

**LIONS
STEP
SERIES**

6.1

This program is called
The Lions Steps Series because it was
originally developed for the Lions
Group of Alcoholics Anonymous in
Richmond, BC, Canada.

It was first presented in July 2015

As more has continued to be revealed,
we have continued to update
our series:

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How to Use This Series: This is a Step Series, not a Step Study — use this booklet as a ‘memory tickler’ and guide for doing the steps and using the information from www.lionsstepseries.xyz . The site is available 24 hours a day, 7 days a week.

THIS BOOKLET: You can use this little booklet to stay on point and to maximize your understanding or refresh your memory. It’s easier to keep on track using a guide and you can still use your own story to illustrate many of the points. We recognize that millions of people got and stayed sober long before this booklet and the Lions Step Series. We just want to improve our comprehension.

WATCH THE SESSIONS: Use any session to refresh your understanding of a step or concept: or to take someone through the steps. Many of us *watch a session with the newcomer or get them to watch it before we meet*. Why? It means you don’t have to memorize all of this stuff to use it. We have also learned to review the sessions when we are doing a specific step, or as a tool to explain an obscure point. While it is true that the sessions aren’t perfect and that we are not authorities on AA or Alcoholism, we think you can use much of what we have found as a starting point for your own discoveries.

SHARE THIS MESSAGE: The Lions Step Series is NOT the message, obviously. The message is in the Big Book, Alcoholics Anonymous, and there are many ways of delivering this information. The Lions Step Series is a way to see something different. To understand things in a new way. To reach for emotional sobriety. It is not for everyone.

The person taking you through this Step Series is your Step Sponsor, but where more than one person is involved, you may also have a Step Series Partner.

*The information in the Lions Step Series is meant to supplement, not replace any AA approved literature. Opinions expressed are those of the author and not of Alcoholics Anonymous or the Lions Group.
Emphasis is at the author’s discretion.*

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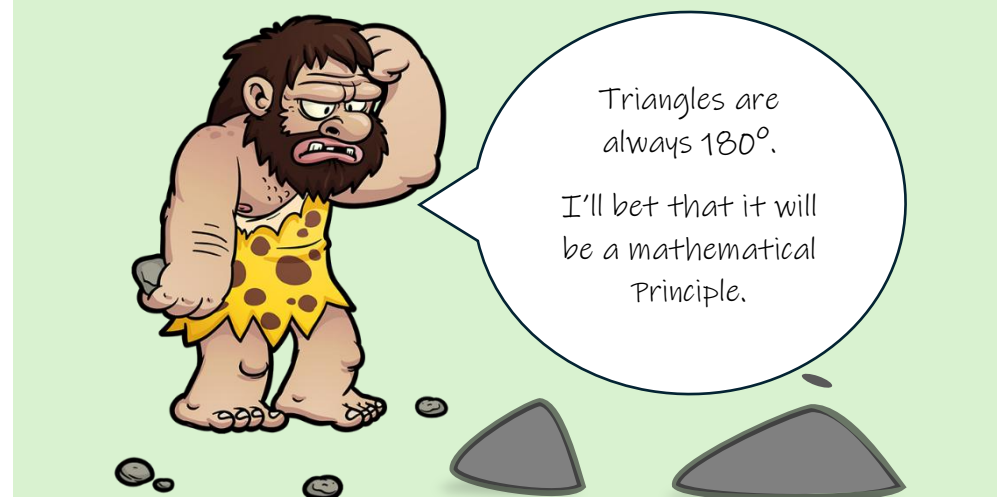
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PREFACE:

Here is a SIMPLE TRUTH. Some of the words used in AA have very specific meanings that have been lost with time. These words can be a key to your recovery and emotional well-being. Understanding alone will not save anyone — it also requires doing the right actions. However, a number of terms used in the big book may be dated and unclear.

Words, like PRINCIPLES. What does that even mean in the 21st century? Well, ironically it means the same thing that it meant a thousand years ago because Principles are absolute — they don't ever change, so you can trust and build on them.

EXAMPLE OF A PRINCIPLE:



Our co-founder, Bill W said, “AA’s Twelve Steps are Principles, spiritual in nature.” So why does that matter? Principles never change — but they will open to you! That’s why AA just gets more interesting. The more you learn and apply the Principles the more you will understand. Like my sponsor, Shrek, told me the Steps (Principles) don’t change, but we do. This explains why we learn to live by the Principles of AA, not by our best motives or intentions, or by any ‘made up’ rules from another member.

The Lions Step Series 6.1 combines what we have learned about the Principles and what has recently been discovered by scientists who are working with equipment that wasn’t invented when the Big Book was written. Today, science *maps the brain* and reveals many things that were unexplainable at the time of our founders. You’ll see why we are powerless, and today’s science even offers proof of our Spiritual solution.

If this is your first time through, do yourself a favor:

- Become accountable to the program (the steps) and to the person taking you through the Step Series.
- Stay right-sized and focused. You can do anything for one day. Do what is asked. Remember: Nothing is below or above you if you want freedom from the bondage of self.
- Surrender your ego and avoid the two words that actually have the power to kill you in AA, "I know."
- Be humble: Ironically knowing that you are not so different is what makes recovery from alcoholism possible, despite what your ego-self will tell you.

Remember: The 12 Steps are a summary of the text from Alcoholics Anonymous. And as an old timer once quipped, "The devil is in the details." Here are the simple things you will need:

- A 4th Edition Big Book (Alcoholics Anonymous)
- A pencil with an eraser
- A notebook (lined paper works best)
- A three-ring binder
- A laminated copy of the tools

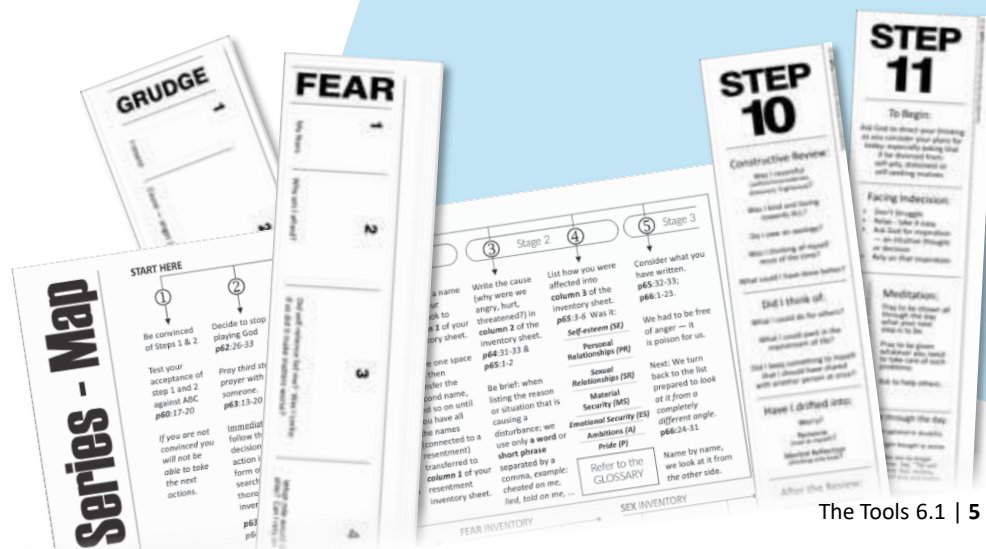
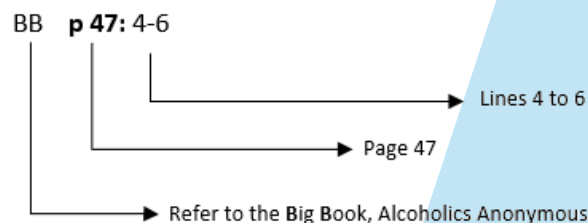
ACTION: Make a commitment to start and to finish — no matter what! The person taking you through the Series has committed; your Step Series Partners have also committed to do each step & finish the entire Series. Do you commit to all sessions, to be focused, and to do the work? YES ___ NO ___

There is a 100 % correlation between getting results and doing the work.

1 "... the twelve steps that *summarize* the program ..." excerpt from the Foreword to The Third Edition of Alcoholics Anonymous. (BB p xxii:18-22)

You'll have a number of new tools. These include: The 4th STEP MAP, the LINE COUNTER, the GRUDGE ruler, the FEAR ruler, the SEX ruler, and a STEP 10 and STEP 11 ruler. You may print these tools by going to www.lionsstepseries.xyz. We explain each tool as you need it.

Only the LINE COUNTER is required immediately. This simple tool is used to locate text in the Big Book. **HOW IT WORKS:** The LINE COUNTER is numbered from 1 — 33. These numbers coordinate with the spacing of the lines on each page. **Match the number 33 on the ruler to the last line** on a page to coordinate with the 'Lines' count in this guide.



