

STEP ACTION OUTLINE

A guide to aid an alcoholic in taking and using the steps of AA to recover from a seemingly hopeless state of mind and body

Revised: September 2018

Materials:

Alcoholics Anonymous – 4th Edition (The Big Book)
Twelve Steps and Twelve Traditions (12 & 12)
Notebook, pencil/pen

Link to Step Action Google Group:

<https://groups.google.com/forum/#!forum/stepaction>

Link to Step Action Website:

<https://sites.google.com/site/stepaction257>

Links to Big Book and Twelve and Twelve through AA World Services

http://www.aa.org/pages/en_US/alcoholics-anonymous

http://www.aa.org/pages/en_US/twelve-steps-and-twelve-traditions

Link to Twelve Steps Illustrated through AA World Services:

http://www.aa.org/assets/en_US/aa-literature/p-55-twelve-steps-illustrated

1. _____ Opening Session: Read Appendix II, Alcoholics Anonymous, p. 567.

Step One – We admitted we were powerless over alcohol – that our lives had become unmanageable.

FIRST STEP ACTION

(Pages 1-43)

2. _____ Read the Preface and the Forwards to each edition. (pp. *xi – xxiv*) and Twelve and Twelve, p. 24.
3. _____ Read “The Doctor’s Opinion” pp. *xxv – xxxii* and Appendix III p. 569
 - a. Look up and write down in your notebook the definitions of the words "alcoholism," "allergy," "chronic," "craving," "disease," "obsession," "powerless," "psychic" "recovered" "manage" and "succumb."
 - b. Write down all the ways you were and/or continue to be powerless over alcohol.
 - c. List your reactions to “The Doctor’s Opinion.”
4. _____ Chapter 1 - Read “Bill’s Story” – pp. 1 – 16 and Dr. Bob’s Nightmare (p. 171).
 - a. Write your first step inventory
 - i. List all the ways you attempted and failed to control your drinking.
 - ii. Make a list of the names of all persons who said they were concerned with your drinking problem.
 - b. Bill says his new way of living is “simple, but not easy.” What price had to be paid? (p. 14)
 - c. Write down in what specific ways you can identify with our co-founders: such as: “Did I ever drink, think or feel like Bill and Bob?”
5. Chapter 2 – Read “There is a Solution” – pp. 17 -23
Read Story 1 (p. 182) in “Pioneers of AA.”
 - a. Write down what differentiates a “moderate” drinker or “hard” drinker from a “real” alcoholic. Which one are you?

- b. Bill says that “Our very lives as ex-problem drinkers depend upon the constant thought of others and how we may help meet their needs. (p.20). What does this mean to you?
- c. At this point in your recovery, what does the statement: “the main problem of the alcoholic centers in his mind rather than in his body”? (p.23) mean to you?

6. _____ **Finish reading “There is a Solution” – pp. 24 – 29
Read Story 2 (p. 193) in “Pioneers of AA.”**

- a. Look up the definition of "phenomena."
- b. Write down the difference between an “answer” and a “solution.”
- c. What are the solution(s) to the drink problem as recommended in Chapter Two?
- d. Why are the stories in the Big Book important to our recovery?

7. _____ **Chapter 3 - Read “More About Alcoholism” – pp. 30 – 39, Read Story 3 (p.200) in Pioneers of AA.**

- a. What are the two ways a person can diagnose himself/herself as an alcoholic? (pp. 31 & 34).
- b. Write down specifically the ways you identify with a man of 30 (p.32), Jim, the car salesman (p.35), and the Jaywalker (p.37).

8. _____ **Finish reading “More About Alcoholism” – pp. 39 – 43. Read Story 4 (p. 208) in “Pioneers of AA.”**

- a. The last alcoholic in the chapter is Fred the Accountant, (p.39), write down the ways you identify with Fred.
- b. Write down the time/occasion when you first knew that you couldn’t stop drinking on the basis of self-knowledge alone? (p. 39)
- c. Are you prepared to throw “several lifelong conceptions out of the window?” (p. 42). Write down what they are.
- d. If “the alcoholic at certain times has no effective mental defense against the first drink.”, (p.43), where must the defense come from? (p.43)
- e. Based on your work thus far, write down your thoughts about whether or not you have conceded to your innermost self that you are an alcoholic (page 30). If “yes,” you have diagnosed yourself

as an alcoholic. If no, continue with the steps anyway and revisit this question after 40 weeks.

FIRST STEP PRAYER

“God, please give me the willingness to become ready to do anything that will lift the merciless obsession to drink and the willingness to accept spiritual help.”

