

A Spiritual Termite & Pet Peeve Exterminator Tool

A Workbook for Exterminating
Termites and Pet Peeves

*“If they have their way without being called
into question, it’s as if we choose to live with
a petty thief 24/7.”*

By Jim W.
Sobriety Date 2/6/1957

If We Let Our Termites and Pet Peeves Have Their Way Without Being Called into Question
It's As If We Choose to Live with A Petty Thief 24/7

Action 1 - Today is _____

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Start with a COPY OF THIS WORKBOOK, SOMETHING TO WRITE ON, AND SOMETHING TO WRITE WITH
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Action 2 - Today is _____

Foreword

“The little foxes that spoil the vine.” That is a metaphorical expression from Song of Solomon 2:15. The phrase is a call to action to address and resolve small issues in a relationship before they become a more serious problem. The little things are easily overlooked but can have a big negative impact – they can be mischief, cunning, trickery.

- The Foxes: Represent potential problems that could harm a relationship.
- The Vineyards: Symbolize the love and intimacy between a couple.
- The little foxes are small: They represent how small, overlooked issues can spoil a thing of value.
- The call to action: Urges the couples to take preventative measures to protect their relationship.

According to insurance companies, termites destroy more property than all the “acts of God”. I have to say that “Termites and Pet Peeves” destroy more human relationships than all other reasons. The big issues must be addressed and cannot be stuffed for long. The “little guys” are most likely stuffed away until their numbers accumulate, and one day they come out of hiding, and we are most likely to overreact. People become unhappy with one another often due to the Termites and Pet Peeves, and if they are not addressed, the unhappy one starts moving toward the “big problems”.

A peeve is an annoyance that’s nurtured – it’s something someone can never resist complaining about. We give them so much attention that they become, well, our little pets. However, without the fur and the adorable face, pet peeves are never endearing. Peeves can be personal or universal, and can involve behaviors of someone close to us, like a spouse or significant other. Our biggest pet peeves can be the smallest things – from a sneeze to the tapping of a pen. Like driving too slowly in the fast lane. We know them when we see them, but we don’t always remember when someone asks, “What are your pet peeves?” Maybe we worried that our pet peeves are too weird.

Let’s be honest: we all have a pet peeve list that drives us crazy about the behavior of others. Some of our closest friends and family members may be the offenders who constantly do things that get on our nerves. Unfortunately, many of them know it and still do those things to get under our skin. There may be things we laugh about with them, but deep down, there is a level of disdain and aggravation when people cross the line.

I’ve been active in a Twelve-Step recovery program for over 68 years. To say it’s a way of life is an understatement. The reason I keep applying its Spiritual Principles in other areas of my life is that it works. When I experience that part of my life is taking up too much time and energy, it’s

calling me to apply these wonderful, simple principles to heal or transform the defect into a workable asset. In other words, "To practice these principles in all my affairs" is not an outside issue.

I've been thinking and talking about doing a workbook for far too long on the most widely used drug, *Termites and Pet Peeves*. The reason I call it a "drug" is that it acts like a chemical psychoactive drug, any substance abuse, as a fix. Our personal "reality," the *Termites and Pet Peeves* user, was only temporarily sidetracked. We hope this little workbook will help you own your habits of thoughts and feelings, your personal "reality," as patterns, not just an outside event, and you become willing and able to choose to surrender "the addiction" to your Higher Power to be transformed into workable assets. I am reminded of the proverb – Give a man a fish and you feed him for a day. Teach him how to fish, and you feed him for a lifetime. Let's you and I be fishermen and teach others to fish.

As I worked through this workbook, I found I could be a true believer in my Higher Power as my only Source one moment and then wander off into the far country of the atheist or agnostic the next. I became aware, sometimes painfully so, of how limitless my use of this "drug" could be, from the petty to the most controlling. The worst misuse was projecting my own abuse of it onto our Father, which blocked His loving mercy and grace from me. For as far back as I can remember, I've believed the wrongdoer must be punished—even if that wrongdoer is me.

We do not change Reality. What we can change is our understanding of it and our reaction to it. The simple principles we'll share with you here work. They are not new; most are borrowed from Alcoholics Anonymous and a few other programs. They are part of a solution that removes obstructions and unwanted conditions from our limited personal "reality," making room for something more useful and more Real. Once a Termites and Pet Peeves user, always a Termites and Pet Peeves user. But if we own our part and surrender it to our Higher Power, it can be transformed into a workable asset—something we can then pass on to others who are still suffering.

One recovering Termites and Pet Peeves user sharing with another is one of the most powerful tools we have—borrowed straight from A.A. Here we practice the kind of giving that asks no reward. Here we begin to apply all Twelve Steps in our daily lives so we and those around us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it speaks of a kind of love that carries no price tag.

"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 [or woman] 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

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Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.” — Alcoholics Anonymous, p. 164

Each time I choose to work on this workbook—even for just a few minutes—I find it helpful to center my conscious mind on my True Source. *“Father—it’s me again.”* (Or call on the Higher Power of your choice.)

Living With a Petty Thief	OR	Expel The Thief
What if I play my Spiritual trump card and my Higher Power does not heal me the way I thought it should be? What if I trust all the way and fail?	OR	Stop dwelling on the negative – and use the Golden Key [Stop thinking of the problem and think about some of the attributes of our Higher Power] Focus on some attributes of our Creator

If We Let Our Termites and Pet Peeves Have Their Way Without Being Called into Question

It's As If We Choose to Live with A Petty Thief 24/7

Action 3 - Today is _____

Introduction - highlight or underline what's important and useful.

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

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

Doing what's suggested in this workbook may cause you to let go of parts of your personal "reality." It may remove limits you've lived with for years. You may stop blaming other people, places, and things. You may stop being a user and become the owner of your own "stuff." You may find yourself letting go of old resentments, pains, and fears. You could gain a new understanding, a fresh awakening. You might even find your Self.

This workbook and its contents are meant to be shared. Pass it on freely to those you love, and to those you don't. If you are buying this on Amazon, you are paying only the fee to get it printed by them. The author receives no fees. All our workbooks are available as free PDF downloads on our website.

The primary purpose of this journey is to confront our enemy: the use and misuse of Termites and Pet Peeves. They may appear in almost any form—mild-mannered, vindictive, or anything in between. These habits are among the greatest blockers of self-love and the love of others.

Our goal is to identify our use of Termites and Pet Peeves, take responsibility for them, and surrender these patterns to our Father for healing, transforming them into workable assets. An important part of this journey is to strengthen our forgiveness skills by applying them at many levels.

The result of working this process is detox from the use and abuse of Termites and Pet Peeves. We gain tools to awaken spiritually, to correct rather than punish our wrongs and mistakes. And to keep and grow the gift of grace, we must pass it on to others who are still suffering from this dis-ease.

The basic principles used in this workbook are borrowed mainly from The Twelve Steps and Twelve Traditions of Alcoholics Anonymous, the works of Emmet Fox, and several other spiritual sources, plus 68 years of my own serendipity journey. I realize that all I have ever had of value has come by the grace of our Creator.

When we love someone, we find a way to communicate with them (prayer), and we want to know all we can about them (meditation). This workbook offers us a way to realize our true heart's desire.

Disclaimer: This workbook is not Alcoholics Anonymous' Conference Approved Literature. A.A. literature is that which is produced, distributed, and conference-approved. This workbook is neither approved nor disapproved by A.A., and A.A. has no opinion of it. A.A. has been generous

in allowing anyone to use its program for almost any human condition, if it is not called "Alcoholics Anonymous." Millions around the world use A.A.'s program because it works. I have respected my commitment to the principles of anonymity by choosing to use the pen name "Al Kohallek."

This workbook focuses on the Termites and Pet Peeves user. I have come to see that, like any other drug, they alter the way we experience life. They change how we think or feel, offering a short-term fix. If we make someone else, or ourselves, feel bad enough, we can temporarily change our own experience. This is a breeding ground for resentment, anger, and fear.

I have shared recovery ideas with many people over the years, and one thing we all have in common (so far) is the use of Termites and Pet Peeves, ranging from occasional users to daily abusers. I began to make a list of some of the worst offenders, but it quickly became endless. We will use more examples in the body of the workbook, and you will be asked to make your own list of how you have used Termites and Pet Peeves, a pattern that may begin as early as conception. A child's life often begins in the presence of Termites and Pet Peeves users.

In **2019, the population of the United States was 328,239,523.** Based on my unscientific study from more than 68 years of sharing recovery programs, I estimate that 99.9999% of people are Termites and Pet Peeves users. I'll leave the other 0.0001% as a margin of error. That's still a lot of Termites and Pet Peeves users. My study didn't include people in comas, preverbal children, or the unborn. In other words, I haven't met anyone yet who doesn't have a history of using them.

Termites and Pet Peeves may start as early as conception. Some parents pass them on to their children without even realizing it (oops). They can show up in the delivery room, too. They are known to affect preverbal children in both the best and the worst home environments, often passed from one generation to another.

Early childhood, the formative years, is a time of rapid cognitive (intellectual), social, emotional, and physical development. This growth is shaped by the child's responses and the interaction between genetics, environment, and experience. During these years, Termites and Pet Peeves are often used by well-meaning parents to protect or motivate their children.

Adults are not immune. Termites and Pet Peeves thrive in our correctional facilities, where few rehabilitation programs exist. They are so ingrained in us that most adults believe the wrongdoer must be punished, unless we are the wrongdoer, or it is someone we love. In that case, we want mercy and forgiveness.

OUR MISSION – We will introduce you to a set of useful tools; however, tools are worthless unless we learn how to use them and actually do so. Learning new ways to expand our application of this process is our focus. Our aim is to help you awaken to the powerful spiritual principles embodied in this workbook. We believe "awakening" is the correct word because it

happens as a result of applying these spiritual principles. In fact, we use information and understanding to help chip away all that is not our God-created self, opening us to realize our spiritual gifts of grace, **our true nature**.

WE CANNOT TEACH OLD DOGS NEW TRICKS – however, we are not old dogs, nor is our workshop a trick. This system is not about trading one addiction for a less harmful one. It is not substitution, although it may appear that way. It is about disempowering old, useless, and harmful habits, what we call our personal “reality,” and empowering living, loving spiritual principles in our daily life. Spiritual principles increase in value and usefulness with practice, while our ego and material possessions deteriorate with use. We can awaken to spiritual principles at any age if we believe we can and do our part.

