

THE 12 STEPS
OF RECOVERY
SAVN SOBRIETY

WORKBOOK

A PRESENTATION OF SAVN.TV

THE 12 STEPS OF RECOVERY SAVN SOBRIETY

This workbook is to be used in conjunction with
The 12 Steps of Recovery - SAVN Sobriety video series
available on DVD and online at <http://SAVN.tv/12Steps>

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ACKNOWLEDGEMENTS

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1. STEP ONE

“We admitted we were powerless over the effects of alcohol/addiction that our lives had become unmanageable.”

“I know nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.” - Romans 7:18 (NIV)

“But I need something more! For if I know the law but still can’t keep it, and if the power of sin within me keeps sabotaging my best intentions, I obviously need help! I realize that I don’t have what it takes. I can will it, but I can’t do it. I decide to do good, but I don’t really do it; I decide not to do bad, but then I do it anyway. My decisions, such as they are, don’t result in actions. Something has gone wrong deep within me and gets the better of me every time.” - Romans 7:17-20 (MSG)

1.1 Identifying

What **behavior(s)** is/are **negatively** affecting my **life**?

► *Examples of common behaviors and/or substance abuse may include: **Alcohol, Narcotics, Gambling, Sex, Pornography, Food (over or under eating), etc.***

Not sure you have a problem?

Answer these 20 questions.

Answer YES or NO to the following questions.

1. Do you lose time from work due to drinking/using?

YES NO

2. Is drinking/using making your home life unhappy?

YES NO

3. Do you drink/use because you are shy around other people?

YES NO

4. Is your drinking/using affecting your reputation?

YES NO

5. Have you ever felt guilt or remorse after drinking/using?

YES NO

6. Have you ever gotten into financial difficulties as a result of drinking/using?

YES NO

7. Do you turn to lower companions and an inferior environment when drinking/using?

YES NO

8. Does your drinking/using make you careless of your family's welfare?

YES NO

9. Has your ambition decreased since drinking/using?

YES NO

10. Do you crave a drink at a definite time?

YES NO

11. Do you want to drink or use the next morning?
YES NO

12. Does drinking/using cause you to have difficulty in sleeping?
YES NO

13. Has your efficiency decreased since drinking/using?
YES NO

14. Is drinking/using jeopardizing your job or business?
YES NO

15. Do you drink/use to escape from worries or trouble?
YES NO

16. Do you drink/use alone?
YES NO

17. Have you ever had a complete loss of memory as a result of drinking/using?
YES NO

18. Has your physician ever treated you for drinking/using?
YES NO

19. Do you drink/use to build up your self-confidence?
YES NO

20. Have you ever been to a hospital or institution because of drinking/using?
YES NO

What's your score?

If you have answered **YES** to any **ONE** of the questions you may be an **alcoholic/addict**.

If you have answered **YES** to any **TWO**, the chances are you are likely an **alcoholic/addict**.

If you answered **YES** to **THREE** or more, you are definitely an **alcoholic/addict**.

GUY SAYS,

“Step 1 is both the easiest and hardest step. The easiest because, in theory, if you’re even contemplating taking the step, you know you have a problem and something needs to change. It’s the hardest because it’s the FIRST STEP in completely changing your miserable life.”

STEP 1 FUN FACT!

- » Step 1 is the only step that involves any form of physical addiction.
- » You do not have to be an alcoholic or addict to take Step 1.
- » Step 1 is the only step you must get 100% right prior to moving onto the next step.

“The key to Step 1 is admitting, out-loud to others, the nature of your defect. In the rooms of Recovery, we call this Identifying.”- Guy Noland

IDENTIFYING

i•den•ti•fy•ing

adjective

: serving to identify as belonging to an individual or group.

**You must admit out-loud to others,
the nature of your defect!**

“Hi, my name is Guy. I am an alcoholic.”

1.2 STEPWORK

Writing Exercise #1

In the first column, write all the good things about your addiction and all the great things it has done for you in your life.

In the second column, write all the bad things and everything your addiction has done to contribute to your life falling apart.

Positive	Negative

Writing Exercise #2

Step 1 Worksheet questions. Please **answer** each of these questions as **honestly** and **truthfully** as possible.

