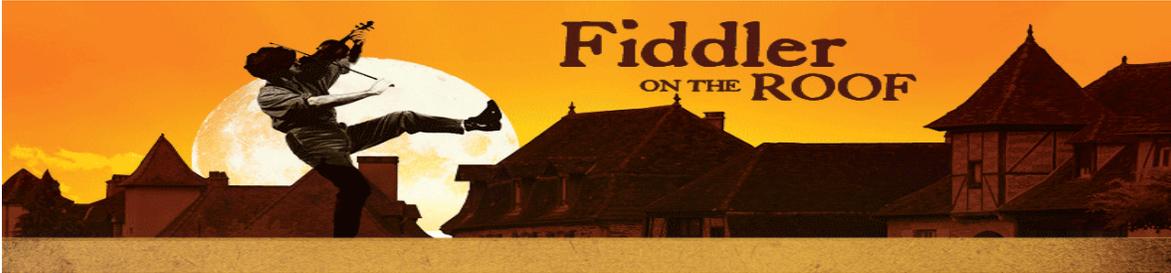


***Al Kohallek Does Not Fiddle Around When It Comes To Applying
The Steps And Traditions To Every Area Of His Life.***



***Al Kohallek Is Not Playing Traditions From The Fiddler on the Roof
His Rendition Of The Traditions Is Directly From
The Book Twelve Steps and Twelve Traditions***

12 Twelve Traditions



***Join Al Kohallek On His
Serendipity Journey Through
This Workbook
And
The Twelve Steps And Twelve Traditions***



***This Workbook And Its Contents
Are Not For Sale
Pass It On To Those You Love And Those You Don't***

A great way to work through a project like this Workbook is to share your daily responses with another person and your Higher Power

A Tri-Partnership

Would you be willing to enter a Tri-Partnership with another person that could assist moving you toward your Heart's Desire? Are you willing to commit to a personal contact each day (in person, by telephone or e-mail) with another person and Your Higher Power? We suggest that these two be those that you are willing and able to be open and honest with. Helping each other set up the following three goals and become each other's coach, sharing what's on or off the mission path. Once each of you has written your three goals and committed to living them let the fun begin.

This Tri-Partnership is as follows: State a Long-term goal or your Heart's Desire – That which is, important to you. This may be your Mission in life as you see it, a relationship, a way of life in one area or any important goal that you would love to realize, experience. Ask your Higher Power to remind you just what your Heart's Desire is, He has, He will whisper in your heart what it is. Who is the person living or not that is your hero, mentor or role model for you? Write your Long-term goal, Heart's Desire - List your role models:

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Intermediate goals = What will it take for you to realize your Long-term goal? What are the spiritual, mental, physical, emotional and social equivalents or skills you would have to receive to build or develop? List those which enable you to realize your Long-term goal, Heart's Desire:

Short-term goals = What can you do here, now, that contribute to the building or receiving your Intermediate goals? What skills enable you to realize your Long-term goal, Heart's Desire, (most likely your Higher Power's Will for you)? On the other hand, what did you do or not do contrary to your Intermediate or long-term goals? I remind you, as long as you do not linger on what was contrary, no harm done. When those negatives come up you need to own them as part of your personal "reality". Next discredit them, taking back the power you gave them, Next surrender that negative stuff to your Higher Power, to heal or transform into an asset. Then focus on one of your goals. If you cannot or will not stop thinking, feeling the negative stuff, you may choose to use one of A.A.'s greatest tools - get out of yourself by helping someone else. See what you can do to help another person. Don't tell them about your problems but focus on helping that person find a solution or acceptance. Action is the magic word. Each day write out your plan of action:

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These three goals, Long-term, intermediate and the here and now goals are what you are to share with your two partners while working on this workbook, helping one another stay on the path or to get back on it. Your Long-term goal, Heart's Desire will draw you toward it as you focus on it. Your Intermediate goals will enable you consciously and consistently to realize your Heart's Desire. Most important our decisions and actions here and now make it all possible. If we fail, we can choose once again to get back on the path and when we have a little success, we can choose to increase what works. Your partner this Tri-Partnership is:

_____ Home # _____ Office # _____ Cell # _____

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Free Workbooks and Workshops at – www.12stepworkbook.org
 Al Kohallek – 16607 Blanco Road Suite 401 – San Antonio, Texas 78232-1940 – 210 493 5983

Write the name of who or what you are focusing this Workbook on.

IF YOU ARE NOT SOBER WE SUGGEST THAT YOU WORK THE TWELVE STEPS FIRST.

WHEN YOU HAVE FINISHED THE STEPS YOU WILL BE READY TO PRACTICE THESE PRINCIPLES IN ALL OF YOUR AFFAIRS.
THE TWELVE TRADITIONS ARE SPIRITUAL PRINCIPLES JUST LIKE THE TWELVE STEPS, WHICH MEANS YOU WILL BE ABLE TO
APPLY TO EVERY AREA OF YOUR LIFE.
THE MIND THAT GOT US SICK WILL NOT GET US WELL.

THESE TRADITIONS ARE LOVE STORIES – ENJOY

Alcoholics Anonymous gives us thirty-six Principles which, when practiced in all our affairs as a way of life, will enrich our lives far beyond our fondest dreams. These thirty-six Principles grouped into three sets of twelve each. The Twelve Steps of Recovery awaken us to a Higher Power, a higher-self with the ability to both give and receive love. The Twelve Concepts of Service are guidelines and tools for our passing on this love through Service. The Twelve Traditions teach us how to relate lovingly to others, ever reminding us to place principles before personalities. This Twelve Traditions Workbook will help us learn how we can more effectively practice the Principles of the Twelve Traditions in all areas of our daily lives, in all our affairs.

Bill W. Wrote this book, Twelve Steps and Twelve Traditions while he was still in his 15 years of depression. Writing it helped him get out of that place. Perhaps going through the dark night of the Spirit did prepare him to share this wonderful works. It is clear that he wrote from three levels: his experience, from his heart and from his head knowledge. One thing stands out above all else, like the book Alcoholics Anonymous, both were divinely inspired. He was the great benefactor for millions of people around the world.

These Twelve Traditions offers us a great set of tools to help us carry out the third part of Step Twelve; "...to practice these principles in all our affairs. We have written this workbook with that in mind; to broaden and deepen our Alcoholics Anonymous recovery experience. Sobriety is far more than just not drinking, it can include: Spiritual sobriety, mental sobriety, physical sobriety, emotional sobriety and social sobriety. Our Twelve Steps and Twelve Traditions are without a doubt Spiritual Principles, meaning we can apply them to each area of our lives. The book Twelve Steps and Twelve Traditions is without a question an inspired second text book. It is not competing with the Big Book; quite the contrary it is in concert with our primary text book, Alcoholics Anonymous.

"Lack of power that was our dilemma. We had to find a power by which we could live, and it had to be a *Power greater than ourselves*. Obviously. But where and how were we to find this Power? Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem." (Alcoholics Anonymous page 45) The purpose of this workbook on The Twelve Traditions is to offer you additional tools to broaden and deepen your awakening experience.

At the top of each page you are responding both within the Twelve Steps and Twelve Traditions and the Workbook write the name of your group, partnership or relationship you are doing this workshop on. This will help you stay focused on the purpose you are working on.

When you finish write a profile of your group, partnership or relationship and/or its members

APPLICATION SUGGESTIONS

When you are applying these Traditions to your Alcoholics Anonymous group:

- Respond to the statements and questions as if you are dealing with a third-party.
 - ❖ Example: How did selfishness and self-centeredness get in the way of unity, love, or “our common welfare?”

At my Home Group’s conscience meeting I had a solution for one of the groups problems which was voted down. I took my being voted down as a personal attack. I got so angry I broke up the meeting. It has to be my way or the hi-way if we are going to have any peace around here. Forget about us having anything like a common welfare.

When you are applying these Traditions to your partnership:

- Respond to the statements and questions as if you are dealing with each of your partners and your partnership. This example is as if we are dealing with a business partnership.
 - ❖ Example: How did selfishness and self-centeredness get in the way of unity, love, or “our common welfare?”

I am a minor stockholder in this partnership and I resent the way our senior partner use and abuse of his power. He better shape up or else I am going to take some of our accounts and start my own business. I don’t care if it causes big problems for him I’m going to look out for me. Forget the common welfare; of course I am self-centered just like my partner.

An interesting, enlightening and fun way of applying these Traditions is to do a Tri-Partnership with some of our main personality characteristics. To illustrate this idea we chose our Higher Power as our senior partner, our Beloved Hero and our Avenging Hero as our human partners.

- Respond to the statements and questions as if you are dealing with each of your partners and your partnership. This example is as if we are dealing with a business partnership.
 - ❖ Example: How did selfishness and self-centeredness get in the way of unity, love, or “our common welfare?”

If only we would follow our Higher Power’s Will we would not have to be so selfish and self-centered. We could enjoy our unity, love and our common welfare. My Beloved Hero wants everyone to love and forgive each other. The problem is his self-centered self-made idealism few could follow, him for one. My Avenging Hero is very sensitive to every mistake or wrong. He selfishly guards his duty to punish the wrong doers.

When you are applying these Traditions to your relationship:

- Respond to the statements and questions as if you’re dealing with the other person in your relationship and the relationship. In this example a marriage.
 - ❖ Example: How did selfishness and self-centeredness get in the way of unity, love, or “our common welfare?”

My wife wanted me to go to another wedding. I don’t like the people getting married. I put my foot down no more weddings for the rest of the year. I wanted to watch a ball game. These weddings come every time I have an important game to watch. My wife told me I was selfish and self-centered. Well she is selfish and self-centered wanting me to give up my ball game for something she wants. I better go to a meeting. I hope it is not on the 1st Tradition – you know that common welfare thing.

Write the name of who or what you are focusing this Workbook on.

CAUTION: THIS COULD BE HAZARDOUS TO YOUR OLD WAY OF LIFE.

USE THIS WORKBOOK, OR ANY OF ITS CONTENTS, AT YOUR OWN RISK

Doing what's suggested in this workbook may cause you to let go of some parts of your personal "reality." It could cause fewer limits for you. You may stop blaming other people, places, and things. You may stop being a user and become an owner of your own stuff. You may find yourself giving up some of your old resentments, pains and fears. You could even find yourself with a new understanding and awakening. You could find your Self. Neither this workbook nor any of its contents are for sale. They are for sharing. Pass it on freely to those you love and those you don't.

