

Step Series - Map

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 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

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.

GRUDGE

1

anger / remorse /
hurt / threat
I resent

2

Cause — Condition

3

Affected my:

Self-esteem
Personal Relationships
Sexual Relationships
Material Security
Emotional Security
Ambitions
Pride


4

The Exact Nature
of My Wrongs:

Selfish
Dishonest
Self-seeking
Frightened

Prayer for **each** name :
“This is a sick person,
how may I be helpful;
God save me from being angry.”

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**

cut here 

FEAR

1

My fears

2

Why am I afraid?


3

Did self-reliance fail me? Was I cocky;
if so did it make matters worse?

4

What role would God have me
play? Can I rely on God?

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

cut here 

Personal Relationships Including

SEX

1

My Personal &
Sex Relationships

2

Selfish
Dishonest
Inconsiderate
Hurtful

3

Did I Unjustifiably arouse:

Jealousy	Suspicion	Bitterness
IN THEM / IN ME	IN THEM / IN ME	IN THEM / IN ME

4

Where was I at fault? Was I selfish/inconsiderate?
What should I have done?

Prayer:
“God mold my
ideals and help me
to live up to them.”

This sheet contains two popular Line Counter sizes — the regular size will work with the 4th Edition of the Big Book. The smaller size is for the Abridged Edition.

TO USE: Cut each tool from the sheet leaving a small margin around the tool

Blue dotted lines are suggested clip line borders.

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Line Counter

NOTE: It is a good idea to laminate the trimmed rulers for longevity and to keep them clean.
These rulers will not work with the 12 X 12, which is typeset with different line spacing.

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Line Counter

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 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)

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