



# McHenry's Soberfest Step Workshops

# Step Workshop

~NOTE OF INTEREST~

Big Book Page 144

“To you, some of the ideas which it contains are novel. Perhaps you are not quite in sympathy with the approach we suggest.

By no means do we offer it as the last word on this subject, but so far as we are concerned, it has worked with us.

After all, are you not looking for results rather than methods?”

# No Pay For Soul Surgery

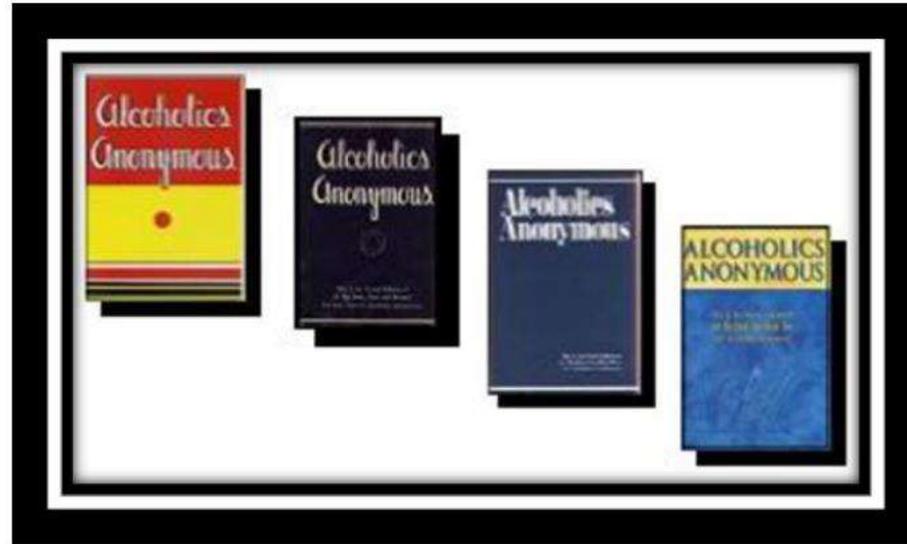
This presentation is not affiliated with Alcoholics Anonymous nor McHenry Soberfest. It is the compilation from many and the reflection of the presenters' experience, strength, and hope, attempting to fit ourselves to be of maximum service to God and his fellows.

Quotes from the Big Book, Alcoholics Anonymous, The Twelve Steps and Twelve Traditions, and some graphics are used with permission from World Services Inc., New York, New York.

History of Step Workshop at Soberfest-

# Brief History

- ▶ The Only Thing New in A.A. is the History We Don't Know.



# Step One

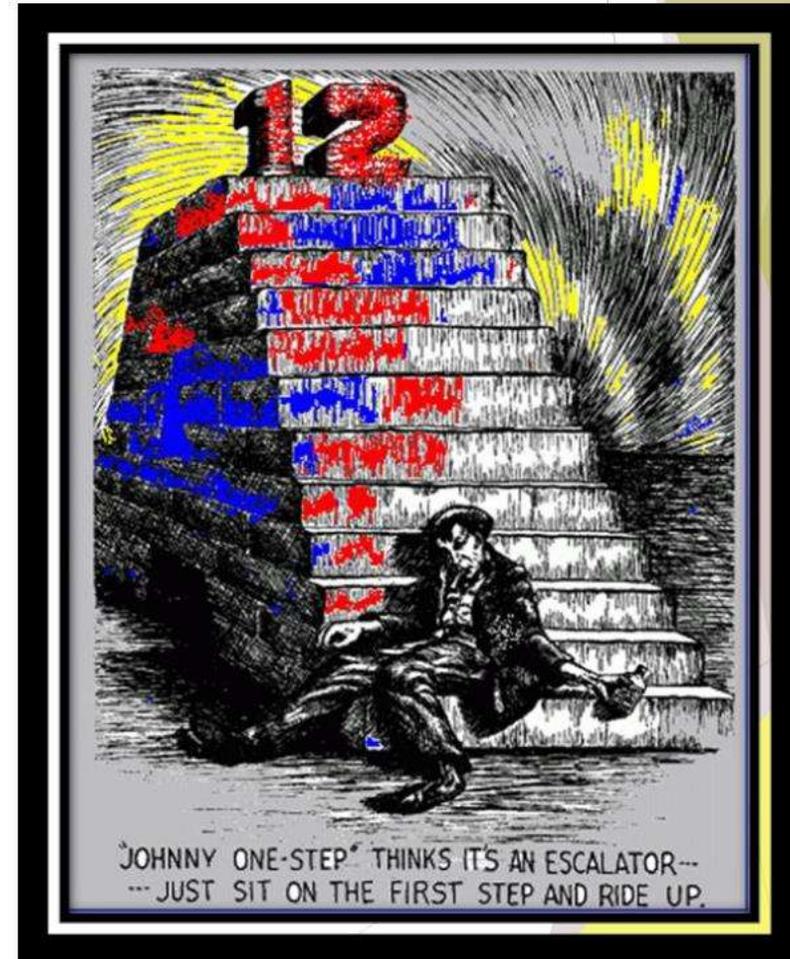
- ▶ Step 1: “We admitted we were powerless over alcohol - that our lives had become unmanageable”
- ▶ Two Requirements - Disease of a two-fold nature
  - ▶ Complete Deflation
  - ▶ Life is Unmanageable
- ▶ Accepts identity as an Alcoholic
- ▶ Principle is Honesty

# Step One

- ▶ BB Page xiii
  - ▶ “We, OF Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics PRECISELY HOW WE HAVE RECOVERED is the main purpose of this book.”
- ▶ Two Requirements
  - ▶ First requirement - BB Page 6 - Complete Deflation:
    - ▶ “As the whisky rose to my head I told myself I would manage better next time, but I might as well get good and drunk then. And I did.”

# Step One

- ▶ Second requirement - BB Page 8 - Unmanageability
  - ▶ “No words can tell of the loneliness and despair I found in that bitter morass of self-pity. Quicksand stretched around me in all directions. I had met my match. I had been overwhelmed. Alcohol was my master.”



# Step One

- ▶ BB Page 355 - 356
  - ▶ Obsession of the mind & Allergy of the body
    - ▶ “The explanation that alcoholism was a disease of a two-fold nature, an allergy of the body and an obsession of the mind, cleared up a number of puzzling questions for me...”
- ▶ BB Page 30
  - ▶ “We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery.”

# Step Two

- ▶ Step 2: “Came to believe that a power greater than ourselves could restore us to sanity”
  - ▶ Believe or be willing to believe in a power greater than myself ( IT CAN NOT BE ME ANY LONGER) “Lack of power is our dilemma”
  - ▶ Choose your own concept of a power greater
  - ▶ Principle is Hope

# Step Two

ET-1934



Bill's Friend &  
Future Sponsor  
**Ebby Thatcher**

- BB Page 12
- “It was only a matter of being willing to believe in a Power greater than myself. Nothing more was required of me to make my beginning. I saw that growth could start from that point. Upon a foundation of complete willingness I might build what I saw in my friend. Would I have it? Of course I would!”

# Step Two

- ▶ BB Page 45
  - ▶ “Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. *\*Obviously.* But where and how were we to find this Power?”



*\* Shortest Sentence in the Big Book*

# Step Two

- ▶ BB Page 55
- ▶ “We found the Great Reality deep down within us. In the last analysis it is only there that He may be found. It was so with us.”
  - ▶ WHERE? - DEEP DOWN WITHIN US.
  - ▶ HOW? - STEPS 1 - 12
- ▶ Came to believe that a Power Greater than myself could restore me to the point where I wouldn't pick up that 1<sup>st</sup> Drink.....THAT WOULD BE INSANE! Yes?

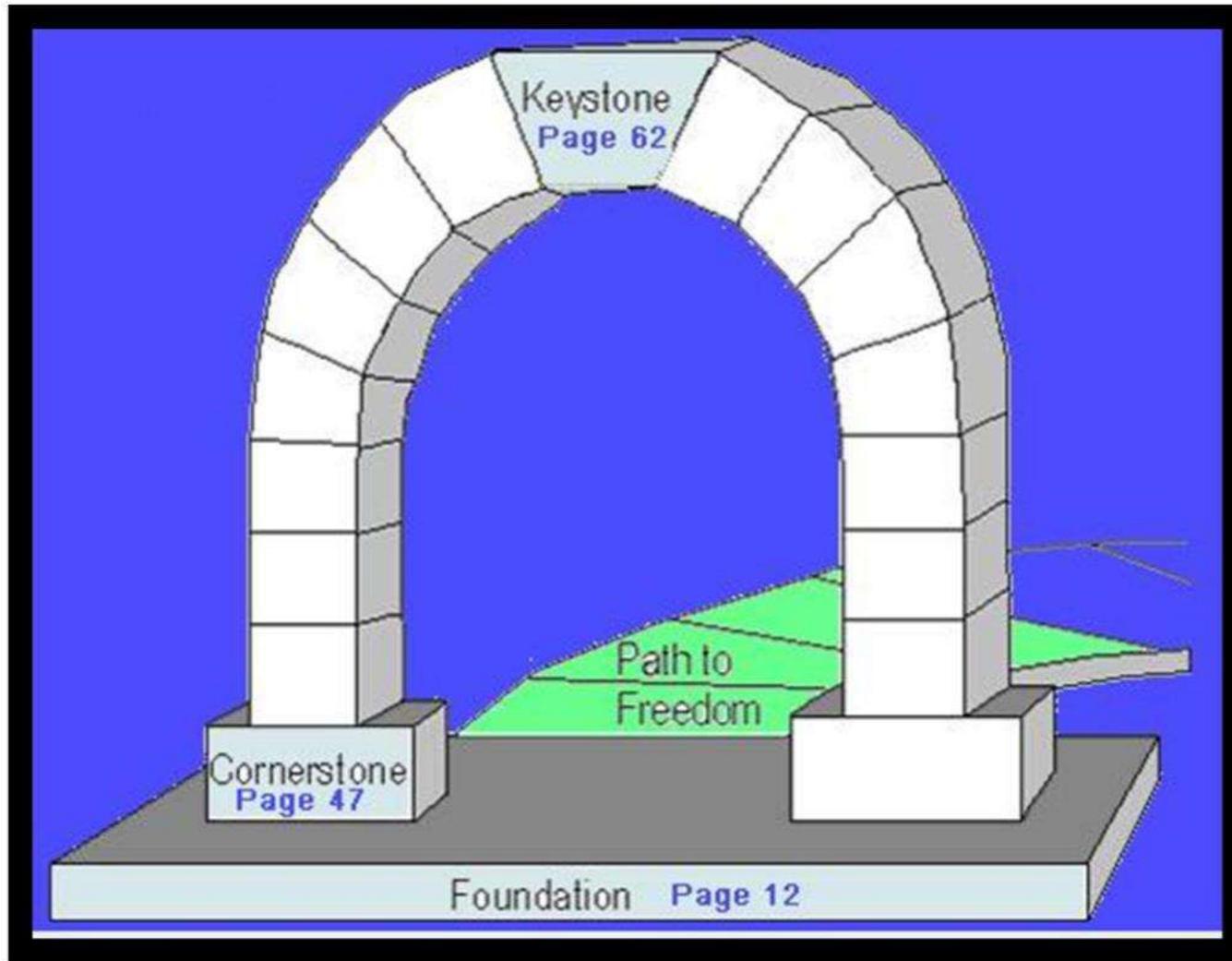
# Step Two

- ▶ BB Page 13-14
  - ▶ “My friend promised when these things were done I would enter upon a new relationship with my Creator; that I would have the elements of a way of living which answered all my problems. Belief in the power of God plus enough **willingness, honesty, and humility** to establish and maintain the new order of things, were the essential requirements.”
  - ▶ Appendix - Spiritual Experience “**Willingness, honesty, and open mindedness**” are the essentials of recovery. But these are indispensable.

# Step Two

▶ BB Page 13-14

“My friend promised when these things were done I would enter upon a new relationship with my Creator; that I would have the elements of a way of living which answered all my problems. Belief in the power of God plus enough **willingness, honesty, and humility** to establish and maintain the **new order** of things, were the essential requirements.”



