

## Steps 1-3 Surrender

Set Aside Prayer: "God, please set aside everything that we think we know about ourselves, the book, sobriety, the 12 Steps, and you God. God please help each and every one of us to have an open mind so we may have a new experience, and discover the truth."

<p>Step 0: Do you want to quit? Are you willing to go to any lengths to stop? Do you want to work the steps together?          Who are we? pg xiii: 5 (1) and pg xiv: 0 (1-6)          What do we have to offer? pg 17: 3 (1-6)          Step 1          Physical symptoms: pg. x          xx: 5 (1-3, 5-8); pg. 44: 1 (4-7)          Mental symptoms: pg. xxviii: 4 (1-6) and xxix: 0 (1-9); pg 23:1(3-10) and pg23:2(1-9); pg 30:1(4-10)          Psychic change: pg. xxix: 1 (1-7)          Unmanageability: pg. 52: 2 (3-8)          Loneliness: pg. 151: 2 (1-10)          First Step question: pg. 30:2 (1-3)</p>	<p>Yes or No:</p> <ul style="list-style-type: none"> <li>• Have you learned and have you fully conceded to your innermost self that you are an alcoholic?</li> <li>• Do you have any reservations or lingering ideas that one day you will be immune to or UNAFFECTED by drinking alcohol?</li> </ul>
<p>Step Two          Lack of Power: pg. 45: 1 (1-4), 2 (1-3)          Where do we find the Power? pg. 55: 2 (1-7), pg. 55: 3 (5-7)          Look within: pg 55: 4 (3-4)          What if the newcomer doesn't believe? pg. 46: 1 (3-8)          Second Step question: pg 47: 2 (1-3)</p>	<p>Yes or No:</p> <ul style="list-style-type: none"> <li>• Do you believe, or are you even willing to believe, that there is a power greater than you?</li> </ul>
<p>Step Three          A life run on self-will: pg. 60: 4 (1-8)          Selfishness blocks us from God's will: pg. 62: 1 (1-8) and pg. 62: 2: (1-8)          A life guided by the vision of God's will: pg. 62: 3 (1-4, 6-8) and pg. 63: (1-4)</p>	<p>Yes or No:</p> <ul style="list-style-type: none"> <li>• Are you convinced about Steps One and Two?</li> <li>• Are you convinced that any life run on self-will can hardly be a success?</li> <li>• Are you convinced that your troubles are basically of your own making, and that they arise out of you and that you are an extreme example of self will run riot?</li> <li>• Are you convinced that you must be rid of this selfishness?</li> <li>• Are you convinced that your selfishness is killing you?</li> <li>• Are you convinced that there is often no way of entirely getting rid of self without a Higher Power's aid?</li> <li>• Are you convinced that you have to have a Higher Power's help?</li> <li>• Are you convinced that you have to quit playing the role of a Higher Power - that it never worked?</li> <li>• Are you convinced that a Higher Power is going to be your Director, Principle, Father and Employer?</li> <li>• Are you convinced that you have thought well about taking this Step?</li> <li>• Are you convinced that you can at last abandon yourself utterly to a Higher Power?</li> </ul>
<p>Are You Ready To Take Step Three?          Third Step prayer: pg. 63:2 (2-8)</p>	<p>Step Three Prayer: God I offer myself to Thee - to build with me and 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!</p>

**Important** - Please remember, as the Big Book says at the end of Step 3, NEXT we launch out on a course of VIGOROUS action, the first step of which is a personal housecleaning, which many of us had never attempted. Though our decision (Step 3) was a vital and crucial step (so it's important), it could have LITTLE PERMANENT EFFECT (it doesn't amount to much) unless AT ONCE (immediately or now) followed by a STRENUOUS EFFORT to face (where we face these things is in Steps 4 - 6), AND to be rid of (where we get rid of these things is in Steps 7 - 9), the things in ourselves which had been blocking us (we can't turn our will and our lives over to the care of God until we get unblocked from doing so by immediately and quickly working Steps 4 - 9). Our liquor was but a symptom. So we had to get down to causes and conditions.(from [www.justloveaudio.com](http://www.justloveaudio.com) in "free resources" under Steps 2 & 3)

