



A Year Through
the Steps
Workbook

A Year through the Steps



The material included in this workbook was developed from several sources:

- Sheila P. and a committee of AA members from Boulder, Colorado
- An Unofficial Guide to the Twelve Steps, developed by A.A. Members in Texas, & edited by Paul O.
- Taking the Twelve Steps, written by The Big Book Bunch of Woodlands Hills California
- Terri A., Kimberly M., and a committee of OA members

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Introduction

This workbook has been developed to serve as a suggested year-long resource for working the 12 Steps of Overeaters Anonymous, in a telephone conference format. A month is devoted to each of the Steps. Each Step is started in its corresponding month, e.g., Step 3 is started in March. The suggested length for each meeting is 60 minutes.

There are four weeks devoted to each step, and the weekly format is found on page 3 of the workbook. Please note that depending on the day of the week that you have your meeting, you may have five meetings in a month. If that is the case, please refer to the meeting format page titled, "Format for the 5th Meeting in the Month," found on page 4 of the workbook.

There are assignments for participants to complete between each of the weekly meetings. Each Step is presented with suggested discussion items, reading, and writing assignments. The workbook can also be used to work with sponsors and sponsees individually.

The developers of this workbook have several suggestions for forming a "Year Through The Steps" telephone meeting

- Find a group of people who are interested in making a year-long commitment to the study of the Steps. It is suggested to have no less than 8 participants, and no more than 35. Expect some drop-outs during the process.
- Determine a start date and notify all of your participants. Send them a copy of this workbook and a homework assignment spreadsheet at least one week before the first meeting.
- Decide who will lead the first meeting, and then ask for volunteers to facilitate each week. It is helpful to get volunteers on a monthly or quarterly basis.
- Remember that there are no leaders for this meeting – God is in charge, but there are several helpful service positions in addition to facilitator:
 - **Secretary** who will keep up with member contact information, distribute communications to the group, send requests for facilitators and keep up with meeting leaders
 - **Group Conscience Facilitator** who will collect agenda items and facilitate GC meetings
 - **Homework Coordinator** who will make corrections or changes to the homework assignments as needed
 - **Host** who will handle the logistics of the conference call, such as muting and unmuting all callers.
 - **Treasurer**
 - **Time Keeper** who will keep monitor time on the call and let speakers know when their time is about up.
- Have members continue to share their experiences in this Step Study with their sponsors.

Before the First Meeting

Finalize a list of participants – make sure each person knows that they are making a year-long commitment to the meeting.

Develop a roster of participants, with contact information, to distribute at the first meeting.

Let participants know that they are expected to call into the meeting on time and to do the assigned work between meetings.

Have each participant get a 4th Edition copy of the Big Book, an OA Twelve & Twelve, and an AA Twelve & Twelve.

Have participants download and print the workbook from <http://www.yearthroughthesteps.com>. It is recommended that you print the pages on 3-hole paper and put them in a notebook.

Note to Participants

- This is the beginning of a year-long intensive study of the 12 Steps of Overeaters Anonymous.
- Meetings will be a combination of reviewing writing assignments, reading from the Big Book and Twelve & Twelve, and structured discussions.
- There will be times that the writing can be done in this workbook, and other occasions, such as completing your 4th Step, where you will write in a confidential notebook.
- Everyone is expected to do each of the Steps, and if possible, attend every meeting of the group.
- If you cannot attend a meeting, we encourage you to let your fellow group members know and complete the reading and writing assignments before the next meeting.
- Depending on how your group decides to handle phone contact with each other, you may want to take a minute to select a “buddy.” This is a person you will speak to at least once between meetings. The goal here is to provide encouragement and support to each other. This person does not replace your sponsor, unless your sponsor is part of this group. Your group may also develop a roster of rotating buddies to call.

How to Facilitate a Meeting

Throughout this workbook there are instructions for the facilitator in italics. Before a meeting where you are the facilitator, familiarize yourself with the instructions.