**BREAK  
STEP 3 NEXT**

# Step Three

Step 3: “Made a decision to turn our will and our lives over to the care of God, as we understood him”

*BB Page 60*

Being convinced, we were at Step Three,

Being convinced of the A, B, C’s after How it Works

- A. That we were alcoholic and could not manage our own lives*
- B. That probably no human power could have relieved our alcoholism*
- C. God could and would if He were sought*

▶ Principle is faith

# Step Three

Step 3: “Made a decision to turn our will and our lives over to the care of God, as we understood him”

More than a DECISION!

3 Frogs sat on a log.  
One decided to jump.  
How many frogs  
are left on the log?



- **WILL & LIVES = THOUGHTS & ACTIONS**
- **OUR WILL; CARE ~ UNTIL WE LEARN TO ALIGN OUR WILL WITH GOD'S WILL.**
- **AS WE UNDERSTAND HIM - SURRENDERING AS MUCH AS YOU UNDERSTAND ABOUT YOURSELF TO AS MUCH AS YOU UNDERSTAND ABOUT GOD.**

# Step Three

- ▶ What are some of the biggest difficulties that you are having in your life - TODAY.

LIST just 4, 5, 6,....not any major, long list; your chief difficulties....

EXAMPLES ONLY ~

- ▶ STAYING SOBER
- ▶ Relationship with my\_\_\_\_\_
- ▶ GOING TO JAIL
- ▶ GETTING A JOB

# Step Three

- ▶ BB Page 63
- ▶ We thought well before taking this step making sure we were ready;
- ▶ that we could at last abandon ourselves utterly to Him.....
- ▶ The wording was, of course, quite optional so long as we expressed the idea, voicing it without reservation.
- ▶ This was only a beginning, though if honestly and humbly made, an effect, sometimes a very great one, was felt at once.

# Step Three

- ▶ BB Page 63, Paragraph 2, Line 2
- ▶ We were now at Step Three.

Many of us said to our Maker, *as we understood Him*:

“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, **(INSERT YOUR 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!”



BREAK  
STEP 4 NEXT

"Don't see anything the matter here, Ma.  
Ain't it grand the wind stopped blowin'?" BB page 82

Write your Grudge List - time restraints prevent us from writing the “full” List; choose two or three from your list to work with.

List people, institutions and principles with whom you are or have been angry with.

\*

## **SUGGESTIONS**

\*

### **PEOPLE**

Father Mother  
Sisters Brothers  
Grandfather  
Grandmother  
Aunts Uncles  
Cousins Clergy  
Police Lawyers  
Judges Doctors  
Employers  
Teachers  
Co-Workers  
In-Laws Out-Laws  
Husbands Wives  
Childhood Friends  
School Friends

### **INSTITUTIONS**

Marriage Church  
Religion Races  
Law Authority  
Government  
Education System  
Hospitals  
Health Care System  
Correctional System  
Mental Health System  
Welfare Philosophy  
Nationality  
Rehabs  
Mental Institutions  
I.R.S.  
God (or any Deity) Bible

### **PRINCIPLES**

Ten Commandments  
Golden Rule  
Seven Deadly Sins  
Twelve Steps  
"Do unto others..."  
Pull Yourself Up By Your  
Own Boot Straps  
Do as I say, not as I do.  
Children are to be seen  
and not heard.

# Step Four - Resentment Inventory

BB Page 63-67

Step 4: “We made a searching and fearless moral inventory of ourselves“

- ▶ TIME TABLE for taking the Fourth Step:
  - ▶ Next we launched out on a course of vigorous action . . . at once followed by a strenuous effort to face . . .
- ▶ Any time between NEXT & AT ONCE is when the BB mentions to start (and complete) your fourth step.

# STEP 4 Comparison - BB Page 64, Paragraph 1, Line 3

Business	Personal
• Fact Finding	• Searching
• Fact Facing	• Fearless
• Truthful	• Moral
• Stock in trade	• Ourselves
Object	
Disclose damaged or unsalable goods	Find the flaws in my thinking process
Get rid of them promptly	Get rid of them promptly
Stock in trade that is damaged	• Resentments
	• Fear
	• Harms done others

# Step Four

- ▶ BB Page 64
- ▶ One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret.
- ▶ If the owner of the business is to be successful, he cannot fool himself about values. (Making excuses, Self-justifications & Rationalization-JUST CAN'T DO IT ANY LONGER)

# Step Four

- ▶ BB Page 64, Paragraph 2, Line 3
- ▶ Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations.

**self, manifested in various ways:**

- RESENTMENTS
- FEAR
- GUILT
- REMORSE
- HARMFUL SEX CONDUCT

Blocks us off  
from the  
Sunlight of  
the Spirit

Our minds  
are directed  
by these,  
not letting  
God in.

# Step Four

- ▶ BB Page 64, Paragraph 3
- ▶ Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stems all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick.
- ▶ When the spiritual malady is overcome, we straighten out mentally and physically.

THERE ARE ONLY 3 WAYS WE CAN BE ILL:

- ▶ The 3 Dimensions of life.
  - ▶ Physically - Go to an MD
  - ▶ Mentally - Go to a psychiatrist
  - ▶ Spiritually Sick - One that is blocked off from God. Displays certain symptoms: RESENTMENT, FEAR, GUILT & REMORSE, HARMFUL SEX CONDUCT.

# Step Four

THERE ARE ONLY 3 WAYS WE CAN BE ILL:

- ▶ THE 3 DIMENSIONS OF LIFE.
  - ▶ Physically - Go to an MD
  - ▶ Mentally - Go to a psychiatrist
  - ▶ Spiritually Sick - One that is blocked off from God

We break our arm and go to the Medical Doctor.

He looks at the symptoms, makes a diagnosis and prescribes treatment.

We have mental issues and we go to a psychiatrist.

He looks at the symptoms, makes a diagnosis and prescribes treatment.

# Step Four

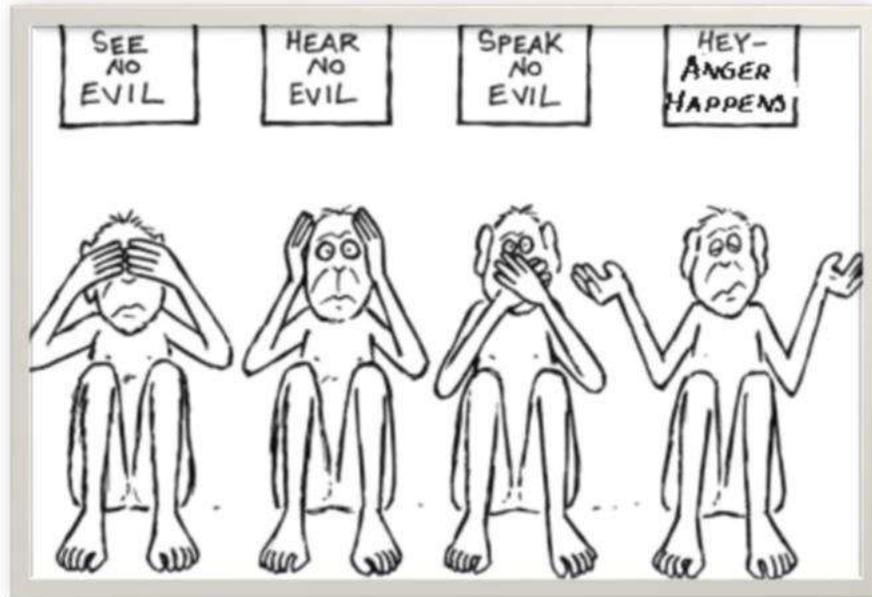
## **SYMPTOMS**

We have spiritual issues and we do an Inventory(s) to reveal certain symptoms of our spiritual malady.

- ▶ RESENTMENT
- ▶ FEAR
- ▶ GUILT & REMORSE
- ▶ HARMFUL SEX CONDUCT
- ▶ Make a Diagnosis: Spiritual Bankruptcy
- ▶ Prescribe Treatment: Steps 1-12
- ▶ Uncover ~ Discover ~ Discard
- ▶ APPENDICITIS ATTACK

# Step Four

- ▶ Resentment is the "number one" offender.



When we play our anger over again, a resentment is born.

LATIN: RE=AGAIN; SENTRI=TO FEEL;  
WE RE-FEEL THE ANGER AGAIN - this could be deadly

# Step Four

BB Page 64, Paragraph 3, Line 7

- ▶ We listed people, institutions, or principles with whom we were angry.
- ▶ We asked ourselves why we were angry.
- ▶ 7 Areas affected by resentments
- ▶ In most cases it was found that our (1)self-esteem, our (2)pocketbooks, our (3)ambitions, our (4)personal relationships
- ▶ (5)including sex were hurt or threatened. So we were sore. We were "burned up."

BB Page 65 ~ (6)Security & (7)Pride

C  
O  
L  
U  
M  
N

← 1

← 2

← 3

# Step Four

- ▶ First, open a ringed school NOTEBOOK so two pages are open to you. (We will use both pages as a worksheet for our resentments inventory.)
- ▶ On the left page, draw a line down the left side of the page about 2 inches or so from the left edge.
- ▶ On the right page draw a line down the middle of the page.
- ▶ Now you should see four columns.
- ▶ At the top of the first column write, “I am Resentful at”:

# Step Four

- ▶ Beneath the Resentment column list the name of the person you were, or are angry with.

These names are from your grudge list filled out earlier.

***Time restraints prevent us from working with the “full” List; choose two or three from your list to work with.***

- ▶ Under the Resentment list write 2 names on a single page. Go down the list and not across. Going across we have to change our minds too often going back and forth. Continue until you have written every PERSON, INSTITUTION, AND PRINCIPLE from your Grudge list.

# Step Four

At the very top of your first and continuing on to the second page write:

- ▶ “I want what I want when I want it, and I don’t care what happens to you or me. When I don’t get what I want or am afraid I’m going to lose what I have I get scared. When I get scared, I get mad, and when I get mad I get even!”

<u>I want what I want when I want it.....</u>	
<i>I'm</i> <b>Resentful</b>	<b>The Cause</b>
<b>Name</b>	<i>Why Am I Angry</i>
	<i>Why Am I Angry</i>
<b>LIST</b>	<i>Why Am I Angry</i>
<b>People</b>	
<b>Institutions</b>	
<b>Principles</b>	
	<b>Go Down Each List - Not Across</b>
<b>Name</b>	<i>Why Am I Angry</i>
	<i>Why Am I Angry</i>
	<i>Why Am I Angry</i>
	<i>Why Am I Angry</i>

# Step Four

- ▶ Head the Second column “THE CAUSE”
- ▶ In the Second column beneath THE CAUSE write (adjacent to the name, on the same line) what angered you about that person.
- ▶ Continue writing everything that angered you about that person; then go to the next person until you have gone through your entire Grudge List. BREATHE ❤️

<i>I'm Resentful At</i>	<i>The Cause</i>
<i>Henrietta</i>	<i>Always drinking Spending money Hidding Money Deceptive with Mark Stays out till 4 AM with the girls? Lies to me Doesn't Cook With Holds Sex Bitches all the time</i>
	.
	.

# Step Four

- ▶ We are still gathering information, but before we go any further let's visit once more BB pages 64 & 65 in regards to the seven areas affected by Resentments, Fear, Guilt, Remorse, and a Harmful Sex life.

AMMO FOR THE THIRD COLUMN

**Seven areas** affected by.....

<sup>1</sup>**self-esteem**, our <sup>2</sup>**pocketbooks**, our  
<sup>3</sup>**ambitions**, our <sup>4</sup>**personal relationships**  
(<sup>5</sup>**including sex**) <sup>6</sup>**Security &** <sup>7</sup>**Pride**

The Best Way to Do a Fourth Step is the Way Your Sponsor Did It.

# Step Four

BB Page 144

After all, are you not looking for results rather than methods?

The following is the way that worked for me and many others.