Why this Series is Focused on the Science of Steps 1 & 2; and the Principles of Steps 3 through Step 11

Have you ever wondered why the Big Book came out the way it did? History provides an explanation: In 1939, when the members writing the book placed their experience in print, Bill Wilson was the longest sober member with less than four years. So, the book is more about getting sober (stopping drinking) than emotional sobriety (achieving balance). Every word from the 'Preface' to the middle of Chapter Five, "How it Works", is crafted to help us identify with the hopeless, helpless situation

caused by our drinking. While the tools to recover emotionally are clearly laid before us, there can be very little by way of explanation, i.e. Steps 6 & 7, two of the most powerful steps, occupy a total of 14 lines. Today, given years of experience, we will prove that these are two very important steps.

We begin with science updates for Steps 1 and 2, information that was unavailable to the founders. Our founders said, "More will be revealed."

Roman #s	Preface, Forwards, Dr.'s Opinion	21 pages
Chapter 1	Bill's Story	16 pages
Chapter 2	There Is a Solution	13 pages
Chapter 3	More About Alcoholism	14 pages
Chapter 4	We Agnostics	14 pages
Chapter 5	How It Works	14 pages
Chapter 6	Into Action	17 pages
Chapter 7	Working with Others	15 pages
Chapter 8	To Wives	18 pages
Chapter 9	The Family Afterwards	14 pages
Chapter 10	To Employers	15 pages
Chapter 11	A Vision for You	14 pages
Total Pages	Including the Roman Numerals	185 pages

Consider this:

Steps 1 & 2 take up 81½ pages: xi – xxxii through to page 1, Chapter 1, which is 'Bill's Story' and on to about the middle of page 60 of the Chapter called 'How it Works' — which provides us with the ABC's (BB p60:16-20).

The remaining 11 pages of the Chapter 'How It Works' cover steps 3, 4, and 5. The following Chapter 'Into Action' contains steps, 6, 7, 8, 9, 10, and 11. So, it is clear that there is a great deal we can discover about Steps 3 – 11.

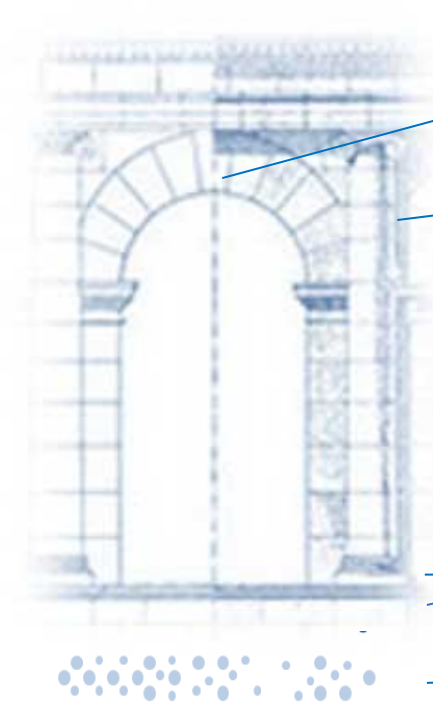
Step 12 takes up the entire chapter 'Working with Others' while the subsequent chapters teaching us more about Step 12 and the Principles of Alcoholics Anonymous. This is all especially important and very well described.

All references are given for the 4th Edition of Alcoholics Anonymous Alcoholics Anonymous World Services, Inc. Any emphasis (bold or italic) is the authors. Quotes may be combined for emphasis or to illuminate a point.

OVERVIEW

“Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.”
(BB **p62**:31-33)

The Arch



As we begin this Step Series, let’s remember the wonderful metaphor in the Big Book — the Arch”. It is a symbol of strength and order. This metaphor is referenced throughout as a symbol of what is required. It becomes the yardstick when we reach the end of our Step 5 — a way to carefully consider if we have really done the work. Are the stones in place? Did we use enough cement? Is our work solid so far?

This Arch is an easy-to-remember icon of the key components of Emotional Sobriety: God, Faith, Willingness, and Fellowship.

If you have a problem in your program, check any of the five passages below to help you identify where to work. We begin with this in mind.

KEystone

God is our director (BB **p62**:26-33)

CEMENT

Common peril and common solution (BB **p17**:24-29)

CORNERSTONE

A Power Greater than ourselves (BB **p47**:15-22)

FOUNDATION STONE

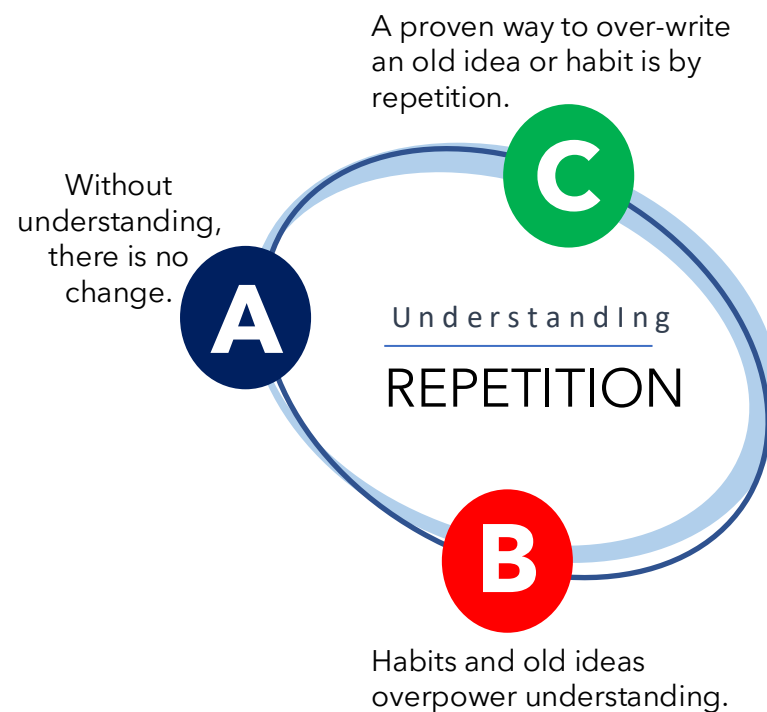
Helping others (BB **p97**:4-5)

FOUNDATION

Complete Willingness, Honesy, and Openness (BB **p12**:13-24)

Have you heard, or have you said, “AA doesn’t work for me?”

AA doesn’t work if we don’t understand AA. In actual practice, alcoholic or not, there is no lasting change without understanding. That is why so many feel stuck. We have a multitude of old ideas and habits fixed in our subconscious mind. They act like a ‘hardwired’ part of our personality and are a solid core of unexamined beliefs. The problem is further compounded because we were taught that we only have five senses. Our possibilities became limited to what we heard, smelled, tasted, touched, and saw. Right or wrong, our subconscious mind took in the world around us and created rules and prejudices that still affect us today. We didn’t develop our higher attributes: imagination, perception, intuition, memory, will, and reason properly. Many of us became agnostics. Trapped in these old ideas and limited to our five senses we lost hope. But AA provides a proven way out through study and repetition.



Old ideas and habits have become a ‘hardwired’ part of our personality.

These ideas have been forming from childhood, some genetic, others from our environment. They are based on our *perceptions* and aren’t always grounded in truth. That is what makes lasting change exceedingly difficult. The only way to get meaningful understanding is through STUDY — in other words, through the REPETITION of the same idea. This is something that most people don’t want to do. We hear something at a meeting, “Because I heard it once and I get it, I think I can do it.” But the new understanding is soon overpowered by my old ideas and habits. That is why we go out into the world with knowledge and continue to fail. It is why I still feel ‘less than’ or ‘unable to change. Without repetition of the AA principles (steps), you won’t develop an understanding of how the three parts of your personality work together: the SPIRIT, the INTELLECT, and the PHYSICAL. Using the AA design for living can provide the understanding (belief) and discipline you require, one day at a time. Remember, understanding is overpowered by old ideas, and the only way to change those old ideas is by repetition. With repetition we discover things ‘for ourselves.’ How does that work? Here’s an example: you just had a huge aha! at a meeting. You’ve heard the same thing many times, but tonight you really understand it! Without repetition you would have missed it. So that is what we are about to do — to repeat things that you already know but might not understand. Are you ready to change; are you ready to stay changed? Let’s get started!

STEP

1

The 'We' evolves.
At first it is me and
my sponsor; then
it's us and the
group; then us and
all local AA groups,
and so on ...

