

The Collected 12 Step Workbooks Volume 2

Working the Steps on Jealousy and Moodiness

Featuring Two Classic Al Kohallek Workbooks:

Section 1

Finding a Moody Person

Work the steps on moodiness.

Section 2

Al Kohallek & The Green-eyed Monster

Work the steps on jealousy.

By Jim W.

Sobriety Date 2/6/1957

Finding A Moody Person



***One Addicted to Pouting,
With A Side Order
Of Guilt And Punishment
The Good News Is There Is A Solution***

A MOODY INDEX

| | Page | # |
|---|------|----|
| INDEX | | 1 |
| INTRODUCTION | | 2 |
| STEP ONE | | 5 |
| STEP TWO | | 8 |
| STEP THREE | | 9 |
| STEP FOUR | | |
| 4 th Step Introduction | | 11 |
| 4 th Step Questions | | 13 |
| 4 th Step Rules/Patterns | | 17 |
| 4 th Step Make Fun Names | | 19 |
| 8 th Step Worksheet | | 20 |
| STEP FIVE | | 22 |
| STEP SIX | | 24 |
| STEP SEVEN | | 26 |
| STEP EIGHT | | 29 |
| STEP NINE | | 32 |
| STEP TEN | | |
| 10 th Step Introduction | | 34 |
| 10 th Step When am I most likely | | 37 |
| 10 th Step Spiritual Road Map | | 41 |
| 10 th Step Daily Journal Intro | | 45 |
| 10 th Step Daily Journal | | 46 |
| STEP ELEVEN | | 48 |
| 11 th Step Affirmation | | 52 |
| STEP TWELVE | | 54 |
| 12 th Step Daily Practice | | 59 |
| 12 th Step WHAT NOW | | 61 |

Finding a Moody Person

Finding A Moody Person

*One Addicted to Pouting, With A Side Order Of Guilt and Punishment
The Good News Is There Is A Solution*

Al Kohallek (Alcoholic) has found himself to be a moody person. He went to see his sponsor, Lou-is Pazeniton (Lou is passing it on), to see if there is a solution. Lou-is assured him that there was, the same AA Program Al had already used in other areas. Once again, to “practice these principles in all our affairs” came alive with a whole new meaning.

Al had stumbled onto an old defect, only in a different costume. Moodiness. Same defect, different look. That realization made him question other defects he thought were already healed. His sponsor gave him a set of questions—a little workshop—to uncover what triggers his moodiness.

Al noticed how often he judged personalities instead of principles. That was one of his favorite pathways to moodiness. Some people brought out his best, others his worst, and sometimes the same person could do both depending on the day. After prayer, meditation, and talking with his sponsor, Al realized those old patterns had healed a little, but not nearly enough.

Al recalls he was 17 when he left home to get away from a family that he never felt part of. It included too much fighting and arguing. Al didn’t have useful verbal skills for dealing with the fighting and arguing, so he would resort to violence or withdrawal. By the letter of the law, he was part of the family. But in spirit, he never felt like a part of the family. So, he left and promised himself he would never live in that kind of atmosphere again, not at home, not at work, not in AA, nowhere. Years later, when someone barged into his office itching for a fight, Al overreacted. Only later did he realize one of his oldest nightmares had returned. This time, he sought a solution that fit his new way of life.

Lou-is reminded him that life is a process of awakening. *“What we have is a daily reprieve contingent on our spiritual condition.”* Each time we experience a “new” healing/awakening, part of our personal “reality” has transformed into a Spiritual asset, which we may use as a tool to share with others. As we continue to awaken or as our denial breaks down in an important area of our life, an old defect we thought was gone may show up again, asking for deeper work.

About denial. Denial, we could say, is when we are guilty, but we don’t feel or think we are. Denial is one of the most loving gifts our Higher Power ever allowed a human to experience. The alcoholic or any other compulsive, obsessive person does not have to do anything about it until we have the tools; then **we must take action.**

About moodiness. Moodiness comes in all shapes and sizes. Some will take it out on others, often on those we love or need. Others may turn on themselves, withdrawing and becoming depressed. Most of us do both. Once we admit moodiness is part of our personal “reality,” we can either keep repeating it or ask God to heal it and transform it into an asset.

These patterns, once healed, last a lifetime. Not quick fixes, real transformation. We suggest that each time you discover one of your patterns, you write it on a separate sheet of paper.

Finding a Moody Person

Triggers. Finding what triggers our expressions of the addiction to moodiness will help us find the pathway to healing, transforming our personal “reality”. The most common triggers come in the form of people, places, or things in which we have given the power to determine our worth, happiness, freedom, sadness, joy, or anger. Instead of these being channels or agents, we have elevated them to the status of being our source. Any deep-seated emotional experience may be a trigger, such as moodiness, jealousy, fear, self-pity, and rage. Whenever Al had problems with people, places, or things, he had usually given them God’s role in his life.

Henry Drummond 1851 – 1897 - The following passage on **good temper** is part of the most wonderful addresses on love I have ever found. It was later printed in a little book, **The Greatest Thing in the World**. When I came to the Program, this little book was, as far as our group, required reading. It was just what I needed at the time. I did not know of anyone who wanted to experience love more than I did, who knew less about it. Henry Drummond’s message is as vital today as when he first delivered it. For many of us, it gripped us; it changed our lives.

Good Temper (Drummond) “Love is not provoked.” “Nothing could be more striking than to find this as one of the most important ingredients of love. We are inclined to look upon bad temper as a very harmless weakness. We speak of it as a mere infirmity of nature, a family failing, a matter of temperament, not a thing to take into very serious account in estimating a man’s character. And yet here, right in the heart of this analysis of love, it finds a place; and the Bible again and again returns to condemn it as one of the most destructive elements in human nature.”

The peculiarity of ill temper is that it is the vice of the virtuous. It may be the one blot on an otherwise noble character. You know men who are all but perfect, but for an easily ruffled, quick-tempered, or “touchy” disposition. This compatibility of ill temper with high moral character is one of the strangest and saddest problems of ethics. The truth is, there are two great classes of sin: sins of the Body and sins of the Disposition. The Prodigal Son may be taken as a type of the first, the Elder Brother of the second. Now society has no doubt whatever as to which of these is the worse. Its brands fall, without a challenge, upon the Prodigal. But are we right? We have no balance to weigh one another’s sins, and coarser and finer are but human words; but faults in the higher nature may be less venial than those in the lower, and to the eye of Him who is Love, a sin against Love may seem a hundred times more base.

No form of vice, not worldliness, not greed of gold, not drunkenness itself, does more to un-Christianize society than evil temper. For embittering life, for breaking up communities, for destroying the most sacred relationships, for devastating homes, for withering up men and women, for taking the bloom off childhood; in short, for sheer gratuitous misery-producing power, this influence stands alone. Look at the Elder Brother, moral, hard-working, patient, dutiful – let him get all the credit for his virtues. Then look at this man, this baby, sulking outside his own father’s door. “He is angry,” we read, “and would not go in.” Look at the effect upon the father, upon the servants, upon the happiness of the guests. Judge of the effect upon the Prodigal-and how many prodigals are kept out of the Kingdom of God by the unlovely characters of those to be inside? Analyze, as a study in Temper, the thundercloud itself as it gathers upon the Elder Brother’s brow. What is it made of? Jealousy, anger, pride, uncharity, cruelty, self-righteousness, touchiness, doggedness, sullenness – these are the ingredients of this dark and loveless soul. In varying proportions, also, these are the ingredients of all ill temper. Judge if such sins of the disposition are not worse to live in, and for others to live with, than sins of the body. Did

Finding a Moody Person

Christ indeed not answer the question Himself when He said, “I say unto you, that the publicans and the harlots go into the Kingdom of Heaven before you.” There is really no place in heaven for a disposition like this. A man with such a mood could only make Heaven miserable for all the people in it. Unless such a man be born again, he cannot enter the Kingdom of Heaven. For it is perfectly certain – and you will not misunderstand me – that to enter Heaven a man must take it with him.

You will see then why Temper is significant. **It is not in what it is alone, but in what it reveals.** This is why I take the liberty now of speaking of it with such unusual plainness. It is a test for love, a symptom, and a revelation of an unloving nature at bottom. It is the intermittent fever, which bespeaks unintermittent disease within; the occasional bubble escaping to the surface, which betrays some rottenness underneath; a sample of the most hidden products of the soul dropped involuntarily when off one’s guard; in a word, the lightning form of a hundred hideous and un-Christian sins. For a want of patience, a want of kindness, a want of generosity, a want of courtesy, a want of unselfishness, is all instantaneously symbolized in one flash of Temper.

It is not enough to deal with the Temper. **We must go to the source**, and change the inmost nature, and the angry humors will die away of themselves. Souls are made sweet not by taking the acid fluids out, but by putting something in – a great Love, a new Spirit, the Spirit of Christ. Christ, the Spirit of Christ, interpenetrating ours, sweetens, purifies, and transforms all. This only can eradicate what is wrong, work a chemical change, renovate and regenerate, and rehabilitate the inner man. Willpower does not change men. Time does not change men. Christ does. Therefore, “Let that mind be in you which was also in Christ Jesus.” Some of us do not have much time to lose. Remember, once more, that this is a matter of life or death. I cannot help speaking urgently, for myself, for you. “Whoso will offend one of these little ones, which believe in me, it was better for him that a millstone were drowned in the depth of the sea.” That is to say, it is better not to live than not to love. *It is better not to live than not to love.*

Yes, it is true, it is better not to live than not to love because love is our True nature. Yet many of us block ourselves off from the sunlight of the Spirit with one of the oldest defects of humankind, moodiness. Most of us don’t have to go far to find a moody person. Just take a look in the mirror.

For the best results, we suggest that you focus all your responses on **moodiness**. This practice will open a deeper understanding of both the defect and the solution.

Finding a Moody Person

STEP ONE - (HONESTY)

WE ADMITTED WE WERE POWERLESS OVER ALCOHOL [MY ADDICTION TO MOODINESS] - THAT OUR LIVES HAD BECOME UNMANAGEABLE.

Twelve Steps and Twelve Traditions: **Step One** (reading time 7 minutes)

We admitted we were powerless over our limited personal “reality” - that our lives had become unmanageable. For most of us, this personal “reality” is grossly limiting, useless, and filled with harmful habits of thoughts and feelings. These often give us the illusion that our Higher Power is not always present, that we cannot experience the fullness of love, and that we don’t have any real individual purpose or meaning.

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

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

We suggest that you **keep your responses to the questions or statements on your moodiness problem.**

Questions for Step One:

1. What do you want changed about this addiction to moodiness most of all?

| | | |
|--|--|--|
| | | |
|--|--|--|

2. What pain or fear do you associate with giving up this addiction to moodiness?

| |
|--|
| |
|--|

3. What are you getting out of not changing your addiction to moodiness?

| |
|--|
| |
| |

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

| |
|--|
| |
| |

Finding a Moody Person

5. What are the benefits you could gain by having this moodiness transformed into an asset?

| |
|--|
| |
| |

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

| |
|--|
| |
|--|

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

| |
|--|
| |
|--|

8. Has this moodiness problem made your home life unhappy?

| |
|--|
| |
|--|

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

| |
|--|
| |
|--|

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

| |
|--|
| |
|--|

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

| |
|--|
| |
|--|

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

| |
|--|
| |
|--|

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

| |
|--|
| |
|--|

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

| |
|--|
| |
|--|

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

| |
|--|
| |
|--|

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

| |
|--|
| |
|--|

Finding a Moody Person

17. If your answer to number 16 is **YES**, write out the First Step: **I admit I am powerless over my moodiness, that my life in this area is unmanageable. I cannot, with my unaided will and present understanding, consistently manage this moodiness addiction.**

| |
|--|
| |
| |
| |

Once we know and accept our addiction, realizing that alone and unaided, we cannot have the healing, the transformation we long for. Now we can see how very important this First Step is. To realize and accept our powerlessness to change with our present understanding, that places us at the heart of the First Step. From here, we can move on to the next Step in the healing process.

Finding a Moody Person

STEP TWO (HOPE)

CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.

Twelve Steps and Twelve Traditions: **Step Two** (reading time 17 minutes)

Step One shows us our problem. In this case, we will address the moody condition - we are powerless over our little personal “reality” when it is running on automatic. We may be given to frequent changes of mood; temperamental [Dry-Polar]. That is, we are without the ability to change our habits of thoughts and feelings alone and unaided. When we fall back into one of our ruts, habits of erratic moods, we are unable to consistently manage our thoughts, feelings, or actions.

Step Two tells us what the solution is. We need to find, to awaken to a Power Greater than ourselves. So how do we do this? How do we get from Step One, the problem, to Step Two, the Solution? That’s what our other ten Steps, the fellowship, and the rest of our program can do for us, if we are willing to do our part.

Step Two is the result of the process found by living and practicing this Program. The following two suggestions will help us get a feel for what's to come.

a. Would it be possible for you to recall the times when you experienced that a Power Greater than yourself did for you what you could not do for yourself? Write out as many of these experiences as you can and be precise. If you cannot recall an experience related to our moody addiction that can be useful as we move through the Steps. However, any experience with your invisible means of support will do.

| |
|--|
| |
| |
| |
| |
| |
| |
| |
| |

b. List as many ways as you can of anything that you are grateful for, from the least important to the most important. We want to begin to build a new habit of gratitude in our everyday lives. We are suggesting that you keep this running list of “I am grateful for:” for the next 40 days.

I AM GRATEFUL FOR:

| | | |
|--|--|--|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Finding a Moody Person

STEP THREE (FAITH)

MADE A DECISION TO TURN OUR WILL AND LIVES OVER TO THE CARE OF GOD, AS WE UNDERSTOOD HIM.

Alcoholics Anonymous: **Pages 58 through page 63** (reading time 12 minutes)

Twelve Steps and Twelve Traditions: **Step Three** (reading time 14 minutes)

Our decision-making may run to extremes, from a total commitment to a meaningless gesture. Even if we are committed to change, but we have the same old personal “reality,” then nothing has changed yet. This means that we are likely to fall back into one of our old ruts, habits. We may say, “I’m not going to let my moody disposition run my life, come hell or high water,” and mean it. Then we fail to live up to our promise. It is likely we will fail because our old habits are still running on automatic. When we do fail, we will feel worse about ourselves.

This is one of the main characteristics of addictions: the loss of willpower. Each time our willpower fails, with our best intentions, we feel even more hopeless, useless, powerless, and worthless. The greatest damage to our self-esteem comes from repeated failures at trying to change addictive, habitual, mood-altering behavior alone and unaided. It does not hurt much until we try our best to stop, to change, and find we cannot. This **trying alone and unaided with the same old personal “reality” is one of the main causes of our hitting our personal bottom.** It gets us ready for this Program and for sure a Higher Power.

“There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself. Looking through it, we will see a pathway with an inscription. It reads: This is the way to a faith that works.” (Twelve Steps and Twelve Traditions, Step Three reprinted with permission)

There were ten black birds on a wire. One decided to fly. How many were left? Ten. One decided, but none flew. That was a meaningless gesture.

1. State what it means to you when you make an important decision.

2. State what this “will” and “life” you are asked to turn over is.

Finding a Moody Person

3. State what “to the care of God” means to you.

4. State what “as you understood Him” means to you.

What we believe is “good” is more likely to limit us than the “bad.” With the “bad,” we are more likely to toughen up to it, get used to it, or get away from it. With the “good,” we are likely to settle for too little. While you are directly working on these Steps, we ask that you be willing to turn everything over to Your Higher Power, everything you even think or feel you know or don’t know, **everything**. The purpose of this is an open mind and a hope for a new understanding. Otherwise, we can see only our little reflection in that limited mirror of our personal “reality,” hearing only the hum of our little voice as that limited “reality.” In other words, we will be working out of our past instead of the present in the Presence.

STEP FOUR (COURAGE)

MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.

*Alcoholics Anonymous: **Bottom of page 63 through page 71** (reading time 15 minutes)*

*Twelve Steps and Twelve Traditions: **Step Four pages 42-54** (reading time 25 minutes)*

AN OVERVIEW - The actions we ask you to take are part of a process to help you realize consciously, your personal “reality,” through which most of your life experiences are filtered. This part of the process, Step Four, is but one part, but a very important one. If we do not awaken to our little personal “reality” and take responsibility for our beliefs, habits of thoughts and feelings, we will most likely continue to experience our life on automatic.

INDIVIDUALS AND “REALITY” - It is important to identify the individuals with whom we shared our lives in both loving and harmful ways. *“Selfishness, self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate.” (P62 Alcoholics Anonymous – reprinted with permission).* Of course, we have a lot to do to heal our past. However, it is even more vital to have our habits of thoughts and feeling, our rules/patterns, in other words, our personal “reality” healed, changed, or transformed. When this is done, it is not only for the past but more importantly for the present and the future.

PLAN OF ACTION - Action is the magic word. You may say, “You are asking us to do a lot of work, and it does not seem like magic.” If you do as good a job as you can, we can assure you that freedom and wisdom will come into your experience.

PERSONAL “REALITY” - The way we’re using the word “*pattern*” is also called by many other names—habits of thought and feeling, inner rules, our personal “reality,” or our own filter system. Whatever we choose to call them, it’s important to understand that these patterns shape most of our life experiences by influencing how we react to them. These patterns are always present, though we aren’t always aware of them.

WHAT ABOUT RULES AND PATTERNS - The purpose of the simple exercise (Rules/Patterns Worksheet) is to help you identify more of your patterns or the inner rules you live by, conscious or not. Once you do, you have the right to choose once again to continue to use these habits or build new ones. Often, our conscious mind says yes to something we want. Something does or does not happen that keeps us from the wanted person, place, or thing. It is likely that we have some long-forgotten rule/pattern we made up or went along with that is saying no to us. These rules/patterns will continue to run on automatic until we call them into question. When you say, “I want this or to stop that,” and you do not get this or stop that, it means that you have a contrary belief, rule/pattern that’s winning. The next time your conscious mind tells you one thing and you are experiencing another, try saying this: “I must have a contrary rule/pattern telling me no, so let me see it.” When it comes to your consciousness, you may choose to make a new decision about that rule/pattern and then turn it over to your Higher Power and affirm what you do want.

Finding a Moody Person

WE'VE GOT QUESTIONS - The purpose of these questions is to bring our personal "reality" to the surface. This personal "reality" is made up of our habits of thought and feelings. There cannot be long-term changes in conditions and causes without going to their source. In doing an inventory, we want as complete and useful a list, report, record, evaluation, or survey of our abilities, assets, and resources that make up our personal "reality" as we can come up with. If we want something other than another quick "fix", we must go to the root of the problem - our habit consciousness. This is the home of our personal "reality." Since it is so important that we understand these basic principles, we will repeat them from time to time. Since our true healing will come by grace, we want to position ourselves in the best place to receive it.

FACT-FINDING FACT-FACING PROCESS - "Though our decision [Step Three] was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. Our liquor was but a symptom. ***So we had to get down to causes and conditions...*** A business, which takes no regular inventory, usually goes broke. Taking a commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values." Nor can we. (Page 64 Alcoholics Anonymous)

EARNING OR GRACE - Some of us have an old belief that if we work the program hard enough, we will earn a place in a "secret order." We ***cannot*** earn Spiritual Gifts; these were given to us when each of us was created. However, we do have a part, and that is to be as open and receptive as we can be for His grace. This would include uncovering, owning, and having a willingness to let go of everything that is not part of these Spiritual Gifts. Our personal "reality" runs on automatic, twenty-four hours a day, so we need to be committed to this process - otherwise we will continue to be victims of our own habits of thoughts and feelings.

WHAT ARE THESE PRINCIPLES? The idea that the principles are embodied in the simple words that somehow got assigned to each Step over the years is another case of oversimplifying. I believe that they do have a lot of meaning. As we begin to work on each Step, we begin to understand the principles that are embodied in the process. Each one of the Steps is part of the whole and is not intended to be stand-alone. Alone, none of the Steps would be as effective.

REALITY - We do not change or adjust Reality, but we can be part of the solution, which removes obstructions and unwanted conditions from our little, limited, personal "reality." What we can do is co-create an environment where the natural healing can take place, where our personal "reality" becomes a little more Real.

STEP EIGHT WORKSHEET (Page 20) – Use this worksheet to list those you harmed and who need your forgiveness as you work through your Step Four. This will give you a step up when you address your Step Eight.

Finding a Moody Person

1. List the different ways you have experienced sudden changes of mood, giving examples and the frequency for as many of the following list as you can:

a. Sulky

| |
|--|
| |
|--|

b. Erratic

| |
|--|
| |
|--|

c. Temperamental

| |
|--|
| |
|--|

d. Unpredictable

| |
|--|
| |
|--|

e. Flighty

| |
|--|
| |
|--|

f. Inconstant

| |
|--|
| |
|--|

g. Undependable

| |
|--|
| |
|--|

h. Unreliable

| |
|--|
| |
|--|

i. Morose

| |
|--|
| |
|--|

j. Sullen

| |
|--|
| |
|--|

k. Unsociable

| |
|--|
| |
|--|

l. Resentful

| |
|--|
| |
|--|

m. Gloomy

| |
|--|
| |
|--|

Finding a Moody Person

n. Melancholy

o. Sadness

p. Pouting

q. Depression

2. Which of your family members are you most likely to act out your addiction to moodiness? Examples.

3. Which of your friends are you most likely to act out your addiction to moodiness? Examples.

4. Which of your fellow workers or business associates are you most likely to act out your addiction to moodiness? Examples.

5. Which of your fellow Program members are you most likely to act out your addiction to moodiness? Examples.

6. Are there some types of thinking or ideas that are likely to cause you to act out your addiction to moodiness? What are these? Examples.

7. Which of your actions are likely to cause you to act out your moodiness? Examples

8. Some of your emotions are likely to cause you to act out your addiction to moodiness. What are these? Examples.

9. Which of your Spiritual practices are most likely to help you move toward a solution, even if it is temporary? Examples.

Finding a Moody Person

10. Which of your defects are likely to cause you to act out your addiction to moodiness?

Examples.

| |
|--|
| |
|--|

11. What types of moves bring out your moodiness?

| |
|--|
| |
|--|

12. Describe how your addiction to moodiness affects you:

| |
|-----------|
| Spiritual |
| Mental |
| Physical |
| Emotional |
| Social |

13. What are your five top assets concerning your addiction to moodiness? Give examples:

| Asset | How was it expressed and/or Violated |
|-------|--------------------------------------|
| | |
| | |
| | |
| | |
| | |
| | |

Finding a Moody Person

14. What are your five worst resentments concerning your addiction to moodiness? Give examples:

| Resentful at: | The Cause of My Resentment | Asset Violated | My Part | Affects My: |
|---------------|----------------------------|----------------|---------|-------------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

15. What are your five worst fears concerning your addiction to moodiness? Are they (R) Rational or (I) Irrational

| Fearful of: | | R | I |
|-------------|--|---|---|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

16. Who are those you have harmed the most due to your moodiness? What was your part and how were you affected?

| I Harmed | What I did or did not do to cause the harm | My Part | Affects My |
|----------|--|---------|------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Finding a Moody Person

17. What were your growing up rules and patterns about being moody? Was your family inclined to look at moodiness and bad temper as a harmless weakness, perhaps a mere infirmity of nature, a family failing, a matter of temperament, not a thing to take into serious account in estimating a person's character? Or was it viewed as the vice of the virtuous? What about the one who was easily ruffled, quick-tempered, or touchy judged? Which of the two; sins of the body or sins of the disposition the greater harm? What are your current rules and what are your desired rules?

Here is an example:

| (1) | (2) My Growing up rule: <i>My moodiness</i> | (3) | (4) My Current rule for: <i>My moodiness</i> | (5) My Desired rule for: <i>My moodiness</i> |
|-----|---|-----|--|---|
| X | Moodiness and bad temper was expected so not to show fear | X | <i>Moodiness is such an old habit the best I can do is react quickly</i> | I seek my Higher Power to transform this defect into an asset |

| My Growing up rule for: | My Current rule for: | My Desired rule for: |
|-------------------------|----------------------|----------------------|
| | | |

| My Growing up rule for: | My Current rule for: | My Desired rule for: |
|-------------------------|----------------------|----------------------|
| | | |

| My Growing up rule for: | My Current rule for: | My Desired rule for: |
|-------------------------|----------------------|----------------------|
| | | |

Finding a Moody Person

| My Growing up rule for: | My Current rule for: | My Desired rule for: |
|-------------------------|----------------------|----------------------|
| | | |

| My Growing up rule for: | My Current rule for: | My Desired rule for: |
|-------------------------|----------------------|----------------------|
| | | |

| My Growing up rule for: | My Current rule for: | My Desired rule for: |
|-------------------------|----------------------|----------------------|
| | | |

| My Growing up rule for: | My Current rule for: | My Desired rule for: |
|-------------------------|----------------------|----------------------|
| | | |

After you identify your patterns, go back over them and give them a “make fun of” name. This name will be useful in the discrediting and disempowering of your old habits of thoughts and feelings. **Out with the old rules/patterns and on with building the new ones.** This process will be used in some of the remaining Steps, primarily in Step Six and Step Ten.