*It is not the only way.*

The seven Areas listed in the Big Book on pages 64 & 65, were **Simplified to four.**

- **EMOTIONAL SECURITY (ES)**
- **SOCIAL PRESTIGE (SP)**
- **MONEY (M)**
- **SEX (S)**

# Step Four

From the 12X12 on pages 42-43

- ▶ “Creation gave us instincts for a purpose. Without them we wouldn't be complete human beings. If men and women didn't exert themselves to be secure in their persons, made no effort to harvest food or construct shelter, there would be no survival. If they didn't reproduce, the earth wouldn't be populated. If there were no social instinct, if men cared nothing for the society of one another, there would be no society.”

# Step Four

So these desires - for the **sex relation (S)**, for **material (M)** and **emotional security (ES)**, and for **companionship (SP)** - are perfectly necessary and right, and surely God-given. Yet these instincts, so necessary for our existence, often far exceed their proper functions. Powerfully, blindly, many times subtly, they drive us, dominate us, and insist upon ruling our lives.

**Our desires for sex (S)**, for **material (M)** and **emotional security (ES)**, and for an **important place in society (SP)** often tyrannize us.

# Step Four

When thus out of joint, man's natural desires cause him great trouble, practically all the trouble there is. No human being, however good, is exempt from these troubles.

**Nearly every serious emotional problem can be seen as a case of misdirected instinct.**

When that happens our great natural assets, **the instincts, turn into physical and mental liabilities.**

# Step Four

Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been and are.

**We want to find exactly how, when, and where our natural desires have warped us.**

We wish to look squarely at the unhappiness this has caused others and ourselves.

**By discovering what our emotional deformities are we can move toward their correction.**

# Step Four

**Without a willing and persistent effort to do this, there can be little sobriety or contentment for us.**

Without a searching and fearless moral inventory, most of us have found that the faith which really works in daily living is still out of reach.

From **The 12X12, pages 42-43**

# Step Four

**Basic Instincts of Life That Created Self**

<u>SOCIAL INSTINCT</u>	<u>SECURITY INSTINCT</u>	<u>SEXUAL INSTINCT</u>
<p><b>COMPANIONSHIP:</b> Wanting to belong or to be accepted;</p> <p><b>PRESTIGE:</b> Wanting to be recognized or to be accepted as leader.</p> <p><b>SELF-ESTEEM:</b> What we think ourselves, high or low.</p> <p><b>PRIDE:</b> An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate).</p> <p><b>PERSONAL RELATIONSHIPS:</b> Our relations with other human beings and with the world around us.</p> <p><b>AMBITIONS:</b> Our plans to gain acceptance, power, recognition, prestige, etc.</p> <p>Ambitions - intention. Desire to gain acceptance, recognition, power.</p>	<p><b>MATERIAL:</b> Wanting money, build-up of property, clothing, etc., in order to be secure.</p> <p><b>MATERIAL - or property - now or in the future to obtain money, property, security.</b></p> <p><b>EMOTIONAL:</b> Based on our feelings for another person or persons. Some tend to dominate; some are weakly dependent on others.</p> <p>Emotions - feelings that produce ease or discomfort.</p> <p><b>AMBITIONS:</b> Our plans to gain money, power, or to dominate, or to depend on others.</p> <p>Ambitions - intention. Desire to gain acceptance, recognition, power.</p> <p><b>EMOTIONAL SECURITY = ES</b></p>	<p><b>ACCEPTABLE:</b> Our sex lives as acceptable by either society's, God's, or by our own principles.</p> <p><b>HIDDEN:</b> Elements of our sex lives that are contrary to either society's, God's, or our own principles.</p> <p><b>AMBITION:</b> Our plans regarding sex lives, either acceptable or hidden.</p> <p>Ambitions - intention. Desire to gain acceptance, recognition, power.</p>
<b>SOCIAL PRESTIGE = SP</b>	<b>MONEY = M</b>	<b>SEX = S</b>

*Paralytic Analysis thru Careful.*

# Step Four

I'm Resentful At	The Cause	Affects My				Exact Nature				
		ES	SP	M	S	S	D	SS	F	I
Henrietta	Always drinking	ES	SP	M						
	Spending money	ES	SP	M						
	Hidding Money	ES	SP	M	S					
	Deceptive with Mark	ES	SP		S					
	Stays out till 4 AM with the girls?	ES	SP		S					
	Lies to me	ES	SP		S					
	Doesn't Cook	ES	SP	M	S					
	With Holds Sex	ES	SP		S					
	Bitches all the time	ES	SP		S					

Always drinking - what does it affect?

MY ES? MY SP? MY SM? MY SEX LIFE?

Go thru the entire list - BREATHE !

# Step Four

## The First Three Columns:

**NOW! WHAT DO YOU SEE?**

**~NOWHERE~**

**What can we see from the information  
we have gathered so far?**

**In Column 1:** It is obvious that we have  
resented a lot.

**In Column 2:** These people hurt me a lot.

**In Column 3:** My basic instincts were  
harmed or threatened.

# Step Four

↑now here is “+” no where is “-”

- **Resentments** never made me feel better.
- **They** only made me feel worse.
- **They** never straightened up a Relationship with another human being.
- **They** only made it worse.
- **In Column 1:** I can put any name in place of another and see that it is not the person but what they did to me that hurt. I can use any name – right?

# Step Four

**In Column 1:** I can also see how resentful I really am and how much they blocked me off from God. (S-3)

**In Column 2:** I learned it's not them it's what they do that makes me angry.

**In Column 3:** I've learned it's not even what they do, it's how I choose to react to a threat to one of my basic instincts of life at that particular time with that particular incident.

I always demanded more than my fair share of everything.... to survive.

# Step Four

I can take a look at **the third column** and see that **ONE** of my basic instincts of life has been threatened more than any of the others. The **weak** items in our inventory. Maybe with God's help we can get a handle on these.

Affects My				Exact Nature				
ES	SP	M	S	S	D	SS	F	I
ES	SP	M						
ES	SP	M						
ES	SP	M	S					
ES	SP		S					
ES	SP		S					
ES	SP		S					
ES	SP	M	S					
ES	SP		S					
ES	SP		S					

Ascertained in a rough way what our trouble is.(BB-72)

MY REACTION TO LIFE IS TO AN OBSESSIVE DEGREE. MY INSTINCTS ARE ALWAYS BEING **THREATENED, HARMED, HUNGRY & NEVER SATISFIED**

# Step Four

I'm Resentful At	The Cause	Affects My				Exact Nature				
		ES	SP	M	S	S	D	SS	F	I
Henrietta	Always drinking	ES	SP	M						
	Spending money	ES	SP	M						
	Hidding Money	ES	SP	M	S					
	Deceptive with Mark	ES	SP		S					
	Stays out till 4 AM with the girls?	ES	SP		S					
	Lies to me	ES	SP		S					
	Doesn't Cook	ES	SP	M	S					
	With Holds Sex	ES	SP		S					
Bitches all the time	ES	SP		S						

My basic instincts were always demanding more than their share. They had to be fed and I obsessively filled them any way I could. **DRUGS, SEX, ROCK & ROLL and BOOZE** worked BUT they worked only TEMPORARILY.

As I continued to “use” in my search for fulfillment, CHARACTER DEFECTS **GRADUALLY CREPT** IN AND BECAME PART OF MY LIFE. (*BB page 355*)

TO GET MY WAY, I learned to be **SELFISH, DISHONEST, SELF-SEEKING, FRIGHTENED, and INCONSIDERATE.** (AKA – The Grosser Handicaps)

# Step Four

## Fourth Column:

**BB Page 67, Paragraph 2**

**Referring to our list again...we resolutely look for our own mistakes.**

WHERE HAD WE BEEN **SELFISH (S)**, **DISHONEST (D)**, **SELF-SEEKING (SS)**, AND **FRIGHTENED (F)**? (BB PG 67)

ON THE SEX PAGES, BILL WILSON ADDS **INCONSIDERATE (I)**; (BB PG 69)

IN COLUMN # 4 WE ASK, **WHAT'S THE EXACT NATURE** OF MY WRONGS, FAULTS, MISTAKES, DEFECTS, SHORTCOMINGS, SINS, WHATEVER.

## Step Four

The inventory was ours not the other mans.  
We look at our side of the street and try to disregard what **THEY** did to me.

**Look and see where you either started the ball rolling or kept it rolling by “getting Even” or just by being into “Self-Will-Run-Riot”.**

All of the “Grosser Handicaps” or just a few may be involved.

**Use abbreviations S, D, SS, F, & I**

# Step Four

**Look and see where you either started the ball rolling or kept it rolling by “getting Even” or just by being into “Self-Will-Run-Riot”.**

The first Personality change happens in the Fourth Step.

<i>Affects My</i>				<i>Exact Nature</i>				
<i>ES</i>	<i>SP</i>	<i>M</i>	<i>S</i>	<i>S</i>	<i>D</i>	<i>SS</i>	<i>F</i>	<i>I</i>
<i>ES</i>	<i>SP</i>	<i>M</i>		<i>S</i>	<i>D</i>	<i>SS</i>	<i>F</i>	<i>I</i>
<i>ES</i>	<i>SP</i>	<i>M</i>		<i>S</i>		<i>SS</i>		<i>I</i>
<i>ES</i>	<i>SP</i>	<i>M</i>	<i>S</i>	<i>S</i>		<i>SS</i>	<i>F</i>	<i>I</i>
<i>ES</i>	<i>SP</i>		<i>S</i>	<i>S</i>	<i>D</i>		<i>F</i>	
<i>ES</i>	<i>SP</i>		<i>S</i>	<i>S</i>	<i>D</i>		<i>F</i>	
<i>ES</i>	<i>SP</i>		<i>S</i>		<i>D</i>		<i>F</i>	
<i>ES</i>	<i>SP</i>	<i>M</i>	<i>S</i>	<i>S</i>		<i>SS</i>	<i>F</i>	<i>I</i>
<i>ES</i>	<i>SP</i>		<i>S</i>	<i>S</i>		<i>SS</i>	<i>F</i>	<i>I</i>
<i>ES</i>	<i>SP</i>		<i>S</i>	<i>S</i>	<i>D</i>	<i>SS</i>	<i>F</i>	<i>I</i>

# Step Four

Principle is Courage

<i>I'm Resentful At</i>	<i>The Cause</i>	<i>Affects My</i>				<i>Exact Nature</i>				
		<i>ES</i>	<i>SP</i>	<i>M</i>	<i>S</i>	<i>S</i>	<i>D</i>	<i>SS</i>	<i>F</i>	<i>I</i>
Henrietta	Always drinking	ES	SP	M		S	D	SS	F	I
	Spending money	ES	SP	M		S		SS		I
	Hiding Money	ES	SP	M	S	S		SS	F	I
	Deceptive with Mark	ES	SP		S	S	D		F	
	Stays out till 4 AM with the girls?	ES	SP		S	S	D		F	
	Lies to me	ES	SP		S		D		F	
	Doesn't Cook	ES	SP	M	S	S		SS	F	I
	With Holds Sex	ES	SP		S	S		SS	F	I
	Bitches all the time	ES	SP		S	S	D	SS	F	I

When doing your 5th Step  
Just read across the columns

God- Grant  
Me the  
Serenity

To accept the things  
I cannot change

Courage to change  
the things I can

And the  
Wisdom to  
know the difference



## FEAR INVENTORY

[www.soberfest.org](http://www.soberfest.org)

# Step Four

## Fear Inventory

- Bill Wilson gave very explicit instructions on how to complete the Resentment part of **Our** inventory.
- We use the same format with our FEARS
- List your **major fears** you are experiencing today.
- It won't be a long list **Four, Five or Six** items, +/-

# Step Four

BB Pages 67 & 68

## FEAR LIST (EXAMPLES ONLY)

- DRINKING & DRUGGING
- NOT HAVING A RELATIONSHIP
- GOING TO JAIL
- NOT HAVING MONEY TO PAY BILLS
- GETTING OLD
- BEING REJECTED

# Step Four

## **The Directions are Listed on Page 68 of the BB Paragraph 3**

- 1. WE REVIEWED OUR FEARS THOROUGHLY.  
WE PUT THEM ON PAPER.
- 2. WE ASKED OURSELVES WHY WE HAD  
THEM.
- 3. WASN'T IT BECAUSE SELF-RELIANCE  
FAILED US?
- 4. WHEN IT MADE US COCKY, IT WAS WORSE.  
WHAT IS THE EXACT NATURE OF THE WRONG?  
**S, D, SS, (F), I**

# Step Four

## 1. WE PUT THEM ON PAPER

- DRINKING AND DRUGGING
- NOT HAVING A RELATIONSHIP
- GOING TO JAIL
- NOT HAVING MONEY TO PAY BILLS
- GETTING OLD
- BEING REJECTED

# Step Four

## 2. WE ASKED OURSELVES WHY WE HAD THEM

THREE CATEGORIES FEARS WILL FIT INTO -  
COULD BE MORE THAN ONE

(USE THE CORRESPONDING NUMBER 1,2 OR 3)

1. I'VE DONE SOMETHING TO HURT ANOTHER HUMAN BEING AND I'M **SCARED** TO DEATH WHAT THEY ARE GOING TO DO WHEN THEY FIND OUT.
2. I'M **SCARED** TO DEATH THAT I'M GOING TO LOSE SOMETHING I'VE ALREADY GOT.
3. I'M SCARED TO DEATH I'M **NOT** GOING TO GET SOMETHING I WANT.

