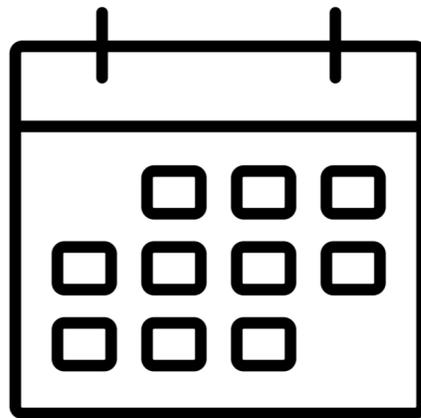


# Year Through The Steps

## Workbook

2020 Edition





## 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 5<sup>th</sup> 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 4<sup>th</sup> 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 5<sup>th</sup> 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 7<sup>th</sup> 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, discuss last week's writing and lead a sharing session on these questions until 5 minutes before the end of the meeting.

### Discussion

**Discuss last week's writing assignment: In this writing, you laid out facts about your last drink or period of drinking. Share about your writing with the group concerning why you drank then, and what the consequences were.**

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 last week's writing. Continue this discussion until the last 5 minutes of the meeting.

### Discussion

**Discuss last week's writing assignment: How that "Power" described in Bill's story pulled you back from the gates of death, and any reservations you have about being powerless over alcohol.**

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, 1<sup>st</sup> 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 1<sup>st</sup> paragraph of page 32. When finished, discuss last week's writing. Continue this discussion until the last 5 minutes of the meeting.

### Discussion

**Discuss last week's writing assignment: How you relate to the quote, "...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."**

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

### Discussion

**Discuss last week's writing assignment: Your thoughts on the 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."**

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 from 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, 1<sup>st</sup> full paragraph, through the top partial paragraph on page 48 from the Big Book.

When the reading is completed, discuss last week's writing until the last 5 minutes of the meeting.

### Discussion

**Discuss last week's writing assignment: Describe your experience with trying to control your drinking or stop on your own, and how did that differ from stopping once you came to AA?**

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, 3<sup>rd</sup> paragraph, through the 3<sup>rd</sup> paragraph on page 52. When finished, discuss last week's writing. Continue this discussion until the last 5 minutes of the meeting.

### Discussion

**Discuss last week's writing assignment: Describe your reaction to the quote, "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."**

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

**Discuss last week's writing. Also include a discussion about any work you may need to do "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, discuss last week's writing. Continue this discussion until the last 5 minutes of the meeting.

### Discussion

**Discuss last week's writing assignment: The concept of "open-mindedness" and what it means to you in relation to 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

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, discuss last week’s writing. Continue this discussion until the last 5 minutes of the meeting.

### Discussion

**Discuss last week’s writing assignment: The things you have done, or are doing, to let God into your life.**

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 2<sup>nd</sup> paragraph on page 306, “For myself” through the 1<sup>st</sup> 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, discuss last week's writing. Continue this discussion until the last 5 minutes of the meeting.

### Discussion

**Discuss last week's writing assignment: Your thoughts about the section from the story you read and how you have seen a Power greater than yourself working in your life.**

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?

# Step 3

## Week 4

### Opening

Read format located on page 3 of the workbook.

### Discussion

**Discuss last week's writing assignment: Your reaction when you read the Third Step Prayer.**

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

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, discuss last week's writing. Continue this discussion for 15 minutes, then read the section that follows the Discussion section.

### Discussion

**Discuss last week's writing assignment: Why your decision needs to be followed by "strenuous" action.**

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 personal notebook. There are 4 columns, as shown in this example: (have another member of the group read the explanations in the following table).

<b>Resentments</b>			
<b>WHO</b>	<b>THE CAUSE</b>	<b>AFFECTS MY</b>	<b>FAULTS (My Part)</b>
<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 1<sup>st</sup> 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)

<b>Resentments</b>			
<b>WHO</b>	<b>THE CAUSE</b>	<b>AFFECTS MY</b>	<b>FAULTS (My Part)</b>
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 4<sup>th</sup> 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 3<sup>rd</sup> paragraph on page 68. When finished, discuss last week's writing. Continue this discussion until 5 minutes before the end of the meeting.

### Discussion

**Discuss last week's writing assignment: Any discoveries you had in the process of filling in your Resentments table.**

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)

<b>Fears</b>		
<b>WHAT</b>	<b>WHY</b>	<b>FAULTS (My Part)</b>
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 your personal 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 4<sup>th</sup> 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.” When finished, discuss last week’s writing.

### Discussion

**Discuss last week’s writing assignment: Any discoveries you had in the process of filling in your Fears table.**

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 on the next page).

<b>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.</b>		
<b>WHO</b>	<b>WHAT I DID</b>	<b>THEIR HURT</b>
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)

<b>Sex Conduct</b>		
<b>Who</b>	<b>WHAT I DID</b>	<b>THEIR HURT</b>
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)

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

Here is an example:

<b>Harms I Have Caused</b>	
<b>WHO or WHAT</b>	<b>WHAT I DID</b>
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 4<sup>th</sup> Step for Sex Conduct, like the example shown above. When you have completed this, develop a 2- column 4<sup>th</sup> 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 2<sup>nd</sup> paragraph on 75, in the Big Book. When finished, discuss last week’s writing. Continue this discussion until 5 minutes before the end of the meeting.

### Discussion

**Discuss last week’s writing assignment: Any discoveries you had in the process of detailing your sex conduct and harms you have caused.**

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 1<sup>st</sup> paragraph on page 57. When finished, discuss last week's writing. Continue this discussion until the last 5 minutes of the meeting.

