difficulty.”

“...we must have a determined desire to do that which we know is right, if we are to achieve any measurable degree of purity. It has been well said that intelligence is discipline. In other words **knowledge means nothing until it goes into action...** Until we translate our knowledge into action of our own lives, the value of it is non-existent... We know what is right, but unless we do it, the knowledge is a haunting vacuum.”

“In Purity as in Honesty the virtue lies in our striving. And like seeking the truth, giving our all in its constant pursuit, will make us feel free even though we may never quite catch up to it.” “If you have turned your will and your life over to God as you understand Him, purity will come to you in due course because God is Good.”

ABSI (70:2) “Just how and when to tell the truth-or keep silent-can often reveal the difference between **genuine integrity** and none at all.”

What does it look like in your life when you demonstrate absolute Purity? Write out a vision for yourself....

Love: [Warm liking, Affection, Adoration, Devotion, Fondness, Tenderness, Attraction, Beauty]

To test if your behavior is Loving one may ask **“Is my behavior giving of myself, expecting nothing in return and am I reflecting back the Unconditional Love I am receiving from God?”**

“Not to give of himself brings the desolation of a new poverty to the sober alcoholic.”

“Fortunately for us love is inspiring from the very beginning...**the joy of receiving can never match the real thrill of giving...Love is a poor man’s beginning toward God.**”

“When we offer love, we offer our life; are we prepared to give it? When another offers us love, he offers his life; have we the grace to receive it? When love is offered God is there; have we received Him?”

“Love is ‘giving of yourself’ and unless we do, our progress will be lost. Each one owes the gift of this second life of sobriety to every other human being he meets in the ceaseless presence of God, and especially to other alcoholics who still suffer.” “If it is truly beautiful then it is the way of love, it is the way of AA, and **it is the will of God** as we understand Him.”

What does it look like in your life when you are absolutely Loving? Write out a vision for yourself....

Humility & Seventh Step Exercise

1. • [12&12 (70:1)] “Since this Step [Step 7]so specifically concerns itself with humility, we should pause here to consider what humility is and what the practice of it can mean to us. Indeed, the attainment of **greater humility is the foundation principle of each of A.A.’s Twelve Steps**. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.’s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, **they still haven’t much chance of becoming truly happy**. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.”
2. • [12&12(71:2)] “We had lacked the perspective to see that **character-building and spiritual values had to come first**, and that **material satisfactions were not the purpose of living**... (72:0) We never thought of **making honesty, tolerance, and true love of man and God the daily basis of living**.” [have you?]
3. • [12&12 (72:1)] “As long as we placed self-reliance first, a genuine reliance upon a Higher Power was out of the question. **That basic ingredient of all humility, a desire to seek and do God’s will**, was missing.” [Do you desire to seek God’s will? When you have found His will, do you desire to do it?”]
4. • [12&12 (73:1)] “To get completely away from our aversion to the idea of being humble, **to gain a vision of humility as the avenue to true freedom of the human spirit, to be willing to work for humility as something to be desired for itself**, takes most of us a long time... We are obliged to choose between the pains of trying and **the certain penalties of failing to do s**. These initial steps along the road are taken grudgingly, yet we do take them. We may still have no very high opinion of humility as a desirable personal virtue, but we do recognize it as **a necessary aid to our survival**.”
5. • [12&12 (74:2)]“ Our eyes begin to open to the immense values which have come straight out of painful ego-puncturing. Until now, our lives have been largely devoted to running from pain and problems...**In every case, pain had been the price of admission into a new life**. But this admission price had purchased more than we expected. It brought a measure of **humility, which we soon discovered to be a healer of pain**. We began to fear pain less, and desire humility more than ever. During this process of learning more about humility, **the most profound result of all was the change in our attitude toward God...We saw we needn’t always be bludgeoned and beaten into humility. It could come quite as much from our voluntary reaching for it as it could from unremitting suffering**.”

Seventh Step Exercise

Write out a vision for your life for what each of these (5) areas of the prayer personally mean **TO YOU**.

• (76:2) “When ready, we say something like this: "My Creator, (1) I am now willing that you should have(2) all of me, good and bad. I pray that you (3) now remove from me every single defect of character which stands in the way of my usefulness to you and (4) my fellows. (5) Grant me strength, as I go out from here, to do your bidding. Amen.”