(FEAR OF FAILURE? FEAR OF SUCCESS?)

# Step Four

Number of Category FEAR will fit into

COLUMN 1	COLUMN 2
DRINKING AND DRUGGING	2, 3
NOT HAVING A RELATIONSHIP	3
GOING TO JAIL	1, 2, 3
NOT HAVING MONEY TO PAY BILLS	3
GETTING OLD	2, 3
BEING REJECTED	3

# Step Four

## 3. WASN'T IT BECAUSE SELF-RELIANCE FAILED US?

WHAT BASIC INSTINCT OF LIFE IS AFFECTED? **ES, SP, M, S**

COLUMN 1	COLUMN 2	COLUMN 3
DRINKING AND DRUGGING	2, 3	ES, SP, M, S
NOT HAVING A RELATIONSHIP	3	ES, SP, S
GOING TO JAIL	1, 2, 3	ES, SP, M, S
NOT HAVING MONEY TO PAY BILLS	3	ES, SP
GETTING OLD	2, 3	ES, SP, S
BEING REJECTED	3	ES, SP, S

# Step Four

## 4. WHEN IT MADE US COCKY, IT WAS WORSE

WHAT IS THE EXACT NATURE OF THE WRONG? S, D, SS, (F), I

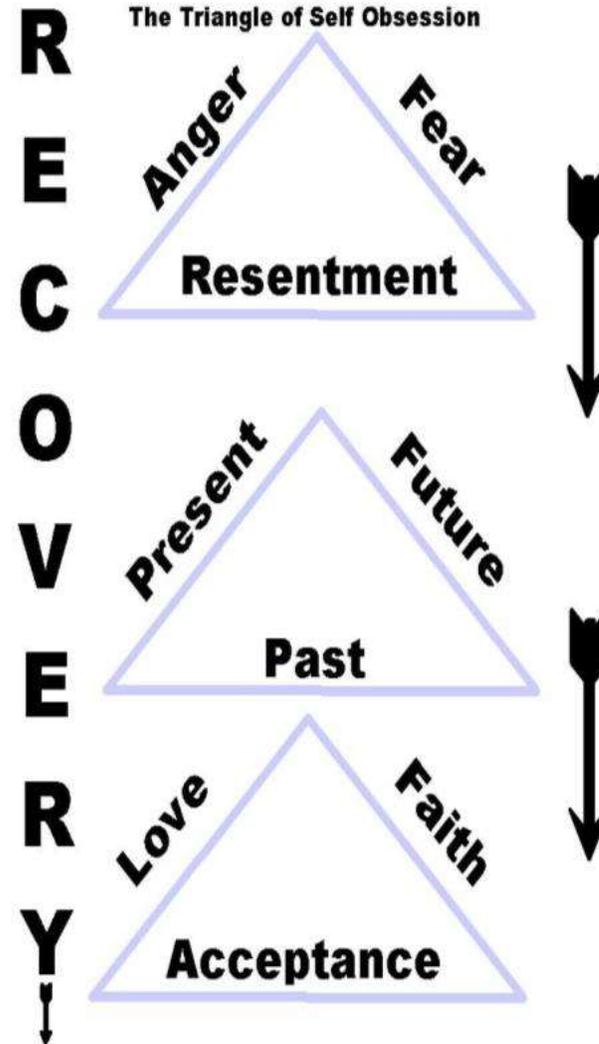
COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4
DRINKING AND DRUGGING	2, 3	ES, SP, M, S	S, D, SS, I
NOT HAVING A RELATIONSHIP	3	ES, SP, S	S, SS, I
GOING TO JAIL	1, 2, 3	ES, SP, M, S	D
NOT HAVING MONEY TO PAY BILLS	3	ES, SP	S, D, SS, I
GETTING OLD	2, 3	ES, SP, S	S, D, SS, I
BEING REJECTED	3	ES, SP, S	S, D, SS, I

**ALL ON ONE PAGE**

# Step Four

**BB Page 68, Paragraph 3, Line 7**  
“We ask Him to remove our fear and direct our attention to what He would have us be.  
**At once, we commence to outgrow fear.”** (BB 133)

- ALL FEARS ARE BASED IN THE FUTURE
- ALL RESENTMENTS ARE BASED IN THE PAST
- STAYING IN THE MINUTE, SOMETIMES ONE BREATH AT A TIME, ONE DAY AT A TIME, ELIMINATES ALL VAIN REGRETS OF THE PAST AND ALL FEARS OF THE FUTURE



# Step Four

**RESENTMENTS** are always in the past and are replaced with **ACCEPTANCE**

**ANGER** is always in the present and is replaced with **LOVE**

**FEARS** are always in the future and are replaced with **FAITH**

If your mind lives in the resentments and vain regrets of the past and the fears of the future; You have no present.

You made a decision in Step 3 to turn those thoughts and actions over to God, as you understand Him.

Those thoughts of the past and future are controlling your life  
- You're not controlling your thoughts - Nor Is God

*Turn-It-Over*



## SEX INVENTORY

# Step Four



**NOW ABOUT SEX - BB Page 68, Paragraph 4**

## **WE DO NOT WANT TO BE THE ARBITER OF ANYONE'S SEX CONDUCT**

- YOU NEED TO DO THIS ON YOUR OWN TIME
- GET THE QUESTIONS DOWN - **BB Page 69, Paragraph 2**
- DISCUSS AND SHARE WITH YOUR SPONSOR YOUR HIDDEN AND UNACCEPTABLE SEX EXPERIENCES WHICH CAUSE HARM
- BE SURE THAT YOU UNDERSTAND THE QUESTIONS AND THE PRAYERS

# Step Four

- **COLUMN 1: WHO HAD WE HURT?**
- **COLUMN 2: WHAT DID I DO?**
- **COLUMN 3: WHAT PART OF SELF CAUSED IT?**  
**( E.S., S.P., M., S. )**
- **COLUMN 4: WHAT IS THE EXACT NATURE OF THE WRONG?**  
**( S, D, SS, F, I )**

# Step Four

## **PAGE 69, BEGINNING WITH LINE 12**

1. WE REVIEW OUR OWN CONDUCT OVER THE YEARS PAST (Paragraph 1, Line 1)
2. WHERE HAD WE BEEN...? (Paragraph 1, Line 2)
  - A.** SELFISH
  - B.** DISHONEST
  - C.** SELF-SEEKING
  - D.** FRIGHTENED (REJECTION OR NOT BEING ACCEPTED)
  - E.** INCONSIDERATE

# Step Four

3. WHOM HAD WE HURT? (Paragraph 1, Line 3)
4. DID WE UNJUSTIFIABLY AROUSE..? (Paragraph 1, Line 3)
  - A. JEALOUSY
  - B. SUSPICION
  - C. BITTERNESS
5. WHERE WERE WE AT FAULT? (Paragraph 1, Line 4)
6. WHAT SHOULD WE HAVE DONE INSTEAD?  
(Paragraph 1, Line 5)

**WE GOT THIS ALL DOWN ON PAPER AND  
LOOKED AT IT. (Paragraph 1, Line 5)**

# Step Four

**WE SUBJECTED EACH RELATION TO THIS TEST - WAS IT...?  
(Paragraph 2, Line 2)**

**7. SELFISH**

**8. NOT SELFISH**

**9. SUPPOSE WE FALL SHORT OF THE CHOSEN IDEAL AND  
STUMBLE? (Page 70, Paragraph 1, Line 1)**

**10. DOES THIS MEAN WE ARE GOING TO GET DRUNK?  
(Page 70, Paragraph 1, Line 2)**

**IN THIS WAY WE TRIED TO SHAPE A SANE AND SOUND IDEAL  
FOR OUR FUTURE SEX LIFE. (Paragraph 2, Line 1)**

# Step Four

## **11. EXAMPLES OF USING SEX FOR SELFISH PURPOSES:**

- DID I USE SEX TO FULFILL MY OTHER BASIC INSTINCTS OF LIFE?
- **I USED SEX TO BUILD MY SOCIAL PRESTIGE? (Look at my trophy)**
- I USED SEX TO BUILD MY EMOTIONAL SECURITY AND ACCEPTANCE?  
(If you are happy, then I am happy; I like **“THAT”** feeling, I **“LOVE”** you?)
- **I WASN'T OVER-SEXED, I WAS UNDER-SECURE!**

## Step Four

- **I WITHHELD SEX TO GET EVEN?**
- **DID I USE SEX TO FORCE MY WILL ON ANOTHER HUMAN BEING?**
- **I DIDN'T REALLY CARE HOW YOU FELT AS LONG AS MY DESIRE WAS FULFILLED?**
- **DID I DEMAND MORE THAN MY FAIR SHARE?**
- **I DID NOT KNOW HOW TO BE INTIMATE;  
SO MY CHEAP COPY FOR INTIMACY  
WAS SEX.**

# Step Four

1<sup>st</sup> Prayer of the Sex Inventory; Page 69, Paragraph 2, Line 3

*“WE ASK GOD TO MOLD OUR IDEALS AND HELP US TO LIVE UP TO THEM. WHATEVER OUR IDEAL TURNS OUT TO BE, WE MUST BE WILLING TO GROW TOWARD IT.”*

**(↑Has been said by couples, together.)**

2<sup>nd</sup> Prayer of the Sex Inventory; Page 69, Paragraph 3, Line 6

*“IN MEDITATION, WE ASK GOD WHAT WE SHOULD DO ABOUT EACH SPECIFIC MATTER.”*

# Step Four

*3<sup>rd</sup> Prayer of the Sex Inventory; Page 70, Paragraph 2, Line 1*

***“WE EARNESTLY PRAY FOR THE RIGHT IDEAL, FOR GUIDANCE  
IN EACH QUESTIONABLE SITUATION, FOR SANITY, AND FOR  
THE STRENGTH TO DO THE RIGHT THING”***

**S/HE NEEDS TO ADMIT TO HIMSELF, TO GOD AND TO ANOTHER  
HUMAN BEING ANY HARM DONE BY ANY HIDDEN OR  
UNACCEPTABLE SEXUAL INSTINCTS EXHIBITED.**

# Step Four

## **GOD ALONE CAN JUDGE OUR SEX SITUATION**

Page 69 (Paragraph 4, Line 1)

## **GOD WILL BE THE FINAL JUDGE**

Page 70, Line 1

***“IF WE ARE SORRY FOR WHAT WE HAVE DONE AND  
HAVE THE HONEST DESIRE TO LET GOD TAKE US TO  
BETTER THINGS, WE BELIEVE THAT WE WILL BE  
FORGIVEN AND WILL HAVE LEARNED OUR LESSON.”***

**(Page 70, Paragraph 1, Line 4)**

# Step Five

## Principle is Integrity

### **ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS**

Page 72, Paragraph 2, Line 10

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.

