

Set Aside Prayer

Dear God,

We invite you into this room to guide and direct each of us as we seek your truth. Please set aside, within each of us, anything that would block us. Lay aside our prejudices about what we think we know about ourselves, the Big Book, alcoholism, compulsive overeating, this meeting, the steps and our spiritual condition. Remove our fears that we may hear you through the presenters today.

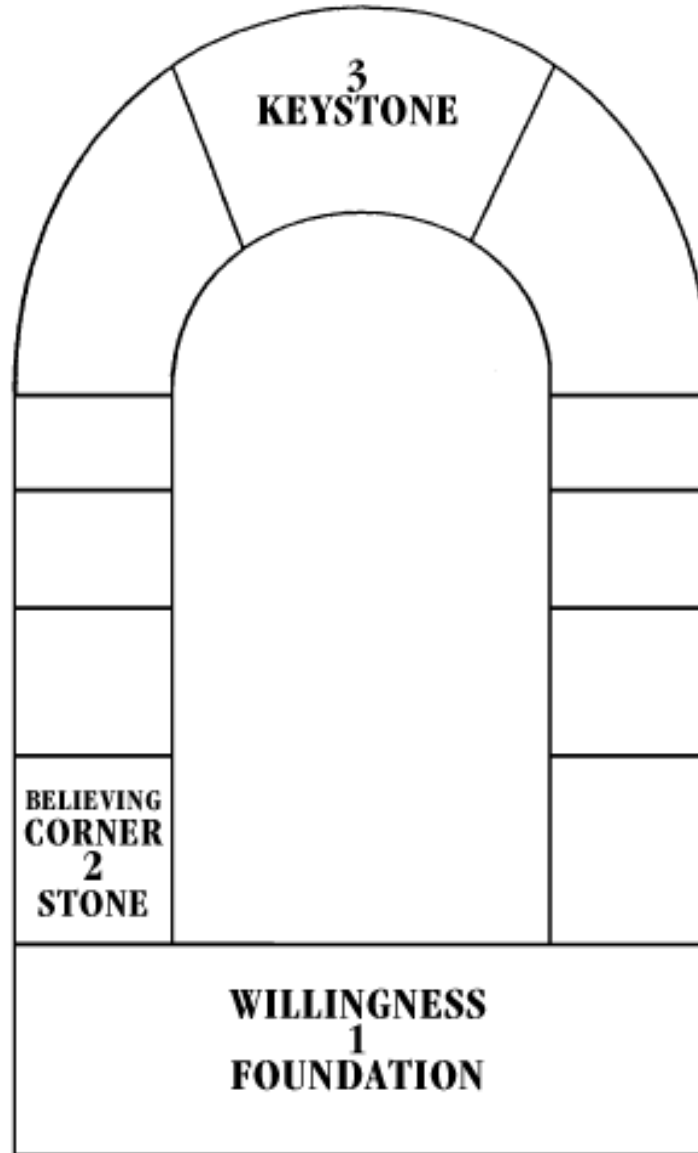
We ask that we may have a truly open mind, so we might have a new experience with these things and come to know You better. Please help us see the truth. Amen

BIG BOOK GOALS

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Goal 1 Problem	Goal 2 Solution	Goal 3 Action Necessary For Recovery
Doctor's Opinion Chapter 1: – Bill's Story Chapter 2 – There is a Solution Chapter 3 – More About Alcoholism	Chapter 2 – There is a Solution Chapter 3 – More About Alcoholism Chapter 4 – We Agnostics	Chapter 5 – How It Works Chapter 6 – Into Action Chapter 7 – Working With Others
Step 1 POWERLESS	Step 2 POWER	Steps 3, 4, 5, 6, 7, 8, 9, 10, 11 & 12 HOW TO FIND THE POWER