DISEMPOWERING HABITS – It takes as much or more skill to disempower a habit as it does to build a useful one. Our program provides a way to replace a habit with a new one. Although the idea is simple, it will not be easy. Anything we repeat often enough becomes a habit, and we will get good at it. The brain uses millions, and sometimes billions, of cells for each habit. Most of the habits we choose to change have mental, physical, emotional, social, and spiritual sides. With this program, we address each of these areas while disempowering an old habit and empowering a new one. Our habits become our personal “reality,” shaping how we experience the world.

We need to take back the power we have given to harmful, useless, and overly limiting habits and invest it in new, productive, and useful ones. If you are willing to do whatever it takes to practice these suggestions in all your affairs, you will be greatly rewarded. The cost is consistent focus on the new habit and disempowering the old habit every time it enters your consciousness. This requires a true commitment to the principle that “Half measures avail us nothing.” That is a great solution to most of the problems we face in this human condition. It is a healing solution not limited to our primary addiction. Each time we apply this process to an area, we “*practice these principles in all our affairs*” (*Alcoholics Anonymous*, p. 62).

The use of forty days as a time period for change has been around for a long time. Using forty days for transformation places us in esteemed company:

- Noah’s life was transformed by 40 days of rain.
- Moses was transformed by 40 days on Mount Sinai.
- The spies were transformed by 40 days in the Promised Land.
- David was transformed by Goliath’s 40-day challenge.
- Elijah was strengthened when God gave him 40 days of energy from a single meal.
- The entire city of Nineveh was transformed when God gave the people 40 days to change.
- Jesus was empowered by 40 days in the wilderness.
- The disciples were transformed by 40 days with Jesus after His resurrection.

To replace an old habit with a new one, surrender the old habit to your Higher Power each time it arises, and consistently practice the new one for forty days. That's a great way to start. There is a spiritual purpose in doing a 40-day process. However, we will also see how transformation can occur at other levels, mental, physical, emotional, and social.

This human condition we live in has many cycles. Women are familiar with the 28-day cycle, while men have a different one. All humans share certain patterns. At times, we feel full of energy and joy just doing physical tasks; at other times, we feel drained for no clear reason. We believe these cycles occur at other levels as well.

For example, sometimes we are overflowing with new ideas; other times, we are mentally alert; and other times, we can barely remember our own name. There are moments when we are so emotionally sensitive, positively or negatively, that we feel disconnected from our "reality," and other times we feel very little at all. Sometimes we crave social contact; other times, we need solitude.

We believe we pass through these 40-day cycles as a normal part of the human condition. When building a new habit and practicing it consistently for forty days, we are doing so through an entire set of normal cycle changes, experiencing it in the highs, the lows, and everything in between. We can take any life experience and notice how our reactions change as we move through these cycles.

Most of us have experienced what I call a "resistance movement" during a growth process. When we decide to make a change in our personal "reality," resistance often appears.

It can show up as seeing the same problem all around us, sometimes getting worse, or feeling as if we have stirred up a beehive. We may feel elated at the possibility of a new, enlightened understanding, or angry at others or ourselves for no clear reason. We may fear changing, or fear not changing. We might feel close to a breakthrough and want to shout victory from a rooftop, only to later feel like it will never end. Sometimes we sense something important trying to emerge, but it won't come out.

If we are willing, even for an instant, to surrender completely to the process or to our Higher Power, a breakthrough happens, and we awaken. Nothing is ever the same.

Many of us once believed the sole purpose of our Program was to overcome difficulties and problems. Limiting it to problem-solving alone is like judging the power and abundance of the ocean by a few empty shells on the beach. Knowledge and understanding of the Program can be useful if we put them into practice.

The true object of our Program is to seek and find a Higher Power who can do for us what we cannot do for ourselves. In turn, this Power helps us awaken, realize, and develop our own higher faculties and abilities. His will is expressed uniquely through each of us. Learning and

awakening are just preparation for a life filled with joy, happiness, and freedom—in other words, to be our created Self.

Overview: First, we review the Forty-Day Commitment papers to see what we are being asked to commit to. Then we decide if we are willing to make a total commitment to work through the process. Questions may arise: What is it? How does it work? What's in it for me? Is it for me?

It is suggested we devote at least one hour per day, every day for forty days, including weekdays, weekends, and holidays. Forty hours for a life-changing process is a very good investment. When building a new habit, it helps to be consciously consistent. The habits we are replacing run 24/7, so consistency is key. Another reason to work daily on this process is that it gets us into a solution. After a few days, as we go about our normal activities, important insights may surface about the focus of our forty-day process. When they do, jot down a keyword or two to recall them later. Carry something to write with or record on while working this Program. Each day's assignment comes with suggestions and tips; finish it before moving to the next. Some days may take more or less than an hour.

Plan of Action – Set aside at least one hour a day and make this a firm commitment. Let those around you know you'd like freedom from distractions, including the phone, computer, and TV, while working on this forty-day program. Start your day's practice with the provided affirmation or create your own. We believe it is helpful to ask for guidance from your Higher Power upon awakening and before starting the day's assignment.

What's in it for me? If we totally commit to this forty-day process, we will never be the same. We will gain a set of spiritual tools that can be used in every area of life to enrich it. We will likely emerge with a new depth. So, we ask ourselves: Is it for me? The only way to know is to go through the process as best we can in the present moment, giving it a fair chance to bring us more happiness, peace, and joy.

Mission Statement: The healing process begins when we admit, accept, and realize we need help. Alone and unaided, with our present level of understanding, habits of thought and feeling (our little personal "reality"), we are powerless. We cannot get out of the box we are in, much less go beyond it. We cannot consistently manage our thoughts, feelings, or actions in this area. If we are to get out of this box, we need someone or something higher than, different from, or other than ourselves. As we can see, Step One describes our problem.

An Eye (I) Witness Account

AS YOU CHOOSE: Once there was a wise man who lived in a small village. There also lived a man who was jealous of the wise man and determined to show him up. One day, he took a group of witnesses to confront the wise man. He had a small bird hidden in his closed fist. He said to the wise man, "If you are so wise, tell me this: Is the bird I have in my hand dead or alive?" The wise man knew that if he answered "alive," the man would squeeze it to death, and if he answered

“dead,” the man would open his hand and let it fly away. The wise man replied, “It is as you choose.” And so it is with this way of life, this Program.

GOING BEYOND THE ENTRY LEVEL: There are endless levels available to each of us in this Program. Based on spiritual principles, which are ever-expanding, our power lies in our decisions and in our willingness to follow through with whatever action we are directed to take. **We believe all humans, in or out of the Program, often settle for far too little.** We pray that each of us continues to choose to grow and awaken to higher levels. You will find useful, free downloadable workshops online at **12stepworkbook.org** or at our office. Our experience tells us that old habits of thought and feeling try to draw us back to a lower level. However, we can choose once again to place our will into the **Boss's** hands.

There are three spiritual principles or attributes at this level; this is a fundamental theme of life. These **Three Spiritual Gifts** are:

1. **Awakening to the Presence of our Higher Power and being in conscious union with this Presence.**
2. **Awakening to the Love that all of us are.**
3. **Awakening to the individual Self we were created to be, with purpose and meaning—in other words, to consciously live our heart's desire, God's will.**

We believe these Three Spiritual Gifts are our true nature, and we shall never be whole until they are realized. As we continue through this workbook, we will have much more to say about these Gifts, and the why and how of coming to them. We dedicate this workbook to that end. This process helps awaken us in a place where we have always been, our Father's House. Welcome Home!

WHOSE JOB IS IT? What we can do is our responsibility. How do we know if we can or cannot? We try. Everything else is God's responsibility.

YOUR CHOICE: Many of us chose to live in darkness with our eyes closed, our ears stopped, our fists tightly closed, grasping nothing. We held a closed mind focused on self; our emotions were fed with yesterday's self-centered fears. We abused our physical bodies and used others selfishly as objects. We looked to people, places, and things for our worth, meaning, and purpose. We went for spiritual junk food because we were so hungry. We tried to control others and ourselves. All of that was living apart from our Three Spiritual Gifts.

CHOOSE ONCE AGAIN: If we are willing to open our eyes, unplug our ears, open our hands to both receiving and giving, let our emotions flow in loving energy, and be open channels, we will receive everything we need to awaken. We will find the way and the power to “seek God, clean house, and help others.” We do not change the Divine Laws when we plant corn instead of wheat, but we do exercise our power of choice. We can choose, but it is God who creates. So, we choose and leave the results to our Higher Power.

LET'S SET THE RECORD STRAIGHT: We have failed many times, but we are not failures. We have been foolish, but we are not fools. We have done many bad things, but we are not evil. We were punished and made to feel guilty and have done the same to others, but now we seek correction for others and for ourselves. We have withheld and withdrawn our love and our Spiritual Gifts, and this caused us to believe that others, including God, were doing the same to us.

A REMINDER: When I can't make conscious contact with my Higher Power, here is something I find helpful: I remind myself that the food I ate today is being changed into flesh and bones, thoughts and energy, and all kinds of things. If I had all the money in the world and every kind of resource, including the best brain, I could not reproduce what is going on in the least of us. Yet we have the illusion that we are without recourse to heal our dilemma. If we do the best we can to chip away everything that is not related to our Three Spiritual Gifts, we will be given all that we need for the moment.

WATCH OUT FOR TERMITES: Watch out for the termites and the pet peeves, the little day-in, day-out stuff. This is a real and present danger. These little guys undermine the foundation of every relationship. Termites destroy more property than all the fires, floods, wind, and hail; so it is with relationships. We are forced to do something about the "big" problems or run away. With the little stuff, we don't have to do anything, or we decide it isn't important enough. In one way or another, we often stuff these. One termite or pet peeve may not seem to matter, but when they build up in numbers, watch out. It is best to deal with all problems as soon as possible.

GIFT OF DENIAL: Denial can be a special gift of grace. Denial does not ask us to address anything until we have the tools. When we have the tools, denial breaks down. If we then try to avoid it, denial turns to dishonesty and demands our attention.