It will take a commitment to complete each day's assignment. I hasten to say; I believe it is a mistake to half-measure any program that offers a possible solution or tools. All disease, in fact all of life is progressive good or bad. The problems we have today will get worse as time passes. The good news is the more we practice what does work the better life gets, your choice.

Why do another workbook? My goal has many parts:

1. I want to share some of my experience I have gained over the years using our second textbook, The Twelve Steps and Twelve Traditions.
2. It is a great companion to our number one textbook, Alcoholics Anonymous.
3. On page 45 of our Big Book we read: "Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power Greater than ourselves. Obviously. But where and how were we to find this Power? Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem."
4. Our main purpose in this present workbook, is to realize the Higher Power, I choose to call Father is within each of us doing the works we call life. I am reminded the food we ate today is transformed into flesh and bones, energy and growth, thoughts and feelings, in other words everything we call life. This Infinite intelligence is always present within us; our breathing is the proof. We cannot do anything good enough to earn it nor anything bad enough to stop His grace. We can get in way but not for long.
5. Another reason I want to share this is so I get to keep what I give away, as we do in A.A..

Twelve Steps and Twelve Traditions was published in 1953. I came into A.A. in 1957, few in those days considered it as our second textbook. I was in A.A. for years before I awakened to its great wealth of wisdom. This book is a perfect companion for our Big Book. Bill W. drew from the eighteen years of collective experience of his own and all those he had shared with. I believe both textbooks were inspired by our Higher Power.

When I began to study the Twelve Steps and Twelve Traditions I realized that Bill W. had covered such a broad range of our individual human condition, some of which I could identify with and some not. Those questions I could identify with I listed and responded to. The statements I could identify with negatively or positively I converted into questions and answered those questions. These are an important part of my inventory and deepen my understanding of my Higher Power and a better understanding of myself and others. I hope the way we have designed this workbook will help you gather the wealth of information the Twelve Steps and Twelve Traditions offers and more important, apply it to your everyday life.

WE CANNOT TEACH OLD DOGS NEW TRICKS – However we are not old dogs nor is our Alcoholics Anonymous Program or our Workbooks a trick. We are not trading one addiction for a less harmful one. It's for disempowering old useless and harmful habits: more important it is to empower living, loving, Spiritual principles into our daily life. A Spiritual Principle increases in value and usefulness with its use while our ego and material stuff deteriorate with use. We can learn Spiritual Principles at any age if we believe we can and do our little part.

Write the name of who or what you are focusing this Workbook on.

DISEMPOWERING HABITS: it takes as much or more skill to disempower an old habit as it does to build a new useful habit. Our Twelve Traditions Program is a way by which we can replace an old habit with a new one. Although it is simple, it will not be easy. Anything we repeat long enough and often enough will become a habit, and we will get good at it. The physical brain does use millions and sometimes billions of brain cells for each habit. In fact most of the habits we choose to change have a mental, physical, emotional, social and spiritual side. This workbook enables us to address each area as we are disempowering an old habit and building our new habit. Our old habits became our personal “reality”. This personal “reality” is the way we each experience our world.

We need to take back the power we gave to our harmful, useless and too limiting habits and invest it in new ones. If you are willing to do whatever it takes to practice A.A.’s Program in all your affairs you will be pleased. The cost will be a consistent focusing on empowering the new habit and disempowering the old habit every time it comes into your consciousness. This takes a real commitment to practice the following suggestions, “Half measures avail us nothing.” The Twelve Steps and Twelve Traditions Program of Alcoholics Anonymous is a great solution to most of the problems we may experience in this human condition. This healing solution is not limited to our primary addiction or alcoholism. Each time we apply this process to an area we are learning to PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.

If you choose to do this workbook we ask you to make a commitment to work on each simple assignment each day. If you will do that our experience shows that after a few days we become more solution minded.

We have designed this workbook to broaden and deepen your personal understanding and experience of the Program using the Twelve Steps and Twelve Traditions. By choosing what is most important to you in the reading then writing it out will cause you to remember and practice this way of life at a different level. It is more likely to be a personal experience, not just reading or talking about it. Completing all the assignments in the Workbook and the Traditions’ assignments from the book, Twelve Steps and Twelve Traditions of Alcoholics Anonymous, I assure you that you will never regret the time and effort it takes.

We are using the Introduction and the Foreword of Twelve Steps and Twelve Traditions as your Day One assignment. The following is an example of the format. – Follow the format reading the Introduction and the Foreword and **highlighting** or **underlining** what you believe the most important. Then write out your response as shown in our example. You can print the book out online, <http://www.aa.org>. You can call an A.A. group. You can get a copy at your local library – If the book is not your book instead of **highlighting** or **underlining** write out both what is most important and your response. Having your own book will allow you not only to **highlight** or **underline** but later you may choose to do this again and you will be able to see how your view of life has changed.

When you set out to do your daily assignments ask your Higher Power for guidance. A firm commitment one day at a time will bring great dividends. I promise you it will be a wise investment. It is important to do the work consistently, consciously and at some point you will find yourself focusing on solutions instead of problems.

WHEN YOU UNCOVER, DISCOVER YOUR HABITS OF THOUGHTS AND FEELINGS, PATTERNS; CALLED DEFECTS OR ASSETS, POST THEM ON PAGES STARTING ON PAGE 58. GIVE THEM A MAKE FUN OF NAME. WHEN WE DEAL WITH PATTERNS INSTEAD OF INDIVIDUAL PEOPLE OR EVENTS, WE ARE GIVEN HEALING TOOLS, WHICH WILL AFFECT THE REST OF OUR LIFE.

YOU WILL NEED A COPY OF THE BOOK – TWELVE STEPS AND TWELVE TRADITIONS – A COPY OF THIS WORKBOOK AND SOMETHING TO WRITE ON AND SOMETHING TO WRITE WITH

Write the name of who or what you are focusing this Workbook on.

Introduction Day – Today is _____, _____ _____

Workbook Introduction – Assignment [Example using The Introduction and the Foreword]:

- a. Today's assigned reading is: The Introduction and the Foreword of the Twelve Steps and Twelve Traditions. Pages 14 – 18
- b. **Highlight** or underline those statements or questions that are important to you as you read today's assignment.
- c. Affix a number to that **highlighted** or underlined statement or question in your Twelve Steps and Twelve Tradition book.
- d. When you respond to that **highlighted** or underlined statement or question place the corresponding number that you affixed to it in your book. This way you will not need to write that **highlighted** or underlined statement or question.

Example:

(1) Introduction: **“Alcoholics Anonymous first published *Twelve Steps and Twelve Traditions* in 1953. Bill W. who along with Dr. Bob S. founded Alcoholics Anonymous in 1935 wrote the book to share 18 years of collective experience...”**

(1) **My response:** Our textbook, Alcoholics Anonymous was published when A.A. was only four years old. I have to believe our early members were divinely inspired, enabling them to write a book that stood the test of time. With fourteen more years of collective experience they published our second textbook, *Twelve Steps and Twelve Traditions*, also divinely inspired.

(2) Introduction: **“We hope that the collective spiritual experience of the A.A. pioneers captured in these pages continues to help alcoholics and friends of A.A. understand the principles of our program.”**

(2) **My response:** My gratitude is deeper than words for our Higher Power and our Pioneers. The Traditions gave me the tools to change my relationships, within and beyond our AA Program.

(3) Foreword: **“A.A.’s Twelve Traditions apply to the life of the Fellowship itself. They outline means by which A.A. maintains its unity and relates itself to the world about it, the way it lives and grows.”**

(3) **My response:** We are writing this workbook to help broaden and deepen our experience in this way of life. We can apply these Spiritual Principles in every area of our life, because they are Spiritual Principles.

(4) Foreword: **“A.A.’s Twelve Steps [and the Twelve Traditions] are a group of principles, Spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole.”**

(4) **My response:** This is one of the most important statements in all of A.A.’s literature. We could write a whole book on this one paragraph. Spiritual principles expand with their use. Worldly principles reach their limit and deteriorate. These Traditions can transform our failing relationships into great loving experiences, changing our defects into assets, a way to happy and effective living.

(5) Foreword: **“Though the essays which follow were written mainly for members, it is thought by many A.A.’s friends that these pieces might arouse interest and find application outside A.A. itself.”**

(5) **My Response:** People other than A.A. members are using A.A.’s Program. For one alcoholic using the Program seven are using it for other human problems. Most of those are using the Twelve Steps only. However those who are successful are using the spirit of the Traditions.

The A.A. Spiritual Principles have brought me into a mystical union with our Father. By practicing this way of life I have received an unearned abundance; Spiritual, mental, physical, emotional and social sobriety. The Spiritual Principles within the Traditions have given me the ability to be a worker among workers. I was told long ago that I would have to work for myself or by myself because I could not get along with people, animals yes, people no. I have been able to share my life with a great many, which is another miracle.

Write the name of who or what you are focusing this Workbook on.

DAY THREE – Today is _____, _____ _____

TRADITION ONE: OUR COMMON WELFARE SHOULD COME FIRST; PERSONAL RECOVERY DEPENDS UPON AA UNITY.

We had a meeting in my office at 7 P.M... I would go home for supper and come back for the meeting. I walked into the house and I saw some important papers I had asked my wife to take care of. She was too busy playing tennis to take care of that simple request. I sat down at the table, not saying anything and ate the cardboard she had cooked. I pecked her on the cheek and went to the meeting, not saying a word of criticism to her. My wife and I have an agreement when we judge something wrong in the other; we say to ourselves; “I don’t like this, I don’t have to like it or approve of it, I think and feel it is wrong. If I need to confront her I will after I cool down”. The common welfare of our marriage is more important than being right. We each have to do things for the marriage at the moment we don’t want to do for the other. Our loving relationship depends on unity, not the “need” to be right or having our way.

That evening I returned to my office early to get out of the house before I did say some bad stuff. There was another early-bird there and the subject got around to some of our weird experiences. For some unknown reason I cannot take a nap during the day without experiencing a weird reaction. When I take an early nap, and when I wake up I am a nervous-wreck. That afternoon I was reading and fell asleep, when I woke up I was a nervous-wreck. The important papers had been in clear sight for over a month. My wife is a great cook; for her food to taste like cardboard to me had to be my taster not the food. Anger and negative stuff affect my taster. I am so grateful I did not disrupt our unity with my weird stuff. I choose to practice this Tradition in every area of my life.