But the real 'we'
that I must
convince is that
'we' group in my
subconscious mind

We admitted we were powerless over alcohol —

(BB p30:17-20)

(BB p21:8-12) (BB p24:6-12) (BB p44:8-16)

Step 1 is clearly in two parts. It is that way for many good reasons but perhaps the most compelling is the fact that fixing one half of the equation will not make it safe on the other side of that dash. That is, if I stop drinking completely it doesn't mean I will suddenly be able to manage my life, i.e., when a real alcoholic quits drinking (and isn't treating his or her alcoholism) things will often get worse. Conversely, if I get my thinking straightened out and return to drinking, I will be in as much (or more) trouble very soon after. Are you convinced? We learned that we must concede to our **innermost selves** that we were alcoholic (BB p30:17-20). This is the first step in recovery. But what does the word alcoholic really mean ... to **you**? Let's begin with our reaction to alcohol — first with Dr. Silkworth and then we will share some 21st Century science.

Dr. Silkworth, the physician Bill W. consulted, wrote a letter with a daring explanation of what he had learned about alcoholism. Remember in 1939, alcoholism was not thought of as a disease. It was more often considered a moral weakness. So, it was amazing for Silkworth to risk his reputation by writing in this yet unpublished book. This is what he said, *"Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false. To them, their alcoholic life seems like the only normal one. They are restless, irritable, and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks — drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery."* (BB p xxviii, 28-33 — p xxix, 1-9) Sound familiar? While it was a seminal article on alcoholism at the time (87 years ago), research can now better explain what the doctor called, 'a strange mental blank spot and the phenomena of craving'.

THE 3-FOLD DISEASE — the body

Dr. Silkworth described what he was seeing at Charles Townes Hospital. When the alcoholic is separated from alcohol, they would continue to obsess about drinking ‘normally’ but it was only when they drank alcohol that the phenomenon of craving began. This makes this class of drinker uniquely powerless.

The first part of Step 1 says that we are powerless over alcohol. It really means that we have an abnormal reaction to booze. Non-alcoholics do not react the same way. Here is a very generalized layman’s overview:

Because numerous enzymes, hormones, and chemical processes are thrown out of balance by alcohol, the flow in and out of our cells is upset. So, these cells (only in an alcoholic) **adapt** over time by making changes in the cell’s structure. These changes may seem good at first — but they’re not sustainable. An alcoholic’s central nervous system has changed the way it functions to process and store alcohol; tolerance will increase — for a while we are able to drink more without becoming as drunk. As we drink more (and more often) to satisfy the craving, the cells of our body become soaked in alcohol for long periods of time. The cell membranes become increasingly resistant to alcohol’s effects and the mitochondria become larger and shift functions to better process the alcohol. Given these changes, the energy making cells thrive when there is plenty of alcohol — and when we stop drinking, these addicted/adapted cells are thrown into a state of acute distress for the lack of alcohol. As the disease progresses, we physically break down. Non-alcoholics don’t experience this.

By 1956 the AMA says Alcoholism is a DISEASE based on these 5 criteria:

1. **Primary:** An illness in and of itself.
2. **Chronic:** The illness must persist and resist treatment.
3. **Progressive:** It must get worse over time.
4. **Symptomatic:** It must be diagnosable by physiology or behavior and/or lifestyle.
5. **Fatal:** If left untreated, it must kill its host.

Alcohol — i — s — m

Ethanol and water

insidious

· spiritual

· malady

Booze in a test tube would not be described as cunning, baffling, and powerful.

Alcohol comes in Bottles. Alcoholism comes in people.

Alcoholism is an illness which only a spiritual experience will conquer.



So, the first half of the First Step is only about our ‘abnormal physical reaction’ to alcohol. We admit that we can’t drink like other people, and we never will. We ARE bodily different than other people; we are powerless over alcohol. When we drink, sooner or later, we will lose control of the amount we drink. Given the progressive nature of this disease, we will always get worse, and we never get better.



ACTION: Write a paragraph describing why you are now convinced that you are powerless over alcohol. Share a time when you started drinking and could not stop even though you really wanted to, or a time when you really needed to stop and couldn’t. Talk about the effect alcohol has on you — once you start to drink. When you stopped, what happened? Did all of this get worse with time.

STEP

1

Relationships
Politics
Careers
Etc.

(BB p23:5-7)



— that our lives had become unmanageable

See the 8 bedevilments (BB p52:15-20)

Now comes the second half of the First Step which follows the dash. BTW: The dash is there to extend the admission of powerlessness to include our thinking. The Big Book says that the problem of the alcoholic centers in his or her **mind**. This is what makes untreated alcoholism, even while sober, a killer. Our **addictive thinking** is a major source of grief or as Dr. Silkworth put it many years ago, *“The subject presented in this book seems to be of paramount importance to those afflicted with alcoholic addiction.”* (BB p xxvii:3-5) Amazing! We alcoholics were also called addicts.

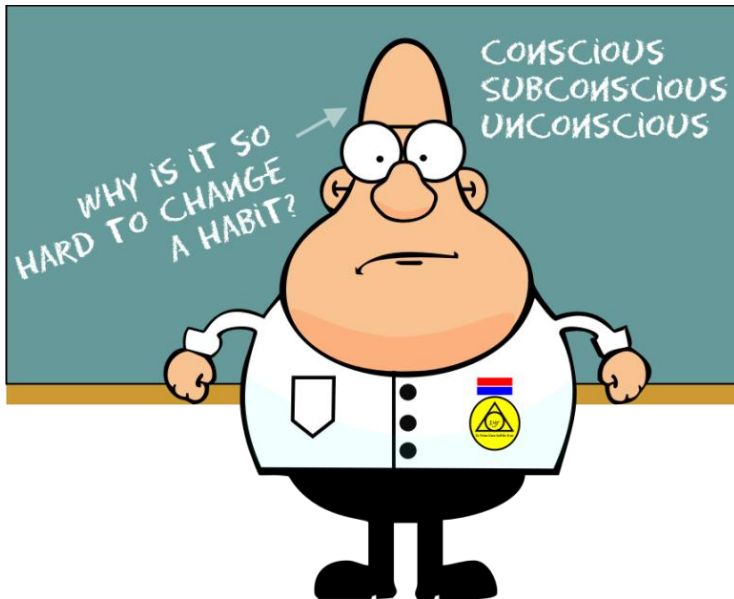
If it was just about drinking too much alcohol, abstinence would be enough. Were that true, we could stop drinking and presto! We would suddenly be living life on life’s terms — happy, joyous, and free. But we have a great deal of proof in the rooms of AA that not drinking, without practicing the Principles of AA will only get us sober — AND crazier. So, what is it about our minds that continues to deteriorate (it is a progressive disease) without continuous spiritual treatment?

THE ‘ADDICT’ MIND — The pathology of ‘Wanting’ — The Middle Brain

This is not about being weak or morally corrupt — this is also a mental illness (BB p23:3-17; BB p24:6-12). The good news? We can deal with it using **The Steps** and what today’s science calls neuroplasticity — the ability to reshape the pathways in our brain. But it means we must stop running the show — **when we straighten out spiritually, we recover mentally and physically**. There is a physic change when we *learn new habits*, which remove the brain markers that trigger a vicious cycle. When activated, this cycle is fueled by powerful neurotransmitters like dopamine (the ‘what excites me’ neurotransmitter), norepinephrine (a kind of adrenaline), oxytocin (the love and social interaction hormone), and serotonin (the mood stabilizer), which are each systematically released. Without spiritual growth, feeling ‘normal’ may just feel boring and so it becomes more and more difficult to find joy in simple pleasures. Here is a part of the Spiritual Malady puzzle: **Addicts always crave more**. This endless wanting is what triggers the selfishness, self-seeking, dishonesty, and fright — our character defects. And there are simple actions we can do to become happy, joyous and free.

Step One: Part 2 — Unmanageability

To be doomed to an alcoholic death or to live on a spiritual basis are not always easy alternatives to face. (BB p 44:20-22). Wait. What?



We do our thinking with our frontal cortex. It houses an area called 'self' that causes us alcoholics a world of trouble. It can become the center of our thinking (self-centered). And it is tricky because it has a cast of characters that don't always agree on what is good for us. We learn in the Big Book that this is where the 'God of Reason' lives, and that this 'brain area' doesn't even stay 'online' all the time.

AA has taught me (with the help of a sponsor) to tap into something more powerful than my self — a spiritual solution. But it means the end of believing that I can solve my problems by thinking. To get a better idea of why I couldn't 'think' my way out of this maze, I had to face the fact that it just is not that simple. Here's why:

My Conscious Self (Captain Selfie)

My conscious self, the captain of my ship, stores a mental picture (a selfie) of who I am at any given moment. I may even believe that "I am this way now and forever", which is never true even if it is a good selfie. I also believe that I will still decide where I am going and what I will do, that I am in charge. It may 'appear' that I am making the decisions. But am I? Like when I decide to quit drinking, but I don't; I am going to do my work, but I don't. Why can't I give myself an order and follow through? Why is there so much confusion and unmanageability? I really want to do better, and I mean it, but so often I come up short. I keep doing the same old things and betting on a miracle. Secretly, I may think I can't change, but I see AA people getting better all the time. I am serious, what's stopping me?