We have now completed the First Step which is that we have admitted to our innermost selves that we were powerless over alcohol - that our lives had become unmanageable.

Step Two – Came to believe that a Power greater than ourselves could restore us to sanity.

SECOND STEP ACTION

(Pages 44-60)

Step Two is not about finding God. It is about setting aside old ideas (prejudices) to open ourselves up to allow the Power to work through us. If our problem is powerlessness (Step 1), then the solution requires connecting with a Power that will solve our problem.

9. _____ Chapter 4 - Read “We Agnostics” - pp. 44 – 46. Read Story 5 (p. 219) in “Pioneers of AA.”

- a. Look up and write down definitions of the words “prejudice,” “atheist,” “agnostic,” “restore” and “sanity.”
- b. Write down your second step inventory which is a list of all your past and current prejudices in spiritual matters. Then pray for the willingness to have them set aside.
- c. The alternatives spelled out for “an alcoholic of the hopeless variety” are “an alcoholic death or to live on a spiritual basis”. (p.44) Write down if you believe these are your only two choices and why?

10. _____ Continue reading Chapter 4, “We Agnostics” - pp. 47 - 52 Read Story 6 (p. 232) in “Pioneers of AA.”

- a. Search diligently within yourself for a sense of or belief that God is in your life.
- b. The Eight Bedevilmments (p. 52) of an alcoholic are listed on the next page. In the column, “Past and Present Experience” on the following page, write down examples of how you experienced each of the eight bedevilmments listed while you were drinking then write down examples of the extent to which each of the bedevilmments is present in your life today. This will define the “unmanageability” of the first step in your life both before and after your last drink.
- c. In the column “Ideal Behaviors” set out below, list behaviors (that are the opposite of the eight bedevilmments) describing how you would like to live your life today. This will define a sane life, your vision of how you would like to live today and the ideal toward which the following steps will point you. We will revisit this ideal when we get to Step Eleven to examine to what extent our vision is being realized.

A PATH TO A VISION OF YOUR LIFE WITHOUT THE BEDEVILMENTS

THE BEDEVILMENTS	PAST EXPERIENCE	PRESENT EXPERIENCE	IDEAL BEHAVIORS
1. We were having trouble with personal relationships	_____ _____ _____	_____ _____ _____	_____ _____ _____
2. We couldn't control our emotional natures	_____ _____ _____	_____ _____ _____	_____ _____ _____
3. We were a prey to misery and depression	_____ _____ _____	_____ _____ _____	_____ _____ _____
4. We couldn't make a living	_____ _____	_____ _____	_____ _____
5. We had a feeling of uselessness	_____ _____	_____ _____	_____ _____
6. We were full of fear	_____ _____	_____ _____	_____ _____
7. We were unhappy	_____ _____	_____ _____	_____ _____
8. We couldn't seem to be of real help to other people	_____ _____ _____	_____ _____ _____	_____ _____ _____

11. _____ **Finish reading Chapter 4, “We Agnostics” - pp. 53 – 57**
Re-read Appendix II – pp. 567 – 568 and Appendix V, p. 572;
Read Story 7 (p. 246) in “Pioneers of AA.”

- a. Write down your own definition of the Capitalized Spiritual Terms in Chapter 4. “Honestly ask yourself what they mean to you” (p. 47).
- b. Write down whether you believe, or are willing to believe, that there is a Power greater than yourself.” This is Step 2. (pp. 46 - 47).
- c. Write down your choice of the two propositions on page 53. Do you have experience which leads you to believe that God can work in your life?

SECOND STEP PRAYER - SET ASIDE PRAYER

“God, please help me set aside everything I think I know about myself, the 12 Steps, this book, the meetings, my disease and You so that I may have an open mind and new experience with all of these things. God, please help me see the Truth.”

We have now completed the second Step which is that we came to believe that a Power greater than ourselves could restore us to sanity.

Step Three – Made a decision to turn our will and our lives over to the care of God as we understood Him.