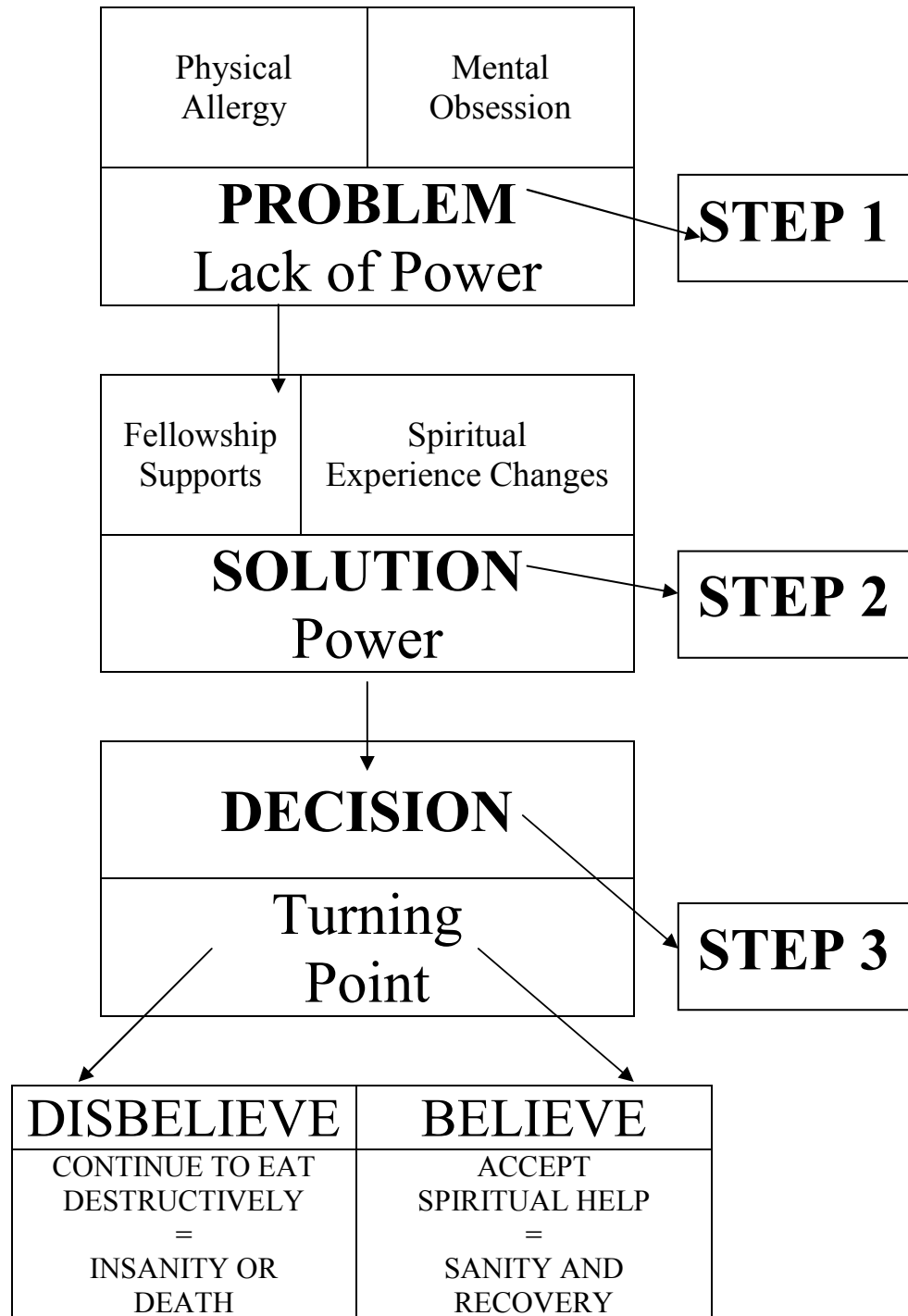
The Wonderfully Effective Spiritual Structure