My Sub-Conscious Self (habits and survival instincts)

Just under my conscious self is the sub-conscious self. It's a slave to my middle brain, which is where my survival alerts originate. Here, my inner 'selves' discuss and decide (manage) what should be done and how I should feel — they may even tell me what other people should think and do. Because I don't actually have control, I often feel irritable, restless, and discontented.

My Un-Conscious Self (unaware)

All of my 'old movies', perceptions, memories, and routines are stored in the vast space called my unconscious self. It is tricky because this is also the place that stores endless 'files and formulas' that really do work — the place that keeps my heart beating and that heals me when I get hurt. This is also where the sub-conscious goes to find data and direction. Unfortunately, much of that data is distorted, which means that I will have to do a very fearless and thorough housecleaning if I want true freedom from bondage of self.



Spiritual Mind: I can live a happy, useful life by letting my 'Spiritual Mind' run the show. Yes there is such a thing. We start with Step 2, but that can be a tall order given what AA literature calls our "instincts in conflict". God and Science help us understand and get over that.

Alcoholism is a

3-FOLD DISEASE

Our founders wrote all about it back in 1939. They explained it from their personal experience and with a little Divine inspiration I suspect. Here is what they said: Alcoholism affects: The Mind. The Body. The Spirit. A three-fold problem.

And they set about working on our 'thinking', which is called psychology. They soon recognized that self-will is no match for alcoholic addiction; that only a Spiritual Solution would sustain the chemistry and programing we had developed. Without any of today's neurological information about how the middle brain can dial-down the frontal cortex, the thinking brain, they were puzzled by how we relapse, and they wrote, "*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 or a week or a month ago. We are without defense against the first drink.*" BB p24:6-12

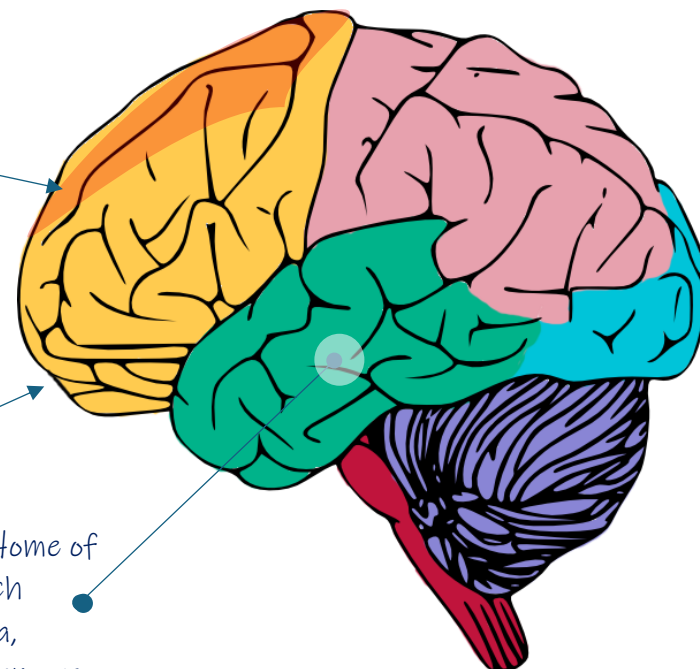
So, as we progress, we will see how the Steps provide that defence. How these Principles have worked so well even while dealing with a seemingly hopeless state of mind and body. It's also amazing to glimpse God's hand in all of this. The Big Book, written in 1939, remains true, and proof of the fact that when we straighten out spiritually — we get better mentally and physically. We now understand how the simple idea of repetition, combined with the Principles contained in the steps have made it possible for millions to live happily and usefully with the 3-fold disease of alcoholism.

The Spiritual Brain.

A smoother, thicker cortex that develops with regular spiritual action.

Prefrontal Cortex.
(The thinking-mind.)
Home of the Self and Reason.

The Temporal Lobe. Home of the Middle Brain, which contains the Amygdala, Thelmas, and Hippo Campus.



NOTE: When the middle brain is put into survival mode, it will take the frontal cortex (consciousness) right offline. Your conscious mind is impaired.

Alcohol — ic

Ethanol and water

impaired Consciousness

So, in Step 1 part 2, we admitted our lives had become unmanageable, which is the first requirement in recovery. Do you find yourself irritable, restless, and confused without any apparent reason? Do you make choices that you know are wrong, but at time you just can't reason it out. Do you find yourself in conflict with other people in places like traffic or your home? If you are like us, you can say yes to all of those questions. That is what we mean by unmanageable, we do things we don't want to do and don't do the things we want to do. Welcome to AA.



ACTION: Write a paragraph on your unmanageability — sober.

STEP

2

(BB p46:15-33) (BB p47:1-13)

Came to believe that a Power greater than ourselves

(BB p45:9-25) (BB p55:9-15)

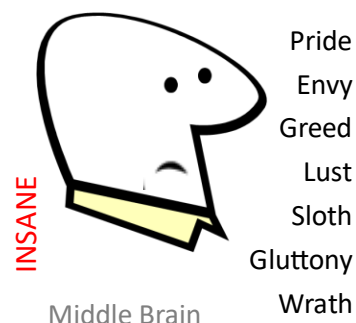
could restore us to sanity.

(BB p56:31-33) to (BB p57:19-23) *

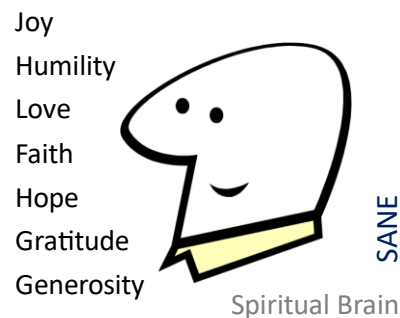
If I Can't Trust My Brain. What Now?

Now we get to make a choice: God is, or He isn't. And that choice is made many, many times in any given day. I ask for help — or I don't, and it all happens in a nanosecond. Therefore, the book says, *"The proper use of my will is to ask for God's will"* (BB p85:22-23). When I make the wrong choice, I'm right back to **self**-will run riot, which brings out all the Children of the Ego and I am driven by Fear. In Step 2, I come to believe in a Power greater than Alcohol, a power that is greater than Fear. It is the opposite of Fear — It is Love. In the diagram below, we see that the children of the ego let me know when I'm on or off the beam.

FEAR CHILDREN of the EGO



LOVE CHILDREN of the SPIRIT



God is nothing – I am asleep
There is no life apart from God
but there is existence apart
from God.

God is everything – I am awake
I can't change the reality of my
being, but I can change my
experience in reality.

Again, why do we need a spiritual solution? "The alcoholic, at certain times, has no effective mental defense against the first drink. Except in a few rare cases, neither he nor any other human being can provide such a defense. His defense must come from a Higher Power." (BB p43:15-33). *Remember: The middle brain can dial down the thinking brain when it is alarmed, and then we are running on basic instincts.*

STEP

3

(BB p62:26-33)

Made a decision to turn our will and our lives

Relationships
Politics
Career
Etc.

(BB p13:21-28)

over to care of God *as we understood Him*

(BB p13:6-13)

(BB p46:21-33)

“Being convinced, we were at Step Three, which is that we decided to turn our will and our life over to God as we understood Him.” (BB p60:22-25)

We aren’t running the show anymore. I may have quit drinking alcohol, but now I must have the psychic change (personality change) required for emotional sobriety. I heard Bill say on a tape that when he woke up in the Charles Towns Hospital after his spiritual experience that, “Nothing had changed, and everything was different.” What was different? I suspect that it was his source of power, which made him a different man.

Bill had found a Power he trusted. But for us, trust can be a huge challenge, especially for those who feel ‘let down’ by the God of their religion. This is what makes Step 3 difficult — because it isn’t just a decision to turn our will and life over to God — it’s a decision to make God our boss, in all things! The instructions are clear, “The first requirement: we had to quit playing God” (BB p62:26-27). I once saw a bumper sticker that said it perfectly.

“If God is your co-pilot — change seats!”



ACTION 1: Make a list of the attributes you will need ‘God’ to have before you will trust Him as your Higher Power. Take out your notebook and write a minimum of 7 words to describe your God. These words must depict ‘the God of your understanding ‘whom you trust and confide in.

Examples: Loving > Intelligent > Principled > Forgiving > Fun

A trusted friend that you are comfortable to ask for help and direction. But it takes even more: Believing will not work without action; there is an old AA saying, “You can’t think your way into proper actions — you must act your way into proper thinking.” Faith without works is dead. So, why do we continue to resist? Answer: We hold on to old ideas. The AA way out of our middle brain fear response, is through a spiritual connection. *Only the Spiritual Brain can help — because it can turn the Pre frontal Cortex back on! So, this is the biggest decision we’ll make.*

“... we often found ourselves handicapped by obstinacy, sensitiveness, and unreasoning prejudice.” (BB p48:1-2)

Step 3 is the ‘Keystone’ of the Arch we are passing through to freedom. This is the most important decision of your new life because it allows you to stop playing God. (BB p60:14 - 33) However, even when we are convinced and begin our new way of life – we may fall back. Why?