YES—LIFE IS SIMPLE BUT NOT EASY: Everything is easy after we truly understand it and live it. Trying to force or pretend something is simple before it is can be a problem. Let's wait until it is.

KEEP AN OPEN MIND: Many of us are so fearful of change that we resist anything even a little different from our personal "reality." The new or unfamiliar seems out of place until we have experienced it. "There is a principle which is a bar against all information, which is proof against all arguments, and which cannot fail to keep a man in everlasting ignorance—that principle is contempt prior to investigation." —Herbert Spencer

ME AND MY SHADOW: Most of us see our own little reflection in that limiting mirror of our personal "reality," hearing the hum of our little voice as that "reality." The image we see and the sounds we hear are so familiar, so habitual, that we often think and feel that this is Reality. At best, it is but a shadow of our Higher Self.

SAME BEGINNING AND ENDING FOR ALL OF MY RELATIONSHIPS: We looked at every important relationship, romantic, friendship, and professional. They all begin and end alike. All began like this: "If I believe that you believe in me, we have a deal." The beginning of the end is like this:

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"I no longer believe that you believe I am special." It soon became clear that other people were determining my worth, not my true **Source**.

A dentist had a sign in his office: **"Only floss the teeth you want to keep."** We say: only practice this simple set of tools in the areas where you want to be **joyous, happy, and free**. I was reminded that this Program is based on spiritual principles and can be applied to any human condition. The more often we practice this way of life, the more skillful we become.

What do you hope to gain by doing this workbook?

Each time you work on this process, start by asking your Higher Power to guide you and to supply you with everything you need to do and to be His will. Affirm that you are the individual He created you to be, both Spirit and human, with a purpose. You have awakened to the love you are, that we all are.

Action 4 - Today is _____

Make An Ongoing List of All You Have Not Been Able to Let Go of – Yet

JUST ONE TIME - The more active we are in the program, the sooner our denial breaks down. No matter how honest we were with our first set of Steps, we could see only a little; more will be revealed. Each time we work the Steps better we get at it, so return to the Well as needed.

PRACTICE THESE PRINCIPLES - “To practice these principles in all our affairs.” We will deal with many different areas in our lives, where we have used *Termites and Pet Peeves*. Something with many parts makes that something complex, but it does not make it complicated. This Step work will help us identify many of our parts, not as separate from the whole, but included in our whole being. To oversimplify is to be under the illusion, as many of us are, that all we need to do is stop drinking (or stop something) and all would be well.

CHANGING - Many of us could only see our own little reflection in that limited mirror of our personal “reality”, hearing only the hum of our own little voice as that “reality.” If tired of seeing our own little reflection and hearing the hum of our little voice, then where do we go from here? Our little personal “reality” must change, but how? That is what this workbook is all about.

Action: Make an ongoing list of all Termites and Pet Peeves you still use – keep it updated.

Column 1: The names of the *Termites and Pet Peeves* that you’re **unwilling or unable** to let go.

Column 2: The wrong they are causing.

Column 3: The letter denoting your willingness or unwillingness to let go:

- (A) You are willing and able, out of **enlightened self-interest**, to let go now unconditionally.
- (B) You are willing but unable to let go.
- (C) You are willing and able to let go of it, but you choose to remember it.
- (D) Your willingness to let go is dependent on them being punished first.
- (E) You are willing to let go before punishing, believing they will be punished later.
- (F) You are **unwilling or unable** to let go.

Unfairness Bullies	(Pet Peeve Example) I resent bullies and those who are unfair	A

Use a separate page if you need extra space.

Action 5 - Today is _____

Remove Illusions and Obstacles That Block Your Special Gift

Everyone has a Special Gift to give to others and to themselves. If we could be still and listen to the wisdom of our heart, we would know what that is. **The secret to happiness is knowing and using your Special Gift.** The secret to abundance is to share your Special Gift with others. This is a tool in the process, which can help remove illusions and obstacles that block your Special Gift, so the natural healing can 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, and if we are willing to seek help, it will come.

Our mind plays tricks on us. As an example, let's say we experienced success in one area and think that we should automatically be great in every area of our lives. We often experience highs and lows, directly or indirectly, because of generalizing our limited victory. We may go to an extreme when we fail at something and treat ourselves as an overall failure.

ACTION – respond to the following question:

Question: Have you come to an understanding as to how your use of the *Termites and Pet Peeves* is triggered? What are they?

Question: How have your Termites and Pet Peeves progressed? Does it take more, or does it take less to hurt more?

SELF-DELUSION starts with denial, then repression, then mind games, rationalizing, and then comes the conscious lying. The rationalizing and consciously lying do a job on our trust, self-esteem, respect, and self-respect. At all costs, we must keep our addictive behavior going. --- **If I had realized one more failure, I would have killed myself.** When my denial broke down, I could not fool myself about Termites and Pet Peeves anymore. However, by then, I had little to no trust or self-respect left.

Question: What has been your experience with self-delusion or denial?

DISTORTION OF ATTENTION - Preoccupied with the object of our addiction or attachment, in this case, it was the Termites and Pet Peeves, and we cannot think of anything else but stuff connected with the dis-ease or the person or thing we are attached to. The distortion becomes our **ULTIMATE CONCERN**. Another word for it is "idolatry." The **defect** becomes our "god."

Question: Can you give an example of how you dealt with this type of thinking and feeling?

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

Question: Can you give examples of your loss of willpower?

WITHDRAWAL - "They are restless, irritable, and discontented unless they can again experience the sense of ease and comfort that comes at once," by punishing or making someone feel guilty. Our habits become part of our autonomic nervous system the more we repeat the behavior. Sometimes we've enlisted billions of our body and brain cells.

THE ADDICTION BECOMES OUR "REALITY". Our mind says, "Play it again, Sam," when depriving the body/mind of something it has become accustomed to, it responds with danger signals.

Question: Can you give examples of your experience with withdrawal?

Action 6 - Today is _____

Increasing the Pain by Hanging on to the Useless or Harmful

This program is designed to remove obstructions and create an environment where natural healing, wholeness, and awakening can take place. The principles that generate healing are fostered by our doing and living the suggestions found in these examples. **Action is the magic word.** This healing begins the same way in any area of our lives. It begins with the realization that we are powerless to change, alone and unaided. The mindset that supported the use of *Termites and Pet Peeves* cannot make us well. We must **want** a change in our lives, not just need it. Many of us have been around recovery programs for a long time, and at the first sign of a problem, we want to jump into an inventory. We are suggesting that anytime we realize we are falling short of the way of life we want to live, we start by owning our part of the problem and realizing, alone and unaided, we cannot fix ourselves and follow the process. It's suggested that you keep your response to the questions or statements on the *Termites and Pet Peeves*. The following questions will contrast going back and forth: What will it cost us if we do not change? What may we gain if we do experience change?

INCREASING THE PAIN - Write your response to these questions.

1. What pain or fear do you associate with changing the use of the *Termites and Pet Peeves*?
2. What pleasure are you getting out of not changing how you experience the *Termites and Pet Peeves*?
3. What will it cost you if this does not change?
4. What are the benefits you could gain by having these *Termites and Pet Peeves* disempowered?
5. How have these *Termites and Pet Peeves* placed your important relationships in jeopardy? (Example)
6. Have you lost self-respect and/or reputation due to these *Termites and Pet Peeves*?
7. Have *Termites and Pet Peeves* made your home life unhappy?
8. Have *Termites and Pet Peeves* caused any illness? (Example)
9. Do you turn to the type of person who enables you to practice these *Termites and Pet Peeves*, or to lower companions who enable you?
10. What part of these *Termites and Pet Peeves* do your loved ones, friends, family, or business associates object to the most?

11. What abuse has happened to you and/or others due to these *Termites and Pet Peeves*?
(Example)
12. List examples of what you have done to try to fix, control, or change these *Termites and Pet Peeves*?
13. What are the feelings, emotions, and conditions you've tried to alter or control with these *Termites and Pet Peeves*?
14. Ask yourself, if this is such an important area in my life, why haven't I changed?
15. Am I now willing and ready to do whatever it takes to have this changed, healed, or transformed?
16. If your answer to number 15 is YES, write: I admit I am powerless over these *Termites and Pet Peeves*; my life in this area is unmanageable. I cannot, with my unaided will and present understanding, consistently manage these *Termites and Pet Peeves*.

Action 7 - Today is _____

Let us first love our Higher Power, and in the same motion, love one another.

Choose not to use these *Termites and Pet Peeves* today. Friend: two or more people having a common purpose, goal, or cause. Life offers everyday opportunities to expressions of love – patience, kindness, generosity, humility, courtesy, unselfishness, good temper, good sense of humor, and sincerity; simple acts of love we commonly share, which pay off great dividends. Let us not defer or delay these opportunities because we will not pass this way again. Our life is not just the passing of time, but it is our gifts of love and service we share during the passing of time that bring joy, happiness, freedom, and unity. Freely we are given and freely we give; this is the True flow of life's loving energy. Yes! Our love is a healing power touching everything, everyone into Wholeness, share it freely.

1. How did selfishness and self-centeredness of your *Termites and Pet Peeves* use get in the way of unity, love, or "our common welfare?"
2. List examples where your selflessness, after you stopped or delayed the use of *Termites and Pet Peeves* brought about unity, love, healing, or harmony.
3. Are you a peacemaker when you are free from these *Termites and Pet Peeves*, without being an enabler of yourself or others? List examples.
4. What are your strong points and what are your weak points in your communications?
5. Is there a type you are unable to open to, you withdraw from, remain silent, or become aggressive toward?
6. How have you compromised yourself around active *Termites and Pet Peeves* users?
7. How are we to live and work together alongside *Termites and Pet Peeves* abusers?
8. Do you practice spiritual principles before personalities? Is your significant other's relationship founded on spiritual or emotional principles?
9. What do you need to change for the common welfare of this relationship?
10. What are the most important things you can share with others about *Termites and Pet Peeves* recovery?
11. What a great relationship this may have been if you were *Termites and Pet Peeves* free?