The willingness to forgive is the key that opens the door to healing relationships. “So at the outset, how to live and work together as groups became the prime question.” (Twelve Steps and Twelve Traditions – Reprinted with permission) We were created in such a way that we must share our individual lives. We may choose to share selfishly, in the illusion of separateness or choose to be closer to our true nature. God is love and so are we. Fulfillment depends on the maintenance of our Spiritual condition.

This Tradition goes to the root of the human problem; selfishness and self-centeredness. Unity, which is love the solution of the human problem. To ensure our long-term relationship it is useful to view it as if it is a “third-party”. For our common welfare we will do for our “third-party”, our relationship, what we are unwilling to do for our partner at a given time. This loving act insures continuance when all else fails. There can be little or no recovery without unity.

1. How did selfishness and self-centeredness get in the way of unity, love, or “our common welfare?”

2. List examples where your *selflessness* brought about unity, love, healing, or harmony.

3. Are you a peacemaker without being an enabler? List examples.

4. What are your strong points and what are your weak points in your communications?

Write the name of who or what you are focusing this Workbook on.

5. Is there a personality you are unable to open up around: that you withdraw from or remain silent or you become aggressive toward?

6. How have you compromised yourself for the good of your partnership, group or relationship?

7. How to live and work together is our primary question? What does this mean to you?

8. In this group [relationship] do you practice principles before personalities?

9. Is this group [relationship] founded on spiritual or emotional principles?

10. What do you need to personally change for the common welfare of this group [relationship]?

11. What are the most important things you can share with others about living our common welfare?

12. What a great partnership, group, relationship might have been; if only you had -----.
How can you improve the common welfare of your partnership, Group [relationship]?

Affirmation for Tradition One – Let me remember that my fulfillment, love, joy and forgiveness come through my sharing and joining with others in our common welfare.

GIVING WHAT I NOW HAVE – I am reminded that I need only to give what I already have to experience the joy of life. It is easy for me to think that I must be spectacular in my sharing, so I can hold back until I am perfect. I have enough faith and trust in our Father to step out and share what He has already given me. In doing so in the ordinary things in my daily life my present faith turns into knowledge and experience. My joy and fulfillment is a side effect just by sharing what I have now. As I share the love I am now wherever or with whomever I am with, that love flows back to me. If I waited until I can share only unconditional love I may wait in vain. I tell myself if what I have to share was of real value I would be giving to more instead of a few. I am reminded that I have chosen the road less traveled. I realize that only a small percent want to go the extra mile (s). I pray that I am not fooling myself, but even if I am I cannot live my life differently. I ask You Father to use me up.

Write the name of who or what you are focusing this Workbook on.

DAY FIVE – Today is _____, _____, _____

TRADITION TWO: FOR OUR GROUP PURPOSE THERE IS BUT ONE ULTIMATE AUTHORITY – A LOVING GOD AS HE MAY EXPRESS HIMSELF IN OUR GROUP CONSCIENCE. OUR LEADERS ARE BUT TRUSTED SERVANTS; THEY DO NOT GOVERN.

Bill O., a good friend of mine, was Club Twelve’s manager when I first came to Alcoholics Anonymous. Bill had to confront one of our members about his conduct. Let’s say his name was Sam, got angry with Bill. Sam was so angry that he was physically trembling. He yelled out, “You’re nothing but a trusted servant.” Bill thanked him and he got even angrier.

Alcoholics Anonymous began June 10, 1935, the date of Dr. Bob’s last drink, the beginning of A.A. At the time this country was in a great depression. The government created some jobs like the WPA. The WPA built a great many public structures, still in use. Grown men were working for one dollar a day, yet kept their dignity. Hard-times caused people to seek a relationship with a Higher Power. A.A.’s Spiritual roots were influenced by: the Bible, the Oxford Group, Emmet Fox, Sam Shoemaker, James Allen, Henry Drummond and more. Hard-times and extreme depths of powerlessness called for the arrival of Alcoholics Anonymous. In 1935 it was hard enough to find authorities one could trust, especially for alcoholics. Yes, the timing was right for a loving God as He may express Himself in each group conscience, not in some outside force, to do for us what we could not do for ourselves. Early A.A. members had much in common, not just alcoholism, there were no room for big-shots, and the need to serve one another was great and still is.

The meaning of the phrase “group conscience” is important to our understanding of these Traditions. One definition for a group is: people gathered or classified, having something in common. One definition for conscience: a sense of right and wrong. “We are people who normally would not mix...the tremendous fact for every one of us is that we have discovered a common solution.” (Alcoholics Anonymous page 17 – Reprinted with permission)

We are attracted to partnerships, groups or relationships for a purpose. If we stay in it, we must have something in common with what we think is right and wrong (conscience) and a willingness to forgive. How our Higher Power may express Himself to one group may be a good deal different from other groups. In other words, we are no more nor less than part of a Greater Whole; however, we are not the whole, nor were we intended to be. We need to be aware how we affect Alcoholics Anonymous as a whole.

“As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day, Thy will be done.” (Alcoholics Anonymous page 87 – Reprinted with permission)

1. What attracted you to this partnership, group or relationship?

2. Who or what is the ultimate authority in this partnership, group or relationship?

3. What are some of the characteristics of your ultimate authority?

Write the name of who or what you are focusing this Workbook on.

4. Is your present ultimate authority like your growing up authorities? How so?

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5. Is your ultimate authority an elder statesmen or a bleeding deacon?

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6. What's a successful or useful partnership, group or relationship?

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7. In what ways do you see or feel your partnership, group or relationship failing?

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8. Do your leaders drive by mandate or by example? Give examples

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9. What are the changes you want for this partnership, group or relationship?

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10. Are you still a selfish user? Are you willing to be used by A.A. principles? Examples

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11. Do you feel or think you or others must control or govern, otherwise nothing gets done?

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12. How can you improve your partnership, Group, relationship's conscious contact with your ultimate authority?

Affirmation for Tradition Two – Let me remember that God, as we understand Him, is our only True Source, that we are His children, His agents, His individual expressions, and that we have come together for His purpose. Even now He is guiding and directing us.

Do you believe that it is our Father within doing the works, yet not practice that realization 24/7? When we do, we can step back and watch Him make things happen according to His will both in ourselves and others. If we can let go of our anxious efforts, for a little while we can labor and rest at the same time, as He does. The energy we are given is spent but not wasted. We are fulfilled when we freely serve the special needs of those around us, for this we can be grateful. At times we can step back and watch our Father have His way. Let today be one of those times.

Write the name of who or what you are focusing this Workbook on.

DAY SEVEN – Today is _____, _____

TRADITION THREE: THE ONLY REQUIREMENT FOR AA MEMBERSHIP IS A DESIRE TO STOP DRINKING.

There are no chance meetings without a purpose, understood at the time or not. One day I needed to get away from my office so I took a drive in a park. I was still a practicing alcoholic. I came across a Private Bottle club. Before mix-drinks were legally served in Texas these bottle clubs provided setups and you brought your own alcohol. I knocked on the Private Club’s door and a woman (Sunny M.) opened. I asked if I could buy a seven-high. She replied angrily; are you trying to be a smart aleck? I said ok, how about some beer; she angrily closed the door. As luck would have it, or I should say as grace would have it, that “private club” was Club 12 home of group 12 Alcoholics Anonymous, which later became my home group. I was a prime candidate for A.A. then, if only I had a desire to stop drinking that day. If, ifs and buts were candy and nuts we would all have a merry Christmas. I had not hit my bottom, yet.

My family doctor set me up for my Alcoholics Anonymous journey after his visit with an A.A. member and he read the Big Book. My doctor then knew what to do for me when I hit my bottom; he surrendered me to an A.A. member. My doctor had him contact me while I was detoxing. I was not asked qualifying questions by the A.A. member. I was not capable of answering any questions honestly. Nor did he ask if I have contacted A.A. before? What other drugs have you been taking? That type of qualifying questions would have turned me off. He told me his alcoholic journey story and his recovery path. I wanted what he had; he told me it was mine for the taking. I was already qualified because I wanted to do something about my drinking problem, no matter what my motive was. He said I was a member of Alcoholics Anonymous if I said so. I said so February 6, 1957.

The principle found in Tradition Three is one of the basic laws of all successful relationships with God, with people, places, or things. It is so simple we too often miss it. We must first want the relationship. When we want a relationship enough, we will find every way we can to make it work. When we no longer want the relationship enough, we will find every reason for it not to work. Your motive only matters at the time you have that “want”. As any relationship with God, with people, places, or things progresses our motive may change from day-to-day, hour-to-hour, maybe moment-to-moment. Our Higher Power or Higher-Self only needs our willingness to want to open the door. An honest motive is not likely at first; it is useful not to judge the motive. It is enough to want to do whatever it takes here and now. There will always be a great many that need something far more than we do; however they must want to change before the healing can begin.

1. When you no longer wanted the relationship enough, did you find every reason for it not to work?

2. Do you tend to get stuck with your motive or someone else’s? Give examples.

3. What qualifying information do you seek entering into a relationship such as this?

4. How do you feel and or act when you needed something but don’t want it?

Write the name of who or what you are focusing this Workbook on.

5. One person cannot make a partnership, group, relationship successful alone and unaided. Both must want it to succeed, even if it is for different motives. What are your desires to make it work?

6. One person cannot make a partnership, group, relationship fail alone and unaided. Both take part in its failure, even if it is for different motives. What are your desires to make it fail or not work?

7. Do the same success principles apply to your partnership, group, relationship? How so?

8. Do the same failure rules apply for your partnership, group, relationship? How so?

9. How do you think or feel when you get what you wanted and it was not what you planned on?

10. How do you feel and or act when you really want something but can't have it?

11. This Tradition offers each person freedom to choose and that means each one is responsible for their decisions and actions. How do you handle that responsibility?

12. What are the spoken and unspoken agreements for your partnership, group, relationship that you are willing to drop and let your Higher Power have His Will done?

Affirmation for Tradition Three – Let me remember that out of enlightened self-interest I want and I choose to share all I can with whomever He brings.