The sooner we can laugh at ourselves, the sooner our healing will step up to a new level. We want these “Make fun of” names to be like an unwanted guest who comes to our door; we can choose to invite that person in and dwell on a “who done me wrong” song, or we can turn that person away as soon as we see who it is. A “Make fun of” name will disempower that person to a large degree, where

Finding a Moody Person

they are less likely to harm us, upset us, or cause us to experience that fear we get when someone or something intimidates us. When we lose respect for that person to the point we can laugh when we think of them, we have come a long way in being free from their control over us. In one way or another, we gave that “power” to them. It’s time to take it back and give it to our real Boss.

Example:

| | |
|--------------------|---|
| “Make fun of” name | These rules/patterns are being violated or complied with. Violated and complied with are just two sides to the same rule/pattern. |
| Moody – O - saurus | I have a lot of problems with moodiness. (<i>I had this problem so long it seems like it started with the dinosaurs – but when I think of it as a moody dinosaur I can lighten up.</i>) |
| Peppy le Few | I practice the “law” of lack, never enough of anything (good temper, love, time) |

| | |
|--------------------|--|
| “Make fun of” name | Write the rule/patterns that most concern you about your moody addiction – give it a “Make fun of” name. |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

Finding a Moody Person

STEP EIGHT WORKSHEET

Use this worksheet as you work through your FIRST FIVE STEPS.

Whenever we've harmed someone or ourselves, there has been a violation of one or more of the **Three Spiritual Gifts: 1. Presence of our Higher Power 2. Love 3. The Individual created Self.**

In the **first column**, note which of these Three Spiritual Gifts was violated by writing the corresponding number(s). In the **second column**, put the name of the person or institution you harmed. In the **third column**, write what you did or did not do to cause the harm. By doing this, you will have come a long way toward your Eighth Step list.

Eighth Step Format From A Step Four Inventory

| S G | NAME OF THE ONE HARMED | WHAT YOU DID OR DID NOT DO TO CAUSE THE HARM |
|--------|---------------------------|--|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Finding a Moody Person

FORGIVENESS

An Eighth Step Format From A Step Four Inventory

1. Note which of these Three Spiritual Gifts were violated by writing in the corresponding number(s), in the SG column.
2. In the following column, place the name of those you are unable or unwilling to forgive at this time.

| SG | NAME | SG | NAME | SG | NAME |
|----|------|----|------|----|------|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

STEP FIVE - (INTEGRITY)

ADMITTED TO GOD, TO OURSELVES AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.

Alcoholics Anonymous: **Pages 72 through 75** (reading time 5 minutes)

Twelve Steps and Twelve Traditions: **Step Five** (reading time 15 minutes)

Admitting to our Higher Power and to ourselves everything is two-thirds of this Step. But it will not get the job done. We are most likely to go from one extreme of guilt and remorse to the other extreme of rationalizing our part away. Here are some of the reasons for taking this vital Step:

1. Most of us have always dreamed of having someone to love and accept us just the way we are. Only by sharing with another human being everything can we hope to experience this love and acceptance to the max.
2. The Big Book states; **If we skip this vital step, we may not overcome drinking. And there is little chance of our being restored to sanity.**
3. Some of us gain that feeling of belonging.
4. We are likely to experience a God-consciousness or a spiritual awakening.
5. Our "secrets" take a great deal of energy to support. Letting go of them will release the energy we are using to hold them back.
6. By the way, I've never heard of anyone being blackmailed after doing their Fifth Step, but I have heard of people experiencing freedom and peace of mind for the first time.

PREP WORK FOR STEP FIVE

1. Review **all** your responses to the questions and statements up to this point.
2. Be ever so mindful of your patterns (experiences that you repeat). Even if it was with different people, places, things, or forms. **These patterns (habits of thoughts and feelings) are one of, if not the most important parts of this process.** These patterns make up your personal "reality," and are the key to long-term recovery and personal growth.
3. These patterns will play a vital part in Steps Six and Ten.
4. As we go through our review, we continue our preliminary work on Step Eight. As we are preparing, we may uncover additional harms done and people we are unable to forgive. Add these to your Step Eight Worksheet.

It is important that you find the right person to confide in. We believe that it is best if you can share with a person who has finished his or her own Fifth Step. If this person is living the Program, he or she will have a better understanding of what it is you are trying to do. However, you may not be able to find someone you could trust in your present group. You may have to go outside our Program. Many of us do our first time Fifth Step with a non-Program person. The main thing is that you feel that you can trust this person. This should enable you to be as honest as you can at the time. We would caution you about taking this Step with someone too close to you or someone with whom you have an ax to grind. Someone could be hurt if you are honest. It would be wise to question your own motives.

Ask the person you choose to help you identify your patterns. Show this person a copy of your pattern list. They may have additions to your list or ask you to clarify the pattern. You may find you have a lot in common; on the other hand, you may not even come close. Remember, it is your inventory, your

Finding a Moody Person

patterns; in the end, you are the one who will gain or fail to gain from those patterns directly. Ask what format will be used for taking the Fifth Step. Write out any questions you may have or any part of the process you may want clarified before you begin.

| DATE | START TIME | UP TO TIME | PLACE | PERSON | PHONE # |
|------|------------|---------------|-------|--------|---------|
| | | | | | |

LAST-MINUTE REVIEW - Review the inventory work you have done to this point. This should help you discover additional questions. Perhaps a few more assets, resentments, fears, harms, need for forgiveness, love, and understanding; if so, add these and respond to them. Remember, we are working the Steps on moodiness, which means that our good and bad moods can change quickly. Therefore, we may think it does not count, but it does.

STEP SIX - (WILLINGNESS)

WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.

Alcoholics Anonymous: **Page 76** (Auto cassette reading time 1-minute)

Twelve Steps and Twelve Traditions: **Step Six** (Auto cassette reading time 13 minutes)

The key to this Step is in the wording. “Were entirely ready to have God remove all these defects of character.” Firstly, we want something when we are entirely ready. Really wanting something is often the beginning of healing. Second, it is God that is to remove all, not us alone and unaided. Third, the wording tells us which of our defects are to be removed, now, these, meaning that we have identified them. The rest of the Steps will be a piece of cake after taking the Fifth Step.

I want to remind you not to take any of the Steps too lightly. Each Step is an important part of the process. In case you have forgotten, our minds will play tricks on us. For example, with this Step, our conscious mind tells us, “Of course, I want all of these defects removed.” Knowing now just how harmful, useless, or painful these defects are, I will just let them go. Two problems with that well-intended statement. First, generalizing will not get it done. Second, we are not the ones to remove these defects, alone and unaided.

Once again, I am reminding you, just because something is simple does not make it easy. Now that you have found some of your patterns, “these defects”, it will be useful for you in the following suggestions:

1. Take each one of “these defects” and ask yourself, “Am I ready to have God remove this?”
2. If your answer is yes, move on to the next defect (patterns).
3. If not, go back to Step One just for that defect and run over the First Step Questions to help increase the pain of holding on to that defect.
4. If that is not enough to convince you, try this: We know that our problems, as with everything in this life, are progressive. Our problems will worsen if nothing changes our habits (personal “reality”, patterns). Over time, we will get “better” at our defects. Another way to increase the pain of holding on to this defect is by extending it into the future.
5. What will it be like if this does not change in another year or five, ten, or twenty years?
6. Have you had enough, or are you thirsty for more?
7. If you are now ready, continue this process until you have gone over every one of your defects:
 - a. It will help us with our owning each of our defects. Our defects center in our own minds.
 - b. Remind ourselves just how powerless we are to remove these defects alone and unaided.
 - c. By doing something constructive about these defects, we will experience a new hope.
 - d. It will help us see that some of our listed defects are just different parts of the same pattern.

This will help us combine them, which is part of the next suggestion.

8. If you have followed this suggested process, you have gone over your uncovered defects, combining them into the smallest number of patterns. **If you have not done that, please do so now.**

You may say, “Do it quickly, by Friday, so I can have a great weekend.” I find that I still have all the defects I had when I came into the Program. Those defects I have experienced some healing by God’s Grace, have become assets, tools, and Early Warning Signals. Those defects do not come about as often, they don’t last long, and they are not intense. This is a sure sign of growth and awakening. We are building a new way of life, and we feel it’s important to understand that it is a long-term process. It’s not another quick fix. We did not get here overnight. We’ve practiced limited, sick and sometimes

Finding a Moody Person

insane patterns and habits for many years. One important thing to remember, if we do the best job we can with this Program, we will experience a way of life that is far beyond anything we could have dreamed of.

The next suggestion: If you have not already assigned each of these defects, patterns, a “Make Fun Of” name, do so now. These names will become important to us when setting up our last three Steps to live by. These will be part of our Early Warning System.

If you are now ready to have God remove these defects, continue to Step Seven.

STEP SEVEN - (HUMILITY)

HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS.

Alcoholics Anonymous: **Page 76** (reading time 1 minute)

Twelve Steps and Twelve Traditions: **Step Seven** (reading time 14 minutes)

We have come a long way by the time we get to this important Step. Both Al and Lou-is have their problems with this moody addiction, so they will be able to help us. We have realized by working on the first six Steps that:

1. We are lacking the power, the ability to change. Quick fixes are no longer enough.
2. We have by this time come to understand that we cannot consistently manage this problem we have been focusing on much less our total life.
3. We were able, usually, to recall a time when something other than us, Higher than us, different from us, did for us what we could not do for ourselves.
4. By listing those people, places, and things that we are grateful for, we realized that we had far more than we thought. That list keeps growing as we add to it.
5. We begin to see how powerful our decisions and our willingness can be.
6. We begin to experience just how important it is that we set aside our old way of thinking and feeling so we can have a chance for a new understanding.
7. By experiencing the above-listed things, it is easy to see and feel the importance of turning everything over to our loving Higher Power, which we know has already helped us at some point in our lives. We do have an invisible means of support.
8. We have experienced some of the benefits of staying focused on what is before us, one question or statement in one area, and our response to that area.
9. By responding as honestly as we could to the questions and statements, we have begun to realize how we have been running on automatic, habits of thoughts and feelings, and our little personal "reality" for most of our lives.
10. We have identified some of our common patterns, and we are starting to put them in their place by dishonoring and discrediting, by making fun of them.
11. We have been open with our Higher Power, another human, and ourselves about what we have awakened to so far.
12. Most of us have had great relief and a feeling of acceptance and of love. Some have had a new God-consciousness.
13. We took a closer look at our defects, habits of thought and feelings, our personal "reality," and we are now sure that we want our Higher Power to remove these.

Al: I did not like the idea of having to write so much when I began this process, and committing to working on it every day. As I got into working on it as part of the healing process, I saw it differently. I realized at some point that I was not playing a game with my moody addiction, nor was I looking for a quick fix any longer. My life and the quality of my life were in question. Maybe an hour a day was, after all, a good investment to bring about healing and awakening to my spiritual gifts.

Lou-is: I find it interesting that I would spend every waking moment for days on just one resentment or fear. I was a lot like you, Al, when it came time to work on the healing process. In the beginning, I resisted the suggestion that I should spend at least an hour a day on the solution. Is that insane or what?

Finding a Moody Person

Al: What is the difference between defects and shortcomings?

Lou-is: I heard that Bill W. was asked the same question and he replied there was no real difference. He just didn't want to repeat the same word. However, sometimes our words have a hidden meaning that we are unaware of. When I got to my Fifth Step, I felt defective. Taking my Fifth Step with an understanding person and following it up with working on my Sixth Step, I knew that I was defective, but I became ready to have God correct and remove these defects. I was now aware of these defects. Just wanting to trust that a loving God could and would remove my defective beliefs, habits, and my little personal "reality" gave me a new hope! The love shown allowed me to believe that it was not my being defective, but rather my coming up short.

Al: As I reflected on my past wrongs, I thought: I have done harm to others and I. It was not my intent at the time to harm anyone, but I did. When these harms were taking place, as I see now, I was reacting to my "then reality." Because I received so much love, forgiveness, and acceptance when I took my Fifth Step, I began to feel that it was more like a shortcoming, coming up short. The root word for sin means missing the mark, and that is the way I have come to believe a loving God views us. I am so grateful I had the experiences and the willingness to share them.

Lou-is: When I realized God, as I understood Him, who was and is my only true Source, I was humbled at that moment, opened, and teachable. When we are aware that it is our Higher Power, and not ourselves, alone and unaided, who is to remove our shortcomings, our decision to follow through becomes easier. If you are now ready and willing to be healed of these shortcomings, the following suggestions will prove useful.

We are suggesting that you present each of your shortcomings (patterns), to a form of the Serenity Prayer.

There is some part of our shortcomings (defects, patterns, and personal "reality") we may have to accept.

Example: We would be wise to accept that we cannot change others, nor what was done or not done to us.

A. What is it about this pattern, shortcoming that I must accept?

Most of the time, there is at least some part of a pattern we can change, which may be mental, physical, emotional, social, or spiritual. Example: We may not be able to stop one of our shortcomings that come into our consciousness, but we can stop dwelling on it for one moment at a time.

B. What is it about this pattern, shortcoming that I can change?

Finding a Moody Person

| |
|--|
| |
|--|

Peace comes to us by grace. Most of us love the times when we experience even a few moments of it. When we are at peace, everything seems to be in harmony, and there is the absence of conflict. Perhaps serenity is far more valuable in this human condition. Everything around us can be falling apart, but if we have the grace of serenity, we just know at some deeper level that all is going to work out.

We are suggesting that you ask for the serenity for each pattern. Example: If we are going to be open to change and healing, then we need the wisdom to know what we could change and what we need to accept. Sometimes we can be so sure we will be able to change, and we cannot. At times, we assure ourselves that we have accepted something, and we find that we have not even come close to acceptance.

We are suggesting that you ask for courage and wisdom for each pattern you found in this moodiness defect.

C. Ask God for the Serenity, Courage, and Wisdom to know the difference.

| |
|--|
| |
| |
| |

STEP EIGHT - (BROTHERLY LOVE) (WILLINGNESS TO FORGIVE)

MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECOME WILLING TO MAKE AMENDS TO THEM ALL.

Alcoholics Anonymous: **Pages 76 through 84** (Auto cassette reading time 15 minutes)

Twelve Steps and Twelve Traditions: **Step Five** (Auto cassette reading time 11 minutes)

Lou-is: Step Eight is another one of our Steps that, in principle, is so simple. It is the preparation for an all-important action, Step Nine. Like most areas, we will do a much better job if we prepare.

Al: So far, every time you told me how simple something is going to be, you “suggest” extra work. I already have my list (Step Eight Worksheet page 14).

Lou-is: The Step Eight Worksheet you filled in as you worked through your first Seven Steps is a good start on this Step. I remembered some additional harms done while focusing on Steps Five, Six, and Seven, when I was working on my patterns. Once I accepted that my habit patterns drove me, I remembered others I had harmed as I expressed the same pattern, perhaps in a different form.

Al: What you call a good start, most people in the Program call a good finish.

Lou-is: You’re right, but **most of us settle for too little, for far too long**. If we do the best we can on the current Step, it makes the next Step easier and better. I remind you, these are Steps, not an escalator. We cannot stop on Step One and ride to the top.

We suggest you break up your list of those you harmed into three groups: First, list those you harmed, and you are **ready, willing, and able** to make these amends. Second, list those you harmed and are **willing to make your amends, but are unable to now**. The third group is the people you harmed, but are **unwilling to make amends to them**. Also, we have included a format to help us with our forgiveness. Have you ever noticed some of those we harmed were those whom we had not forgiven? Now we are ready for your Step Eight Worksheet, p. 20. It should have the names of those you harmed and the harm done.

[1] This first group is for those whom you are ready, willing, and able to make amends to now. On a separate sheet of paper, use the following format. We suggest that you go over your plan of action with your sponsor or someone who has done some of their amends after you finish writing each group, before you set out on your Step Nine adventures.

Name of the one you harmed.

What you did or did not do to cause the harm.

How will you go about making this amend? Write your plan of action for each amends.

[2] This group consists of those you are willing to make amends to, but are unable to for some reason now. After you finish writing this list, share your thoughts and feelings about these amends with the person who is helping you work on this Step. Ask yourself: are my reasons valid, or am I just fooling

Finding a Moody Person

myself out of fear or some other form of resistance? For example, you may owe a great deal of money, and you don't have it. You can at least talk to these people and come up with a plan of action. In other words, do all you can to upgrade this group-to-group one.

Name of the one you harmed.

What you did or did not do to cause the harm.

State why you are unable to make this amend now. Seek out someone to help you.

[3] In this group are the ones you are resisting or saying, "No, never." Our Higher Power could help if asked. We will never be free, holding on to the past. Pray for the willingness to take care of these amends. Put these people on a prayer "hit list." Pray for this person five times a day (upon awakening, mid-morning, noon, mid-afternoon, and before you go to sleep), for two weeks or whatever time it takes for you to experience that you have let it go.

Name of the one you harmed.

What you did or did not do to cause the harm.

State the form of the resistance, why you are unwilling or unable to make this amend.

FORGIVENESS is the key to all happy and loving relationships with God, others, and ourselves.

Sometimes the hurt seems to be too much for us to forgive. In this case, willingness to forgive is the key. However, we may be unable or unwilling to forgive (check out the Forgiveness List Boxes). For those whom we have a difficult time forgiving, it is suggested that you pray for the willingness to forgive. Put these people on a prayer "hit list." Pray for this person five times a day (upon awakening, mid-morning, noon, mid-afternoon, and before you go to sleep), for two weeks or whatever time it takes for you to experience that you have forgiven.

Perhaps most difficult is to forgive ourselves. There are many reasons for this, one being that we have too much "inside information," which includes an abundance of our falling short. We hear talk about this program and life in general being a process, going from limited to ad infinitum. However, most of us believe someday we will graduate, once we get "it" right or when we earn "it." Instead of seeing each experience as a stepping-stone, we often view it as a stumbling block, a cause for disappointment, and this calls for guilt and punishment. The beatings will continue until we become perfect. We would be far ahead of the game if we were willing to forgive quickly and seek correction, leaving the results to our Higher Power.

Finding a Moody Person

One of the most common problems with forgiveness is the forgiveness of those with whom we have had long-term relationships. We believe the primary reason is our changing the “crime” as the years roll by. We have forgotten what we were upset about when the “crimes” happened, and we factor in today’s understanding. The following format will help you let go of the past. God can and will do for us what we cannot do for ourselves if we trust Him.

On a separate sheet, write out the following:

1. Name of the one who harmed you.
2. What did they do or not do to harm you?
3. How did you react at the time the harm was done?
4. How did you feel and/or think at the time the harm was done?
5. What about now? How do you feel and/or think about the harm done?
6. How do you react when you think of, hear of, or see the one who harmed you?
7. Are you now willing to forgive so you can be free?
8. Now ask your Higher Power to bring about this forgiveness at all levels, even for this one moment. You can always take it back if you don’t care for the freedom. It is important to seek healing for the way you thought and felt at the time of the “crime” as well as the present.

As a rule, it is useful to follow up after the forgiveness with a visit or a call to make sure the wall is down, unless it would cause the other person harm. When the thought of this person comes to mind, bless them and turn again to your Higher Power.

STEP NINE - (LOVE IN ACTION) (JUSTICE - MAKING IT RIGHT)

MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.

Twelve Steps and Twelve Traditions: **Step Nine** (reading time 6 minutes)

"Good judgment, a careful sense of timing, courage, and prudence - these are the qualities we will need when we take Step Nine." (12 and 12 Reprinted with permission) This Step will go a long way to heal a relationship or end it. The main purpose is to let go of the past, to take walls down, to heal.

LIVING AMENDS - The best amends we can make for those we love and to ourselves are living amends. We do this by practicing these principles in all our affairs, walk our talk. In Step Eight, we wrote down some of the ways we were willing to make amends. At the time, we may have been too general. Now, let's be a little more specific. On a separate sheet of paper, make a list of specific things you are willing to do consistently as living amends.

INTO ACTION - After reviewing your Eighth Step Plan, make an appointment list. Make your amends in person, face-to-face, if possible, unless it could cause more harm. For example, if the person we need to make amends to is an ex-lover, we need to question our motives. In addition, if this person has someone else in his/her life, your contact could cause more harm. Once again, it is always wise to talk over your plan with your sponsor or another person who has some experience with making amends. At each stage of the process, it would be wise to ask your Higher Power for the ability you need to be honest, willing, and open-minded, loving, forgiving, wise, or anything else that comes to mind.

ACTION IS THE MAGIC WORD (An amends format)

1. Make an appointment, asking for a few minutes of their time to clear something up. Try not to go into details at this time unless the person insists on doing so. This first contact is for making an appointment. On a separate sheet of paper, set up your appointment information: name, date, time, meeting place, and phone number.
2. When you go for the appointment, you may say something like this: "I'm now in a Twelve-Step Program, which suggests that I clear up my past by making amends, or I may not get well."
3. If this is or was a long-term relationship, state the amends in general at first. This way, the other person can fill in the thing they felt was the harm done.
4. You may choose to say something like this, "I was wrong, and I deeply regret all the ways I have harmed you. I hope that I would do things differently now. I'm asking for your forgiveness, but you may be unable to forgive me. I can understand. I'm not sure I could if the shoe were on the other foot."
5. If they want to open an area or be more specific, do so. You are there to have the problem healed, to take walls down. So many times, what you thought was the harm done and what they thought it was are not even close.
6. On the other hand, you may choose to state what you regret straight out.
7. If it's money to repay, make the best payback plan you can for now, one you can keep. Remember, you are only giving back what was originally theirs.
8. If it is a relationship problem, ask what you can do to make it right
9. Remember to take your Higher Power with you. Be willing to forgive both them and yourself.

Finding a Moody Person

10. Most of the time, if others see that we are sincere about this process, they are happy for us. However, there may be times when it does not go well. You are there to clear up your side of the street, not theirs. So, get on with your life. Let our Higher Power do His Job, and we can go about doing our own.

A General rule: Make amends where the harm was done. Example: You have burned someone through gossip; make the amends to the one you gossiped with, and not the one you gossiped about.

We can make amends to people who have passed away. In your quiet time or meditation, call this person into your presence. Talk to them the same as you would if they were face-to-face. Or you may choose to write them a letter, saying all you need to say, then burn the letter. Most important is that you both be FREE to get on with life, their new life, and your new life.

STEP TEN - (PERSEVERANCE)

CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.

Alcoholics Anonymous: ***Middle of page 84 through 85*** (reading time 3 minutes)

Twelve Steps and Twelve Traditions: ***Step Ten*** (reading time 14 minutes)

GROWTH
STEPS

Steps Ten, Eleven, and Twelve are often called Growth Steps. We suggest that you use these three Growth Steps each day as a unit, as part of our way of life. These three Steps can help us stay focused in the present, in the Presence. At the beginning, during, and at the close of each day, we can invite our consciousness to focus on what we believe God's Will is for us. The spirit of these three Steps is vital to our awakening of our Three Spiritual Gifts, helping us walk our talk. Step Ten in our Big Book reminds us of this: "We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code." (Alcoholics Anonymous page 84, reprinted with permission).

Lou-is wants to impress on Al just how important these last three Steps are to our daily living, continued growth, and our staying awake after we awaken to the Three Spiritual Gifts.

HOW PROMPT
CAN WE BE?

We have repeated throughout this workbook how important it is to find our habits of thought and feelings, our personal "reality." All our life experiences, real or illusory, filter and color our personal "reality" and beliefs. **If there are going to be any long-term changes, we must identify these beliefs before we can take responsibility for them.** In other words, own them. When we do this, we have the right to make a new decision on what to do with them. We cannot surrender them to our Higher Power if we don't have possession of them. It is a simple fact that we cannot give away something we don't have. This process will help us find and own our part, our personal "reality." To answer the question, "How prompt can we be in doing something constructive about our old ways?" The answer is, "Very prompt." In fact, we can learn how to stay a step or two ahead.

SPIRITUAL
AXIOM

AS WE GO ABOUT
OUR DAY

"It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us." (Twelve Steps and Twelve Traditions, Step Ten) So what is wrong with us? It is our little personal "reality", rules and patterns.

Finding a Moody Person

Most of our life experience runs on automatic until something disrupts it, either “good” or “bad”. This is an important moment in our growth. We can choose in the moment which way we will continue to feel, think, and act, or just react automatically. This sounds too simple, too easy? Simple, yes – easy, no.

“MAKE FUN OF”
NAME

In Steps Four and Six, you were to come up with a “make fun of” name for each of your most intense or important rules and patterns. Here in the Tenth Step, these can become a vital part of your growth as you go about your day. As these old rules and patterns, our personal “reality”, come into our conscious lives, we are to treat them as an unwanted guest.

EARLY WARNING
SIGNALS

1. When disturbed, ask yourself, “Does this feel familiar?” (Spend a little time learning these rules and patterns you have given “make fun of” names.)
2. If so, say, “Here’s ole (your “make fun of” for this thing). It’s unlikely that you will have respect for one you make fun of.
3. Then state the new rule and pattern you want to build into a habit.

WHEN AM I
MOST LIKELY TO?
(Pages 37-40)

The first two lists for working our Tenth Step can be useful in building an Early Warning Signal System. Each of the questions starts out asking: When am I most likely to? Use these questions as thought starters to help us produce our own lists of “When Am I Most Likely To”. Some experts say that as much as 98% of our conscious experiences are running on automatic, habits. We feel controlled, or that we lost control. It feels as though we didn’t have any choices. If tired of this, and it is likely that we are, identifying these habits as part of the healing process is a vital part.