1. Why are you here?

2. What have you lost as a result of your behaviors? (Explain)

3. How have your behaviors affected those around you (family, friends, and co-workers)?

4. Have you ever found yourself “quitting” only to find yourself using again?
Have you repeated the cycle over and over again?
List the times in your life when you have repeated this cycle.

5. Are you ready to admit that your life has become unmanageable?
Are you ready to change? Why or why not?

Notes

2. STEP TWO

“We came to believe that a power greater than us could restore us to sanity.”

“For it is God who works in you to will and to act in order to fulfill His good purpose.” - Philippians 2:13 (NIV)

“Come near to God and He will come near to you.” - James 4:8 (NIV)

GUY SAYS, *“Let’s take a look at what you came up with on that Step 1 list! After reviewing your list can you admit you’ve lost control of your life due to your disease? If so complete the following phrase.”*

Hi, my name is _____ and I am a(n) _____.

(If you cannot say this with absolute conviction, STOP! GO BACK TO STEP 1.)

2.1 MOVING FORWARD!

What does the phrase *“Came to believe that a power greater than us could restore us to sanity”* actually mean?

Translation

“We had to finally admit that God exists and that He alone can bring some order to our chaotic lives.”

Of all the Steps, number 2 can be the **trickiest!**

“Most of us have spent our entire lives building tremendous resentments against God. We’ve spent a lot of time and effort dismissing the idea of a divine creator. Now we’re told we have to acknowledge that such a being exists in order to straighten out our lives?”

FAKE IT ‘TIL YOU MAKE IT

Many people **struggle** with this **concept** of a **divine creator**. In order to get through Step 2, they just **pick** something, anything, to represent “**God**.” The ocean, a tree, or even a doorknob becomes their **representation** of a **Higher Power**. They **focus** their **prayer** and **spiritual comfort** on that **object** until **God** reveals **Himself**, in **His** true form. They “*fake it ‘til they make it.*”

***WARNING!** When using an INANIMATE OBJECT and/or THE GROUP as your God, it is important to recognize that an inanimate object will offer very little comfort during difficult times and cannot answer prayers. “The Group” is comprised of human beings who by nature are fallible and can and will fail you.

2.2 STEPWORK

Writing Exercise #1

1. What experiences make it difficult to believe in a Higher Power?

2. What harm would come from praying to a Higher Power?

3. How could I benefit from praying to a Higher Power?

2.3 PRAYER

“I pray for an open mind so I may come to believe in a power greater than myself. I pray for humility and the continued opportunity to increase my faith. I don't want to be crazy anymore. Amen.”

GUY SAYS, *“Find your Higher Power and start praying. Just remember, your best thinking got you where you are today. Maybe it's time to give someone else the wheel.”*

Writing Exercise #2

1. Do you believe in God? Why or why not?

2. What lengths are you willing to go to in order to restore sanity to your life?

3. Can you restore your own sanity or do you need a Higher Power's help?
(Explain)

.....

3. STEP THREE

“We made a decision to turn our will and lives over to the care of God as we understood Him.”

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God - this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is - His good, pleasing and perfect will.” - Romans 12:1-2 (NIV)

3.1 DECISION TIME!

“Step 3 is about making a decision to give God control over our lives. We’ve spent our entire existence learning the art of self-preservation. The prospect of releasing control over to God - an entity that we can’t see, touch, or hear - defies every survival instinct we’ve developed. Trust me when I say, this step took some time when I went through it.”
– Guy Noland

DECISION

de•ci•sion

noun

: a choice that you make about something after thinking about it : the result of deciding.
: the ability to make choices quickly and confidently.

CHANGE

lchānjɪ

verb

: to become different.

: to make (someone or something) different.

“Now change is a scary thing. Nobody likes change. As human beings, we seek consistency. We spend our entire lives developing complex habits so that our lives will follow easy and predictable patterns. We understand that the disruption of these patterns will result in the need for decision-making and complex thought processes. In other words, CHANGE = WORK (yuck!). But, if our life isn't working, something has to change. But don't sweat it. We're just deciding to do the work at this point, not actually doing it (yet). Making that “decision” is what Step 3 is all about.”

