

EACH DAY:

- # daily repeat of step
- # practice of thinking (listening)
- # sense of principle wanted
- # spiritual 12th Step call on SELF

FIRST MONTH - STEP ONE - "WE ADMITTED WE WERE POWERLESS OVER ALCOHOL -- THAT OUR LIVES HAD BECOME UNMANAGEABLE."

Reading:

Big Book: Doctor's Opinion (on page - xxiii) *4th ed. page XXV*
Chapter 1 (Bill's Story - page 1)

12 & 12 Step 1 (on page 21)

Principle: HONESTY (to get to know yourself from outside
in...into inner light)

- Suggestions:
- # Think about the first Step (both parts)
feel/remember "powerless-ness "un-manageability"
as in feeling of "reactive-ness"...when you are
unable to determine "action" versus "re-action".
 - # "Admitted - no reservation - no options - forever
- admit to your innermost self - This is the
beginning of personal honesty - "How is it done?"
One day at a Time.
 - # Know alcoholism as a medically diagnosed disease,
affecting body, mind, spirit, - we will know by
thinking & listening to our thinking - the
spiritual cause of "un-manageability"
 - # Get your house in order (physical) - review basic
instincts for moderation (security, sex, social
instincts).
 - # Remember, daily and practice of step/principle -
your interpretation and thinking on both for
example, honest motive/honest thinking/honest
action, un-manageable.

notes: Pg 60 (a); B/B chp #5

SECOND MONTH - STEP TWO - "CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY."

Reading:

Big Book: Chapter 2 (There is a solution - on page 17)
Chapter 3 (More about alcoholism - on page 30)
Chapter 4 (We agnostics - on page 44)

12 & 12 Step II (on page 25)

Principle: HOPE (to change and let light in)

- Suggestions:
- # Solution - sanity - belief - hope, activated each time you attend meetings, read the book or work with others.
 - # What is sane versus insane...for example, "This time it will be different" thinking is insane.
 - # Observe your daily life, without judgement - listen to your thinking, become familiar with yourSELF through your thoughts.
 - # Experience wanting hope, and listen to your thinking and reactions when you sense "unmanageable" situations.
 - # Take a moment to pause - to sense hope indicates sanity/soundness of mind- balance. Big Book page 60 (b) & (c) plus Chapter 5
 - # Now taking a moment to pause to sense hope (belief) leads to reaction to the unmanageability and thus "insane" (out of balance), determined by thinking... is it based on Higher Self (God)?...honest motive...or reaction to fear.
 - # Insane decision: "This time it is going to be different". Sane decision: "Go to God in 3rd Step, Let Go and Let God".

notes: Pg 60 (b) & (c); B/B chp #5

THIRD MONTH - STEP THREE - "MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTAND HIM."

Reading:

Big Book: Chapter 4 (We Agnostics - on page 44)
Chapter 5 (How it Works - on page 58)

12 & 12: Step III (on page 34)

Principle: FAITH (to let God help; know light is there and you want it).

Suggestions: # Decision to go to God (sane) or react without "pause" and go to self (insane).

Listen to yourself daily and become familiar with your - to your thinking; it will be more conscious with practice of Steps 1 and 2. Now, thinking will be evident.

Ask God to be your partner in thinking.

Accept thinking without judgement - serious problems will be evident by their chronic repetitive playing in your mind.

Daily listening as in Step 1 (with honesty) and Step 2 (with hope), and now with knowledge of your decision to have the faith to work with God...

Your will equals your thinking - your life is the sum of your total actions in the day. "Turn It Over" - your will equals your thinking and the actions that result.

Any understanding of God is acceptable, even if you borrow someone else's. Act as if.

Turning your will and your life over (faith) is turning over your thinking (will) and actions (life).

notes....Pg. 60 to 63 B/B chp 5

Proper use of will: 1 - to interpret
2 - to stay in DAY
3 - to listen to thoughts
4 - to turn them in questions
5 - to make room for God

FOURTH MONTH - STEP FOUR - "MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES."

