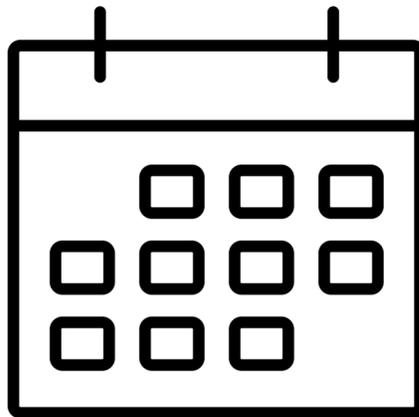


Year Through The Steps Workbook



Introduction

The facilitator reads this to the group:

This workbook has been developed to serve as a suggested year-long workshop resource for working the 12 Steps of Alcoholics Anonymous, in a group 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 this 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. Your spiral notebook is for your weekly writings.

The Year Through The Steps workbook can also be used for work with sponsors and sponsees, individually. The author of this workbook has several suggestions for forming a "Year Through The Steps" meeting:

1. Find a group of people who are interested in making a year-long commitment to this Step Study.
2. Determine a start date and notify all of your participants.
3. Decide who will lead the first meeting, and then select a different person to facilitate each week – the selection should be made the previous week so that the facilitator can be prepared. **NOTE: The chairperson is a facilitator and should not dominate the meeting with a long share, or more than one share.**
4. Remember that there are no leaders for this meeting – God is in charge.
5. Have members continue to share their experiences about Year Through The Steps with their sponsors.

How To Facilitate a Meeting

Before a meeting where you are the facilitator, familiarize yourself with the instructions for the appropriate Step and Week. It is suggested that you open the meeting with the Serenity Prayer, and close with a prayer of your choice. Remind participants to be succinct with their sharing and to only share once until all members have shared on a topic.

Before the First Meeting

1. Finalize your list of participants – make sure each person knows that they are making a year-long commitment to attending the meetings
2. Develop a roster of participants, with contact information, to distribute at the first meeting.
3. Let participants know that it is highly encouraged to get to the meeting on time and to do the assigned work between meetings.
4. Have each participant get a 4th Edition copy of the Big Book, and a Twelve & Twelve. Have participants download and print the workbook from: <http://www.yearthroughthesteps.com>. or have copies printed and participants can purchase them from you. I recommend that you sell them at your cost.

Weekly Meeting Format

Open each meeting by reading this information:

Good morning. This is the weekly meeting of "Year Through The Steps."

My name is _____ and I am an alcoholic, and your facilitator for today's meeting.

We are glad you are all here. This is a workshop using a non-AA approved workbook. It is not an AA meeting; however, we follow the Steps and Traditions of AA. Anyone who is interested in working the 12 Steps of Alcoholics Anonymous may attend this meeting.

Please join me in a moment of silence to do with as you wish, followed by the Serenity Prayer. "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

Our format is to work through the appropriate section of our Workbook, reading and sharing as indicated. Please limit the length of your sharing to be respectful to the group. Please keep your sharing to the Step we are studying unless there is something else you need to share about your experience, strength and hope.

Let there be no cross talk in the form of interrupting, questioning, or making comments when someone is sharing or about what someone has shared. Let there be no advice giving or criticism of one another as we remember to keep the focus on ourselves. We want this meeting to be a safe place for everyone to share openly. We would also like to remind you that what you hear here is confidential and should remain only in this room.

This meeting follows the 7th Tradition as this meeting is fully self-supporting, declining outside contributions. To that end, at half past the hour we will pass the basket.

(Turn to the appropriate week in your Workbook and begin the discussion as described there.)

At the end of the meeting close with the Serenity Prayer.

Format for the 5th Meeting in a Month

Good morning. This is the weekly meeting of "Year Through The Steps." My name is _____ and I am an alcoholic, and your facilitator for today's meeting. We are glad you are all here.

This is a workshop using a non-AA approved workbook. It is not an AA meeting; however, we follow the Steps and Traditions of AA. Anyone who is interested in working the 12 Steps of Alcoholics Anonymous may attend this meeting.

Please join me in a moment of silence to do with as you wish, followed by the Serenity Prayer. "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

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 open the meeting for discussion on the Step. Please limit the length of your sharing to be respectful to the group.

Let there be no cross talk in the form of interrupting, questioning, or making comments when someone is sharing or about what someone has shared. Let there be no advice giving or criticism of one another as we remember to keep the focus on ourselves. We want this meeting to be a safe place for everyone to share openly. We would also like to remind you that what you hear here is confidential and should remain only in this room.

This meeting follows the 7th Tradition as this meeting is fully self-supporting, declining outside contributions. To that end, at half past the hour we will pass the basket.

(At the end of the meeting, select a facilitator for next week's meeting. There is no writing assignment for this week).

(Begin the discussion about parts of this Step that were most impactful)

At the end of the meeting close with the Serenity Prayer.

Step 1

Week 1

Opening

Read format located on page 3 of the workbook. Read the following points to the participants:

- This is the beginning of our year-long study of the 12 Steps of Alcoholics Anonymous.
- Meetings will be a combination of reading and discussions.
- Everyone is asked to attend each meeting if possible and do the assignments.
- If you cannot attend a meeting, please complete the assignments before the next meeting.
- At this time, 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, support and accountability to each other. Please share your weekly writings with this person.

