

Al Kohallek Goes On A Forty-Day Serendipity Journey

DAY 15 - 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’S ACTION MY PART AND AFFECTS MY LIST BOXES

USING THE LIST BOXES – In principle you are to follow the same procedure for each of the List Boxes. **ACTION (1)** (page 47) is the first part of our Step Four Inventory Format. **a.)** Choose the items from the List Boxes you have complied with or violated. **b.)** Note your frequency choices by marking one of the columns: (R) Rarely – (S) Sometimes – (O) Often – (I) Intense or very Important. **c.)** If your Intense or most Important are not included in the List Boxes add them to the list. Take the next suggested action for each List Boxes after you have identified and noted your frequency choices. *Each of the List Boxes pages is followed by a Supplement sheet for additional space.*

ACTION – After you have completed the My Part List Boxes using **ACTION (1)** follow the same procedure below to complete the next part of this assignment.

- a. In column one write what your part was.
- b. In column two write what you did or did not do as your part. (Start with the ones you marked Intense or very Important.

ACTION – After you have completed the Affects My List Boxes using **ACTION (1)** follow the same procedure below to complete the next part of this assignment.

- c. In column one write which of your instincts was affected.
- d. In column two write how this instinct came into play. (Start with the ones you marked Intense or very Important.)

Al: My sponsor, Lou-is made this My Part thing very simple when he said, “It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us.” (12 and 12 Alcoholics Anonymous reprinted with permission) My Part comes directly from my personal “reality”, (rules, patterns, habits of thoughts and feelings, belief systems). This is the reason we have made such a big deal out of our inventories. Our real change must come by changing our consciousness, that is, the personal “reality” we made up or went along with. Once we accept that our experience is being filtered through our personal “reality” we can then choose to have it changed. Then our Higher Power through this Program can and will, if asked, transform our defects into assets.

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Choose by marking the columns: **(R)** Rarely - **(S)** Sometimes - **(O)** Often - **(I)** Intense/very Important

R	S	O	I	#	MY PART	R	S	O	I	#	MY PART	R	S	O	I	#	MY PART
				1	Anger					9	Lust					17	Saving face
				2	Broken word					10	Negativity					18	Self-pity
				3	Delusion					11	Perfectionism					19	Self-seeking
				4	Fear					12	Playing God					20	Selfishness
				5	Gluttony					13	Poor decision					21	Sloth
				6	Greed					14	Pride					22	Stubborn
				7	Guilt					15	Procrastinate					23	Withdraw
				8	Insecurity					16	Revenge					24	Withhold
MY PART					WHAT I DID OR DID NOT DO AS MY PART. (INTENSE OR VERY IMPORTANT)												
(Example) Withdraw					I would not tell anyone what I was so angry about – I would just withdraw hoping the problem would go away; it never did.												

AFFECTS MY LIST BOXES

Our instincts as all of our Creator's Gifts can be used for our fulfillment or our destruction, our choice.

R	S	O	I	#	SOCIAL INSTINCTS	R	S	O	I	#	SECURITY INSTINCTS	R	S	O	I	#	SEX INSTINCTS
				1	Able to relate					12	Ambitions					23	Abnormal
				2	Acceptance					13	Emotional					24	Abuse
				3	Ambitions					14	Financial					25	Acceptable
				4	Belonging					15	Home					26	God given
				5	Fame					16	Job					27	Hidden
				6	Forgiveness					17	Material					28	Jealousy
				7	Love					18	Power					29	Loving Union
				8	Productive					19	Safety					30	Masturbation
				9	Relationships					20	Spiritual					31	Needy
				10	Respected					21	Trust					32	Normal
				11	Self-esteem					22	Worth					33	Relief
																34	Safe
																35	Unacceptable
																36	Withholding

For additional space use the Supplement List on the next page

WHICH INSTINCT	HOW DID THIS INSTINCT COME INTO PLAY (INTENSE OR VERY IMPORTANT)
(Example) Relationships	I just can't seem to get along with other people – I have been trying to develop better social skills – The fellowship has sure helped but I have a long way to go

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MY PART SUPPLEMENT LIST

- a. In column one write what your part was.
- b. In column two write what you did or did not do as your part. (Intense/very Important.)

MY PART	WHAT I DID OR DID NOT DO AS MY PART. (INTENSE OR VERY IMPORTANT)

AFFECTS MY SUPPLEMENT LIST

- c. In column one write which of your instincts was effected.
- d. In column two write how this instinct came into play, (Intense/very Important.)

WHICH INSTINCT	HOW DID THIS INSTINCT COME INTO PLAY (INTENSE OR VERY IMPORTANT)