

# Recovered



## 12 Step Workshop

*Abandon yourself 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.*

| Alcoholics Anonymous, pg. 164

This 12 step guide is meant to be used only in a workshop setting or where the Big Book of Alcoholics Anonymous will be studied in its entirety; meaning the book will be read page for page and line for line. This is necessary to not dilute the power of the program, or merge our program with hearsay; so the hopeless man or woman who still suffers can recover.

| *“All problems in AA can be solved with good sponsorship.” - Don P.*

Citations: Alcoholics Anonymous Book

# STEP 1



Read Dr. Opinion through pg. 43

1. Can you or could you control the amount you drank once you start to drink?
2. Do you believe the physical craving would occur if you took a drink today?
3. Could you take 2 drinks a day for 30 days no more no less? Why?
4. Does your experience abundantly confirm that once you put alcohol into your system something happens in the bodily and mental sense that makes it virtually impossible for you to stop?
5. Did you ever drink when you didn't want to even after swearing it off forever?
6. Do you believe that personal knowledge is of no use with respect to your drinking?
7. Do you believe you will be able to stop drinking on the basis of self knowledge?
8. Do you believe you have lost the power of choice in drink?
9. Do you believe you only have two choices today; live spiritually or die an alcoholic death?
10. Do you believe you have a spiritual malady which creates unmanageability in your life?
11. Do you believe lack of power is your dilemma?
12. Do you believe a time will come when you have no effective mental defense against the first drink?
13. Do you believe your defense must come from a Higher Power?
14. Do you believe you have to find a Power greater than yourself, which will solve your problem?
15. Do you understand, believe and know what an alcoholic is? Explain.

## Tradition 1

*Our Common welfare should come first; personal recovery depends upon A.A. unity.*

Long Form:

*Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.*

## STEP 2

Read We Agnostics pg. 44-57

1. Make an honest list of all the things you believe about God!
2. Make an honest list of all the things you *do not* believe about God!
3. Honestly list all prejudices you have in regards to Spirituality, Church, God, Faith, Denominations, Religion...
4. Write down your own definitions:

Term	Definition
A. God	
B. Him	
C. Supreme Being	
D. Power	
E. Creative Intelligence	
F. Spirit of the Universe	
G. Realm of Spirit	
H. All Powerful	
I. Guiding	
J. Creation	
K. Bridge of Reason	
L. New Land	
M. Reason	
N. God of Reason	
O. Great Reality	
P. Broad Highway	
Q. Presence of God	
R. Creator	

5. Write down the opposites of the nine Bedevilmets on Pg. 52.
6. Are you willing to regard yourself as an Intelligent Agent? Are you willing to regard yourself as a Spearhead of God's ever advancing Creation? (EXPLAIN)
7. Do you now believe or are you willing to believe that there is a Power greater than yourself?

### Tradition 2

*For our group purpose, there is but one ultimate authority—a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.*

Long Form:

*For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience.*

## STEP 3

Read pg. 58 - 63

1. Have you manipulated people and situations to arrange an outcome? Explain.
2. Are you able to see your Selfishness and Self-Centeredness?
3. Do you believe that your life run on self will can hardly be a success?
4. How have you been playing God?
5. Are you ready to quit playing God?
6. Do you understand the following?

*Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible. And there often seems no way of entirely getting rid of self without His aid.*

| Alcoholics Anonymous pg. 62

7. Consider the concepts on the bottom of pg. 62
8. Consider abandoning yourself to God, utterly and without reservation!
9. Pray (voicing) the Third Step Prayer:

*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!*

| Alcoholics Anonymous pg. 63

### Tradition 3

*The only requirement for membership is a desire to stop drinking.*

Long Form:

*Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.*

# STEP 4

## STEP 4 - Part 1/3 - Resentment Inventory

### THE RESENTMENT INVENTORY (Pages 63 – 67)

Column 1	Column 2	Column 3	Column 4
<p><b>I Am Resentful Of:</b></p> <p>(The names of people, institutions, or principles with which I am angry)</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p> <p>10. _____</p> <p>etc.</p> <p>“We went back through our lives. Nothing counted but thoroughness and honest.”</p>	<p><b>The Cause:</b></p> <p>(Why I am angry)</p> <div data-bbox="495 541 768 877" style="border: 1px solid black; padding: 5px;"> <p><b>“HOW IT WORKS”</b></p> <p>Please read from the bottom of page 63 through page 65 before beginning...</p> <p>When finished following those suggestions, read through the second paragraph on page 67...</p> <p>When finished following those suggestions, read the next two paragraphs on page 67.</p> </div>	<p><b>Affects My:</b></p> <p><b>*Self-esteem?</b> What role am I playing? Who do I think I am?</p> <p><b>*Financial Security?</b> How is my money threatened? (Look at money as security)</p> <p><b>*Emotional Security?</b> What do I think I need to <u>be</u> emotionally secure?</p> <p><b>*Ambitions?</b> What do I want from <u>this</u> person? What am I trying to get? What is my hidden agenda?</p> <p><b>*Personal Relations?</b> How does this affect <u>my</u> relations with those I resent... with others?</p> <p><b>*Sex Relations?</b> How are my sex relations <u>hurt</u> or threatened? Look at <u>my</u> sexual ambitions/fears.</p> <p><b>*FEAR?</b></p> <div data-bbox="917 1039 1076 1108" style="border: 1px solid black; padding: 2px;"> <p>* Relate to: Pride, Anger, Envy, Gluttony, Lust, Sloth &amp; Greed</p> </div>	<p><b>My Mistakes:</b></p> <p><b>What are my mistakes?</b></p> <p><b>1. Where have I been:</b></p> <p>-Selfish? <i>It's mine, you can't have it!</i></p> <p>-Dishonest? <i>It's yours and I want it!</i></p> <p>-Self-Seeking? <i>It's yours and I want it!</i></p> <p>-Frightened?</p> <p><b>2. Where was I to Blame?</b></p> <p><b>3. In each case:</b></p> <p>a. “Putting out of our minds the wrongs others have done, we resolutely looked for our own mistake.”</p> <p>b. “When we saw our <u>faults</u> we listed them.”</p> <p>c. “We admitted our wrongs honestly and were willing to set these matters straight.”</p> <p>d. “The inventory was ours, NOT the other man’s”</p>

## STEP 4 - Part 2/3 - Fear Inventory

1. Make a list of fears
2. Ask yourself why you have them?
3. How has the fear affected you?
4. How did you set the ball rolling?
5. Was it because self-reliance failed?

FEAR	Why do I have them?	How has it affected me?	How did I set the ball rolling?	How did self-reliance fail?
1				
2				

6. We ask God to remove our fear!
7. We ask God to direct our attention to what He would have us be.

*Perhaps there is a better way - we think so. For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity.*

*We never apologize to anyone for depending upon our Creator. We can laugh at those who think spirituality the way of weakness. Paradoxically, it is the way of strength. The verdict of the ages is that faith means courage. All men of faith have courage. They trust their God. We never apologize for God. Instead we let Him demonstrate, through us, what He can do. 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.*

| Alcoholics Anonymous, pg. 68

## **STEP 4 - Part 3/3 Sex, Conduct**

1. We reviewed our own conduct over the years past!
2. Where had we been Selfish?
3. Dishonest?
4. Inconsiderate?
5. Whom had we hurt?
6. Did we unjustifiably arouse Jealousy?
7. Did we unjustifiably arouse Suspicion?
8. Did we unjustifiably arouse Bitterness?
9. Where were we at fault?
10. What should we have done instead?

*In this way we tried to shape a sane and sound ideal for our future sex life.*

*In meditation we ask God what we should do about each specific matter. The right answer will come, if we want it.*

| Alcoholics Anonymous, pg. 69

*Suppose we fall short of the chosen ideal and stumble? Does this mean we are going to get drunk? Some people tell us so. But this is only a half-truth. It depends on us and on our motives. 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. If we are not sorry, and our conduct continues to harm others, we are quite sure to drink. We are not theorizing. These are facts out of our experience.*

*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. If sex is very troublesome, we throw ourselves the harder into helping others. We think of their needs and work for them. This takes us out of ourselves. It quiets the imperious urge, when to yield would mean heartache*

| Alcoholics Anonymous, pg. 70

### **Tradition 4**

*Each group should be autonomous except in matters affecting other groups or A.A. as a whole.*

Long Form:

*With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.*

## STEP 5

Read pg. 72-75

1. We must be entirely honest with somebody if we expect to live long or happily in this world.
2. We search for a close-mouthed, understanding friend. (Sponsor)
3. We waste no time!
4. We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past.
5. Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done.
6. We thank God from the bottom of our heart that we know Him better.
7. Taking this book down from our shelf we turn to the page which contains the twelve steps. 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.

### Tradition 5

*Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.*

Long Form:

*Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers.*



## STEP 6

Read pg. 76

1. Are we now ready to let God remove from us all things which we have admitted are objectionable?
2. Can He now take them all – every one?
3. If we still cling to something we will not let go of, we ask God to help us be willing.
4. Pray for willingness.