(Start the discussion based on the questions below. End the discussion 5 minutes before the scheduled completion of the meeting).

Discussion

Describe your first AA meeting. Why do you think that AA “works”?

For the last 5 minutes of the meeting, review the reading and writing assignments.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week’s meeting. Then, close the meeting.

Reading Assignment

The Doctors Opinion – pages xxv – xxxii

Writing Assignment

In this writing, you will lay out facts about your last drink or period of drinking. Include a discussion about why you drank then, and what the consequences were.

Step 1

Week 2

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading of a section of The Doctor's Opinion – start at the first paragraph on page xxviii and read through the first full paragraph on page xxix in the Big Book. Have one person read a paragraph, then move to the next person, etc.

When the reading is completed, read the Discussion question and lead a sharing session on these questions until 5 minutes before the end of the meeting.

Discussion

What is your personal experience with the phenomenon of craving? Describe the point where you no longer craved a drink.

For the last 5 minutes of the meeting, review the reading and writing assignments.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Reading Assignment

Chapter 1 – Bill's Story, from the Big Book. As you read, think about how Bill's story applies to you.

Writing Assignment

Examine these questions and write down your thoughts:

1. How has that "Power" described in Bill's story pulled you back from the gates of death? (Page xxvii, last paragraph)
2. Do you have any reservations about being powerless over alcohol? If so, please write about them.

Step 1

Week 3

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading of a section of Bill's Story, beginning on Page 12, "It was only.... to the end of page 16. Next, discuss the question listed below. Continue this discussion until the last 5 minutes of the meeting.

Discussion

Discuss how you personally relate to Bill's comment, "Most of us feel we need look no further for Utopia. We have it with us right here and now."

For the last 5 minutes of the meeting, review the reading and writing assignments. The writing assignment can be completed in this workbook. Ask if there are any final thoughts that someone needs to share.

Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Reading Assignment

Chapter 2 – There Is A Solution, from the Big Book

Writing Assignment

Describe how you relate to this quote from "There is a Solution," page 24, 1st paragraph, "...The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so-called will power becomes practically nonexistent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink"?

Step 1

Week 4

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading of a section Chapter 3 – More About Alcoholism. Start on page 30 and read through the 1st paragraph of page 32. When finished, lead the discussion based on the topics listed below. Continue this discussion until the last 5 minutes of the meeting.

Discussion

Talk about your personal experience with why “there is no such thing as making a normal drinker out of an alcoholic.”

For the last 5 minutes of the meeting, review the reading and writing assignments.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week’s meeting. Then, close the meeting.

Reading Assignment

Step 2 from the Twelve & Twelve.

Writing Assignment

Describe your thoughts about this paragraph from page 31 of the Twelve Steps and Twelve Traditions: “When we encountered A.A., the fallacy of our defiance was revealed. At no time had we asked what God’s will was for us; instead we had been telling Him what it ought to be...Belief meant reliance, not defiance.”

Step 2

Week 1

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading of a portion of Step 2, from the Twelve Steps and Twelve Traditions, beginning with the second paragraph on page 28, and ending at the bottom of page 30. When finished, lead the discussion based on the topics listed below. Continue this discussion until the last 5 minutes of the meeting.

Discussion

How do you feel about the statement from last week's writing: "Belief meant reliance, not defiance."

For the last 5 minutes of the meeting, review the reading and writing assignments. The writing assignment can be completed in this workbook.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Reading Assignment

Chapter 4 from the Big Book, "We Agnostics."

Writing Assignment

In the Big Book, on page 44, it states, "If, when you honestly want to, you find you cannot quit entirely, or if when drinking, you have little control over the amount you take, you are probably alcoholic." Describe your experience with trying to control your drinking or stop on your own. How did that differ than stopping once you came to AA?

Step 2

Week 2

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading from page 46, 1st full paragraph, through the top partial paragraph on page 48 from the Big Book.

When the reading is completed, read the question listed below in the Discussion section and then lead a sharing session on these questions until the last 5 minutes of the meeting.

Discussion

Discuss this statement from p. 47 of the Big Book, "Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you." At the start, this was all we needed to commence spiritual growth, to affect our first conscious relation with God as we understood Him."

For the last 5 minutes of the meeting, review the reading and writing assignments. The writing assignment can be completed in this workbook.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Reading Assignment

Appendix II in the Big Book, Spiritual Experience

Writing Assignment

Describe your reaction to this quote from the "Spiritual Experience," "He finally realizes that he has undergone a profound alteration in his reaction to life; that such a change could hardly have been brought about by himself alone." (p. 567)

Step 2

Week 3

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading of a section of Chapter 4 in the Big Book, from page 50, 3rd paragraph, through the 3rd paragraph on page 52. When finished, lead the discussion based on the question listed below. Continue this discussion until the last 5 minutes of the meeting.

Discussion

Describe how you relate to these statements from page 52 of the Big Book – referred to as the *bedevilmements*:

- We were having trouble with our personal relationships
- We couldn't control our emotional natures
- We were a prey to misery and depression
- We couldn't make a living
- We had a feeling of uselessness
- We were full of fear
- We were unhappy
- We couldn't seem to be of real help to other people

For the last 5 minutes of the meeting, review the reading and writing assignments.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Reading Assignment

"Our Southern Friend," page 208 in the Big Book.