Remember the **Periodic Table of Elements** from School? It was a list of every element that can be combined to create life on earth. Perhaps our ego works in a similar way. The different ego elements, which can be positive or negative, can be organized in different ways. This is why we say, ‘the ego can rebuild itself.’ And in different ways.

Alcoholics Anonymous is NOT like a self-help program. It is a Higher-Powered program. It’s good to know about the various minds, and how the ego rebuilds, but just how do we stick to the Step 3 decision? How do we use the Spiritual Brain? Ancient mystic teachers had an effective formula for this kind of change, and it works very well in AA — it is about forming a new character through habit. ¹ Repetition is the mother of all learning. It means that once we learn a Principle, we have to practice it until it is a habit; until it is a part of our character. It also means we have to let go of ‘everything’ that stands in the way of our conscious contact with God. So, let’s talk about surrender.

Periodic Table of Ego Elements

	What you do
	What you own
	Social Status
	Education
	Appearance
	Ability /Talents
	Relationships
	Personal History
	Belief Systems
	Politics
	Nationalism
	Recognition
	Religion
	Other Collective IDs

¹ Thought > Word > Action > Habit > Character > Destiny

ACTION 2: What thoughts, words, and actions (habits) are you currently unwilling to surrender to the ‘care’ of God? Take a paper and draw three lines; in the first column write an area of your life that you find yourself unwilling to surrender; in the next column write why you won’t release this area; in the third column write what God would have you ‘be’. Below is an example. Your areas of concern may be vastly different from this list

Stuff I won't surrender	Why am I hanging on to this?	What would God have me be?
My Job	I want control I have \$\$ concerns I will look like a nut	trusting, grateful, patient
My Temper	I want control It relaxes me I like swearing	kind, humble, loving
Relationships	I want control Fear of being hurt Fear of responsibility	do unto others .. trustworthy, honest

Note: When I am clear on what God would have me ‘be’ — I know what to ‘do.’ Remember, we are willing to go to any lengths to stay recovered.

ACTION 3: We do the 3rd Step prayer with somebody. (BB p63:13-20) Why? Because we are finally willing to be accountable to a Power Greater than Ourselves — this is a spoken commitment to change those old habits, including our false pride. We never apologize for trusting God. Let’s do the prayer together with another person as soon as is possible.

“Though our decision (Step 3) 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.” (BB p64:1-7)

STEP 4

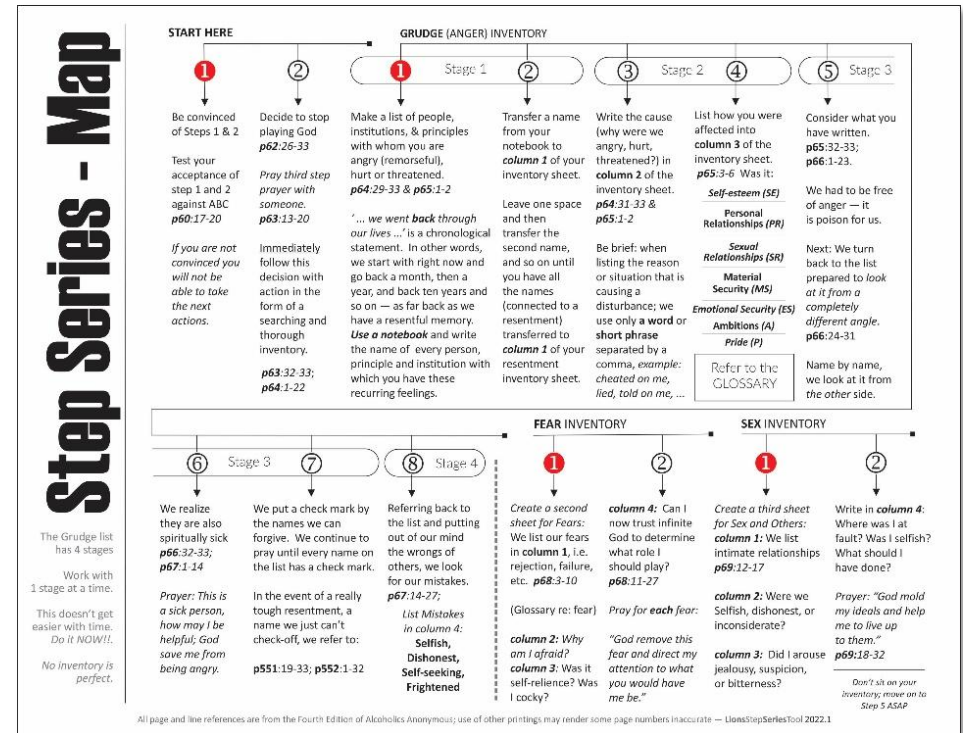
(BB p64:8 -22)

(BB p64:23-33) to (BB p65:1-2)

Made a searching and fearless moral inventory of ourselves

My inner rules of right conduct.

Step 4 is a process. It requires us to take it ‘one step at a time’ — or it just gets overwhelming. The Step Series Map is a picture of this process — each step of the process is taken right from the book.



ACTION: Note: we begin by confirming we have a solid Step Three. It really matters. All good? Let's get started! Follow the map and remember that each section of the inventory has its own ruler. Using the rulers will jog your memory and ensure that you get the most out of each name on your list.

Red Circles = Start of Category

Note: Before you create the grudge list: write the names of people, principles, and institutions, one after the other, into a notebook. There are two valuable benefits:

1. Just writing a name without getting into the 'story' means we won't get stuck on any upsetting stories. The names will often just flow.
2. You can take that notebook with you anywhere. Take it out and just jot down a name as it comes to mind. We are often amazed at how a name will just pop into our heads and then disappear almost immediately.

Step Series - Map

The Grudge list has 4 stages

Work with 1 stage at a time.

This doesn't get easier with time. Do it NOW!!.

No inventory is perfect.

START HERE

1

Be convinced of Steps 1 & 2

Test your acceptance of step 1 and 2 against ABC
p60:17-20

If you are not convinced you will not be able to take the next actions.

2

Decide to stop playing God
p62:26-33

Pray third step prayer with someone.
p63:13-20

Immediately follow this decision with action in the form of a searching and thorough inventory.

p63:32-33;
p64:1-22

GRUDGE (ANGER) INVENTORY

1

Stage 1

Make a list of people, institutions, & principles with whom you are angry (remorseful), hurt or threatened.
p64:29-33 & p65:1-2

'... we went **back** through our lives ...' is a chronological statement. In other words, we start with right now and go back a month, then a year, and back ten years and so on — as far back as we have a resentful memory. **Use a notebook** and write the name of every person, principle and institution with which you have these recurring feelings.

2

Transfer a name from your notebook to **column 1** of your inventory sheet.

Leave one space and then transfer the second name, and so on until you have all the names (connected to a resentment) transferred to **column 1** of your resentment inventory sheet.

3

Stage 2

Write the cause (why were we angry, hurt, threatened?) in **column 2** of the inventory sheet.
p64:31-33 & p65:1-2

Be brief: when listing the reason or situation that is causing a disturbance; we use only a **word** or **short phrase** separated by a comma, *example: cheated on me, lied, told on me, ...*

4

List how you were affected into **column 3** of the inventory sheet.
p65:3-6 Was it:

Self-esteem (SE)

Personal Relationships (PR)

Sexual Relationships (SR)

Material Security (MS)

Emotional Security (ES)

Ambitions (A)

Pride (P)

Refer to the GLOSSARY

5

Stage 3

Consider what you have written.
p65:32-33;
p66:1-23.

We had to be free of anger — it is poison for us.

Next: We turn back to the list prepared to look at it from a completely different angle.
p66:24-31

Name by name, we look at it from the other side.

6

Stage 3

We realize they are also spiritually sick
p66:32-33;
p67:1-14

Prayer: This is a sick person, how may I be helpful; God save me from being angry.

7

We put a check mark by the names we can forgive. We continue to pray until every name on the list has a check mark.

In the event of a really tough resentment, a name we just can't check-off, we refer to:
p551:19-33; p552:1-32

8

Stage 4

Referring back to the list and putting out of our mind the wrongs of others, we look for our mistakes.
p67:14-27;

List Mistakes in column 4:
Selfish,
Dishonest,
Self-seeking,
Frightened

FEAR INVENTORY

1

Create a second sheet for Fears: We list our fears in **column 1**, i.e. rejection, failure, etc. **p68:3-10**

(Glossary re: fear)
column 2: Why am I afraid?
column 3: Was it self-reliance? Was I cocky?