12. How can you improve the common welfare with those you share with?

GIVING WHAT I NOW HAVE – To experience the joy of life, I need only give what I already have. It is easy to think I must be spectacular in my sharing, and so I hold back until I am perfect. Instead, I trust our Creator and share what He/She has already given me. As I do this in the ordinary moments of daily life, my present faith turns into knowledge and experience. Joy and fulfillment come as side effects of sharing what I have now. As I share the love I am, wherever I am and with whomever I am, that love flows back to me. If I wait until I can share only unconditional love, I may wait in vain. I have chosen the road less traveled. I realize only a small percentage want to go the extra mile. I pray that I am not fooling myself, but even if I am, I cannot live my life differently. I ask You, my Creator, to use me just as I am.

Action 8 - Today is _____

We are attracted to each person or relationship for a purpose.

When we stay connected, we share a common sense of right and wrong, a conscience, and we become willing to forgive. Our Higher Power individualizes Himself within each of us, yet as His creations, we have much in common. The way we treat others becomes the way we expect others to treat us. We are neither more nor less than a part of a Greater Whole. We are not the Whole, nor were we intended to be. We need to stay aware of how we affect others. If we have been using Termites and Pet Peeves, the results will be clear.

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

1. What attracted you to your present relationship(s)? Was it *Termites and Pet Peeves* or recovery?
2. Who or what is your ultimate authority in your relationship(s)?
3. What are some of the characteristics of your ultimate authority?
4. Is your present ultimate authority like your growing-up authorities? How so?
5. Is your ultimate authority an elder-statesman or a bleeding-deacon?
6. What's a successful or useful relationship? How do you use *Termites and Pet Peeves*?
7. In what ways do you see or feel your relationship failing? Do you try to control it with *Termites and Pet Peeves*?
8. Do your leaders drive by mandate or by example? Give examples?
9. What are the changes you want for this partnership, group, or relationship?
10. Are you still a selfish user? Are you willing to be used by spiritual principles? Examples?
11. Do you feel or think you or others must control or govern, otherwise nothing gets done?
12. How can you improve your relationship's conscious contact with your ultimate authority?

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

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

Action 9 - Today is _____

List the ways your Higher Power did for you what you could not

There is a Power within each of us that will do for us what we cannot. We are within that Power, whether we know it or not. It is the infinite intelligence that transforms our food into flesh, bones, and energy, everything we need to live, move, and have our being. A human cannot do this, yet it is done by grace.

Today's Mission Statement: We seek to expand our understanding of how we and others have used Termites and Pet Peeves and their patterns, so we can own them. We realize we are powerless to change our personal "reality" without the mercy and grace of our Creator. We cannot change our habits of thought and feeling alone and unaided. When we fall back into our ruts (habits), we cannot consistently manage our thoughts, feelings, or actions. This process tells us what the solution is. Where and how to find all we need is to awaken to a Power greater than ourselves, who will do for us what we cannot. So how do we do this? How do we get from the problem to the Solution? That is what this workbook is about. Are you willing and ready to do your part in recovery and discovery?

How this workbook helps: We will join you in some radical training, help you follow the process, and become more useful, effective, and loving. When we fully realize we must have each other, we also realize we cannot change this area of life alone and unaided. We are told that a Power greater than we will restore us to our Father's individually Divine Design. You are asked to write down the ways you have already received your Higher Power's loving grace. When we decide to enter into a partnership with our Creator, He becomes our Senior Partner. We are well cared for as junior partners, filled with gratitude. Because He has shown His mercy and generosity, our next step is to surrender everything to our Senior Partner. Our Higher Power helps a person as I am, as we are. This makes it easier to cross the bridge to surrender everything, even if only for one hour at a time.

Action: Recall times when you experienced a Power greater than yourself doing for you what you could not do for yourself. Write as many of these experiences as you can and be precise. If you cannot recall an example related to Termites and Pet Peeves, any experience with your **invisible means of support** will do.

We suggest that you carry a notepad and/or a smartphone with you while working on this workbook. You will be happy you did. As you go through your day, you will have important or great ideas pop up. It is very likely that you will not be able to recall that idea. Even though you reassured yourselves that there was no way you could forget it, later you will be hard-pressed to remember it.

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Gratitude List

Include the smallest acts of kindness and the greatest. 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 at least 40 days. Include acts of kindness from others shared with you. In other words, note anything you are grateful for.

[illegible]

Action 11 - Today is _____

We could not manage our lives –

That no human power could - That God could and would if He were sought.

What we believe is “good” can limit us more than what we call “bad.” With the bad, we are more likely to toughen up, get used to it, or get away from it. With the good, we are likely to settle for too little. While you are working directly with these spiritual principles, be willing to turn **everything** over to your Higher Power, everything you think or feel you know or don't know, everything. The purpose is to keep an open mind and invite a new understanding. Left to ourselves, we see only our little reflection in the limited mirror of our personal “reality,” hearing only the hum of our little voice as if it were Reality. In other words, we will work out of our past instead of living in the present, in the Divine Presence.

Our decisions may run to extremes, from a total commitment to a meaningless gesture. Even with a total commitment, if we cling to the same old personal “reality,” real change is unlikely. This means we are going to fall back into one of our ruts, our habits. If we say, “I'm going to do this, come hell or high water,” then fail to live up to our promise because we are still running on automatic, we will feel even worse about ourselves.

This is one of the main characteristics of addiction: the loss of willpower. Each time we fail, even with the best intentions, we feel more hopeless, useless, powerless, and worthless. The greatest damage to our self-esteem comes from repeated attempts to change addictive, habitual behavior **alone and unaided**. It doesn't hurt much until we try our best to stop and cannot. Trying alone and unaided with the same tools and skills is one of the principal reasons we hit our bottom. That reality gets us ready for this Program and, for sure, for 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 see a pathway with an inscription: “This is the way to a faith that works.” (*Twelve Steps and Twelve Traditions*, Step Three; reprinted with permission.)

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

When I made an important decision, it felt like giving my word, and giving my word to a Higher Power was frightening, to say the least. What would happen to me if I could not keep it? As I soon found out, I could not keep my word or my promise to my Higher Power or to myself, and I was raised to believe a man must keep his word or he is worthless, not to be trusted. I had not cleared away the wreckage of my past, so I had not identified my defects, much less had them healed or transformed. Yes, I was bound to fail.

I realized, as I came to believe, that I had a merciful invisible means of support for a long time; otherwise, I would have been dead or in jail. I had already written specific events where someone or something higher than me was doing for me what I could not do for myself. Now I choose to turn everything over to that Higher Power who had already helped me. That was

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helpful; however, my giving my word and not being able to keep it was causing me big problems. I knew I had to work the rest of this spiritual process.

ACTION: Write your response to the four questions.

1. **State what it means to you when you make an important decision. Give an example?**
2. **State what this “will” and “life” you’re asked to turn over means to you?**
3. **State what “to the care of God” means to you?**
4. **State what “as you understood Him” means to you?**

Action 12 - Today is _____

Today, we begin the most demanding part of this workbook's Commitment.

There is a limited amount of reading; however, it is important. Keep in mind we are looking for patterns, habits of thoughts and feelings, in other words, our personal "reality." Change a habit and we change the rest of our lives. While a single event may be interesting, the patterns those events reveal are far more valuable. Keep a separate page to list these habits of thoughts and feelings as you work through this process.

An Overview

Each action you take is part of a process to help you consciously realize your personal "reality," the filter through which most of your life experiences pass. Inventory is only one part of the process, yet it is an important one. If we do not awaken to our personal "reality" and take responsibility for our beliefs and our habits of thought and feeling, we will continue to live on automatic.

A Perfect Time to Awaken

The more active we are in a healing, awakening program, the sooner denial breaks down. By grace, denial does not open until we have the tools to handle a new level of understanding. No matter how honest we were on our first journey, we could only see what we were prepared to see and do. Each time we move toward the individual we were created to be, real change happens, and we become more skillful at the unfolding process.

Practice These Spiritual Principles

We will deal with many different areas of life where we have used Termites and Pet Peeves. Something with many parts may be complex; that does not make it complicated. This workbook helps us identify many of our parts, not as separate from the whole, but within the whole. To oversimplify is to fall under the illusion that all we need to do is stop using Termites and Pet Peeves, and everything will be fine. That mindset keeps us locked in our old habits of thought and feeling, our personal "reality."

Changing

Many of us could only see our own small reflection in the limited mirror of our personal "reality," hearing only the hum of our own small voice as if it were the whole world. Tired of that reflection and that hum, where do we go from here? Our small understanding of truth must change. How do we do that? That is what this workbook is about. Next, we are asked to do a searching and fearless moral inventory.

Individuals and "Reality"

It is important to identify the individuals with whom we have 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." (Alcoholics Anonymous, p. 62; reprinted with permission.)

We have much to do to heal our past. It is even more vital to have our habits of thought and feeling, our rules and patterns, our personal "reality," healed, changed, or transformed. When we do this as best we can, it serves the past, the present, and the future.

Plan of Action

Action is the magic word. You may say, "You are asking too much, and it is not magic. It is demanding." If you do the best you can, the promises of freedom and wisdom will come. Just follow the format.

Personal "Reality"

The way we use the word "pattern" has many other names: habits of thought and feeling, inner rules, a "reality" filter system. Whatever you call these, understand that they determine most of your life experiences. They are always present; often, we are not consciously aware of them.

We've Got Questions

This workbook is filled with questions. Their purpose is to bring our personal "reality" to the surface from the subconscious storehouse made up of our habits of thought and feeling, and all our experiences. There cannot be long-term change without going to the source. In doing inventory, we want as complete a record as possible of the abilities, assets, and resources that make up our personal "reality," including habits and experiences, whether real or illusory. If we want more than a quick fix, we must go to the root of the problem. It is important to understand these principles well enough to own them, to know where they are stored, and what to do with them, **surrender them to the Boss**. Since true healing and transformation come by His grace, we want to place ourselves where we can receive it: in our Father's Presence with an open heart and open mind.

We Are Building a New Way of Life Worth the Effort, and We Enjoy It to the Fullest.

To do this, we must let go of old, useless, harmful, and limiting beliefs that block our realization of a Higher Power who can and will do for us what we cannot do for ourselves. Finding the right questions and answering them as honestly as we can, with as much courage as we can muster, helps us awaken to a place we have always been, Home. If our worldview and our reaction to it do not change, we will keep falling back into an old rut.