THIRD STEP ACTION:

(Pages 58 - 64)

12. _____ **Chapter 5 – Read “How It Works” – pp. 58 – 63**
Read Stories 8 (p.258) and 9 (p. 268) in “Pioneers of AA.”
- a. Are you "convinced" of (a), (b) and (c) as set forth on p 60? Write down your answers, why or why not?
 - b. Look up the meanings of the words "delusion" (p. 30, 61 & 62) and "denial." How are they different? List how you have been delusional with regard to your drinking or the effect it had on others.
 - c. Write down in your notebook examples of how you have been selfish, self-centered, self-seeking or self-pitying in the past. How did these decisions, based on self, work out for you?
 - d. Write down if you are willing to quit playing God, just for today?
13. _____ **Re-Read pages 58 - 63**
Read Stories 1 (p. 281) and 2 (p. 289) in “They Stopped in Time.”
- a. Write down what you believe is the "Decision" called for in Step Three?
 - b. Taking the Third Step is a three-part action/decision: see p 62 - "First", are you willing to quit playing God; "Next" do you acknowledge that God is your Director/ Principal/ Father? If you answer yes to both questions, then Part Three is reciting something like the Third Step prayer on p. 63 with an understanding person
 - c. List the Third Step promises on p. 63 and the extent to which they have begun to become true in your life.
 - d. Group will say the Third Step prayer together:

“God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!”

We have now completed the Third Step which is that we made a decision to turn our will and our lives over to the care of God *as we understood Him.*

Step Four – Made a searching and fearless moral inventory of ourselves.

FOURTH STEP ACTION: QUESTIONS FROM THE BIG BOOK

14. _____ **Read “How it Works” – pp. 63 – 67.
Read Stories 3 (p. 295) and 4 (p. 301) in “They Stopped in Time.”**

Personal Inventory - The three most common manifestations of self:

- I. **Resentment** (pp. 63 – 67) – the “number one” offender, from it stem all forms of spiritual disease.
 - a. Look up and write down the definition of “resentment.”
 - b. List in writing, your resentments (grudges) in the manner as set forth in the three (3) columns on page 65 and the fourth column as discussed on page 67.
 - i. First column: What people, institutions or principles are you angry at?
 - ii. Second column: Ask yourself, why am I angry at them? How was I hurt or threatened by these people, institutions or principles?
 - iii. Third column: Did they affect your self-esteem, pocketbook (security), ambitions, personal or sex relations?
 - iv. Fourth column: Was I thorough and honest in this inventory? Where had I been selfish, dishonest, self-seeking and frightened: Where was I to blame? What was my mistake? What was my fault? Where was I wrong?

FOURTH STEP RESENTMENT PRAYER

“God give me the willingness to realize that people who wronged me were perhaps spiritually sick. God help me show them the same tolerance, pity and patience that we would cheerfully grant a sick friend. God, this is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.”
Page 67

15. _____ **Read pages 67 – 68 on the Fear inventory. Read Stories 5 (p. 309) & 6 (p. 319) in “They Stopped in Time.”**

- II. **Fear** (pp. 67 – 68) - somehow touches about every aspect of our lives.
 - a. Look up and write down the definition of “fear”.
 - b. Fear is discussed on pages 67 & 68
 - i. Review your fears thoroughly, write down what they are and why you have each one. See Fear Inventory handout for assistance with this action.

- ii. Bill asks, "Was it because self-reliance failed you"? Write down how self-reliance may be the basis of your fears.

FOURTH STEP FEAR PRAYER

"God please remove my fear and direct my attention to what You would have me be." p. 68.

16. _____ **Read pages 68 – 71 on Sex Relations in the Big Book and Step 4 in the 12 & 12 pages 42 – 54. Read Stories 7 (p. 328) & 8 (p. 338) in "They Stopped in Time."**

- III. **Sex/Relations** (68 – 71) – Many of us need an overhauling here, but we try to be sensible. Write down your answers to the following questions which are set forth on page 69 of the Big Book:
 - a. Review your conduct and ask where you have been selfish, dishonest or inconsiderate?
 - b. Whom have you hurt?
 - c. Did you unjustifiably arouse jealousy, suspicion or bitterness?
 - d. Where were you at fault?
 - e. What should you have done instead?
 - f. Write down your sane and sound ideal for your own sexual/relationship conduct. How shall I treat a partner?
 - g. Are you willing to grow toward your ideal?

FOURTH STEP SEX/RELATIONSHIP PRAYERS

"God, I earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing." (p. 70)

"In this way, we tried to shape a sane and sound ideal for our future sex life. We subjected each relation to this test – was it selfish or not? We asked God to mold our ideals and help us to live up to them. Whatever our ideal turns out to be, we must be willing to grow toward it. In meditation, we ask God what we should do about each specific matter. The right answer will come, if we want it." (p. 69)

2. Bill says that completing this inventory you have swallowed and digested some big chunks of truth about yourself. (p.71) Write down what those big chunks of truth about yourself that you have uncovered in your fourth step inventory.

For further work and information on the Fourth Step, you may also want to answer the Twelve and Twelve questions (pp. 48-54) in writing as part of the inventory process.

We have now completed the Fourth Step which is that we made a searching and fearless moral inventory of ourselves.

