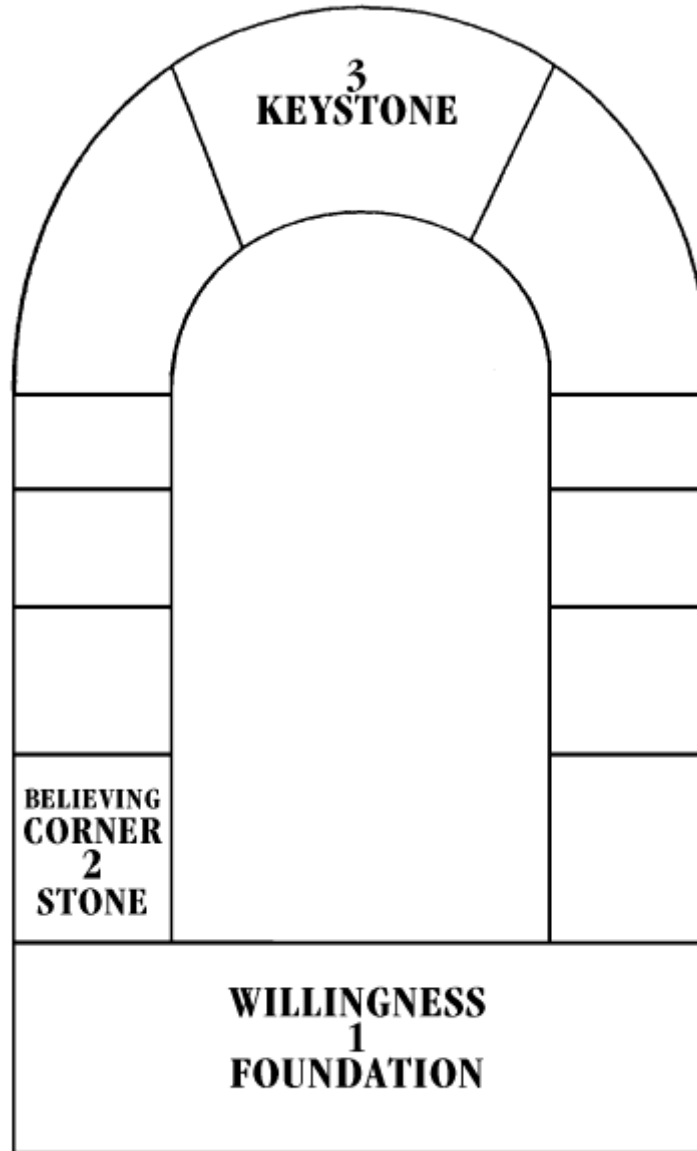


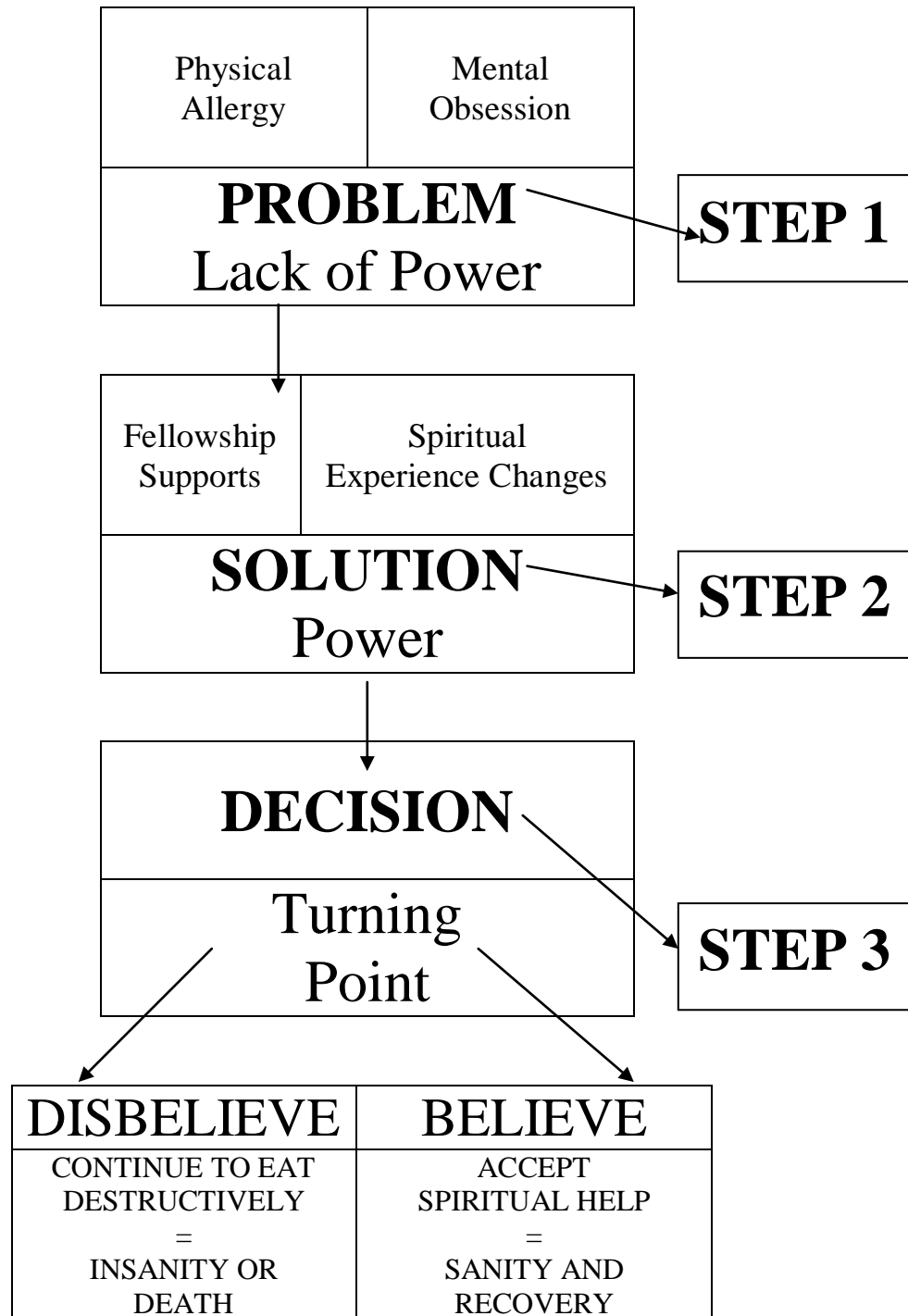
The Wonderfully Effective Spiritual Structure