Al: There is more than enough “When Am I Most Likely To” thought starters listed. Why do I need to make my own list?

Lou-is: For one thing you said from the outset that you were willing to do whatever it takes, right? We are trying to get to our little personal “reality,” and no one can do that for us. The thought starters listed are common with most of us but not always personal.

SPIRITUAL
ROAD MAP
(Page 41)

Next in the Tenth Step process, we will learn how to build An Early Warning Signal System Road Map. If we try following this exercise a few times, we could become a master mapmaker. It is better to practice this exercise as soon as we goof up. The idea is simple; we keep saying that we live most of our lives on automatic. Then, it follows that we take the same path as a rule. We want to map those pathways, the good ones and the bad ones. If we map our experiences out, we will soon see the danger coming a step or two ahead of time. This will allow us to stop or turn onto a new path. Practice, Practice, and Practice.

Finding a Moody Person

DAILY JOURNAL (Pages 30-31)

Keeping a Daily Journal for at least forty days, in just one important area, we will gain a deeper understanding, and the way we relate to it. The human condition runs in cycles. Most people know about the physical cycle of twenty-eight (28) days, but some of us have found there are also, mental, emotional, social and spiritual cycles. None are the same number of days. Some days, for no reason we are aware of, we feel physically tired or energized. At times mentally sharp or dull. At times we have emotional highs or lows. At times we choose to be with other people, other times we want to be alone. At times we experience a spiritual flow, other times we cannot find God with a search warrant.

Al: Well, that explains a lot. Some days my thinking is clear and sharp; at other times I feel stupid.

Lou-is: When we learn to identify our cycles and patterns, we can make wiser decisions and productive action plans. Keeping a Daily Journal can help us track our cycles and patterns.

PRIMARY PURPOSE

Building an Early Warning System is important to this process and cannot overstated it. It offers us a new freedom in our daily lives. Learning to use the “make fun of” name is a useful tool and can be fun, if you want it to be.

STEP TEN - (PERSEVERANCE)

CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.

Two lists follow: the first list is negative SETUPS, and the second list is constructive, useful, or positive. SETUPS are the ways that we are most likely to think, feel, and react to our habits of thought and feelings, our personal “reality.” It is likely that we will continue to repeat these unless we change. If nothing changes, nothing changes. Identifying these SETUPS can help us create what we call an Early Warning Signal System. In other words, we can learn to see it coming, promptly admit it, choose to make a new decision about it, and take whatever action or inaction is called for long before that old stuff gets out of hand. Compare these Early Warning Signal Systems to the signs on a freeway telling us when our turn-off is coming up in time for us to change lanes if we need to. It is up to each of us to decide to change lanes and take action. What we can do is our responsibility, and what we cannot do is our Higher Power’s Job.

Finish the statement WHEN AM I MOST LIKELY. Later, make up your own lists of WHEN AM I MOST LIKELY.

1. When am I most likely to have a physical craving for problem stuff?

2. When am I most likely to be a victim or an aggressor?

3. When am I most likely to feel fearful/anxious/terrified?

4. When am I most likely to be too rigid?

5. When am I most likely to be stressed out?

6. When am I most likely to feel shame/guilt?

7. When am I most likely to feel hurt/angry/resentful?

8. When am I most likely to feel unsure/doubtful?

9. When am I most likely to feel abnormal or confused?

10. When am I most likely to have to control others?

11. When am I most likely to feel inadequate/stupid/incompetent?

12. When am I most likely to punish or make others feel guilty?

13. When am I most likely to feel sad or depressed?

14. When am I most likely to fear abandonment or rejection?

Finding a Moody Person

15. When am I most likely to put things off?

16. When am I most likely to withdraw or withhold?

17. When am I most likely to have obsessive thinking/feelings?

18. When am I most likely to be in conflict with others or myself?

19. When am I most likely to judge/criticize?

20. When am I most likely to be too sensitive or overreact to criticism?

21. When am I most likely to experience moodiness?

22. Is there a type of person that sets off your moodiness?

Finding a Moody Person

CONSTRUCTIVE, USEFUL, AND POSITIVE SETUPS - It is no less important to identify our constructive, useful, and positive SETUPS. We want the good stuff to increase and be aware of its likelihood. The following list is to act only as a thought starter. After you go through the following list, please make up your own list of WHEN AM I MOST LIKELY.

1. When am I most likely to experience the presence of God/Higher Power?

2. When am I most likely to experience being loved/loving?

3. When am I most likely to be grateful?

4. When am I most likely to be trusting of others and myself?

5. When am I most likely to be able to make decisions and follow through?

6. When am I most likely to feel close/intimate toward others?

7. When am I most likely to feel safe/secure/stable?

8. When am I most likely to feel I have a purpose/meaning/mission in this life?

9. When am I most likely to feel wise/intelligent?

10. When am I most likely to be flexible?

11. When am I most likely to be playful/happy/joyous/free?

12. When am I most likely to feel constructive/positive?

13. When am I most likely to quickly forgive myself/others?

14. When am I most likely to be patient with myself/others?

15. When am I most likely to be honest with myself/others?

16. When am I most likely to feel worthwhile/useful?

17. When am I most likely to ask for what I need/want?

18. When am I most likely to make commitments and keep them?

19. When am I most likely to be spontaneous?

Finding a Moody Person

20. When am I most likely to feel like I belong?

21. When am I most likely to feel selfless?

22. When am I most likely to experience a good mood change?

A SPIRITUAL ROAD MAP-STEP TEN

An Early Warning Signal System - We can learn how to identify promptly, admit, and accept our part in many of our problems, before we have harmed others or ourselves. There is a simple solution. If we have been painstaking about working these first nine Steps we are now aware of some of our personal "reality," that is, our habits of thoughts, feelings, actions, and reactions. With a little help from our When Am I Most Likely To lists, and the rest of the Steps, we should be able to see, know, or feel when these old habits are most likely to show up. These old pathways have become like ruts that we fall into repeatedly. To avoid these ruts, we must be consciously aware of them and choose to build new and more loving and useful ruts, habits, by God's Grace.

In Step Six we had asked that you give these old habits, defects, ruts a dishonoring, discrediting, "make fun of" name. When one of these defects or ruts reappears, we treat it as an unwelcome guest. We interrupt its old pathways. We may say something like this: "Here comes old "make fun of name" which is too limiting or harmful or of no use or value to me now. Higher Power, I now ask that You take "it" and let me do only Your Will. I now choose to turn from the problem to the solution accepting the answer."

BUILDING A SPIRITUAL ROAD MAP (*Both the Negative and Constructive Road Maps can be most important toward understanding our mood changes*) This process of Building A Spiritual Road Map has to include our mental, physical, and emotional stuff, being the humans that we are. This also includes all the crossroads, stoplights, detours, washouts, dangerous intersections, warning signs. When we run into problems, we can change directions if we choose. Our Program is a mind training and spiritual awakening process. The following will hopefully help you begin your Spiritual Road Map.

The exercise below is most effective just after we have fallen into one of our old ruts. Keep this handy for the next time it happens, or if you have an experience fresh enough, you may choose to practice on now. Because we are dealing with habits, we will have a next time. Take one of your old defects that has caused you problems, one that you want changed, healed, or transformed, and respond to the following. REMEMBER WE ARE GOING BACKWARDS.

1. State the problem, defect, and or the harm done. (If it is one of your patterns, state that or its "make fun of" name.)

2. Most of the time, we get early warning signals before it's too late. At what point had the problem gotten out of hand?

3. At what juncture could you have stopped the harmful flow - before passing the "line of no return?"

4. When did you get the thought and or feeling, "don't say or do this?"

5. When was the last time you did, said, thought, or felt this same pattern? The SAMENESS: time, place, person, or type?

Finding a Moody Person

6. Any unrelated problems going on? Any changes, good or bad: physical, mental, social, emotional, spiritual?

7. Any anniversaries, birthdays, or special events nearby?

8. Are you feeling any guilt or shame about any area or anything (not just this one problem area), now?

"We grow by our willingness to face and rectify errors and convert them into assets. The alcoholic's past thus becomes the principal asset of the family, and frequently it is almost the only one. Cling to the thought that, in God's hands, the dark past is the greatest possession you have - the key to life and happiness for others. With it, you can avert death and misery for them." (Page 124 Alcoholics Anonymous reprinted with permission).

Finding a Moody Person

A SPIRITUAL ROAD MAP (The Constructive Road)

It is just as important to identify our constructive, useful, positive, and loving roads as the negative ones. Throughout this workbook, we have focused on both the assets and the liabilities. As the old saying goes, "If it works, don't fix it." We may add, if it does work, seek to have it increased.

With a good Early Warning Signal System or Guidance System, we can learn how to identify promptly, admit, and accept our part in both the destructive and the constructive experiences. We can choose to do or not to do something to increase the chances of a more fulfilling experience. If we have been painstaking about working these first nine Steps, we are now aware of some of our personal "reality," that is, our habits of thoughts, feelings, actions, and reactions. With help from our When Am I Most Likely To; Constructive, Useful, and Positive lists, and the rest of the Steps, we can see, know, or feel when these habits are present. As the old, negative, useless roads, these constructive, useful roads have become like a good rut that we fall into repeatedly. We do not want to avoid or be too quick to jump out of these constructive, useful ruts. We want to be consciously aware of them and choose to build new and more loving and useful ruts, habits, by God's Grace.

We had asked that you give the defective habits, ruts, a dishonoring, discrediting, "make fun of" name. Now we ask that you give the constructive, useful habits a FUN, LOVING, JOYFUL, or BELOVED name. When one of these reappears, we treat it as a beloved, welcome guest. We may say something like this: "Here comes my *beloved name*, which is loving or constructive or useful to me and others. I now choose to have it increased. My Higher Power, I now ask that You take 'it' and let me do only Your Will. I now turn to the solution, accepting the answer."

BUILDING A SPIRITUAL ROAD MAP

This process of Building A Spiritual Road Map has to include our spiritual, mental, physical, emotional, and social. This also includes all the crossroads, stoplights, detours, washouts, dangerous intersections, and warning signs. When we run into problems, we can change directions if we choose. Our Program is a mind training and spiritual awakening process.

The exercise below is most effective just after we have entered one of our constructive, useful, positive, or loving experiences. Keep this format handy for the next time it happens. Because we are dealing with habits, we will have a next time. Take one of your good experiences, one that you want to see increased, and respond to the following. REMEMBER WE ARE GOING BACKWARDS

1. State the constructive, useful, positive, or loving experience. (What is this pattern's beloved name?)

2. Most of the time, we get early useful signals before the experience happens. At what point did you see it coming?

3. At what juncture could you have increased the flow - before turning it off?"

4. When did you get the thought/feelings, "to say or do this or that to open up more to the experience?"

Finding a Moody Person

5. When was the last time you did, said, thought, or felt this same pattern? SAMENESS: time, place, person, or type?

6. Any unrelated stuff going on? Any changes, good or bad: physical, mental, social, emotional, spiritual?

7. Any anniversaries, birthdays, or special events nearby?

8. Are you feeling any great emotions about any area or anything (not just this one experience), now?

Finding a Moody Person

DAILY JOURNAL

WHAT'S IN A JOURNAL FOR US?

Some of us find it useful to keep a Daily Journal. If we focus on one area at a time, as suggested, we will find the following useful. If we keep this journal on our Heart's Desire, that is what we want most in life, for forty (40) days, many of our habits of thoughts and feelings will show up. We will be able to see what we believe by what we are experiencing repeatedly. A shortcut to a personal inventory is simply this: whatever we are experiencing is what we believe, not what our conscious mind is telling us.

MINIMAL TIME COMMITMENT

The reason for forty days is this: we would have gone through more than a full cycle, mental, physical, and emotional. By going through a full cycle, we will experience how differently we react to some of the same conditions. For example, if we are physically on the downside, we will not want to do anything too physical. When we are mentally high, we see and deal with mental ideas more easily. When we are emotionally down, we may not deal with others well. We may want to withdraw or be left alone.

THREE MINDSETS

When most of us come into the Program, we have the mindset of a user. We were using people, places, and things to blame or explain why we were happy or successful, sad, or failing. As a **user**, we view most everything as others using us or as us using others. One who has the mindset of **ownership** knows that he or she is responsible for the way they are experiencing life. They expect and allow others to be responsible for the way they are experiencing life. The third mindset (**Trust**) is a willingness to trust our Higher Power to use us for His Will. But we must be willing to own our personal "reality," experiences, and all their content before we can turn it over. As you can see, whichever mindset we are in and part of the life cycle we are presently in, has a lot to do with the way we are reacting. We cannot give away something we don't possess. Most of us go back and forth between the three mindsets. To save space, you may choose to use these codes: **MS (Mind Set) - O(Owner) - T(Trust) - U(User)**.

OUR HEART'S DESIRE

We believe that our Heart's Desire is nothing less than the driving desire to be the **Individual** each of us was created as. We also believe that we will never experience total fulfillment trying to be someone other than this. Our Heart's Desire is one of our spiritual gifts.

Finding a Moody Person

DAILY JOURNAL FORM

At the top of a page, write out your Heart's Desire, something that you are willing to do whatever it takes to have or be. Then draw a line down the center of the page. On one side, put the date, mindset, and what you did or did not do to contribute to your Heart's Desire. On the other side, put the date, mindset, and what you did or did not do that was contrary to your Heart's Desire. As you begin to see some of your patterns, put these on a separate page. These patterns can add to your Early Warning Sign System.

My Heart' Desire Is: [Example]

To awaken to the Three Spiritual Gifts and consciously and consistently live them.

MS (Mind Set) = O (Owner) T (Trust) U (User)

| DATE | MS | CONTRIBUTED TO | DATE | MS | CONTRARY TO |
|------------------------------|-----------------|--|------------------------------|-----------------|--|
| <i>02/06 2010</i> | <i>T</i> | <i>I asked my Higher Power for help before I talked to Sam he had my number</i> | <i>02/06 2010</i> | <i>U</i> | <i>John took my inventory and within flash I went from be happy to gloomy and resentful-he did it</i> |
| <i>02/06 2010</i> | <i>O</i> | <i>I didn't blame Allienon for my mood change</i> | <i>02/06 2010</i> | <i>U</i> | <i>Pete told me I always had a chip on my shoulder-he caused it</i> |
| <i>02/06 2010</i> | <i>T</i> | <i>I consciously experienced the Presence today even after I had one of my mood attacks</i> | <i>02/06 2010</i> | <i>U</i> | <i>When I believed that George believed in me I did a great job but when he put me down my mood changed in a blink.</i> |

Finding a Moody Person

MY HEART'S DESIRE IS:

MS (Mind Set) - O (Owner) T (Trust) U (User)

| DATE | MS | CONTRIBUTED TO | DATE | MS | CONTRARY TO |
|------|----|----------------|------|----|-------------|
| | | | | | |

STEP ELEVEN - (SPIRITUAL) SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD, AS WE UNDERSTOOD HIM, PRAYING ONLY FOR KNOWLEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT.

Alcoholics Anonymous: **Bottom of page 85 through 88** (reading time 6 minutes)

Twelve Steps and Twelve Traditions: **Step Eleven** (reading time 20 minutes)

SEEKING

Step Eleven directs us to the most important part of our human condition; that is, our Real Self, the Individual each one was created as. In other words, His Will for us. We are to ask for the power to carry it out. As we said before, we will never be joyous, happy, and free until we are realized. Once we have realized where the power is and what we want that power for, it becomes a much simpler and easier decision where to turn. All of life is a process. This Step suggests that we continue to seek through prayer and meditation to improve our conscious contact with this Higher Power.

Al: I don't know anything about prayer and meditation, so how am I to go about this Step?

Lou-is: If not a member of religious bodies, we sometimes select and memorize a few set prayers, which emphasize the principles we have discussed. There are many helpful books. Suggestions about these may be obtained from one's priest, minister, or rabbi and from other members of your group. Make use of what they offer. Read Page 87 of Alcoholics Anonymous.

WHAT ABOUT
AFFIRMATIONS

Al: I've heard of affirmations before. I think they're a little too goodie, goodie for me, if you know what I mean.

Lou-is: In the early years, I thought affirmations were so phony. At some point, I realized that these "good" things were what I wanted my mind filled with instead of the negative stuff. I would memorize a few affirmations at a time. Once these became a habit, I would find myself thinking and or saying one of these affirmations instead of automatically responding with something negative.

There was a guy named Sam who met an old high school friend he had not seen in years. He had heard that this friend had become successful. Sam asked his friend how he had become so successful. The friend said that he had gone to finishing school. Sam asked him: What did you learn in finishing school? He replied: "I learned to say fantastic, instead of B.S."

Finding a Moody Person

SIMPLE
SUGGESTIONS

Al: How about some simple suggestions about prayer and meditation?

Lou-is: Here are five parts of a process for praying that has been useful to me:

1. I must believe/feel/know there is a Higher Power, a Power Greater than myself.
2. At some level I must believe/feel/know I have the right to ask for what I need/want/desire. I believe this Higher Power has placed the need/want/desire in my heart, mind and soul, but I understand what He passed on, as it has filtered through my personal "reality." However, I feel sure He knows what He placed there and knows how to fulfill it, if I will let Him.
3. Next, I ask this Higher Power for what I need/want/desire. I must give this some thought before I ask, like "What is this for?" Always I add the disclaimer: If it is Your Will, please. If it is not Your Will, please, please don't give it to me.
4. I thank Him knowing it will be done.
5. I let it go and stay out of the way of the process.

CAN'T BELIEVE

Al: Sometimes I don't or can't believe there is a Higher Power who cared for me.

Lou-is: Me too. There are times when I may have to spend more time on one or more of these five parts. For example: I may feel guilty about something and think our Higher Power is judging me, punishing me, or withholding from me something good I want. I may have to work on forgiveness or remember that **my Higher Power only corrects and does not punish.**

WHEN I LOVE
SOMEONE I
THINK A LOT
ABOUT THEM

Lou-is: At some point, I began to think of prayer and meditation something like this: *If I love someone with all my heart, mind, and soul (our Father) or if I knew of someone who had what I really wanted (our Father), I would always find a way to communicate (pray) with them.* Once I awakened to the fact that there is a Power Greater than myself, that can and would do for me what I could not do for myself, I started to communicate with Him. My motive is not all that pure, but when I ask with all of my heart and mind, I experience useful solutions. When it came to meditation, I approached it along the same lines: *when I love someone (our Father) or know of someone who has what I want (our Father), I just can't get enough of them.* I want to be near them, talk and listen to them, talk and listen to others about them. Prayer and meditation are spiritual principles, which means they are endless. The highest form of meditation is contemplation, that is, direct knowing. This is more likely to come when we are still, mentally, emotionally, and spiritually.

Al: I don't know if I ever did love anyone. I have been so selfish. I have known special people whom I admired and wanted to be like. At first, they intimidated me, but I did find a way to get to know them.

Finding a Moody Person

ONE SOURCE

Al: I thought we were **not** to pray for our selfish ends. Are you saying that we are?

MANY

CHANNELS

Lou-is: Asking our Higher Power for what we need at any given time is a way of including our Higher Power in every area of our lives. Many of us, for one reason or another, believe/feel there are some things we must do alone and unaided (as though our Higher Power cannot or will not help us with these “forbidden” areas). On the contrary, we believe that we will never experience true fulfillment being anything or anyone other than the individual He created us to be. In other words, in conscious union with our Higher Power’s Will for each of us. Try this: turn your consciousness toward your Higher Power with each beginning, that is, when you awaken, when you start anything, or answer the phone; while driving, talking to a different person. Just remind yourself with a sacred word or name like “Father” or “God.” With each completion of anything, say thanks to your Higher Power.

SPIRITUAL LEVELS

Spiritual Infant: - In the beginning, my cry for help was purely selfish. I was dependent with little or no choice. Unable to do anything of value for me alone and unaided.

Spiritual child: wanting God to take care of me and to fulfill my every want and need. It was a time of forming, learning what would please our Father. A time filled with questions about Him and about the need for rules, guidance, structures, safety, and belonging.

Spiritual adolescent: demanding the universe be as I wanted it at the moment, without being responsible, wanting to be a little creator, but couldn’t. I was looking for a Higher Power everywhere except where He is most intimately found, at the center of our being.

Spiritual adult: I knew I was responsible for the decisions I made, but remembered our Father was/is the only real Source. By this time, I had stopped being a user and became willing to be used by this Higher Power. I often persisted in seeking Him by my own efforts, demanding too much of my human condition. I had come to know a lot about God through study, prayer, meditation, and sharing with others. I experienced many manifestations of His Presence, thinking that these effects were the same as God’s Presence, the Cause.

For a few rare moments, I have experienced being a **Spiritual elder**: sharing my life as an agent of our Father, knowing that I was dependent and resisting it not. Then I knew a lot about God through study, prayer, meditation, and manifestation in my life. I directly experienced a conscious contact with our Father through contemplative meditation. I experienced direct conscious union with our Father’s Will for me. I no longer tried to get something out of Him; rather, I humbly sought to receive God Himself. I believe everyone experiences these levels, but we are not conscious of what they are, and we call them endless names. ***I have experienced all these levels in the same day, sometimes in the same hour.***

Finding a Moody Person

AS YOU BELIEVE

Lou-is: I made up rules about when God would help me and when He would withhold and/or punish me. I don't think God goes along with my private rules. A wise being once said something like: "It is done unto you as you believe." It is so important that we identify all our personal "reality" (rules), to seek more of God's Will for each of us, and the power to carry it out.

To receive God's help - He must have our consent. It is hard for us to give our consent when we are so full of self. Therefore, prayer and meditation are vital to our recovery, to our awakening. The way you turn toward a Higher Power at a given time - is the best way. Each time we seek to improve our conscious contact with our Higher Power, we become better receivers and givers. We cannot make ourselves grateful any more than we can make ourselves love. These are gifts. However, we can constantly keep turning to the God of our understanding, if we choose to make a habit of it. By building a habit of this, we open ourselves to both receiving and giving consistently.

ALL HAVE A PURPOSE

Lou-is: Whoever created us as individuals must have a purpose for each of us, and this must be His Will for each of us. If we can be in conscious union and harmony with His Will and His Purpose, we are most likely to experience our personal fulfillment. In that case, we would surely want to improve our understanding and experience in His Will and have the power to carry it out. There are many teachers who are waiting to share with you. "When the student is ready, the teacher appears. When the teacher is ready, the student appears." Seek them. Be as willing, honest, and open-minded as you can.

Our human condition fosters the illusion that we are separate from all others. Therefore, we need prayer and some form of meditation to bring us home to an experience of conscious union, to healing, to wholeness, to fulfillment.

ACTION

1. On a separate sheet of paper, write: a. What was/is your resistance to a Higher Power, religious, or a Spiritual way of life? b. The types of prayers and meditations you have used. c. How effective were they?
2. Sum up your present prayer and meditation practices.
3. Make a list of resources available to you that you could possibly seek out to improve your understanding and practice of prayer and meditation. One example: some of us have found starting our day with pages 86 through 88 of Alcoholics Anonymous for a month or two.
4. List those people who may be able to help you on your spiritual journey.

GOD'S INDIVIDUAL WILL FOR EACH

Finding our Heart's Desire, our purpose, our mission, God's individual Will for each of us, that spiritual flow, a Higher Power that can and will do for us what we cannot do for ourselves, is the focus of this workbook.

That spiritual flow - everyone has a special gift to give to others. If you listen to the wisdom of your heart, you will know what it is. The secret of happiness

Finding a Moody Person

is to use your special gift. The secret to abundance is to give your special gift away.

Michelangelo took a rough piece of marble and chipped away everything that did not look like the vision of David he held in his mind. Let us hold in our mind that vision of God's Will for us, and chip away all that is not.

Lou-is Pazeniton shares some of his experiences through his affirmations

As I awaken this morning, I turn my consciousness toward Your Holy Presence Father, the Love that I am, and the Individual, my created self. I am filled with gratitude for what You have in mind for me today. I now visualize and realize I am in conscious union with All Three Spiritual Gifts. These are my Heart's Desire, which are also Your Will for me, Father. I begin this day with a short review of yesterday and the willingness to have it corrected. I now choose to be nonjudgmental. I am awakened in Your Light, in that Spiritual Flow, in Your Holy Consciousness (Presence), and darkness disappears.

I know Your Voice is directing me specifically, telling me what to do, say, think, and feel in a way I can currently hear, understand, and follow. I am given all I need to experience consciously Your Loving Will for me, Father. I am, we are, created in Your Image and Likeness. I consciously practice these characteristics: higher purpose, focus, preparedness, conviction, faith, trust, perseverance, creativity, risk-taking, curiosity, resilience, independence, commitment, and courage.

I choose once again my life's goal to be consciously and consistently that individual You created, Father. I choose to be in direct conscious union with Your Divine Will, to be that Individual at all levels: Spiritual, mental, physical, emotional, and social. By Your Loving Grace, Father, I am warm and loving, kind and understanding, wise and intelligent, enriched and empowered, forgiven and forgiving, healed and healing, loved and loving. I am committed to Your Will, Father, and I am assured that You are using me, as You Will, to my fullest. I practice all forms of love: Love of God (agape), friendship (philia), affection (storge), being in love (eros), Love in all beings (primal-love), and self-love.