Here is a suggested script for the telephone meeting. The words and phrases in brackets [] were used in the original meeting and should be replaced to comply with your group's :

1. Good morning. Welcome to the [Tuesday morning] Year through the Steps Phone Meeting. I'm _____ and I'll be your leader for today's meeting. This meeting begins at [6 am Mountain Time and closes at 6:50 am] for announcements and burning desires. On the last [Tuesday] of the month we close at [6:45 am MT] for a business meeting.
2. Will everyone who wishes to please join me in the serenity prayer? (*recite prayer together*)
3. Now I'd like to ask the host to mute the phones. [Host mutes the phones so that others can unmute at their turn to speak.]
4. According to our seventh tradition, we are self supporting through our own contributions. We divide our contributions as follows to help carry the message to the still suffering compulsive overeater: [ten percent to Region III, twenty percent to Denver Intergroup, twenty percent to Northern Intergroup, twenty percent to World Service, and thirty percent to our group's prudent reserve to be used for donations to OA events, including scholarships and raffle baskets and other opportunities as we see fit.] We suggest that contributions be made quarterly by check or money order and sent to our treasurer.
5. This is week # _____ of AYTTS. Last week's homework was _____. We will now begin sharing on the discussion topic or the homework, or any other topic critical to your recovery today. A timer will be used. When the timekeeper calls 'Time to wrap up', you have 10 seconds to wrap up your share.
6. Note to Leader: *As each person is called and un-mutes his/her phone to share, greet the person simply with, "Good Morning, Jim / Jane" so that he/she receives clear feedback, signaling that the phone is un-muted, and the caller is heard. Remember to repeat names slowly two or three times to give callers a chance to unmute and to hear their names over other beeps. You may want to remind callers how to unmute / remute their phones.*
7. At 10 minutes to the hour: We have 10 minutes left. Are there any burning desires?

Format for the 5th Meeting in a Month

Open the 5th meeting in a month by reading the script above, replacing item 5 with the following:

This is the fifth meeting on Step _____ this month. We will review the parts of this month's Step that have had a special impact on us. I will share first, and then continue sharing with the next person on our call list.

Continue following the standard script.

There are no reading or writing assignments made on these weeks.

Notes

Step 1

Week 1 – Introductory Meeting

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

This week, we begin with introductions. Suggested things you may want to share with group members:

1. First name
2. Time in recovery
3. Have you participated in a phone meeting or AYTTS before?
4. Anything else you would like to share with the group at this time

Reading Assignment for Next Week

Big Book – Preface & forward (editions 1, 2, 3, & 4).

OA 12 & 12 - Step 1

Writing Assignment for Next Week

Complete one or more of the following questions:

STEP 2

Week 1

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

- 1- Have you had honest doubts and prejudices about God? (page 45). If so, describe them.
2. What was your reaction to the word "God" when you first came into OA? What created this reaction?

Reading Assignment for Next Week

OA 12 & 12 – Step 2

Writing Assignment for Next Week

Make a list of powers greater than yourself within the following 3 classes: Physical (such as food, policemen, illness); Mental (such as food obsessions, greed, anger), and Spiritual (God)

Week 2

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

Are you willing to lay aside your previous beliefs and prejudices and have merely a willingness to believe in a power greater than yourself?

Do you recognize that when you say “yes” to this question, you are “on your way?” (page 47)
How do you feel about that?

Reading Assignment for Next Week

AA 12 & 12 – Step 2

Writing Assignment for Next Week

1. Do you accept the fact that if you are a compulsive overeater, you have only two alternatives: either die a compulsive overeater’s death, or live life on a spiritual basis?
2. Is this a true choice for a practicing overeater?
3. Have you ever lacked the power to manage your life?

Week 4

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

Your spiritual starter kit – this is a surefire method of coming to know a spiritual power:

1. Set aside all prejudice (both belief and disbelief about God and religions (page 46, line 15)
2. Express even a willingness to believe (page 46, line 16)
3. Study all spiritual concepts, and formulate an initial – even conditional or tentative – conception of God (page 47, line 4)
4. Be persistent in testing the state of your belief and knowledge – as soon as you say that you do believe or are willing to believe, you are on your way (page 47, line 16)

How do you feel about this?

Reading Assignment for Next Week

Big Book – page 494, A Vision of Recovery

Writing Assignment for Next Week

Answer one or more of the following questions:

1. Write about how the author of this story was restored to sanity. Describe the similarities with how you have been restored to sanity.
2. Make a list of the behaviors you exhibited when compulsively eating that you now consider being insane. How have you been able to change these behaviors?