Step Five – Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

FIFTH STEP ACTION

17. _____ **Chapter Six - Read “Into Action” - pp. 72 – 75. Read Story 9 (p. 348) in “They Stopped in Time.”**
Review your written Fourth Step inventory (weeks 14, 15, &16).
Make an appointment with another human being to take the 5th step.

As a result of writing a searching and fearless moral inventory, we have a list of our resentments, fears and sex/relationship problems and our part in each.

Having discovered the obstacles in our path to a new attitude and relationship with our Creator, take time to review the list and admit to God and to yourself, the big chunks of truth about yourself which “you have swallowed and digested”.

- a. What has been the purpose of our step work thus far?
- b. Bill describes the actor on pg. 73? Write down how you lead a double life?
- c. Write down how you have admitted the exact nature of your wrongs to God and to yourself.

Before speaking with the person with whom you will do your 5th step, pray the following prayer:

God, I have made a decision to turn my life and my will over to your care. I have made an inventory of my grosser handicaps – listing my resentments, fears and problem areas in my sex/personal relationships – and I admit that at their root is my selfishness and self-centeredness. Please remove whatever self-will that has blocked me off from you and give me the willingness to confide in another human being and full confidence in the person with whom I take this step. I believe I am in Your care.

18. _____ **Meet with the person who will do the 5th Step with you and review with him/her the list of what you have discovered - every twist of character, every dark cranny of the past. Read Story 10 (p. 359) in “They Stopped in Time.”**

- a. When you have completed your admission of the exact nature of your wrongs to God, yourself and another human being, return home and spend an hour carefully reviewing the first five steps and answer the questions at the bottom of p. 75 to see if you have omitted anything.
- b. Write down which of the seven Fifth Step promises on page 75 have already come true in your life. (Over)

If we are satisfied that we have not omitted anything, then we have completed Step Five which is that “we admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

FIFTH STEP PRAYER

God, I thank you for the willingness to honestly and fearlessly admit the exact nature of my wrongs to You, to myself and to another human being.

Step Six – Were entirely ready to have God remove all these defects of character.

SIXTH STEP ACTION

19. _____ **Read First Paragraph - p. 76 in the Big Book; Read pp. 63 – 65 on Sixth Step in the 12 & 12. Read Stories 11 (p. 369) & 12 (p. 375) in “They Stopped in Time.”**
- a. What is emphasized as “indispensable” in Step 6? (p. 76)
 - b. What should you seek from God if you “cling to something and will not let go”? (p. 76)
 - c. Look up and write down the definitions of “ready” and “willing.”
 - d. Think about each of the Personality Characteristics on the next page (negative and positive behaviors) and rate 1-10 the degree to which each defect affects your life today. A negative behavior ranking of 6 or over indicates a defect upon which the Sixth and Seventh Step should be practiced at once.
20. _____ **Finish reading the Sixth Step in 12 & 12. Read Stories 13 (p. 382) & 14 (p. 388) in “They Stopped in Time.”**
- a. Write down 3 defects from the personality characteristics list on p. 14, that have had the most negative effect on your life and answer questions 1 - 3 for each:
 - 1. Write down how long this issue has been part of your life?
 - 2. Write down what this issue has cost you in your life?
 - 3. Write down what are some things you have done in the past to try to lessen this defect in your life?
 - b. Many AA members have tried to diminish their character defects on their own, with little or no success. These same men and women became “entirely ready” when they became willing to seek the aid of their Higher Power. Write down if you are entirely ready to have God remove all your defects of character.

SIXTH STEP PRAYER

First, picture your hand in God’s hand. “God, I need your help to become willing to let go of the things which continue to block me from you. Lord, make me willing to have these defects removed. Please, no matter what, don’t let go of my hand.”

We have now completed the Sixth Step which is that we were entirely ready to have God remove all these defects of character.

PERSONALITY CHARACTERISTICS

Defective Reactions Negative Behaviors (Self Will)	Healthy Reactions Positive Behaviors (God's Will)
Selfish, Self-Centered, Self-Seeking	Interest in others
Dishonesty	Honesty
Frightened	Trustful
Inconsiderate	Attentive
Prideful	Humble
Greedy	Generous
Lustful	Satisfied with what we have
Angry	Calm
Envious	Happiness for others
Slothful	Taking action
Gluttonous	Moderate
Impatient	Patient
Intolerant	Accepting
Resentful	Forgiving
Hateful	Loving – Sacrifice for Others
Self-Pitying	Grateful
Ego Centric	Humble – Seeking God's Will
Shameful	Self-Forgiving
Suspicious	Trustful
Doubtful	Faithful
Prejudiced	Open Minded
Not Listening	Attentive
Restless	Peaceful
Irritable	Joyful
Discontented	Loving

Step Seven – Humbly asked him to remove our shortcomings.