“...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

DEFINITIONS OF WORDS USED IN STEP FOUR

AMBITION	Our goals or plans for the future, or what we want.
ARBITER	One chosen to judge.
BITTERNESS	Pain, suffering, ill will or regret.
DEFECT	Lack of something necessary for completeness. Same as shortcoming - what blocks me off from God and others.
DISHONEST	The act or practice of telling a lie, cheating, deceiving, stealing.
EXACT	Very accurate, precise, correct.
FATAL	Causing death.
FAULT	Something done wrongly, an error or mistake.
FEAR	A feeling of anxiety, agitation, uneasiness or apprehension.
FINITE	Limited.
FRIGHTENED	A temporary or continual state of fear.
FUTILITY	Uselessness.
IDEAL	Goal, aim, conception, standard, mental image.
INCONSIDERATE	Without thought or consideration of others.
INFINITE	Without limits, boundless.
INSTITUTION	Significant practice or relationship in a society or an established organization or corporation, especially of public character.
INVENTORY	Written list of items (used to evaluate personal characteristics).
JEALOUSY	Feeling of rivalry, unfaithfulness, or the loss of another's exclusive devotion.
MISTAKE	A wrong action or statement (caused by faulty judgment).
MOLD	To give shape to, to exert influence on.
MORAL	Honest, truthful. Relating to the practice, manners, or conduct of men/women, as social beings, in relation to each other, and with reference to right and wrong.
NATURE	The essential characteristic of something (root cause, the truth of where the wrong began – what created the wrong).
PARADOXICALLY	A statement that seems contradictory or opposed to common sense, but is true.
PERSONAL	
RELATIONSHIPS	My relations with other human beings and the world about me.
POCKETBOOK	Anything of a material nature (money, property, buildings, jewelry, etc.)
PRIDE	An excessive and unjustified opinion of oneself: either positive (self-love) or negative (self-hate). A food addict's pride is usually based on how we think others view us.
PRINCIPLE	Rule or code of conduct, fundamental law or assumption.
RESENTMENT	Comes from the Latin word "sentire" which means "to feel", and when you put "re" in front of any word, it means "again", so the word resent means "to feel again".
SANE	Healthy, able to appraise the effect of one's actions.
SECURITY	My general sense of personal well being, usually based on my demand for my own way: either to dominate those about me or to become overly dependent upon them. Has two possible viewpoints – financial security or emotional security.
SELF-CENTERED	Occupied or concerned only with one's own affairs.
SELF-ESTEEM	What I think of myself, how I view myself: either high (positive = self-love) or low (negative = self-hate).
SELFISH	Concerned with one's own welfare or interests and having little or no concern for others.
SELF-SEEKING	Constant looking to further one's own interest.
SHORTCOMING	Falling short of what is expected or required. Same as defect - what blocks me off from God and others.
SOUND	Showing good judgment, healthy, free from flaw or defect.
SUBJECTED	To study motive.
SUSPICION	To have doubt or mistrust, with little or no proof.
WRONG	Judging, believing or acting incorrectly.

PRIMARY INSTINCTS OF LIFE WHICH CREATE SELF

SOCIAL INSTINCT	SECURITY INSTINCT	SEX INSTINCT
<p>SELF-ESTEEM— What I think of myself, high (Positive = self-love) or low (Negative = self-hate)</p> <p>PERSONAL RELATIONSHIPS— My relations with other human beings and the world around me.</p> <p>AMBITIONS— My goals or plans for the future to gain self-esteem and personal relationships (to be liked, accepted, and respected).</p>	<p>POCKETBOOK—My desire for anything of a material nature (money, property, buildings, etc.) to be secure.</p> <p>EMOTIONAL SECURITY—My general sense of personal well-being, usually based on my demand for my own way: either to dominate those about me or to become overly dependent upon them.</p> <p>AMBITIONS—My goals or plans for the future to gain material wealth and/or emotional security.</p>	<p>My desire to have sex and reproduce</p> <p>AMBITIONS—My goals or plans for the future regarding my sex life.</p>
<pre> graph TD W((WRONGS)) --> SW((SELF WILL)) W --> F((FEAR)) W --> H((HARMS OR HURTS)) </pre>		
<p>RESENTMENTS “Wrong Thinking or Wrong Judging” Feelings of bitter hurt or indignation, which comes from rightly or wrongly held feelings of being injured or offended.</p>	<p>FEAR “Wrong Believing” Feelings of anxiety, agitation, uneasiness, apprehension, etc.</p>	<p>HARMS OR HURTS “Wrong Acting” Wrongful acts, which result in pain, hurt feelings, worry, and financial loss, etc., for others and also self.</p>

SEX & HARMS INVENTORY

Whom did I hurt? (69:1) (Directly or indirectly. Perhaps begin with the people you've had sex with and then branch out to all relations, even those not involving sex.)	Did I unjustifiably arouse (in THEM): (69:1)		I reviewed <u>my own</u> conduct over the years past. Where was I at fault? Where had I been selfish, dishonest or inconsiderate? (69:1) (Remember to go back and put on the Fear Inventory any new fears you find while reviewing your past sex & harms conduct.)	What should I have done instead? (69:1)
	J E A L O U S Y	S U S P I C I O N		

To sum up about sex: We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing. (pages 68-70)

Since it suggests that we come up with a future sex (relationship) ideal, please use these suggestions to develop one. For you, what would be the ultimate? What is usually included here are: 1) ideal attributes and behaviors in OURSELVES that we would like to bring to a relationship, 2) ideal attributes and behaviors that we would look for in SOMEONE ELSE that we might consider having a relationship with. (If you are currently in a relationship, #2 would then become: positive attributes and behaviors that my partner already has that I can appreciate and notice more.), and 3) attributes and behaviors that would describe what an ideal relationship would generally look like.

