

Al Kohallek Goes On A Forty-Day Serendipity Journey

DAY 5 - Today is _____

When you start your daily practice you may ask your Higher Power – “Cause me to have all the honesty, willingness and open-mindedness I may need here and now. I ask, for the guidance, love and wisdom that I need to work through this process and gain the most I can at this time. I am as willing as I can be to set aside everything I even think I know about this area, this way of life so that my chances for an open-mind and to be teachable are better so that I may realize Your Three Spiritual Gifts: Awakening to You, to be the love I am and to be the individual You created me as. Thank You.”

INDEX FOR THIS DAY ACTION

1. Workbook Reading assignment for Step One begins on page 26. Underline those things that were most useful for you and/or caused you to have questions. Write them down.
2. Workbook assignment is working the Step One Questions page 26. Write out your response to these questions.
3. Today’s reading assignment from the Twelve Steps and Twelve Traditions (The Chapter Step One pages 21-24) Average reading time is 7 minutes. Underline those things that were most useful for you and/or caused you to have questions.
4. List the most important ideas you can relate to or identify with as a result of today’s reading; Step One from the Twelve Steps and Twelve Traditions. How do these ideas directly relate to the area you are currently working this Forty Day Commitment? Give examples.

Today’s Mission Statement: Reading Step One in the Twelve Steps and Twelve Traditions will give us a better overview of Step one, as you respond to the Step One questions starting on page 30. These questions will contrast back and forth from what we could gain by having this area changed, healed, or transformed and what it will cost us if we do not change. At the end of these questions we are most likely to be able to realize the fact that if we could have changed by our self we would not be doing this 40-day Commitment.

Al: My sponsor had pointed out to me that I must admit my powerless over my limited personal “reality” and that my life had become unmanageable if I were going to be able to realize this way of life. My personal “reality” had failed me over and over again. My “reality” has a lot of limiting, useless, even harmful habits of thoughts and feelings. These often give me the illusion that my Higher Power is not always present, nor do I seem to want Him to be at times. I could not experience the fullness of love, and I feared that I did not have any real individual purpose or meaning. I am now willing to commit to this process, the best I can and leave the results to the Boss.

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STEP ONE - (HONESTY)

WE ADMITTED WE WERE POWERLESS OVER ALCOHOL - THAT OUR LIVES HAD BECOME UNMANAGEABLE.

This program is designed to remove obstructions and create an environment where the natural healing, wholeness, and awakening can take place. The principles that cause the healing are found in the process of doing and living these suggestions. Action is the magic word.

This process of healing begins the same way in any area of our life to which we may choose to apply it. It begins with the realization that we are powerless to change, alone and unaided. The mind set that made us sick will not, cannot make us well. We must want a change in our life, not just need it, or we will not go to any length to get it. Many of us have been around the program for some time and at the first sign of a problem, we want to jump into an inventory. We are suggesting that anytime we realize we are falling short of the way of life we really want to live in any area, we start at Step One and take the first nine Steps in order. A dentist had a sign in his office, "Only floss those teeth you want to keep". We are saying: only practice this program in the areas of your life that you want to be joyous, happy and free.

It is suggested that you **keep your response to the questions or statements on one important area at a time, for example your drinking problem.** Write that important area in the box at the top of each page to remind yourself of that area. Questions for Step One:

2. Workbook assignment is working the Step One Questions page 26. Write out your response to these questions.

Al: I really need to work this Program on my primary disease, alcoholism and three other areas, my jealousy for one, which I keep drinking and doing insane stuff. I was told long ago that I just could not get along with others, which is so true, so I need to apply this Program on relationships. Then there is my violence. After I talked to Lou-is Pazeniton, my sponsor, I decided to follow his suggestion, that is, first things first, which means I better focus on sobriety first. If I don't stay stopped drinking none of the rest will matter. He assured me that when he first worked the Program he got some healing in those other areas. He reminded me that this Program is based on Spiritual Principles and can be applied to any human condition, which he later did and still does. I can always go back and work the Program focusing on these other areas. In fact he told me the more often we work this Program the more skillful we get.

1. List those things you want changed. Choose one.

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2. What pain or fear do you associate with changing this area?

3. What pleasure are you getting out of not changing?

4. What will it cost you if this does not change?

5. What are the benefits you could gain by having this changed?

6. How has this problem area placed your important relationships in jeopardy? (Example)

7. Have you lost self-respect and/or reputation due to this problem?

8. Has this problem made your home life unhappy?

9. Has this problem caused any type of illness? (Example)

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10. Do you turn to the type of person that enables you to practice this problem or to lower companions that enable you?

11. What part of this problem do your loved ones, friends, family or business associates object to the most?

12. What type of abuse has happened to you and/or others due to this problem? (Example)

13. List examples of what you have done to try to fix, control or change this area in your life?

14. What are the feelings, emotions, and conditions you have tried to alter or control with this problem?

15. At this time ask yourself, "If this is such an important area in my life, why haven't I changed?"

16. Am I now willing to do whatever it takes to have this changed, healed, or transformed?