SEVENTH STEP ACTION: A PRAYER

Steps of Spiritual Growth:

1. Identify the negative emotion and behavior;
2. Realize that the negative emotion is within you – it is not an external reality;
3. Recognize that the emotion is not an essential part of who you are – feelings come and go;
4. Accept that you cannot change your emotions on your own willpower alone;
5. Ask God to help you change your reaction to life and your behaviors toward others.

21. _____ Read second paragraph on P. 76 and Article on Emotional Sobriety.

- a. List the things outside of yourself you are dependent upon to feel secure.
- b. List everything that you are not willing to give up in order to have a better relationship with God.

22. _____ Read pp. 70 to 73 on Seventh Step in 12 & 12. Read Story 15 (p. 398) in “They Stopped in Time.”

Say the Seventh Step prayer every morning for a week. Then write an inventory of your actions using this list:

- a. List the opportunities you had to be useful to anyone in the last seven days.
- b. Write down how you reacted after the opportunity was presented?
- c. Write down if you willingly acted on those opportunities?
- d. Write down if you asked anyone if you could help them?
- e. Write down if you helped someone when they asked you for help. What did you do?

**23. _____ Finish reading the Seventh Step in 12 & 12. Read Story 16 (p. 407) in “They Stopped in Time.”
Group will say the Seventh Step prayer to close the meeting tonight**

- a. Prior to experiencing “real peace of mind” (p. 74), alcoholics have “hitherto known only excitement, depression or anxiety...” Write down examples of this cycle in your life.
- b. Write down the purpose of the Sixth and Seventh Steps.
- c. Write down if your thoughts, words and deeds are unified or are you still pretending to be someone you are not?
- d. Write down if you are willing to have God remove this pretense?
(Over)

SEVENTH STEP PRAYERS

“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.”

If there are areas that are specifically troubling or difficult, try saying this prayer:

“Father, take me to a place where I am gladly ready (willing) to have you replace (troublesome defect, i.e., fear, resentment) with a consistent sense of aliveness and awareness of a fascinating relationship with you. “

Your son/daughter,

We have now completed the Seventh Step which is that we humbly asked Him to remove our shortcomings.

Step Eight - Made a list of all people we had harmed and became willing to make amends to them all.

EIGHTH STEP ACTION

You will now make an accurate and unsparing survey of the human wreckage you have left in your wake to see how many people you have hurt and in how many ways. Because the fourth column of our fourth step grudge list identifies how we “stepped on the toes of others”, the grudge list is a good starting point for this inventory.

Eighth Step Inventory And List Of People You Have Harmed

24. _____ Read 3rd and 4th paragraphs on p. 76 in the Big Book and read eighth step in 12 & 12. Read Story 17 (p. 421) in “They Stopped in Time.”

- a. Write down names of persons you have harmed as the result of the following defects of character:
1. Did I have a consistently bad temper?
 2. Did I lie or cheat?
 3. Did I deprive others of their worldly goods?
 4. Did I deprive others of their emotional security?
 5. Did I deprive others of their peace of mind?
 6. Did I excite jealousy in others?
 7. Did I excite misery in others?
 8. Did I excite a strong desire in others to retaliate in kind?
 9. Was I miserly?
 10. Was I irresponsible?
 11. Was I callous?
 12. Was I cold?
 13. Was I irritable?
 14. Was I critical?
 15. Was I impatient?
 16. Was I humorless?
 17. Did I lavish attention on one person and neglect others?
 18. Did I try to dominate relationships?
 19. Did I wallow in depression?
 20. Did I wallow in self-pity?

This is not an exhaustive list, but it will provide a good framework to see the areas where we may have harmed others.

- b. The following chart on page 18 may help you in compiling your list, which will surely include names of family members, friends, people you have worked with and creditors, the harm you did to them, if you have forgiven them and whether you are willing to go forward with the amend.

Person Harmed	What was (is) the harm?	Have I Forgiven Them?	Am I Willing to Make the Amend?

25. _____ Read 1st paragraph on P. 79 in the Big Book, re-read the Eighth Step in the 12 & 12. Read story 1 in “They Lost Nearly All.”

Review your Eighth Step list with your sponsor and set out your course of action for each person on your list.

When we have made our list of all persons we have harmed and have become willing to make amends to them all, then we have completed Step Eight.