### Tradition 6

*An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.*

Long Form:

*Problems of money, property, and authority may easily divert us from our primary spiritual aim. We think, therefore, that any considerable property of genuine use to A.A. should be separately incorporated and managed, thus dividing the material from the spiritual. An A.A. group, as such, should never go into business. Secondary aids to A.A., such as clubs or hospitals which require much property or administration, ought to be incorporated and so set apart that, if necessary, they can be freely discarded by the groups. Hence such facilities ought not to use the A.A. name. Their management should be the sole responsibility of those people who financially support them. For clubs, A.A. managers are usually preferred. But hospitals, as well as other places of recuperation, ought to be well outside A.A.—and medically supervised. While an A.A. group may cooperate with anyone, such cooperation ought never go so far as affiliation or endorsement, actual or implied. An A.A. group can bind itself to no one.*

## STEP 7

Read pg. 76

1. Take the Seventh step by praying:

*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.*

| Alcoholics Anonymous, pg. 76

### Tradition 7

*Every A.A. group ought to be fully self-supporting, declining outside contributions.*

Long Form:

*The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.*

## STEP 8

Read pg. 76

1. Step 8 is not step 9. Step 8 is its own step and does not require making amends; step 8 requires making a list.
2. Are you willing to make the list?
3. Make a list of everyone from your 4th step.
4. Add to your list ALL persons you had harmed that did not make it on your 4th step.

### Tradition 8

*Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.*

Long Form:

*Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we may otherwise have to engage nonalcoholics. Such special services may be well recompensed. But our usual A.A. "12 Step" work is never to be paid for.*

# STEP 9

Read pg. 76 – 84

1. Do you realize that nothing worthwhile can be accomplished until you sweep off your side of the street?
2. Make out index cards or sheets of paper that express your amends:

-Name of Person
-Harms you know you have caused (detailed list)
-Ask, “Are there are any other harms I have created that did not get mentioned?” (LISTEN)
-Ask, “What would you have me do to make this right?” (LISTEN)

Considerations:

- “A sincere desire to set right the wrong”
- Consult with sponsor
- “Now we go out and repair the damage done in the past”
- “Mumbling we are sorry won’t fill the bill”
- Amend = Apology + Change
- “Our behavior will convince them more than our words”
- “Obtained permission, consulted with others, asked God for help”
- “Calm, frank, and open”
- “Sweep off our side of the street”
- “Confessing ill feeling and expressing regret”
- “The way of patience, tolerance, kindness and love”

## Tradition 9

*A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.*

Long Form:

*Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.*

## STEP 10

Read pg. 84 – 85

1. Continue to watch for selfishness, dishonesty, resentment, and fear.
2. Ask God at once to remove them.
3. Discuss them with someone immediately.
4. Make amends quickly if we have harmed anyone.
5. Resolutely turn your thoughts to someone you can help.
6. How do you keep in fit spiritual condition?

### Tradition 10

*Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.*

Long Form:

*No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.*

# STEP 11

Read pg. 85 – 88

When we retire at night we constructively review our day. Were we:

1. Resentful
2. Selfish
3. Dishonest
4. Afraid
5. Do we owe an apology?
6. Have we kept something to ourselves which should be discussed with another person at once?
7. Were we kind and loving toward all?
8. What could we have done better?
9. Were we thinking of ourselves most of the time?
10. Or were we thinking of what we could do for others, of what we could pack into the stream of life?
11. We must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others.
12. After making our review we ask God's forgiveness and inquire what corrective measures we should take.

*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.*

| Alcoholics Anonymous, pg. 86

*In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while.*

| Alcoholics Anonymous, pg. 86

## Step 11

*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. Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why.*

| Alcoholics Anonymous, pg. 87

*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 become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.*

| Alcoholics Anonymous, pg. 87-88

## Tradition 11

*Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.*

Long Form:

*Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.*

# STEP 12

Read pg. 89 – 164

1. PRACTICAL EXPERIENCE shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics. It works when other activities fail.
2. Step 12 is not optional!
3. Find out all you can about them.
4. Don't waste your time trying to persuade someone who doesn't want to stop; you may spoil a later opportunity.
5. Remember we couldn't stay sober ourselves, we cannot keep anyone sober. We are leading them to God through the twelve steps, accountability, spiritual consent, love, and experience.
6. Share the description of alcoholism, and its hopelessness (step 1).
7. Use the Big Book as much as possible allowing the big book to be the authority.
8. Never avoid these responsibilities, but be sure you are doing the right thing if you assume them. Helping others is the foundation stone of your recovery. A kindly act once in a while isn't enough. You have to act the Good Samaritan every day, if need be.

## Tradition 12

*Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.*

Long Form:

*And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.*