Week 1

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

What do you think about the idea of “dependence”?

Reading Assignment for Next Week

Big Book – pages 58 – 63

OA 12 & 12 – Step 3

Writing Assignment for Next Week

Write about any reservations about taking the Third Step, “holding nothing back” as described in the OA 12 & 12.

My Thoughts

Week 4

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

The 3rd Step Promises:

- “We had a new Employer.”
- “Being all powerful, He provided what we needed, if we keep close to Him and performed His work well.”
- “Established on such a footing we became less and less interested in ourselves, our little plans and designs.”
- “More and more we became interested in seeing what we could contribute to life.”
- “As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn.”

Discuss your reactions to these promises.

Reading Assignment for Next Week

From the Big Book, pages 63, line 32, “Next we launched...”, through page 71, the end of Chapter 5.

Writing Assignment for Next Week

Identify if you are feeling any anxiety about working Step 4. If so, what makes you uncomfortable?

Week 1

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

What do the concepts of “fearless and thorough” mean to you?

Note to participants:

The most essential results of Step 4 will be to provide enough data to be able to write down a statement of the nature of your wrongs (defects of character), to provide data for step eight, with an initial listing of persons you have harmed and to reinforce your process of psychic change. When you are doing your homework, and completing your inventory, stay in close touch with your sponsor. You may find it helpful to talk about difficult issues immediately, rather than waiting until Step 5.

Step 4 is composed of these lists:

1. Resentments (page 64, line 23)
2. Fears (page 63, line 3)
3. Sexual Injury (page 69, line 12)
4. Harms (page 70, line 30)

Let's look at the first list – Resentments. You will have 4 columns, as shown in this example:

Resentments			
WHO	WHAT	WHY	FAULTS (My Part)
<p>“Who” is the person, or what is the institution or principle that you resent. A resentment is a negative feeling and more intense than dislike and less violent than anger. In the 1st column, list the name of the person, institution or principle. Next, you will rearrange the list so that the names are ranked from least resentment to the most intense resentment at the bottom.</p>	<p>“What” is called the “cause” column, on page 65 of the Big Book. In this column, you describe briefly what the resented party did that triggered your resentment. It does not describe how you reacted to their action.</p>	<p>The “Why” column requires deep searching. Just what is it about you that was triggered by the other person or their actions? What did their actions affect in you?</p>	<p>The Big Book says, “The inventory was ours, not the other man’s. When we saw our faults we listed them.” (page 67, line 21). In this column, you describe where you were at fault or what your part was, in this resentment. If you have trouble identifying your faults, leave this blank until you review it with your sponsor. During your conversation, you will be able to complete this column.</p>

Here is an example –

Resentments			
WHO	WHAT	WHY	FAULTS (My Part)
<p>My sister, Joan</p>	<p>She constantly told my parents about what a loser I was. She told them how much I drank, and about the trouble I got in.</p>	<p>This hurt my pride, and my relationship with my parents. They cut me out of their will when I was drinking. It affected me financially. I lost my relationship with my sister.</p>	<p>I was pretty defensive and judgmental with her – I think she meant well. I was also very self-centered – I never thought about how my drinking was scaring my family.</p>

Week 2

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

Discuss the concept of fear. The Big Book says that the “driving force in the life of most alcoholics is the self-centered fear that we will lose something we have or that we will not get something we think we need or want?”

Note to participants:

Remember, that we’re looking at the nature of our wrongs in this step (defects of character), to provide data for step eight, with an initial listing of persons we have harmed and to reinforce our process of psychic change.

We’ve already written about resentments. This week we’ll look at fears.

You will have 3 columns, as shown in this example:

Fears		
WHAT	WHY	FAULTS (My Part)
Write a short description of your fear	This is a short analysis of the fear in an effort to understand it	What about you adds to this fear, or causes this fear to be present in your life? How could you be making the fear worse, or causing it to be present in the first place?

Here is an example:

Fears		
WHAT	WHY	FAULTS (My Part)
The IRS	I haven’t filed my taxes for 3 years and I just know I won’t be able to pay what is due, along with the penalties.	I do not trust my Higher Power at all. When it comes to money, I don’t seem to think that God is in charge.

Reading Assignment for Next Week

Big Book - Last paragraph on page 67 of the Big Book and the first three paragraphs on page 68.