Writing Assignment

Describe your response to this part of your reading, page 214:

"Then he asks me if I believe in a power great than myself, whether I call that power God, Allah, Confucius, Prime Cause, Divine Mind, or any other name. I told him that I believe in electricity and other forces of nature, but as for a God, if there is one, He has never done anything for me..."

"...But I cannot sleep. Suddenly a thought comes. Can all the worthwhile people I have known be wrong about God?... Then comes a thought that is like a voice, 'Who are you to say there is no God?' It rings in my head; I can't get rid of it."

Step 2

Week 4

Opening

Read format located on page 3 of the workbook.

Discussion

Is there more work you need to do to “come to believe...?” What reservations do you still have about the notion of a Higher Power?

For the last 5 minutes of the meeting, review the reading and writing assignments.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week’s meeting. Then, close the meeting.

Reading Assignment

Step 3 from the Twelve & Twelve

Writing Assignment

What does the concept of “open-mindedness” mean to you in relation to your sobriety?

Step 3

Week 1

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading of a section of Step 3, from the Twelve & Twelve. Begin at the top of page 34 and continue through the top partial paragraph on page 36. When finished, lead the discussion based on the topic listed below. Continue this discussion until the last 5 minutes of the meeting.

Discussion

In the Twelve & Twelve, page 36, it states, "The more we become willing to depend upon a Higher Power, the more independent we actually are. Therefore dependence, as A.A. practices it, is really a means of gaining true independence of the spirit."

For the last 5 minutes of the meeting, review the reading and writing assignments. The writing assignment can be completed in this workbook.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Reading Assignment

Pages 58 – to the end of page 62 in the Big Book.

Writing Assignment

In the Twelve & Twelve, bottom of page 5, it says, "Step Three is like opening of a locked door." What have you done, or what are you doing, to let God into your life?

Step 3

Week 2

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading of pages 58 – to the end of page 62, in the Big Book. When finished, lead the discussion based on the topic below. Continue this discussion until the last 5 minutes of the meeting.

Discussion

How do you relate to this section on page 62 of the Big Book?

“Neither could we reduce our self-centeredness much by wishing or trying on our own power. We had to have God’s help. This is the how and the why of it. First of all, we had to quit playing God. It didn’t work. Next, we decided that hereafter in this drama of life, God was going to be our director.”

For the last 5 minutes of the meeting, review the reading and writing assignments. The writing assignment should be completed in this workbook.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week’s meeting. Then, close the meeting.

Reading Assignment

“Physician Heal Thyself!”, pages 301 - 308 in the Big Book.

Writing Assignment

What are your thoughts about this section from the story you just read – starting with the 2nd paragraph on page 306, “For myself” through the 1st paragraph on page 307, “...All I do in a very simple way is to help Him cure my patients.” How have you seen a Power greater than yourself working in your life?

Step 3

Week 3

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading from the second complete paragraph on page 62 in the Big Book, through the last paragraph on page 63. Next, lead the discussion based on the topic below. Continue this discussion until the last 5 minutes of the meeting.

Discussion

How have you experienced this statement from page 63 of the Big Book, “This was only a beginning, though if honestly and humbly made, an effect, sometimes a very great one, was felt at once.”

For the last 5 minutes of the meeting, review the reading and writing assignments. The writing assignment can be completed in this workbook.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week’s meeting. Then, close the meeting.

Reading Assignment

“Flooded With Feeling”, starting on page 369 of the Big Book.

Writing Assignment

On page 373 in the Big Book, the author of “Flooded With Feeling,” states, “Later in the conversation I mentioned that even when I described myself as agnostic, I thought maybe something was watching out for me. ... I turned to the Third Step Prayer and quietly read it ...Something happened. A barrier collapsed.”

What was your reaction when you read the Third Step Prayer?

Week 4

Step 3

Opening

Read format located on page 3 of the workbook.

Discussion

These are the 3rd Step Promises, page 63 of the Big Book. Describe your reactions or experience with these 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.”

For the last 5 minutes of the meeting, review the reading and writing assignments. The writing assignment can be completed in this workbook.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week’s meeting. Then, close the meeting.

Reading Assignment

From the Big Book, pages 63, bottom of the page, “Next, we launched...”, through page 71.

Writing Assignment

On page 64 of the Big Book, it states, “Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. Our liquor was but a symptom. So, we had to get down to causes and conditions.” Why does your decision need to be followed by “strenuous” action?

Step 4

Week 1

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading of pages 63 (last paragraph) – 67, (after the second full paragraph) from the Big Book. When finished, lead the discussion based on the topic listed below. Continue this discussion for 15 minutes, then read the section that follows the Discussion section.

Discussion

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

Read the following to the group:

The results of Step 4 will be to provide data so that you can identify the nature of your wrongs (defects of character); to provide data for Step 8, with an initial listing of persons you have harmed, and to reinforce that you are in the process of a psychic change. When working on this, you may want to stay in touch with your sponsor to talk about difficult issues immediately.

Step 4 is composed of these lists:

1. Resentments (page 64, line 23)
2. Fears (page 68, line 3)
3. Sexual Injury (page 69, line 12)
4. Harms (page 70, line 30)

We'll look at these lists one at a time. Let's look at the first list – Resentments.