For many of us fear blocked the doors of our relationships. We feared that we could never fit in, we would always be an outsider looking in. What is fear? Fear is the negative use of faith or faith misplaced. It is a belief in two powers instead of One. A belief there can be a Power opposed to our Higher Power whose influence and ability may bring us evil, for sure rejection. If we embrace our fear it will change its nature. Fear is an illusion or a problem. If it's an illusion we can surrender it. If it's a problem it calls for a solution or acceptance. We treat these characteristic very different. We waste more time and energy on the useless and harmful by dwelling on illusions. A.A.'s doors are open to you if you want to come in, we would love to have you. "You are an A.A. member if *you* say so." WELCOME

Write the name of who or what you are focusing this Workbook on.

DAY NINE – Today is _____, _____

TRADITION FOUR: EACH GROUP SHOULD BE AUTONOMOUS EXCEPT IN MATTERS AFFECTING OTHER GROUPS OR AA AS A WHOLE

I was on a business trip, and when I finished my business I decided to go to an A.A. meeting. I asked a cabdriver if he knew of an A.A. meeting he could take me to. He said he did and he would take me to the meeting however he did not go in there after dark. When we got to the meeting place I first went in and asked if someone would take me back to the Hotel. I was assured I would have a ride after the meeting. I paid and thanked the cabdriver and he went on his way. As it turned out this group was one of two Central Service Offices in that city. This was a discussion meeting, you could say specifically it was an inventory study meeting. This group was taking the other Central Service Office's inventory in a very negative judgmental way. Near the end of the meeting, the chairman asked if the visitor from San Antonio would like to say something. I replied yes. I said something like; in my Home group we find it more productive to take our own inventory. Silence filled the room for a moment and then all hell broke loose, with the members talking, more like yelling, at once. The common message was get yourself back to San Antonio and don't come here anymore. The person who had promised me a ride back to the hotel said something like; "I am a man of my word so I will take you to your hotel, but don't open your mouth." I tried to make an amends but he would not allow it. We drove back to my hotel in silence.

From that time on I never told another group how to conduct their A.A. meeting or group. I experienced the Spiritual principle of this Tradition the hard way. Yes, each group should be autonomous, run it anyway they choose, free from any outside inference. Tradition Four is an important part of my A.A. Program. I now include this principle in my Family, my business and all of my other relationships. For me it is wise to keep my nose out of other peoples' "business". This Tradition has given me an important insight for practicing A.A.'s Program in all my affairs.

We are drawn to one another for a common purpose, that we are conscious of or not. This Tradition gives us the freedom to express our individual part in this common purpose. We have the right to be self-governing. We may choose to give up that right, by giving our power to others, that's being self-governed, it's our choice. We became "children of chaos". We can, with some limitations, do as we please until that doing takes away from another. When we are ego driven, fear driven, selfish, and self-centered we claim a right to govern the world. Part of the healing or growing has to do with regaining that privilege of being self-governing. Changing responsibility is often painful; the pain is increased by our resisting the change. Letting forces outside our relationship govern it; we set ourselves up for failure. We must be free inside this relationship to choose.

1. Do you insist there is only your way or the highway?

2. In what way does your relationship sharing its positive or constructive ideas, taking action or inaction affect those outside your circle?

3. In what way does your relationship sharing its negative or destructive ideas, taking action or inaction affect those outside your circle?

Write the name of who or what you are focusing this Workbook on.

4. How can you be self-governed and still preserve overall unity?

5. What is the difference between positive autonomy, self-centeredness or license?

6. Do you put down the behavior of others when it is different from yours, or do you learn from it?

7. Just as the Third Traditions gives each of us individual freedom, Tradition Four gives your partnership, group or relationship its freedom. How do you handle that freedom?

8. Every partnership, group or relationship has the right to be “wrong”. How is yours different from others, according to the opinions of “outside experts”?

9. Getting distressed about other partnerships, groups or relationships is dangerous, not to others, but to the one getting distressed. Are you comparing yours to others and distressing over it?

10. How have you applied the positive and constructive values learned by observing others in the same type of partnership, group or relationship?

11. How have you avoided the negative and destructive problems learned by observing others in the same type of partnership, group or relationship?

12. What are the spoken and unspoken agreements for your partnership, group, relationship you are willing to honor and carry out by letting your Higher Power have His Will done?

Affirmation for Tradition Four – Let me remember that the one I am sharing with and myself, must come to our own decisions or agreements but not at anyone else’s expense.

Write the name of who or what you are focusing this Workbook on.

DAY ELEVEN – Today is _____, _____

TRADITION FIVE: EACH GROUP HAS BUT ONE PRIMARY PURPOSE – TO CARRY ITS MESSAGE TO THE ALCOHOLIC WHO STILL SUFFERS.

When I first came to A.A, I was taken in by Club 12, home of Group 12. The big meeting was at 8:15 P.M. Friday night; between 30 to 35 people was an average attendance. On Wednesday at 8:15 we had a Step Study meeting; between 5 to 10 people shared. Also on Wednesday night at the same time we had a General Discussion meeting; 10 to 15 people shared. If we had a newcomer an “Old-timer” would take that person into the office for an introduction to Alcoholics Anonymous. My Home Group has (78) Seventy-eight A.A. meetings a week.

The key to Tradition Five is in its wording; to carry **its message**. Each A.A. meeting or group is free to share its message the way it sees fit as long as it keeps A.A.’s singleness of purpose. Some of us like speaker meetings, some like discussion, some like Big Book studies, some like Twelve Steps and Twelve Traditions studies, some like the Beginner’s meeting, and so forth. Some like smoking and some like nonsmoking meetings. In other words when you are ready for a Home Group shop around until you find one you get the most out of or give the most. I believe it is really useful to have a Home Group. We get to know other A.A. members better and they get to know us better. I believe it is important for others see us stay sober as we pass through our ups and downs. We will see people change before our eyes as they practice the A.A. way of life. Our Home Group will help us open up and learn how to trust others and ourselves.

“Better [to] do one thing supremely well than many badly. That is the central theme of this Tradition.” (Twelve Steps and Twelve Traditions – Reprinted with permission) The primary purpose of our Home Group and how its message in harmony with A.A.’s message is carried is very important to our understanding of Tradition Five. Whatever brought us to this partnership, group or relationship determines the message we hear, it also determines who we share our message with. When we have experienced healing in any area, it is our privilege to share that healing with those who “still suffer”. The more we share our message with others, the more we receive.

1. Can you share an example of your message, or primary purpose for this area?

2. When you are asked to help or share with another your experience, strength, and hope, is it without regard to whom it is or what you are asked to do?

3. What has happened to you as the result of your trying to share beyond your experience, strength, and hope?

4. “You can’t keep it unless you give it away.” This statement has been around a long time. Can you give an example of how this wisdom has worked in your life?

Write the name of who or what you are focusing this Workbook on.

5. What is the negative message you are projecting in this area you are working on?

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6. Who was or is your negative teacher in this area you are working on?

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7. Who was or is your positive or constructive teacher in this area you are working on?

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8. Each Created being has a God given purpose, which is our special message to share, what is that?

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9. We are responsible for sharing our special recovery message in that area which we have experienced some healing. Do you accept that responsibility and actively share that message with another?

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10. Is sharing your message your number one priority?

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11. Do you understand the difference between carrying your message not the person?

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12. Your partnership, group, relationship has one primary purpose; to share its individual message with those given to share with. How will you go about sharing that Divine purpose?

Affirmation for Tradition Five – Let me remember that as an individual God created, we have a special message to share. Joined with those we are drawn to, the sharing of this message is our primary purpose.

I love sharing unconditionally with others the gifts I received living this AA way of life. To me, I am sharing out of enlightened self-interest. Selfish and self-centered driven by fear and self-delusion was my pre-AA and early AA experience. As I began to have some Spiritual experiences the grosser forms of selfishness were replaced with what I call enlightened self-interest. As I learned the AA way of life I realized that I got more out of doing for others rather than self-serving. When I am loving or just doing loving things for others, I believe that others will love me by doing loving things for me.

Write the name of who or what you are focusing this Workbook on.

DAY THIRTEEN – Today is _____, _____ _____

TRADITION SIX: AN AA GROUP OUGHT NEVER ENDORSE, FINANCE, OR LEND THE AA NAME TO ANY RELATED FACILITY OR OUTSIDE ENTERPRISE, LEST PROBLEMS OF MONEY, PROPERTY AND PRESTIGE DIVERT US FROM OUR PRIMARY PURPOSE.

In the mid-sixties we had an A.A. member who was dying within about six months. He was going to donate around 21 million dollars (\$21,000,000) to Club 12. This would give us a chance to express our wildest dreams. “How natural that was, since most alcoholics are bankrupt idealists.” Yes, we were idealist but with \$21,000,000.00 we were not bankrupt idealists. We dreamed we would set up a free detox center; we would hire only A.A. medical people, who understood the alcoholic’s needs. With all that money we dreamed how we could afford to educate the uneducated alcoholic, the public and the medical field. We could reduce the large numbers of alcoholics going to jail; the judges would parole them in our custody.

We could change the laws of the land. Some A.A. members appeared as recovered alcoholics, not as A.A. members, before a Congressional hearing on the disease of alcoholism. Congress ruled that insurance companies would have to pay for the treatment of the disease alcoholism. Thousands of treatment centers opened overnight. Large numbers of A.A. members went to work at these treatment centers, valued for their understanding of the alcoholic and alcoholism. Most treatment centers did not have aftercare programs. Alcoholics Anonymous was their solution. A. A. groups took meeting into the treatment centers and the treatment centers brought busloads to A.A. meetings. Alcoholics Anonymous was becoming known around the world as a major solution for the problem drinker.

Many of our dreams came true without the help of the generous donation of \$21,000,000, which never existed. We were in the hands of the overactive imagination of an alcoholic. I was one of the eager ones to jump aboard to endorse, finance and lend the AA name to related facility and outside enterprise. “Live and learn” just don’t get drunk over it.

Tradition Six is once again reminding us that each group, relationship, business or service organization has something special to offer the whole. When we try to be all things to all people we water down our primary purpose, that is our individual part of the whole. This Tradition offers protection by keeping each member responsible for an area he or she can be responsive to. Some of us have tried to prove our worth with money, property, and prestige. We become servants to these symbols of worth instead of letting them serve us. “Lack of power that was our dilemma.” (Alcoholics Anonymous page 45 – Reprinted with permission) The more we feel powerless the more we misuse our gifts, unless we let our Higher Power use our weakness to build a new life of strength through sharing.