## Step 4-9 Sharing(Steps 4, 5, 6 and 7) Amends (Steps 8 and 9)

<p>List all people that are most important to you and that you interact with on a daily basis including immediate family, co-workers and close friends, whether you have "resentments" or not with these people. Sponsor does the writing: pg. 13: 3 (1-4) What do we inventory?</p>	<p>Then ask yourself:</p> <ul style="list-style-type: none"> <li>• Who would you not want to walk into this room and sit down next to you?</li> <li>• Who do you avoid facing? List these people.</li> <li>• Next list who you have strong negative feelings about and who is occupying much of your thinking.</li> <li>• Do the same with businesses and/or institutions.</li> </ul>
<p>Review the "Step 4 Definitions" included in your handouts. Beginning with the first person on your list, the sponsor or sharing partner asks: Are there any resentments with the relationship? Resentments: pg. 64: 3 (1-2, 6-9)</p>	<p>Yes? Put a check in the appropriate box. Then the sponsor/sharing partner will ask:</p> <ul style="list-style-type: none"> <li>•what is the nature of the resentment?</li> <li>•how has the resentment manifested in this relationship?</li> <li>•how has it affected the relationship?</li> <li>•Has a harm been done?</li> </ul>
<p>Is there any fear? Fears: pg. 68: 1 (1-3)</p>	<ul style="list-style-type: none"> <li>• What is the nature of the fear?</li> <li>• How did it manifest in the relationship?</li> <li>• How has it affected the relationship?</li> <li>• Was a harm done?</li> </ul>
<p>Self-examination. How did your character weaknesses or strengths affect the situation?  Who was affected by any resentments, fears, selfishness, dishonesty, pride/false pride, jealousy, envy or laziness? Explanation: pg. 63: 4 (1-2), pg. 64: 0 (1-5) and pg 64: 1 (1-7)  Step 5: We share our inventory: pg 72: 2 (4-10) With whom? pg. 73: 4 (1), pg. 74: 0 (1-9), pg. 74: 1 (1-4) This Step may be temporarily postponed: pg. 74: 2 (2-6) How do we take this Step? pg. 75:1 (1-4)</p>	<ul style="list-style-type: none"> <li>• What was the nature of the above character traits?</li> <li>• How did it manifest in the relationship?</li> <li>• How has it affected the relationship?</li> <li>• Was a harm done?</li> <li>• What outcome did I want in this situation and why?</li> <li>• How did I try to control the situation?</li> <li>• Was it any of my business?</li> <li>• What actions did I take or omit to get what I wanted?</li> <li>• Did I ignore reality?</li> <li>• Were my expectations reasonable for myself and for others?</li> <li>• Did I lie to myself or to others?</li> <li>• Did I ignore the feelings of others and think only of myself?</li> <li>• How did I act like a victim to control others, get attention and sympathy, be special, and so on?</li> <li>• Did I resist help from God and others?</li> <li>• Did I insist on being right?</li> <li>• Did I feel slighted for lack of recognition or acknowledgment?</li> </ul>
<p>Harms: pg. 69: 1 (1-6) We overcome our harms with amends: pg. 69: 3 (2-4)</p>	<p>A harm is: something that has caused someone actual suffering or loss, something that we have done that has had a negative effect on another. : where have you been selfish, self-seeking, dishonest, jealous, envious, bitter, inconsiderate, false pride, greedy, irresponsible, lazy?</p>
<p>Assets</p>	<p>We grow by our willingness to face and rectify errors (liabilities) and convert them into assets.</p> <ul style="list-style-type: none"> <li>• What should I have done instead?</li> <li>• How would God have me be?</li> <li>• If this happens again, how might I respond differently?</li> </ul>
<p>Resentments We overcome our resentments with forgiveness: pg. 66: 4 (1-2), pg. 67: 0 (1-8), and pg. 67: 1 (1-2)</p>	<p>We strive for forgiveness: We ask: "Are you willing to forgive?" Are you willing with prayer to ask God for the willingness to forgive?</p>
<p>Fears: We overcome our fears with faith: pg. 68: 2 (1-4) and pg. 68: 3 (4-10)</p>	<p>We need to ask God for faith. We ask: Are you willing to ask God to remove your fears?</p>
<p>Step 6 Explanation: pg. 76: 1 (1-7) Sixth Step question: pg. 76: 1 (3-5)</p>	<p>We ask: Are you willing to let God removed from you all the things you find objectionable? Are you willing to ask God to help you let go of them? Pray to have the character defect removed.</p>
<p>Say the 7th step prayer Seventh Step prayer: pg. 76: 2 (1-7)</p>	<p>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.</p>
<p>Step 8 Explanation: pg. 76: 3 (2-5) Step 9: Explanation: pg. 76: 3 (6-11) Specific amends: People we dislike: pg. 77: 1 (9-14) Creditors: pg. 78: 2 (1-12);Where other people are involved: pg. 79: 2 (1-3) and 80: 1 (1-5);People who cannot be seen: pg. 83: 3 (1-5) We ask our sharing partner: Do I owe an amends? List. What amends need to be done? Will you begin to make amends this coming week?</p>	<p>What should I have done instead? What do I need to do to straighten out the past? What behaviors will convince them more than my words? If I have an outstanding apology, it must be made as soon as practicable once the review has been completed. Discuss what corrective measures should be taken. List the types of amends. Direct, living, in-kind and letters.</p>
<p>Share: "what do you have to be grateful for?"</p>	<p>Conclude the session with prayer.</p>
<p>Be of service to others and help carry the message. Think of someone who you can help.</p>	<p>God got us well so that we can be constructive and useful and fit ourselves to be of maximum service to others. "Love and service is our code."</p>