# Step Five

Page 73, Line 4

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 necessary, until they told someone else all their life story. **\*\*I ASK ~**

**“Now tell the three things you promised yourself you were going to take to the grave with you. The things that you swore you would never tell anyone, ever. Now is the time.”**

CHOOSE **\*YOU HAVE TO GET IT ALL OUT\*** OR DRINK

# Step Five

Once satisfied with their answer; go back to their Resentment, (Fear and Sex) inventory and point out that in **the 4<sup>th</sup> column they admitted to God, themselves and another human being, the exact nature of their wrongs.**

**The wrong was the Resentment, the exact nature of the wrong was where they had been; Selfish, Dishonest, Self-seeking, Frightened and/or Inconsiderate.**

# Step Five

**So they had completed Step 5 as they were going through their inventories.**

**As we go through their inventory (in my case, sponsors are with the sponsee continually) we try and pull everything out we can while going through the writing process; getting their whole story.**

**If this hasn't been done during; just read the inventory across all four columns.**

# Step Five

## **8 PROMISES OF STEP 5**

### **BB PAGE 75, Paragraph 2**

- 1. ONCE WE HAVE TAKEN THIS STEP, WITHHOLDING NOTHING WE ARE DELIGHTED.*
- 2. WE CAN LOOK THE WORLD IN THE EYE.*
- 3. WE CAN BE ALONE AT PERFECT PEACE AND EASE.*
- 4. OUR FEARS FALL FROM US.*
- 5. WE BEGIN TO FEEL THE NEARNESS OF OUR CREATOR.*
- 6. WE MAY HAVE HAD CERTAIN SPIRITUAL BELIEFS, BUT NOW WE BEGIN TO HAVE A SPIRITUAL EXPERIENCE.*
- 7. THE FEELING THAT THE DRINK PROBLEM HAS DISAPPEARED WILL OFTEN COME STRONGLY.*
- 8. WE FEEL WE ARE ON THE BROAD HIGHWAY, WALKING HAND IN HAND WITH THE SPIRIT OF THE UNIVERSE.*

# Step Five

➤ We thank God from the bottom of our heart that we know Him better. BB Page 75, Paragraph 3, Line 3

**BECAUSE: WE KNOW MORE ABOUT LOVE & TRUTH**

➤ **Carefully reading the first five proposals we ask if we have omitted anything**, for we are building an arch through which we shall walk a free man at last. Paragraph 3, Line 6

**READ THE 1ST FIVE PROPOSALS AND ASK IF WE HAVE OMITTED...**

# Step Five

## **BB Page 75, Paragraph 3, Line 9** **4 Questions**

- *IS OUR WORK SOLID SO FAR?*
- *ARE THE STONES PROPERLY IN PLACE?*
- *HAVE WE SKIMPED ON THE CEMENT PUT INTO THE FOUNDATION?*  
**HAVE I** SKIMPED ON THE WILLINGNESS PUT IN THE FOUNDATION.
- *HAVE WE TRIED TO MAKE MORTAR WITHOUT SAND?*  
**HAVE I** TRIED TO TAKE STEPS 2, 3, 4 & 5 WITHOUT TAKING STEP 1.

# Step Five

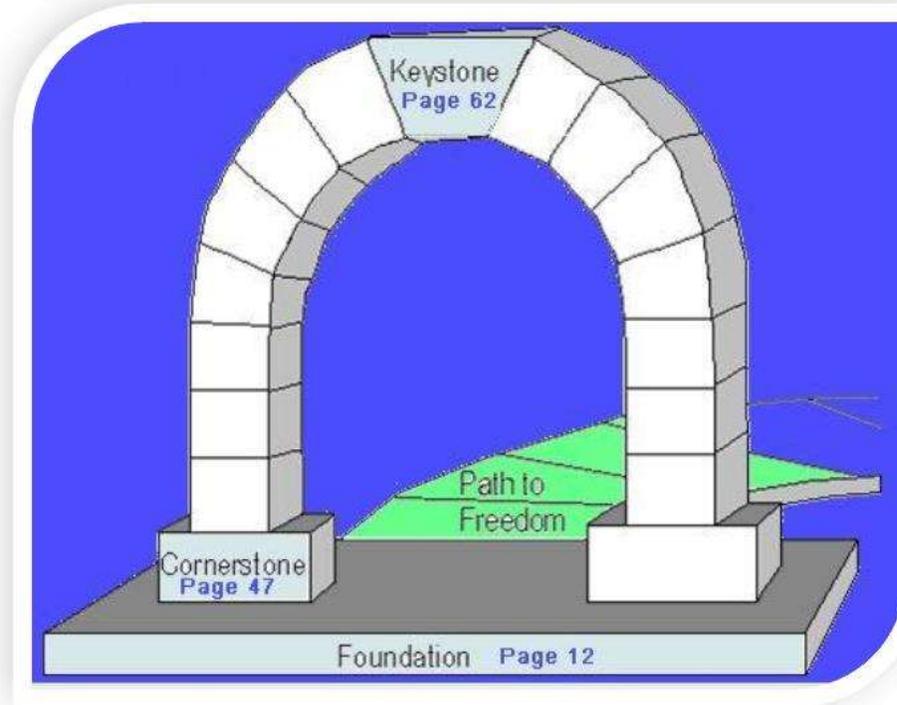
## *SPIRITUAL STRUCTURE REVIEW*

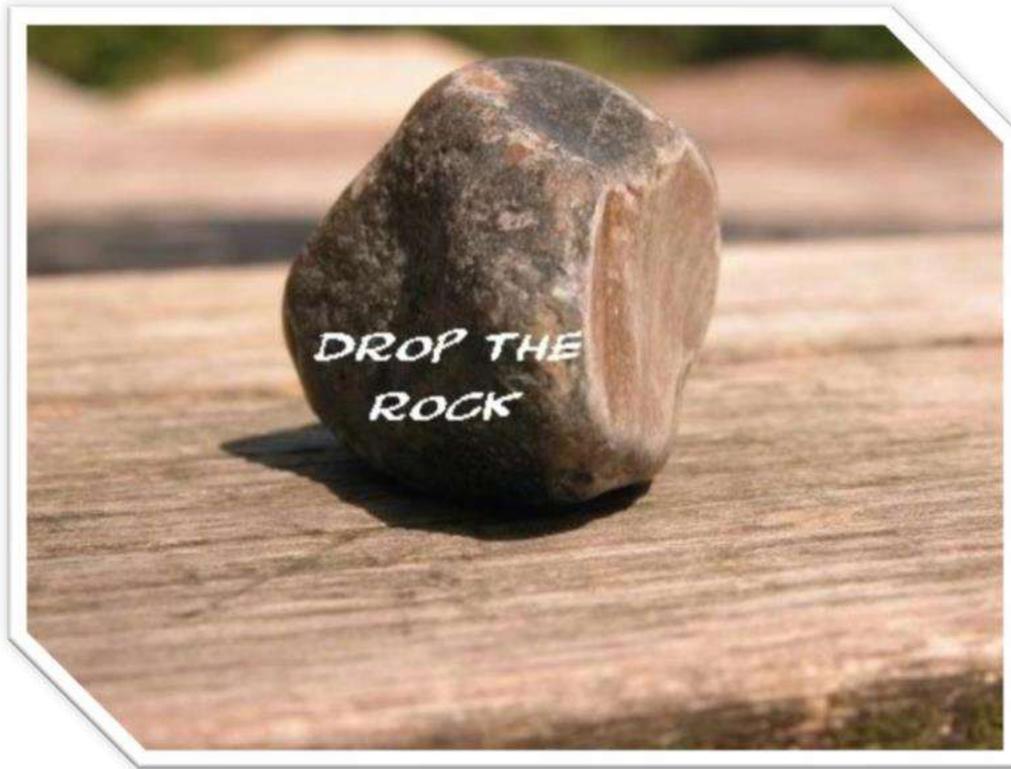
### **THE A, B, C'S AFTER HOW IT WORKS.**

**FOUNDATION** OF COMPLETE WILLINGNESS - Page 12

**CORNERSTONE** OF WILLING TO BELIEVE - Page 47

**KEYSTONE** OF THE NEW AND TRIUMPHANT ARCH THROUGH WHICH WE PASSED TO FREEDOM - DECISION - Page 62





**BREAK . . .**  
**STEPS 6 & 7 NEXT**

# Step Six

## Principle is Willingness

- ▶ Are we now ready to let God remove from us all the things which we have admitted are objectionable?

**What** did we admit in the 4th Column of our 4th Step?

**What** did we admit was the exact nature of our wrongs, to God, to Ourselves, and to another Human Being in Step 5?

# Step Six

***BECOMING ENTIRELY READY IS ALL THERE IS.***

Wasn't It:

- Selfish
- Dishonest
- Self-Seeking
- Frightened
- Inconsiderate

All defects will fit into any one of the above grosser handicaps

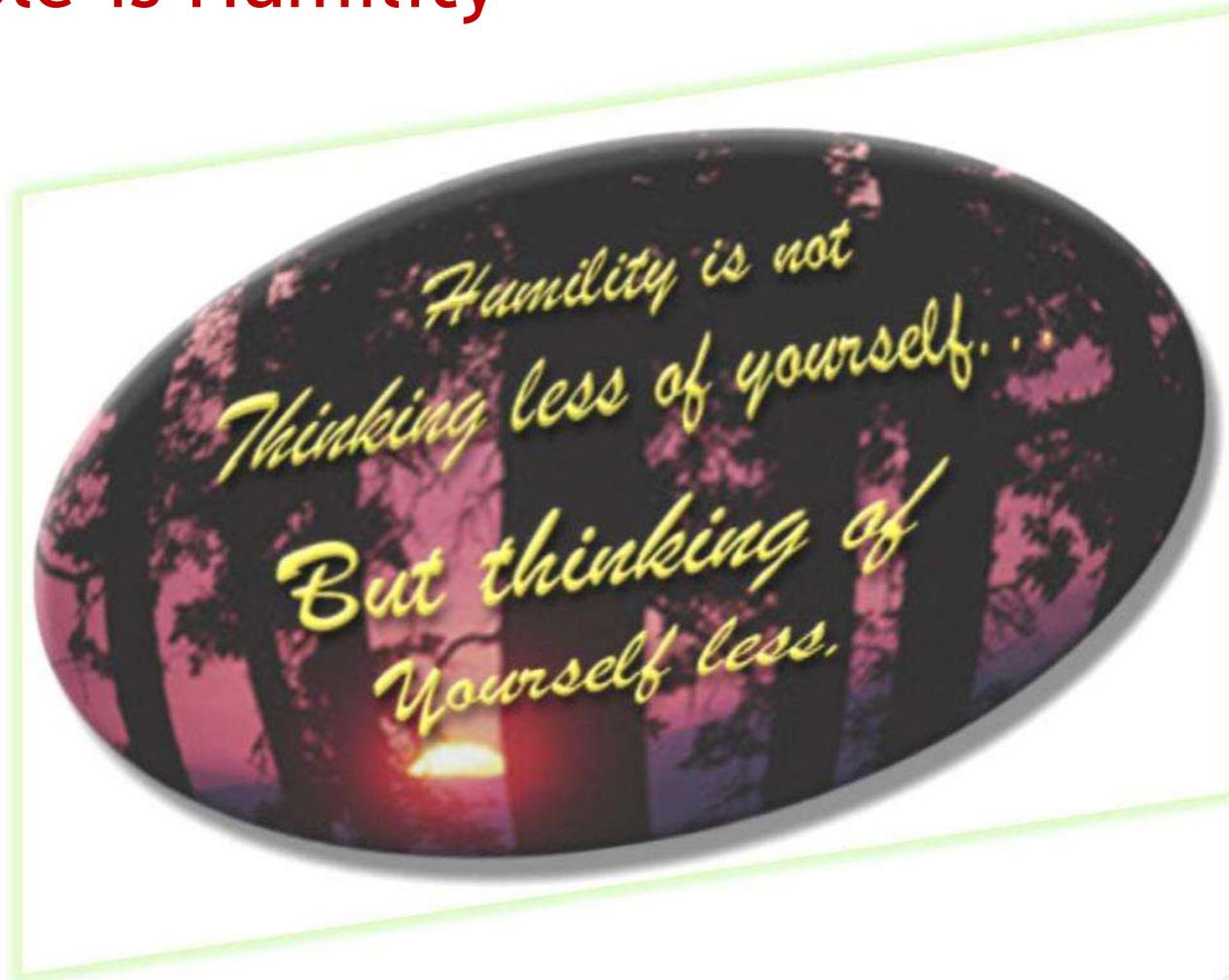
**YOU ADMITTED THEM IN THE PREVIOUS STEPS -**

**DO YOU FIND THEM OBJECTIONABLE?**

**IF YOU DO, CONTINUE TO STEP SEVEN**

# Step Seven

## Principle is Humility



# Step Seven

- ▶ Step 6 - If we still cling to something we will not let go, we ask God to help us be willing.
- ▶ Page 76, Paragraph 2 - Seventh Step Prayer
- ▶ When ready, we say something like this:

“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.”