1. When did you have a life changing experience “catch on fire”? Did you try to “make” it work in every relationship you were part of?

2. Where and how did you force it on others outside your partnership, group or relationship?

3. How can you give and receive encouragement or some form of support to and from related facilities or outside enterprises without compromising this Tradition?

Write the name of who or what you are focusing this Workbook on.

4. How do you feel about the legal system, someone in authority, or someone in a controlling position forcing people to join your partnership, group or relationship? Should we endorse this practice?

5. How do you react when someone in your partnership, group or relationship tries to raise money or some other medium of exchange to support another partnership, group or relationship?

6. Are you doing anything that is or could harm your partnership, group, relationship as a whole?

7. Do you have any affiliation that could harm your partnership, group, relationship as a whole?

8. Is there a super-promoter contaminating your partnership, group, relationship as a whole?

9. How do you treat people who work in the field of recovery in the area you are working on?

10. Give an example of how problems of money, property, and prestige divert you from your primary purpose?

11. When and how have you violated the spirit of this tradition?

12. When we lend our name we may be compromising our integrity, letting others determine our worth. What are you willing to do to take back your name?

Affirmation for Tradition Six: Let me remember we ought never try to share our special message with those for whom it is not intended. Nor should we endorse or give our power or prestige to a cause we have no business in, since doing so may divert us from our primary purpose.

It is our Higher Power within doing the works. Why not practice that realization 24/7? Let's not lend His Name to other people, places or things making them an idol. If we can let go even for an instant our anxious efforts, we can labor and rest. The energy we are given is spent but not wasted. We are most fulfilled and grateful when we are able to freely serve the special needs of those around us, without diverting ourselves from our primary purpose. Let us step back and watch our Higher Power have His way

Write the name of who or what you are focusing this Workbook on.

DAY FIFTEEN – Today is _____, _____ _____

TRADITION SEVEN: EVERY AA GROUP OUGHT TO BE FULLY SELF-SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS.

Drug addicts are often called users. Most of our Alcoholics Anonymous members arrive at the doors of A.A. selfish and self-centered to the max, users. Self-centeredness was a matter of survival for me, I was totally self-concerned. Because I had used up everyone important to me and having no relationship with a Higher power, all I had to call on was my powerless self. I had to find a way out; I had no other human help left open. I was a prime candidate for Alcoholics Anonymous. I was so broke money wise I had a very narrow view of being fully self-supporting. It was clear all I needed to do was put a little money in the hat satisfying my obligation to my group. I could pat myself on the back for helping to keep the door open and the lights on.

Like so many others I did not view this Tradition Seven as a Spiritual Principle. I heard a labor union leader say; when we don't know what to ask for, we ask for more money. Being fully self-supporting and declining outside contributions reaches far beyond money. The hand-full of A.A. members that first took me under their wing was part of a larger A.A. group. For us to carry our A.A. message we declined the larger group's support and started our own group. When I viewed Tradition Seven interlocked with the other Traditions, then I realized the depth of being fully self-supporting and declining outside contributions even if the outside was inside Alcoholics Anonymous. All of our Steps and Traditions are Spiritual Principles which can be applied in all my affairs. Yes, it is important that we become fully self-supporting financially, but it is equally important to be responsible in all our affairs to complete the cycle of integrity, of coming-of-age.

1. How do you react when an outsider tries to control or manage your partnership, group or relationship?

2. How do you react when an insider tries to control or manage your partnership, group or relationship?

3. Do you depend on church or a spiritual adviser to make your spiritual decisions and your prayer and meditation?

4. Do you draw from others or church but seek your own conscious contact and spiritual activity?

5. Are you fully self-supporting in your financial matters? Are you responsible for your fair share?

6. Are you fully self-supporting in your family matters? Are you responsible for your fair share?

Write the name of who or what you are focusing this Workbook on.

7. Are you fully self-supporting with friends and social matters? Are you responsible for your fair share?

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8 What lures you away from your primary purpose?

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9 Have you learned to be a worker among workers, a friend among friends, are you still a user?

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10 Are you fully self-supporting when it comes to your emotional stuff? Do you stay out of the victim role? Do you stay out of the aggressor role? Give examples.

--

11 Have you had someone outside your partnership, group or relationship take control? What did you do to take back control or did you?

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12. Your partnership, group, relationship ought to be fully self-supporting. When over dependent we compromise ourselves. We must share our life but don't give it away. Are you willing to see all others as channels but not your source, letting your Higher Power be your true Source? How so?

Affirmation for Tradition Seven – Let me remember that as God’s agents we can be fully self-supporting. His Divine Grace enable us to be free of outside interference. He will give us all we need to do His Will.

When I feel Spiritual or mentally or physically or emotionally or socially spent I am reminded that it is my Higher Power within me that will restore me, restock my storehouse. I do not have to organize a work party to be self-supporting. My personal “reality” blocks the flow of abundance. An old idea tells me that I have to fight for or earn my inheritance. My old habit of thoughts and feelings tells me that I must punish the wrongdoer even if that’s me. There is a great need to build the ability to love and to be loved. If we choose we can draw an abundance of love from our well stocked storehouse within. The more we are willing and able to love the more supply of love we have. Instead of depleting our supply or just restocking it we get a greater increase of love. It is proof that we are self-supporting as we share the love we are. Love is the Divine Fruit of His Grace. The love harvest is great but the labors are too few. Come let us work in His fields and be part of the love harvest today. The pay is great and the benefits are everlasting.

Write the name of who or what you are focusing this Workbook on.

DAY SEVENTEEN – Today is _____, _____

**TRADITION EIGHT: ALCOHOLICS ANONYMOUS SHOULD REMAIN FOREVER
NONPROFESSIONAL, BUT OUR SERVICE CENTERS MAY EMPLOY SPECIAL WORKERS.**

Because I keep an office in which I share the Program one-on-one and hold workshops and meeting five days a week I am accused of being a professional by some. I have never been paid for anything I do or produce. I sold my business in 1981 which enables me to live my heart’s desire. I had and I still do have friends in the A.A. Program working in the field of alcohol and drug addiction recovery. None of them, as far as I know have ever accepted money for Twelve Step work.

In the 60’s the landscape was covered with alcohol and drug treatment centers. I joined A.A. in 1957; in those days very few people ever heard of Alcoholic Anonymous. Now, we could travel all over the United States and much of the world and find Alcoholics Anonymous. The expanding alcohol and drug treatment centers soon found without a follow up program the alcoholics departing their treatment program dried up would soon be wet again. The treatment centers who wanted to stay in business started asking Alcoholics Anonymous members to bring meeting into their centers. In turn they would busload patients to A.A. meetings. Lots of our A.A. members went to work for these treatment centers because they knew the alcoholic. I don’t know of any of our members that went to work as a paid Twelve Stepper. A.A. benefited greatly being exposed to great numbers of alcoholics, their families and their friends. This is a great case for attraction rather than promotion. Very few of the thousands of treatment centers are still in business, yet Alcoholic Anonymous is ever expanding. Let us let His Love, His Will be done.

Each of us as individuals has something special we must freely give. Freely we have received and freely we must give. We may receive a great deal but we can only keep what we give away. We cannot without problems trade this special gift for money, property, prestige or power. You may be paid a sum of money to maintain your physical human needs; however, your special gift must be given freely.

1. What is your special gift (s)?

2. Do you try to get rewarded, even if not for money, for your personal efforts? What are those rewards?

3. Do you try to sound like or act as a professional on?

Alcoholism	Drugs	Recovery	Relationships	Business	Medicine	Sociology	Program	Spirituality	Psychology

4. What do you think or feel when you are given goods or service?

5. When you pay for those same goods or service how do you think or feel?

Write the name of who or what you are focusing this Workbook on.

6. What are your unrealistic expectations both for yourself and others in this area? Do you have any role models?

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7. What are your realistic expectations both for yourself and others in this area? Do you have any role models?

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8 How do you feel about yourself and/or others when you compromise yourself?

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9 All our Traditions address our partnership, group, or relationship problems of living and working together. How do you freely share your application of this Tradition?

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10 How does your partnership, group or relationship deal with professionalism?

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11 At first Bill W. dubbed the Traditions “Twelve Points to Assure Our Future”. Can you now see the importance that we freely share what we have freely received?

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12. Your partnership, group, relationship was given special gifts and talents. When you share those gifts and talents from your hearts you are paid in a coin beyond the material. Share your experience.

Affirmation for Tradition Eight – Let me remember that we were freely given our special gifts so we must share them freely, not as a professional.

"The only thing worse than being blind is having sight but no vision" Helen Keller. By living this way of life we can see with the eyes of faith in a Power Greater than we are with a vision of how our Program works and it is nonprofessional. A.A. has no professional class, nor do we have any dogma. Our entire Program is based on suggestions only. We cannot overstate the importance of our Program being a program of suggestions only. As an individual if we agree to honor the suggestions embedded in our Program then we are responsible for living them, we cannot get by blaming others. Our experience should be given freely, not bought or sold. Our sharing our Program is truly an act of love, priceless. Our Service Centers employ A.A. lovers, workers among workers.

Write the name of who or what you are focusing this Workbook on.

DAY NINETEEN – Today is _____, _____ _____

TRADITION NINE: AA, AS SUCH, OUGHT NEVER BE ORGANIZED; BUT WE MAY CREATE SERVICE BOARDS OR COMMITTEES DIRECTLY RESPONSIBLE TO THOSE THEY SERVE.

The key to Tradition Nine is service; it is not to control or govern. Yes a great example of the statement in Tradition Two; “Our leaders are but trusted servants; they do not govern.” This Tradition is a reminder to those chosen to serve a special task for their fellow Alcoholics Anonymous members, not to control, only to serve a need, for a while, rotation.

When I was new in the Program I asked one old-timer what I had to do to get in on the really good stuff. He told me if I would stay sober for six months he would get me in the real group. Joe M. was about 6’ 4” and wore very expensive clothes. I knew he was the “man”. Joe’s “cover” was a chiropractor. I took some treatments just to kiss up to him. I had a lot to learn about Alcoholics Anonymous and who were the leaders. How can we say we are not organized when we have chairman, secretary, committees and hold elections? These are service opportunities not controllers.