– Guy Noland

3.2 STEPWORK

Writing Exercise #1

1. What stands in your way of trusting a Higher Power?

2. Was there ever a time in your life where you felt the presence of something bigger than you? If so, what happened?

3. What would it take for you to fully trust in your Higher Power?

3.3 PRAYER

“Lord, I am learning that there is an awful lot I cannot do. I can’t control life the way I am used to. I cannot make people be what I want. I can’t stop the pain inside me. I cannot even fully submit to Your plan yet - I’m still too frightened of You. But I know that there is one thing I can do right now. I can make a decision to turn my will and life over to You. Making the decision does not mean I have to make it happen. Making the decision does not mean I understand Your plan. Making the decision does not even mean I am entirely willing, but it does mean that I know Your way and will is right. Lord, turn my simple decision into reality. Amen.”

GUY SAYS, *“Step 3 is a “decision” step, not an “action” step. We’re not jumping off the log (like the story of the frogs), just making the decision to jump. The actual plunge will follow in the next steps. So, take a minute to make your decision to turn your will and life over to the care of God. Once you’ve made that firm decision, you’ve made peace with God. Now the real work begins: making peace with yourself.”*

3.4 STEPWORK CONTINUED

Writing Exercise #2

The decision to turn one's will over to a Higher Power can be very difficult. If you are struggling to do so, these series of exercises and questions below may help you identify why you are struggling to make this decision.

1. Make a list of things, people, and events (etc.) which are keeping you from turning over your life to God.

2. Is holding onto your denial of God more important than changing your life?
(Explain)

3. If you could change anything about your life, what would it be?

4. How can choosing to turn your will over to God positively and/or negatively change your life?

Notes

“The Twin Steps”

4. STEP FOUR

“We made a searching and fearless moral inventory of ourselves.”

“Let us examine our ways and test them, and let us return to the LORD.” - Lamentations 3:40 (NIV)

“Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.” - 2 Corinthians 7:1 (NIV)

5. STEP FIVE

“We admitted to God, ourselves, and another human being the exact nature of our wrongs.”

“Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.” - James 5:15 (NIV)

“I call Steps 4 & 5 the “Twin Steps” because they happen in conjunction with each other. These two steps require us to unpack the closet and scatter our dirty little forgotten secrets all over the floor. If that’s not bad enough, we then have to examine those defects of character, talk with God about them, and then show them to someone else! I’ve never met anyone who’s been able to go through this process without at least a little fear.” – Guy Noland

***WARNING!** Steps 4 & 5 hold the title for causing the most relapses.

Time and time again, newcomers bolt for the door and into the arms of their disease rather than face these steps.

“We all have those deep, dark corners of our emotional closets where our nasty little skeletons live. We’ve spent our lives stuffing the pain and shame away. We’ve closed and bolted that door and nothing on God’s green earth could convince us to ever again take so much as a peek back inside. Nothing, that is, except these steps and the promise of a NEW BEGINNING.” – Guy Noland

“Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; He will never leave you nor forsake you.” - Deuteronomy 31:6 (NIV)

4.1 LET’S GET STARTED ON STEP 4

STEP 4 Helpful Hints:

1. Find a Sponsor! (Sponsor: Recovery Mentor who guides the newcomer through the 12 Steps and helps them navigate the minefield of sobriety.)
 2. If you don’t honestly and truthfully take part in Step 4 you’ll lose the progress you’ve made in Steps 1-3. In other words Step 4 is a MUST.
 3. Before you start this written Fourth Step, read pages 63-71 in the “Big Book.”
 4. This inventory is NOT an exercise in beating yourself up. Be honest but fair to yourself. It’s important to inventory your defects as well as your strengths.
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4.2 STEPWORK

Take out a sheet of paper and make two sets of two columns. Write “Actions” at the top of the first column. At the top of the second column write “Defects.”

Under “Actions” you’ll write everything you’ve ever done wrong in your life.

Yes, everything. Take your time. Note every person you have wronged including yourself.

Under “Defects,” write down “why” you committed each of those “wrong” acts.

On the second set of columns, write all of the positive things you’ve done in your life and why you did them. Take your time. It’s important to unpack your positive qualities and the positive ways you affected your friends, family and community.

(*Example of “Moral Inventory” chart on the next page.)