EIGHTH STEP PRAYERS

For each name on the list, before making the amend, say the forgiveness prayer and the willingness prayer set out below:

Eighth Step Forgiveness Process

Step 1: Pray to become willing to believe that the resentment which you feel is not in anyone’s best interest and become willing for it to go away, knowing how much our own forgiveness is attached to this process. Willingness Prayer: “God, take me to a place where I am gladly ready to let this go.”

Step 2: Find a quiet place and relax.

Step 3: Say a prayer that you like (3rd Step, 7th Step, Serenity, Lord’s Prayer, etc.)

Step 4: Quietly say the Forgiveness Prayer as follows:

“I fully and freely forgive _____. I loose him and let him go. I completely forgive the whole business in question; as far as I am concerned it is finished forever. I cast the burden of resentment upon the God within me. That person is free now. I am free too. I wish him well in every phase of his life. That incident is finished. The truth has set us both free. Thank God.”

Step 5: Do not repeat the Prayer. If the person/event comes to your mind again, say a prayer for his well-being and put it out of your mind.

Willingness Prayer

God, remove my fear of making this amend and give me the willingness, strength and direction to do the right thing, no matter what the personal consequences might be.

When we have made our list of all persons we have harmed and have become willing to make amends to them all, then we have completed Step Eight.

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

NINTH STEP ACTION

26. _____ **Read pp. 76 – 84 in the Big Book. Read Step Nine in the 12 and 12. Read Story 2 (p. 446) in “They Lost Nearly All.”**
- a. Start on your course of action for making the amends.
 - b. When we make amends consider saying to each person, “I know what I did to you, but I don’t know what it did to you. What will it take to make us square?”
 - c. Write down the purpose of Ninth Step amends.
 - d. What is the very spirit of Step 9? (12&12 - p. 87)
 - e. Make at least two amends this week.
27. _____ **Re-Read Ninth Step in 12 & 12. Read Story 3 (p. 452) in “They Lost Nearly All.”**
- a. Review ninth step actions you have taken and share experiences with the group.
 - b. Continue to make amends until all are completed.

Halfway through the amending process you should begin to experience the Ninth Step promises (p. 83.)

THE NINTH STEP PROMISES

We will lose interest in selfish things and gain interest in our fellows.
Self-seeking will slip away.
We will comprehend the word serenity and we will know peace.
Our whole attitude and outlook upon life will change.
Fear of people and of economic insecurity will leave us.
That feeling of uselessness and self-pity will disappear.
We will intuitively know how to handle situations which used to baffle us.
We are going to know a new freedom and a new happiness.
No matter how far down the scale we have gone, we will see how our experience can benefit others.
We will not regret the past or wish to shut the door on it.
We will suddenly realize that God is doing for us what we could not do for ourselves.

NINTH STEP PRAYERS

“Ask each morning in meditation that our Creator, show us the way of patience, tolerance, kindness and love.” especially with our family. (p. 83)

When we have made direct amends to those we have harmed, wherever possible, except when to do so would injure them or others, we have completed Step Nine.

Step Ten – Continued to take personal inventory and when we were wrong promptly admitted it.

TENTH STEP ACTION

- 28. _____ Read pages 84 – 86 in the Big Book, and pp. 88 – 92 in the 12 & 12. Read Story 4 (p. 458) in “They Lost Nearly All.” Complete a daily 10 question inventory during weeks 28, 29, 30 & 31 as set forth on p. 86 of the Big Book and in Wk. 30 of this outline.**
- a. Ask God for the willingness to watch for selfishness, resentment, dishonesty and fear: (p. 84)
 - b. If I wronged someone (through word, action or inaction) today, what corrective measures should be taken?
 - c. Write down if you honestly believe that sanity has returned. (p.84)
 - d. Write down if you have begun to be “God – conscious.” (p.85)
 - e. Write down what “maintaining our spiritual condition” means to you? (p.85)
 - f. Write down what emotional sobriety means to you? (Re-read handout from week 22)
 - g. Write down what the spiritual axiom “Every time we are disturbed, no matter what the cause, there is something wrong with us,” means to you? (12 & 12, p. 90)
 - h. Write down if you believe that “Nothing pays off like restraint of tongue and pen.”? (12 & 12, p.91) and write down an example in your life.
- 29. _____ Finish Reading Step 10 in the 12 & 12 (pp. 92 – 95). Read Story 5 (p. 470) in “They Lost Nearly All.” Continue daily inventory.**
- a. Do you ever examine your motives for your actions? Have you ever believed you had good motives when you really didn’t?
 - b. Do you have an honest regret for harms done, a genuine gratitude for blessings received, and willingness to try for better things tomorrow? (12 & 12, p. 95)
 - c. Write down examples of how some of the twelve 10th step promises have come true in your life. (Big Book, pp. 84 & 85).

