



## Twelve Step Exercise

Identify a situation in your personal or work life that is currently a source of resentment, fear, sadness or anger. Write a brief statement describing the situation and indicating why it concerns you.

**Use the following exercise to apply the principles of the Twelve Steps to the above:**

Step One: In what ways are you powerless over the situation or condition, and how is it showing you the unmanageability of your life? HONESTY

Step Two: How do you see your Higher Power as assisting you in being restored to wholeness? HOPE

Step Three: How does being willing to turn your life over to the care of God assist you in dealing with this? FAITH

Step Four: What character traits have surfaced (for example, fear of abandonment or authority figures, seeking control, seeking approval, obsessive/compulsive behavior, rescuing, taking inappropriate responsibility, not expressing feelings)? COURAGE

Step Five: Admit your wrongs to God, to yourself and to another human being. INTEGRITY

Step Six: Are you entirely ready to work in partnership with God to remove your ineffective behaviors? If not, explain why. WILLINGNESS

Step Seven: Can you humbly ask God for help in removing your shortcomings? If not, what stands in your way? HUMILITY

Step Eight: Make a list of the persons who are being harmed. SELF-DISCIPLINE

Step Nine: What amends are necessary, and how will you make them? LOVE

Step Ten: Review the above Steps to make sure that nothing has been overlooked. PERSEVERANCE

Step Eleven: Take a moment for prayer and meditation, asking for knowledge of God's will for you. What did you discover? SPIRITUAL AWARENESS

Step Twelve: How can your understanding and spiritual guidance assist you in dealing with this problem? SERVICE