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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.**

The Three Dimensions of Life
Steps 1 through 9



Directions for Step 10

(pages 84—85, Alcoholics Anonymous)

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

Step 10 suggests:

- ✓ Continue to watch for selfishness, dishonesty, resentment, and fear. (Step 4)
- ✓ When these crop up, we ask God at once to remove them. (Steps 6 & 7)
- ✓ We discuss them with someone immediately (Step 5)
- ✓ And make amends quickly if we have harmed anyone. (Steps 8 & 9)
- ✓ Then we resolutely turn our thoughts to someone we can help. (Step 12)

Love and tolerance of others is our code.

Tenth Step Promises

And we have ceased fighting anything or anyone even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality-safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience.

Tenth Step Warnings and Directions

That is how we react so long as we keep in fit spiritual condition. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities. "How can I best serve Thee-Thy will (not mine) be done." These are thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will. If we have carefully followed directions, we have begun to sense the flow of His Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense. But we must go further and that means more action.

DAILY INVENTORY

Upon awakening (after prayer and meditation) and when needed during the day, we ask God to take away self-will motivations and replace them with God's Will traits.

SELF-WILL	GOD'S WILL
Selfishness/Self-seeking	Interest in Others/Altruism
Being Self-Centered	Being Love- & God-Centered
Dishonesty	Honesty
Fears	Courage/Faith & Trust in God
Being Inconsiderate	Being Considerate
Pride	Humility/Seeking God's Will
Greed	Giving and Sharing
Lustful Thoughts	Respectful Thoughts
Anger	Forgiveness & Serenity
Envy	Being Grateful
Sloth/Procrastination	Taking Right Action
Gluttony	Moderation
Impatience	Patience
Intolerance	Tolerance
Resentment	Forgiveness & Serenity
Hate	Love & Concern for Others
Harmful Acts	Good Deeds
Self-Pity	Self-Forgetfulness
Self-Justification	Humility & Truth
Self-Importance	Modesty
Self-Condensation	Self-Forgiveness
Suspicion/Jealousy	Trust
Doubt	Faith & Trust in God

Step 11 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.

“When we retire at night, we constructively review our day...”

1. Were we resentful, selfish, dishonest or afraid? Yes No If yes, explain _____
2. Do we owe an apology? Yes No If yes, explain _____
3. Have we kept something to ourselves which should be discussed with another person as once? Yes No If yes, explain _____
4. Were we kind toward all? Yes No If no, explain _____
5. Were we thinking of ourselves most of the time? Yes No If yes, explain _____
6. Or were we thinking of what we could do for others, of what we could pack into the stream of life? _____
7. What could we have done better? _____

On awakening let us think about the twenty-four hours ahead.

- ✓ We consider our plans for the day.
- ✓ Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.
- ✓ In thinking about our day, if faced with indecision, we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. -
- ✓ We usually conclude the 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.
- ✓ We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends.
- ✓ If circumstances warrant, we ask our wives or friends to join us in morning meditation. If we belong to a religious denomination which requires definite morning devotion, we attend to that also. If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing. There are many helpful books also.

As we go through the day...

- ✓ We pause, when agitated or doubtful, and ask for the right thought or action.
- ✓ We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day ‘Thy will be done.’ We are then in much less danger of excitement, fear, anger, worry, self-pity or foolish decisions.

Step 12 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.

PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion. Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when other fail. Remember they are very ill.

Life will take on a new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends – this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives. (page 89)

Even though your protégé may not have entirely admitted his condition, he has become very curious to know how you got well. Let him ask you that question, if he will. *Tell him exactly what happened to you.* Stress the spiritual feature freely. If the man be agnostic or atheist, make it emphatic that *he does not have to agree with your conception of God.* He can choose any conception he likes, provided it makes sense to him. *The main thing is that he be willing to believe in a Power greater than himself and that he live by spiritual principles.* (pages 92-93)

Do not be discouraged if your prospect does not respond at once. Search out another alcoholic and try again. You are sure to find someone desperate enough to accept with eagerness what you offer. We find it a waste of time to keep chasing a man who cannot or will not work with you. If you leave such a person alone, he may soon become convinced that he cannot recover himself. To spend too much time on any one situation is to deny some other alcoholic an opportunity to live and be happy. One of our Fellowship failed entirely with his first half dozen prospects. He often says if he had continued to work on them, he might have deprived many others, who have since recovered, of their chance. (page 96)

Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust Good and clean house. (page 98)

Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere. (page 102)

Abandon your 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.