To organize or to be organized has much in common with the “letter of the law” and way too often without the “spirit of the law”. The “letter of the law” can be cold and unyielding and all too often used to hammer one into shape with little love if any. It is the “spirit of the law” where loving growth can best take place. Tradition Nine is an extension of Tradition Two; “...there is but one ultimate authority, a loving God as He may express Himself in our group conscience.” There are no bosses in AA or authorities. No one can be punished or expelled as in the traditional organization. Those who do choose to serve are but trusted servants.

1. What is your understanding of: “ought never to be organized”?

2. Do you still try to be the boss or seek out a boss to boss you?

3. What extent do you believe this relationship needs: rules, bylaws, or guidelines? Examples.

4. Can you be punished or expelled from your relationship? By whom and how?

5. One of these days we’ve got to get organized around here, who will be the organizer for your partnership, group or relationship?

6. Is the organizer appointed or is he or she self-appointed? How did that happen?

Write the name of who or what you are focusing this Workbook on.

7. Tradition Nine describes the masterful solution worked out during the first ten years of AA experience. Do you agree it would be wise to understand these Traditions before organizing?

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8. The key to a loving relationship is to serve one another, it is not to control or govern. How are you serving one another?

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9. Are you experiencing both the problems and solutions? Give examples.

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10. Love and service is the solution to any organizational problem. Do you agree? How does it work?

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11. Are you a “Let George do it” person? Or are you an “Over-organizing person?”

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12. Your partnership, group, relationship needs to authorize workers to serve. What’s the difference between the spirit of vested authority and the spirit of service? Sum up how your partnership, group [Relationship] is organized.

Affirmation for Tradition Nine – Let me remember that we need to keep an open-mind for His guidance, His flow of love and wisdom, avoiding the closed-mindedness of too many rigid rules or over organization.

How it is that it takes so long for humans to wake up and live simple Truths? Many of these Truths have been around since the beginning of time, or at least the beginning of recorded time. A few years ago a person wrote a best seller on living in the now. The world rushed to the bookstores to buy that book on now. Now, has always been the only time we have to do, to experience anything and written about throughout history. (A.A.’s “One day at a time”) Now the “new” awakening is that meditation is a healer. When someone can put this Truism into scientific terms it will catch on. I believe this idea that meditation can cause healing is another way of saying that we need to be lovingly whole. I rushed to the bookstore (online) for the new book on a meditation study (oops who was in denial). Stating that meditation causes healing, wow, this Truth has been known “forever” by some. But this new book is based on scientific research, “giving it credibility”. Of all people A.A.s should know this healing Truth. “A.A.’s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happy and usefully **Whole**.” (Foreword: Twelve Steps and Twelve Traditions) We need not be organized to be in union with our Higher Power, we only need to be willing.

Write the name of who or what you are focusing this Workbook on.

DAY TWENTY- ONE – Today is _____, _____ _____

TRADITION TEN: ALCOHOLICS ANONYMOUS HAS NO OPINION ON OUTSIDE ISSUES; HENCE THE AA NAME OUGHT NEVER BE DRAWN INTO PUBLIC CONTROVERSY

The extremes are often our best teachers. This holds true in this Tradition for sure. Most of us have heard or read of the celebrities airing their dirty wash in public'. Maybe at first it was just a difference of opinion, or maybe they were using the general public to prove a point but somehow got drawn into public controversy. Once the ego, pride, selfishness and self-centeredness go on the defense, all soon polarizes. Now it's my side against your side; often the relationship fails or is greatly damaged. The public controversy may sell papers, books and TV coverage, but the outside pressure takes most relationships down the drain.

Politics, sports, religion, race and ad infinitum issues other than A.A. topics have no place in Alcoholics Anonymous. I've heard only a few arguments on outside A.A. issues in Alcoholics Anonymous. What if a newcomer came in with strong political affiliation different from mine? What happens to our singleness of purpose? Alcoholism is a deadly disease and we could run someone off who is seeking help for their alcohol problem with a useless argument.

MADD Mothers Against Drunk Driving asked me to speak as a member of Alcoholics Anonymous. I feel a deep compassion for those who have lost children, killed by drunk drivers but I cannot speak for Alcoholics Anonymous. I agreed to speak as an individual recovering alcoholic, but not as a member of Alcoholics Anonymous.

1. Can you give an example where this Tradition has been breached?

2. How are you affected by controversies: mentally, physically, emotionally, socially and spiritually?

3. List the areas/people you can allow to disagree with without feelings of rejection or defensiveness?

4. List the areas and people you cannot allow to disagree with without feelings of rejection or defensiveness?

5. When, where, with whom, and how are you most likely to get into useless arguments?

6. Do you hold grudges or can you forgive quickly?

Write the name of who or what you are focusing this Workbook on.

7 Do you ever give the impression that AA or a powerful person has an opinion on the type of partnership, group or relationship you are working on? Maybe to give your cause credibility?

--

8 How do you express the spirit of this Tradition without compromising its principle?

--

9 How could you apply this Tradition in your other relations? How many useless arguments could you have stayed out of keeping your opinion to yourself?

--

10 Can you keep your singleness of purpose when outside opinions on public controversy when your partnership, group, relationship is divided?

--

11 How can you make yourself more attractive?

--

12. Your partnership, group, relationship ought never to be drawn into public controversy. If we have a loving, peaceful place to go, no matter what's going on outside we are going to be OK. How can you keep outside controversy outside?

Affirmation for Tradition Ten – Let me remember that we need to stay focused on our primary purpose, avoiding useless arguments on outside issues.

The most basic meaning of a friendship is; we have a common purpose, goal or cause. When dealing with those we don't have a common purpose, goal or cause, it's wise not to waste our time and energy on their opinions, which is a real outside issue. Let us focus on acts of love such as: patience, kindness, generosity, humility, courtesy, unselfishness, good temper, good sense of humor, sincerity, and innocence; these enrich our lives. These acts of love are a great way to use our free will. These simple acts of love that we share pay off great dividends. Let us not defer or delay these opportunities because we will not pass this way again. Freely we are given and freely we give; this is the True flow of life's loving energy, free from public controversy. Our primary need is simple; being the individual we are. All we need has already been given to each of us and that is not an opinion. Our part is to remember the gift and live it. Thy Love, Thy Will be done.

Write the name of who or what you are focusing this Workbook on.

DAY TWENTY-THREE – Today is _____, _____ _____

TRADITION ELEVEN: OUR PUBLIC RELATIONS POLICY IS BASED ON ATTRACTION RATHER THAN PROMOTION; WE NEED ALWAYS MAINTAIN PERSONAL ANONYMITY AT THE LEVEL OF PRESS, RADIO, AND FILMS.

Attraction is a universal principle, which like most things in this life we may use for good or evil. When used as a spiritual principle, attraction becomes a most powerful force for sharing love and unity. We grow weary of promotions living in a commercial, competitive world as we do. Everything we have ever done, said, thought, or felt contribute to the building of our world view. All of our experiences, conscious or not, real or illusion, determine to a large degree how we think, feel and experience life. Our personal “reality” draws the people, places, and things we experience. This personal “reality” will be attracted or repelled, by real and illusionary experiences, confirming its “reality”. A shortcut to your inventory is nothing less than this: look at the people, places and things you are attracting and repelling.

Now we see how powerful the principle of attraction is. We may be the only Big Book a person may ever see. Not only is it important and fulfilling for each of us to practice our Alcoholics Anonymous way of life in all our affairs but we will be attractive to the alcoholic who still suffers. Each of us has a circle of influence which effect a number of people; family, friends, and coworkers. These people will see what a powerful program Alcoholics Anonymous is and will tell others in their circle of influence. This is the kind of advertising money cannot buy or attract.

1. How have you promoted your beliefs or ideals? What motivated you?

2. Have you ever promoted something so fanatically that you made it seem unattractive?

3. Have you used someone’s good name to promote yourself or your cause?

4. Is your Relationship attractive enough that someone may want what you have?

5. Is there an important person to you that wants no part of what you have? How do you react?

6. What motivates you and your relationship into action? What turns you off?

Write the name of who or what you are focusing this Workbook on.

7. What type of loving, wise and useful relationships, people or events do you continue to attract into your life experiences?

--

8. What type of harmful or useless relationships, people or events do you continue to attract into your life experiences?

--

9. How have you used Spiritual principles to attract those relationships you desire most?

--

10. What if you are the only Big Book a person may ever see? Do you accept the responsibility that question implies?

--

11. When we are doing our inventories it is important to note the people, places, events and things we are attracting into our experience. Can you accept the responsibility that you have attracted those experiences or do you blame chance or luck?

--

12 For your partnership, group, relationship what can you do to become more attractive?

Affirmation for Tradition Eleven – Let me remember that we must walk the talk. Our willingness to be His agent will attract what or whom we need to do His Will. Humility goes hand in hand with this willingness.

Our Public relations policy is based on attraction [love] rather than promotion. Living the Program as a way of life is an expression of love, which is the strongest attraction. Ask, from the bottom of your heart with an open-mind for our Higher Power to use you. Every moment is an opportunity to extend love openly or silently if we choose. Let us bring our gifts of love to all we are drawn to, that is attraction not promotion. . We are fulfilled enough giving what love we have now without fanfare, which will help us maintain our personal anonymity. We can be grateful that we can make even a tiny good difference. Our Program may pass through the minds of our members and yet bypass their hearts. If it does not pass through our hearts we may sound good but our message will not be alive in the Spirit of love and Truth. Let our sharing include our loving hearts as well as our minds, our bodies, our relationships and our prayers and meditations.

Write the name of who or what you are focusing this Workbook on.

DAY TWENTY-FIVE – Today is _____, _____ _____

TRADITION TWELVE: ANONYMITY IS THE SPIRITUAL FOUNDATION OF ALL OUR TRADITIONS, EVER REMINDING US TO PLACE PRINCIPLES BEFORE PERSONALITIES.