Week 3

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

Read the Solution to Fear (second and third paragraphs, BB p. 68). “We ask him to remove our fear and direct our attention to what He would have us be. At once,” the Book says, “we commence to outgrow fear.” Think about some of your fears. How will you use the solution we just read about to solve each of them?

Think about some of your fears. How will you use the solution we just read about to solve each of them?

Note to Participants:

Remember, that we’re looking at the nature of our wrongs in this step (defects of character), to provide data for step eight, with an initial listing of persons we have harmed and to reinforce our process of psychic change.

We’ve already written about resentments and fears. This week we’ll look at our Sex Conduct and Harms we have caused.

For the Sex Conduct, You will have 3 columns, as shown in this example: (have another member of the group read the explanations in the table).

Sex Conduct – this is a list of our sexually related conduct in which we have been selfish, dishonest, inconsiderate or hurtful, or where we have unjustifiably aroused jealousy, suspicion or bitterness.		
WHO	WHAT I DID	THEIR HURT
List who you hurt by your sexually related conduct	This is a short description of what you did	How your actions hurt this person

Here is an example

Sex Conduct		
Who	WHAT I DID	THEIR HURT
My ex-wife	I would often not come home when I was drinking, and several times ended up with another woman.	She was often scared that I had been injured, then felt betrayed when she found evidence of my infidelity

Now, we'll look at the Harms Inventory. The Big Book says that "we have listed the people we have hurt by our conduct." This is a preliminary version of your list for Step 8. This list should contain all the persons and institutions you have harmed.

Harms I Have Caused	
WHO or WHAT	WHAT I DID
Who or what I hurt	This is a short description of what you did

Here is an example:

Harms I Have Caused	
WHO or WHAT	WHAT I DID
My employer	Often, when I traveled on business, I found blank receipts and made up fake expenses and put them on my expense report. It probably has added up to thousands of dollars.

Reading Assignment for Next Week

AA 12 & 12 – Step 4

Writing Assignment for Next Week

For this step, you will do your writing in a separate notebook. Develop a 3-column 4th Step for Sex Conduct, like the example shown above. When you have completed this, develop a 2-column 4th Step for Harms you have caused. Keep your writing in a safe and confidential place. You will not share details of this writing with the group, however, you will be asked to share any discoveries you had in the process.

Next, reflect about the components in Step 4 that worked for you. Write about your reflections. Then, describe any aspects of working Step 4 that had special meaning for you.

Week 4

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

5th Step Promises – “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 beliefs, but now we begin to have a spiritual experience
- The feeling that the compulsive eating 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

What are your reactions to these promises?

Reading Assignment for Next Week

Catch up on your reading assignments.

Writing assignment for next week

Complete your 5th Step with your identified partner. When you are finished, complete a list of your defects of character. These defects are the things that stand in the way of your usefulness to your fellows. Also, identify those defects which you feel do not stand in the way of your usefulness to others. When you have completed this, write about your reactions to sharing your 5th Step.

Next, reflect about the components in Step 5 that worked for you. Write about your reflections. Then, describe any aspects of working Step 5 that had special meaning for you.