Draw a chart similar to this in your notebook. There are 4 columns, as shown in this example: (have another member of the group read the explanations in the following table).

Resentments			
WHO	THE CAUSE	AFFECTS MY	FAULTS (My Part)
<p>“Who” is the person, or the institution or principle that you resent.</p> <p>A resentment is a negative feeling and more intense than dislike and less violent than anger.</p> <p>In the 1st column, list the name of the person, institution or principle.</p> <p>Next, rearrange the list so that the names are ranked from least resentment to the most intense resentment at the bottom.</p>	<p>This is what happened to cause your resentment.</p> <p>In this column, you describe briefly what the resented party did that triggered your resentment.</p> <p>It does not describe how you reacted to their action.</p>	<p>This column requires deep searching.</p> <p>Just what is it about you that was triggered by the other person or their actions?</p> <p>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.”</p> <p>In this column, describe where you were at fault or what your part was, in this resentment.</p> <p>If you have trouble identifying your faults, leave this blank until you review it with your sponsor.</p>

Here is an example – (have another member of the group read through this example)

Resentments			
WHO	THE CAUSE	AFFECTS MY	FAULTS (My Part)
My father	He made our household a living nightmare with his drinking, moodiness and temper tantrums.	This hurt my relationships with others, because I couldn’t trust people, or talk to them about what was happening in our home.	I was angry and judgmental with my father. I did not understand that he had the same disease that I have. I also have not forgiven him.

For the last 5 minutes of the meeting, review the reading and writing assignments. The writing assignment should be completed in a separate, confidential notebook.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Reading Assignment

Step 4 in the Twelve & Twelve

Writing Assignment

Fill in the 4-column 4th Step table for Resentments, like the example shown on the previous page. You will not be asked to share details of this writing with the group, however, you will be asked to share any discoveries you had in the process.

Step 4

Week 2

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading of a section from the Big Book, starting at the last paragraph of page 67, through the 3rd paragraph on page 68. When finished, lead the discussion based on the topic listed below. Continue this discussion until 5 minutes before the end of the meeting.

Discussion

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.”

At 10 minutes before the end of the meeting, read the following to the group:

Remember, that we’re looking at the nature of our wrongs in this step (defects of character), to provide data for Step 8, 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: (have another member of the group read the explanations in the table).

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 – (have another member of the group read through this example)

Fears		
WHAT	WHY	FAULTS (My Part)
Not having enough money to pay my bills	I lost my job and unemployment is running out.	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.

Review the reading and writing assignments. The writing assignment should be completed in a separate notebook.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Reading Assignment for next week

Read the last paragraph on page 67 of the Big Book, and the first three paragraphs on page 68 of the Big Book.

Writing Assignment for next week

For this Step, develop a 3-column 4th Step for Fears, like the example shown above. Fill it in with your fears, etc. 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.

Step 4

Week 3

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading on the solution to fear from the Big Book, in the second and third paragraphs of page 68. "We ask him to remove our fear and direct our attention to what He would have us be. At once," the Big Book says, "we commence to outgrow fear."

Discussion

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

Facilitate this discussion until 15 minutes before the end of the meeting.

Next, read the following to the group:

Remember, that we're looking at the nature of our wrongs in this Step (defects of character), to provide data for Step 8, 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 Sex Conduct, you will have 3 columns, as shown in this example: (have another member of the group read the explanations in the table below).

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 – (have another member of the group read through this example)

Sex Conduct		
Who	WHAT I DID	THEIR HURT
My ex-husband	A few times, I did not come home after a drinking spree. One time I ended up with another man.	My husband was scared that I had been injured, then felt betrayed when he found evidence of my dishonesty.

Now, we'll look at the Harms Inventory. The Big Book states, "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.

(Have someone read this, and have another person read the example that follows)

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 best friend	Several times when we went out to clubs, I abandon her there so that I could go home with some guy I met.

For the last 5 minutes of the meeting, review the writing assignment. There is no reading assignment this week. Be prepared to discuss your thoughts about completing this work. We'll ask you to bring in your confidential writing next week so that you can complete an individual activity in it. You will not share this work with the group.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Writing Assignment for next week

For this step, you will do your writing in your separate notebook. Develop and complete 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.

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.

Write about your discoveries from detailing your sex conduct and harms you have caused.

Step 4

Week 4

Opening

Read format located on page 3 of the workbook.

Silent Work

Ask individuals to silently review their inventories and ask themselves these questions. Allow 15 minutes for this activity:

- Have I left anything out? Are all “rocks” turned over?
- Have I failed to list any event or subject because the memory and the thought of revealing it to another person made me too uncomfortable?

If you have thought of anything, write it down now.

Group Reading

Guide a group reading of pages 72 through the 2nd paragraph on 75, in the Big Book. When finished, lead the discussion based on the topic listed below. Continue this discussion until 5 minutes before the end of the meeting.

Discussion

Discuss how people feel about completing their 4th Step, or if they couldn't complete it, what held them back.

For the last 5 minutes of the meeting, review the writing assignment. The writing assignment can be completed in this workbook.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Reading Assignment

Read Step 5 in the Twelve and Twelve.