2

column 4: Can I now trust infinite God to determine what role I should play?
p68:11-27

Pray for each fear:
"God remove this fear and direct my attention to what you would have me be."

SEX INVENTORY

1

Create a third sheet for Sex and Others: **column 1:** We list intimate relationships
p69:12-17

column 2: Were we Selfish, dishonest, or inconsiderate?

column 3: Did I arouse jealousy, suspicion, or bitterness?

2

Write in **column 4:** Where was I at fault? Was I selfish? What should I have done?

Prayer: "God mold my ideals and help me to live up to them."
p69:18-32

Don't sit on your inventory; move on to Step 5 ASAP

All page and line references are from the Fourth Edition of Alcoholics Anonymous; use of other printings may render some page numbers inaccurate — LionsStepSeriesTool 2022.1

THE DIFFERENT INVENTORY SHEETS

USING THE TOOLS

Use the rulers to keep yourself on track. You'll find detailed instructions on the Step Series Map, but the thing that might not be so apparent is the fact that you move the ruler down the page as you write. In other words, the ruler is meant to refresh your memory for each category and for each name, one name at a time. **Tip:** We are not writing a novel—keep it brief.

IMPORTANT: The inventory will never be perfect, so don't procrastinate until you can 'do it right'. The book says, *"Therefore, we started upon a personal inventory. This was Step Four. A business which has no **regular inventory** usually goes broke. Taking a commercial inventory is a fact-finding and a fact-facing process."* (BB p64:8-11) **Regular inventory** means you can do this work many times over your lifetime in AA, so don't sweat getting it 'perfect' the first or even thirtieth time.

ACTION: Start your inventory and make an appointment to do Step 5.

GRUDGE INVENTORY			
1	2	3	4
Mary	cheated, lied, stole, gossips, told my boss about my drinking, crashed car	SE, PR, SR, MS, ES, A, P	SS, F
Don	abandoned me, lied, cheated on mom,	SE, PR, MS,	SE, D

GRUDGE	1	2	3	4
	I resent	Cause — anger (remorse), hurt, threat	Affected my: Self-esteem Personal Relationships Sexual Relationships Material Security Emotional Security Ambitions Life	The Exact Nature of My Wrongs: Disrespect Selfishness Frightening
Revenue Canada		contacted my employer, greedy, unreasonable, cruel, uncaring		

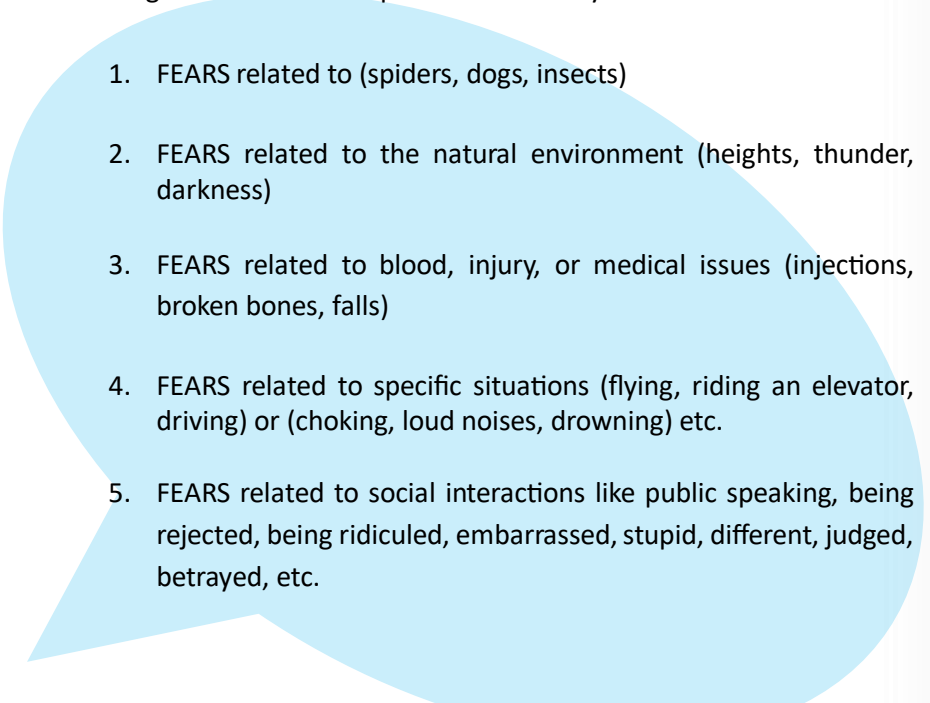
FEARS INVENTORY			
1	2	3	4
My fears	Why am I afraid?	Did self-reliance fail me? Was I cocky; if so did it make matters worse?	What role would God have me play? Can I rely on God?
Success	I don't want responsibility. My family would be asking for things	I have totally relied on my self and it has failed me. I always quit. Cockiness made things worse	God wants me to ask for direction and help. I can rely on Him.

SEX INVENTORY				
SEX	1	2	3	4
	My Sex Relationships	Selfish Dishonest Inconsiderate Hurtful (who)	Did I Unjustifiably arouse: Jealousy Suspicion Bitterness IN THEM / IN ME IN THEM / IN ME IN THEM / IN ME	Where was I at fault? Was I selfish, What should I have done?
Clair	S, D, I, H I hurt us both	I purposely created jealousy and bitterness. I wanted to make her suffer and want me.		I started the whole thing. I was selfish and should have left her alone. I really didn't care about her.
Girls at the Bar	S, D, I, H I was looking for attention	I caused a lot of jealousy for the people around these girls.		I didn't care about their feelings. I just used people. Should of gone home to girlfriend.

FEAR INVENTORY — Insight: we finally understand that living by self-will actually create FEAR. We have used ‘self’ reliance instead of God.

Our animal instincts are out of control — overstated: we demand safety, respect; understanding. We are then driven by a hundred forms of fear and self-seeking. The result is that we try to control others (and everything) to just ‘feel’ safe. We may attack others who appear to threaten what we think we need — we step on the toes of our fellows, and they retaliate, even when our motives are good.

So, getting an inventory of these fears will place all of this into the sunlight (Sunlight is the best disinfectant.) We decide to trust God not a finite and fearful self. We decide to live each day with only that day’s challenges. Here are some possible fears for your list:

- 
1. FEARS related to (spiders, dogs, insects)
 2. FEARS related to the natural environment (heights, thunder, darkness)
 3. FEARS related to blood, injury, or medical issues (injections, broken bones, falls)
 4. FEARS related to specific situations (flying, riding an elevator, driving) or (choking, loud noises, drowning) etc.
 5. FEARS related to social interactions like public speaking, being rejected, being ridiculed, embarrassed, stupid, different, judged, betrayed, etc.

Once you have listed your fears, you can take the Fear Ruler and complete the columns. ASK: Why do I have these fears? What has self-reliance done for me so far? Remember to use the FEAR ruler to stay on track.

SEX INVENTORY AND OTHER PEOPLE — REFERENCE

Seems a strange combination of words: personal relationships including sex (BB p64:33 BB p65:1) However, there are intimate relationship for a human being to experience beyond sex. Personal relationships are a potential problem for all of us. Many of us just ‘stuffed’ feelings down.

We reviewed our own conduct in a new and better way. Self-disgust and condemnation must give way to forgiveness. Where had we been selfish, dishonest, and inconsiderate? We realized that AA and Step 4 can help us get to the root of our actions (or inactions). Many of us saw that we used jealousy, suspicion, and bitterness as a means of manipulation. We finally understood that we were slaves to a variety of old ideas.

The Sex Inventory in Step 4 helps us to really accept that our “... sex powers were God-given and therefore good, neither to be used lightly or selfishly, nor to be despised and loathed.” (BB p69:22-24) This is not about judging ours or anyone else’s sex conduct, remember we all have different moral codes. It is in this Step we seek God, to show us who we are and what He would have us be. We are trying to shape a sane idea around this part of lives going forward.

We do not fall into the trap of making this a dirty-deeds list or a showcase about our libido. Far too many people fear Step 4 due to these false ideas and what might be revealed. While this Step does contain a list of the people we have been (or have imagined being) physically intimate with, these names are really a symbol of our problem with personal relationships. When getting real with our past, we can see that we may owe many amends; however, we must also remember that these ‘amends’ are to be identified in Step 8, with the help of our Sponsor or Spiritual Advisor. This stage of our program is about getting this out of our heads and down on paper. Remember, this is only an inventory; we must feel safe before we are searching and fearless in this area. We treat sex as we would any other problem, we inventory our behavior and once understood we can pray and meditate for a better ideal.

Step 4 is a thorough inventory. Page 66 says, “Sometimes it was remorse and then we were sore at ourselves.” Yes, we will see why we are disappointed or disgusted with our past behavior! A thorough and searching inventory reveals how willing you are to accept God’s forgiveness.