# Step Seven

“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me

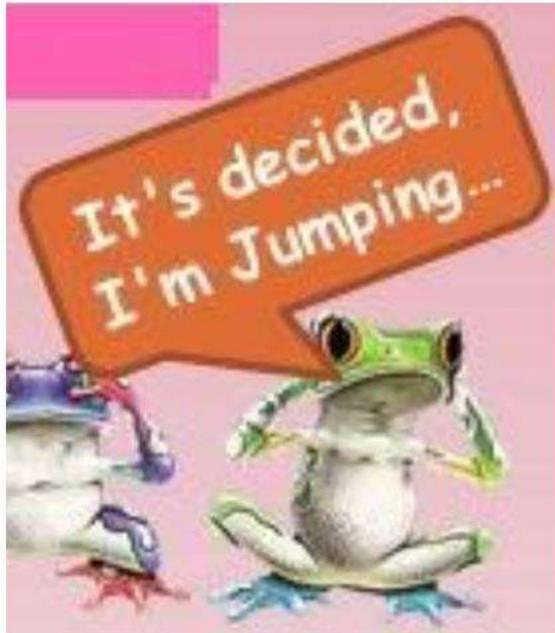
***Being Selfish, Dishonest, Self-seeking,***

***Frightened, Inconsiderate and***

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.”

# Step Seven

Remember the “Frog” in  
Step Three  
that made a decision?



When you hear the splash...he  
took Step Seven ❤️



**Just more self “sucked-out” to  
continue with Steps 8 & 9**

# 30th Annual McHenry's Soberfest 2019



**BREAK . . .  
STEP 8 NEXT**

# Step Eight

## Principal is Brotherly Love/Forgiveness

BB Page 76, Paragraph 2

- ▶ Made a list of all persons we had harmed, and became willing to make amends to them all.
  - ▶ “Faith without works is dead.”  
YOU HAVE TO DO YOUR PART
- ▶ ...In your own recovery - while we give you Loving Support

# Step Eight

(12/12 Page 80)

- ▶ To define the word “harm” in a practical way, we might call it the result of instincts in collision, which cause physical, mental, emotional, or spiritual damage to people.
- ▶ Review the 4th STEP “GRUDGE LIST” - and add to it those you have harmed but are not on any of your lists.

## **THIS IS YOUR 8TH STEP LIST**

“If we are now about to ask forgiveness for ourselves, why shouldn't we start out by forgiving them, one and all?” (12X12, Page 78)

# Step Eight

## ▶ WE ARE STILL GATHERING INFORMATION

The following is our experience in the way we became willing to make amends to them all. **-THIS IS NOT THE ONLY WAY -**

1. FIRST WE LOOK BACKWARD AND TRY TO DISCOVER WHERE WE HAVE BEEN AT FAULT.
2. SECOND WE MAKE A VIGOROUS ATTEMPT TO REPAIR THE DAMAGE WE HAVE DONE.
3. HAVING CLEANED AWAY THE DEBRIS OF THE PAST WE CONSIDER HOW, WITH OUR NEWFOUND KNOWLEDGE OF OURSELVES, WE MAY DEVELOP THE BEST POSSIBLE RELATIONS WITH EVERY HUMAN BEING WE KNOW.  
(12/12 PAGE 77)

# Step Eight

- ▶ On One Full Sheet of Paper, Draw a Line Down the Middle of the Page.
- ▶ On the Left Hand Side, at the Top, Write; “Harms Done” (the harms I have done) Write the Persons Name below “Harms..
- ▶ Do This On a Blank Sheet of Paper, One Page For Each Name On Your 8th Step List.

The diagram shows a sheet of lined paper with a vertical red margin line on the left and a vertical black line down the center. The text "Harms Done" is written in the top left margin, and "Henrietta" is written below it. Three binder holes are shown on the left side.

# Step Eight

- ▶ Underneath the 1st name write the harms you have done to that person.
- ▶ A good beginning list is on pages 80 & 81 of the 12/12
- ▶ You hopefully will feel the harm as you re-think
- ▶ ONE HARM PER LINE

## ***~BUZZ WORDS ONLY~***

Yelled - (Bad Temper)

Dishonest - (Lied/Cheated)

Selfish - Jealous

Miserly - Cold

Irresponsible - (their needs)

Callous - Irritable

Critical - Impatient

Humorless - Dominating

Wallowing in Self-Pity & Depression ...

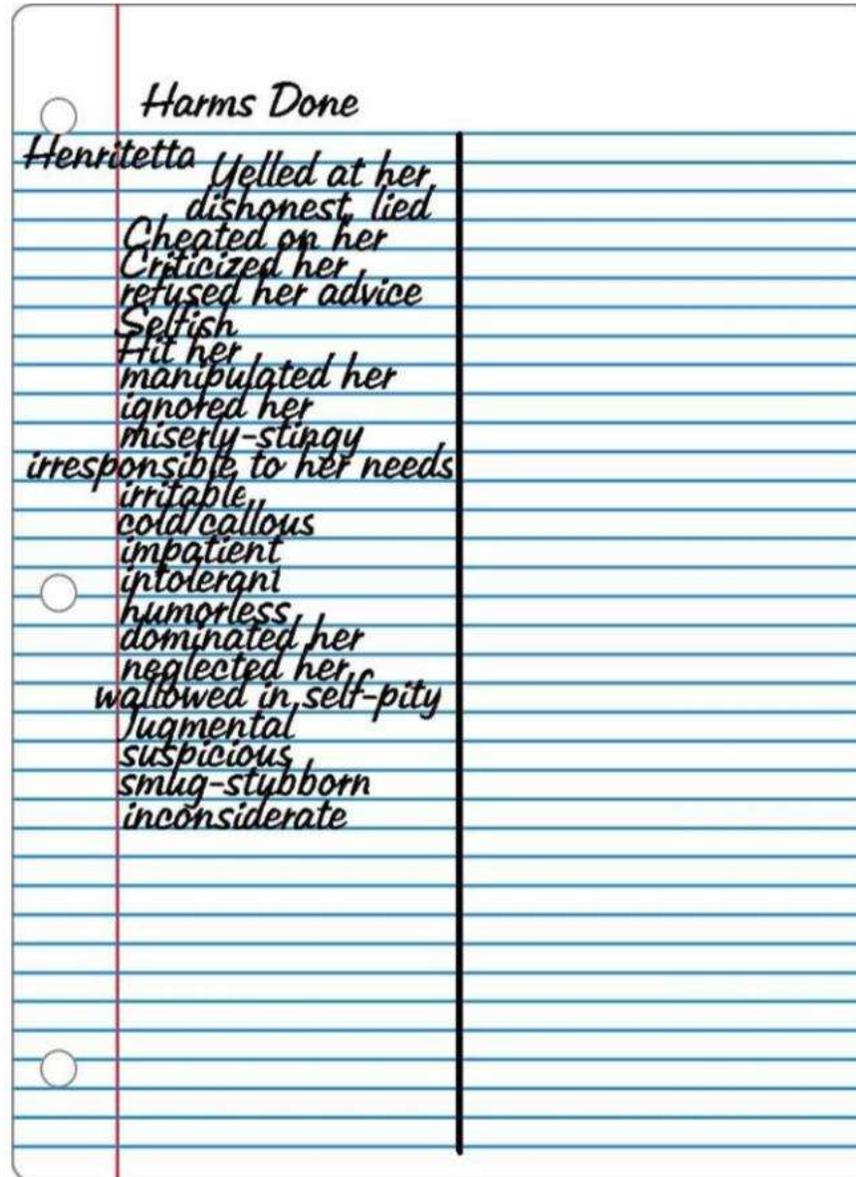
# Step Eight

We are still gathering information.

- ▶ Next, we may be entering into a dimension we have seldom gone before -

~EMPATHY~

The ability to identify with and understand somebody else's feelings or difficulties.



# Step Eight

- ▶ Above the right hand column WRITE ~  
Effects
- ▶ Look at the harm done in the left column -“Yelled at him/her”
- ▶ How do you think that made him/her feel, when you yelled at him/her?

**HOW WOULD YOU  
FEEL IF SOMEONE  
YELLED AT YOU?**

**Write your selection  
on the same line  
but in the right  
column**

Yelled at him/her –  
Scared him/her

# Step Eight

- ▶ Try to feel what it was like to “walk a mile in their shoes” while you were loving them in this way.

**Is this the way you  
love people??**

Harms Done	Effects
Henrietta yelled at her dishonest, lied Cheated on her Criticized her refused her advice Selfish Hit her manipulated her ignored her miserly-stingy irresponsible to her needs irritable cold/callous impatient intolerant humorless dominated her neglected her wallowed in self-pity Judgmental suspicious smug-stubborn inconsiderate discourteous	scared her loss of trust betrayed belittled inadequate left out scared - worthless felt used not loved wanted to get even insignificant frustrated unappreciated no respect rejected unaccepted angry - belittled abandoned she felt guilty worthless - used felt untrustworthy unimportant hurt insulted

# Step Eight

CAN YOU SEE WHY THEY REACTED THE WAY THEY DID?

- ▶ Looking at the effects caused from my actions can I admit that Henrietta was not wrong to react or act as she did?

Was Henrietta wrong in the way she reacted?

- ▶ At the top, next to Henrietta's name WRITE: ***WAS NOT WRONG.***

# Step Eight

Can you forgive Henrietta for what she did to you?

- ▶ Everyone has self and everyone has basic instincts wanting to be filled.
- ▶ If you can forgive her write: I forgive Henrietta across the page.

Harms Done	Effects
Henrietta yelled at her dishonest, lied	scared her loss of trust
Cheated on her	betrayed
Criticized her	belittled
refused her advice	inadequate
Selfish	left out
Hit her	scared, worthless
manipulated her	felt used
ignored her	not loved
miserly-stingy	wanted to get even
irresponsible to her needs	insignificant
irritable	frustrated
cold/callous	unappreciated
impatient	no respect
intolerant	rejected
humorless	unaccepted
dominated her	angry - belittled
neglected her	abandoned
wallowed in self pity	she felt guilty
Judgmental	worthless - used
suspicious	felt untrustworthy
smug-stuborn	unimportant
inconsiderate	hurt
discourteous	insulted

# Step Eight

## Remember ↓↓

- ▶ There may be those on your list that never did anything to you which you have to forgive them for; like Grandmother or Aunt Rosie.
- ▶ See the harm that you did to them. Love and forgive yourself and move on....

### **BB Page 70:**

“If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson.”

# Step Eight

- ▶ There may be those on your list that did some horrific things to you; sexual abuse, rape, forced incest, beatings, mental/emotional torture . . .
  - ▶ that it is so hard to forgive.
  - ▶ They cannot possibly hurt you now.
- ▶ Know that you have to get over being the victim and be the victor (as in the Third Step Prayer - victory over my difficulties)  
RELEASE THE BURDEN -
- ▶ Let God be the Final Judge, he will take care of it. You can release it now - try and “turn it over.”