Writing Assignment

What is your reaction to this statement from the Twelve & Twelve (p. 55): "All of AA's Twelve Steps ask us to go contrary to our natural desires... they all deflate our egos. When it comes to ego deflation, few Steps are harder to take than Five. But scarcely any Step is more necessary to longtime sobriety and peace of mind as this one."

Step 5

Week 1

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading of a section from Step 5, in the Twelve & Twelve. Read from page 55 through the 1st paragraph on page 57. When finished, lead the discussion based on the topic listed below. Continue this discussion until the last 5 minutes of the meeting.

Discussion

How do you feel about the statement on page 55 of the Twelve & Twelve: "AA experience has taught us we cannot live alone with our pressing problems and the character defects which cause or aggravate them."

For the last 5 minutes of the meeting, review the writing assignment. There is no reading assignment this week.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Writing Assignment

Write about what this phrase means to you: "Few muddled attitudes have caused us more trouble than holding back on Step 5, page 56 in the Twelve & Twelve."

Step 5

Week 2

Opening

Read format located on page 3 of the workbook.

Discussion

On page 75 of the Big Book, it states: "We...go to it, illuminating every twist of character...withholding nothing." What are your thoughts about the notion of "withholding nothing"?

For the last 5 minutes of the meeting, review the reading and writing assignments.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Reading Assignment

Reread your 4th Step lists and see if you can analyze what they mean and identify any patterns you see. What are the common threads that you have noticed?

Writing Assignment

Add any new items to your 4th Step that you uncover. Then, describe your reaction to this activity.

Step 5

Week 3

Opening

Read format located on page 3 of the workbook.

Discussion

How will you select the person you want to share your 5th Step with? Some people select a total stranger – what do you think about this?

For the last 5 minutes of the meeting, review the assignment. There is no reading assignment this week.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Writing Assignment

Identify the person who will listen to your 5th Step and make an appointment to review it sometime after the next Step Study meeting.

Write about your reaction to this statement from the Twelve & Twelve (p.59): “Hence it was most evident that a solitary self-appraisal, and the admission of our defects based upon that alone, wouldn't be nearly enough. We'd have to have outside help if we were surely to know and admit the truth about ourselves – the help of God and another human being.”

Step 5

Week 4

Opening

Read format located on page 3 of the workbook.

Discussion

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 drink problem has disappeared will often come strongly
- We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe

What is your reaction to these promises?

For the last 5 minutes of the meeting, review the assignments for next week. Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week’s meeting. Then, close the meeting.

Reading Assignment

Read Step 6 in the Twelve & Twelve.

Writing assignment

Complete your 5th Step with your identified partner. Write about how this experience was for you. When you are finished, complete a list of your defects of character (refer to the next page of this Workbook for some ideas). 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.

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"

Step 6

Week 1

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading of a portion of Step 6, from the Twelve & Twelve. Start on page 63 and end the reading after the 3rd paragraph on page 65. When finished, lead the discussion based on the topic listed below. Continue this discussion until the last 5 minutes of the meeting.

Discussion

Discuss this excerpt from page 65 of the Twelve & Twelve, "But in now case does He (God) render us white as snow and keep us that way without our cooperation. That is something we are supposed to be willing to work toward ourselves. He asks only that we try as best we know how to make progress in the building of character."

For the last 5 minutes of the meeting, review the reading and writing assignments. The writing assignment can be completed in this workbook.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting

Reading Assignment

Page 76 in the Big Book, paragraph 1, lines 1-7.

Writing Assignment

Describe what "entirely ready" means to you.

Step 6

Week 2

Opening

Read format located on page 3 of the workbook.

Group Reading

Have someone read page 76 in the Big Book, paragraph 1, lines 1-7. When the reading is completed, discuss the topic presented below.

Discussion

On page 75 of the Big Book, 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?

For the last 5 minutes of the meeting, review the writing assignments. The writing assignment can be completed in this workbook.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Writing Assignment

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

Step 6

Week 3

Opening

Read format located on page 3 of the workbook.

Discussion

In Step 6, the Twelve & Twelve describes at the end of page 69, that, "Delay is dangerous, and rebellion may be fatal. This is the exact point at which we abandon limited objectives and move toward God's will for us."

What meaning does this have for you? Discuss this for the entire meeting.

For the last 5 minutes of the meeting, review the writing assignment.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Writing Assignment

Write about your personal reaction to this excerpt from the Twelve & Twelve (p.68): "Many will at once ask, "How can we accept the entire implication of Step 6?...The remaining eleven Steps state perfect ideals. They are goals toward which we look, and the measuring sticks by which we estimate our progress. Seen in this light, Step 6 is still difficult, but not at all impossible. The only urgent thing is that we make a beginning and keep trying."

Step 6

Week 4

Opening

Read format located on page 3 of the workbook.

Discussion

Read from the Big Book, page 76, line 5 – “Can He now take them all – every one? If (you) still cling to something (you) will not let go... ask God to help (you) be willing.”

What is your reaction to this? This topic will be discussed for the entire meeting.

For the last 5 minutes of the meeting, review the reading and writing assignments.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week’s meeting. Then, close the meeting.

Reading Assignment

Step 7 from the Twelve & Twelve

Writing Assignment

What does “remove our shortcomings?” imply to you?