Defects of CHARACTER		
<input type="checkbox"/> Abusing others	<input type="checkbox"/> Fear *	<input type="checkbox"/> Pessimism
<input type="checkbox"/> Anger (7)	<input type="checkbox"/> Filthy-mindedness	<input type="checkbox"/> Prejudice
<input type="checkbox"/> Arguing	<input type="checkbox"/> Gluttony (7)	<input type="checkbox"/> Pride (7)
<input type="checkbox"/> Arrogance	<input type="checkbox"/> Gossiping *	<input type="checkbox"/> Procrastination *
<input type="checkbox"/> Boasting	<input type="checkbox"/> Greed (7)	<input type="checkbox"/> Recklessness
<input type="checkbox"/> Cheating	<input type="checkbox"/> Hate *	<input type="checkbox"/> Resentment *
<input type="checkbox"/> Closed-mindedness	<input type="checkbox"/> Hopelessness	<input type="checkbox"/> Revenge
<input type="checkbox"/> Cold-heartedness	<input type="checkbox"/> Immodesty	<input type="checkbox"/> Sarcasm
<input type="checkbox"/> Complaining	<input type="checkbox"/> Impatience *	<input type="checkbox"/> Secretiveness
<input type="checkbox"/> Controlling others	<input type="checkbox"/> Injustice	<input type="checkbox"/> Self condemnation *
<input type="checkbox"/> Corrupt companions	<input type="checkbox"/> Insincerity *	<input type="checkbox"/> Self-indulgence
<input type="checkbox"/> Cowardice	<input type="checkbox"/> Insulting	<input type="checkbox"/> Self-justification *
<input type="checkbox"/> Criticizing *	<input type="checkbox"/> Intolerance	<input type="checkbox"/> Self-pity *
<input type="checkbox"/> Dependency	<input type="checkbox"/> Irresponsibility	<input type="checkbox"/> Selfishness *
<input type="checkbox"/> Destructiveness	<input type="checkbox"/> Jealousy *	<input type="checkbox"/> Sloth (7)
<input type="checkbox"/> Deviousness	<input type="checkbox"/> Laziness *	<input type="checkbox"/> Theft
<input type="checkbox"/> Dishonesty *	<input type="checkbox"/> Lewdness	<input type="checkbox"/> Thrill-seeking
<input type="checkbox"/> Enviousness * (7)	<input type="checkbox"/> Lust (7)	<input type="checkbox"/> Thoughtlessness
<input type="checkbox"/> Exaggeration	<input type="checkbox"/> Lying *	<input type="checkbox"/> Uncleaness
<input type="checkbox"/> Excess	<input type="checkbox"/> Meddling	<input type="checkbox"/> Vulgarity *
<input type="checkbox"/> Fanaticism	<input type="checkbox"/> Miserliness	<input type="checkbox"/> Waste
<input type="checkbox"/> Favoritism	<input type="checkbox"/> Negative thinking *	

* One of 20 character defects identified by an early member of A.A.

(7) One of the "Seven Deadly Sins"

Week 2

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

On page 75 we were instructed to do certain things after completion of Step 5, including: "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." Discuss what this means to you.

Reading Assignment for Next Week

Big Book page xvi, line 27 "when the broker gave him Dr. Silkworth's description of alcoholism and its hopelessness, the physician began to pursue the spiritual remedy for his malady with a willingness he had never before been able to muster. He sobered, never to drink again up to the moment of his death in 1950."

Big Book page xxviii, line 13 "There is the type of man who is unwilling to admit that he cannot take a drink. He plans various ways of drinking. He changes his brand or his environment."

Big Book page 13, line 11 "I ruthlessly faced my sins and became willing to have my new-found Friend take them away, root and branch. I have not had a drink since."

Big Book page 158, line 9 "On the third day the lawyer gave his life to the care and direction of his Creator, and said he was perfectly willing to do anything necessary."

Writing Assignment for Next week

Write about what "complete willingness" means to you. Give examples from your own life experiences of being "willing" to do or undertake something.

My Thoughts

Week 3

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

There is a notion of willingness being the foundation of abstinence. Read the following, then, discuss your reaction to this information:

- Big Book page xvi, line 27 “when the broker gave him Dr. Silkworth’s description of alcoholism and its hopelessness, the physician began to pursue the spiritual remedy for his malady with a willingness he had never before been able to muster. He sobered, never to drink again up to the moment of his death in 1950.”
- Big Book page xxviii, line 13 “There is the type of man who is unwilling to admit that he cannot take a drink. He plans various ways of drinking. He changes his brand or his environment.”
- Big Book page 13, line 11 “I ruthlessly faced my sins and became willing to have my new-found Friend take them away, root and branch. I have not had a drink since.”
- Big Book page 158, line 9 “On the third day the lawyer gave his life to the care and direction of his Creator, and said he was perfectly willing to do anything necessary.”

Reading Assignment for Next Week

AA 12 & 12 – Step 6

Writing Assignment for Next Week

Discuss your 6 Step work with your sponsor or trusted friend. Next, reflect about the components in Step 6 that worked for you. Write about your reflections. Then, describe any parts of the process of working this Step that had special meaning for you.

Week 1

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

Discuss the concept of humility, defined as “the quality of being humble; modest opinion of one’s own importance or rank; meekness.” Humility is not thinking less of yourself, it is thinking of yourself less. Why is this concept so essential to sobriety.