I practice Patience; my love is passive, waiting to begin, not in a hurry, calm, and ready to do its work when the summons comes. Love understands and therefore waits.

I am Kind; my love is active. I enjoy merely doing kind things. Any kindness that I can share with anyone, let me do it now in a wise and loving way. I will not defer it nor neglect it, for I will not pass this way again.

I share my Generosity. I am Your son, Father, and a loving brother to all. I do bestow all my goods, my gifts, and my talents. I share freely with all my heart, mind, and soul, out of the abundance I am receiving, as I am directed. My sharing does enrich, enlighten, heal, awaken, and transform those I share with.

I live in a conscious state of Humility as I have the gift of knowing that You, Father, are my/our only True Source. Each time I share, I put a seal on my lips and go back into the shade again and say nothing about it. I wait for the next gift to receive and share. I am but a channel, an agent of Your Will, Father.

Finding a Moody Person

I express Courtesy, the love in little things, thoughtful things; with a gentle heart filled with Your loving Grace, Father, expressing love at all levels, with all beings, in conscious union with Your Will, Father.

I am Unselfish out of enlightened self-interest. By giving of myself, I am a master receiver. I give but little when I give of my possessions. It is when I give of my Self/self that I truly give.

I have a Good Temper and a Good Sense of Humor. I envy no other, as I have no competition with that individual You created me to be, Father. I do not make capital crimes of faults, my own or any others'. I quickly seek correction; better yet, I am nonjudgmental of the "sins" of the physical world and the "sins" of the disposition, so there is no need for forgiveness.

I realize the Innocence in others and me - that Higher Self, and the Holy, Whole Presence. I encourage all to chip away at all that is not our true, Higher Self. I co-create an atmosphere of love and wisdom wherever I am and with whomever I am. Our innocence is beyond the human condition, yet it is ever-present.

I am Sincere in all I do, say, think, and feel. I search for the truth and a consciousness of Your Attributes, Father (Life, Love, Truth, Reality, Wisdom, Spirit, Consciousness, Soul, Intelligence, Omnipresence, Omnipotence, Omniscience), with a humble and unbiased heart, mind, and soul. I rejoice in what I find, and I freely pass it on. I bear all things, believe all things, hope all things, and endure all things, for love never fails.

"When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man I put away childish things." Until then, I could see only my little reflection in that limited mirror of my personal "reality," hearing only the hum of my little voice as this limited "reality." But now face-to-face with Your Holy Attributes, Father, I live, move, and have my being in and through universal Principles. Just for this instant, I intuitively know even as I am known.

I now abide in Your Reality, Father, with faith, hope, and love as You will me to be, to do, to see this holy instant. With each beginning, during, and ending, I seek conscious union with You, Father. I only need to say, "Father," silently, and that centers my consciousness. When centered for a moment, I experience the Presence, Love, and Purpose in that Spiritual Flow. In that moment, I silently extend to others the spiritual gift(s), which will be the most fulfilling for that moment. This is my perfect gift(s), to give and to receive. I silently say, "Come and let me forgive you, heal you, and love you, in and through our Father's Loving Grace, even for this instant, it is now done, it is complete. Thank You, Father."

STEP TWELVE - HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO ALCOHOLICS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS. (AWAKENING) (SERVICE) (PRACTICE)

Twelve Steps and Twelve Traditions: **Step Twelve** (reading time 39 minutes)

Alcoholics Anonymous: **Working With Others** (reading time 29 minutes)

PART ONE: THE FOLLOWING IS A ONE-TIME EXERCISE; WRITE A LITTLE ABOUT YOUR EXPERIENCE WITH THE THREE SPIRITUAL GIFTS, STEP TWELVE. (Suggestion: use a separate page to write your response)

FIRST

SPIRITUAL

GIFT

PRESENCE

ACTION (1)

Step Twelve opens with: ***Having had a spiritual awakening as the result of these steps.*** Working the first eleven Steps will assure a personality change, a shift in our perception sufficient to cause recovery, a spiritual awakening. Reread pages 569 - 570 of Alcoholics Anonymous. Our old mask (personality) was removed, well, some of it. We awaken at a place where we have always been, our Father's House. ***The first Spiritual Gift is the awakening to the Presence of our Higher Power and to be in conscious union with this Presence.*** "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 reprinted with permission) The main object of this workbook is in concert with that mission. This spiritual awakening is the first of our three primary goals of this workbook.

If you have had a spiritual awakening, sum up what that experience has meant to you. Share this experience. On a separate sheet of paper, write your response.

SECOND

SPIRITUAL

GIFT

LOVE

**THE MESSENGER
IS THE
MESSAGE**

**If YOU WANT
LOVE PLANT
LOVE SEED**

WE TRIED TO CARRY THIS MESSAGE – "Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember, they are ill. Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends - this is an experience you must not miss. Frequent contact with newcomers and with each other is the bright spot of our lives." (Alcoholics Anonymous page 89, reprinted with permission)

Whatever area we have applied the Steps to and whatever degree of healing we have experienced, we must "give it away to keep it". We share our experience, strength, and hope with one another, so we may enjoy living to the fullest.

The second spiritual gift is the awakening to the Love that we are; that all of us are. We were created in the image and likeness of our Creator, and we believe that this Creator is Love, and, therefore, so are we. The second part of Step Twelve is: "...we tried to carry this message." This is sharing; this is love.

Finding a Moody Person

ACTION (2)

We give but little when we give of our possessions; it is when we give of ourselves that we truly give. In the act of giving, passing on what we have received, we realize that giving and receiving are the same. In fact, the only way we can become a master receiver is to share with others everything we want for ourselves. We can love because our deepest nature is love.

Write your response on a separate sheet of paper to the following:

1. In which areas in your life have you had some degree of healing that you have passed on?
2. You give but little when you give of your possessions; it is when you give of yourself that you truly give. When and how have you given of yourself?
3. How did you think and feel after you shared with another?

THIRD SPIRITUAL GIFT MISSION

...and to practice these principles in all our affairs - What we consistently practice, we get good at (loving stuff or sick stuff). We get more love by loving, more forgiveness by forgiving, more understanding by understanding others. We do not have to agree with others, nor do we have to like them, but we need to love all others by wishing them well, by praying that each one realize the Three Spiritual Gifts. All spiritual principles grow and expand with use. PRACTICE giving away everything you want. If you want corn, plant corn seeds; if you want love, plant love seeds. Walk your talk, and the rewards will be beyond your belief. If we turn to do God's Will/Work, we are given the power to carry that out.

The Third Spiritual Gift is awakening to the individual we were created as with purpose and meaning. In other words, to consciously live our Heart's Desire, God's Will. The third part of Step Twelve is: "...and to practice these principles in all our affairs." The only way we can fully realize who we are is to share what we currently are as a result of this process. When God-centered even for a moment, we have all the power and wisdom we need for that moment. In that moment of awakening, we will experience the Presence, the Love that we are, and the Individual we were created as. Told or shown what to do, say, think, and feel in a way we can currently hear, understand, and follow. By practicing this way of life, we can get better at living it.

ACTION (3)

Write your response on a separate sheet of paper to the following:

1. As an individual, how do you practice the Presence of your Higher Power?
2. As an individual, how do you practice sharing the love you are?
3. As an individual, how do you practice your purpose, value, mission, or heart's desire?

PART TWO: A DAILY PRACTICE OF THE THREE SPIRITUAL GIFTS.

**BUILDING A
NEW PERSONAL
“REALITY”**

The following suggestions are to help build new habits. We cannot imagine a better set of conscious habits than the Three Spiritual Gifts. ***Our Program is a spiritual awakening and mind training process.*** Once awakened, we can learn how to stay awakened for a greater percentage of our time. We can learn how to be consistently aware of the Presence of our Higher Power, and how to express more of the love we are and, in doing so, we become more like our true self. At the same time, we can realize the individual we were created as with purpose and meaning.

**SUGGESTIONS
ACTION (4)**

SET YOUR OWN PACE. We suggest that you start off choosing one of the spiritual gifts to work on every day for a full forty (40) days. If you have focused on one of the Three Spiritual Gifts in the first nine Steps, then of course choosing that gift is likely to bear more fruit. If you will commit to this process for the next ninety days, thirty days for each Gift, you may well begin a lifelong habit of these Three Spiritual Gifts.

A suggestion for each of the forty-day practice periods.

1. Upon awakening each morning, turn your consciousness toward the Spiritual Gift you have chosen to focus on.
2. Choose one attribute, element, or characteristic for this spiritual gift. The following are thought starters for each of the Three Spiritual Gifts. Please feel free to make up your own list or add to these.
3. We will offer a detailed example on page 44. A blank daily practice sheet is on page 45.

**FIRST GIFT’S
THOUGHT
STARTERS**

You may recall some of the main attributes of our Higher Power such as: Life, Love, Truth, Reality, Wisdom, Consciousness, Soul, Spirit, Intelligence, Omnipresence (Always Present), Omnipotence (All Power), Omniscience (All Knowing), Universal Principles, or Intuitive. Check out a few spiritual books, our two textbooks: Alcoholics Anonymous and Twelve Steps and Twelve Traditions plus our website www.12stepworkbook.org for additional ideas.

**SECOND GIFT’S
THOUGHT
STARTERS**

Another suggestion is the nine common, everyday elements of love: patience, kindness, generosity, humility, courtesy, unselfishness, good temper and a sense of humor, innocence, and sincerity. There are so many ways we can give of ourselves in and through our program. Just ask your Higher Power to use you through His Higher Principles, for His service and it will come. As with the First Gift’s thought Starters check out other sources.

**THIRD GIFT’S
THOUGHT
STARTERS**

THIRD SPIRITUAL GIFT’S THOUGHT STARTERS FOR LIVING PRINCIPLES

Characteristics of one hundred of the most accomplished people: Throughout history the most accomplished people had common characteristics that you and I can share. All had a Higher Purpose, not always spiritual in nature but a cause bigger than they were. Living this Program and getting out of and beyond our little egos and awakening to the Three Spiritual Gifts is without a

Finding a Moody Person

doubt a Higher Purpose. These winners were able to stay focused; we too can learn to focus. They prepared for what was in front of them. To work the Steps in order is to prepare us for the following Steps. They had conviction. Each time we see this Program in action we are more convinced that it works. All of them had faith in something beyond themselves; most of us have at least a little faith in something higher than we are. As with faith, all of them had trust in something other than themselves. They all had perseverance, and as most of us, we keep on keeping on. They were creative, as most sensitive people are. Most of us in the Program are sensitive. Whenever we are going to do anything new, we are risk takers, and so were they. These people had a lively curiosity, just as we do. They all bounced back after failing; they had resiliency. Most of us have gotten up one more time than we went down. They were all independent of other people, places, and things. Trusting God as our only true source allows us to be free of dependence on another human. Facing their fears took courage. It takes courage for us to face our fears and illusions. The last characteristic they had was commitment. This is so vital to any success in life. You will notice throughout the workbook it calls for total commitment to the process. Remember how important it is to be willing to forgive others and you.

ACTION (5) DAILY PRACTICE FOR GREATER BENEFITS

1. Until it becomes a habit of turning your consciousness toward the Presence of your Higher Power, set up a physical reminder upon awakening that you can't help noticing.
2. Keep this workbook in a handy place.
3. Choose which attribute, element, or characteristic for this day's practice of the gift(s) you are working on for this forty-day period. Write these on a notepad and carry it with you as a reminder throughout the day.
4. MOTIVATORS - For best results, set up a plan of action, which includes all levels of consciousness daily:

MENTAL LEVEL

For a better understanding of these motivators see the Motivational Chart – A Guidance System in Book Two

MENTAL: "...for after all God gave us brains to use." (Page 86 Alcoholics Anonymous). We are going to be thinking all the time, unless we are in a coma, so why not choose what we want to think about? With a little practice, we can do this. Throughout the day, we remind ourselves to think of the spiritual gift of the day. The first thing we know we have a habit of thinking the thoughts we want. All action starts with some consciousness. When we are running on automatic (habit), that consciousness is likely to give our silent consent. **Mental Motivators:** thoughts that move us toward our Heart's Desire inspire us; show us we are on the right path. Those thoughts that turn us away from our Heart's Desire show us that we are off the path. If we choose, we can use this information to get back on the path.

PHYSICAL LEVEL

PHYSICAL: We live in a physical body and world. **Physical Motivators:** When we are taking care of our physical bodies and world, we experience being on the path. When we are not taking care of the physical, we get warning signals,

Finding a Moody Person

| | |
|--------------------|---|
| EMOTIONAL LEVEL | <p>which can motivate us to get back on the path if we choose. All of life is in motion, so we are going to be on the move. Why not act in concert with the spiritual gift of the day?</p> <p>EMOTIONAL: These Three Spiritual Gifts, with all their attributes, elements, and characteristics, are vital to fulfill our lives because they are our true nature. By consciously, consistently practicing these gifts, we open ourselves up to that spiritual flow. The more impassioned we are about living these gifts, the more effective this human condition will become. <i>Emotion Motivators</i> move us toward our Spiritual Gifts in a positive flow of Divine Energy and move us away from what are not our Gifts through pain.</p> |
| SOCIAL LEVEL | <p>SOCIAL: We were created in such a way that we cannot live alone. <i>Social Motivators</i>: When we join with others in our common welfare in useful, constructive, or joyful ways, we are motivated toward the relationship. When we are withholding, withdrawing into self, our relationships will fail, and the pain of failure can motivate us to change.</p> |
| SPIRITUAL LEVEL | <p>SPIRITUAL: Seek through prayer and meditation to improve our conscious contact with the Three Spiritual Gifts. Daily seek to remove all our obstructions that block the spiritual flow of Divine energy, and we can co-create a loving environment where our Three Spiritual Gifts can take place. <i>Spiritual Motivators</i>: When we are in conscious union with our Spiritual Gifts, we intuitively know we are on the right path and are motivated to expansion.</p> |
| ACTION (6) | <p>When we are in conflict with God's Will and filled with fear, anger, negative stuff, the pain motivates us to turn once again to our Spiritual Source.</p> |

At the end of each day or the next morning, make short reviews of your practice experience. Use the format for Step Ten Daily Journal, pages 31-32. What contributed to and what was contrary to the practice of my spiritual gift(s) for the day.

Finding a Moody Person

A DAILY PRACTICE EXAMPLE

The First Spiritual Gift: Awakening to the Presence of our Higher Power.

The Second Spiritual Gift: Awakening to the Love that we are; that all of us are.

The Third Spiritual Gift: Awakening to the individual Self, with purpose and meaning.

Al Kohallek's Example: Al chose The Second Spiritual Gift.

1. Upon awakening each morning, turn your consciousness toward the Love you are.

Al: ***When I awakened this morning, I realized how important Love is to me.***

2. Choose one element of Love you can share with others today.

Al: ***Today I choose patience.***

3. Practice this element of love throughout this day, if possible, at all levels.

Al: Mentally: ***I will make note of when I am patient and when I am not.***

Physically: ***I will patiently work on my project today.***

Emotionally: ***I am willing to patiently direct my emotional energy toward love.***

Socially: ***I am willing to be patient with all those I come into contact with today.***

Spiritually: ***I am willing to trust God for all the results, so I can be patient.***

Al used Lou-is' Affirmation to meditate on. I practice patience; my love is passive, waiting to begin, not in a hurry, calm, and ready to do its work when the summons comes. Love understands and, therefore, waits.

A DAILY INVENTORY

The next morning, Al reviewed how well he did the day before with his daily practice. Others may do their inventory the same day while it's fresh in their mind. He used the Step Ten Daily Journal format, which contributed to and was contrary to his Spiritual Gifts. When Al completed a full forty days on each of the Three Spiritual Gifts, he had a pretty good idea what worked and didn't work for him.

Finding a Moody Person

A DAILY PRACTICE

Date ____ / ____ / ____

1. Upon awakening this morning, I turn my consciousness toward Your Presence, Father, the Love I am, and the individual I was created as. I am filled with gratitude for what You have in mind for me today. Each day, I will focus on one of the three Spiritual Gifts or some part of my Heart's Desire. Today I choose to focus on:

2. Each day, I will choose one of God's main Attributes, one element of love, or one of the characteristics of the most accomplished people to focus on. Today I choose:

3. I will practice this Attribute or element of love or characteristics throughout this day, at all levels:

Spiritually:

Mentally:

Physically:

Emotionally:

Socially:

Finding a Moody Person

WHAT NOW?

Alcoholics Anonymous: **A Vision For You** (reading time 28 minutes)

- NOW I
KNOW
HOW TO DO
A 12 STEP
CALL
- I was trying to work with a paraplegic, and it was not going well. Each morning, I would go by his apartment to see how the night went, and I would stop by after work to check on him. He would not sober up no matter what I did. I tried out everything the “12 Step athletes” suggested, but nothing worked. One day, I had had it with him, and I began to pray something like this: “Father, I don’t have a clue what to do with him. You take him and do whatever You will. I now surrender him completely to You. Let Your will be done, not mine”.
- I walked into his bedroom; he had a gun to his head, about to shoot himself. I began to yell at him to go ahead and pull the trigger. I told him he was nothing but a blank, blank user. He was using his mom, everyone else, and me, and he was a useless cripple! (I had never called anyone who was handicapped a cripple. I knew how unfair that was.) I proceeded to say that we would all be better off without him. He started crying and handed me the gun and sobered up.
- I said to myself, now I know how to Twelve Step people. I need to be as mean and ugly as I can. The next time I got a guy who would not respond the way I thought he should, I was mean and ugly to him, and he hung up on me. I did find the key that day: **It was a total and complete surrender of both the other person and myself to our Father.**
- WE BOTH
RECEIVED
A GIFT
- A person that I could hardly stand asked me to help him with his Step work. This person feared that he could not stay sober with all the anger and negative stuff going on in his life. I had a lot of resistance to working with this person. But if I were sincere about walking my talk, I knew then that I must have a go at it.
- He began working the Steps as though his life depended on it. I believe it did. When I saw how hard he was working, I realized I had a feeling of warmth and loving compassion for that person. I prayed with all my heart that he would get “it.” Since that moment, I have never felt, no matter how “bad” I do, say, think, or feel, that I was a total loss. I knew there was someone out there who would help me, forgive me, and love me. The reason is simple enough; I had extended forgiveness and love to one I did not feel deserved it.
- NOW
WHAT?
- By now we have gained information, so what are we going to do with it? Head knowledge can be useful if we remember that’s all it is. It has been said that the longest distance to travel is between the head and the heart. However there is no long-term change until both the head knowledge and heart experience have internalized as a new part of our personal “reality,” a new habit of thought and feeling. The shortcut to our personal “reality” change is to walk our talk, to practice, practice, practice these principles in all our affairs.
- BE QUICK
TO FORGIVE
- Can we share our Three Spiritual Gifts honestly, willingly, with an open-mind, and a willingness to forgive all? As we awaken each day let us choose to be as loving, wise and useful as we can by God’s loving Grace. When we fall short, let us be quick to

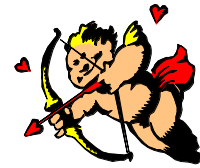
Finding a Moody Person

forgive all. Remember; what we can do is our responsibility; what we cannot do is God's.

IN CLOSING "Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come if your own house is in order. But obviously, you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us."

"Abandon yourself to God, as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you until then." (Alcoholics Anonymous page 164 Reprinted with permission).

*Al Kohallek &
The Green-eyed Monster*



*Jealousy, night and day
you torture me
I sometimes wonder
at this spell I am under*



CONTENTS

| | |
|-------------------------------|----|
| Six Essential Characteristics | 7 |
| Step One | 10 |
| Step Two | 12 |
| Step Three | 13 |
| Step Four | 14 |
| Step Five | 21 |
| Step Six | 22 |
| Step Seven | 25 |
| Step Eight | 27 |
| Step Nine | 29 |
| Step Ten | 33 |
| Step Eleven | 40 |
| Step Twelve | 48 |

OVERVIEW

It takes as much or more skill to disempower an old habit as it does to build a new, useful one. The following is a process for replacing the old habit of personal “reality” jealousy with a new one. Although this is a simple process, it will not be easy. Anything we repeat long enough and often enough will become a habit. When it is overcharged with deep negative emotions, it is likely to turn into part of our personal “reality,” and we will get “good” at it. In fact, to experience real change, healing, or transformation calls for a full-court press. This disease, Jealousy, is not like simply taking off a coat. It can feel more like ripping off our very own flesh! The physical brain utilizes millions and sometimes billions of cells for each habit. In fact, most of the habits we choose to change have a spiritual, mental, physical, emotional, and social side. In one way or another, all these areas of the human condition must be addressed if a habit is to be disempowered or empowered. In other words, old habits become our “personal reality.” This “personal reality” is the way in which we experience our world, real or illusive.

We need to take back the power we have given this old habit, jealousy, and empower our new habit with a higher level of energy, perhaps with some **real love energy**, instead of the sham jealousy sometimes fools us into believing. If you are willing to do whatever it takes to practice this process, it will work. Do not begin this process until you have counted the cost. The cost will be a conscious, consistent focus on empowering the new habit and disempowering the old habit every time it comes into your consciousness. This implies a real commitment to practicing this process for a set period, initially 40 days. Half measures avail us nothing. In fact, anything less than a total commitment gives us the illusion that we have tried, and this process has failed.

The Twelve-Step Program of Alcoholics Anonymous is incorporated in this plan of action. This is not to imply that this process is a substitute for the Program. It is a plan of action for the purpose of PRACTICING THESE PRINCIPLES [Spiritual in their nature] IN ALL OUR AFFAIRS. In this workshop paper, the affairs in which we want to practice these principles will refer to the disease of jealousy. This disease, jealousy, is what we want changed, healed, or transformed into an asset, a new habit, a more loving, wise, and valuable part of our personal “reality.” For some of us, it has been a big part, at times, of the condition and causes of our primary addiction.

People often say you can’t teach old dogs new tricks. But we are not old dogs, and this healing process is not a trick. This process is not for trading one addiction for a less harmful one. It is intended to open us up to the possibility of that Healing Grace that really does change us into the individual we were designed to be. The process is for disempowering an old, useless, and/or harmful habit, but more importantly, it is to empower living, loving principles into our daily life, Spiritual in their nature. A Spiritual Principle increases in value with its use, both in its worth and usefulness, in loving ways. Things of the ego or material in their nature deteriorate or become more harmful with their use. Jealousy is a good example of that.

During the time you are working on this process, you will have to abstain from your triggers. For jealousy, you are to refrain from asking inquiring questions, like “who was at the meeting” or “who did you have lunch with”, etc. You are not to do any cruise-byes, check phone calls, or texts. You are not to check with others about what they may or may not know.

Al Kohallek and the Green-eyed Monster

You are not to bring up the past, real or imaginary. I'm sure you get the gist of this, of avoiding a negative beginning. Many of us who have had this disease of jealousy know we cannot safely open the door to its insanity, much as the alcoholic cannot take that first drink or do even a "little" drugs and successfully work the A.A. Program. Addicts have a habit of dealing with life through their addiction, and so it is with the disease of jealousy. If this disease is not changed, healed, or transformed, it will remain in power, even when we are not conscious of it. It waits just below the surface, ready to return.

Those with alcohol and drug addiction may require additional help during detox. Every addict, whether it is junk food, sugar, nicotine, caffeine, prescription and nonprescription medication, alcohol, or any other drug, even the drug we call guilt and punishment, the choice of drugs of otherwise good people, will experience some detoxification. Everyone who is in the process of changing old habits spiritually, mentally, physically, emotionally, and socially will have withdrawal problems. It's foolish to underestimate what others may or may not understand about the detoxification of this disease, especially when jealousy clouds our judgment.

This process may be helpful for any habit, Spiritual, mental, physical, emotional, and social. While this is a fact, we hope to end up with our Higher Power as the solution and consciously live by Spiritual Principles, free from the driving demands of this disease and jealousy as our goal. Yes, it is imperative to be free from an old, harmful habit, even the drug we call guilt and punishment, the choice of drugs by otherwise good people. However, we want to spend our time, interest, and energy on the **Solution** as much as possible, rather than dwelling on the dis-ease; that is, to empower and give life to our new habit. The old habit will come up with no encouragement, so we need not drag it up just to say hello, because we may miss it. Remember, the old habit is now an unwelcome guest, so let's not consciously invite it into our awareness.

A general rule - when you are working on any process of change, it is best not to tell anyone what you are doing unless that person understands the process through experience or is now working the same process. You may lose your willingness to work through your own resistance by talking about it, but not walking it. Also, it is very common for someone with the same old harmful habit, but not wanting to change it, to talk to you out of the process. Wait until your experience is authentic to you as the result of your changed personal "reality".

An old, useless, harmful habit is one that no longer works for us, if it ever did, and/or it has become too costly. An old, useless, harmful habit is much like any addiction. It rivets onto a person, place, thing, or event in such a way that the experience we have is at the same time mood-altering, pain-avoiding, and/or fun-seeking, and for sure life-damaging and life-limiting.

Old, useless, or harmful habits resist any change. To the habit, change means death, yet growth is change. Fear of change equals the unknown versus the familiar. The problem has a hidden benefit or payoff: diminished expectations ("That's just the way it is."), low self-esteem ("I can't or I don't feel worthy"), desire to appear strong, being "lost" without our problems, fear of giving up control, mistrust of the new process ("Will it work and is it worth it?").