The first few years in A.A. I experienced a childlike innocence. I was so grateful for the way of life A.A. had given me. I felt like it was a “God thing”. I believed every breath we took was our Father doing life through each of us. I did have some great Spiritual experiences which changed my worldview. At six and half years of being very active in A.A. as a Spiritual way of life, I returned to violence for a day by committing a violent act on another person. Because of that act of violence I fell into a very dark depression. I felt like the big phony. I felt like the wonderful Spiritual life I had experienced those first six and a half years were a big lie. If that Spiritual life were real; how could I have returned to violence? The A.A. group I was a member had taught me a valuable asset; get more active in A.A., instead of withdrawing. For many years I longed for that childlike innocence to no avail. I now believe we can experience an adult-like innocence. I am responsible for my choices and my actions, yet knowing our Father is our only true Source. Because of my weakness I asked for some clear demonstrations, yes, anonymity is the Spiritual foundation of our A.A. way of life.

This week I have two demonstrations of our invisible means of support. I was asked to take care of a simple service project. Everything fell into place for me to take care of it. Ten doors had to open and close by an invisible means for this little service miracle to happen and they did. That process uncovered a real problem, none of us were aware of. The uncovering was revealed by grace not hard works. The other little miracle happens in the reverse of the other. I woke up a 2 A.M. and could not go back to sleep. I was “intuitively” made aware of a costly problem to our A.A. group. From 2 A.M. on I prepared the needed information. I included our Father in the whole process. When I met with the producer of the problem, he reassured me that he had caused the problem by passing on misinformation. As it turned out there was no problem. Our invisible means had uncovered the misinformation and informed us, removing the nonexistent problem, avoiding some major changes. These two examples demonstrate an invisible anonymous Power greater than our personalities by revealing Spiritual principles at work.

Anonymity is much more than a silent giver. One who lives in an anonymous state of mind is living closer to reality and humility. They awakened to the fact that all they have has been given to them. If they choose to keep and expand it, they must make a point of passing it on. A God-centered person will pass on characteristics such as; love, service, forgiveness, unselfishness, willingness, gratitude, and humility. A self-centered person will pass on characteristics such as; resentments, fear, pride, arrogance, and selfishness. To place principles before personalities is like saying the moon reflects the light of the sun. Personality, the mask, reflects reality or illusion as filtered through our personal “reality” and our Higher Self. Like the moon the personality has no light of its own, while our Higher Self is part of the Light.

1. Can you give an example of how you placed principles before personalities?

2. Can you give an example of how you placed personalities before principles?

3. How have you let pride, ego, selfishness or arrogance disrupt this area?

Write the name of who or what you are focusing this Workbook on.

4. What part of this Program, process, slogans or affirmations draw you back to the principles of these Traditions? Which of these draw you away?

5 Which principles are the most difficult for you to practice consistently? Which is the least difficult?

6 “The spiritual substance of anonymity is sacrifice.” (Bill W.) What have you sacrificed?

7. Have you stopped being a user and become willing to be used by these Spiritual principles?

8. When doing service work do you stick to Spiritual principles or personality characteristics?

9. Do you consider yourself a woman or man of principle or do you hide behind your personality?

10 Can you practice the AA principles and have a bad conduct or bad disposition?

11. Has your self-centeredness been transform into enlightened self-interest governed by Spiritual principles? How so?

12. For your partnership, group, relationship what can you do to practice placing principles before personalities in all your affairs?

Affirmation for Tradition Twelve – Let me remember that we need to credit the results to Him – to take off our mask and practice His Principles in all of our affairs.

Our primary need is simple; being the individual we are. All we need has already been given to each of us. Our part is to remember the gift and live it as directed. Our Program suggests; the only requirements are honest, willingness, open-mindedness and a genuine striving for perfection. We are likely discouraged by failure or we may learn from it. Let the “F” not stand for failure but let’s start with Forgiveness, Fun, Flowing with grace and Finding our true place here and now. Beyond our experience pure faith and pure love remain a mystery because it is infinite and our experience is finite. The love we have now is enough to grow on.

Write the name of who or what you are focusing this Workbook on.

DAY TWENTY- SEVEN – Today is _____, _____ _____

THE TWELVE TRADITIONS (THE LONG FORM)

In the first ten years of AA experience these Traditions were hammered out. The Long Form was one of many drafts for what was to become our Twelve Traditions. Only by God’s grace and a willingness to stay the course did AA survive those first years without these Traditions, guidelines, and suggestions. If there were any doubt that Alcoholics Anonymous be divinely inspired, we only need to stop a moment and reflect on the results. Listen to our hearts and look at the proof of God’s Divine Presence. The following questions to respond to will expand and deepen your understand how they will work in the partnership, group or relationship you are applying them to. “Our experience has taught us that:

1. As far as your partnership, group or relationship is concerned how are you dealing with autonomy?

2. As far as your partnership, group or relationship is concerned how are you dealing with singleness of purpose?

3. As far as your partnership, group or relationship is concerned how are you dealing with non-endorsement of other enterprises?

4. As far as your partnership, group or relationship is concerned how are you dealing with professionalism?

5. As far as your partnership, group or relationship is concerned how are you dealing with public controversy?

6. As far as your partnership, group or relationship is concerned how are you dealing with anonymity?

7. As far as your partnership, group or relationship is concerned how are you dealing with membership?

8. As far as your partnership, group or relationship is concerned how are you dealing with the Traditions? Do you treat the Traditions as: laws, rules, bylaws or regulations?

Write the name of who or what you are focusing this Workbook on.

9. To honor the integrity of Tradition One what sacrifices are called for?

10. To honor the integrity of Tradition Two what sacrifices are called for?

11. To honor the integrity of Tradition Three what sacrifices are called for?

12. To honor the integrity of Tradition Four what sacrifices are called for?

13. To honor the integrity of Tradition Five what sacrifices are called for?

14. To honor the integrity of Tradition Six what sacrifices are called for?

15. To honor the integrity of Tradition Seven what sacrifices are called for?

16. To honor the integrity of Tradition Eight what sacrifices are called for?

17. To honor the integrity of Tradition Nine what sacrifices are called for?

18. To honor the integrity of Tradition Ten what sacrifices are called for?

19. To honor the integrity of Tradition Eleven what sacrifices are called for?

20. To honor the integrity of Tradition Twelve what sacrifices are called for?

Write the name of who or what you are focusing this Workbook on.

21. For your partnership, group, relationship how can you apply these Traditions Spiritually?

22. For your partnership, group, relationship how can you apply these Traditions mentally?

23. For your partnership, group, relationship how can you apply these Traditions Physically?

24. For your partnership, group, relationship how can you apply these Traditions Emotionally?

25. For your partnership, group, relationship how can you apply these Traditions socially?

Write the name of who or what you are focusing this Workbook on.

JOURNEY INWARD This Growth Questionnaire is not intended to give us reason to resent our past. Hopefully, the working through this will offer us some information and insight that can improve our present and future. This questionnaire is a journey inward not backward.

AM I GROWING **The Growth Questionnaire** – Do you sometimes feel you have not grown very much? Try this if you have been in the Program a year or more. You are in for a big surprise. Three questions we can asked if we are growing or really changing are:
 How often do we experience something?
 How intense is it when we do experience it?
 What is the duration of the experience?

ACTION Respond to the one hundred statements as follows: (Closely read each statement)
 We are to rate our responses from 0 to 5 in three areas of growth: How Often, How Intense or the Duration.
 The first response in the WAS column is for how it was before we came into the program.
 Our next response in the TODAY column is for how it is today.
 After you have responded to each statement you are to total the WAS and TODAY columns, then use the little formula to get your percent of change.

The way the following statements are set up is this, rate the value from 0 (zero) to 5 (five). Choose from one of the following modes, which best suits, each statement:

HOW OFTEN	HOW INTENSE	DURATION
0 – Never	0 – Very Cold	0 – An Instant
1 – Rarely	1 – Cold	1 – A Few Minutes
2 – Occasionally	2 – OK	2 – Hours
3 – Often	3 – Intense	3 – Days
4 – Very Often	4 – Very Intense	4 – Weeks
5 – Always	5 – Impassioned	5 – Extended Amount Of Time

CAUTION – READ THE FOLLOWING STATEMENTS VERY CLOSELY – IF YOU HAVE EXPERIENCED AN IMPROVEMENT, THE “TODAY” COLUMN SHOULD BE A HIGHER NUMBER.

WAS	#	TODAY	STATEMENT
	1.		I am very honest in all of my dealings with others and myself.
	2.		I accept full responsibility for my problems. I no longer blame others.
	3.		I feel loved.
	4.		I let go of my resentments.
	5.		I am patient with others and myself.
	6.		I understand the difference between pity and love.
	7.		I know why I feel guilty.
	8.		I know what is normal.
	9.		I have an abiding faith I will have everything I need.
	10.		I do not fear others will “find out” the truth about me.
	11.		I no longer over react to others’ anger.
	12.		I no longer experience a general rage toward life.
	13.		The fear of being abandoned has left me.
	14.		I trust life experiences to work well for me.
	15.		I know when a situation is abusive.
	16.		I confront abusive situations when necessary.
	17.		When there is conflict, I seek a solution.

Write the name of who or what you are focusing this Workbook on.

WAS	TODAY	STATEMENTS
	18.	I can ask for what I need.
	19.	I feel as if I belong. I am no longer an outsider looking in.
	20.	I feel equal to most people I meet.
	21.	I am confident with who I am.
	22.	I have no fear of failure.
	23.	I am comfortable relaxing.
	24.	I can express my feelings.
	25.	I do not stuff my feelings.
	26.	I have relationships that work.
	27.	I remember my past experiences.
	28.	I apologize quickly when appropriate.
	29.	I do not minimize my accomplishments.
	30.	I make decisions and follow through.
	31.	I do not need constant affirmation.
	32.	I make and keep commitments in relationships.
	33.	I enjoy sharing in a close relationship.
	34.	I do not fear my children will fall in the same trap as I did.
	35.	I maintain healthy relationships.
	36.	I have balance between work and play.
	37.	I am honest in expressing my feelings.
	38.	I do not pretend to understand something when I do not.
	39.	My relationships are sexually healthy.
	40.	Romance is not a criteria for my fulfillment.
	41.	I am spontaneous.
	42.	Healthy people are my role models today.
	43.	I am worry free.
	44.	I invite God to do for me what I cannot do for myself.
	45.	My self-worth comes from within.
	46.	I no longer feel I have let others down, unless I have.
	47.	My life is free from crisis.
	48.	I no longer seek relief from fear, anger, and anxiety in compulsive behavior.
	49.	I do not isolate.
	50.	I no longer feel trapped. I am free to have constructive options.
	51.	I no longer have a chip on my shoulder, nor am I on the defensive.
	52.	I no longer take myself so seriously. I am gentle with myself.
	53.	I am empathetic with others.
	54.	I am playful, loving and fun to be around.
	55.	I am outgoing and confident.
	56.	I am sensitive in a positive way.
	57.	I am teachable.
	58.	I extend love to others.
	59.	I am no longer suspicious of anyone or anything.
	60.	I am a responsible person.
	61.	I am trusting and trustworthy.
	62.	I clean up after myself, without being compulsive.
	63.	I release the need to control.