Step 7

Week 1

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading of a portion of Step 7, from the Twelve & Twelve, starting with the last paragraph on page 71, and finishing after the 1st paragraph on page 73. When finished, lead the discussion based on the topic listed below. Continue this discussion until the last 5 minutes of the meeting.

Discussion

Humility is 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?

For the last 5 minutes of the meeting, review the reading and writing assignments.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week’s meeting. Then, close the meeting.

Reading Assignment

Page 76 in the Big Book, paragraph 2.

Writing Assignment

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 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. Here is an example of a person's character defects as they identified them in Steps 4 and 6.

Character Defect	Willingness to have the defect removed
Abusiveness	Almost willing
Anger	Absolutely willing
Dishonesty	Almost willing
Fear	Give me more time
Infidelity	Already removed
Irresponsibility	Already removed
Procrastination	Almost willing
Stinginess	Give me more time
Thievery	Already removed
Thoughtlessness	Already removed

Next, complete a similar chart for yourself with the knowledge you gained from your Step 4 and 6 work.

Step 7

Week 2

Opening

Read format located on page 3 of the workbook.

Group Reading

Have someone read page 76 in the Big Book, paragraph 2, which includes the 7th Step Prayer.

When the reading is completed, discuss the topic presented below.

Discussion

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

For the last 5 minutes of the meeting, review the writing assignment. The writing assignment can be completed in this workbook.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Writing Assignment

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, it may not be wise to go through your defects listing before your Group. It may now be important to open yourself up to a Spiritual source. What is your conception of your Higher Power today?

Step 7

Week 3

Opening

Read format located on page 3 of the workbook.

Discussion

Have participants share their insights from last week's writing. Spend the entire meeting on this activity.

For the last 5 minutes of the meeting, review the writing assignment.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Writing Assignment

Describe your reaction to this excerpt from the Twelve & Twelve (p.76): "The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God."

Step 7

Week 4

Opening

Read format located on page 3 of the workbook.

Discussion

Have participants share their insights from last week's writing. Spend the entire meeting on this activity.

For the last 5 minutes of the meeting, review the reading and writing assignments.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Reading Assignment

Step 8 from the Twelve & Twelve.

Writing Assignment

Why is Step 8 essential in order to learn to live well with others?

Step 8

Week 1

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading of a section of Step 8, from the Twelve & Twelve. Begin at the top of page 77 and continue through the first full paragraph on page 80. When finished, lead the discussion based on the topic listed below. Continue this discussion until the last 5 minutes of the meeting.

Discussion

Discuss the concept of “amends.” The Big Book states that there is nothing to fear in the 8th Step – you are not yet making the amend. You are simply reviewing and refining your list, and becoming willing.

For the last 5 minutes of the meeting, review the reading and writing assignments. The writing assignment can be completed in this workbook.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week’s meeting. Then, close the meeting.

Reading Assignment

Read from the middle of page 76 in the Big Book, to the middle of page 77.

Writing Assignment

Review the list of persons you had harmed from your 4th Step. Is this list complete? If not, list additional people and how you harmed them. Review any additions to your list with your sponsor. Next, reflect on this review and write about your reaction to examining your 4th Step harms list.

Step 8

Week 2

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading of pages 76 – 77 in the Big Book. When finished, lead the discussion based on the topic listed below. Continue this discussion until the last 5 minutes of the meeting.

Discussion

Describe any misgivings you have about making any of your amends?

For the last 5 minutes of the meeting, review the writing assignment. There are two parts to this activity.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Writing Assignment

Divide your list of "people you have harmed" into 3 categories:

1. People you have harmed you since you got sober, 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, as illustrated on page 45 of this workbook. This list has been developed from harms listed in the Big Book and Twelve & Twelve. Identify those items that apply to you. After reviewing the list, write about those harms that are most distressing to you.

Physical or Material Harms	Does It Apply?
1. owe money	
2. criminal offense	
3. padding the expense account	
4. unpaid alimony	
5. cheat	
6. miserly	
Anti-Social Harms	
1. discrediting (another person)	
2. destroying the reputation of another	
3. disgrace...family	
4. ruinous slander	
5. given offense	
6. becomes disgustingly and even dangerously anti-social	
Emotional Harms	
1. (extramarital)...affair	
2. (putting others) ...through hell	
3. broken hearts	
4. dead relationships	
5. affections uprooted	
6. selfish sex conduct	
7. callous	
8. irritable	
9. critical	
10. impatient	
11. humorless	
Disruptive Harms	
1. selfish habits	
2. inconsiderate habits	
3. a home in turmoil	
4. our behavior...has aggravated the defects of others	
5. strain...(their) patience	
6. lie	
7. irresponsible	
8. show favoritism	
9. tempers are consistently bad	
10. dominate others	
11. wallow in depression	
12. make living with us difficult and often unbearable	
13. incredibly dishonest and selfish	

Step 8

Week 3

Opening

Read format located on page 3 of the workbook.

Discussion

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?

For the last 5 minutes of the meeting, review the writing assignment. There is no reading assignment this week.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Writing Assignment

First, refer to this list of persons you have harmed from your previous work. Transfer these names to make another list 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
David F.	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 him back in 3 equal payments that I'll start today.	Priority 2 – By Feb. 1, 2019	Jan. 24	I was terrified, but it went well. David knew I had been drinking and lying about it.