Al Kohallek and the Green-eyed Monster

Many of us have been reluctant to seek help for the disease of jealousy or even tell our friends or co-workers how bad this problem is, as if they did not know. In Al's case, he did not want to seek help because then he would have had to admit it. At times, Al would tell himself, 'What if all that stuff I have been thinking and feeling is true, and I will never be able to do anything about it?' After all, there were times when he was okay.

Through the Alcoholics Anonymous program, Al had several of his defects, shortcomings, habits, and beliefs modified, transformed, or even replaced with a much healthier and happier way of life. Why not this one? Al remembered someone saying that what can be learned could be unlearned. Or if you repeat something long enough, good or bad, it will become a habit, and a habit can be replaced with another habit. However, this jealousy is just too bad, too painful, and too deeply entrenched. Indeed, he had been too good a student for bad teachers; mostly, he had been self-taught. **Lou-is**, Al's sponsor, reminded him that he said the same thing about his drinking problem.

Lou-is: I learned more about the way I had thought, felt, and reacted in relationships of all kinds as I began to recover from that disease, Jealousy. In fact, every one of the conditions and causes of my alcoholism came out in full force. I became so jealous and possessive with family, lovers, and "friends." I had burned out my family, and I'm not sure I had any friends left by the time I got to the program. My sick perfectionism manifested in both negative and positive ways; I felt I had to be perfect and loved to be worthwhile, or else everyone else had to be perfect. The behavior of others could really set me off. The emotional pain was so deep and beyond my endurance at times that I would (feelings I can't express) others or myself. I would have lots of irrational thoughts like "I cannot stay sober if I don't have someone who really loves me." I remember the old song, "You're nobody till somebody loves you." And who's going to do that? I would soon be saying to someone I could imprison, "You belong to me, so don't step out of line." I would not let my wife work so that she had to depend on me. "I pay the bills and don't forget, you owe me, so tend to me or else I will cut you off. I will not stand for you to act as if you were single. If you go out to play, it would be better with me. Don't think you can walk out on me. I'll find you, and you will regret that you did. If I can't have you, no one will. I could never find anyone like you, so I'm not about to let you go."

Al: What you just shared reminds me of working with other alcoholics. I can see you know what you are talking about. Unless you really have had me fooled, you must have experienced a great deal of healing in this disease, Jealousy. Lou-is, you really got my attention, so what is the solution? Where do I go from here?

Lou-is: For those of us who are willing to do whatever it takes to have this Disease Jealousy healed, or we could say, transformed into an asset, there is indeed good news. The exact process you used for your alcoholism will be used on this. "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 happily and usefully whole. (Foreword, Twelve Steps and Twelve Traditions)

Our Twelve Steps, being spiritual principles, are significant to us because any spiritual principle can be applied to recovery in any area and will expand with its use. It is reported that for every seven people using our Twelve Steps, six are using them for reasons other than alcoholism. It is also noted in the 12 and 12 statement, "...if practiced as a way of life..." In other words, we need to practice, practice, practice to disempower the old and empower the new way. "...can expel the obsession to drink (or give in to the disease, Jealousy) and enable the sufferer to become happy (jealousy needs some healing before that) and usefully whole."

Those who suffer from this disease, Jealousy, have been fragmented for a long time, as a rule, and long to be whole. Our problem centers in our personal "reality," and it is here that we seek a spiritual, mental, physical, emotional, and social transformation. Because we have experienced this healing in other areas, we have an abiding faith in our Higher Power's grace to do for us that we cannot do for ourselves.

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

STEP ONE (Honesty) We admitted we were powerless over alcohol – that our lives had become unmanageable.

SIX ESSENTIAL CHARACTERISTICS OF ALCOHOLISM AND OTHER ADDICTIONS

Working on the Six Essential Characteristics of Alcoholism and other addictions as they relate to this Disease, Jealousy could help us understand that in some ways it is much like any other addiction. This disease, Jealousy, may in some cases be a big part of the condition and causes of our primary substance addictions, and could lead us back to our primary addiction if it is not addressed. Or we may remain "dry" but not be joyous, happy, and free.

In Lois Remembers – memoirs of the wife of one of the co-founders of Alcoholics Anonymous, she writes that the only time she worried about Bill getting drunk was over jealousy. Let her tell the story. "The...incident happened while we had four or five alcoholics living with us at Clinton Street. I was beginning to feel rebellious, since Bill didn't seem to need me anymore. But one of those boys did. I needed to be needed. I spent a lot of time trying to help him overcome his difficulties. I told Bill about my interest in helping the man, and Bill was most understanding and loving for a long time. But one day a jealous streak struck him, and he ran out of the house to get drunk. Fortunately, either out of habit or by divine guidance, Bill made his way to an AA's house. There, he calmed down. He came home sheepishly, without having gone near a bar. I think this was the only time I ever worried about his getting drunk." Lois Remembers, page 135, Al-Anon Family Group Headquarters, Inc

Everyone has a Special Gift to give to others and to themselves. If we could still our minds and listen to the wisdom of our heart, we would know what it is. The secret of happiness is to learn and use your Special Gift. The secret to abundance is to give your Special Gift to others. If this is true, why are we not experiencing that Special Gift? Most likely, we have created or gone along with many false illusions; one of course may be jealousy. Step One is a foundational tool in this process, which can help remove illusions and obstructions that seem to block your Special Gift, allowing natural healing to take place. When we reach a place in our life where we realize our powerlessness to change with our present understanding and our inability to be still, if we are willing to seek help, it will come.

ALWAYS START AT STEP ONE

If we have had previous success working our Twelve-Step Program, we realize it's time to reapply the program to another area of our lives. One is tempted to jump over the first three Steps and start on another inventory. If we jump over the first three Steps, there is a strong likelihood that we will not have near success with the rest of the program. We strongly suggest that whenever you decide to apply this process in a "new" area, always start at Step One. We must realize that we are unable, with our present understanding, alone and unaided, to experience any real change in this disease, Jealousy truly. We need to realize that we are powerless and cannot manage our lives effectively with our current mindset, consciously and consistently. The mind that made us sick or limited cannot make us whole or well (Step One).

Al: Once I have admitted that I am powerless and that I cannot manage my life, then why do it again?
Lou-is: Our mind plays tricks on us. This is a good example of how we applied the Steps to one area and then generalized that experience to cover all areas of our lives. It would be like we had experienced some success at our job and then thought that we should automatically be successful in every area of our lives. A person new to the program will often experience a range of highs and lows, both directly and indirectly, due to generalization.

INCREASE THE PAIN

We have set up the First Step to highlight and increase the pain of holding on to what needs to be changed, healed, or transformed. The questions will contrast back and forth: What will it cost us if we do not change? What can we gain from experiencing change?

Al: I don't want or need any more pain.

Lou-is: Then get busy.

SIX ESSENTIAL CHARACTERISTICS

In general, there are six essential characteristics of alcoholism and other addictions. Being aware of these can help us understand a little better what path our problems take. These may help raise our “bottom.” In other words, they help our denial breakdown if we are ready. These characteristics apply to most problem areas, not just the chemical addictions, but sick, harmful, addictive relationships and many others, even to the Disease Jealousy.

The following is to be used as part of our First Step. The idea is to help raise our “bottom”, in other words, to help break down our denial. We aim to raise our awareness of the dynamics of our problem and increase the discomfort of holding on to it.

SIX ESSENTIAL CHARACTERISTICS OF ALCOHOLISM, AND OTHER ADDICTIONS

1. ALLERGY - The phenomenon of physical craving that kicks in with the first drink of alcohol, slice of cake, pill, or any drug, etc. This craving is limited to those with a chemical addiction.

Al: When it came to jealousy, I did not have the same kind of physical craving as taking a drink of alcohol, but I seemed to have a physical reaction to the insane jealousy stuff. For example, when I would believe that I was being betrayed, my physical body was pumped up with such an excessive amount of the fight or flight chemical, I would think, act, and feel as if I was insanely drunk.

What was your physical reaction to this “Jealousy Drug”?

2. PROGRESSIVE - Tolerance: takes more to get the job done; we are unable to get by with what we once did. With non-substance addiction, Jealousy takes more reassurance or checking on, etc.

Al: On top of my drinking problem getting worse, so was my insane jealousy problem progressively getting bad, to the point I did not have a moment of peace. Even after I came into the Program, my jealousy got worse or seemed to. I no longer had alcohol to help me deal with all the jealousy, sick stuff.

How has your dis-ease progressed? Does it take more or does it take less to hurt more?

3. SELF-DELUSION - Starts with denial, then repression, and then mind games, rationalizing, and then comes the conscious lying. The rationalizing and consciously lying really do a job on our trust, self-esteem, respect, and self-respect. At all costs, we must keep our addictive behavior going.

Al: I don't know what I would have done without denial. If I had realized one more failure in the early days of AA, I would have killed myself. When my denial broke down about my disease, Jealousy, I could not fool myself anymore. But by then, I had little to no trust, respect, or self-respect left.

How have you experienced self-delusion, denial, repression, mind games, rationalizing, or even conscious lying in connection with jealousy?

4. DISTORTION OF ATTENTION - Preoccupied with the object of our addiction or attachment, we cannot think of anything else, but stuff connected with the addiction or the person or thing we are attached to. The distortion becomes our ULTIMATE CONCERN. Another word for it is "idolatry." The addiction becomes our god.

Al: When I was still drinking, I could not stop thinking about where and how my next drink was coming. My obsession with the drink was indeed my ultimate concern, my god. When I was in my jealousy insanity, my obsession was much like my drinking; I had to be reassured that my wife was not with someone, and I could never get enough reassurance. I did so many sick things trying to catch her or "him." I could not attend to business or anything else once the Green-eyed Monster appeared. What I thought my wife could be doing became my Ultimate Concern.

Can you give an example of this type of thinking and feeling you experience during a jealousy attack?

LOSS OF WILLPOWER - Each time our willpower fails, with our best intentions, we feel even more hopeless, useless, and worthless. The most significant damage to self-esteem comes from repeated failures at trying to change addictive behavior. It really hurts when we try our best to stop and cannot.

Al: As for the insane jealousy, I promised myself and my wife I would never, never, never accuse her of sleeping around again, but I could not keep my promise. Much like my alcoholism, I could not handle my jealousy problem with willpower. If I were drinking, I could hide behind that to deny the depth of my jealousy.

Al Kohallek and the Green-eyed Monster

I would say things like: "I would not have acted out that badly if I had not been drinking. When I stopped drinking, it really got bad. I would need more evidence that my wife was indeed betraying me. I would say, "I have not really given this my best shot. Now that I realize that I will just will myself into perfect non-action or perfect action.

Can you provide examples of instances where you've lost your willpower?

6. WITHDRAWAL - "They are restless, irritable, and discontented, unless they can again experience the sense of ease and comfort that comes at once by taking a few drinks" or a few bites, etc. Our addiction becomes part of our autonomic nervous system the more we repeat the behavior. We have in some cases enlisted billions of our body and brain cells. THE ADDICTION BECOMES OUR "REALITY". Our mind says, "Play it again, Sam." When the body/mind are deprived of something they have become accustomed to, they respond with danger signals, as if something is wrong. Then we have the backlash or rebound. There is a natural rebound for the human condition in any growth cycle. We can go just so far, and our personal "reality" tells us to come "home". This natural rebound will most often happen after we have had a peak experience, and if we do not understand the rebound cycle, we are likely to question the peak experience as being real. "How could I feel so down after such a great high?"

Al: To me, this rebound thing was the first sign of my insanity. I could be so sure I had it under control, and then, for seemingly no reason, I would get an uncontrollable urge to cruise by or ask inquiring questions, like seeing any old friends today. Or I just had to really know. Then there would be a time when I was filled with love, understanding, and peace, and I would think I was healed for sure. Then something so small would set me into that jealousy rut, and because I was not expecting the rebound, it would really get to me.

State your rebounding experience of when you tried to withdraw or stay stopped from reacting insanely to this Disease Jealousy popping up.

BEFORE YOU MAKE A FIRM DECISION TO GO THROUGH THIS PROCESS, COMPLETE THE MINI-STEP WORK TO FOLLOW. STAY FOCUSED ON THE DIS-EASE JEALOUSY, WHICH YOU HAVE CHOSEN TO HAVE DISEMPOWERED. IT IS BEST YOU NOT DWELL ON THIS NEGATIVE ANY LONGER THAN NEED BE.

STEP ONE = (HONESTY)

WE ADMITTED WE WERE POWERLESS OVER ALCOHOL -- THAT OUR LIVES HAD BECOME UNMANAGEABLE. (We admitted we were powerless over the Dis-ease Jealousy – that our lives had become unmanageable)

Writing out your response will help you focus on your Belief Systems, your habits of thought and feelings. In other words, your "Personal Reality" of this Disease, Jealousy. The purpose of the following First Step questions is to bring our personal "bottom" up and hit it. There is no need to continue to pay the "PRICE"

1. Have you identified that it is this disease, Jealousy, that you want to DISEMPOWER? If yes, continue.

2. What pain or fear do you associate with changing or healing this Disease Jealousy?

3. What pleasure are you getting out of not changing or healing this Disease, Jealousy?

4. What will it COST you if this Dis-ease Jealousy is not changed, healed, or transformed?

5. What are the benefits you could gain by having this Disease Jealousy changed or healed?

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

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

8. Has this problem made your home life unhappy? (example)

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

Al Kohallek and the Green-eyed Monster

10. Do you turn to the type of person that enables you to practice this Disease Jealousy, or to lower companions that enable you? (example)

| |
|--|
| |
|--|

11. What part of this Disease Jealousy do your loved ones, friends, family, or business associates object to the most? (example)

| |
|--|
| |
|--|

12. What type of abuse has happened to you and/or others due to this Disease Jealousy? (example)

| |
|--|
| |
|--|

13. List examples of what you have done in the past to fix, control, or change this Disease, Jealousy.

| |
|--|
| |
|--|

14. What are the feelings, emotions, and conditions you have tried to alter or control with this disease, Jealousy? (example)

| |
|--|
| |
|--|

15. At this time, ask yourself, "If this is such an important area in my life, why haven't I changed? Am I now willing to do whatever it takes to have this Dis-ease Jealousy CHANGED, HEALED, OR TRANSFORMED?"

| |
|--|
| |
|--|

16. If your answer to number 15 is YES -- write out the First Step. -- **I admit I am powerless over this Disease, Jealousy -- that my life in this area is unmanageable. I cannot, with my unaided will and present understanding, CONSCIOUSLY AND CONSISTENTLY manage this problem area.** Because we can sometimes "manage" jealousy, we have the illusion that we should be able to consistently, but for most of us with this Dis-ease Jealousy, our control is short-lived at best.

| |
|--|
| |
| |
| |

STEP TWO (HOPE)

CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.

1. Can you recall a time in your life when a POWER GREATER than yourself did for you what you could not do for yourself concerning this disease, Jealousy? List one or more. Be precise. If possible, list something in this problem area. If not, use any life experience. Write your response on a separate sheet or on the bottom of this page.
2. On a separate sheet or on this page, list as many ways as you can complete the phrase "I AM GRATEFUL FOR _____" especially in relation to this disease, Jealousy. Keep this list going for at least 40 days.

STEP THREE (FAITH)

MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM.

1. What does it mean to you when you make an important decision in your life?

| |
|--|
| |
| |

2. State what your "WILL" is, and what your "LIFE" is, that you are NOW willing to turn over. Are you now willing to turn everything over, as you presently understand it? That means everything, both the "good" and the "bad"?

| |
|--|
| |
| |
| |

3. What is your present understanding of your HIGHER POWER? The One you are asking to care for you today?

| |
|--|
| |
| |

4. Would you be willing to ask for a Higher Power to do for you that which you are unable to do for yourself?

| |
|--|
| |
| |

Sometimes what we think is "good" can limit us more than the "bad." With the bad, we usually toughen up, adapt, or walk away. But with the good, we often settle for too little. While you are directly working on these Steps, we ask that you be willing to turn everything over to Your Higher Power, including everything you think, feel, know, or don't know, everything. The purpose of this is to open minds and hope for a new understanding. Otherwise, we can see only our little reflection in that limited mirror of our personal "reality," hearing only the hum of our little voice as that limited "reality." In other words, without turning everything over, we end up living out of our past instead of being present in God's Presence.

STEP FOUR (COURAGE)

MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.

Own this disease, Jealousy, no matter when or how it began. It is part of your personal “reality,” your mind, which makes it your responsibility to decide what to do with it. Answer the following question as honestly as you can. If there is not enough space, use a separate sheet or the back of the facing page. DO NOT LEAVE THESE WORKSHOP PAPERS AROUND FOR OTHERS TO SEE. If you do, we suggest that you question your motive.

1. Recall and write down when or how this disease, Jealousy, began, in any form, level, or degree. Give examples. BE PRECISE.

2. When and how did you first experience being betrayed in any form, level, or degree?

3. When and how did you first betray another in any form, level, or degree?

4. What has been your most painful experience in this disease of Jealousy?

5. What has been the most painful experience in this disease, Jealousy, you caused another?

6. Write for what purpose this disease, Jealousy, seemed to serve; be precise.

Al Kohallek and the Green-eyed Monster

7. Was there anyone in your family that you personally know who was betrayed? How did you react? Be precise.

8. Was there anyone in your family that you personally know who betrayed another? How did you react? Be precise.

9. Has there been a friend, co-worker, schoolmate, or anyone you are/were close to that you personally know who was betrayed? How did you react? Be precise.

10. Has there been a friend, co-worker, schoolmate, or anyone you are/were close to that you personally know that betrayed another? How did you react? Be precise.

11. If only the object of my jealousy would not ... or if I had not ...

12. If only the object of my jealousy would only ... or if I had only ...

13. If possible, write out how you have repeated or expressed this disease, Jealousy, in each area:

Spiritual -

Mental -

Al Kohallek and the Green-eyed Monster

| |
|-------------|
| Physical - |
| Emotional - |
| Social - |

14. Few disturbances are as painful or self-defeating as this disease, Jealousy. Describe how jealousy affects you in each of these areas:

| |
|-------------|
| Spiritual - |
| Mental - |
| Physical - |
| Emotional - |
| Social - |

15. Can you give examples of your investigative skills?

| |
|---|
| Cruise-bys |
| Checking the phone for incoming or outgoing calls or texts to ... Checking emails for ... |
| Befriending the enemy or an ex ... |
| Asking inquiring questions – “Who did you have lunch with?” or “Who was at the meeting?” |
| Pumping others for information about ... |
| Trying to force a confession ... |
| Following your loved one so that they would be “safe” |

Al Kohallek and the Green-eyed Monster

Miscellaneous creative investigative skills ...

16. List your worst resentments that you associate with this Dis-ease Jealousy.

| Resentful At: | The Cause of My Resentment | Assets Violated: | My Part: | Affects My: |
|---------------|----------------------------|------------------|----------|-------------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

Al Kohallek and the Green-eyed Monster

17. List your worst fears that you associate with this Disease, Jealousy. (R) Rational or (I) Irrational

| Fearful Of: | The Cause Of This Fear | R | I |
|-------------|------------------------|---|---|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Al Kohallek and the Green-eyed Monster

18. List those you most harmed, including yourself, because of this Disease Jealousy.

| I Harmed: | What I Did or Did Not Do to Cause the Harm: | My Part: | Affects My: |
|-----------|---|----------|-------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

19. Can you now accept that this Disease of Jealousy centers in your mind, in your personal “reality?”
What does this mean to you now?

| |
|--|
| |
|--|

20. Can you now understand that it is imperative that everyone, and you yourself, not put up with your jealousy? It is up to you to decide to own this dis-ease as centered within you. With full ownership, you can then surrender it to your Higher Power so it can be healed and transformed into an asset that you may share with others. Write out your understanding of the above.

| |
|--|
| |
|--|

21. Describe one of your jealous cycles – How did it start? How did it progress? How did it end?

| |
|--|
| |
|--|

Al Kohallek and the Green-eyed Monster

22. Even though you may have had this Disease Jealousy for a very long time, can you now accept that it can be transformed into a helpful asset, even as you may have experienced this change in other Diseases you have had? If the answer is yes, give an example.

| |
|--|
| |
|--|

23. This Disease, Jealousy, is part of our personal “reality,” which means it can be changed; it is not a universal principle. What has been learned can be unlearned, just as any habit; if we repeat something long enough, it will become a habit. Therefore, we can learn to cultivate a new habit that aligns with our Higher Self. Give an example of how a new habit replaced an old one.

| |
|--|
| |
|--|

24. Are you willing to kiss the Green-eyed Monster goodbye, and when he/she comes calling, are you willing to treat it as an unwelcome visitor? In question 15, you were asked to give examples of your investigative skills; now you must learn to put them to the real test. Whenever the Green-eyed Monster shows up, you must refuse to practice any of your investigative skills. If you open the door to him/her, it will most likely set a complete cycle into motion. If you now agree with that, then write a commitment statement. We too often do not have the luxury to wait until the process or transformation is complete, much like we cannot take the first drink of alcohol, take the first drug, or take the first bite of trigger food.

| |
|--|
| |
| |

STEP FIVE - (INTEGRITY)

ADMITTED TO GOD, TO OURSELVES AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.

Create an outline as you go through this Prep Work so you can remember everything you need to share. **Review all your responses to the questions and/or statements up to this point.**

Be especially mindful of your patterns (the experiences that you repeat), even when they involve different people, places, things, or situations. These patterns (habits of thoughts and feelings) are some of the most important parts of this process. These patterns make up your personal “reality” and are the key to long-term recovery and personal growth. Take a sheet of paper and create a **Pattern List** you can keep adding to as you discover more.

These patterns will play a vital part in Steps Six and Ten.

Al: Who’s going to listen to my Fifth Step?

Lou-is: It is vital that you find the right person to confide in. We believe that it is best if you can share with a person who has finished his or her own Fifth Step. If this person is living the Program/they will have a better understanding of what it is you are trying to do. The main thing is that you feel that you can trust this person. This should enable you to be as honest as you can be at the time. We would caution you against taking this Step with someone too close to you or one with whom you have a grudge. Someone could be hurt if you are sincere. It would be wise to question your own motives.

Ask this person to help you identify your patterns. Show this person a copy of your pattern list. They may have additions to your list or ask you to clarify the pattern. You may find you have a lot in common; on the other hand, you may not even come close. Remember that it is your inventory and your patterns, which means, in the end, you are the one who will directly gain or fail to gain from those patterns.

Lou-is also suggested that Al set the date, a starting time, and the approximate amount of time to set aside to complete it, with the person he has chosen. Now that all your prep work is done and you have set the date, the starting time, and the approximate amount of time to complete it with the person you have chosen, this is a great day to carry out this critical mission.

Al trusted Lou-is, so he decided to take his Fifth Step with him. Also, Lou-is already knew a lot about him. Al did what was suggested. He pocketed his pride and went to it, “illuminating every twist of character, every dark cranny of the past.” Once he had taken this Step, withholding nothing, he was delighted. He had his first spiritual experience. He felt for the first time that another human accepted him just as he was. He felt a new freedom.

Some of those things Al had kept hidden for so many years lost their power over him. For the moment, Al felt like a free man, but Lou-is reminded him there was a lot of work yet to be done. A few days after Al had taken his Fifth Step, he was working with a newcomer and found himself sharing one of his secrets to help the newcomer. He told us later what a wonderful thing it was to be able to help another by freely sharing his experience, which he had previously intended to keep secret and take to the grave.

STEP SIX - (WILLINGNESS)

WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.

The key to this Step is in the wording. “Were entirely ready to have God remove all these defects of character.” When we are entirely ready, it means we truly want change. That genuine wanting is often the beginning of healing. Second, it is God that is to remove all, not us alone and unaided. Third, the wording tells us which defects are to be removed. At this time, “these” implies that we have identified specific defects.

Al: The rest of the Steps will be a piece of cake after taking my Fifth Step.

Lou-is: I want to remind you not to take any of the Steps too lightly. Each Step is an integral part of the process. In case you have forgotten, our minds will play tricks on us. For example, with this Step, our conscious mind says, “Of course, I want all these defects removed. Knowing now just how harmful, useless, or painful these defects are, I will just let them go.” Two problems with that well-intended statement. First, generalizing will not accomplish this. Second, we are not the ones to remove these defects, alone and unaided. Just follow the A – B – C – D – E - below.

A. Lou-is: Once again, I am reminding you that just because something is simple does not make it easy. Now that you have found some of your patterns, “these defects”, it will be helpful for you to follow these suggestions: Take each one of “these defects” and ask yourself if you are **really ready** to have God remove this.

If your answer is yes, move on to the next defect (patterns).

If not, go back to Step One just for that defect and run over the First Step Questions to help increase the pain of holding on to that defect.

If that is not enough to convince you, try this: We know that our problems, as with everything in life, are progressive. Our problems will worsen if nothing really changes at the level of our habits (personal “reality”, patterns). With the passing of time, we will get “better” at our defects. Another way to increase the pain of holding on to this defect is by extending it into the future.

What will it be like if this does not change in another year or five, ten, or twenty years?

Have you had enough, or are you thirsty for more?