A Dry Horse Thief

Why go to so much trouble? Some people have been around recovery programs for years and have done little or no inventory. They have never taken the time to get to the conditions and causes. They may be "dry," but their habits of thought and feeling, their personal "reality," have not changed. It is unlikely they will be joyous, happy, and free. If nothing has changed, then nothing has changed. The old saying applies: if you sober up a drunken horse thief, you have a sober horse thief.

Fact-Finding, Fact-Facing Process

"Though our decision to turn our will and our life over to the care of God as we understood Him 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 [Termites and Pet Peeves] abuse 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." (Alcoholics Anonymous, p. 64; reprinted with permission.)

Reading, even studying, the directions in advance can save time and frustration. This format is designed specifically to carry out the mandate:

"With all the earnestness at our command, we beg of you to be fearless and thorough from the very start." (Alcoholics Anonymous, p. 58.)

It is designed to help us uncover and discover our personal "reality," the patterns and habits of thought and feeling that keep showing up and limiting or harming us.

Commitment

We strongly suggest you work on the assignment each day until you have completed this workbook. After a few days, you will begin to think in terms of solutions rather than focusing on the problem.

Stay Focused

Keep your responses focused on the area you are working on, Termites and Pet Peeves. If possible, keep your responses short, simple, and to the point.

Action 13 - Today is _____

RULES AND PATTERNS WORKSHEET

The purpose of this simple exercise (Rules and Patterns Worksheet) is to help you identify your patterns or the inner rules you live by, conscious of 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, but it does not happen, which keeps us from the person, place, or thing we want. It is likely that we have some forgotten rule or pattern we made up that is saying "no" to us. Those will continue to run on automatic until we call them into question. When you say, "I want this or stop that," and you do not get it, that means that you have a contrary belief, rule, and 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 and pattern telling me no, let me see it." You may choose to build a new habit, and then turn it over to your Higher Power, and affirm **what you do want**.

This is a chance for you to see that some of your old habits of thoughts and feelings began a long time ago. Perhaps some of these beliefs you picked up when growing up have not changed all that much. I have had some of mine so long I forgot when and where I began to respond the way I do; most likely preverbal.

GROWING UP ACTION: Using the form RULES and PATTERNS WORKSHEET - In column one, write the rule you **grew up with** for each of your important areas that in some way had to do with Termites and Pet Peeves. If this rule is useless, harmful, or too limiting, and you no longer want it controlling your life experiences, mark an (X).

CURRENT ACTION Using the form RULES and PATTERNS WORKSHEET – in column two, write the rule you **currently** have for each of your important areas, dealing with *Termites and Pet Peeves*. If this rule is useless, harmful, or too limiting, and you no longer want it. Mark an (X).

DESIRED RULE ACTION: will give you a flow of how most habits come about - If you think it's time to change one of these rules, write your desired replacement rule in column three. For added space, use a separate sheet of paper.

RULES and PATTERNS WORKSHEET

	(1) My Growing up rule: My Career		(2) My Current rule for: My Career	(3) My Desired rule for: My Career
X	<i>We have to earn what we get. Money doesn't grow on trees.</i>	X	Work smarter not harder.	<i>Do the best you can and leave the rest to God.</i>

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:

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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:

Action 14 - Today is _____

“Assets” (page 22) - **“My Part”** and **“Affects My”** (page 23) – are used like a Drop Box on a computer. Take these out of your Workbook and have them on hand when you’re asked to fill in the columns that call for them. Fill in the columns by writing the corresponding numbers instead of writing the words out. Assign a number to those Assets you add. With these lists, you will not have to turn back and forth through this Workbook to find the supporting List for other assignments.

The following is a list of common Assets. **Asset: A useful or valuable quality, person, or thing, something that contributes to one’s well-being.**

ASSETS (*THREE SPIRITUAL GIFTS)					
	*1	The awakening to the Presence of our Higher Power.			
	*2	The awakening to the Love that we are, that all of us are.			
	*3	Awaken to the individual Self we were created to be, with purpose & meaning.			
	4	Abundance		34	Independent
	5	Acceptance		35	Inner-directed
	6	Ambition		36	Intelligent/Wise
	7	Beautiful/Handsome		37	Interested/Concerned
	8	Career/Work		38	Intuitive
	9	Committed/Dedicated		39	Joyful/Happy
	10	Communication		40	Kindness
	11	Compassion		41	Listener
	12	Conviction		42	Love/Caring/Sharing
	13	Curiosity		43	Loyalty
	14	Courage		44	Marriage
	15	Continuing education		45	Openness
	16	Creative/Inventive		46	Play/Leisure time
	17	Drive		47	Patient
	18	Even tempered		48	Perseverance
	19	Faith/Devotion/Spiritual		49	Power/Title/Money
	20	Family		50	Preparedness
	21	Focus		51	Productive
	22	Forgiving		52	Resilience
	23	Friends		53	Risk taking
	24	Generous		54	School/Learning
	25	God-consciousness		55	Sex
	26	Good companion		56	Supportive
	27	Good income		57	Take charge
	28	Good parent		58	Teachable
	29	Good worker		59	Toughness

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	30	Health		60	Trust
	31	Higher Purpose		61	Understanding
	32	Honesty		62	Unselfish
	33	Humor		63	Willingness

My Part List Boxes

The following is a list of common My Part actions and reactions – Use this list as you would a Drop Box on a computer. **Take this page out of your Workbook and have it available** when you're asked to fill in the columns that refer to My Part - by writing the corresponding numbers – instead of writing the words out – ***assign a number to those My Parts you add. Check those on the list below that are most important to you.***

	#	MY PART		#	MY PART		#	MY PART
	1	Anger		9	Lust		17	Saving face
	2	Broken word		10	Negativity		18	Self-pity
	3	Delusion		11	Perfectionism		19	Self-seeking
	4	Fear		12	Playing God		20	Selfishness
	5	Gluttony		13	Poor decision		21	Sloth
	6	Greed		14	Pride		22	Stubborn
	7	Guilt		15	Procrastinate		23	Withdraw
	8	Insecurity		16	Revenge		24	Withhold
<i>Create your own list</i>								

Affects My List Boxes

The following is a list of common Affect My actions and reaction – Use this list as you would a Drop Box on a computer. **Take this page out of your Workbook and have it available** when you're asked to fill in the columns that refer to Affects My - by writing the corresponding numbers – instead of writing the words out – ***assign a number to those Affects My you add.*** **Check those on the list below that are most important to you – use your list to complete your Affect My Worksheet.**

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

Action 15 - Today is _____

Asset Worksheet - How Was It Expressed or Violated?

Now, use the Asset List you took out of your Workbook page 22. This asset list will act as a response guide, as well as a reference for this Asset and the Resentment response Box as needed. If you did not check the most important listed assets to you, do so now. Turn to the Asset Worksheet below and fill in your response for those assets you chose.

ACTION: The Assets Worksheet

- a. In the left-hand column, write the ASSET.
- b. In the right column, write HOW IT WAS EXPRESSED OR VIOLATED.

ASSET	HOW WAS IT EXPRESSED OR VIOLATED
(Example) Teachable	I have realized that since I came into the Program, I have been teachable. At first, I was willing to do anything to get away from the heat; now I'm hungry for a better way of life. I know now I must be teachable.

Action 16 - Today is _____
Resentment Worksheet

Resentment comes from a root word, which means to re-feel. If we could deal with anger quickly, that anger would not turn into resentment. Re-feeling a violation of an asset qualifies as a resentment. All resentments are directly or indirectly caused by a violation of assets. In fact, the one common characteristic of all resentments is in some way a violation of assets. Violations of assets #2 (love) and or #3 (a violation of my individual Self), and for sure not trusting #1 my Higher Power, are most often the root cause of our resentments.

Resentment is our number one offender; my experience confirms that. Resentments rob me of the joy of living, revealing most of my defects, selfishness, self-centeredness, and fear. Resentments drive alcoholics back to the bottle; if not to the bottle, it could cut us off from the sunlight of the Spirit. Don't cut this part of your inventory short. ***Remember, Pet Peeves are always resentments, and some of the termites are also resentments.***

Complete the Resentment Worksheet to address our resentments – Have the Asset List (page 23) – the My Part – the Affects My List (page 24) pullout list ready.

"It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us." My Part comes directly from my personal "reality" (rules, patterns, habits of thoughts and feelings, belief systems). This is the reason we made a big deal out of our inventories. Our change comes by changing our consciousness. Part of our personal "reality", we made up or went along with others' beliefs. Once we **accept** that our experience is filtered through our personal "reality," we can then **choose** to have it changed. Then our Higher Power, through this Program, can and will, **if asked**, transform our defects into assets. **Focus on your examples that relate Termites and Pet Peeves.**

ACTION: Write out your worst resentments using the following suggested format.

- a. In column one, write the name of a person, place, or thing you resent.
- b. In column two, write the cause of the resentment, that is, what was or was not done, taken away, or not given?
- c. In column three, write your violated Assets (matching number on the My Asset List - p. 22).
- d. In column four, write My Part (matching number on the List My Part List - p. 23).
- e. In column five, write Affected My (matching number on the Affects My List – p. 23).

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RESENTMENT WORKSHEET

Resentful At:	The Cause of My Resentment	Asset Violated	My Part	Affects My

Action 17 - Today is _____

FEAR WORKSHEET

Fear gains much of its “power” by our trying to avoid looking at it, feeling it, or running away from it. When we turn and face our fears, their nature will change into one of two things:

1. This fear is a current problem that calls for a solution or acceptance. **(Rational)**
2. This fear is an illusion that we made up. **(Irrational)**

The way we are likely to respond is easy to see. When I have a rational fear or problem, I can choose to look for a solution or just accept it; the emotional insanity is being taken out of it. When I realize that this fear is irrational, another one of my illusions I made up, that it is not Reality but my personal “reality”, it is likely I can let it go or disempower it. Then I am ready, and I can start working on my personal “reality” that made the illusion up.

We live in the here and now; let us respond in the present. We need not dig up old fears unless they are an active pattern. Unless you still experience a fear you had problems with in the past or projected into the future, it is irrational. Just because we did experience that fear, it is not rational now.