Reading:

Big Book: Chapter 5 (How it Works - on page 58)

12 & 12: Step IV (on page 42)

Principle: COURAGE (to see what is in your way, blocking Light of Spirit)

- Suggestions:
- # Spiritual inventory - what you think in your own head. Inventory of your own mind content.
 - # What reappeared and became evident? What issues have risen to the top from listening to your thinking in Step 3?
 - # Review your basic instincts - social, security, sexual and your ambitions, motives in relationship to them - list your fears in relationship to the above - define each fear as real or imagined.
 - # What are your most chronic symptomatic thoughts as a reaction to these fears?
 - Worry: insecurity of any kind (example, financial insecurity, negativity, impending doom)
 - Judgement: both sides (cut you/cut me) - (example, lack self-worth, I should, I should, I should, if only, if only, if only.)
 - Other: This is a very individual Spiritual inventory. Ultimate goal: only name on it is yours.

Know your problems (Steps 1-2-3-4) from listening to your thinking, so you can bring them to God (Steps 5-6-7) for solution.

note: Page 63 to 71 B/B - chapter 5

FIFTH MONTH - STEP 5 - "ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS."

Reading:

Big Book: Chapter 6 (Into Action - on page 72)

12 & 12 Step V (on page 55)

Big Book and 12 & 12 will no longer coincide. Read as suggested and refer back and review as you go to next month and step.

Start reading stories, i.e., Freedom From Bondage (p. 544 especially p. 552), Doctor, Alcoholic, Addict (p.439, especially p.449) etc.

74th Ed. renamed "Acceptance Was The Answer" page 407 especially pg. 417

Principle: INTEGRITY (to tell the truth - to trust information from others - more clarity, more light)

- Suggestions:
- # What now do you want to admit to God, yourself and another?
 - # What exactly do you now want to turn over - How are you going to do it?
 - # Discuss chosen issue from Step 4, discuss at meetings - listen for similarities - review daily "self" and thinking, it will become more clear and defined. You are what you think.
 - # Honesty of thought (Step 1)... hope of change (Step 2)... faith that God is a partner (Step 3), courage to admit defects (most chronic thinking from Steps 3 and 4 and re-actions). Allow for action of telling and listening to the truth. (Step 5)
 - # Now, integrity to listen - to tell the truth - to listen to the truth - to be free of SELF. To let you be free to be yourself.
 - # Now, in the solution... now, practicing the solution... not the problem.
 - # Determine which fears are real vs. imagined, by listening to others with similar fears.
 - # Listen to others' truth and you will know your own (similarities)

notes: Page 72 to 75
B/B Chp 6 to refer to Step 5

SIXTH MONTH - STEP SIX - "WERE ENTIRELY READY TO HAVE GOD REMOVE THESE DEFECTS OF CHARACTER."

Reading:

Big Book: Chapter 7 (Working With Others - on page 89)

12 & 12: Step VI (on page 63)

Principle: WILLINGNESS (to remove what blocks light)

Suggestions # You will be more aware of the manifestations of your thinking.

contrary # Know the value of contrary action, taking action equals entirely ready!

Be more committed to spiritual change, on issues more defined as a result of Step 5.

Choose 1 or 2 symptoms of fear (example: worry and judgement) and become entirely ready for a change to be closer to God (your will and God's will in Harmony).

Commitment to face fear head-on with God as partner, on the other side is your own vulnerable spirit

Every thought, change or interaction of great value - especially with another person and listening to similarity - "solution primary objective".

Old ideas replace with new ideas.

Change will come from recognition of thinking.

I need change (Steps 1-2-3); How to change (Steps 3-4-5-); What to change, contrary action (Step 6)

No judgement of self - partnership with God, no room for judgement at this "spiritual negotiation table" as it interferes with direct contact and clear action.

Know you have chosen to be active in your spiritual experience! All problems are spiritual - all solutions are spiritual.

Practice the solutions (new ideas) - no longer in problems (old ideas).