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ALCOHOLICS ANONYMOUS

persons is often desirable, but we let God be the final judge. We realize that some people are as fanatical about sex as others are loose. We avoid hysterical thinking or advice.

Suppose we fall short of the chosen ideal and stumble? Does this mean we are going to get drunk? Some people tell us so. But this is only a half-truth. It depends on us and on our motives. If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson. If we are not sorry, and our conduct continues to harm others, we are quite sure to drink. We are not theorizing. These are facts out of our experience.

To sum up about sex: We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing. If sex is very troublesome, we throw ourselves the harder into helping others. We think of their needs and work for them. This takes us out of ourselves. It quiets the imperious urge, when to yield would mean heartache.

If we have been thorough about our personal inventory, we have written down a lot. We have listed and analyzed our resentments. We have begun to comprehend their futility and their fatality. We have commenced to see their terrible destructiveness. We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people. We have listed the people we have hurt by our conduct, and are willing to straighten out the past if we can.

In this book you read again and again that faith did

Congratulations! When you have finished all three stages of the 4th step: Grudge, Fear, and Personal Relationships including Sex; you have the foundation of something very powerful. You have the key to a new freedom and joy.

PAGE
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ALCOHOLICS ANONYMOUS 4TH EDITION

You may feel like you want to rest, but this is the time to hit the gas. The next Step is the action required to unlock the door and escape from the self-imposed prison called self. This only requires willingness and honesty. It's finally time to talk. This is your opportunity to rewire your brain to create lasting change.

WARNING: Perfection can be the enemy of progress.

STEP

5

(BB p73:33) to (BB p74:2-13) (BB p75:3-10)

(BB p72:21-33) to (BB p73:1-10)

Admitted to God, to ourselves, and to another human being

(BB p73:11-15)

the exact nature of our wrongs

(BB p67:15-25)

Step 5 is where we stop living a double life. (BB p75:11-15) We find someone to discuss our lives with; someone we trust to keep our discussion private. It may be the first time we have spoken some of this out loud to ourselves, never mind to God and to another person. Given the very root of our problem is 'selfishness' (BB p62:6-13), it makes a great deal of sense to break our silence; to reveal our 'secrets'. A good Step 5 also produces several promises. We find 7 of them on page 75, (BB p75:15-21) which is why we call it:

THE 775

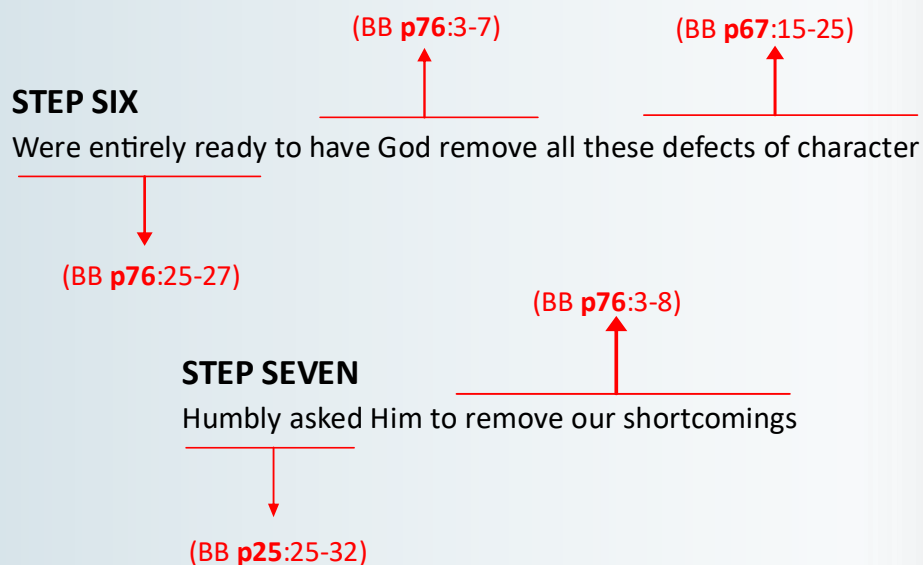
1. We can look the world in the eye.
2. We can be alone at perfect peace and ease.
3. Our fears fall from us.
4. We begin to feel the nearness of our Creator.
5. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience.
6. The feeling that the drink problem has disappeared will often come strongly.
7. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.

My results will vary according to how honest I am — and my willingness to let go of my old ideas. The results can be amazing.

Next, we move on to what we've nicknamed, **Step 5.5** (BB p75:22-33). It isn't really Step 5 and it isn't Step 6. It's a pause, a review: Did you use enough cement (e.g. Listening and sharing. Going to meetings.) Have you done the Steps in order and to the best of your ability? Only then can you move to where the real Power is accessed. Only then are you 'entirely' ready.

STEP	STEP	STEP
5	6	7

A newcomer once quipped that Steps 5, 6 & 7 are, “Like you do one Step, and you get the other two for free.” It is a bit like that because the end of Step 5 is about getting ready for Step 6, and Step 6 is about the actual willingness to do Step 7. Each step flows into the next.



STEPS SIX AND SEVEN

My AA mentor Tommy G used to say, “Step 6 should read, Entirely ready to have God remove my obsession with myself”. I think that is true, but I am not asking to ‘get rid’ of my ego — I want to deflate my ego; to stop thinking about ‘me’ and what will happen to me all the time. And here we depart from psychology: I am getting ready (and willing) to let go of the anger that has been killing me; to become motivated by love; *to surrender to God and then take the right actions to remove these defects* via Steps 6 & 7.

So, I have reviewed my work to this point (Step 5.5) to make certain I have a solid foundation (BB p75:22-33). Am I willing to have these defects taken? But remember, this is not a self-help program: we are not making a list of things to ‘work on’ or developing ways to improve our looks and our personality (ego elements). No, this is about building character. So, if we agree that principled habits are the things that form our character, it follows that in Step 6, we are asking God to make us willing to have this list of bad habits removed (by God). How does that work? When I live by the Principles of AA, I develop new habits and a new character. This takes time and practice, so just remember — this step is only me asking to be ‘willing’ to let the ego and resentment stuff go. Am I now ready to let God and the AA principles go to work.



ACTION: Do your Step 7 — which is really a prayer:

“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding.” (BB p76:8-14)

AA’s friend, Emmett Fox said, “Every good prayer ends in an action”. Next, we put willingness into REALITY by thoughtfully preparing a list of potential amends.

STEP 8

(BB p82:24-33)

Made a list of all persons we had harmed, and

became willing to make amends* to them all.

(BB p76:2-8) (BB p76:24-27)

(BB p77:11-14) (BB p77:29-33) ... (BB p78:1-4)

“Usually, however, other people are involved. Therefore, we are not to be the hasty and foolish martyr who would needlessly sacrifice others to save himself from the alcoholic pit.” (BB p79:14-17)

Step 8 is important for a couple of reasons. First, it is only a list, and that list is totally changeable. It means that you aren’t asked to jump into the deep end of the pool. You’re getting ready for a Step 9. And second, it is the ‘pause’ we are learning in AA — the ‘space’ before taking an action. You can take a few breaths before going into the deep end with Step 9.

The names on your Step 8 may come, as it suggests in the Big Book, from your Step 4 inventory. But experience has shown that we have also harmed people with whom we have no resentment. Perhaps we did not acknowledge someone at an especially important time because we were distracted or inconsiderate. The point is that while you can glean names from Step 4, there are other things you will want to amend because it is the right thing to do — because we want to grow spiritually.



ACTION: Take your notebook and transfer selected Step 4 names to a separate Step 8 names list page. Next, ask your Higher Power to help you remember the name of anyone you might owe an amend, e.g. If you flipped out at Safeway and really gave it to a cashier, you might not know that person’s name and yet you owe an amend. So just put the name on the list as that cashier at Safeway. There are usually a few of these. Next, put the names on that list into one of three categories:

1. Amends I can make right now.
2. Amends I will make as soon as possible (ASAP)
3. Amends that I don’t think I can ever make.

You will meet with your sponsor to review this list. You can run each amend past your advisor to be sure that you are in the right spiritual condition to act upon it or to acknowledge that it will just cause more harm.

* Amend: 1. To remove or correct faults in, rectify. 2. To grow or become better by reforming oneself.

STEP 9

(BB p76:20-27)

Made direct amends to such people wherever

(BB p76:17-19)

possible, except when to do so would injure them or others.

(BB p80:1-5)

“Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves.” (BB p76:20-24)

I only know two kinds of alcoholics: Those who will NEVER apologize, and those who say I’M SORRY all the time — different sides of the same coin. But here is the strange part, both groups may have trouble doing Step 9. In our experience, if there is any step that causes universal procrastination — it is Step 9. NOTE: You risk emotional recovery if you delay. So, we take getting Step 9 done very seriously and that requires some accountability.