Reading Assignment for Next Week

Page 76 in the Big Book, paragraph 2.

Writing Assignment for Next Week

Make a list of the shortcomings that you will ask God to remove. These are the “defects of character” you identified in Step 4 and Step 6. Make a grid in your confidential notebook similar to the one shown below, but use your own “defects” for the column on the left. We have identified 5 levels of willingness to have each character defect removed.

These are:

- 1) Already removed
- 2) Absolutely willing
- 3) Almost willing
- 4) Give me more time
- 5) Never

Place one of these level indicators in the right column of the grid for each character defect.

Week 2

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

Which of your defects stand in the way of your usefulness to God and your fellows?

Reading Assignment for Next Week

OA 12 & 12 – Step 7

Writing Assignment for Next Week

More about God. In Step 7, we ask God to do something – to remove our defects of character. But not all conceptions of a Higher Power are likely to improve us. Some of the Higher Powers we have encountered are a tree, a rock, a light bulb, and even the AA Group. Amongst these, the only candidate for removing shortcomings may be the AA Group. However, we do not think it is prudent to go through your defects listing before your Group. It may now be important to open yourself up to the Spiritual source. Here is an opportunity for you to identify further your own conception of God. Answer these 6 questions:

My Thoughts

1. What is the name of your Higher Power?

2. Where is your Higher Power located?

3. What is the primary location of your Higher Power at the time you are meditating or praying?

4. How do you pray, and why do you pray this way?

5. Can your Higher Power read your thoughts when you pray? Does your Higher Power hear you better when you speak aloud?

6. Is your motive underlying the prayer as important as the thoughts and words of the prayer itself?

Week 3

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

Share your insight's from last week's writing activity.

Reading Assignment for Next Week

Read BB p.458 "Listening to the Wind", especially p. 468.

Writing Assignment for Next Week

This assignment continues on the theme from last week.

Answer these 4 questions about your Higher Power:

1. What message do you convey in your prayers? Should you be specific and precise, or is it alright to be vague in your requests to your Higher Power?
2. Once you have asked your Higher Power to remove your shortcomings, how long will it take for them to be removed?
3. Does your Higher Power reward you when you comply with His will?
4. What happens if you do not comply with God's will for you?

Week 2

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

What misgivings do you have about making any of your amends? Discuss this in a general sense.

Reading Assignment for Next Week

AA 12 & 12 – Step 6

Writing Assignment for Next Week

In your confidential notebook, divide your list of “people you have harmed” into 3 categories:

1. People you have harmed you since you sobered up, and whom you might still be harming today.
2. People who tell you that you have harmed them, and they want resolution.
3. All other persons you think you have harmed, especially those you feel bad about.

Next, review the listing of harms done to others, which starts below. Identify those items that apply to you. After reviewing the list, write about those harms which are most distressing to you.

Physical or Material Harms	
1. owe money	BB page 78, line 14
1. criminal offense	BB, page 78, line 26
1. padding the expense account	BB, page 78, line 32
 unpaid alimony	BB, page 79, line 2
1. cheat	12&12, page 83, line 5
1. miserly	12&12, page 83, line 13
Anti-Social Harms	
1. discrediting (another person)	BB, page 80, line 10
1. destroying the reputation of another	BB, page 80, line 12
1. disgrace...family	BB, page 80, line 17
1. ruinous slander	BB, page 80, line 23
1. given offense	12&12, page 84, line 4
1. becomes disgustingly and even dangerously anti-social	BB, page 21, line 20

Emotional Harms	
1. (extramarital)...affair	BB, page 81, line 10
1. (putting others)...through hell	BB, page 80, line 15
1. broken hearts	BB, page 82, line 25
1. dead relationships	BB, page 82, line 26
1. affections uprooted	BB, page 82, line 26
1. selfish sex conduct	12&12, page 83, line 8
1. callous	12&12, page 83, line 14
1. irritable	12&12, page 83, line 14
1. critical	12&12, page 83, line 15
1. impatient	12&12, page 83, line 15
1. humorless	12&12, page 83, line 15
Disruptive Harms	
1. selfish habits	BB, page 82, line 27
1. inconsiderate habits	BB, page 82, line 27
1. a home in turmoil	BB, page 82, line 27
1. our behavior...has aggravated the defects of others	12&12, page 80, line 20
1. strain...(their) patience	12&12, page 80, line 21
1. lie	12&12, page 83, line 4
1. irresponsible	12&12, page 83, line 14
1. show favoritism	12&12, page 83, line 15
1. tempers are consistently bad	12&12, page 83, line 3
1. dominate others	12&12, page 83, line 16
1. wallow in depression	12&12, page 83, line 21
1. make living with us difficult and often unbearable	12&12, page 83, line 22
1. incredibly dishonest and selfish	BB, page 21, line 26

