

## *Al Kohallek Goes On A Forty-Day Serendipity Journey*

DAY 17 - 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 HARM 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 your Harm List Boxes using **ACTION (1)** follow the procedure below to complete the next two parts of this assignment.

**ACTION:** Review your Assets p54 – Resentments p57 – Forgiveness p61 – Step Eight Worksheet p52

1. In column one write the name of the person, place or thing you harmed the most.
2. In column two write the cause: what was or was not done – taken away or not given.
3. In column three write My Part and column four Affects My (see these List Boxes p51)

Al: What about the people who harmed me?

Lou-is: Is there anyone who harmed you that you did not include on your resentment list and your forgiveness list? If so go back and include them on those two lists.

Al: When you first started working the Program with me you let me get by with a lot of stuff and now you call me on everything. I just wanted you to know that I have been harmed also.

Lou-is: Welcome to planet earth. Let’s focus on your inventory and no one else’s. The fact is we are all one life, which means we cannot harm another without harming ourselves. As the results of my doing a thorough job on my inventory and owning what I uncovered and discovered I have been able to choose to stop harming others and myself the best I can. Sometimes that is real good and sometimes not, but I can tell you my life has improved to the extent that I have been able to extend love instead of all the negative stuff that was a habit. I have been given that opportunity to choose once again not to let the past equal my future.

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### HOW I HARMED OTHERS LIST BOXES

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

| R | S | O | I | #  | WHAT I DID OR DID NOT DO | R | S | O | I | #  | WHAT I DID OR DID NOT DO      |
|---|---|---|---|----|--------------------------|---|---|---|---|----|-------------------------------|
|   |   |   |   | 1  | Withholding              |   |   |   |   | 15 | Lied                          |
|   |   |   |   | 2  | Withdrawing              |   |   |   |   | 16 | Manipulated                   |
|   |   |   |   | 3  | Betrayed my loved one    |   |   |   |   | 17 | Put another down              |
|   |   |   |   | 4  | Blamed                   |   |   |   |   | 18 | Shut down                     |
|   |   |   |   | 5  | Changed addictions       |   |   |   |   | 19 | Snooped                       |
|   |   |   |   | 6  | Criticized               |   |   |   |   | 20 | Talked one way, acted another |
|   |   |   |   | 7  | Distrusted               |   |   |   |   | 21 | Took what was not mine        |
|   |   |   |   | 8  | Empty promises           |   |   |   |   | 22 | Was a no show                 |
|   |   |   |   | 9  | Enabled someone          |   |   |   |   | 23 | Was controlling               |
|   |   |   |   | 10 | Gossiped                 |   |   |   |   | 24 | Was dishonest                 |
|   |   |   |   | 11 | Got “even”               |   |   |   |   | 25 | Was jealous                   |
|   |   |   |   | 12 | I’m a user               |   |   |   |   | 26 | Would not forgive             |
|   |   |   |   | 13 | Irresponsible            |   |   |   |   | 27 | Was in denial                 |
|   |   |   |   | 14 | Lack of communication    |   |   |   |   |    |                               |
|   |   |   |   |    |                          |   |   |   |   |    |                               |
|   |   |   |   |    |                          |   |   |   |   |    |                               |
|   |   |   |   |    |                          |   |   |   |   |    |                               |

### HOW I HARMED MYSELF LIST BOXES

|  | S | O | I | #  | WHAT I DID OR DID NOT DO        | R | S | O | I | #  | WHAT I DID OR DID NOT DO          |
|--|---|---|---|----|---------------------------------|---|---|---|---|----|-----------------------------------|
|  |   |   |   | 1  | I bankrupted myself financially |   |   |   |   | 11 | I hurt myself spiritually         |
|  |   |   |   | 2  | I compromised myself            |   |   |   |   | 12 | I lied to myself                  |
|  |   |   |   | 3  | I could not trust myself        |   |   |   |   | 13 | I made myself ill                 |
|  |   |   |   | 4  | I cut myself off from love      |   |   |   |   | 14 | I punished myself                 |
|  |   |   |   | 5  | I denied God’s Presence         |   |   |   |   | 15 | I withheld/withdrew               |
|  |   |   |   | 6  | I denied my individual purpose  |   |   |   |   | 16 | I would not ask for help          |
|  |   |   |   | 7  | I hurt myself emotionally       |   |   |   |   | 17 | I would not forgive myself        |
|  |   |   |   | 8  | I hurt myself mentally          |   |   |   |   | 18 | I lost respect for others/ myself |
|  |   |   |   | 9  | I hurt myself physically        |   |   |   |   | 19 | I was in denial                   |
|  |   |   |   | 10 | I hurt myself socially          |   |   |   |   |    |                                   |
|  |   |   |   |    |                                 |   |   |   |   |    |                                   |
|  |   |   |   |    |                                 |   |   |   |   |    |                                   |
|  |   |   |   |    |                                 |   |   |   |   |    |                                   |

