

Step 1 Reflection Questions

After prayerful consideration, write out the answers to the following questions:

- 1) What is the biggest difficulty/problem in my life right now?
- 2) Am I really willing to go to any length to have this difficulty/problem resolved?
- 3) Where am I being dishonest:
 - a) With others?
 - b) With myself?
- 4) What do “powerless” and “unmanageable,” with respect to this problem, really mean to me? How are they different?

Step 2 Reflection Questions

After prayerful consideration, write out the answers to the following questions:

- 1) What is my current concept of my Higher Power? What qualities does my current Higher Power have?
- 2) What are my doubts about God's:
 - a) Existence?
 - b) Knowledge?
 - c) Power?
 - d) Love?
 - e) Presence?
 - f) Accessibility?
- 3) How do these doubts manifest in the way I think, feel, and act?
- 4) What qualities do I need my Higher Power to have?
- 5) Where is God?

Step 3 Reflection Questions

After prayerful consideration, write out the answers to the following questions:

- 1) Am I really convinced that my life, run on self-will, can hardly be a success?
- 2) What relationship do I want with this Higher Power: child; agent; employee; actor; creature?
- 3) Am I willing to make a decision to turn my life (what I have) and my will (what I want) over to the CARE of God?
- 4) What would my life (my actions) look like if I really ABANDONED MYSELF UTTERLY to God and relied on God WITHOUT RESERVATION?

Step 4 Reflection Questions

After prayerful consideration, write out the answers to the following questions:

- 1) What or who is my most irritating resentment?
- 2) Who am I in this resentment?
 - a) Who do I think I am?
 - b) ...believe I should be?
 - c) ...want to be seen as?
 - d) ...really believe I am?
- 3) Who am I really in this resentment? Where am I:
 - a) Selfish (thinking about myself?)
 - b) Self-seeking (acting on my behalf?)
 - c) Dishonest (misrepresenting myself?)
 - d) Fearful (concerned about not getting or losing?)
- 4) What is my most bothersome fear?
- 5) Where is my selfishness/self-centeredness most prominent in my personal relationship(s)?
- 6) What is my sex ideal? How and why do I fall short of that ideal? Am I really willing to grow toward it?
- 7) What is the one “big secret” I have not been willing to FULLY reveal?

Step 5 Reflection Questions

After prayerful consideration, write out the answers to the following questions:

- 1) Am I willing to reveal what I have written – totally; transparently?
- 2) Can I really be honest with someone; with myself?
- 3) Have I already made a decision to withhold something by not writing it down?
- 4) Is there any dark cranny in which I have not directed the light?
- 5) Am I willing to reveal all my secrets, shame, and guilt?

Step 6 Reflection Questions

After prayerful consideration, write out the answers to the following questions:

- 1) What is the most prominent obstacle I use to shut out the sunlight of the Spirit?
- 2) How is it manifested in thought/attitude?...feeling/emotion?...behavior/activity?

- 3) What is its source? What purpose does it serve? What is its value to me? Is it a compensation for a need or deficiency I perceive I have?
- 4) What do I fear might happen if I let go of this behavior?
- 5) How does this behavior protect me from pain?
- 6) What feeling does this behavior help me avoid?
- 7) Am I REALLY ready and willing to have it removed? If not, am I willing to pray for the willingness?

Step 7 Reflection Questions

After prayerful consideration, write out the answers to the following questions:

- 1) Am I willing to pray the defect removal prayer (Seventh Step Prayer, page 76 in the Big Book)? Without reservation?
- 2) If I have a particularly stubborn character defect, am I willing to pray for its SPECIFIC removal?
- 3) Meanwhile, am I willing to stop, or at least modify, the behavior – the outward manifestation of this character defect?
- 4) Do I believe my Higher Power CAN remove this obstacle and restore sanity? Do I believe my Higher Power WILL?

Step 8 Reflection Questions

After prayerful consideration, write out the answers to the following questions:

- 1) Have I made a list of all the people and institutions I have harmed? Is it complete?
- 2) If I haven't made the list, who and what in my life have been the most harmed (physically, financially, emotionally, intellectually, or spiritually) by my behavior or by my not taking action?
- 3) Am I clear on the harm and the necessary amend?
- 4) Am I willing to make the appropriate amends?
- 5) Have I discussed these harms and intended actions with my Step Guide/Sponsor?