Step 8

Week 4

Opening

Read format located on page 3 of the workbook."

Discussion

Read the 8th Step promises below:

"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.**

Topic for discussion: Have any of these promises come true for you? If so, please talk about them. If not, please talk about why they may not have come true.

For the last 5 minutes of the meeting, review the reading and writing assignments. The writing assignment can be completed in this workbook.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Reading Assignment

Read Step 9 in the Twelve & Twelve.

Writing Assignment

On page 82 of the Twelve & Twelve it states, "It (Step 8) is the **beginning** of the end of isolation from our fellows and from God." What is your reaction to this, or experience with this statement?

Step 9

Week 1

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading of a Step 9, from the Twelve & Twelve. When finished, lead the discussion based on the question listed below. Continue this discussion until the last 5 minutes of the meeting.

Discussion

What do you feel is the real purpose for doing this Step and what is your experience doing this step?

For the last 5 minutes of the meeting, review the reading and writing assignments. The writing assignment can be completed in this workbook.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Reading Assignment

Page 76, 3rd paragraph, through page 84, 2nd paragraph, in the Big Book.

Writing Assignment

Think about this question and write about your thoughts.

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

Step 9

Week 2

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading of pages 76, last paragraph, through the first paragraph on page 80, in the Big Book.

When the reading is completed, read the Discussion topic listed below and then lead a sharing session on these questions until the last 5 minutes of the meeting.

Discussion

Why is it that your amends must never harm others? How do you keep from rationalizing about not completing an amend?

For the last 5 minutes of the meeting, review the writing assignment. The writing assignment can be completed in this workbook.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Writing Assignment

Write about your reaction to this statement: Our amends to those we have harmed are made at our own initiative and directly to the person harmed, whenever possible. On the other hand, when we are forgiving others, it is rarely appropriate to approach them to let them know they are forgiven.

Step 9

Week 3

Opening

Read format located on page 3 of the workbook.

Discussion

Read the following to the group:

There are 20 Promises in Step 9. This week, we will review 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.*

For the last 5 minutes of the meeting, review the writing assignment.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Writing Assignment

Write about your reaction to the following from the Twelve & Twelve (p.87): "Above all, we should try to be absolutely sure that we are not delaying because we are afraid."

Step 9

Week 4

Opening

Read format located on page 3 of the workbook.

Next, lead the discussion based on the topic described below. Read the information, then start the discussion. Continue until the last 5 minutes of the meeting.

Discussion

Discuss Promises 11 – 20:

1. *We will lose interest in selfish things and*
2. *(we will) gain interest in our fellows.*
3. *Self-seeking will slip away.*
4. *Our whole attitude and outlook upon life will change.*
5. *Fear of people (will leave us) and*
6. *(fear) of economic insecurity will leave us.*
7. *We will intuitively know how to handle situations which used to baffle us.*
8. *We will suddenly realize that God is doing for us what we could not do for ourselves.*
9. *Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly.*
10. *They will always materialize if we work for them.*

For the last 5 minutes of the meeting, review the reading and writing assignments.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Reading Assignment

Step 10 from the Twelve & Twelve

Writing Assignment for next week

How have you experienced the Promises coming true in your life? If you have any doubts about them, please include your doubts in your writing.

Step 10

Week 1

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading of a portion of Step 10, from the Twelve & Twelve. Begin at the top of page 88 and read through the last full paragraph on page 91. When finished, lead the discussion based on the information written below. Ask a group member to read the Discussion information below, then begin the discussion. Continue this discussion until the last 5 minutes of the meeting.

Discussion

Step 10 in the 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.

What type(s) of self-examination do you do?

For the last 5 minutes of the meeting, review the reading and writing assignments. The writing assignment can be completed in this workbook. There are 4 questions to answer in this assignment.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Reading Assignment

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

Writing Assignment

Conduct a daily review as outlined below. Make a separate grid for each day. Review your writings with your sponsor before the next meeting.

Friday	Discussed with someone	Nature of amend needed
<p>Selfish: (describe actions) Example: I insisted on skiing the most difficult run today. I didn't care what the rest of the group wanted.</p>	<p>I called Stephan 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) Example: I am furious at Martin 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 Martin 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) Example: I'm afraid that I won't be able to pay my rent this month.</p>	<p>I told my girlfriend 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: 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.</p> <p>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 lies anymore.</p>

Step 10

Week 2

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading of pages 84, line 16, through page 86, line 18, in the Big Book.

When the reading is completed, have someone read the information in the Discussion section and then lead a sharing session on these questions until the last 5 minutes of the meeting.

Discussion

There are 13 Step 10 Promises. Today we'll explore the first 6:

1. And we have ceased fighting anything or anyone – even alcohol.
2. For by this time sanity will have returned.
3. We will seldom be interested in liquor.
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 is your reaction to these promises?

For the last 5 minutes of the meeting, review the writing assignment.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Writing Assignment

Complete daily reviews as outlined in Week 1.

Step 10

Week 3

Opening

Read format located on page 3 of the workbook.

Discussion

These are the 7 additional Step 10 Promises:

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

Talk about your experiences as they relate to these promises

For the last 5 minutes of the meeting, review the writing assignment.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Writing Assignment

Complete daily reviews as outlined in Week 1 of this Step.