“...the arch through which we passed to freedom”

Alcoholics Anonymous:
p. 12 (1.22) Willingness = Foundation
p. 47 (1.19) Believing = Cornerstone
p. 62. (1.31) Decision = Keystone

Road Chart to Decision



Third Step Prayer (page 63, Alcoholics Anonymous)

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. Amen

Step 5 Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

"If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only *thought* they had lost their egoism and fear; they only *thought* they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else all their life story." (pages 72-73)

"Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.

Returning home we find a place where we can be quiet for an hour carefully reviewing what we have done. We thank God from the bottom of our heart that we know Him better. Taking this book down from our shelf we turn to the page which contains the twelve steps. Carefully reading the first five proposals (steps) we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last. Is our work solid so far? Are the stones properly in place? Have we skimmed on the cement put into the foundation? Have we tried to make mortar without sand? (page 75)

Step 6 Were entirely ready to have God remove all these defects of character.

SHORTCOMINGS AND DEFECTS

Characteristics of self-will:

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

Characteristics of God's Will:

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

Step 7 Humbly asked Him to remove our shortcomings.

THE SEVENTH STEP PRAYER

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.**

My 7th Step at a Glance (example)

The Defect	What I Can Replace It With
Food Obsession	Tools, Steps, Working w/ others, Seek physical health
Poor Self Esteem	"Right-sized" pride, Self respect & reflection, positive self-talk
Self Mistrust	Trust/Faith in HP so I can trust myself. Take next right action. Seek help from support network.
Self Dishonesty	Abstinence. Honest to HP, me, & others. Take next right action. 3 rd step prayer
Social Insecurities	Avoid isolation. Be on time and present. Seek to connect with others. Positive self-talk
Poor Body Image	Faith/trust in HP, in myself, in others, and in the program. Moderation, humility, "Right-sized" pride
Procrastination	1 st things 1 st , one day at a time, face fears w HP, make lists, take next right action. Moderation, balance work/play.
Perfectionism	Pray for guidance. Take "right-sized" action. Seek advice from sponsor, big-book, fellows. Balance/Moderation, 1 day @ time
People Pleasing	Helping others in <u>healthy</u> way helps me too. Next right action, honesty, Self-respect, open communication, abstinence
FEAR Change, Other People, New Things, Making Amends	Faith/trust in HP, the program, myself, and others. do writings, take next right action, breathe, meditate, seek serenity, keep fear "right-sized"
FEAR Mistrust/Abuse	Avoid putting myself in harm's way. Give others benefit of doubt, work tools learned in therapy
FEAR of confrontation, to look out for myself	Take next right action. Enforce proper boundaries. Maturity. Self-respect. "Right-sized" ego, pick battles wisely
FEAR prejudice	Faith/trust in HP, the program, myself, and others. Concern/consideration, altruism, tolerance, acceptance, respect, patience, take a look in the mirror, buddy – you're different too!
Self-Absorption, Poor Listener, Hard to symp/empathize	Abstinence = self-care in a <i>healthy</i> way 3 rd step prayer, care for others by doing <i>HP's</i> will. Eye contact (faces, not food). Be on time and present. Avoid isolation, work tools (sponsorship, meetings, phone) Maintain friendships, makes & keep plans to socialize
Isolation from friends/family	Practice faith, not fear. 3 phone calls a day. respect family & obligations; honesty, altruism, be considerate responsible adult, next right action, plan ahead, be on time & present
Wasteful/Hasty/Careless Behavior	Plan ahead, make lists, next right action, be on time, walk/bike, stay abstinent, keep neat and clean, don't over-commit, respect my/others' things, maintain home/car/my own body
Impatience	Practice patience and tolerance. Get outside of myself & my disease, help others, do <i>service</i>
Co-Dependence, Lack of Boundaries	Be Other/HP centered. Take next right action, Be an adult, be true to sex ideal done in 4 th step, counter fears with faith

The Three Dimensions of Life Steps 1 through 9