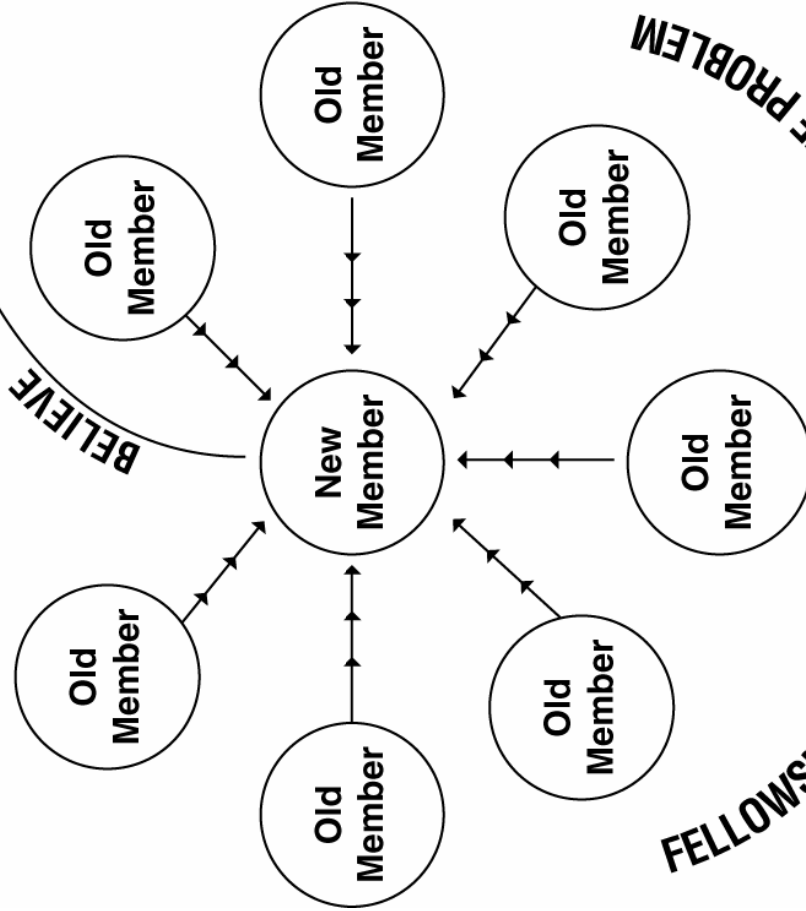
May God bless you and keep you-until then. (page 164)

WHAT IS THE SOLUTION?

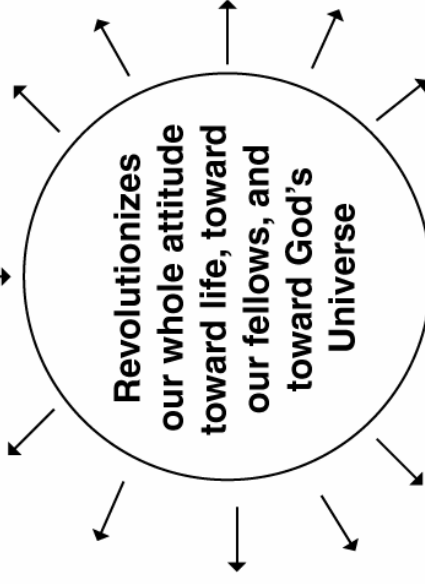
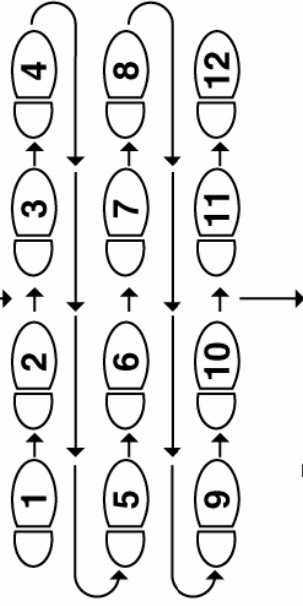
Fellowship Supports Us

Spiritual Experience or Spiritual Awakening Changes Us

WILLINGNESS INVESTIGATION



Simple Kit of Spiritual Tools



Personality Change Sufficient to Recover from Addiction

FELLOWSHIP OF THOSE WHO SUFFER THE SAME PROBLEM