Week 3

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

How do you push through the resistance to making all of your amends? What character defect is displayed when we rationalize that we really don't have to make a specific amend?

Reading Assignment for Next Week

OA 12 & 12 – Step 8

Writing Assignment for Next Week

First, refer to this list of persons you have harmed from your confidential notebook. Transfer these names to another list in your confidential notebook, with the columns illustrated below. Next, meet with your sponsor to discuss your 8th Step list. Finally, think about the concept of amending harms you have done to yourself. The sober you does not deserve to continue being punished. Write about ways that you will make amends to yourself. After you have completed these tasks, write about how you feel now.

Name	Harm Done	Nature of the amend (including dollar amount, if any)	Amend priority, or projected date	Date completed	Comments about the amend made
Sara Jones	Borrowed money and lied about why I needed the money	Explain that I didn't tell the truth and that I would like to pay her back in 3 equal payments which I'll start today.	Priority 2 – By Feb. 1, 2007	Jan. 24	I was terrified, but it went really well. Sara knew I had been using and not telling the truth.

My Thoughts

Week 4

Opening

Read format located on page 3 of the workbook.”

Discussion Topic for This Week

8th Step promises:

If our manner is calm, frank, and open,

- 1) we will be gratified with the result. In nine cases out of ten the unexpected happens. Sometimes the man we are calling upon admits his own faults,
- 2) so feuds of years' standing melt away in an hour.
- 3) Rarely do we fail to make satisfactory progress. Our
- 4) former enemies sometimes praise what we are doing and wish us well.
- 5) Occasionally, they will offer assistance.

How are these promises coming true for the members of the group?

Reading Assignment for Next Week

Big Book – page 208, Our Southern Friend

Writing Assignment for Next Week

Identify if you are feeling any anxiety about working Step 9. If so, what makes you uncomfortable?

Week 1

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

What do you feel is your real purpose in doing this Step?

Reading Assignment for Next Week

Chapter 76 – 84 in the Big Book.

Writing Assignment for Next Week

Think about these 4 questions, and write about your thoughts.

1. Can you approach the people in your 8th Step list in a helpful and forgiving spirit?

My Thoughts

2. Do you recognize that nothing worthwhile can be accomplished until you clean your side of the street?

My Thoughts

3. Why is it important that you lose your fear of creditors?

My Thoughts

4. Why have you discussed with your sponsor any criminal offenses you may have committed and which are still open? If not, you should do so.

My Thoughts

Week 3

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

There are 20 Promises in Step 9. This week, we will read and discuss the first 10:

- 1) we will be amazed before we are half way through.
- 2) We are going to know a new freedom
- 3) and a new happiness.
- 4) We will not regret the past
- 5) Nor wish to shut the door on it.
- 6) We will comprehend the word serenity and
- 7) we will know peace.
- 8) No matter how far down the scale we have gone, we will see how our experience can benefit others.
- 9) That feeling of uselessness (will disappear)
- 10) and self-pity will disappear.

Reading Assignment for Next Week

AA 12 & 12 – Step 9

Writing Assignment for Next Week

Reflect on the Promises that were discussed this week. Which ones do you have difficulty believing, and why

Week 4

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

Discuss Promises 11 – 20:

- 11) We will lose interest in selfish things and
- 12) (we will) gain interest in our fellows.
- 13) Self-seeking will slip away.
- 14) Our whole attitude and outlook upon life will change.
- 15) Fear of people (will leave us) and
- 16) (fear) of economic insecurity will leave us.
- 17) We will intuitively know how to handle situations which used to baffle us.
- 18) We will suddenly realize that God is doing for us what we could not do for ourselves.
- 19) Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly.
- 20) They will always materialize if we work for them.