Step 10

Week 4

Opening

Read format located on page 3 of the workbook.

Discussion

Discuss the concept of keeping in fit spiritual condition. Just how do we do this?

For the last 5 minutes of the meeting, review the writing assignment.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting

Reading Assignment

Step 11 from the Twelve & Twelve

Writing Assignment

Write about what the Prayer of St. Francis (p.99 Twelve & Twelve), means to you.

Step 11

Week 1

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading of a portion of Step 11, from the Twelve & Twelve. Begin at the top of page 96, through the last full paragraph on page 101. When finished, lead the discussion based on the topic listed below. Continue this discussion until the last 5 minutes of the meeting.

Discussion

What is your reaction to the Prayer of St. Francis being suggested as a beginning step in meditation? (See page 99 in the Twelve & Twelve).

For the last 5 minutes of the meeting, review the reading and writing assignments. The writing assignment can be completed in this workbook.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Reading Assignment

Read from the page 85 (last paragraph) to page 88 in the Big Book.

Writing Assignment

Write about how you are doing with connecting to a Power greater than yourself. Include a description of how your connection may have changed since you began A Year Through The Steps.

Step 11

Week 2

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading of pages 85 – 88 in the Big Book. When finished, lead the discussion based on the topic listed below. Continue this discussion until the last 5 minutes of the meeting.

Discussion

Step 11 focuses upon nurturing a spiritual consciousness through prayer and meditation. Talk about the actions you are taking to nurture this consciousness.

For the last 5 minutes of the meeting, review the reading and writing assignment.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Reading Assignment

Earlier this year, you read Spiritual Experience in the Big Book. You have done a lot of work since then. Reread this section, starting on page 567 to see how your perspective on this writing has developed.

Writing Assignment

Describe the method(s) of prayer and meditation that you're using. How has your understanding of a spiritual experience changed since beginning this Step Study?

Step 11

Week 3

Opening

Read format located on page 3 of the workbook.

Discussion

Have participants share their insights from last week's writing. Continue this discussion until the last 5 minutes of the meeting.

For the last 5 minutes of the meeting, review the writing assignment. There is no reading assignment this week.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Writing Assignment

In the Big Book, p.88, it states, "We alcoholics are undisciplined. So, we let God discipline us in the simple way we have just outlined." How would you describe your spiritual discipline?

Step 11

Week 4

Opening

Read format located on page 3 of the workbook.

Discussion

Discuss the notion of praying only for knowledge of His will for you and the power to carry that out.

Continue this discussion until the last 5 minutes of the meeting, then review this week's writing assignment.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Reading Assignment

Read Step 12 in the Twelve & Twelve.

Writing Assignment

Describe where you are with this part of Step 12 – "Having had a spiritual awakening as the result of these Steps....."

Step 12

Week 1

Opening

Read format located on page 3 of the workbook.

Group Reading

Guide a group reading of a portion of Step 12 in the Twelve & Twelve, pages 106 through page 112, last paragraph.

Discussion

Share about your personal experiences of working with others and what this has meant for your sobriety.

For the last 5 minutes of the meeting, review the reading and writing assignments. The writing assignment can be completed in this workbook.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Reading Assignment

Read "Working With Others," pages 89 – 103 in the Big Book.

Writing Assignment

If you have had the experience of working with other alcoholics, how has this 12th Step work enhanced your spiritual awakening? If you have not yet worked with others yet, when do you plan to start?

Step 12

Week 2

Opening

Read format located on page 3 of the workbook.

Group Reading

Lead a group reading of a portion of Step 12 in the Twelve and Twelve. Start at the last paragraph on page 112 and read to the last paragraph on page 116.

When the reading is completed, read the Discussion topic, then lead a sharing session until the last 5 minutes of the meeting.

Discussion

How do you define 12th Step work and what are the various types of 12th Step work you currently do?

For the last 5 minutes of the meeting, review the writing assignment. The writing assignment can be completed in this workbook.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting

Writing Assignment

Write about why carrying the message of recovery to other alcoholics is mandatory. "Use it or lose it."

Step 12

Week 3

Opening

Read format located on page 3 of the workbook.

Group Reading

Lead a group reading of the first section of Working With Others, from the Big Book, pages 89 through the first full paragraph on page 93. When finished, lead the discussion based on the topic listed below. Continue this discussion until the last 5 minutes of the meeting.

Discussion

Discuss the notion that the best 12th Step may be you and the way you are living your life today.

For the last 5 minutes of the meeting, review the writing assignment.

Ask if there are any final thoughts that someone needs to share. Ask for a volunteer to facilitate next week's meeting. Then, close the meeting.

Writing Assignment

There's a saying in AA that "our greatest defects will become our biggest assets." Write about some examples where this has been true for you.

Step 12

Week 4

Opening

Read format located on page 3 of the workbook.

Discussion

Lead today's discussion based on the topic described below. Continue this discussion until the last 5 minutes before the end of the meeting.

Describe the biggest difference that this yearlong Step Study has made in your life. What will you do, going forward, to keep the Steps alive in your life?

For the last 5 minutes of the meeting, thank everyone for their participation. Ask the group to reflect on the impact of Year Through The Steps in their next session of meditation.

Ask if there are any final thoughts that someone needs to share. Then, close the meeting.