1. Is “Willingness” required? Can I still be “willing “if I am only acting “Grudgingly”?
Is it OK if I’m doing this just to get myself out of the “Jam” my life has become?
What does it look like in my life when I am “Willing”?

(over)

• **(76:2)** “When ready, we say something like this: “My Creator, **(1)** I am now willing that you should have**(2)** all of me, good and bad. I pray that you **(3)** now remove from me every single defect of character which stands in the way of my usefulness **(4)** to you and my fellows. **(5)** Grant me strength, as I go out from here, to do your bidding. Amen.”

2. How much of my life am I giving to God?

What does that look like and In what areas of my life does that include?

3. Which “character” defects am I asking God to remove?

What are my “character” defects standing in the way of?

Does that mean all of “character” defects are going to be removed?

Can my “character” defects ever be useful to God?

What does it look like in my life when my “character” defects are not standing “in the way”?

4. To whom am I supposed to be useful?

Who exactly are “my fellows”?

Does that include my family?

What exactly does it look like in my life when I am useful to God?

What exactly does it look like in my life when I am useful to “my fellows”?

5. Exactly what kind of “Strength” (or Power) do I need? (physical, mental, emotional, financial etc.)

Am I : Struggling, angry, upset, depressed, grumpy, worried or afraid when I have strength?

What exactly does it look like in my life when God graces me with “Strength”?

The Ninth Step Prayer Exercise

• **(83:1)** “So we clean house with the family, asking each morning **in meditation** that our Creator show us **the way of patience, tolerance, kindness and love.**

The spiritual life is not a theory. *We have to live it.*”

• **[12&12 (100:4)]** “...meditation is like that, too; it helps **to envision our spiritual objective before we try to move toward it...**(101:5) This much could be a fragment of what is called meditation, perhaps our very first attempt at a mood, a flier into the realm of the spirit, if you like. It ought to be followed by a good look at where we stand now, and **a further look at what might happen in our lives were we able to move closer to the ideal we have been trying to glimpse.** Meditation is something which can always be further developed...it’s object is always the same: to improve our conscious contact with God, with His grace, wisdom and love. And let’s always remember that meditation is in reality intensely practical. **One of its first fruits is emotional balance.**”

List the immediate members of your family:

| | |
|-----|-----|
| 1. | 11. |
| 2. | 12. |
| 3. | 13. |
| 4. | 14. |
| 5. | 15. |
| 6. | 16. |
| 7. | 17. |
| 8. | 18. |
| 9. | 19. |
| 10. | 20. |

Write out a vision of what it looks like in your family life, for you to show each member of your immediate family “the way patience, tolerance, kindness and love.”

**1. “God please show me what it would look like to show my family -The way of Patience:”
Write out your “Vision” of what this would look like in your life...**

(Over)

2. **“God please show me what it would look like to show my family -The way of Tolerance:”**
Write out your “Vision” of what this would look like in your life...

3. **“God please show me what it would look like to show my family -The way of Kindness:”**
Write out your “Vision” of what this would look like in your life...

4. **“God please show me what it would look like to show my family -The way of Love:”**
Write out your “Vision” of what this would look like in your life...

Forgiveness Exercise

• **Our Daily Bread Newsletter March 2002** “We don’t forgive to let those who have harmed us off the hook. We forgive to turn the offenders over to God and to get the bitterness and anger out of our stomachs. If we don’t forgive our own anger will consume us.”

• **TIC Lent 2002** “Many of us still regard forgiveness as a human act instead of a divine act. We all tend to want revenge. We like to remind people how much they have hurt us. We often have the misconception that if we forgive someone, we’re condoning their actions...To the degree that we refuse to forgive, we drag resentment around with us. If we’re not willing to forgive and move beyond our anger, then we’re stuck. Forgiveness is not a gift we give someone else; it is a gift we give to ourselves. **It is not something we do because the other person deserves it. In fact, the other person may not even know that we harbor anger and resentment against him – and may not even care – but we are the ones paying the price for carrying around the burden. Say to yourself: “My not forgiving costs me too much, and I refuse remain stuck at this point in my life.”** When we ask Him, God gives us the Grace to freely forgive even those who have wounded us deeply.”