TENTH STEP PRAYER

As we go through the day, we pause when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves that we are no longer running the show, humbly saying to ourselves many times each day, “Thy will, not mine, be done.”

If we can answer these questions to our satisfaction, we have completed Step 10 for today which is that we have continued to take personal inventory and when we were wrong promptly admitted it.

Step Eleven – 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.

ELEVENTH STEP ACTION: PRAYER, MEDITATION AND INVENTORIES

30. _____ **Read pages 86 – 88. Read Story 6 (p. 476) in “They Lost Nearly All.” Continue taking the daily inventory but do so in the morning and nighttime.**
- a. Look up and write down the definition of the word “meditation.”
 - b. Take the nightly inventory every night, using the following questions as a guide.

Ten Question Inventory

- i. Were we resentful?
- ii. Were we selfish?
- iii. Were we dishonest?
- iv. Were we afraid?
- v. Do we owe an apology?
- vi. Have we kept something to ourselves which should be discussed with another person at once?
- vii. Were we kind and loving toward all?
- viii. What could we have done better?
- ix. Were we thinking of ourselves most of the time?
- x. Were we thinking of what we could do for others, what we could pack into the stream of life?

After making our review we say the following prayer: “God, please forgive me and show me what corrective measures should be taken.” (p. 86)

- c. Take a daily inventory each morning and throughout the day if you become disturbed and where appropriate use the following questions as a guide.

Morning and Daytime Inventory

- i. Upon awakening, we consider our plans for the day.
- ii. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.
- iii. We conclude our period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems.
- iv. We ask especially for freedom from self-will, and are careful never to pray for our own selfish ends.
- v. As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action.

- vi. We constantly remind ourselves that we are no longer running the show, humbly saying to ourselves many times each day, “Thy will be done.”

31. _____ Read pp. 96 – 100 on Step 11 in the 12 & 12. Read Story 7 (p. 486) in “They Lost Nearly All.”

**Continue taking a morning and nighttime inventory.
Meditate with Group**

- a. Write down how the behaviors in your life today reflect or fall short of your ideal or vision of a sane life which you wrote as your vision of Sane Behavior in Step Two. (Week 10) If you have done the work up to this point, your life will reflect to some degree the change that you envisioned. Write down how your life reflects some of those sane behaviors today.

32. _____ Read pp. 101 – 105 on Step 11 in the 12 & 12. Read Story 8 (p. 494) in “They Lost Nearly All.”

**Continue taking a morning and nighttime inventory.
Add 5 minutes to meditation time in the morning and/or evening.**

- a. Write down if and to what extent the 11th step promises (Big Book, p. 88) are coming true in your life?

“It works-it really does.”

ELEVENTH STEP PRAYER

It is suggested that this prayer be read slowly and repeatedly as an introduction to meditation (see Twelve and Twelve, p. 99)

“Lord, make me a channel of thy peace –
that where there is hatred, I may bring love –
that where there is wrong, I may bring the spirit of forgiveness –
that where there is discord, I may bring harmony –
that where there is error, I may bring truth –
that where there is doubt, I may bring faith –
that where there is despair, I may bring hope –
that where there are shadows, I may bring light –
that where there is sadness, I may bring joy.

Lord, grant that I may seek rather
to comfort than to be comforted –
to understand than to be understood –
to love than 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.”

ELEVENTH STEP PRAYER

“How can I best serve thee – Thy will (not mine) be done.”

If we have prayed and meditated today, we have completed Step Eleven which is that we 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 it out.

Step Twelve – Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

TWELFTH STEP ACTION

33. _____ Read pages 89 – 95 in Chapter 7, “Working with Others,” Read Story 9 (p. 501) in “They Lost Nearly All.”
- a. Write down what you believe is the “message” we are to carry to another alcoholic?
 - b. Write down if an opportunity to “Carry the message” to another alcoholic presented itself and what you did in response to that opportunity.
34. _____ Read pages 96 – 103 in Chapter 7, “Working with others.” Read Story 10 (p. 512) in “They Lost Nearly All.”
- a. We have read about spiritual principles throughout the year: Write down the definitions of these terms: patience, tolerance, kindness, love, gentleness, caring, concern, forgiveness, joy, peacefulness, honesty, open-mindedness and willingness.
 - b. Write down some examples of how you tried to “Practice these principles in all of your affairs” this week?