ACTION: Do Step 9 and follow these strong suggestions:

1. Review the script of what you will say to each person on your list as discussed in Step 8.
2. Place the DO IMMEDIATELY and ASAP (as soon as possible) names onto a calendar.
3. Copy the calendar and give it to your Step sponsor. Become accountable to get this finished. It is a living document so, of course, some dates and places will change.
4. Ask your God for protection and guidance.
5. Do one amend at a time. BE FOCUSED. Don’t even consider that more amends will follow the one you are doing.
6. Avoid argument and retaliation. Words like ‘I’m sorry’ are too often followed by the word ‘but’. **Here’s a better way:** After telling the person what you are doing, and why — say what you did, where you were wrong and then explain what you can do to amend it. The person may or may not agree. Before you leave, ask, “Is there anything I missed that I owe you an amends over?”

Note: We are not asking for forgiveness. We are cleaning our up our mess. If we are serious, our reward is great: (BBp83:29-33) to (BBp84:1-15)

STEP

10

(BB p84:23-29)

Continued to take personal inventory

Definition: Done, performed, delivered, at once

and when we were wrong promptly admitted it.

(BB p86:13-16)

“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.” (BB p84:20-24)

If Step 1 separates the living from the dead, Step 10 separates the emotionally sober from the dry drunks. It is exceedingly difficult to grow spiritually if we aren’t keeping an eye on our day-to-day actions and reactions — it is so easy to drift. Certainly, we will fall short, so we ask God to give us what we need to be better. Remain constructive.



ACTION: Use the Step 10 ruler as a guide to stay on track: avoid slipping into worry, fear, or morbid thought. Each day see what your actions have brought about; make amends if needed; use the information as the basis of what you can improve in the following 24 hours (Step 11 plan). After all, ‘the world of the spirit’ is right now, in this moment, this day; this is the 4th dimension of living! Suggestion: *When you start, it is a good idea to text your 10 & 11 to your sponsor for review & input.*



The Step 10 Ruler (Bookmark)

This tool is for our daily spot check. Use it to remember each area as you need it. (Have your ruler laminated so that it can be used as a bookmark and so that it will last.)

After the Review: I must remember that I am no longer running the show. I will have lessons. I can be grateful for them too. I ask my Higher Power what corrective measures I should take.

STEP

11

(BB p87:10-19)

Sought through prayer and meditation to improve our

(BB p87:3-9)

conscious contact with God *as we understood Him*,

(BB p85:13-23)

praying only for knowledge of His will for us

(BB p130:7-18)

and the power to carry that out

“We shouldn’t be shy on this matter of prayer. Better men (and women) than we are using it constantly. It works if we have the proper attitude and work at it.”
(BB p85:32-33) to (BB p86:1-2)

Looking back, Step 1 was clear for me: I am Powerless. I surrendered to that idea — but trusting a God? I’ve done Steps 3 to 10 to become open to my new source of power — asking for direction and intuition so I can consciously navigate in this unpredictable world without going crazy, sober. Now, Step 11 becomes the blueprint for each day. Why? If you can’t predict the future — create it! Plan ahead, but don’t live in any expectation. I can pray for things and for help, just not for selfish things.



Action: Take out the Step 11 Ruler. Do the prayer. Now, take a pencil and paper (Day Timer® or whatever) and map out your day. For clarity, I break my plan into 5 areas — **Attitude • Health • Family • Fellowship • Finances**. I plan an action for each area. When I get stuck or worried (and I usually do), I pray for an intuitive idea or right action as Step 11 suggests. Set it up as you wish. Keep it brief and make it easy to repeat daily. Bonus: Now you have something you can check your Step 10 results against, i.e. If I said I would call one of my kids, did I actually do it?



The Step 11 Ruler — Bookmark

A clear-cut guide to starting the day, facing indecision, meditation, and keeping ourselves free from fear and anxiety: The biggest obstacle to success with Step 11 is doing it — habitually.

As you go through the day: **P.A.R**
(BB P87:31-33 to BB p88:21-33)

PAUSE: when agitated or doubtful

ASK: for the right thought or action

REMEMBER: We are no longer running the show

STEP 10

Constructive Review:

Was I resentful
(selfish/inconsiderate,
dishonest, frightened)?

Was I kind and loving
towards ALL?

Do I owe an apology/amend?

Was I thinking of myself
most of the time?

What could I have done better?

Did I think of:

What I could do for others?

What I could pack in the
mainstream of life?

Did I keep something to myself
that I should have shared
with another person at once?

Have I drifted into:

Worry?

Remorse
(mad at myself)?

Morbid Reflection
(thinking only negative)?

After the Review:

Ask for God's forgiveness and
ask what corrective measures
should be taken.

Excerpted from Alcoholics Anonymous BBp86:5-18

Step 10 for Monday,
September 7, 20xx

I was selfish – I didn't really
care what the others got at
the meeting today. I wanted it
my way. I was also frightened.

No. I was not kind to Bob Smith

Yes. I will make amends for my
behavior asap.

About 80% of the time was
about me today.

I could have listened. I could
have practiced the program
with 'Understanding' rather
than needing to be heard and
respected.

*I did think of my kids and my
parents* today. Mostly about me
today.

*I didn't think about what I
would give.*

I didn't phone Larry to tell him
about the fine I got yesterday

Yes I drifted into Worry and
Remorse.

STEP 11

To Begin:

Ask God to direct your thinking
as you consider your plans for
today; especially asking that
it be divorced from:
self-pity, dishonest or
self-seeking motives.

Facing Indecision:

Don't Struggle

Relax - take it easy

*Ask God for inspiration an
intuitive thought or decision*

Rely on that inspiration

◀ Suggestions (Author's suggestions)

If circumstances warrant: ask your
spouse or friend to join in meditation.

Meditation:

Pray to be shown all
through the day
what your next
step is to be.

Pray to be given
whatever you need
to take care of such
problems.

Ask to help others.

As you go through the day:

PAUSE: when agitated or doubtful

ASK: for the right thought or action

REMEMBER: You are no longer
running the show. Say, "*Thy will be
done*" to avoid: fear, anxiety, anger,
worry, self-pity and foolish decisions.

DAY PLAN CATEGORY SUGGESTIONS: ATTITUDE | HEALTH | FAMILY | FELLOWSHIP | FINANCES

Excerpted from Alcoholics Anonymous BBp86:19-33

Step 11 for Tuesday,
September 8, 20xx

Attitude: Today I will
be open and Giving.

Health: I will walk 45
minutes today and only
eat 3 meals; NO junk
food today.

Family: I will call Paul
today. I will not judge
him. I will listen and
cheerlead!

Fellowship: I will make
AA calls today; and I
have my home group
tonight.

Finances: I will pay the
cable bill today. I will
not spend money I don't
have on anything. Money
isn't my God. It can not
save me from self.

STEP 12

(BB p567:4-33) — (BB p568:14-33)

Having had a spiritual awakening as the result of these steps,

(BB p89:8-14)

we tried to carry this message to alcoholics,

(BB p60:8-11)

and practice these principles in all of our affairs

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics!”
(BB p89:8-12)

Bill had a spiritual experience in the Charles Towns Hospital. He was there because he had to detox (go through withdrawal) to regain his physical health. When you read Bill’s Story, Chapter 1 in the Big Book, you might not get all the information at first. For example, Bill had been there unsuccessfully a couple of times before. Dr. Silkworth didn’t know that Ebby had carried a powerful message to Bill — a message that included the Oxford Group tenant of ‘Absolute Unselfishness’, which meant that as soon as Bill recovered, he would be compelled to help others. This is the seed of Step 12. Note: Bill tries and fails many times, until he carries his message to Dr. Bob.



Action: Bill had a spiritual experience as the result of doing the steps — read Bill’s story to acknowledge where and how he completed each of the Steps before they were named the Twelve Steps.

Dr. Silkworth writes in a letter, which appears as ‘The Doctor’s Opinion’, *“In the course of his third treatment he acquired certain ideas concerning a possible means of recovery. As part of his rehabilitation, he commenced to present his conceptions to other alcoholics, impressing upon them that they must do likewise with still others. This has become the basis of a rapidly growing fellowship of these men and their families. This man and over one hundred others appear to have recovered.”* BB pXXV:22-29

Everyday Action: Carry the message.

Take someone through a full set of steps — don’t miss the joy of watching a person recover. TIP: Never 12 step alone — it can be dangerous. And finally, don’t take too seriously the worry for AA’s future. IF you are using the Big Book to carry the message to others, AA will be fine BECAUSE we doing our God’s work.

LIONS STEP SERIES

6.1

Thank you for participating in the Lions Step Series.
Please feel welcome to use the Sessions and tools online:

www.lionsstepseries.xyz