4.3 A PRE-INVENTORY PAPER

“God, please help me to honestly take stock. Help me to search out the flaws in my make-up which caused my failure. Help me to see where resentment has plagued me and resulted in spiritual malady, but more importantly help me to understand my part in these resentments. Help me to resolutely look for my own mistakes and to understand where I had been selfish, dishonest, self-seeking and frightened. Please help me to be searching and fearless in my endeavor to write my inventory. **Amen.**”

EXAMPLE

ACTIONS-What I did.	DEFECT-Why I did it.	ACTIONS-What I did.	ASSET-Why I did it.
I stole \$1,000.00 from my Grandmother.	Greed.	I gave my extra income to a family in need.	I am generous.

4.4 HELPFUL HINTS FOR YOUR INVENTORY LISTS

Below is a list of negative character traits as well as positive character traits to help you get started.

NEGATIVE CHARACTER TRAITS: Jealousy, Anger, Pride, Lust, Greed, Sloth, Gluttony, Vanity, Selfishness, Dishonesty, Impatience, Pride, Resentment, Control, Fear, Approval Seeking, Caretaking, Abandonment Issues, Fear of Authority, Frozen Feelings, Isolation, Low Self-Esteem, Irresponsibility, Inappropriate Sexuality

POSITIVE CHARACTER TRAITS: Kindness, Generosity, Patience, Long-Suffering, Compassion, Empathy, Graciousness, Humility

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.” - 1 Corinthians 13:4-7 (NIV)

5. STEP FIVE

“We admitted to God, ourselves, and another human being the exact nature of our wrongs.”

- 1 *“Blessed is the one
whose transgressions are forgiven,
whose sins are covered.*
- 2 *Blessed is the one
whose sin the LORD does not count against them
and in whose spirit is no deceit.*
- 3 *When I kept silent,
my bones wasted away
through my groaning all day long.*
- 4 *For day and night
Your hand was heavy on me;
my strength was sapped
as in the heat of summer.*
- 5 *Then I acknowledged my sin to You
and did not cover up my iniquity.
I said, ‘I will confess
my transgressions to the LORD.’
And You forgave
the guilt of my sin.” - Psalm 32:1-5 (NIV)*

ADMIT

ad•mit

verb

: confess to be true or to be the case.

GUY SAYS, “When admitting to yourself and God, read over the list **OUTLOUD** and be as contemplative and honest as you possibly can. As for “another person” be sure to find someone you trust ... a friend, your sponsor, a priest, anyone you’re comfortable with. It must be someone you know will keep their mouth shut and not betray your confidence by blabbing your business to the world. Once you’ve found that person, find a quiet place with minimal distractions and give yourself plenty of time to get through the list.”

***WARNING!** Do NOT walk through this step with a group of people, in recovery or otherwise (remember, human beings are fallible and will fail you). And for crying out loud, DON’T leave this list lying around where people can find and read it!

5.1 INTO ACTION

“When we decide who is to hear our story, we waste no time. We have a written inventory and we are prepared for a long talk. We explain to our partner what we are about to do and why we have to do it. He should realize that we are engaged upon a life-and-death errand. Most people approached in this way will be glad to help; they will be honored by our confidence.

We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past. 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 spiritual beliefs but now we begin to have a spiritual experience.” - BIG BOOK, (pg. 75)

FORGIVENESS

for•give•nes

noun

: the action or process of forgiving.

FORGIVE

for•give

verb

: to stop feeling angry or resentful toward (someone) for an offense, flaw, or mistake.

“Steps 4 & 5 revolve around SELF-FORGIVENESS. We must forgive ourselves prior to seeking forgiveness from others.”

Many in Step 5 choose to take an hour of reflection to read over their personal inventory list. This can be an extremely important part of recovery and an important step in being ready to move onto Step 6.

5.2 PRAYER: A QUIET HOUR PRAYER

“God, Thank You for giving me the strength, faith and courage I needed to get through my 5th Step. I thank You from the bottom of my heart for helping me to know You better, by showing me what has been blocking me from You. Father, please show me if I have omitted anything and help me to honestly see if my stones are properly in place or if I have skimped in any area of this work. Amen.”

To complete STEP 5, Go and share your inventory with another human being, **RIGHT NOW!**

Notes

6. STEP SIX

“We were entirely ready to have God remove all these defects of character.”