Write the name of who or what you are focusing this Workbook on.

WAS	#	TODAY	STATEMENTS
	64.		I allow imperfection in others and myself.
	65.		I am filled with energy.
	66.		I am at peace with others.
	67.		I accept criticism.
	68.		I am accepting of others and myself.
	69.		I express myself well.
	70.		I am a good listener.
	71.		I am neither a victim nor an aggressor.
	72.		I am comfortable touching others or being touched.
	73.		I have a good balance between thinking, feeling, and doing.
	74.		I am becoming the person I really want to be.
	75.		I accept myself and what is going on around me.
	76.		I work the Twelve Steps in all areas of my life.
	77.		My head is in the clouds, but my feet are on the ground. I am well centered.
	78.		I handle frustrations and disappointments well.
	79.		I let go and let God.
	80.		I am comfortable with who I am.
	81.		I choose the Will of God – not ego; peace – not conflict, love, not fear.
	82.		I know a new freedom and a new happiness.
	83.		I do not regret the past nor wish to shut the door on it.
	84.		I now comprehend the word serenity, and I do know peace.
	85.		I see how my experience can benefit others.
	86.		That feeling of uselessness and self-pity has disappeared.
	87.		I have lost interest in selfish things and gained interest in my fellows.
	88.		Self-seeking is slipping away.
	89.		My whole attitude and outlook has changed.
	90.		The fear of people and economic insecurity left me.
	91.		I now intuitively know how to handle situations which used to baffle me
	92.		I have realized that God is doing for me what I could not do for myself.
	93.		All of the promises from Alcoholics Anonymous are being fulfilled.
	94.		I share my experience, strength, and hope with others each day.
	95.		I seek to practice God's Attributes as I realize them.
	96.		I am grateful for what my Higher Power has in mind for me, so I seek to do His Will.
	97.		I am warm and loving, kind and understanding, wise and intelligent, forgiven and forgiving, loved and loving, healed and healing and empowered by God's loving grace.
	98.		I practice the elements of love: Patience, Kindness, Generosity, Humility, Courtesy, Unselfishness, Good Temper, Good Sense Of Humor, Innocence and Sincerity.
	99.		I practice these characteristics: Higher Purpose, Focus, Preparedness, Conviction, Faith, Trust, Perseverance, Creativity, Risk Taking, Curiosity, Resilience, Independence, Commitment and Courage.
	100		I am being told very specifically everything I need in a way I can currently hear, understand and follow.

This Growth Questionnaire Completion Date _____

WAS' TOTAL	TODAY'S TOTAL	CHANGE	% OF CHANGE
Add the WAS Column	Add the TODAY Column	Subtract Was from Today	Divide change into Was Total
Example: Was' Total 150	Today's Total 325	325 – 150 = 175	175 ÷ 150 = 116.67% Change

THOUGHT STARTERS

Reverend Ward B. Ewing, Chair, AA General Service Board wrote in The Grapevine's Special Edition for Alcoholics Anonymous 2010 International Convention. Looking to the future, and AA's evolution there are three issues Ward feels the Fellowship will be grappling with over the next few years.

1. The Fellowship must develop and utilize effective and innovative approaches to a new generation of alcoholics whose communication pathways have shifted...electronic communication.
 - a. AA has lots of dedicated, devoted and committed young people who know all about electronic communication, social media and Higher Power.
 - b. These young Elder Statesman could form some in-depth study committee
 - c. Those of us who cannot write or read a text-message stay out of their way
 2. The Fellowship needs to be absolutely clear about the distinction between spirituality and religion. AA is a spiritual program, it is not a religion.
 - a. Remember our Traditions are suggestions
 - b. AA has no dogma or theology like a religion
 - c. AA has no commandments
 - d. Loving by sharing is a way of life, not a demand
 3. The Fellowship is facing the matter of poly-addiction and the struggle to find a balance between AA's clear singleness of purpose and the reality that many people are now coming to the Fellowship with multiple addictions.
 - a. I was not poly-addicted coming into AA but I had no idea what an alcoholic was. It took about six months before I caught the disease of alcoholism. I was never asked any qualifying questions, not even if I had a desire to stop drinking. I was given time to find out I was, I am an alcoholic. I was never told to leave an AA meeting, thank God.
 - b. In 1957 it was enough for our group to welcome anyone who showed up at our AA meeting place. It was so simple then, our group extended freely our loving service.
- What is the loving and compassionate way to address these living problems, not only in AA meetings but other AA gatherings?
 - Bill W. said the Traditions were motivated by fear. Our Higher Power knows how to get us to do what turns out to be best. The Traditions are a good case in point. They have allowed our program and all us in it to continue to grow.
 - Only an AA member can fully understand how a negative motive like fear can bring about such wonderful miracles. Whatever faces our AA program let us remember we have a Higher Power greater than all humans and our problems.
 - Are we making the solution to this problem too difficult alone and unaided? Our Boss knows how to handle everything we are willing to totally trust Him with.
 - Perhaps in our prologue we could be very clear by encouraging those who have poly-addiction to get a sponsor or talk to members before and after meetings. We could ask for those who have sober time in AA who also have a multiple addictions to offer to share with the new person.
 - The Traditions were not written in advance but as problems came up and got worked out our Traditions began to take form. Experience is a great provider. Yes, action is the magic word.
 - Our Traditions makes our A.A. unique guidelines that no other organization has.
 - Many of us were still childishly angry and fearful of authorities or experts but we could trust another alcoholic who had some experience in sober living. The Traditions give us individuals and our groups freedom unlike any other organization.

Write the name of who or what you are focusing this Workbook on.

24-Hour Pharmacy - Timothy Koock

Over 800 years ago, St Thomas Aquinas observed that you cannot have a feeling without a corresponding change in your body.

Do you know you have a 24-hour pharmacy open seven days a week inside your body? This is how it works. As you think, your thoughts are transformed into molecules called neuropeptides. Of course, as you will see, this is not the usual kind of transformation contemplative pray for.

Do you know those interior conversations with yourself that never shut-up? Well, you may be shocked to learn this, but somebody has been eavesdropping on your private and most intimate conversations. It's your body! Not only has it been eavesdropping but also your body has been participating in the conversation along with you. Your interior conversation, kind and gentle as it may be, has been transcribed as faithfully as a medieval monk by your hypothalamus into a chemical manuscript.

It is estimated the average human thinks about 15,969 thoughts per day. Not bad, except, about 90 percent of the thoughts you had today are the same ones you had yesterday and the day before. If you are 50 years old, there is a very good chance part of your inner conversation is that of a two year old toddler. Besides endless repetition, what is the content of your inner tête-à-tête? Let's peek inside and see.

Let's say today you didn't get something you wanted. (That must occur at least a hundred times a day, provided of course, you are not totally brain-dead). Starting this morning, let's say, your beautiful soft-boiled egg turned rubbery, you could not open your email attachments, you had to park at Wal-Mart in order to walk to Sears, your cat left thousands of fresh footprints all over your freshly washed car, your daughter still has not returned your urgent phone call, your kids right and they are all going to hell via the state penitentiary. If freshness is not to your liking, relax; you can always warm up some old leftover wounds for your mental dining pleasure.

As your body listens in to your reactions to these precious little events, your local 24-hour pharmacy is busy mass-producing neuropeptides in the flavor of your frustration, insult, lust, fear, anger or rejection. In seconds these flavors of negativity saturate each cell of your body via tiny receptors. In other words, you get to marinate in your own stuff.

As you probably know, your mind is the subjective experience of consciousness and your body is the objective experience of consciousness. But which of these, mind or body, do you listen to? You have been told the body never lies but, unfortunately, you overly depend on your mind, which creates scripts and videos, a phantasmagoria of what you think is happening to you.

Are you somebody who always seems angry? Or someone who is easily offended? Or overly apologetic or fearful? It may be you have become chemically addicted to a flavor of negativity. The addiction is mostly unconscious, but your body, which is conscious, knows. And your pharmacy remains open 24 hours a day.

Remember, 90 percent of your thoughts today will probably be repeated tomorrow and the next day. Your mind is filled with returns and instant replays. The word for this is resentment. It means to re-feel or re-live the insult, hurt, fear or whatever. Each time you do this you 're-fresh' the marinade with perhaps a twist of revenge or a pinch of low self-esteem. Medical research warns this excessive stress is very toxic to your body.

These chemical mimes define your life and co-create your identity. You may even secretly like them. While soaking, smugly in your warm peptide bath you feel very justified. After all, life is unfair, you say, as you swig another jigger of detest and play that tired old song "If Only" in the jukebox of your imagination.

Neurobiologists calculate your brain alone contains 100 billion neurons with over 100 trillion connections. At least 65 percent of the cells in your heart are composed of additional neurons just like those in your brain. Normally you use only a tiny fraction of these connections. In deep negativity, however, you have access to even fewer connections because the most traveled, tired and habitual pathways are congested in a traffic jam of repetitious negativity. It is the acid reflux of the mind-body disconnect. Like the mighty Mississippi, the river of negative emotions continue to flood your banks, day after day, year after year. Perhaps you have forgotten how to move to higher ground?

With intention and practices such as Centering Prayer and the Welcoming Prayer, you can build new pathways to higher ground with deeper connections to God. The Active Prayer sentence also helps to erase some of the old tapes. Perhaps you can then have a better chance to produce in your 24-hour pharmacy molecules of exquisite beauty such as compassion, forgiveness and love. These make for a simply divine marinade.

Why not begin to think love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control? These are all peptides too. They all lead to forgiveness.

"Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things." Philippians 4:8

Write the name of who or what you are focusing this Workbook on.



Jim W.
16607 Blanco Rd Suite 401
San Antonio, TX 78232
12stepworkbook.org