ACTION – To complete the My Fear Worksheet list boxes, use the following format:

1. In column one, write the name of the person, place, or thing you fear.
2. In column two, write the cause: what was or was not done, taken away, or not given.
3. Is this Fear Rational (R) or Irrational (I)? Mark one of the right-hand columns.
4. **Focus on your examples that relate to Termites and Pet Peeves**

MY FEARS WORKSHEET

FEARFUL OF:	THE CAUSE OF THIS FEAR	R	I

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Action 18 - Today is _____
HARMS LIST

Is there anyone whom you harmed that you did not include on your Termites and Pet Peeves or
resentment list and/or your forgiveness list? If so, go back and include them on those lists.

[Assets page 22] [My Part page 23] [Affect My page 23]

HOW I HARMED OTHERS WORKSHEET

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

Action 19 - Today is _____

HOW I HARMED MYSELF

Now, use the My Part and Affects My Lists you took out of your Workbook (page 23). This list will act as a response guide. If you did not check the most important listed as My Part and Affects My, do so now.

Welcome to planet Earth. Let's focus on our inventory and nothing or no one else's for now. We are all one life, which means we cannot harm another without harming ourselves. As a result of doing a thorough job on our inventory and **owning** what we uncovered and discovered, we will be able to choose to stop harming others and ourselves to a greater degree, and our lives will improve. I'm able to extend love instead of the negative stuff that was a habit. We are given an opportunity to choose once again not to let the past equal my future.

ACTION:

1. In column one, write the name of the person, place, or thing you harmed.
2. In column two, write the cause: what was or was not done, taken away, or not given?
3. In column three, write Assets (pg. 22).
4. In column four, write My Part, and column five, Affects My (pg. 23).
5. Focus on your examples that relate to Termites and Pet Peeves.

HOW I HARMED MYSELF

[Assets page 22] [My Part page 23] [Affect My page 23]

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

Action 20 - Today is _____

“MAKE FUN OF NAMES”

The sooner we can laugh at ourselves, the sooner our healing. These “Make fun of” names symbolize an unwanted guest who comes to our door; we can choose to invite that person in or not. We may mull 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. He or she is 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.

Let me give you an example:

“Make fun of” name		#	Violated and complied with are just two sides to the same rule or pattern.
Jeal-o-saurus	X	29	I have problems with jealousy. <i>(I had this problem so long it seems like it started with the dinosaurs – but when I think of it as a jealous dinosaur I can lighten up.)</i>
Peppy le Few	X	8	<i>I practice the “law” of lack, never enough of anything (love, money, time). (Same as above)</i>
Peter Perfector With a P on my chest	X	19	I judge by such high standards all must fail. I am driven by perfectionism. <i>(No matter what I do it is never good enough. I started feeling this way it seems like my first day in school. A family motivator, beatings will continue until grades improve)</i>

Remember when responding, focus on *Termites and Pet Peeves* for the solution or the disease as called for.

The first three make fun of names you are to make up on the following age are Three Spiritual Gifts, which are primary human patterns that are always present; learning to identify them is a good investment. They are not subject to any real change. We came equipped at birth with these three Spiritual Gifts, even though we're not fully awakened. However, practicing the spiritual principles built in this workbook will most likely help to awaken to them.

The **root cause of every resentment** is that the second and/or third Spiritual Gift has been violated or unfulfilled. The second Spiritual Gift is **Awakening to the Love that we are**. The third Spiritual Gift is **Awakening to the created individual we are, with purpose and meaning**.

The following rules and patterns are common for most of us. These are suggestions only. If you cannot find a pattern in the following that serves your needs, make up your own list.

Focus on *Termites and Pet Peeves* as much as possible.

To come up with some funny names, I had to seek the help of my friends. It was hard for me to find anything funny about some of my use of the *Termites and Pet Peeves*. I am blessed with some truly creative, gifted friends.

Now finish the task. It would be useful for you to come up with some of your own important patterns on the next page. Have fun – unless you have other plans.

"Make fun of" name	#	Violated and complied with are just two sides to the same rule and pattern.
	1	Awakening to the Presence of our Higher Power.
	2	Awakening to the Love that we are.
	3	Awakening to the created individual we are, with purpose, meaning.
	4	I know I am of more worth or value than I can prove.
	5	I look to other people, places and things to determine my: worth, meaning, purpose, happiness, sadness, fulfillment, etc.
	6	I compromise myself to get what I need or want, then resent it.
	7	I have been in denial.
	8	I practice the "law" of lack, never enough (love, money, time, etc.).
	9	I am quick to forgive. I seek correction. I realize that Termites and Pet Peeves are an illusion, like a drug, a quick fix.
	10	Control everyone with Termites and Pet Peeves even myself.
	11	I project my experience and beliefs and call it reality.
	12	I know I am far more loving than I can give or receive.
	13	The beginning of a relationship (love, friends, business): I believe you believe in me, that I am special. The beginning of the end of this relationship is when I no longer believe you believe in me.
	14	I resist change. I am likely to procrastinate.
	15	I blame the past, project negatively on the future, and fear the present.

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		16	I experience fear in most areas of my life including success and love.
		17	I have to earn everything or know the "right" people or get lucky.
		18	I have hurt others, but I did it without malice.
		19	I judge by such high standards that all must fail. I am driven by perfectionism.
		20	I change roles within the same pattern, thinking I have changed: one time a victim, the next time the aggressor; or I am a user, and the next time I am used.
		21	I make "deals" and promises, but I don't keep them.
		22	What I can have I don't want, and what I want I can't have.
		23	I lack ability to form a true relationship with another human being.
		24	I feel I don't belong. I feel emptiness no one or anything can fill.
		25	I keep attracting the same sick relationships (love, business, friends).
		26	I just cannot find the willingness to do whatever "it" takes.
		27	I am doing just great; then I fall into an old rut. This is a rebound.
		28	I am too negative, fearful and angry so I withhold and withdraw.
		29	I have lots of problems with jealousy.
		30	
		31	
		32	
		33	
		34	
		35	

If We Let Our Termites and Pet Peeves Have Their Way Without Being Called into Question

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Action 21 - Today is _____

Why am I willing and able to forgive? Why am I unwilling Or Unable to forgive?

Perhaps it is the belief that Termites or Pet Peeves are important enough to call for forgiveness!

The simple fact is just this – so we send them off to build a colony.

Today's Mission Statement: We're reminded of the problem we must deal with, the *Termites and Pet Peeves*, which our little personal "reality" is powerless (alone and unaided) to change. We cannot consistently manage our thoughts, feelings, or actions. We need to find - **awaken** to a Power Greater than ourselves. How do we do this? How do we get from the problem [*Termites and Pet Peeves*] to the Solution? Well, that's what our workbook is addressing, with our Boss showing us the way. The spiritual principles offer us the tools we need to help us chip away everything that is not our Father's Will and Love.

Spiritual principles are in a special order, which, if followed, will help us be more effective. For example, we realize that we cannot alone and unaided change our use of the *Termites and Pet Peeves* consciously and consistently. Next, we're told that we will come to believe that a Power Greater than ourselves COULD restore us to sane thinking and action. In **Action 9**, we're asked to write down the ways we have already received God's grace. In **Action 10**, we're asked to keep a running list of all the things and people we are grateful for. Those two actions are reminders that we have had a Higher Power looking out for us, even though often we blocked the way. Those two reminding actions open, to some degree, our awareness of our Higher Power. This makes it easier to cross the bridge to surrender everything, even if it is only for one hour at a time.

However, we are on the toll road, and we have to pay a fee if we want to save a lot of miles and have a fruitful and safe passage. The cost is to address forgiveness both for ourselves and others. Forgiveness will not change the past, but it will free us from loveless detours, costly delays on our way to our heart's desire. It isn't about the other person, but it is about us and our self-made prison. Setting another person free does not make them right, but it makes the forgiver free. A side benefit is that we will not have to keep taking trips to the *Termites and Pet Peeves storehouse*. If we choose to be healed and express the love we are, forgiveness is a must. To our rational, reasoning, emotionally charged mind, forgiveness does not seem right, and we may only understand it after it is done. As Nike reminds us – "Just do it." Try Oscar Wilde's approach: "Always forgive your enemies; nothing annoys them so much."

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, including myself. I may not feel able, but I can be willing. Then I can look to our Father to do the deed.

When the doors of my consciousness are cleared of the clutter caused by old, useless, or harmful beliefs and by my judgments of others and myself, I see that my part is no more and no less than

my little personal “reality.” Our Program shows that, through its process, we can become **forgiven forgivers who forgive**.

The following are thoughts and ideas about forgiveness. Check them over, take what helps, and leave the rest. I have found them very useful.

One of the most common human needs is love. This is sharing; this is love. We give but little when we give our possessions; we truly give when we give of ourselves. In the act of giving, in “passing it on,” what we have received, we realize that giving and receiving are the same. In fact, the only way to become a “Master Receiver” is to share with others everything we want for ourselves. We can love because our deepest nature is love. The messenger is the message. Because I value love, I am willing to address my forgiveness needs. It is impossible to have the depth of love I long for without forgiveness.

Awakening to the individual self we were created to be, with purpose and meaning, is to live our Heart’s Desire, God’s will for each of us. The only way we can fully realize who we are is to share who we are now as the result of this process. The Termites and Pet Peeves get in our way, and forgiveness helps clear the clutter. When we are God-centered, even for a moment, we have all the power and wisdom we need. In that moment, we are told and shown what to do, say, think, and feel in a way we can hear, understand, and follow. **Once an idea or ideal becomes part of our personal “reality” (our habits of thought and feeling), it is beyond our pay grade to change alone and unaided.**

For most of us, these Termites and Pet Peeves have become automatic responses. An automatic response is a habit, and a habit can be changed to a large degree or transformed into a useful asset, much like our other addictions or obsessions, by the grace of our Higher Power. When one of our guilt-and-punishment producers comes to mind, we turn to our spiritual tools for a real solution. Forgiveness is one important tool, not a quick fix.

We have a lifetime of judgments to be healed or transformed. One transformation will not heal everything. By the grace of our Higher Power, we can experience degrees of healing. This begins when a pattern, a habit of thought or feeling, is recognized, owned as ours (not other people, places, or things), and surrendered to our Higher Power, our Higher Self. To the degree that we completely own and surrender these patterns, the healing or transformation is more complete.

The willingness to forgive is the key to 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 do not want to feel this way,” or “I am tired of being negative, fearful, and resentful.”