“Humble yourselves before the Lord, and He will lift you up.” - James 4:10 (NIV)

“When Jesus saw him lying there and learned that he had been in this condition for a long time, He asked him, ‘Do you want to get well?’” - John 5:6 (NIV)

“Step 6 is a step of preparation and reflection. I have been preparing for a significant change in my life and now I need to make sure that I am ready. I need to make sure in my own heart and mind that I am truly willing for God to remove these defects of character that have enabled my addictive behaviors. It might mean letting go of other things in my life in order to allow God to do the work that needs to be done. I need to determine if I am truly ready.”

- From 12Step.org

6.1 STEPWORK

Writing Exercise #1

Take out that list of defects that you worked on in Step 4. Make two more columns next to the “Defect” list and label them “Positive” and “Negative.” Now, I want you to list out what each defect did for you and against you. How did it help you and how did it hurt you? Don’t be surprised or discouraged if the negative list is more substantial than the positive one.

ACTIONS-What I did.	DEFECT-Why I did it.		ACTIONS-What I did.	ASSET-Why I did it.
I stole \$1,000.00 from my Grandmother.	Greed.		I gave my extra income to a family in need.	I am generous.
	Positive	Negative		

Writing Exercise #2

1. Am I truly willing for God to remove these defects of character that have enabled my negative behaviors? **(Explain)**

2. Am I willing to let go of certain things in my life in order to allow God to do the work that needs to be done in me? What will I gain?

6.2 PRAYER

“God, thank You for removing my fear and for showing me the truth about myself. Father, I need Your help to become willing to let go of the things in me which continue to block me off from You. Please grant me Your grace Lord and make me willing to have these objectionable characteristics, defects and shortcomings removed. **Amen?**”

Notes

7. STEP SEVEN

“We humbly asked God to remove our shortcomings.”

“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.” - 1 John 1:9 (NIV)

“Although Step 7 is the shortest step in terms of wording and is perhaps the least discussed in recovery groups, it is probably the most potent of the Twelve. It embodies the miracle of transformation as we turn over to God our broken, defective personalities in order that He might mould them into healthy, effective instruments of His will.”

- Serenity, a Companion for Twelve Step Recovery, (pg. 54-55)

GUY SAYS, *“We become aware of our instincts and make a conscious decision to change a lifetime of learned behaviors in order to positively affect our own lives and the lives of those around us. It won’t happen magically overnight. With the help of your Higher Power, you have to work on changing old behaviors.”*

7.1 STEPWORK

Writing Exercise #1

1. How has God helped you in your recovery thus far?

2. What fears come to mind when you think of trusting your Higher Power?

3. Write down a few instances in your life where you made some bad choices.

4. What could you have done differently in each of those circumstances to have had a better outcome?

7.2 PRAYER

“My Creator, I am willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character that stands in the way of my usefulness to You and my fellows. Grant me strength as I go out from here to do Your bidding. Amen.”

Writing Exercise #2

1. What are you grateful for?

2. Where do you feel the most safe and supported in your recovery?

3. What have you lost in your life that you would most like to regain?

4. How do you see your life improving once your defect has been addressed?

5. What defects will be most difficult to address? In what order do you plan to give them up? Why?

“It’s up to us to work on changing ourselves, but we can’t do it alone. We need the help of a Higher Power. We place ourselves into a position of “readiness” and God works with us to affect the change. In the long run, we’re the only ones who suffer from our own character defects. Once these defects are removed, we’ve completed the process of making peace with ourselves. Now, onto making peace with others.” – Guy Noland

Notes

8. STEP EIGHT

***“We made a list of all persons we had harmed,
and became willing to make amends to them all.”***

“Do to others as you would have them do to you.” - Luke 6:31 (NIV)

“In the first 3 Steps, you made peace with God. In the next 4 Steps, you made peace with yourself. Now it’s time to make peace with others. And don’t get caught up in the whole ‘I’ve made peace with God, so I don’t have to do this’ mentality. Trust me, you can come up with a million reasons not to do this step and I can only give you one reason you should – to free yourself from the guilt and shame that have been holding you back your whole life. Making this list may be painful, but as the old saying goes, ‘pain builds character.’ It’s tough, it’s miserable, and it’s scary, but it’s absolutely necessary if you want your life back.” – Guy Noland

Before we start on STEP 8 - Let’s ask our Higher Power for help!

8.1 PRAYER

“Higher Power, I ask Your help in making a list of all those I have harmed. I will take responsibility for my mistakes, and be forgiving to others, as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray. Amen.”