**Considerations:** The Big Book concludes the inventory section by saying: *“If you have already made a decision, (Step 3) and an inventory of your grosser handicaps (Step 4), you have made a good beginning. That being so, you have swallowed and digested some big chunks of truth about yourself.”*

**Now ask yourself the following question:**

Have I knowingly omitted writing down anything I have done or left undone that makes me feel guilty, ashamed or separated from God, from people, or from myself?

If your answer is an honest “NO!” then we have completed Step 5

After you have completed the list and discussed the list with your sharing partner:

- Take time to quietly review the list with your higher power and thank your higher power for your sobriety and their support in developing comfortable and contented sobriety and for fitting yourself to be of service to others with this disease.

Following this step, the Big Book promises:

*“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.”*

**Steps 10-12 Guidance**

<p>Step 10          Explanation: pg. 84: 2 (1-8)          Tenth Step process: pg. 84: 2 (8-14)          Tenth Step question: pg. 84: 2 (2-3)          Will you continue to take a personal inventory and continue to set right any new mistakes as you go along?</p>	<p>Continue to take personal inventory and set right any new mistakes. Our next function is to grow in understanding and effectiveness. Continue to watch for selfishness, dishonest, resentment and fear. When these crop up, we ask god at once to remove them. We discuss them with someone immediately and make amends. Then we resolutely turn our thoughts to someone we can help. Love and tolerance is our code.</p>
<p>Step 11          Explanation of two-way prayer: pg. 85: 3 (1-2) and 86:0 (1-4)              When we retire: pg. 86: 1 (1-9)              Upon awakening: pg. 86: 2 (1-5)              How does God communicate with us? pg. 86: 3 (1-6)              How did God communicate with Bill W.? pg 14: 2.(1-8)              Practice, practice, practice: pg. 87: 0 (1-9)              Throughout the day: pg. 87: 3 (1-3), 88: 0 (1-7), 1 (1)           Will you pray and meditate daily?</p>	<p>Suggests prayer (talking to God) and meditation (listening to God). Are you willing?</p> <ol style="list-style-type: none"> <li>1. We pray each night - - <i>every night</i> - - a prayer of thanks.</li> <li>2. We pray each morning - - <i>every morning</i> - - for help and guidance.</li> <li>3. When we are lonely, confused, uncertain - - <i>we pray</i>.</li> </ol> <p>Most of us find it well to - -</p> <ol style="list-style-type: none"> <li>1. Choose, for each day, a "quiet time" to meditate on the program, on our progress in it.</li> <li>2. Keep conscious contact with <b>God</b> and pray to make that contact closer.</li> <li>3. Pray that our will be laid aside and that God's will direct us.</li> <li>4. Pray for calmness - - quiet - - relaxation - - rest.</li> <li>5. Pray for strength and courage to enable us to do today's work today.</li> <li>6. Pray for forgiveness for yesterday's errors.</li> <li>7. Ask for <b>hope</b> for better things tomorrow.</li> <li>8. Pray for what we feel we need. We will not get what we <i>want</i> - - we will get what we <b>need</b>, what is good for us.</li> </ol>
<p>Step 12          Explanation: pg. 89: 1 (1-7) and 2 (1-7)          Twelfth Step question: pg. 89: 1 (5)          Will you carry the message to other addicts, and practice these principles in all your affairs?</p>	<p>Be of service and carry the message. Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other addicts. Daily: say first, second and third steps. Say the third and seventh step prayer. Practice steps ten, eleven and twelve.</p>

**We Practice These Principles in All Our Affairs** Program summary: pg. 164: 2 (1-10), pg. 164: 3 (1-6), and 164: 4 (1); There is a solution: pg. 25: 1 (1-12) and pg. 25: 2 (1-9)

This last part of the **Twelfth Step** is the real purpose that all of the twelve steps lead to - - *a new way of life, a design for living*. It shows how to live rightly, think rightly and to achieve happiness. **How do we go about it?**

- a. We resolve to live our life *one day at a time* - - just twenty-four hours.
- b. We pray *each* day for guidance that day.
- c. We pray *each* night - - thanks for that day.
- d. We resolve to keep our heads and to forego any anger, no matter what situation arises.
- e. We are patient.
- f. We keep calm, relaxed.
- g. Now and most important: whatever *little* ordinary situations as well as *big* situations arise, we look at them calmly and fairly, with an open mind, then act on them in exact accordance with the simple true principles that A.A. has taught and will teach us.