If you are now ready, continue this process until you have reviewed each of your defects.

B. Lou-is: Going over each defect in such detail will help us in several ways:

It will help us own each of our defects, as our defects center in our own minds.

We will be reminded just how powerless we are to remove these defects alone and unaided.

At the same time, by addressing these defects constructively, we will experience a new level of hope.

It will help us recognize that some of our listed defects are merely different manifestations of the same underlying pattern. This will help us combine them, which is part of the following suggestion.

If you have followed this suggested process, you have reviewed and refined your uncovered defects, combining them into the smallest number of patterns. If you haven't done so already, please do so now.

Al: Yes, I have gone over them until I am even sick of them. I hope God is not too busy to remove them quickly.

Al Kohallek and the Green-eyed Monster

Lou-is: You sound like one of us, “Do it quickly, at least by Friday, so that I can have a great weekend.” I find that I still have all the defects I had when I came into the Program. **Those defects where I have experienced some healing by God’s Grace have become assets, tools, and Early Warning Signals.**

Those defects do not come about as often; they don’t last long, and they are not very intense. This is a sure sign of growth and awakening.

Lou-is: We are building a new way of life, and we feel it’s so imperative to understand that it is a long-term process. It’s not another quick fix. We did not get here overnight, but by practicing limited, sick, and sometimes insane patterns for many years. One important thing to remember is that if we do the best job we can with this Program, we will experience a way of life that is far beyond anything we could have dreamed of.

Lou-is: The next suggestion: Assign each of these defects, patterns, a playful “Make Fun Of” name. These names will become very important to us when setting up our last three Steps to live by. These will be part of our Early Warning System. Speaking of “Make Fun Of” names, what about making fun of names such as: Al Kohallek (Alcoholic), Allienon (Al anon), Lou-is Pazeniton (Lou is passing it on)? No comment.

C. We have reviewed our inventory **after** finishing our Fifth Step and updated our Rules/Patterns. Now we are to assign each of these defective Patterns a dishonoring name, "make fun of" name if you have not done so, or you may choose to change some of the names. We will use these "Make Fun Of" names to help take some of the power away that we have given to these defects (patterns). **Making fun of our defects and laughing at ourselves is very healing.** We will go into the "HOW TO" in Step Ten. ACTION: 1. In column one, write the “Make Fun Of” name. 2. In column two, write the pattern. 3. In column three, write the number of that pattern.

| “Make Fun Of” Name | RULE/PATTERN | # |
|-----------------------|--------------|---|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Al Kohallek and the Green-eyed Monster

D. Decide which of these defects you are now ready to have God remove. Fill in the corresponding #

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| # | # | # | # | # | # | # | # | # | # | # | # |
| | | | | | | | | | | | |

E. Decide which of these defects you are unwilling or unable to let go of at this time. Fill in the corresponding # - Go back to suggestions (A 3 through 7), to upgrade these defects to the “ready” list.

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| # | # | # | # | # | # | # | # | # | # | # | # |
| | | | | | | | | | | | |

For additional space, you may use the rest of this page.

STEP SEVEN - (HUMILITY)

HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS.

We have come a long way by the time we get to this significant Step. We have realized, in the process of completing the first six Steps, that we truly lack the power to change. 1. We are reminded that quick fixes are no longer enough. 2. We have come to understand by this time that we cannot consistently manage this problem; we have been focusing much less on our total life. 3. We were able, in most cases, to recall a time when something other than us, Higher than us, different than us, did for us what we could not do for ourselves. 4. By listing those people, places, and things that we are grateful for, we realized that we had far more than we thought. That list continues to grow as we add to it. 5. We begin to see how powerful our decisions and our willingness can be. 6. We begin to experience just how important it is that we set aside our old way of thinking and feeling so we can have a chance for a new understanding. 7. By experiencing the above-listed things, it is easy to see/feel the importance of turning everything over to the loving Higher Power, which we know has already helped us at some point in our lives. 8. We do have an invisible means of support. 9. We experience by now some of the benefits of staying focused on what is before us, one question or statement in one area, and our response to that area. 10. By responding as honestly as we could to the questions and statements, we have begun to realize how we have been running on automatic with habits of thoughts and feelings, and in our little personal “reality” most of our lives. 11. We have identified some of our common patterns, and we are starting to put them in their place by dishonoring and discrediting, by making fun of them. 12. We have been open with our Higher Power, another human, and ourselves about what we have awakened to so far. Most of us have experienced significant relief, a feeling of acceptance, and love. Some have had a new God-consciousness. 13. We took a closer look at our defects, habits of thought and feelings, our personal “reality,” and we are now sure that we want our Higher Power to remove these.

Al: I realized at some point that I was no longer playing a game, nor was I looking for a quick fix. My life and the quality of my life were in question. Perhaps an hour a day really is a good investment if it brings healing and awakening to my spiritual gifts.

Lou-is: I find it interesting that I would spend every waking moment for days on just one resentment or fear. I was a lot like you, Al; when it came time to work on the healing process in the beginning, I resisted the suggestion that I should spend at least an hour a day on the solution. Is that insane or what?

Al: What is the difference between defects and shortcomings?

Lou-is: I heard that Bill W. was asked the same question and he replied that there was no real difference. He didn't want to repeat the same word. However, sometimes our words have a hidden meaning that we are unaware of. By the time I reached my Fifth Step, I felt deeply flawed. But when I took it with an understanding person, and then moved into my Sixth Step, I realized I was not hopelessly defective; I was ready to let God correct and remove these defects. I was now aware of these defects. Just wanting to trust that a loving God could and would remove my defective beliefs, habits, and my little personal “reality” gave me a new hope! The love I was being shown allowed me to believe that it was not my being defective but my coming up short.

Al: As I reflected on my past wrongs, I realized that I had done a lot of harm to others and myself. It was not my intention at the time to harm anyone, but I did. When these harms were taking place, as I see now, I was reacting to my “then reality”.

Al Kohallek and the Green-eyed Monster

Because I received so much love, forgiveness, and acceptance when I took my Fifth Step, I began to feel that it was more like a shortcoming, coming up short. The root word for sin means "missing the mark," and that is how I have come to believe a loving God views us. I am grateful for the experiences I had and the willingness to share them.

Lou-is: When I realized God, as I understood Him, was/is my only true Source, I was humbled at that moment, opened up, and teachable. When we recognize that it is our Higher Power, and not ourselves alone and unaided, who is to remove our shortcomings, our decision to follow through becomes easier. If you are now ready and willing to overcome these shortcomings, the following suggestions may prove helpful.

Submit each of your shortcomings (patterns) to the form of the Serenity Prayer.

God grant us the serenity to accept the things we cannot change,
Courage to change the things we can,
And wisdom to know the difference.

Some part of our shortcomings (defects, patterns, and personal "reality") we may have to accept.

Example: We would be wise to accept the fact that we cannot change others, or what was done or not done to us.

A. What is it about this pattern, shortcoming that I must accept?

Most of the time, there is at least some part of a pattern we can change, which may be mental, physical, emotional, social, or spiritual.

Example: We may not be able to stop one of our shortcomings that comes into our consciousness, but we can stop dwelling on it for one moment at a time.

B. What is it about this pattern, shortcoming that I can change?

Peace comes to us by grace. When we are at peace, everything seems to be in harmony, and conflict is absent. Perhaps serenity is far more valuable in this human condition than peace. Everything around us can fall apart, but if we have the grace of serenity, we know at a deeper level that all is for our good. We suggest that you ask for serenity as it may relate to each pattern.

Example: If we are going to be open to change and healing, then we need the wisdom to know what we could change and what we need to accept. Sometimes we can be so sure that we will be able to change, but we cannot. At times, we assure ourselves that we have accepted something, only to find that we have not even come close to true acceptance. We are suggesting that you ask for courage and wisdom as they relate to each pattern.

C. Ask God for the Serenity, Courage, and Wisdom to know the difference.

Follow this format for each of your shortcomings (patterns). Use separate pages to complete this assignment.

STEP EIGHT - (BROTHERLY LOVE, WILLINGNESS TO FORGIVE)

MADE A LIST OF ALL PERSONS WE HAD HARMED AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.

Lou-is: Step Eight is another one of our Steps that, in principle, is so very simple. It is the preparation for an all-important action, Step Nine. As with most things, we will do a much better job if we prepare first.

Al: So far, every time you have made a point of just how simple something is going to be, you “suggest” a lot of additional work. I already have my list from my 4th Step Inventory.

Lou-is: I remembered some additional harm done while focusing on Steps Five, Six, and Seven, when I was working on my patterns. Once I accepted the fact that my habit patterns had driven me, the names of others I had harmed by expressing the same pattern came to mind.

Al: What you call a very good start, many people in the Program would already consider a very good finish.

Lou-is: You’re right, but most of us settle for too little, for far too long. If we do our best on the current Step, it makes the next Step easier and better. I remind you, these are Steps, not an escalator. We cannot stop on Step One and ride to the top.

We suggest you make your list of those you have harmed in three (3) groups: **First**, list those you harmed and to whom you are **ready, willing, and able** to make these amends. The **second list** is made up of those harmed to whom you are **willing to make your amends, but are unable to do so at this time**. The **third group** is the people harmed, to whom you are **unwilling to make amends**. Also, we have included a format to help us with our forgiveness. Have you ever noticed that many of those we have harmed were those whom we had not forgiven?

[1] This first group is for those who are ready, willing, and able to make amends now. On a separate sheet of paper, use the following format. After you finish writing each group, we suggest that you go over your plan of action with your sponsor or someone who has done some of their amends before you set out on your Step Nine adventures.

Example for group number [1]

Name of the one you
harmed.

Sam M.

What you did or did not do to cause the harm?

I thought that Sam had been trying to make a move on my wife, so I started telling a bunch of lies about him, and it turned out that my information was wrong. Sam had not been trying to put a shot on my wife. I believed Sam was a womanizer, and after I had followed him for a while, I found that he was a very devoted family man. I was so sure I was right at first; I burned him and hurt his respectability. His boss and some of his friends began to question Sam’s integrity.

How will you go about making this amends? Write down your plan of action for each amends.

I had burned Sam with George (his boss), Mary (a coworker), Sally, and John (close friends). I intend to go to each of them and admit I was wrong; I had no business saying anything about Sam. I admit that my Disease Jealousy had taken control of me; I was reacting most insanely, and if they ever hear me talk like that again about anyone, they will tell me to take my own inventory. I am going to these people instead of Sam because that is where the “crime” took place. There is no need to hurt Sam when he didn’t even know I had said anything bad. I am ready, willing, and able to make these amends. Now I need to talk to my sponsor, Lou-is. I may have missed something, so I want Lou-is to look this over. If he says it’s okay the way I intend, I will make an appointment with these four people and make my amends ASAP.

Al Kohallek and the Green-eyed Monster

[2] This group consists of those you are willing to make amends to but are currently unable to do so for some reason. After you finish writing this list, share your thoughts and feelings about these amends with the person who is helping you work this Step. Ask yourself, "Are my reasons valid, or am I just fooling myself out of fear or some other form of resistance?" For example, you may owe a great deal of money, and you don't have it. You can at least speak with these people and develop a plan of action. In other words, do everything possible to upgrade this group to the first group. Example for group number [2]

Name of the one you
harmed.

Mary Brown

What you did or did not do to cause the harm?

I had an auto accident with Mary Brown – I was on a jealousy cruise-by, checking up on my wife, and was not paying attention to my driving. I obtained her name and address and informed her that I would take care of her car. I lied to her about my address and phone number so she couldn't contact me, and therefore I never paid her.

State why you are unable to make this amend now. Seek out someone to help you.

I visited her home address a month or so later, and she had moved away, leaving no forwarding address. The landlord did not have any information that checked out. I am ready and willing, but unable to find her. What shall I do?

[3] In this group are the ones you are resisting or saying "no, never". Our Higher Power could help if asked. We shall never be free as long as we hold on to the past. Pray for the willingness to make these amends. Put these people on a prayer "hit list." Pray for this person five times a day (upon awakening, mid-morning, noon, mid-afternoon, and before you go to sleep), for two weeks or whatever time it takes for you to experience that you have let it go. Do all you can to upgrade this group to group one or two. Example for group number [3]

Name of the one you
harmed.

Pete Duelittle, my ex-business partner

What you did or did not do to cause the harm?

I did not like the way ex-business partner, Pete, acted when my wife was around. I knew I could not trust him alone with her. He must think we are partners, including my wife. When he continued to try to get me to handle the out-of-town accounts, I knew what he was up to. I should have known better than to partner up with him in the first place. I quit the partnership, and I will never make amends to him, because he would think it is ok to carry out what he had in mind with my wife. They cannot fool me; I have been around that kind of thing before.

State the form of the resistance and/or why you are unwilling or unable to make these amends.

Pete doesn't need my amends; I need him to make amends to me. He was the wrong one. He acted like he was not doing anything wrong. I hate guys like him, thinking he can get by running off with my wife. My wife told me how sick I was with the Green-eyed Monster.

Eight Step assignments – take separate sheets of paper and fill in all of your amends to be made on the Three Amends List. Just follow the examples 1, 2, and 3 above.

STEP NINE - (LOVE IN ACTION, JUSTICE - MAKING IT RIGHT)

MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.

After doing your best prep work for Step Nine, including making as many appointments as possible, you are ready for the day you actually make your amends.

As you set out to make each of your amends, we suggest that you ask your Higher Power to make this a healing experience for the one(s) you are making the amends to and for yourself, asking for whatever it takes to carry out these amends.

Take your first appointment and work through your complete list, the best you can, one at a time. After each one is complete, give thanks and let it go so that you have a better chance for an open mind for the next. Good luck, and may God bless you.

If you have anyone in your number 3 group, the ones you are resisting or saying, "no,, I never", and you have been unable to upgrade them to group number 1 or 2, follow the first set of **guidelines on forgiveness below**. In those amends that seem to have no closure to them, review the following guidelines on forgiveness.

As we go about making amends, it becomes very clear how important forgiveness is to this healing process. We have placed additional information about forgiveness here in Step Nine, which we moved out of the Step Four Inventory. As we clear away the wreckage of our past in the first nine Steps, forgiveness plays a central role in this process. Placing this Forgiveness Guide here, we believe, will carry over into the next level, the growth Steps 10, 11, and 12. Without forgiveness, our growth will be grossly limited.

We suggest that you review all the information in Step Nine on forgiveness. Before moving on to the last three Steps, **try to be completely willing to forgive all, including yourself**. Try out the following suggestions until you find one that works for you. When you are unable to, realize that through complete forgiveness, there is a way to let your Higher Power do for you what you cannot do at this time. Keep your amends list until you have completed all your amends. As you complete each one of your amends, write a summary of your experience. Would you do something different? If so, what? Share this experience with your sponsor or with another Program person.

If you are stuck on forgiving a long-term relationship, try this:

One of the most common problems with forgiveness is forgiving those with whom we have had long-term relationships. We believe the primary reason is that we redefine the concept of "crime" as the years roll by. We have forgotten what we were upset about when the "crimes" occurred, and we read about it in today's understanding. The following format will help you let go of the past. God can and will do for us that we cannot do for ourselves if we trust Him.

Forgiveness Guidelines: On a separate sheet, write out the following:

1. Name of the one who harmed you.
2. What did they do or not do to harm you?
3. How did you react at the time the harm was done?
4. How did you feel and/or think at the time the harm was done?
5. What about now? How do you feel and/or think about the harm done?
6. How do you react when you think of, hear about, or see the one who harmed you?
7. Go to the right-hand column of the Forgiveness List Boxes(following page). Which items stand out?
8. Are you now willing to forgive so you can be free?

Al Kohallek and the Green-eyed Monster

Now ask your Higher Power to bring about this forgiveness at all levels, even for this one moment. You can always take it back if you don't care for the freedom. It is important to seek healing for the way you thought and felt at the time of the "crime" as well as the present.

As a rule, it is helpful to follow up after the forgiveness with a visit or a call to ensure the wall is down, unless doing so would cause harm to the other person. When the thought of this person comes to mind, bless them and turn again to your Higher Power.

Can you now upgrade your number 3 group to a group 1 or group 2? If not, go back through the steps that need amends until you find a workable solution.

FORGIVENESS is the key to all happy and loving relationships with God, others, and us. Sometimes the hurt seems too great for us to forgive. In this case, **willingness** to forgive is the key. However, we may be unable or unwilling to forgive (check out the Forgiveness List Boxes). For those whom we have a difficult time forgiving, it is suggested that you pray for the willingness to forgive. Put these people on a prayer "hit list." Pray for this person five times a day (upon awakening, mid-morning, noon, midafternoon, and before you go to sleep), for two weeks or whatever time it takes for you to experience that you have forgiven.

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

| R | S | O | I | # | WHY I AM WILLING | R | S | O | I | # | WHY I AM UNWILLING OR UNABLE |
|---|---|---|---|----|------------------------------|---|---|---|---|----|-------------------------------|
| | | | | 1 | I have a lot more to gain | | | | | 14 | Alone is better than hurt |
| | | | | 2 | I want problem corrected | | | | | 15 | Fear, taken advantage of |
| | | | | 3 | I want this relationship | | | | | 16 | I don't know how to forgive |
| | | | | 4 | I want to be forgiven | | | | | 17 | I can't let go |
| | | | | 5 | I want to be free | | | | | 18 | I seek revenge |
| | | | | 6 | I want to build trust | | | | | 19 | I stuffed it |
| | | | | 7 | I want to experience peace | | | | | 20 | I suffered and they went free |
| | | | | 8 | Willing to let God do for me | | | | | 21 | I want to punish them |
| | | | | 9 | I'll forgive/I won't forget | | | | | 22 | I'm no fool |
| | | | | 10 | I'm tired of being fearful | | | | | 23 | I'm scared to |
| | | | | 11 | I'm tired of being negative | | | | | 24 | Withholding/Withdrawing |
| | | | | 12 | I'm tired of being resentful | | | | | 25 | Shows that I approve of () |
| | | | | 13 | It is the loving thing to do | | | | | 26 | Some like to hurt others |
| | | | | | | | | | | 27 | They didn't forgive me |
| | | | | | | | | | | 28 | They don't deserve it |
| | | | | | | | | | | 29 | They really did hurt me |
| | | | | | | | | | | 30 | They will do "it" again |
| | | | | | | | | | | 31 | They will go unpunished. |

On a separate sheet of paper, list those you still need to forgive.

In column one, write the name of a person, place, or thing you are having a problem forgiving.

In column two, write the cause: what was or was not done - take away or not given.

| Who or what | What's going on with this forgiveness? |
|-------------|--|
| | |

Al Kohallek and the Green-eyed Monster

Perhaps the hardest part is forgiving ourselves. One reason is that we know too much; we carry all the inside information and countless memories of when we've fallen short. We often hear discussions about this program and life in general being a process, evolving from limited to less limited, ad infinitum. However, most of us believe someday we will graduate once we get "it" right or when we earn "it." Instead of seeing each experience as a stepping-stone, we often view it as a stumbling block, a cause for disappointment, and this calls for guilt and punishment. The inner beatings will continue until we stop chasing perfection. We would be far ahead of the game if we were willing to forgive quickly and seek correction, leaving the results to our Higher Power.

The willingness to forgive is the key to all healing in all types of relationships. The key to an open mind is the willingness to forgive. The key to self-forgiveness is the willingness to forgive others. The key to our spiritual growth and awakening is the willingness to forgive. We may not be able to forgive for one "reason" or another, but we can be willing even if our only motive is selfish, like "I just don't want to feel this way, or I'm tired of being negative and resentful."

The importance of forgiveness is often dismissed with little or no thought. One possible reason may be as simple as not knowing how to forgive. Usually, we are just unable to forgive or let go. More often, it is from the core belief that when someone does something "wrong", even if that someone is us, they must be found guilty and punished. Yet when we are wrong, most would love to be forgiven quickly. Not only that, but we also don't want to see our "crime" made into a capital offense. If I want this kind of forgiveness, I must be willing to extend it to others.

A naive person both forgives and forgets; a stupid person neither forgives nor forgets; a wise person forgives but does not forget. The wise person can use this experience of love to share even more than ever. Remember this: What I can do is my responsibility; all else is God's responsibility. All I can do at any given time is to be willing; that's enough. Let our Higher Power do the rest.

Al: I want to forgive everyone, including myself, right now. Lou-is: How about one at a time?

Al: As I understand it, if I want the fullness of life – if I want loving, caring relationships with whomever – if I want to be joyous, happy, and free, if I want an open heart, mind, and soul, then I must be willing to forgive all, even myself, perhaps not able but willing. Then I can look to our Father/Creator to do the deed.

Lou-is: I recall you telling me that if the doors of my consciousness were clear of clutter caused by my holding on to old, useless, or harmful beliefs, judgments of others and myself, realizing my part in all of this is no more nor less than my little personal "reality." Our Program demonstrates that we can, through its process, become forgiven forgivers forgiving.

Al: Is there a time when forgiveness is not needed, even when some "wrong" was done?

Lou-is: Yes. "We will not regret the past nor wish to shut the door on it." (Alcoholics Anonymous – p83) In areas where we have experienced some degree of awakening, healing, and/or transformation, we no longer need guilt, punishment, resentment, or fear. This area, which has been healed, has become an asset that we may share with others. We have to some degree let go of our harmful judgments of others and ourselves. Without these judgments, we do not need forgiveness. This is the ultimate kind of forgiveness – none is required.

Al Kohallek and the Green-eyed Monster

Lou-is: Here are brief excerpts from: To Give Is To Receive by Gerald G. Jampolsky. “The emphasis underlying this course is that inner peace can be reached only when we practice forgiveness. Forgiveness is letting go of the past and is therefore the means for correcting our misperceptions. Our misperceptions can only be undone now, and this is possible only through the process of letting go of whatever we think other people may have done to us, or whatever we may think we did to them. Through true forgiveness, we can stop the endless recycling of guilt and look upon ourselves and others with love. Forgiveness enables us to release all thoughts that seem to separate us from one another. Without the belief in separation, we can accept our own healing and extend healing love to all those around us. Healing, then, becomes the thought of unity. Whenever I see someone else as guilty, I am reinforcing my own sense of guilt and unworthiness. I cannot forgive myself unless I am willing to forgive others. Only through forgiveness can my release from guilt and fear be complete.”

Brief excerpts from: The Sermon on the Mount By Emmet Fox – “The technique of forgiveness is simple. The only essential thing is the willingness to forgive. Provided you desire to forgive the offender, the greater part of the work is already done. People have always made such a bogey of forgiveness because they have been under the erroneous impression that to forgive a person means that you have to compel yourself to like him. Happily, this is by no means the case – we are not called upon to like anyone whom we do not find ourselves liking spontaneously, and, indeed, it is quite impossible to like people to order. You can no more like to order than you can hold the winds in your fist, and if you endeavor to coerce yourself into doing so, you will finish by disliking or hating the offender more than ever. We are not obliged to like anyone, but we are under a binding obligation to love everyone, love meaning a vivid sense of impersonal goodwill. This has nothing directly to do with the feelings, though it is always followed, sooner or later, by a wonderful feeling of peace and happiness.”

The method of forgiveness is this: Get alone and become quiet. Repeat any prayer or treatment that appeals to you. Then quietly say. “I fully and freely forgive X (mentioning the name of the offender); I loose him and let him go. I completely forgive the whole business in question. It is finished forever. I cast the burden of resentment upon the [Higher Power] within me. He is free now, and I am free too. I wish him well in every phase of his life. That incident is finished. The Truth has set us both free. I thank God.” Then get up and go about your business. Afterward, whenever the memory of the offender or the offense happens to come into your mind, bless the delinquent briefly and dismiss the thought. Do this, however many times the idea may come back. After a few days, it will return less frequently until you forget it altogether. Then, perhaps after an interval, shorter or longer, the old trouble may come back to memory once more, but you will find that now all bitterness and resentment have disappeared, and you are both free with perfect freedom. Your forgiveness is complete. You will experience an incredible joy in witnessing the demonstration.

If you are still having problems with forgiveness, you may pick up a copy of the Workshop Paper, **Al Kohallek Goes On A Forgiveness Frenzy, A pathway to Forgiveness**. You may also download this Workshop at www.12stepworkbook.org

STEP TEN - (PERSEVERANCE)

CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.

Lou-is: These next three Steps, which some of us call the Growth Steps, can be the beginning of a way of life free from the hell of the Dis-ease Jealousy, if you choose. Yes, the Growth does come by grace, but we have to open ourselves to receive and practice it, to live it. Starting with Step Ten, we can help you put together an Early Warning System that can enrich your life far beyond anything you have experienced to date. Now that we have a good deal of information and several tools, we no longer need to live painfully and destructively, as jealousy causes. But why settle for just a lack of pain and destruction? We have a way to experience a whole, warm, loving relationship with another, to realize our Program's promise to be joyful, happy, and free. If you use the first nine Steps and follow the suggestions below, you will be amazed at how this jealousy can be transformed into an asset.