TWELFTH STEP PRAYERS

God, please help me walk day by day in the path of spiritual progress;
God, please help me recognize the remarkable things that happen to me when I follow that path;
God, please help me to know and accept that the things that come to me when I place myself in your hands are better than anything that I can plan;
God, help me to follow your dictates so that I can presently live in a new and wonderful world no matter what my present circumstances.
God, please help me, show me the way.

If we have tried to carry this message to another alcoholic and tried to practice the principles in all our affairs, we have completed Step 12 for today.

Suggested Actions to Live a Spiritual Life as found in Chapters 8 - 11

35. _____ **Read Chapter 8 “To Wives” (pp. 104 – 113), Read story 11 (p. 522) in “They Lost Nearly All.” Read Appendix I and Appendix II.**
- a. Write down the unpleasant companions described at the bottom of p. 104 of this chapter.
 - b. Write down some of the problems experienced with living with an alcoholic spouse.
36. _____ **Read pp. 113 -121 in Chapter 8, Read Story 12 (p. 531) in “They Lost Nearly All.” Read Appendix III.**
- a. What are the problems that spouses are afflicted with too? (p. 116)
 - b. Beginning on p.114 Bill describes a spiritual way of life for the spouses of alcoholics to follow. Highlight or underline in your book the suggested spiritual actions found in pages 114 -121.
37. _____ **Read Chapter 9 “The Family Afterwards” (pp. 122 – 135), Read Story 13 (p. 535) in “They Lost Nearly All.” Read Appendix IV.**
38. _____ **Read Chapter 10 “To Employers” (pp. 136 – 150), Read Story 14 (p. 544) in “They Lost Nearly All.” Read Appendix V.**
39. _____ **Read Chapter 11 “A Vision for You” – p 151 – 156, Read Story 15 (p. 533) in “They Lost Nearly All.” Read Appendix VI.**
40. _____ **Read Chapter 11 “A Vision for You” – p. 157 -164. Read Appendix VII.**
- a. Write down how your life has changed since week one in this process.
 - b. Write down the sane behaviors which you wrote down in week 10 and reviewed in week 31 that you are realizing in your life today.
 - c. If you had a Spiritual Awakening as described in Appendix II (pp. 567 & 568), write down how this affected your life.
41. _____ **Read Tradition One in the 12 & 12 and Concept I in the AA World Service Manual.**
- a. This is a link to the Twelve and Twelve –
http://www.aa.org/pages/en_US/twelve-steps-and-twelve-traditions

- b. This is a link to the 12 Traditions Illustrated -
http://www.aa.org/assets/en_US/aa-literature/p-43-the-twelve-traditions-illustrated
- c. This is link to the AA World Service Manual -
http://www.aa.org/assets/en_US/en_bm-31.pdf
- d. This is a link to the 12 Concepts Illustrated -
http://www.aa.org/assets/en_US/p-8_the-twelveconetps.pdf

- 42. _____ **Read Tradition Two in the 12 & 12 and Concept II in the AA World Service Manual.**
- 43. _____ **Read Tradition Three in the 12 & 12 and Concept III in the AA World Service Manual.**
- 44. _____ **Read Tradition Four in the 12 & 12 and Concept IV in the AA World Service Manual.**
- 45. _____ **Read Tradition Five in the 12 & 12 and Concept V in the AA World Service Manual.**
- 46. _____ **Read Tradition Six in the 12 & 12 and Concept VII in the AA World Service Manual.**
- 47. _____ **Read Tradition Seven in the 12 & 12 and Concept VII in the AA World Service Manual.**
- 48. _____ **Read Tradition Eight in the 12 & 12 and Concept VIII in the AA World Service Manual.**
- 49. _____ **Read Tradition Nine in the 12 & 12 and Concept IX in the AA World Service Manual.**
- 50. _____ **Read Tradition Ten in the 12 & 12 and Concept X in the AA World Service Manual.**
- 51. _____ **Read Tradition Eleven in the 12 & 12 and Concept XI in the AA World Service Manual.**
- 52. _____ **Read Tradition Twelve in the 12 & 12 and Concept XII in the AA World Service Manual.**

This completes our study of the three legacies of Alcoholics Anonymous, **Recovery** as set forth in the Big Book and Twelve and Twelve, **Unity** as set forth in the Traditions in the Twelve and Twelve and **Service** as set forth in the Concepts in the AA Service Manual.

Thank you for sharing your experience with the group.

FELLOWSHIP OF THE SPIRIT

“Still you may say: ‘But I will not have the benefit of contact with you who write this book.’ We cannot be sure. God will determine that, so you must remember that your real reliance is always upon Him. He will show you how to create the fellowship you crave.

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven’t got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you - until then.”

Alcoholics Anonymous p. 164