Reading Assignment for Next Week

Big Book – page 348, It Might Have Been Worse, taking special note of the bottom paragraph on page 356

Writing Assignment for Next Week

Identify if you are feeling any anxiety about working Step 10. If so, what makes you uncomfortable?

Step 10

Week 1

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

Step 10 in the AA Twelve & Twelve describes 4 varieties of 10th Step inventory:

- 1) There's the spot-check inventory, taken at any time of the day, whenever we find ourselves getting tangled up.
- 2) There's the one we take at day's end, when we review the happenings of the hours just past. Here we cast up a balance sheet, crediting ourselves with things well done, and chalking up debits where due.
- 3) Then there are those occasions when alone, or in the company of our sponsor or spiritual advisor, we make a careful review of our progress since the last time.
- 4) Many AA's go in for annual or semiannual house-cleanings. Many of us also like the experience of an occasional retreat from the outside world where we can quiet down for an undisturbed day or so of self-overhaul and meditation.

Discuss how you feel about the four types of self-examination.

Reading Assignment for Next Week

Page 84, line 16, through page 86, line 18, in the Big Book.

Writing Assignment for Next Week

Using your confidential notebook for your writing, conduct the daily review as outlined on the next page. Make a separate grid for each day. Review your writings with your sponsor before the next meeting. Next, reflect on how you feel about doing a daily review and jot down your thoughts.

Friday	Discussed with someone	Nature of amend needed
<p>Selfish: (describe actions)</p> <p>Example: I insisted on going to the movie that I wanted to see. I didn't care what the rest of the group wanted</p>	<p>I called Mary afterwards and described what I had done.</p>	<p>I need to call each person to explain that what I did was wrong, and I'll be sensitive to not let that happen again.</p>
<p>Resentful: (describe resentment)</p> <p>Example: I am furious at Tom for having a glass of wine in front of me last night.</p>	<p>I talked to my sponsor and told her that I was sulking and sullen and never addressed the real issue</p>	<p>I'm going to talk to Tom and explain that I cannot be around when he's drinking, and I'm sorry for the way that I handled myself with him.</p>
<p>Fearful: (describe fear)</p> <p>Example: I'm afraid that I won't be able to pay all my bills this month.</p>	<p>I told Susan that money is freaking me out. She told me that I needed to bring this issue to God, and to work on my faith.</p>	<p>None needed – however, I may need to make amends to myself.</p>
<p>Dishonest</p> <p>Example: I was late coming into work, and I told my supervisor that my son was sick and I needed extra time to take care of him.</p>	<p>I talked to my sponsor about this and she said that I needed to pray for the right action. I'm afraid to go back to my supervisor with the truth, because my supervisor already has a problem with me.</p>	<p>I don't think I owe an amends. If I think about Step 9, where it says, "except when to do so would injure them or others," this might injure my job, which would injure my family. My amends will be to not tell these white lies anymore.</p>

Week 2

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

The first six of the Step 10 Promises are:

- 1) And we have ceased fighting anything or anyone – even [food].
- 2) For by this time sanity will have returned.
- 3) We will seldom be interested in [food].
- 4) If tempted, we recoil from it as from a hot flame.
- 5) We react sanely and normally, and
- 6) We will find that this has happened automatically.

What are your reactions to these promises?

Reading Assignment for Next Week

OA 12 & 12 – Step 10

Writing Assignment for Next Week

Complete daily reviews as outlined in Week 1. Then, note your reaction to completing these daily reviews.

My Thoughts

Week 3

Opening

Read format located on page 3 of the workbook.

Discussion Topic for This Week

Additional Step 10 Promises:

- 7) We will see that our new attitude toward [food] has been given us without any thought or effort on our part. It just comes. That is the miracle of it.
- 8) We are not fighting it.
- 9) Neither are we avoiding temptation.
- 10) We feel as though we had been placed in a position of neutrality – safe and protected.
- 11) We have not even sworn off. Instead, the problem has been removed. It does not exist for us.
- 12) We are neither cocky nor are we afraid.
- 13) This is our experience. That is how we react so long as we keep in fit spiritual condition.

How do you feel about these promises?

Reading Assignment for Next Week

AA 12 & 12 – Step 10

Writing Assignment for Next Week

Complete daily reviews as outlined in Week 1.