Al: I really want to do whatever it takes to have this jealousy thing transformed into an asset, so bring it on. Growing up, I thought jealousy was just a form of love, and the more insane I got with it, the more loving I thought I was. After the first nine Steps, I realize jealousy is a far cry from truly loving another or myself. I know that so much of my jealousy problem has been centered in my mind, not in the world outside of me, so I know where the healing must take place. Now that I have identified some of my most essential patterns, I am beginning to understand the nature of my wrongs relating to this jealousy. I can see how insane and distorted my reactions have been. I find myself backing off from love, but I know that will not work for me anymore because I now realize a big part of my human condition is love. My desire and need for love do not diminish simply because I don't know how to love, so where do I go from here? What about the promise of the three Spiritual Gifts our Program promises, one of which is love? How can this disease, Jealousy, be transformed into another asset, as was my alcoholism?

Lou-is: The process is very simple, Al, but not easy. We are at another vital turning point in the process of Spiritual Transformation. First, we had to realize just how sick we had become in the throes of this disease, Jealousy, and that we would be unable to heal ourselves with the mind that made us ill. But the Higher Power that has transformed us before could do it again, even for jealousy. Just as I did, so did you, Al, when you cried out for help and surrendered everything over to our Boss. As we began to answer the inventory questions on jealousy, we saw old patterns, parts of our personal "reality." Then, when you and I talked about these sick puppies, we began to form a clear understanding of this disease, Jealousy. Al, when you told me how sure, how ready you were, and how much you wanted and needed God to remove these defects, knowing and owning them, I knew you were well on the way. Then, as you sat down on paper and listed all those you needed to make amends to, and stepped out to do it, I knew you meant business, our Father's business. Once you started forgiving, you found that you were willing to forgive seventy times seven if needed. You inspired me to the point that I reopened my inventory and did some additional forgiving. Al, you caused me to use a lot of "F" words, Forgive, Forgive, Forgive. What a waste it would be if you slowed down or stopped here. So, let's get started by going over the First Aid Station. In principle, this First Aid Station is what we need so that we can safely be around alcohol and/or slippery places, which could have set off the desire for a drink of alcohol. Until there is a complete Spiritual Transformation of this defect into an asset, we would be wise to visit the First Aid Station as needed.

FIRST AID STATION

Disease Jealousy Emergency Administration Skills

AS WE GO ABOUT OUR DAY - Most of our life experience runs on automatic until something disturbs us. If it is charged with enough negative energy, such as jealousy, we need rapid relief. How we respond in the very first moment of a jealous attack is vital to our growth, our sobriety, and even our survival. We can choose at that moment which way we will continue to feel, think, and act, or we will react automatically. Unless a troubled area, such as jealousy, is brought into question, it will run on autopilot. These suggestions may sound too simple, even too easy. They are simple — but not easy.

We must learn to treat this Dis-ease, Jealousy, much like a drug or the same way we treat our sobriety concerning one of our other addictions, such as alcohol, drugs, smoking, food, etc. We cannot safely take one drink of alcohol, one sniff of drugs, one puff on a cigarette, one little dip of ice cream, etc, lest we set off a physical craving we may not be able to control. In the case of jealousy, one of the following may trigger an uncontrollable emotional outburst on the verge of insanity. The following is placed at the forefront of these growth Steps as a reminder:

- We cannot take a cruise to see what may be going on. Not even a few miles or even feet out of the way.
- We cannot afford to check incoming or outgoing telephone calls that are not ours.
- That we stay out of others' emails that could remotely be part of our jealousy (most likely everyone).
- That we do not try to befriend one who we think could be our enemy or their ex...
- That we refrain from asking inquiring, investigative questions, such as – “Who did you have lunch with?” or “Who was at the meeting?” or “Isn't that where your 'old friend' works?”
- That we do not pump others for information about...
- That we do not try to force a confession... “If you would just tell me who it is that you have been (_____) with, we will never have to worry about it again”.
- That we do not con ourselves into believing that the only reason we follow our loved one is so they will be safe.
- That we make a list of our creative investigative skills and then do not use them.
- That we make a point to suggest to those who are in a relationship with us, and while our disease, Jealousy, is currently dormant, not to put up with our jealous insanity. This could be the most challenging thing we have to do, but if we really mean business this time, then do it.

SPIRITUAL AXIOM - “It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us.” (Twelve Steps and Twelve Traditions, Step Ten) So what is wrong with us? It is our personal “reality,” with its own rules/patterns.

HOW PROMPT CAN WE BE? We have repeated throughout this workbook the importance of finding our habits of thoughts and feelings that are our personal “reality.” All our life experiences, real or imagined, are filtered and colored by our personal “reality,” our belief systems. If there are going to be any long-term changes, we must identify these beliefs before we can take responsibility for them. In other words, own them. When we do this, we have the right to make a new decision as to what to do with them. We cannot surrender them to our Higher Power if we don't have possession of them. It is a simple fact that we cannot give away something we don't have. This process will help us find and

own our part, our personal “reality.” To answer the question, “How prompt can we become in doing something constructive about our old ways?” The answer is, “Very prompt.” In fact, we can learn how to stay one or two steps ahead of them.

WHEN AM I MOST LIKELY TO? (Negative) (Positive/Constructive)

These two lists, which we will work on for our Tenth Step, can be very useful in building an Early Warning Signal System. Start each of your questions by asking: When am I most likely to? These questions are designed to focus on our personal “reality,” revealing our habits of thought and feelings. Some experts suggest that as many as 98% of our conscious experiences are driven by automatic habits. It often feels like we are being controlled, or that we have lost control, because of our conscious experiences running automatically. It feels as though we really don’t have any choices. If we are tired of this, and we likely are, or we would not have come this far, identifying these habits as part of the healing process is indeed a vital part. As you went through the first nine Steps, you would have written a lot of responses that you cannot convert into “When am I most likely to?” questions or statements. For most of us, it seems to be easier to start with our Negative List than the Positive/Constructive List. Just do it in any way that is best for you. On a separate sheet of paper, write out these two lists and your responses to the questions you generate. You may want to refer to one of our other 12 Step Workbooks, where we included two such lists with some common Negative and Positive/Constructive “When Am I Most Likely To” to act as thought starters. In this workbook, you are to make up your own “When Am I Most Likely To” list. Here are some examples.

Negative example: When am I most likely to pump others for information about my lover?

Negative example: When am I most likely to check my lover’s incoming/outgoing telephone calls?

Positive example: When am I most likely to seek my Higher Power’s help for this jealousy?

Positive example: When am I most likely to really work on my Program directly on this Disease?

SPIRITUAL ROAD MAP (Negative) (Positive/Constructive) Next in the Tenth Step process, we will learn how to build an Early Warning Signal System Road Map. If we try following this exercise a few times, we could become a master mapmaker. It is better to practice this exercise as soon as we make a mistake. The idea is simple: we often say that we live most of our lives on autopilot. Then, it follows that we take the same path as a rule. We want to map those pathways, the good ones and the bad ones. If we map out our experiences, we will soon see the danger coming a step or two ahead of time, allowing us to stop or turn onto a new path. Practice, Practice, and Practice.

BUILDING A SPIRITUAL ROAD MAP

This process of building a spiritual roadmap must include our spiritual, mental, physical, emotional, and social aspects. This also includes all crossroads, stoplights, detours, washouts, hazardous intersections, warning signs, and other similar hazards. When we encounter problems, we can change direction if we choose. Our Program is a mind training and spiritual awakening process.

The two exercises below for building both Spiritual Road Maps are most effective after or during a particularly negative/destructive experience, or a profoundly positive, constructive, and loving experience. Keep this format handy for the next time it happens. Because we are dealing with habits, we will have a next time. If you do not currently have one of these experiences, select one of your worst experiences for the first exercise and an outstanding experience for the second one, which you would like to see improved, and respond to the following suggestions.

REMEMBER WE ARE GOING BACKWARDS THROUGH THAT EXPERIENCE.

In each of the two examples, we will have Al answer the eight questions with one negative and one constructive example from his experience. After each response, you are to write out one of your examples.

Build your own example of a Negative Spiritual Road Map by following Al's example line by line.

1. Can you state one of your problems, defects, and/or harm done to another, which really got out of hand? (If it is one of your patterns, state that or its "make fun of" name.)

Example: My jealous fit has happened again, only this time, have I gone too far? I hurt my wife, and she left.

2. Most of the time, we get early warning signals before it's too late. At what point had the problem gotten out of hand?

Example: She told me to calm down or leave the house, but I pushed her and told her I would not go.

3. At what juncture could you have stopped the harmful flow, before passing the "line of no return?"

Example: I could have left the house for a little while to cool off.

4. When did you get the thought/feelings, "don't say or do this?"

Example: When I kept trying to force her to confess to my jealous illusions.

Al Kohallek and the Green-eyed Monster

5. When was the last time you did, said, thought, or felt this same pattern? The SAMENESS: time, place, person, or type?

Example: Last month I was out most of the night so out of guilt I threw a jealous fit.

6. Any unrelated problems going on? Any changes, good or bad: physical, mental, social, emotional, spiritual?

Example: I am having a lot of problems at work because of my drinking; I was told I was going to be fired.

7. Any anniversaries, birthdays, or special events nearby?

Example: I have my 68th birthday

8. Are you feeling any guilt or shame about any area or anything (not just this one problem area) currently?

Example: I am feeling worthless because I have not succeeded in anything- business, marriage, friends, etc.

A SPIRITUAL ROAD MAP (The Positive/Constructive Road)

It is just as important to identify our constructive, helpful, positive, and loving roads as the negative ones. Throughout this workbook, we have focused on both the assets and the liabilities. As the old saying goes, "If it works, don't fix it." We may add, "If it does work, seek to have it increased."

Build your own example of a Positive/Constructive Spiritual Road Map following Al's example.

1. State the constructive, helpful, positive, or loving experience.

Example: All Six Loves are a big part of my creative purpose; I believe God's Will for me. I am a Missioner.

2. Most of the time, we get early proper signals before the experience happens. At what point did you see it coming?

Example: I knew those I was to share my mission with; today offered an opportunity to be a true Missioner.

Al Kohallek and the Green-eyed Monster

3. At what juncture could you have increased the flow - before turning it off?"

Example: At the beginning of each appointment, I could have re-centered myself in our Higher Power.

4. When did you get the thought/feelings, "to say, do this or that to open up to the experience?"

Example: The person I first shared with today was so open and teachable, I could have said, "Father uses me."

5. When was the last time you did, say, thought, or felt this same pattern? The SAMENESS: time, place, person, or type?

Example: Yesterday as I was sharing my mission, I realized that my sharing was making a positive difference.

6. Any unrelated stuff going on? Any changes, good or bad: physical, mental, social, emotional, spiritual?

Example: I am writing a new workshop paper.

7. Any anniversaries, birthdays, special events nearby?

Example: I just had my 68th A.A. birthday. I am still feeling a deep sense of gratitude.

8. Are you feeling any great emotions about any area or anything (not just this one experience) currently?

Example: When I experience the realization that every one of the elements of my mission is love with purpose.

With a good Early Warning Signal System or Guidance System, we can learn to identify, admit, and accept our part in both the destructive and constructive experiences promptly. In the case of constructive, helpful, or loving actions, we can choose to do or not do something to increase the chances of a more fulfilling experience. If we have been painstaking about working through the first nine Steps, we are now aware of some of our personal "reality," that is, our habits of thought, feeling, action, and reaction.

Al Kohallek and the Green-eyed Monster

With a bit of help from our When Am I Most Likely To – Positive/Constructive lists and the rest of the Steps, we should be able to see, know, or feel when these habits are most likely to show up. Just as with the old negative, useless roads, these Positive/constructive, proper roads have become like a good kind of rut that we fall into repeatedly. We do not want to avoid or be too quick to jump out of these constructive, useful ruts. We want to be consciously aware of them and choose to build new, more loving, and proper habits and patterns, all by God's grace.

We had asked that you give the defective habits, ruts, a dishonoring, discrediting, "make fun of" name. Now we ask that you provide the constructive, helpful habits of a FUN, LOVING, JOYFUL, or BELOVED name. When one of these reappears, we treat it as a beloved, welcome guest. We may say something like this: "Here comes my beloved (_____), which is loving, constructive, helpful, full of grace for others and me. I now choose to have it increased. My Higher Power, I now look to You for its fulfillment, for the solution, accepting the answer as You Will."

Recognizing our everyday miracles and occasional awakenings, and documenting them promptly, can genuinely help build an effective Early Warning System that enriches and expands the positive experiences in our lives. Make copies of the previous pages with the eight questions or write them on a card or paper and carry them with you, so when an opportunity comes, you may use this tool.

Building an Early Warning System is so vital to this process; it cannot be overstated. It offers us a new freedom in our daily lives. Learning to use the "make fun of" name is a handy tool and can be a lot of fun, if you want it to be.

"MAKE FUN OF" NAME AS PART OF OUR EARLY WARNING SIGNALS: - In Steps Four and Six, you were asked to come up with a "make fun of" name for each of your most intense or important rules/patterns. Here in the Tenth Step, these can become a vital part of your growth as you go about your day. As these old rules and patterns, our personal "reality", come into our conscious life, we are to treat them as an unwanted guest.

As soon as you are disturbed, ask yourself, "Does this feel familiar?" (Spend a little time learning these rules/patterns you have given "make fun of" names.) If so, say to yourself, "Here's ole (your "make fun of" for this guy)." It's not easy to have much respect or credibility for one we are making fun of. Then state the new rule/pattern you want to build into a habit.

Al: I hated doing this at first, but by the time I had given some of my patterns "make fun of" names, I really started to have fun. For example, I had this lifelong pattern of lack and limitation since when the dinosaurs dominated the earth. Never enough love, money, time, friends, etc., and it was easy to see how this defect worked with my Disease, Jealousy. My "make fun of" name is Lack-o-saurus. When I say his name, I would chuckle to myself as I visualized Lack-o-saurus destroying everything he encountered, just like my jealous fits seem to.

Building An Early Warning Signal System

Review all your Step work up to this point. Include what you are learning from using the First Aid Station. Include the When Am I Most Likely to? (Negative) (Positive/Constructive). Include Spiritual Road Maps (Negative) (Positive/Constructive). Plus, all the other ideas you find as you continue to go through this Step and Steps Eleven and Twelve.

List every pattern, defect, and habit of thought and feeling, whether it has anything to do with this Disease, Jealousy, or not. Combine these into as few groups of patterns as you can. Give each of these patterns a make fun of name. Write at least one example for each of these.

STEP ELEVEN - (SPIRITUAL)

SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD, AS WE UNDERSTOOD HIM, PRAYING ONLY FOR KNOWLEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT.

SEEKING - Step Eleven directs us to the most important part of our human condition; that is, to be our Real Self, the Individual we were each created as, in other words, our Creator's Will for us. We are to ask for the power to carry it out. As we have said before, we shall never be joyous, happy, and free until this has been realized. Once we have learned where the power is and what we want that power for, it becomes a much more straightforward decision as to where to turn. All of life is a process. This Step also suggests that we continue to seek through prayer and meditation to improve our conscious contact with this Higher Power. There could never be a more crucial time to improve our conscious contact with our Higher Power than when we are working toward the healing of this disease, Jealousy.

Al: I don't know hardly anything about prayer and meditation, so how am I to go about this Step?

Lou-is: "If not members of religious bodies, we sometimes select and memorize a few set prayers, which emphasize the principles we have been discussing. There are also many helpful books.

Suggestions about these may be obtained from one's priest, minister, or rabbi and from other members of your group. Make use of what they offer." (Alcoholics Anonymous, p.87 with permission). We will offer you a few suggestions for prayer and meditation below.

WHAT ABOUT AFFIRMATIONS

Al: I checked out some of your affirmations. I thought they were too long and a little too goodie, goodie for me, if you know what I mean.

Lou-is: In the early years, I used to think affirmations were phony. Then I realized these "good" words were exactly what I wanted my mind to be filled with, instead of the old negative stuff. I would memorize a few affirmations at a time. Once these became a habit, I would find myself thinking and/or saying one of these affirmations instead of automatically responding with something negative.

Al Kohallek and the Green-eyed Monster

One form of Spiritual Treatment or affirmation that really helped me with my jealousy problem was what Emmet Fox calls the Golden Key. When I was having or about to have a jealous attack, and I would realize what was happening, I would say to myself, "Here's Jealous-o-saurus; you are useless and harmful to me; leave me alone." Then I would turn my consciousness to some attribute of my Higher Power, like Love, and focus on that. In practice, it could not be simpler. I acknowledged the flawed thinking, discredited it, stopped dwelling on the problem, and concentrated on my Higher Power. This little process really helps me from dwelling on jealous stuff and turns my thinking to the Solution.

There are a few ways I have found affirmations useful; I turn to my affirmation each morning as I am creating my day as a thought starter. It is my intention to focus my attention on one or more of our Father's Attributes, or characteristics of the most accomplished people through history, or perhaps I may focus on one of the loves and their elements.

SIMPLE SUGGESTIONS

Al: How about some simple suggestions about prayer and meditation?

Lou-is: I will offer you several simple suggestions on how you may use different prayers, meditations, and affirmations. We have included a brief guideline for Centering Prayer, which has been very useful to me in learning to meditate. Go online for more information, www.contemplativeoutreach.org

The Guidelines

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within.
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.
3. When engaged with your thoughts*, return ever so gently to the sacred word.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

*Thoughts include body sensations, feelings, images, and reflections

1. The sacred word is sacred not because of its inherent meaning, but because of the meaning we give it as the expression of our intention and consent. Examples: Love, Let Go, Serenity, Peace, Silence, Faith, Trust, Gentle etc.

2. "Sitting comfortably" means relatively comfortably so as not to encourage sleep during the time of prayer.

3. By “returning ever-so-gently to the sacred word” a minimum of effort is indicated. This is the only activity we initiate during the time of Centering Prayer.

Lou-is: Here are five parts of a process for praying that has been useful to me:

I must believe/feel/know there is a Higher Power, a Power Greater than myself.

At some level, I must believe/feel/know I have the **right to ask** for what I need/want/desire. I believe **this Higher Power has placed** the need/want/desire in my heart, mind, and soul. But I understand what He passed on has been filtered through my personal “reality.” However, I feel sure He knows what He placed there and knows how to fulfill it, if I will let Him.

Next, I ask this Higher Power for what I need/want/desire. I must give this some thought before I ask, like “What is this for?” **I always add the disclaimer:** “If it is Your Will, please. If it is not Your Will, please, please don’t give it to me.”

I thank Him, knowing it will be done.

I let it go and stay out of the way of the process.

CAN’T BELIEVE

Al: Sometimes I don’t or can’t believe there is a Higher Power that cares about me.

Lou-is: Me too. There are times when I may have to spend more time on one or more of these five parts. For example, I may feel guilty about something and think that our Higher Power is judging me, punishing me, or withholding something good that I want. I may have to work on forgiveness or remember that my Higher Power only corrects and does not punish.

WHEN I LOVE SOMEONE, I THINK A LOT ABOUT THEM

Lou-is: At some point, I began to think of prayer and meditation something like this: If I truly love someone with all of my heart, mind, and soul (our Father/Creator) or if I knew of someone who had what I really wanted (our Father/Creator), I would always find a way to communicate (pray). Once I awakened to the fact that there is a Power Greater than myself, that can and would do for me what I could not do for myself, I started to communicate with Him. My motive hasn’t been all that pure, but when I ask with all my heart and mind, I experience functional solutions. When it came to meditation, I approached it along the same lines: when I truly love someone (our Father/Creator) or know of someone who has what I really want (our Father/Creator), I can’t seem to get enough of them. I want to be near them, talk to and listen to them, and talk to and listen to others about them. Prayer and meditation are spiritual principles, which means they are endless. The highest form of meditation is contemplation, that is, direct knowing. This is more likely to come when we are still- mentally, emotionally, and spiritually.

Al: I don’t know if I ever truly loved anyone. I have been so selfish. This jealousy has really called into question whether I can ever love another. I thought I did, but how could I have treated them like I did if I truly loved them? I have known special people whom I admired and wanted to be like. At first, they intimidated me, but I did find a way to get to know them. I can start from here and love my Higher Power the best I can for now, praying one day my love for all will expand and grow.

ONE SOURCE, MANY CHANNELS

Al: I thought we weren't supposed to pray for our own selfish ends. Are you saying that we are?

Lou-is: Asking our Higher Power for what we need at any given time is a way of including our Higher Power in every area of our lives. Many of us, for one reason or another, believe/feel that there are some things we must do alone and unaided (as though our Higher Power cannot or will not help us with these "forbidden" areas). But on the contrary, we believe that we shall never experience true fulfillment being anything or anyone other than the individual He created us to be, in other words, in conscious union with our Higher Power's will for each of us. Try this: turn your consciousness toward your Higher Power with each new beginning, such as when you awaken, start something, or answer the phone, while driving, or talking to a different person. Just remind yourself with a sacred word or name, such as "Father" or "God." With each completion of anything, say thanks to your Higher Power.

If we had the wisdom to ask for what we need at the level we are, at that moment, our results would come to us with much less resistance. *"When I was a child, I spoke as a child, I understood as a child, I thought as a child, but when I became a man, I put away childish things."* When I can accept my current Spiritual Level (see list below), it makes my life much easier. For example, when Jealous-o-saurus would show up and I had already given in to that insanity, I was like a Spiritual Infant because I could not stop my insane reactions. I was so beyond powerless. If I were able to accept that I could not even do anything good for myself at that point, it was possible that I could stop trying and totally surrender.

SPIRITUAL LEVELS

Spiritual Infant: - In the beginning, my cry for help was purely selfish. I was totally dependent, with little or no choice, unable to do anything of value for myself alone and unaided.

Spiritual child: wanting God to take care of me and to fulfill my every want and need. It was a time of forming, learning what would please our Father/Creator. I was filled with questions about Him and about the need for rules, guidance, structure, safety, and belonging.

Spiritual adolescent: demanding that the universe be as I wanted it now, without being responsible, wanting to be a little creator, but couldn't. I was looking for a Higher Power everywhere except where He is most intimately found at the center of our being.

Spiritual adult: I knew I was responsible for the decisions I made, but remembered our Father/Creator was/is the only real Source. By this time, I had stopped being a user and became willing to be used by this Higher Power. I often persisted in seeking Him by my own efforts, demanding too much of my human condition. I had come to know a lot about God through study, prayer, meditation, and sharing with others. I experienced many manifestations of His Presence, thinking that these effects were the same as God's Presence, the Cause.

For a few rare moments, I have experienced being a **Spiritual elder:** sharing my life as an agent of our Father, knowing that I was totally dependent and resisting it not. At that time, I gained a deeper understanding of God through study, prayer, meditation, and spiritual practice in my life. I directly experienced conscious contact with our Father/Creator through contemplative meditation. I experienced direct conscious union with our Father's Will for me. I no longer tried to get something out of Him; instead, I humbly sought to receive God Himself. I believe everyone experiences these levels, but we are not conscious of what they are, and we call them endless names. I have experienced all these levels in the same day, maybe at the same time.

AS YOU BELIEVE

Lou-is, I made up a lot of rules about when God would help me and when He would withhold and/or punish me. I don't think God goes along with my private rules. A very wise being once said something like: *"It is done unto you as you believe."* It is so vital that we identify all our personal "reality" (rules) we can, to seek more of God's will for each of us, and the power to carry it out.

To receive God's help, He must have our consent. It is hard for us to give our consent when we are so full of ourselves. Therefore, prayer and meditation are vital to our recovery and awakening. The way you turn toward a Higher Power at a given time is the best. **Each time we seek to improve our conscious contact with our Higher Power, we become better receivers and givers.** We cannot make ourselves grateful any more than we can make ourselves love. These are gifts. However, we can continually turn to the God of our understanding if we choose to make it a habit. By building this habit, we open ourselves to both receiving and giving consistently.

ALL HAVE A PURPOSE

Lou-is: **Whoever created us as individuals must have a purpose for each of us, and this must be His Will for each of us.** If we can be in conscious union and harmony with His Will, His Purpose, we are most likely to experience our personal fulfillment. In that case, we would surely want to improve our understanding and experience His Will and have the power to carry it out. There are many teachers who are waiting to share with you. *"When the student is ready, the teacher appears. When the teacher is ready, the student appears."* Seek them. Be as willing, honest, and open-minded as you can.

Our human condition fosters the illusion that we are separate from all others. Therefore, we need prayer and some form of meditation to bring us home to an experience of conscious union, to healing, to wholeness, to fulfillment.

GOD'S INDIVIDUAL WILL FOR EACH

Finding our Heart's Desire, our purpose, our mission, God's individual Will for each of us, that spiritual flow, a Higher Power that can and will do for us that we cannot do for ourselves, is the focus of this workbook.

That spiritual flow - everyone has a unique gift to offer others. If you listen to the wisdom of your heart, you will know what it is. The secret to happiness is to utilize your unique gift. The secret to abundance is to give your special gift away.

Michelangelo took a rough piece of marble and chipped away everything that did not look like the vision of David he held in his mind. Let us hold in our mind that vision of God's Will for us, and chip away all that is not.