# Step Eight

- ▶ I discovered in Step 8, that I hadn't completed the Grieving Process. I was stuck in the middle of it somewhere; still being the victim; letting them rent space in my head, free.

BB Page 76, Paragraph 3, Line 10

- ▶ “If we haven't the will to do this, we ask until it comes.”

The more of my resistance I can give up the quicker my Power Greater will give us peace.

- ▶ If we have been violated by others, we must experience the stages of shock, denial, anger, depression, and sadness in order to purify our hearts. Only then will we be ready to approach the final step of the process - Forgiveness - grieving without resentment and with emotional integrity



**BREAK . . .**  
**STEP 9 NEXT**

# Step Nine

## Principle is Justice

- ▶ “Made direct amends to such people wherever possible, except when to do so would injure them or others.”
- ▶ My sponsor took a quiet time and invited God for guidance, direction, and discernment in selecting my amends to make.
  - ▶ Which ones were to be Direct, and which ones to Omit, Delay, Write letters for, and/or future Service Work.
  - ▶ Living amends refers to the last line of Step 12.



# Step Nine

- ▶ In Step 8 I did become willing to make amends to them ALL, one way or the other. My sponsor omitted some.
- ▶ He marked the amends I had to make FOR ENTRY - not the whole list just 3 or 4 items and what kind of amends to make - DIRECT, LETTERS....

Harms Done	Effects
Henritetta <del>was not wrong</del>	
<del>Yelled at her</del>	scared her
<del>dishonest, lied</del>	loss of trust
<del>Cheated on her</del>	betrayed
<del>Criticized her</del>	belittled
<del>refused her advice</del>	inadquate
<del>Selfish</del>	left out
<del>Hit her</del>	scared - worthless
<del>manipulated her</del>	felt used
<del>ignored her</del>	not loved
<del>miserly-stingy</del>	wanted to get even
<del>irresponsible to her needs</del>	insignificant
<del>irritable</del>	frustrated
<del>cold/callous</del>	unappriciated
<del>impatiant</del>	no respect
<del>intolerant</del>	rejected
<del>humorless</del>	unaccepted
<del>dominated her</del>	angry - belittled
<del>neglected her,</del>	abandoned
<del>wallowea in self-pity</del>	she felt guilty
<del>Jugmental</del>	worthless - used
<del>suspicious</del>	felt untrustworthy
<del>smug-stubborn</del>	unimportant
<del>inconsiderate</del>	hurt
<del>discourteous</del>	insulted

# Step Nine

Types of Amends: (12x12, Page 83)

- ▶ There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety.
- ▶ There will be those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good.
- ▶ There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all.
- ▶ Most of us begin making certain kinds of direct amends from the day we join Alcoholics Anonymous.

# Step Nine

Go out to repair the damage done in the past - willing to go to any lengths for victory over alcohol.

Purpose is to fit ourselves to be of maximum service to God and the people about us.

1. Pray - Send God first
2. Meet in person
3. “I was wrong....., please forgive me”
4. Share experience with sponsor

# Step Nine

## 1. *SEND GOD FIRST:*

- ▶ Make the call or write the first paragraph of the letter
  - ▶ Start by introducing yourself and then say something like this: "I've got something important to talk to you about. Do you have a minute?"
  - ▶ If they agree to listen: tell them, briefly, about the troubles you have been having and how you wound up in A.A. Tell enough of your story to let them know that you have had serious troubles with alcohol.
  - ▶ "I have recently met some people in Alcoholics Anonymous who took me through the 12 Steps in the A.A. recovery program. My life has been changed."

# Step Nine

## *2. Set the appointment:*

- ▶ "This is the reason I'm calling you. I'd like a chance to meet with you, and to tell you how I now see that I was wrong in the past. I would really appreciate the opportunity to talk briefly with you. When would be a good time for you?"
- ▶ Be ready to meet at their convenience. If they can't think of a place to meet suggest a setting - at their home, a park, public restaurant, etc.... a place most comfortable for them.
- ▶ Be considerate of their time and fears---they will know you mean business.

# Step Nine

## 3. *Making the amend:*

- ▶ When you meet them (if you're not doing the amend by phone), briefly review what you told them on the first contact. Do not say, "I'm Sorry." Say, "I was wrong—please forgive me."
- ▶ "When I looked at myself through the steps of the A.A. program, I realized that I was totally self-centered and selfish. I used people and I was never satisfied no matter what I got. I was always afraid of losing what I had. I always wanted more - more time, more money, more friendship, more attention--the list is long. Back then, when I didn't get what I wanted, I got mad - I got even. In your case I ....." (go over 3 or 4 examples from the 8th Step).

# Step Nine

- ▶ The goal is to let them know that you really have looked at your behavior, without re-opening old wounds. (Keep the examples to 3 or 4 at the most.)
- ▶ "I now see that I was wrong and you were, in no way, to blame. I need to start my life over again, and to do that, I'm here to ask you to forgive the harm I have done to you."
- ▶ If their anger lashes out --- do not get into an argument with them. You are there to let God fix the past, not to start it up again. Simply respond:
- ▶ "You're right. And I now see that, and I've been wrong for doing that. That's why I'm here, to let you know that I now know that I've been wrong. I need to start my life over again, and to ask you to forgive me."

# Step Nine

- ▶ Bring the conversation back around again to your real purpose, Forgiveness.
- ▶ Remember-- God is going ahead of you to prepare that person to receive you with favor.
- ▶ You are on God's business, not your own, and God will pave the way. You just show up and open your mouth.
- ▶ Call your sponsor after each amend and share the good news.
- ▶ See 12 Promises on page 83 & 84

# 10 ~ 11 ~ 12 ~ CONSTRUCTION

*If you have been **painstaking** about the amends phase of your development you will be amazed.....*

**If you have ~~not been~~ painstaking, you ~~may not~~ be amazed.**



# 10 ~ 11 ~ 12 ~ CONSTRUCTION



## Steps 4 thru 9 Clear Away the wreckage of the past

- Steps **4 & 5** - Shows us the “REAL ME”; so we can heal.
- Steps **6 & 7** - Reconnects or Connects us with GOD; to heal us.
- Steps **8 & 9** - Showed us how we dealt with relationships so we could live with OTHERS.

# PROGRAM OF RECOVERY

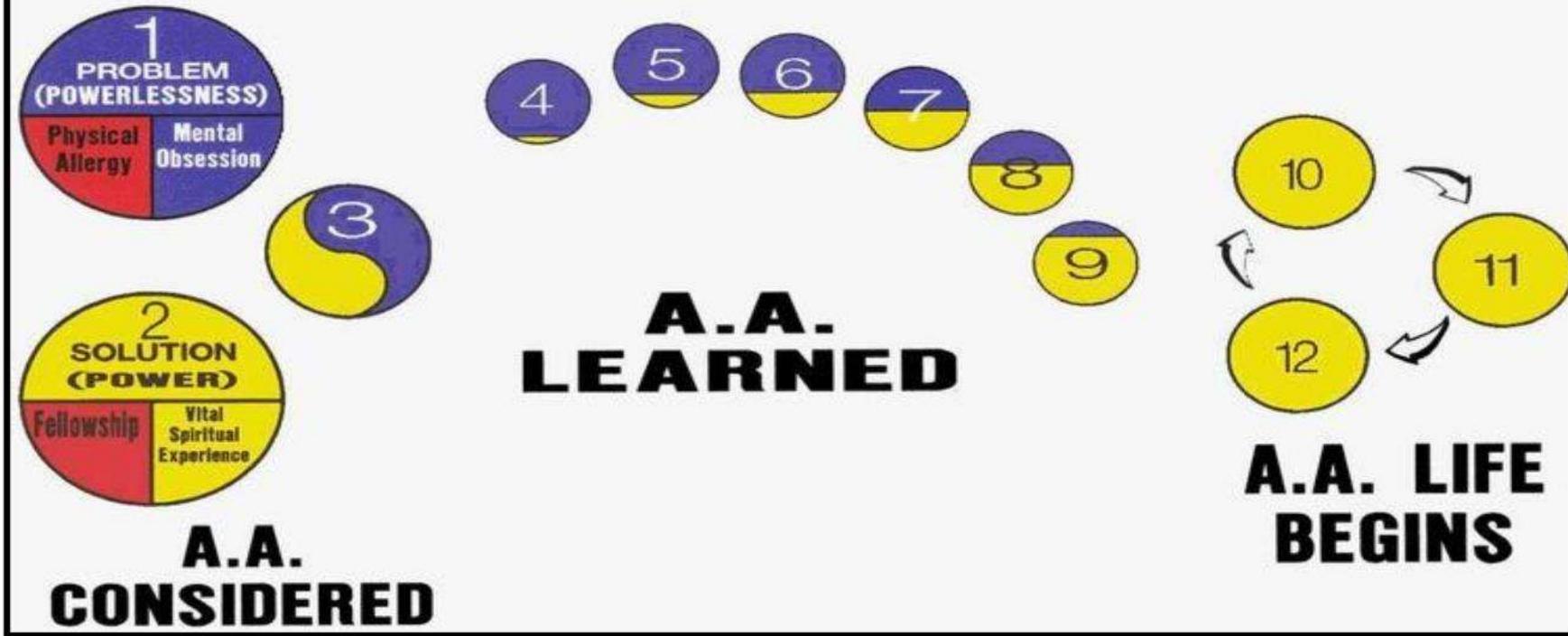


CHART FROM: <http://www.4dgroups.org>

## BREAK . . . STEP 10 NEXT

# Step Ten

## Principle is Perseverance

“Continued to take personal inventory and when we were wrong promptly admitted it”

**“CONTINUED” IS MENTIONED 4 – FOUR TIMES  
IN THE FIRST PARAGRAPH**

- **continue** to take personal inventory
- should **continue** for our lifetime
- **continue** to watch for
- **continue** *to set right*

BB Page 84

**WHY WOULDN'T WE WANT TO KEEP  
THAT SLATE CLEAN?  
WHY FIGHT IT? I ALREADY LOST ONCE.**

## Step Ten

### *Five Parts of Step 10 +*

<sup>1</sup>**Continue** to watch for selfishness, dishonesty, resentment, and fear. (inconsiderate) <sup>2</sup>**When** these crop up, we **ask God** at once to remove them. <sup>3</sup>We **discuss** them with someone immediately and <sup>4</sup>**make amends** quickly if we have harmed anyone. <sup>5</sup>Then we resolutely turn our thoughts to **someone we can help**.

# Step Ten

## ~'WHEN' NOT 'IF' ~ WHAT DID WE LEARN EARLIER?

didn't tell us **'if'** these (**selfishness, dishonesty, resentment and fear**), but he says **'when!'** These devils will always be out there waiting to attack me during a weak moment. This is why I will need to keep my Step Ten Tools in good working order for a lifetime, but in what manner am I to ask God to remove these reoccurring demons

➤ I learned how to ask God to remove *resentments* when I did Step Four. Do you remember the 4-part prayer on page 67? *(This is a sick man. How can I be helpful to him? God save me from being angry. Thy Will be done.)*

# Step Ten

I learned how to ask God to remove my irrational fears on page 68 with this prescribed prayer: “We asked Him to remove our fear and direct our attention to what he would have us be.”

Step Four also taught me how to recognize my innate dishonesty and selfishness and Step Six taught me how to become willing to let go of these dangerous threats to sobriety.

# Step Ten

- ▶ Step Seven taught me a prayer asking God to take over my whole being; both good and bad. This allows me to live with my real purpose to be fit to be of maximum service to God and the people about me. In this mode I begin to lose my desire to be selfish.
- ▶ So, it is very easy for me to realize how the on-the-job training of the earlier steps taught me how to effectively live in the spirit of this second clear-cut-direction of Step Ten.