Step 9 Reflection Questions

After prayerful consideration, write out the answers to the following questions:

- 1) Have I completed all the amends on my list?
- 2) If I do not have this list, am I willing to make restitution for the harm(s) identified in Step Eight's reflection questions? What do I need to do?
- 3) If I have not completed all my amends, am I REALLY willing to finish this work? If not, what is stopping me?
- 4) What is the single most troublesome relationship in my life? What am I doing, or not doing, to resolve it?

Step 10 Reflection Questions

After prayerful consideration, write out the answers to the following questions:

- 1) What does it mean for me to "enter the world of the Spirit"? Where have I been?
- 2) What is my vision of God's will for me:
 - a) Spiritual?
 - b) Physical?
 - c) Emotional?
 - d) Intellectual?
 - e) Financial?
 - f) Relationship(s)?
 - g) Work?
 - h) Community?
- 3) When I'm disturbed, do I reflect on the source of the trouble within me?
- 4) When I realize that I've been resentful, dishonest, fearful, or selfish, do I:
 - a) Ask God AT ONCE to remove it?
 - b) Tell someone IMMEDIATELY about it?
 - c) Make amends QUICKLY if appropriate?
 - d) RESOLUTELY turn my thoughts to helping someone else?

Step 11 Reflection Questions

After prayerful consideration, write out the answers to the following questions:

- 1) Have I established a conscious contact with God? Do I really want one? Do I believe it is even possible for me?
- 2) Am I committed to improving my conscious contact with God?
- 3) Have I developed my own prayer practice?
- 4) Each day, how much time do I consistently dedicate to prayer and meditation:
 - a) Morning?
 - b) Evening?
 - c) During the day?
- 5) Do I believe prayer and meditation are as vital to the health of my spiritual life as air and breathing are to my physical life?

Step 12 Reflection Questions

After prayerful consideration, write out the answers to the following questions:

- 1) Do I really believe/have I fully experienced that the root source of all my trouble is selfishness/self-centeredness?
- 2) Am I convinced that the solution to my self-centeredness is OTHER/other-centeredness?
- 3) Do I feel resistance to basing my life on the principle of service to others?
- 4) In what ways am I ACTUALLY of service to others now?
- 5) What are the principles I need to practice in my daily life?
 - a) With my spouse/significant relationship?
 - b) In my family?
 - c) In my work?
 - d) In my community?

Final Reflection

“We are in the world to play the role He has assigned” (BB page 68).

What is your role?

Our Job

“Your job now is to be at the place where you may be of maximum helpfulness to others...” (BB page 102).

The natural way for God to manifest and work in this world is through people, through us.

We have intellect and will, which lead to knowledge and action. The proper use of the intellect is to seek KNOWLEDGE of God’s will. Ask yourself: WHAT IS MY VISION OF GOD’S WILL FOR ME? When we use our will properly, we align our will with God’s will. Therefore, our prayer is “THY WILL BE DONE.”

When we are in HARMONY with Creative Intelligence, the Spirit of the Universe which underlies all, our Higher Power is revealed to us and through us to others. We are possessed with a new sense of power and direction (BB page 46).

Therefore, because our job is to seek KNOWLEDGE of His will and the POWER to carry it out, we:

- “...grow in understanding...” (BB page 84) – KNOWLEDGE.
- “...grow in...effectiveness...” (BB page 84) – POWER.
- ...stay in ACTION and SERVICE.
- “...perfect and enlarge (our) spiritual life through work and self-sacrifice for others...” (BB page 14 and 15).

Here is the “Big Book’s” simplified formula:

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| 1) Clean house – Step Ten | Remove obstacles (as they appear) to conscious contact with God deep down within ourselves. |
| 2) Trust God – Step Eleven | Improve our conscious contact with the Source of Power. |
| 3) Help others – Step Twelve | Live or fulfill our purpose; our mission. |

Periodically many will go through the entire process again with a DIFFERENT sponsor or step guide. Some do it annually. Bill Wilson recommended “...annual or semiannual housecleanings” (12 & 12 page 89). My rhythm is about every three years. In prayer, be led by the Spirit to find your own rhythm and step guide.

“We will be with you in the Fellowship of the Spirit...” (BB page 164) and someday perhaps we’ll meet as we “...trudge the Road of Happy Destiny” (BB page 164).

Meanwhile, let us all “...live in thankful contemplation of Him who presides over us all” (Tradition Twelve, long form. BB page 566).

Herb K.