Imagined fears turn over directly to God... real fears, take contrary action.

Old idea: I am not good enough
New idea: Help me to see I am enough.

Old idea: I am afraid.
New idea: Help me to feel unafraid.

Old idea: My thinking is harmful to me.
New idea: Help me to not harm myself.

notes: pg 76 top B/B
Chapter 6

SEVENTH MONTH - STEP SEVEN - "HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS."

Reading:

Big Book: Chapter 8 (To Wives - on page 104)

12 & 12: Step VII (on page 70)

Principle: HUMILITY (Know you are loved for having protected yourself as you walk with the light).

- Suggestions:
- # Accept what you want to change without judgement.
 - # Accept yourself and your thinking without judgement.
 - # Humbly ask God for the harm to yourself to be removed (be specific).
 - # Practice forgiving yourself - have compassion for yourself.
 - # Know God never judged you... you are accepted.
 - # Love yourself as you are... accept yourself wholly as your God already does.
 - # Working with God is more your will to change (Step 6), allows your will and God's to merge (Step 7) - sense that - feel the humility as a result of that integration and how much God loves you.
 - # Acceptance of problems and solutions... acceptance of new integrations with your Higher Self.
 - # Redefine yourself as yours and God's - experience with acceptance and love of self.
 - # Allow more room for your Higher Self to provide events that will cause profound change. Create room by creating contrary action in Step 6 and approval/acceptance of self as you are in Step 7.
 - # Your liabilities have now become your assets.

notes: Pg 76 Top B/B

EIGHTH MONTH - STEP EIGHT - "MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL."

Reading:

Big Book: Chapter 9 (The Family Afterward - on page 122)

12 & 12: Step VIII (on page 77)

Principle: COMPASSION (brotherly love, loving and praying for people you have unfinished business with, allowing for more light)

- Suggestions:
- # You are becoming more "you" - more integrated with your Higher Self.
 - # You are relating to people differently and are more aware of how they relate to you... your thinking has changed.
 - # How do you experience people daily - what do you think in your interactions with others (motives).
 - # You are more compassionate with others because you have shown compassion for yourself in Step 7.
 - # You will be practicing more acceptance and less judgement with others because you have more acceptance and less judgement of self (Steps 5-6-7).
 - # Acceptance of self in Step 7 will allow for acceptance of others required in Step 8.
 - # See people through the eyes of your Higher Self - would they be the same?
 - # Note slogans in this chapter... they are new ideas.

notes: pgs 76-84 B/B
for 8 & 9

NINTH MONTH - STEP NINE - "MADE DIRECT AMENDS TO SUCH PEOPLE, WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS."

Reading:

Big Book: Chapter 10 (To Employers - on page 136)

12 & 12: Step IX (on page 83)

Principle: BALANCE (justice; to take action with others to clear path to light from dark relationships).

- Suggestions:
- # You will be setting different boundaries - which automatically protect you - greater sense of fairness.
 - # You will be more honest, more clear, since you will be more familiar and accepting of yourself (Steps 4-5) - you will not want to harm yourself (Steps 6-7).
 - # You will want to feel a sense of balance (as in Scales of Justice) and a sense of fairness... allowing other people their place in the world.
 - # You will have begun the practice of "not fighting" everything and everybody.
 - # You will want no more unfinished business, eliminating guilt and remorse entirely.
 - # You begin living daily; not surviving.
 - # You are aware of fulfillment of living promises in Big Book (on page 83).
 - # Note slogans: new ideas expressed.

notes: Pgs 76-84
chp 6 B/B

Release - to God

TENTH MONTH - STEP 10 - "CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT."

Reading:

Big Book: All the appendices (beginning on page 563)

12 & 12: Step X (on page 88)

Principle: PERSEVERANCE (to use the practice of the Steps, the various options of self-appraisal, to stay in light...DAILY).