8.2 STEPWORK

Writing Exercise #1

Take out a piece of paper and start writing the names of people you've harmed. Next to the names, write what you did wrong to them.

Note: This may take some time. Return to your Step 4 inventory for help.

- 1. Take your time and reflect on each relationship.*
- 2. Examine your part in the harm that was done by you in each encounter.*
- 3. Reflect on everyone you've harmed in both big and small ways; family, friends, co-workers, and even strangers.*
- 4. Start with BIG ONES! People you would want to avoid at all costs and work your way down to the easier ones.*
- 5. Add to your list anyone you feel anger or hatred toward even if you don't think you did anything wrong.*

"Don't worry about how you'll make amends at this point, that'll come later. For right now, just focus on who you need to make amends to." – Guy Noland

9. STEP NINE

Note: Be sure to work this step under the guidance of a sponsor, whenever possible.

***“We made direct amends wherever possible,
except when to do so would injure them or others.”***

*“Therefore, if you are offering your gift at the altar and there remember that your brother has something against you; leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.”
- Matthew 5:23-24 (NIV)*

“Step 9 completes what one started in Step 8. I make amends to those that I have harmed. I pay back debts I owe. I apologize. I write letters. I find time to do and say things that would help heal the damage that I have done. I try to bring goodness where previously I had brought discord and destruction. It takes insight, courage and dedication to make such amends, but now I have the help of my God to know what to do and how to do it. I learn to earnestly seek the right way to go about this process from my God. I start to live the kind of life that my God has meant for me to live all along.” - From 12Step.org

AMENDS

uh•mendz

noun

: reparation or compensation.

MEND

mend

verb

: repair (something that is broken or damaged).

“You can’t make ‘amends’ without the four middle letters: M-E-N-D. Mend. Amends refer simply to mending our past, asking forgiveness for things we’ve done wrong, and offering forgiveness to those who have wronged us. We don’t do this to free the other person of their anger; we do it to free ourselves from the guilt and self-hatred that’s been eating at us our whole lives. We prepare for total humility, stuff our pride, and take full responsibility for our past actions. We do all this with absolutely no expectations from the other person.” – Guy Noland

“To be sure, Step 9 always raises a few difficult questions: ‘What if they don’t forgive me? What if they don’t admit to their part? What if they get angry? What if they don’t even remember me? What if I look foolish?’ The answer to all these questions is simple: IT DOESN’T MATTER. Step 9 is about swallowing your pride and taking responsibility for yourself, not the other person.”

***WARNING!** If direct amends will put yourself or another person at risk of injury, find a safer and more indirect way to make those amends.

Being frightened or fearful at the thought of making amends is to be expected. Let’s ask our Higher Power for encouragement and help!

9.1 PRAYER

“God, with regard to this amend, give me the strength, courage, and direction to do the right thing, no matter what the personal consequences may be. Help me not to shrink from anything. Help me not to delay if it can be avoided. Help me to be sensible, tactful, considerate and humble without being servile or scraping. Amen.”

9.2 HELPFUL HINTS

Read your apologies to a friend or a sponsor. Ask them if it sounds sincere or defensive. Write here what response(s) they have about them.

10. STEP TEN

***“We continued to take personal inventory
and when we were wrong promptly admitted it.”***

*“Watch out that you do not lose what we have worked for,
but that you may be rewarded fully.” - 2 John 1:8 (NIV)*

10.1 THE START OF THE MAINTENANCE STEPS

“These last 3 Steps are referred to as maintenance steps because they’re used to maintain your sobriety over the long haul. They’re fairly straightforward, and their purpose is to keep the peace you’ve worked so hard for over the previous 9 Steps. If done honestly and often, the last three steps will keep you from EVER having to go back to repeat Steps 1 - 9.”

– Guy Noland

“...Step Ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.” - AA Big Book (pg. 84)

10.2 HELPFUL HINTS TO KEEP YOU ON TRACK ON STEP 10

- “**SPOT CHECK**”- Inventories - Stop at different times throughout the day to review your attitudes and behaviors and reflect on possible amends that may need immediate attention.
 - “**DAILY INVENTORY**”- At the end of the day (or beginning of the following day) it is important to take a few moments and evaluate any issues, problems, or resentments that may need your attention.
 - “**PERIODIC INVENTORY**”- Periodically set aside a day to be alone and examine your life, relationships, and spiritual growth.
-

10.3 STEPWORK

Writing Exercise #1

Take a moment to reflect on the following questions. Having a plan set in place can be extremely helpful while maintaining progress as you continue Step 10.