### Discussion

**Discuss last week's writing assignment: Your reaction to the 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."**

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

**Discuss last week's writing assignment: 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."**

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 4<sup>th</sup> 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 4<sup>th</sup> 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

**Discuss last week's writing assignment: Your reaction to adding new items to your 4<sup>th</sup> Step that you uncovered.**

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 5<sup>th</sup> Step and make an appointment to review it sometime after the next Year Through The Steps 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

**Discuss last week's writing assignment: 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."**

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 5<sup>th</sup> 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.

<b>Defects of CHARACTER</b>		
<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 3<sup>rd</sup> paragraph on page 65. When finished, discuss last week's writing. Continue this discussion until the last 5 minutes of the meeting.

### Discussion

**Discuss last week's writing assignment: Share your experience of completing your 5<sup>th</sup> Step with your identified partner and the Defects of Character table.**

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 finished, discuss last week's writing.

### Discussion

**Discuss last week's writing assignment: Describe what "entirely ready" 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

**Discuss last week's writing assignment: Describe what "complete willingness" means to you, using examples from your own life experiences of being "willing" to do or undertake something that was very difficult for you.**

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 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

**Discuss last week's writing assignment: Describe 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 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."**

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 1<sup>st</sup> paragraph on page 73. When finished, discuss last week's writing. Continue this discussion until the last 5 minutes of the meeting.

### Discussion

**Discuss last week's writing assignment: Describe what "remove our shortcomings?" implies to you.**

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.

<b>Character Defect</b>	<b>Willingness to have the defect removed</b>
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 7<sup>th</sup> Step Prayer.

When finished, discuss last week's writing.

### Discussion

**Discuss last week's writing assignment: Share your experience listing the shortcomings and creating your own Defects of Character chart.**

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

**Discuss last week's writing assignment: Share what your conception of your Higher Power looks like 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

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

**Discuss last week's 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."**

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

### Discussion

**Discuss last week's writing assignment: Why Step 8 is essential in order to learn to live well with others.**

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 4<sup>th</sup> 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 4<sup>th</sup> 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, 3<sup>rd</sup> paragraph, to p.77 end of first partial paragraph, in the Big Book. When finished, discuss last week's writing. Continue this discussion until the last 5 minutes of the meeting.

### Discussion

**Discuss last week's writing assignment: Describe what your reaction was to examin your 4<sup>th</sup> Step harms list.**

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.

<b>Physical or Material Harms</b>	<b>Does It Apply?</b>
1. owe money	
2. criminal offense	
3. padding the expense account	
4. unpaid alimony	
5. cheat	
6. miserly	
<b>Anti-Social Harms</b>	
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	
<b>Emotional Harms</b>	
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	
<b>Disruptive Harms</b>	
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

**Discuss last week's writing assignment: Describe your experience as you worked through your "Harms" list.**

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 8<sup>th</sup> 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

**Discuss last week’s writing assignment: How do you feel now, after completing your 8<sup>th</sup> Step list?**

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

### Discussion

**Discuss last week's writing assignment: Describe your reaction, or experience with the statement, "It (Step 8) is the *beginning* of the end of isolation from our fellows and from God."**

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, 3<sup>rd</sup> paragraph, through page 84, 2<sup>nd</sup> paragraph, in the Big Book.

### Writing Assignment

Think about this question and write about your thoughts.

1. Can you approach the people in your 8<sup>th</sup> 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 finished, discuss last week's writing until the last 5 minutes of the meeting.

### Discussion

**Discuss last week's writing assignment: Share how you feel about approaching the people in your 8<sup>th</sup> Step list in a helpful and forgiving spirit.**

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

**Discuss last week's writing assignment: 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."**

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.

Discuss last week's writing. Continue the discussion until the last 5 minutes of the meeting.

### Discussion

**Discuss last week's writing assignment:** Share your reaction to this quote, "Above all, we should try to be absolutely sure that we are not delaying because we are afraid."

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

### Discussion

**Discuss last week's writing assignment: Share how you have experienced the Promises coming true in your life.**

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><b>Selfish: (describe actions)</b> 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><b>Resentful: (describe resentment)</b> 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><b>Fearful: (describe fear)</b> 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><b>Dishonest:</b> 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 finished, discuss last week's writing until the last 5 minutes of the meeting.

### Discussion

**Discuss last week's writing assignment: Describe your experience of conducting your daily review and what you learned.**

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

**Discuss last week's writing assignment: Describe your experience conducting your daily reviews.**

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 last week's writing assignment: Describe your experience conducting your daily reviews.**

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

### Discussion

**Discuss last week's writing assignment: what the Prayer of St. Francis (p.99 Twelve & Twelve) means to you.**

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

### Discussion

**Discuss last week's writing assignment: How you are doing with connecting to a Power greater than yourself and how your connection may have changed since you began A Year Through The Steps.**

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

**Discuss last week's writing assignment: Describe the method(s) of prayer and meditation that you're using and how your understanding of a spiritual experience has changed since beginning this Step Study.**

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 last week's writing assignment: Describe your spiritual discipline.**

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. When finished, discuss last week's writing.

### Discussion

**Discuss last week's writing assignment: Describe where you are with this part of Step 12 – "Having had a spiritual awakening as the result of these Steps..."**

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 12<sup>th</sup> 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 finished, discuss last week's writing until the last 5 minutes of the meeting.

### Discussion

**Discuss last week's writing assignment: If you have had the experience of working with other alcoholics, describe how this 12<sup>th</sup> Step work has enhanced your spiritual awakening. If you have not yet worked with others yet, share when you plan to start.**

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

### Discussion

**Discuss last week's writing assignment: Why carrying the message of recovery to other alcoholics is mandatory. "Use it or lose it."**

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

**Discuss last week's writing assignment: Share examples of times where the saying, "*our greatest defects will become our biggest assets,*" has been true for you.**

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.