The importance of forgiveness is often dismissed with little thought; one reason may be that we simply do not know how to forgive. Sometimes we feel unable to let go. More often, a core

belief tells us that when someone does something wrong—even if that someone is ourselves—they must be found guilty and punished. Yet when we are wrong, most of us would love to be forgiven quickly, and we do not want our “crime” made into a capital crime. If I want that level of forgiveness, I must be willing to extend it to others. Remember: what I can do is my responsibility; all else is God’s responsibility. I can choose, at any moment, to be willing to forgive. That is a great start. Let our Higher Power do the rest. **When it comes to Termites and Pet Peeves, most of us never even consider forgiveness.**

Yes, we can experience instant forgiveness, even here and now, one moment at a time. If you do not get anything else out of this workbook but this simple process of Instant Forgiveness, if you are anything like me, then count this workbook a great success.

1. Pick out one of your worst Pet Peeves, one you have held on to – far too long.
2. Just be sure you are willing to let it go – **not able but willing.**
3. Find a motive, within yourself, no matter how selfish it may be, one that your head and your heart can agree on. For example, I was so tired of being negative, fearful, and pushing others away using this Pet Peeve that put people down. I no longer cared who did what, to whom, I just wanted to be free, so I no longer felt, thought, and acted as I did when I used it. A friend had told me, “God answers the prayers of the heart because He put them there.”
4. When you truly realize that you want even a few minutes of freedom – say something like this: God, I am so tired of thinking and feeling this way. With all my heart, mind, and soul, out of enlightened self-interest, I am willing, just for this moment, to forgive myself and those I am drawn to that seem to enable me to use this Pet Peeve.
5. God, I am willing but not able at this time to forgive – so I entrust this to you.
6. Thank you.
7. Now let it go – one moment at a time – this one. Repeat this any time a thought of this one comes back. Bless both of you and turn it back to your Higher Power.
8. We have the power to choose in this moment – this present one – it is the only one there is.
9. Leave the results to your Higher Power – He will do for us what we cannot do alone and unaided.

Action 22 - Today is _____

FORGIVENESS is the key to all happy and loving relationships.

Sometimes the hurt feels either too big or too small to bother forgiving. In those moments, willingness is the key. If you are unable or unwilling to forgive, especially when you expect the person will do it again, pray for the willingness to forgive. Put this person on a prayer "hit list." Pray for them five times a day, upon awakening, mid-morning, noon, mid-afternoon, and before sleep, for two weeks, or as long as it takes to experience forgiveness. **Out of enlightened self-interest, we want to be free of this one and take back the power we gave them.**

Perhaps the most difficult forgiveness is self-forgiveness. We carry too much inside information, an inventory of every time we fell short. Many of us absorbed the belief long ago that anyone who did "such a thing" should be punished. We also tend to imagine that someday we will finally "graduate" once we get it right or earn it. **Instead of seeing each experience as a stepping-stone, we treat it as a stumbling block and a cause for disappointment.** The beatings continue until we become perfect. We would be far better off to forgive quickly and seek correction, leaving the results to our Higher Power.

One common challenge is forgiving those with whom we have long-term relationships. Over time, we often change the "crime." We forget what upset us at the beginning and read the past through today's understanding. Naming this tendency helps us let go of the past and move toward freedom.

1. What is the 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 - which of those items stand out?
8. Are you now willing to forgive so you can be free?

9. 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.

10. 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.

A Simple Technique. Brief excerpts from: “The Sermon On The Mount” – By Emmet Fox - The Chapter Forgive Us our Trespasses, As We Forgive Them That Trespass Against Us

The technique of forgiveness is simple when you understand how it works. The essential ingredient is willingness. If you truly desire to forgive, most of the work is already done. Many people make forgiveness a bogey because they think it requires forcing themselves to like the offender. Happily, that is not the case. We are not called to like anyone we do not like spontaneously, and it is impossible to like “on command.” Trying to coerce yourself only increases dislike. We are not obliged to like everyone; we are obliged to love everyone, love meaning a vivid, impersonal goodwill. This is not about feelings, though a wonderful sense of peace and happiness usually follows in time.

Get by yourself and become quiet. Repeat any prayer or treatment that appeals to you, or read a chapter of the Bible. Then quietly say. “I fully and freely forgive X (mentioning the name of the offender); I loose her/him and let her/him go. I completely forgive the whole business in question. As far as I am concerned, it is finished forever. I cast the burden of resentment upon the Christ within me. She/he is free now, and I am free too. I wish her/him well in every phase of her/his life. That incident is finished. The Christ Truth has set us both free. I thank God.”

Do not repeat this act of forgiveness. You have done it once and for all. Repeating it would quietly deny your own work. Afterward, whenever the memory of the person or the incident returns, bless the person briefly and dismiss the thought. Do this as often as the thought comes back. In a few days, it will return less and less, until it is gone. Later, it may surface once more, but you will find the bitterness has disappeared. You are both free. Your forgiveness is complete, and you will know a wonderful joy in the realization.

Somebody Did Me Wrong Song

From time to time, people will do things that do not promote happiness or satisfaction in your life. They may do these things for years without your cooperation. While you do create the experience of having something “done” to you, it is also true that people do things to you.

Practice general Forgiveness every day as a way of life – “The Sermon On The Mount” - By Emmet Fox.

Everyone should practice general forgiveness every day as a matter of course. When you say your daily prayers, issue a general amnesty, forgiving everyone who may have injured you in any way, and on no account particularize. Simply say: “I freely forgive everyone.” During the day, when a thought of grievance or resentment comes up, bless the offender briefly and dismiss the thought. The result of this policy will be that very soon you will find yourself cleared of all your

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resentments and condemnations. The effect upon your happiness, your bodily health, and your general life will be nothing less than revolutionary.

A naïve person forgives and forgets. An uninformed person neither forgives nor forgets. A wise person forgives; however, they never forget. It has taken me years of radical training to awaken to this wisdom. I am nowhere near graduation.

Action 24 - Today is _____

Prep work for sharing your secrets

I promised myself I would never tell anyone my secrets, so when the time came, I balked. I looked for an easier, softer way. I could not find one. I told myself, "I have already talked to my Higher Power about my secrets. Why tell anyone else?" Then another fear arose: if I tell someone everything, that person could blackmail me into doing his or her will. I was tempted to move on to the next part of the process. But I had agreed at the beginning of this workbook to do whatever it takes to complete it. Oops.

Admitting everything to our Higher Power and to ourselves is two-thirds of this process, and it is the easier part. It will not get the job done. Left to ourselves, we tend to swing from guilt and remorse to rationalizing our part away. Here are some reasons to take this vital action:

1. Most of us have always dreamed of having someone love and accept us just as we are. Only by sharing with another human being can we hope to experience this love and acceptance to the fullest.
2. Some of us gain a real sense of belonging.
3. We are likely to experience God-consciousness or a spiritual awakening.
4. Our secrets consume too much energy to maintain. Letting them go releases the energy we have been using to hold them back.
5. I have never heard of anyone being blackmailed after doing this important part of the Program.
6. I have heard of people experiencing the Presence of a Higher Power, along with freedom and peace of mind, for the first time.

PREP WORK FOR SHARING YOUR SECRETS

1. As you go through this prep work, make an outline so you can remember everything you need to share.
2. Review all your responses to the questions and statements up to this point. Include your written responses, your list of Boxes, and your worksheets.
3. Be very mindful of your patterns, the experiences you repeat, even with different people, places, things, or forms. These patterns, habits of thought and feeling, are one of, if not the most important, parts of this process. They make up your personal "reality" and are the key to long-term recovery and spiritual growth.
4. Remember that these patterns will show up throughout the process.
5. As you review, continue preliminary work on amends. As you prepare, you may uncover more harm done and people you cannot forgive. In truth, many of us must face more Termites and Pet Peeves abuse here. I did not want anyone to know how petty I can be.

Who do you trust enough to share both the good and the bad you have uncovered?

It is important to find the right person to confide in. It is best to share with someone who has completed this process. If he or she is living a recovery Program, that person will better understand what you are trying to do. You may not be able to find someone you trust in your present group; you may have to go outside your circle. Many of us have taken our first time to a doctor, a spiritual counselor, or someone else outside our usual contacts. One person I know went out of state and told a total stranger he hoped never to see again.

What matters is that you feel you can trust this person. That trust will help you be as honest as you can be at the time. Use caution about doing this with someone too close to you or with someone you have an ax to grind with. You could hurt that person or someone else if you are completely honest. It is wise to question your motives. A self-serving motive might tempt someone to take this to an ex-lover.

Action 25 - Today is _____

Sharing Our Secrets

Ask the person you go to share your secrets, to help you identify your patterns. Show this person a copy of your pattern list, including your Termites and Pet Peeves examples. They may have additions for your list. 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 patterns, and your Termites and Pet Peeves you must deal with. In the end, you are the one who will gain or fail from those patterns directly.

Make a list of the possible people that you could or would take this with. In the first column, put their names. In the second column, write what you believe to be any benefits or advantages of doing it with that person. In the third column, write what you think or feel could be any possible problems, and list your fears.

NAME	BENEFITS - ADVANTAGES	PROBLEMS - FEARS

Ask the person you choose to do it with you. When they agree, ask what you need to bring or do. Make an appointment. Write out any questions you may have or any part of the process you may need to clarify. Now your prep work is done, and you set the date, the starting time, and the estimated amount of time to set aside to complete it with the person you have chosen. This is a great day to carry out this important mission.

DATE	START TIME	UP TO TIME	PLACE	PERSON	PHONE #

Let's pocket our pride and go to it, "illuminating every twist of character, every dark cranny of the past." Once we take this step, withholding nothing, we will most likely be delighted. Some of us have a spiritual experience. You may feel, perhaps for the first time, that another human being accepts you just as you are. We will know a new freedom.

Much of what we kept hidden for years loses its power over us. For the moment, we are free from our self-made prison.

We remember there is still work to be done. In a short time, we may find ourselves sharing one of our former secrets to help someone else. It is a wonder to help another by sharing our experience, strength, and hope, letting go of a "secret" we were sure we would take to the grave.