1. How do you plan to allow time for reflection each day? **(Explain)**

2. What healthy behaviors will you work on today?

3. What kind of defects do you need to be most aware of today?

4. What are your triggers for addictive behavior? How can you guard against them?

10.4 PRAYER

*“My Higher Power, My daily prayer is to best serve You,
I pray I may continue to grow in understanding and effectiveness;
Help me to watch for selfishness, dishonesty, resentment and fear;
Help me to be willing to have You remove them at once;
I must be willing to discuss them with someone immediately;
I will make amends quickly if I have harmed anyone;
And then I will turn my thoughts toward helping someone else;
Please help me to remember to practice love and tolerance of others. Amen.”*

11. STEP ELEVEN

“We sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and His power to carry that out.”

*“Our Father in heaven,
hallowed be Your name,
Your kingdom come,
Your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one.”*

- Matthew 6:9-13 (NIV)

GUY SAYS, *“In Step 11, we’re instructed to make an effort to move forward in our relationship with God. Back in Step 3, we made a decision to turn our will and lives over to His care. Step 11 pushes us to advance that relationship through theological study, scriptural examination, fellowship, and helping others.”*

“When we first come to the Program, we usually express a lot of things which seem to be important wants and needs. As we grow spiritually and find out about a Power greater than ourselves, we begin to realize that as long as our spiritual needs are truly met, our living problems are reduced to a point of comfort. When we forget where our real strength lies, we quickly become subject to the same patterns of thinking and action that got us to the Program in the first place. We eventually redefine our beliefs and understanding to the point where we see that our greatest need is for knowledge of God’s will for us and the strength to carry that out. We are able to set aside some of our personal preference, if necessary, to do this because we learn that God’s will consists of the very things we care most about. God’s will for us becomes our own true will for ourselves. This happens in an intuitive manner which cannot be adequately explained in words.” - NA Basic Text

11.1 STEPWORK

Writing Exercise #1

Take a moment for prayer or meditation, asking God for knowledge of His will for you. What is your understanding of God’s will for you in this situation? (Explain)

12. STEP TWELVE

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and those with addictions, and to practice these principles in all our affairs.”

“I thank Christ Jesus our Lord, who has given me strength, that He considered me trustworthy, appointing me to His service. Even though I was once a blasphemer and a persecutor and a violent man, I was shown mercy because I acted in ignorance and unbelief. The grace of our Lord was poured out on me abundantly, along with the faith and love that are in Christ Jesus.”

“Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners - of whom I am the worst. But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display His immense patience as an example for those who would believe in Him and receive eternal life.”
- 1 Timothy 1:12-16 (NIV)

12.1 PAYING IT FORWARD & BEING OF SERVICE

“We come to the end of the journey – Step 12. This last step simply requires us to ‘pay it forward.’ We didn’t get here on our own steam. We met a lot of people along the way who helped us navigate the minefield of recovery. If not for them, we would never have made it. So now it’s your turn.” – Guy Noland

12.2 STEPWORK

Writing Exercise #1

Take time to reflect how you can be of service in your daily life. What does “being of service” mean to you? Write down examples as well as plans regarding how you will be of service to your family, friends, and community. Also reflect on your growing relationship with your Higher Power. Do you feel closer to God? Has communication and prayer to your Higher Power become a consistent and constant part of your life?

Writing Exercise #2

1. How can you be of service in recovery?

2. How can you be of service in your community?

3. How can you be of service to your family and friends?

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“My disease is cunning, baffling, and powerful. It can squash me with a single blow if I’m not careful. To stay safe, I have to be diligent in my relationship with God, go to meetings, do the step work, be of service, and most of all, help those who are coming up behind me, struggling with their disease. It’s up to me to decide if I’m going to be an easy target or tough target. I can stop going to meetings, abandon my step work, forget about others, and neglect my contact with God, or I can do push-ups in my own corner. I know what I decided, what are you going to do?”

“Now get out there and work your program, help others, be of service, and above all, continue in your spiritual growth.”

Blessings, Guy