# Step Ten

## **Step 10 - 10 Promises (The Forgotten Promises)**

<sup>1</sup>And we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have returned. <sup>2</sup>We will seldom be interested in liquor. <sup>3</sup>If tempted, we recoil from it as from a hot flame. <sup>4</sup>We react sanely and normally, and we will find that this has happened automatically. <sup>5</sup>We will see that our new attitude toward liquor has been given us without any thought or effort on our part. <sup>6</sup>It just comes! That is the miracle of it. <sup>7</sup>We are not fighting it, neither are we avoiding temptation. <sup>8</sup>We feel as though we had been placed in a position of neutrality—safe and protected. <sup>9</sup>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. <sup>10</sup>That is our experience. That is how we react so long as we keep in fit spiritual condition.

# Step Ten

- ▶ BB Page 84, Paragraph 2, Line 14

“Love and Tolerance of others is our code.”

- ▶ BB Page 85, Paragraph 1, Line 1

“It is easy to let up on the spiritual program of action and rest on our laurels.”

***Laurels are Past Accomplishments  
- So, don't rest on Steps 1-9.***

A laurel wreath is a circular wreath made of interlocking branches and leaves of the Bay Laurel. Worn as a trophy for Past “things” well done.

**If you are RESTING on Your LAURELS where is your head?**

# Step Ten

BB Page 85, Paragraph 1, Line 3

- ▶ “We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.”

## HOW DO WE GET A DAILY REPRIEVE?

1. **By continuing to take a Personal Inventory;**
2. **By continuing to Seek Conscious Contact;**
3. **By continuing to Help Others;**
4. **By continuing to Practice the Principles**

“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 willpower along this line all we wish. It is the proper use of the will.

# Step Ten

BB Page 85, Paragraph 2, Line 6

▶ We have begun to develop this vital sixth sense.

The Five senses of Taste, Touch, Sight, Hearing, and Smell gather information.

The 6th sense is a sense of direction: from our will to God's Will.

# Step Ten

TODAY, WHERE HAVE I BEEN	
<b>LIABILITIES</b>	<b>ASSETS</b>
SELFISH	GENEROSITY
DISHONEST	HONESTY
SELF-SEEKING	SERVICE-ABILITY
FRIGHTENED	COURAGE THROUGH FAITH
INCONSIDERATE	SELF-FORGETFULNESS
SELF-PITY	MODESTY-GRATITUDE
SELF-IMPORTANCE	MODESTY
SELF-JUSTIFICATION	HUMILITY
SELF-CONDEMNATION	SELF-VALUATION

## *Serenity Prayer*

*God Grant Me  
The Serenity  
To Accept The Things  
I Cannot Change;  
Courage To Change The  
Things I Can;  
And The Wisdom To  
Know The Difference.  
Living One Day  
At A Time;  
Enjoying One Moment  
At A Time;*

*Accepting Hardships As  
The Pathway To Peace;  
Taking, As He Did,  
This Sinful World As It Is,  
Not As I Would Have It;  
Trusting That He Will Make  
All Things Right If I  
Surrender To His Will;  
That I May Be Reasonably  
Happy In This Life And  
Supremely Happy With Him,  
Forever In The Next.*

*credited to Reinhold Niebuhr 1926*

**BREAK . . . STEP 11 NEXT**

# Step Eleven

## Principle is Spiritual Awareness

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 that out.”

“TRAINING ON HOW TO LIVE A SPIRITUAL LIFE.”

Suggested Nightly Readings:

- ▶ Big Book: Page 86, lines 5 - 18.
- ▶ 12 & 12: Page 93, line 17 - page 95.

# Step Eleven

When we retire at night,

- ▶ BB PAGE 86, Paragraph 1
- ▶ When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest, or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life?

“But we must be careful not to drift into worry, remorse, or morbid reflection, for that would diminish our usefulness to others.” **(2 am 4<sup>th</sup> step)** After making our review we ask God’s forgiveness and inquire what corrective measures should be taken.

# Step Eleven

- ▶ 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.
- ▶ We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought, or a decision.

## Morning Suggested Readings:

- ▶ Big Book: Page 86, line 19 - page 88.
- ▶ 12 & 12: Page 102, line 14 - page 103, line 14.

# Step Eleven

BB PAGE 86, Paragraph 3, Line 4

- ▶ We relax and take it easy. We don't struggle.
  - ▶ With practice we will develop the plane of inspiration.
- ▶ 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.

# Step Eleven

“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.

“We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined.”

# Step Eleven

## DISCIPLINE

▶ Our View - Properly Punished

Derived from Disciple

▶ Gods View Properly Taught

# Step Eleven

“IF FAITH WITHOUT WORKS IS DEAD THEN WILLINGNESS WITHOUT ACTION IS FANTASY.”

- ▶ Prayer is talking to God;
- ▶ Meditation is listening to God.

12 X 12; Page 98

There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life.

# Step Eleven

The idea of meditation is to quiet the mind down enough so that when the answers come WE CAN HEAR THEM.

We rest quietly with the thoughts of someone who knows, so that we may experience and learn.

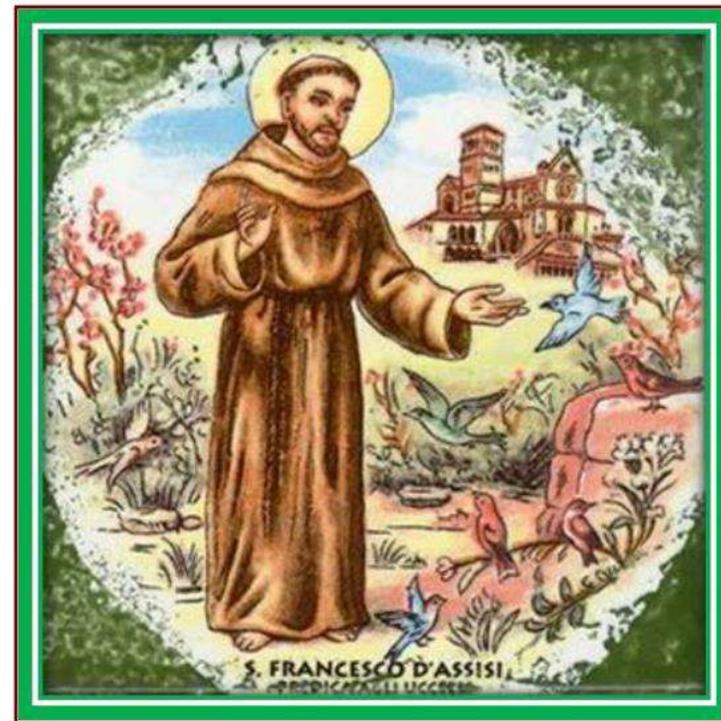
(12X12, PAGES 99-100)

As beginners in meditation, we might now reread this prayer several times very slowly, savoring every word, and trying to take in the deep meaning of each phrase and idea.

# Step Eleven

## THE PRAYER OF ST. FRANCIS

“LORD, MAKE ME A CHANNEL OF THY PEACE—  
THAT WHERE THERE IS HATRED, I MAY BRING LOVE  
THAT WHERE THERE IS WRONG, I MAY BRING THE SPIRIT OF FORGIVENESS  
THAT WHERE THERE IS DISCORD, I MAY BRING HARMONY  
THAT WHERE THERE IS ERROR, I MAY BRING TRUTH  
THAT WHERE THERE IS DOUBT, I MAY BRING FAITH  
THAT WHERE THERE IS DESPAIR, I MAY BRING HOPE  
THAT WHERE THERE ARE SHADOWS, I MAY BRING LIGHT  
THAT WHERE THERE IS SADNESS, I MAY BRING JOY.  
LORD, GRANT THAT I MAY SEEK RATHER TO:  
COMFORT, THAN TO BE COMFORTED  
TO UNDERSTAND, THAN TO BE UNDERSTOOD  
TO LOVE, THAN TO BE LOVED.  
FOR IT IS BY SELF-FORGETTING THAT ONE FINDS.  
IT IS BY FORGIVING THAT ONE IS FORGIVEN.  
IT IS BY DYING THAT ONE AWAKENS TO ETERNAL LIFE. AMEN.”





**BREAK**  
**STEP 12 NEXT**

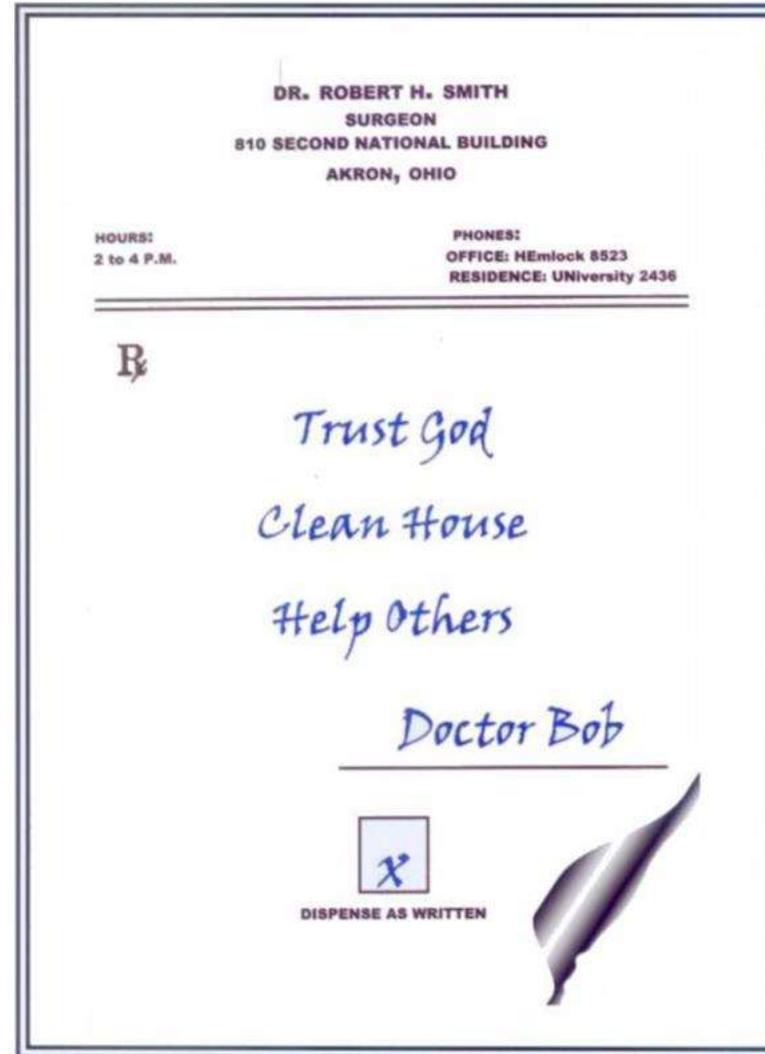
# Step Twelve

## Principle is Service

- ▶ Step 12: “Having had a spiritual awakening as a result of these steps we tried to carry this message to alcoholics and practice these principles in all our affairs”
- ▶ BB Page 92, Line 2 - The Problem
  - ▶ Give him an account of the struggles you made to stop. Show him the mental twist which leads to the first drink of a spree.
- ▶ BB Page 93, Line 4 - The Solution
  - ▶ 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.

# Step Twelve

- ▶ BB Page 93, Paragraph 1, Line 1  
The Program of Action
- ▶ Outline the program of action, explaining how you made a self-appraisal, how you straightened out your past, and why you are now endeavoring to be helpful to him.



# Step Twelve

- ▶ STEP 1 The Problem
- ▶ STEP 2 The Solution
- ▶ STEP 3 The Solution
- ▶ STEP 4 Wreckage 4 & 5 - ME
- ▶ STEP 5 Wreckage
- ▶ STEP 6 Wreckage 6 & 7 Clear away - GOD
- ▶ STEP 7 Wreckage
- ▶ STEP 8 Wreckage Clear away 8 & 9 - OTHERS
- ▶ STEP 9 Wreckage

## Maintenance /Construction

- ▶ STEP 10 ME ME ME
- ▶ STEP 11 GOD GOD GOD
- ▶ STEP 12 OTHERS OTHERS OTHERS

# THANK YOU!!



Join us as we trudge that  
road of happy destiny



## 30th Annual McHenry's Soberfest 2019