To deal with Forgiveness, we will follow the plan Bill W. laid out in the 12 & 12 and the Big Book. Bill wrote...

• **[12&12 (78:1)]** “The moment we ponder a twisted or broken relationship with another person, **our emotions go on the defensive...** Let’s remember that alcoholics are not the only ones bedeviled by sick emotions. Moreover, it is usually a fact that our behavior when drinking has aggravated the defects of others...In many instances we are really dealing with fellow sufferers, people whose woes we have increased. **If now we are about to ask forgiveness for ourselves, why shouldn’t we start out by forgiving them, one and all?**”

• **[12&12 (77:1)]** “Steps Eight and Nine are concerned with personal relations. First, we take a look backward and try to discover **where we have been at fault** (4th step), next **we make a vigorous attempt to repair the damage we have done** (steps 8 & 9); and third, having thus 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.**” (Including those we won’t forgive)

On the Step One Worksheet – Question #7 asked: **Is there anyone that you refuse to forgive?**

- **List the people here and number them.**

• **[12&12 (94:2)]** “There are cases where our ancient enemy, rationalization, has stepped in and has justified conduct which was really wrong. The temptation here is to imagine that we had good motives and reasons when we really didn’t” **(we focus on what they did to us, not what we did)** Keeping this quote in mind....

- **Did you harm this person in ANY WAY? If so, Write out the harms you did.**

• **[12&12 (95:0)]** “Learning daily **to spot, admit, and correct these flaws** is the essence of character-building and good living. **An honest regret for harms done**, a genuine gratitude for blessings received, and **a willingness to try for better things** tomorrow will be the permanent assets we shall seek.” Keeping this quote in mind....

- **Have you made amends for the harms you did? If not, Make out an amends card...**

(66:4) “This was our course. We realized that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms (column 2) and the way these disturbed us (column 3), they, like ourselves, were sick too. **We asked God to help us** show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend.”

• **[12&12 (93:3)]** “**When prideful, angry, jealous, anxious, or fearful**, we acted accordingly, and that was that. Here we need only recognize that we did act or think badly, **try to visualize how we might have done better**, **And resolve with God’s help to carry these lessons over into tomorrow, making, of course, any amends still neglected.**

- **Write out - how can you be helpful to the person you refuse to forgive?**
- **Write out what it looks like to be kindly toward this person.**
- **Write out what it looks like to be tolerant toward this person.**

♥♥Every Day, For each person you can’t forgive, Place their name in the blanks and pray
These prayers until your heart softens...

1. “God, please help me to forgive _____. Father, please save me from being angry. Help me to put out of my mind the harm they did and help me not to argue or retaliate against this person. God please show me how to take a kindly and tolerant view of each and every one. Thy will be done.”

2. “May _____ be well and happy.”

“May _____ be free from anger.”

“May _____ be free from suffering.”

3. “God, please bless _____ with the same Love and Kindness that you bless me. Soften my heart toward _____ and help me to realize that whatever I feel _____ may have done to me, it has not actually changed the true essence of who and what I am inside. Lord, Please keep me mindful of the fact that I am still your Loving child and that Your Love is still intact within me. Please heal me and help me radiate your Love and Compassion to everyone, especially to _____.
Father, Please Grace me with Forgiveness toward _____ that by your example, I may learn to Love them with Unconditional Love, the same way you Love me.”

Now that our heart has softened through prayer, it’s time to make amends for our harms.

- **Take your amends card and go out and repair the damage you did keeping these Big Book and 12 & 12 instructions in mind....**

(77:1) If an enemy, **go to him in a helpful and forgiving Spirit**, confessing our former ill feeling and expressing our regret.

(78:0) His faults are not to be discussed. We stick ours harm

(79:1) Remind yourself that **you have decided to go to any lengths to find a Spiritual Experience.**

(79:1) **Ask God for the Strength and Direction to do the right thing, no matter what the personal consequences may be.**

We are willing.[eagerly compliant] We have to be.

(79:1) **We must not shrink at anything.** [including Forgiveness]

(83:3) **We don’t delay** if it can be avoided.

[12&12 (87:0)] “...all of them [amends] do require a complete willingness to make amends as fast and as far as may be possible in a given set of conditions. Above all, we should try to be absolutely sure that we are not delaying because we are afraid. For the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine.”