Brief Step Eleven Inventory

1. Write: (a.) What was/is your resistance to a Higher Power, religion, or a Spiritual way of life? (b.) The types of prayers and meditations you have used. (c.) How effective were they?

| | |
|----|--|
| a. | |
| b. | |
| c. | |

2. Sum up your present prayer and meditation practices.

| |
|--|
| |
| |
| |
| |

3. Make a list of resources available to you that you could possibly seek out to improve your understanding and practice of prayer and meditation. One example: some of us have found it useful to start our day with pages 86 through 88 of Alcoholics Anonymous for forty days.

| | |
|--|--|
| | |
| | |
| | |
| | |

4. List of those people who may be able to help you on your spiritual journey.

| | | |
|--|--|--|
| | | |
| | | |
| | | |

We cannot overstate the importance of being able to stop the disease of Jealousy, including its thinking, feelings, and reactions. This negative energy cannot be safely ignored or avoided; it needs to be transformed or replaced. The very best solution is a Spiritual one, so the more options we have, the better our chances are for real healing. To have any of our defects transformed into an asset is the greatest. Our Higher Power can do this for us if we can let Him/Her. We offer you a few more suggestions below that have been so helpful through our Program. If you choose, you can turn these into loving, wise, and helpful meditations. Reading and/or studying suggestions:

Alcoholics Anonymous - pages 85 - 88

Twelve Steps and Twelve Traditions - Step Eleven

The Greatest Thing in the World by Henry Drummond – A great little book on love.

The Sermon On The Mount by Emmet Fox – much of our Spiritual Wisdom for our Big Book was inspired by this Book and Author.

Lou-is' morning meditation/affirmation includes the Characteristics of the most accomplished people throughout history, Six Loves and their everyday elements, and several attributes of our Higher Power. These are very useful for meditating on while we are rewriting and rewiring our personal “reality,” where most of our dis-ease and jealousy are stored. When I have the time or need to take the time, I meditate on the whole set; at other times, I take what seems to be calling at the moment.

As I awaken this morning, I turn my consciousness toward Your Holy Presence Father, the Love that I am, and the Individual I was created as. I am filled with gratitude for what You have in mind for me today. I now visualize and realize I am in conscious union with All Three Spiritual Gifts. These are my Heart's Desire, which are also Your Will for me, Father. I begin this day with a short review of yesterday and the willingness to have it corrected. I now choose to be non-judgmental. I am awakened in Your Light, in that Spiritual Flow, in Your Holy Consciousness, Your Presence, and darkness disappears.

I know Your Voice is directing me very specifically, telling me what to do, say, think, and feel in a way I can currently hear, understand, and follow. I am given all I need to experience consciously Your Loving Will for me, Father. I am, we all are, created in Your Image and Likeness. I consciously practice these characteristics: higher purpose, focus, preparedness, conviction, faith, trust, perseverance, creativity, risk-taking, curiosity, resilience, independence, commitment, and courage.

I choose once again my life's goal to be consciously and consistently that individual You created, Father. I choose to be in direct conscious union with Your Divine Will, to be that Individual at all levels: spiritual, mental, physical, emotional, and social. By Your Loving Grace, Father, I am warm and loving, kind and understanding, wise and intelligent, enriched and empowered, forgiven and forgiving, healed and healing, loved and loving. I am totally committed to Your Will, Father, and I am assured that You are using me, as You Will, to my fullest. I practice all forms of love: Love of God (agape), friendship (philia), affection (storge), being in love (eros), outer expression of Omnipresence (primal-love), and the Individualized Divine Design (Self-love).

I practice **Patience**; my love is passive, waiting to begin, not in a hurry, calm, and ready to do its work when the summons comes. Love understands and therefore waits.

I am **Kind**; my love is active. I enjoy merely doing kind things. Any kindness that I can share with any kindness, let me do it now wisely and lovingly. I shall not defer it nor neglect it, for I shall not pass this way again.

I share my **Generosity**. I am Your son, Father, and a loving brother to all. I bestow all my goods, gifts, and talents. I share freely with all my heart, mind, and soul, out of the abundance I am receiving, as I am directed. My sharing does enrich, enlighten, heal, awaken, and transform those I share with.

I live in a conscious state of **Humility** as I have the gift of knowing that You, Father, are my/our only True Source. Each time I share, I put a seal upon my lips and go back into the shade again and say nothing about it. I wait for the next gift to receive and share. I am but a channel, an agent of Your Will, Father.

Al Kohallek and the Green-eyed Monster

I express **Courtesy**, the love in little things, thoughtful things; with a gentle heart filled with Your loving Grace, Father, expressing love at all levels, with all beings, in conscious union with Your Will, Father.

I am **Unselfish** out of enlightened self-interest. By giving of myself, I truly am a master receiver. I give but little when I give of my possessions. It is when I give of my Self/self that I truly give.

I have a **Good Temper** and a **Good Sense of Humor**. I envy no other, as I have no competition, thanks to that individual You created me to be, Father. I do not make capital crimes out of faults, my own or any other. I quickly seek correction; better yet, I am non-judgmental of the "sins" of the physical world and the "sins" of the disposition, so there is no need for forgiveness.

I realize the **Innocence** in others and myself - that Higher Self, and the Holy, Whole Presence. I encourage all to chip away all that is not our true, Higher Self. I co-create an atmosphere of love and wisdom wherever I am and with whomever I am. Our innocence is beyond the human condition, yet it is ever-present.

I am truly **Sincere** in all I do, say, think, and feel. I search for the truth and a consciousness of Your Attributes, Father (Life, Love, Truth, Reality, Wisdom, Spirit, Consciousness, Soul, Intelligence, Omnipresence, Omnipotence, Omniscience), with a humble and unbiased heart, mind, and soul. I rejoice in what I find, and I freely pass it on. I bear all things, believe all things, hope all things, and endure all things, for love never fails.

"When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things." Until then, I could see only my little reflection in that limited mirror of my personal "reality," hearing only the hum of my little voice as this limited "reality." But now face-to-face with Your Holy Attributes, Father, I live, move, and have my being in and through Universal Principles. Just for this instant, I intuitively know even as I am known.

I now abide in Your Reality, Father, with faith, hope, and love as You will me to be, to do, to see this holy instant. With each new beginning, middle, and ending, I seek conscious union with You, Father. I only need to say, "Father," silently, and that centers my consciousness. When centered for a moment, I experienced the Presence, Love, and Purpose in that Spiritual Flow. In that moment, I silently extend to others the spiritual gift(s) that will be the most fulfilling for that moment. This is my perfect gift(s), to give and to receive. I silently say, "Come and let me forgive you, heal you, and love you, in and through our Father's Loving Grace, even for this instant. It is now complete. Thank You, Father."

STEP TWELVE - HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO ALCOHOLICS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS. (AWAKENING, SERVICE, PRACTICE)

The following readings will be left up to you. Each of these will be drawn from, but not covered in detail, in this workbook. If you choose to complete one or more of these readings, you are asked to convert Alcoholism to Jealousy. You will gain a much deeper insight into both the Dis-ease and the Healing Process.

Twelve Steps and Twelve Traditions is the chapter on Step Twelve, pages 106 – 125—average reading time: 39 minutes.

Alcoholics Anonymous is Chapter 7, "Working With Others," pages 89–103, with a reading time of 29 minutes.

Alcoholics Anonymous is Chapter 8 To Wives, pages 104 - 121, reading time 35 minutes.

Alcoholics Anonymous is Chapter 9 - The Family Afterward, pages 122 - 135, reading time 28 minutes.

Alcoholics Anonymous is Chapter 10 To Employers, pages 136 - 150, reading time 28 minutes.

Alcoholics Anonymous is Chapter 11 – A Vision For You, pages 151 - 164, reading time 28 minutes.

FIRST SPIRITUAL GIFT - AWAKENING PRESENCE

Step Twelve opens with: Having had a spiritual awakening as the result of these steps. Working through the first eleven Steps will ensure a personality change, a shift in perception sufficient to cause recovery and a spiritual awakening. Reread pages 569 - 570 of Alcoholics Anonymous. Our old mask (personality) has been removed, at least in part. We awaken at a place where we have always been, our Father's House. The first Spiritual Gift is awakening to the Presence of our Higher Power and being in conscious union with this Presence. *"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 precisely 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 reprinted with permission). The primary objective of this workbook aligns with that mission. This spiritual awakening is the first of our three primary goals of this workbook. Perhaps you have already awakened to the realization that there is an invisible, unconditional Force, which has been with us all along; we just did not awaken to it. In other words, we have always had an invisible means of support, or we would not be here. Step Twelve, along with the other eleven Steps, can be an active background that helps keep us awake and awakening, and allows us to build the Spiritual, mental, physical, emotional, and social equivalents of a way of life far beyond anything we have dreamed of.

ACTION (1)

If you have had a spiritual awakening, sum up what that experience has meant to you. Share this experience. Write your response.

SECOND SPIRITUAL GIFT - LOVE

WE TRIED TO CARRY THIS MESSAGE – “Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics. (The same holds for this Dis-ease Jealousy, intensive work with others can get us out of ourselves. Even a few moments are often enough to break the insane path where we may be heading.) It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember, they are very ill. (For those of us who have received some level of healing from this disease, Jealousy, this is so true as well. In a very short time, we can secure the confidence of one suffering from this disease, Jealousy.) Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends - this is an experience you must not miss. Frequent contact with newcomers and with each other is the bright spot of our lives.” (Alcoholics Anonymous page 89, reprinted with permission)

THE MESSENGER IS THE MESSAGE

To this Dis-ease Jealousy that we have applied the Steps to and whatever degree of healing we have experienced, we must “give it away to keep it”. We share our experience, strength, and hope with each other, so that we may enjoy living to the fullest.

IF YOU WANT LOVE, PLANT LOVE SEEDS

The second spiritual gift is the awakening to the Love that we are, which is the love that all of us share. We were created in the image and likeness of our Creator, and we believe that this Creator is Love, and, therefore, so are we. The second part of Step Twelve is: “...we tried to carry this message.” This is sharing; this is love. We give but little when we give of our possessions; it is when we give of ourselves that we truly give. In the act of giving, passing on what we have received, we realize that giving and receiving are the same. In fact, the only way we can become a master receiver is to share with others everything we want for ourselves. We can love because our deepest nature is love. (For some in-depth ideas about love, see The Six Loves Workshop – in our office or online www.12stepworkbook.org)

“There is no difficulty that enough love will not conquer; no disease that enough love will not heal; no door that enough love will not open; no gulf that enough love will not bridge; no wall that enough love will not throw down; no sin that enough love will not redeem.

It makes no difference how deeply seated the trouble may be, how hopeless the outlook, how muddled the tangle, how great the mistake, a sufficient realization of love will dissolve it all.” (The Golden Key by Emmet Fox) This has been the case for so many of us. We believe that we were all created by Love, for love, to love because our Creator is Love; then so are we.

ACTION (2)

Write your response to the following on a separate sheet of paper:

In which areas in your life have you had some degree of healing that you have passed on?

You give but little when you give of your possessions; it is when you give of yourself that you truly give. When and how have you given of yourself?

Have you shared this Program with one suffering from the disease jealousy?

How did you think and feel after you shared with another?

| |
|--|
| |
| |
| |

THIRD SPIRITUAL GIFT - MISSION

“...and to practice these principles in all our affairs” - **What we consistently practice, we get good at** (loving stuff or sick stuff). We get more love by loving, more forgiveness by forgiving, more understanding by understanding others. We do not have to agree with others, nor do we have to like them, but we need to love all others by wishing them well, by praying that each one realizes the Three Spiritual Gifts. **All spiritual principles grow and expand with use.** PRACTICE giving away everything you want. If you wish to corn, plant corn seeds; if you want love, plant love seeds. Walk your talk, and the rewards will be beyond your belief. If we turn to do God's Will/Work, we are given the power to carry that out.

The Third Spiritual Gift is awakening to the individual Self we were created to be with purpose and meaning; in other words, to consciously and consistently live our Heart's Desire, God's Will for each individual. The third part of Step Twelve is: *“...and to practice these principles in all our affairs.”* The only way we can fully realize who we are is to share what we currently are as a result of this process. When we are God-centered, even for a moment, we will have all the power and wisdom we need for that moment. In that moment of awakening, we will experience the Presence, the Love that we are, and the Individual we were created as. We will be told/shown what to do, say, think, and feel in a way we can currently hear, understand, and follow. The more we practice this way of life, the better we can get at it.

The suggestions we have provided throughout the Workshop are designed to help you develop the Spiritual, mental, physical, emotional, and social aspects of the way of life that these three Spiritual Gifts offer. Many of these suggestions are directly focused on transforming this disease, jealousy. Because we are dealing with Spiritual Principles, these tools can be adapted to all areas of our human condition. While some of these tools are used as a temporary fix, their purpose is consistent with the desire for spiritual transformation, turning defects into living assets. Many of us have experienced that most wonderful mystical union, in those moments when the Infinite Unmanifested becomes manifested in our finite world. This awakens a hunger and thirst that ordinary living can no longer satisfy. It creates a Divine Discontent that will not go away — and we wouldn't want it to.

ACTION (3)

Write your response to the following on a separate sheet of paper:

As an individual, how do you practice the Presence of your Higher Power?

As an individual, how do you practice sharing the love you are?

As an individual, how do you practice your purpose, value, mission, or heart's desire?

How do you envision the Three Spiritual Gifts as being a primary tool in bringing about the Spiritual Transformation of this Disease, Jealousy, from a degrading defect into an asset?

| |
|--|
| |
| |
| |
| |

Lou-is: Al, our Program offers us ways to experience fulfillment beyond any of our illusions and the ability to deal with our human condition at each level where we are willing and able to apply these Spiritual principles. When we fall into the old self-centered ruts, we have the tools to get out quickly. If we choose, we can get out of ourselves by sharing our experience, strength, and hope. We can do this one-on-one, in meetings, in groups of Program friends, and at home alone. Step Twelve embodies all three Spiritual Gifts. It is our choice at what level we will share these Gifts.

Al: I really do see how important it is to pass on what we are given when it comes to alcoholism, but I am not sure how important it is with this jealousy thing. Yet I can see how this jealousy can be the conditions and causes that some go back to their primary addiction. I don't find it easy to tell others that I have this disease in the first place. When it comes to alcoholics, one of the things I have been doing is putting my name and phone number on the newcomer pack, but I have not had anyone call me. I have not seen a jealousy newcomer pack.

Lou-is: Placing your name on a newcomer pack is a good idea, if for no other reason, it shows your willingness to share, but I have another suggestion that has never failed to work for me. I obtain the name and phone number of the newcomer, so when I feel a little down or want to pass on some of what I have been given so freely, I call that newcomer. I share answers to some of the most basic questions that I, as a newcomer, asked. Like, "Do you have a Big Book? Do you have a sponsor? Where and when are you going to meetings?" I want to share as much meeting information as I think could be helpful. "Are you able to get to meetings or talk to a member of AA?" I would ask him or her if they had any questions. I would then let that person know how they could contact me. If I can get out of myself even for a minute or two, I am uplifted. If you listen closely to what others are having problems with, it will be easy to identify those who are suffering from this disease, Jealousy. If you choose, you could follow the suggestions that have worked for others and me, who need to share their own level of healing.

Lou-is: Most of us do not live on some island alone. Our disease, Jealousy, affects all of those around us. If we have a live-in relationship, all the readings we have suggested can be very useful. In some ways, those who live with someone in the program may experience a similar feeling of hopelessness. If you are not the one with the primary problem and still suffering, this Program can be a lifesaver and life fulfiller.

Al: Going through the first nine Steps, I realized one little fact: I am so glad I am not married to another edition of me. This disease has taken me down some dark roads, and I am just now able to see how wrong I have been.

Lou-is: Go through this section following this suggestion: *"...we beg of you to be fearless and thorough..."* In this section, as you identify what the most important ideas are for any of your relationships and have written them down, write a brief plan of action as to what you are willing to do differently.

A DAILY PRACTICE OF THE THREE SPIRITUAL GIFTS.

BUILDING A NEW PERSONAL "REALITY"

The following suggestions aim to help establish new habits of thought and feeling. We cannot imagine a better set of conscious habits than the Three Spiritual Gifts. Our Program is a spiritual awakening and mind-training process. Once awakened, we can learn how to stay awakened for a greater percentage of our time. We can learn to consistently be aware of the Presence of our Higher Power and express more of the love we are. By doing so, we become more like our true selves. At the same time, we can realize the individual we were created with purpose and meaning.

SET YOUR OWN PACE. We suggest that you start off choosing one of the spiritual gifts to work on every day for a full forty (40) days. If you have focused on one of the Three Spiritual Gifts in the first nine Steps, then of course, choosing that gift is likely to bear more fruit. This workshop has been directed toward the healing and transformation of the Dis-Ease of Jealousy, which has not been the love we once thought it was. It has become too often our "god." If you will commit to this process for the next one hundred and twenty days, forty days for each Gift, you may very well begin a lifelong habit of these Three Spiritual Gifts.

ACTION (4)

A suggestion for each of the forty-day practice periods:

Upon awakening each morning, turn your consciousness toward the Spiritual Gift you have chosen to focus on. Choose one attribute, element, or characteristic for this spiritual gift. The following are some thought starters for each of the Three Spiritual Gifts. Please feel free to make up your own list or add to these. We will offer a detailed example below – a daily practice sheet on page 49.

The First Spiritual Gift: Awakening to the Presence of our Higher Power.

The Second Spiritual Gift: Awakening to the Love that we are that all of us are.

The Third Spiritual Gift: Awakening to the individual Self, with purpose and meaning.

Al Kohallek's Example: Al chose the Second Spiritual Gift. Al used Lou-is' Affirmation to meditate (page 46) on. I practice patience; my love is passive, waiting to begin, not in a hurry, calm, and ready to do its work when the summons comes. Love understands and, therefore, waits.

A Daily Practice Supplement is on page 56.

1. Upon awakening each morning, turn your consciousness toward the Love you are.

Al: When I awakened this morning, I realized how important Love is to me.

2. Choose one element of Love you can share with others today.

Al: Today I choose patience.

3. Practice this element of love throughout this day, if possible, at all levels.

Al: Mentally, I will make a note of when I am patient and when I am not.

Physically, I will work patiently on my project today.

Emotionally, I am willing to direct my emotional energy toward love patiently.

Socially, I am willing to be patient with everyone I come into contact with today.

Spiritually, I am willing to trust God for all the results so I can be patient.

A DAILY PRACTICE THOUGHT STARTERS:

FIRST GIFT'S THOUGHT STARTERS

You may recall some of the main attributes of our Higher Power, such as: Life, Love, Truth, Reality, Wisdom, Consciousness, Soul, Spirit, Intelligence, Omnipresence (Always Present), Omnipotence (All Power), Omniscience (All Knowing), Universal Principles, or Intuition. Check out a few spiritual books, including our suggested readings for the two textbooks: Alcoholics Anonymous and Twelve Steps and Twelve Traditions.

SECOND GIFT'S THOUGHT STARTERS

If you choose, you may check out the Six Loves Workbook, online www.12stepworkbook.org. Another suggestion is the nine common, everyday elements of love: patience, kindness, generosity, humility, courtesy, unselfishness, good temper/sense of humor, innocence, and sincerity. There are many ways we can give of ourselves through our program. Just ask to be used by your Higher Power, Higher Principles, to be of service, and it will come. As with the First Gift's thought Starters, check out other sources.

THIRD SPIRITUAL GIFT'S THOUGHT STARTERS FOR LIVING PRINCIPLES

Characteristics of one hundred of the most accomplished people: Throughout history, the most accomplished people have had several common characteristics that you and I can share. All had a Higher Purpose, not always spiritual in nature, but a cause bigger than they were. Living this Program and getting out of and beyond our little egos, awakening to the Three Spiritual Gifts, is undoubtedly a higher purpose. These winners were able to stay focused; we, too, can learn to do the same. They prepared what was in front of them. Working the Steps in order prepares us for the subsequent Steps. They had conviction. Each time we see this Program in action, we are more convinced that it works. All of them had faith in something beyond themselves; most of us have at least a little faith in something higher than we are. As with faith, all of them had trust in something other than themselves. They all had perseverance, and like most of us, we keep on keeping on. They were creative, as most sensitive people are. Most of us in the Program are sensitive. Whenever we undertake something new, we are risk-takers, and so were they. These people had a lively curiosity, just as we do. They all bounced back after failing; they had resiliency. Most of us have gotten up one more time than we went down. They were all independent of other people, places, and things. Trusting God as our only trustworthy source allows us to be free of dependence on another human. Facing their fears took courage. It takes courage for us to face our fears and illusions. The last characteristic they possessed was commitment. This is crucial to achieving success in life. Throughout the workbook, you will notice a call for total commitment to the process. Remember how important it is to be willing to forgive others and yourself.

ACTION (5) DAILY PRACTICE FOR GREATER BENEFITS

Until it becomes a habit of turning your consciousness toward the Presence of your Higher Power, set up a physical reminder upon awakening that you can't help noticing. Keep this workbook in a handy place. Choose which Attribute of our Higher Power, which of the Six Loves or element of love, or which characteristic for this day's practice of the gift(s) you are working on for these forty days. Write this on a notepad and carry it with you as a reminder throughout the day.

MOTIVATORS - For best results, set up a plan of action, which includes all levels of consciousness daily:

SPIRITUAL LEVEL: Seek to improve our conscious contact with the Three Spiritual Gifts through prayer and meditation. Daily, seek to remove all obstructions that block the spiritual flow of Divine energy, and we can co-create a loving environment where our Three Spiritual Gifts can flourish. Spiritual Motivators: When we are in conscious union with our Spiritual Gifts, we intuitively know we are on the right path, and we are motivated to expansion. When we conflict with God's will for us, we are filled with fear, anger, and negative emotions; the pain motivates us to turn once again to our Spiritual Source.

PHYSICAL LEVEL: We live in a physical body and world. Physical Motivators: When we take care of our physical bodies and the world, we experience being on the path. When we neglect our physical care, we receive warning signals that can motivate us to get back on track if we choose. All of life is in motion, so we are going to be on the move. Why not act in concert with the spiritual gift of the day?

EMOTIONAL LEVEL: These Three Spiritual Gifts, with all their attributes, elements, and characteristics, are vital to the fulfillment of our lives because they are our true nature. By consciously and consistently practicing these gifts, we open ourselves up to that spiritual flow. The

more impassioned we are about living these gifts, the more effective this human condition will become. Emotional Motivators move us toward our Spiritual Gifts in a positive flow of Divine Energy and move us away from what are not our Gifts through pain.

SOCIAL LEVEL: We were created in such a way that we cannot live alone. Social Motivators: When we join with others in our common welfare through helpful, constructive, or joyful means, we are motivated toward the relationship. When we withhold or withdraw into ourselves, our relationships will fail, and the pain of failure can inspire us to change.

NOW WHAT

By now, we have gathered a great deal of information, so what are we going to do with it? Head knowledge can be helpful if we remember that's all it is. It has been said that the longest distance to travel is from the head to the heart. However, there is no long-term change until both the head knowledge and heart experience have been internalized as a new part of our personal "reality," a new habit of thought and feeling. The shortcut to our personal "reality" change is to walk our talk, to practice, practice, practice these principles in all our affairs.

ACTION (6)

At the end of each day or the next morning, make short reviews of your practice experience. What contributed to and what was contrary to the practice of my spiritual gift(s) for the day.

IN CLOSING

"Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come if your own house is in order. However, you cannot transmit something you don't have. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us."

"Abandon yourself to God, as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you until then." (Alcoholics Anonymous, page 164 reprinted with permission).

A DAILY PRACTICE SHEET

Date ____ / ____ / ____

1. Upon awakening this morning, I turn my consciousness toward Your Presence Father, the Love I am, and the individual I was created as. I am filled with gratitude for what You have in mind for me today. Each day, I will focus on one of the three Spiritual Gifts or some part of my Heart's Desire. Today I chose to focus on:

2. Each day, I will choose one of God's main Attributes, Six Loves, or one element of love, or one of the characteristics of the most accomplished people to focus on. Today I choose:

3. I will practice this Attribute or element of love or characteristics throughout this day, at all levels:

Spiritually:

Mentally:

Physically:

Emotionally:

Socially:

Al Kohallek and the Green-eyed Monster

[illegible]

There is a solution. For many of us, that solution is to live the A.A. Program. As we have found when practicing the Spiritual Principles in all our affairs, our life can become happy and usefully whole. For every one alcoholic using these Spiritual Principles, there are seven using them successfully for other defects and addictions. Are You Fishing For Whales Or Minnows? **If I had to do my life over, what would I do differently? I would ask more of our Higher Power, more of the Program, and more of myself sooner.** I realized that I was asking for too little because I did not know what to ask for. Living this way of life, I have discovered what is truly of value. Our Program is an excellent, powerful tool kit that our Higher Power gave us. Using these tools to stay dry is like standing on the back of a giant whale, fishing for tiny minnows. We are offering you these tools, but they are useless unless we learn to use them and do so. If you have been settling for too little, then join us.



Thank you for spending time with
The Collected 12 Step Workbooks Volume 2

Written by Jim W. – Sobriety Date: 2/6/1957

Edited by Daniel S. – Sobriety Date: 1/1/2004

To explore more of Jim's recovery materials, including:

Give Us This Day: 365 Reflections for Recovery and Growth

Guilt and Punishment: The Most Widely Used Drug in the World

A Spiritual Termite and Pet Peeve Exterminator Tool

Sermon on the Mount Workbook

The Complete 12 Step Workbook

And other guided step and spiritual growth workbooks

visit: **www.12stepworkbook.org**

*May we continue to grow in understanding, compassion,
and spiritual awareness, one day at a time.*