- Suggestions:
- # You have begun to live in the 4th dimension daily.
 - # Inventory character, review daily. (self-examination)
 - # Stay current, more "present" - "whole" in the day than ever before.
 - # Keep clear path to your God (by acknowledging presence of your Higher Self) - communicate in writing every night. (Questions)
 - # Live your life - "One Day at a Time"
 - # The step that answers the "how" to stay sober... type of spiritual action - inventory needed - to stay current each day - to live with solutions and not problems.
 - # Identifies problems - taking action equals solution.
 - # Know yourself and you will integrate with your Higher Self.
 - # Share your day and give your night to your Higher Self - the silent spirit within.
 - # Become aware of your 6th sense; note the "beyond" living" promises... the Spiritual Promises... the larger role of your intuition.
 - # Take the appropriate self-appraisal necessary at any time of the day.
 - # Live Steps 1-9 to stay present in the day in balanced spiritual condition.

notes: B/B pg 84 - 85
chp 5 - 6

ELEVENTH MONTH - STEP ELEVEN - "SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD AS WE UNDERSTAND HIM PRAYING ONLY FOR KNOWLEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT."

Reading:

Big Book: ~~The Traditions~~ (Forward), ~~included in the~~
appendix's ~~in Step 11.~~ 1-2-3 Forward (pages xi to
xxii, xx). *1-2-3-4 in 4th Ed pages xi-xxiv*

12 & 12: Step XI (on page 96)

Principle: SPIRITUALITY (to let the light heal you, in the great moments of "self-forgetting", nothing blocking the light).

- Suggestions:
- # Discussion with God - conscious, active relationship with God.
 - # Advantage of a clear path to God - the awareness of the Presence of your Higher Self - intuition.
 - # Became aware of what to remove from path (Steps 1-2-3-4), how (Steps 5-6-7), help from others (steps 8-9), continue awareness (Step 10).
 - # Advantage of moments of clarity through prayer (the question), meditation, one with God, (the answer).
 - # One with the world with all that there is (self-forgetting), prayer equals talk to God, meditation equals to listen to God.
 - # The answer comes through people, places, things if you are present and aware to notice. You need to be in appropriate balance.
 - # Intuitive choice to practice through the day with the solution, not the problem... aware of God, and results from (Steps 6-7 and 10).
 - # Conscious awareness of your own active participation and responsibility for your will and God's will integrating in harmony.
 - # Conscious contact with your Silent Self, your intuitive SELF, your Higher Self will allow you to take responsibility for not harming yourself or others... the Power of "All There is: at your disposal.
 - # Practice of increasing your spiritual memory - allowing for the strong intuitive power of the sense.
- notes: B/B pgs 85-88; chp 6

TWELFTH MONTH - 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 OF OUR AFFAIRS."

Reading:

Big Book: Chapter 11 (A Vision For You - on page 151)

12 & 12: Step XII (on page 106)

Principle: SERVICE (to know, you have access to the light - know how to clear the path... and then, give it away so you can receive more!)

- Suggestions:
- # You will have obviously changed (listen to your clearer, new thinking) - enjoy the gift of retrospect.
 - # You will guard the traditions with your life! - and never defend your spiritual strength.
 - # You will have experienced and own the steps. (Belief becomes your own experience)
 - # You will know how to practice the steps in your daily life - (your own interpretation) refined over your lifetime on a daily basis.
 - # You need to keep a clear path for God and yourself will be paramount so others can walk with you.
 - # Greatest awareness and growth through sharing with others - service.
 - # Know you have abundance to give - you are in touch with "All There Is".
 - # Know that God will speak through others and through you.
 - # Know you will continue to learn through interaction with others by sharing your living, working relationship with your God, in your now spiritual daily life.
 - # To give is to receive - to receive is to give.
 - # You can live in the world sober and safe.

Turning your thinking over to a Partner (Higher Self) with whom you make less harmful choices is proper use of your will. The result will make you a sober and safe person to be with in this world.

You can now live in the world sober/protected and safe/vulnerable - you have had a Spiritual Awakening.

Sharing what you have found will allow practice of your spiritual memory daily.

notes: All chp 7 in B/B