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These experiences are common among those of us who are open and honest in the moment. Later, most of us find ourselves ready to do the work again at a deeper level. We are individuals with different levels of understanding. If your healing experience fell short and you are not free of your self-made prison, we suggest returning to the beginning of the process, reviewing everything to this point, and trying again. It may help to take this step with another person, especially someone who has completed the whole process. Many who go through this work receive an awakening wisdom they can pass on to others.

Action 26 - Today is _____

REMOVING OUR DEFECTS IS GREAT – HAVING THEM TRANSFORMED IS EVEN MORE USEFUL

The key to this Action is in the wording: *“Were **entirely ready** to have **God** remove all **these** defects of character.”*

First, we **truly want** something when we are ready. That **wanting** is often the beginning of healing.

Second, it is **God** who removes all defects, not us alone and unaided.

Third, the wording tells us which defects need removing. **“These”** implies that we have identified specific defects.

Do not take any of this lightly. Each action is an important part of the process, and our minds will play tricks on us. With this action, our conscious mind may say, *“Of course, I want all these defects removed. Now that I see how harmful, useless, or painful they are, I will just let them go.”*

Two problems with that well-intended thought:

1. Generalizing will not get it done.
2. We are not the ones who remove these defects, not by ourselves.

Just follow the A-B-C-D-E below:

ACTION A: Because something is simple does not mean it is easy. Now that you have found some of your patterns (“defects”), the following suggestions will help. Take each “defect” from your most used Termites or Pet Peeves and ask yourself if you are ready to have God remove or transform this defect into a usable asset.

1. If your answer is **yes**, ask your Higher Power to do it for you, then move on to the next defect (pattern).
2. If **no**, go back to the beginning of the process for that one defect and review the first set of questions to increase the pain of holding on to it.
3. If that is still not enough, try this: remember that our problems, like everything else in life, are progressive. If nothing is done to heal them, they worsen. Habits grow stronger with use (our personal “reality,” our patterns). With time, we get “better” at our defects. Another way to increase the pain of holding on is to extend the defect into the future.
4. What will life be like if this does not change in one year? In five, ten, or twenty years?
5. Have you had enough, or are you thirsty for more?
6. If you are now ready, continue this process until you have addressed every single defect.

ACTION B: Going over each defect in detail will help us.

- a) Own each defect. Remember, our defects center in our own minds.
- b) Remember how powerless we are to remove these defects alone and unaided.
- c) Experience new hope by taking positive action.
- d) See that some listed defects are parts of the same pattern. This helps us combine them, which is part of the next suggestion.

If you have followed this process, you have reviewed your uncovered defects and combined them into the smallest number of patterns. If you have not, please do so now. *“Do it quickly, at least 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 who have received some healing by God’s grace have become assets, tools, and early-warning signals. Those defects do not appear as often, they do not last as long, and they are not as intense. This is a sure sign of growth and awakening.

We are building a new way of life, and it is important to understand that this is a long-term process, not another quick fix. We did not get here overnight, but by practicing limited, sick, and sometimes insane patterns and habits for many years. If we do the best we can with this Program, we will experience a way of life far beyond anything we dreamed.

Imagination is a tool of our co-creating self, or we use it to make up our illusions. Our thoughts become things. We can use imagination to co-create what we want and to disempower what we do not want. *“No matter how thin you slice it, there are always two sides.”* The past, present, and future each have two ways of viewing them. I can choose to see them as having a good purpose, or I can view them negatively. Why should that be a hard choice, even for one who is a little off-center?

We learn that our past can be transformed into loving assets. Why not offer all our past for transformation? Now is the only time we can do, say, think, feel, or co-create anything, so why not choose the good purpose? As I think about the future, why not expect many inspiring surprises? It takes the same amount of time and energy, maybe even less, than a negative outlook. Living with an open mind and an open heart, our unique life is filled with wonderful gifts, but we may have to stop, look, and listen for them. If we choose to live our Father’s will and His love, wonderful promises will come true, such as the Alcoholics Anonymous promises on pages 83 and 84. Our faith, our perceiving power, linked with the Divine Power, will shape our outer experience in a wonderful way, His way. **Let us ask more of our Father, more of our spiritual program, and more of ourselves.**

The Spirit of our Father is within us, and His breath is our life. Reality is at the center of our being. Life is from within, out. I am awakening to what that means, and I choose to pay more attention to what I am paying attention to, with an open heart, mind, and soul, empowered by His grace.

Thy Love, Thy Will be done.

The next suggestion: assign each of these defects (patterns) a “Make Fun Of” name. These names become important when we set up the last three parts of this process to live and grow by. They will be part of our early-warning system.

ACTION C: We reviewed our inventory after sharing it with another person and updated our Rules and Patterns List Boxes (see page 20). Now assign each defective pattern a dishonoring, discrediting “make fun of” name. You can change a “Make Fun Of” name anytime. We will use these names to disempower the defects (patterns) of the power we gave them. Making fun of our defects and laughing at ourselves is healing in itself. We will cover the “how to” in Step Ten. **Do this now:**

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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.

See the Rules and Patterns Worksheet, page 20.

"Make Fun Of" Name	RULE and PATTERN	#

ACTION: (D) Which of these defects are you now ready to have God remove? Fill in the matching #

#	#	#	#	#	#	#	#	#	#	#	#

ACTION: (E) Decide which of these defects you are unwilling or unable to let go of now. Fill in the matching # - Go back to suggestions (A 3 through 7), to upgrade these defects to the "ready" list.

#	#	#	#	#	#	#	#	#	#	#	#

We Humbly Ask for Help

I did not like the idea of having to write so much when I began this process, or of committing to work on it every day. As I worked on it as part of the healing process, I saw it differently. I realized I was not playing a game, nor looking for a quick fix anymore. 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 an awakening to my spiritual gifts.

It's interesting that I would spend every waking moment for days on just one resentment or fear. When it came time to work on the healing process in the beginning, I resisted the suggestion to spend at least an hour a day on the solution. Is that insane or what?

Sometimes our words carry hidden meanings we don't see. When I got to my inventory, I felt defective. Talking with an understanding person began to set me free. After that, I realized I was ready to surrender each of my defects to my Higher Power to disempower them, removing or transforming each one into an asset I could use to help others.

I was now aware of these defects. Simply being willing to trust that a loving God could and would remove or transform my defective beliefs and habits, my little personal "reality," gave me new hope. The love shown to me helped me believe it wasn't just me "coming up short."

As I reflected on my past wrongs, I thought: "I have done harm to others and to myself." It was not my intention to harm anyone, but I did. When those harms occurred, I was reacting to my then-reality. Because I received so much love, forgiveness, and acceptance when I inventoried my secrets, I began to feel it was more like a shortcoming (coming up short). The root meaning of sin is "missing the mark," and that is how I have come to believe a loving God views us. I am grateful I had the experiences and the willingness to share them.

I became teachable. When we understand that it is our Higher Power, not we ourselves, alone and unaided, who removes our shortcomings, our decision to follow through becomes easier. If you are ready and willing to accept the healing of these shortcomings, the following suggestion is useful.

We are suggesting that you submit each of your shortcomings (patterns), to a 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 parts 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, or what was done or not done to us.

ACTION A: *What is it about this pattern or shortcoming that I must accept?*

Most of the time, there is at least some part of a pattern we can change, mentally, physically, emotionally, socially, or spiritually.

Example: We may not be able to stop a shortcoming from entering our consciousness, but we can refuse to dwell on it, one moment at a time.

ACTION B: What is it about this pattern or shortcoming that I can change?

Peace comes to us by grace. Most of us cherish even a few moments of it. When we are at peace, everything seems to fall into harmony, and conflict is absent. Serenity may be one of the most valuable gifts in this human condition. Everything around us can appear to be falling apart, yet with the grace of serenity we know, at a deeper level, that all will work out. Ask for serenity as it relates to each pattern.

Example: To be open to change and healing, we need the wisdom to know what we can change and what we must accept. Sometimes we are sure we can change something, but we cannot. Other times, we believe we have accepted something and have not come close. Ask for courage and wisdom as they relate to each pattern.

ACTION 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.

- **ACTION A:** What is it about this pattern or shortcoming that I must accept?
- **ACTION B:** What is it about this pattern or shortcoming that I can change?
- **ACTION C:** Ask God for the Serenity, Courage, and Wisdom to know the difference.

SOWING AND REAPING

(From *Power Through Constructive Thinking* by Emmet Fox)

WHATSOEVER A MAN SOWETH, THAT SHALL HE ALSO REAP

There is no such thing as luck. Nothing ever happens by chance. Everything, good and bad, that comes into your life is there as the result of unvarying, inescapable law. And the only operator of that law is none other than yourself. No one else has done you any harm of any kind, or could do so, however much it may seem that he did. Consciously or unconsciously, you have yourself at some time or other produced every condition desirable or undesirable that you find in your bodily health or your circumstances today. You, and you alone, ordered those goods; and now they are being delivered. And as long as you go on thinking wrongly about yourself and about life, the same sort of difficulties will continue to harass you. For every seed must inevitably bring forth after its own kind, and thought is the seed of destiny. Yet there is a simple way out of trouble. Learn how to think rightly instead of wrongly, and conditions at once begin to improve until, sooner or later, all ill-health, poverty, and in-harmony must disappear. Such is the Law. Life need not be a battle; it can, and should be a glorious mystical adventure; but living is a science.

This is one way of stating the Great Law. Read and reread it at regular intervals, and it will inevitably change your outlook on life.

Action 28 - Today is _____

Gathering Amends Information

We suggest that you categorize the individuals you have harmed into three groups: First, list those you have harmed and to whom you are ready, willing, and able to make amends. The second is those whom you are willing to make amends to, but are currently unable to do so. The third group consists of the people you have harmed, but you are unwilling to make amends. Also, we have included a format to help us with our forgiveness. Have you ever noticed that we harmed those whom we had not forgiven?

Did you keep a running list of those you harmed?

ACTION: [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. After you've finished writing each group, before you set out on your adventures, we suggest you go over your plan of action with someone who has done some of their amends already.

Example: 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 bad-mouthing me. I started telling a bunch of lies about him, and it turned out that my information was wrong. Sam did not say anything about me, good or bad.

How will you go about making this amend? Write down your plan of action for each amends. I had burned Sam with George, Mary, Sally, and John, so I am going to each of them and tell them I was wrong, and I should not have said anything about Sam. And if they ever hear me talk like that again about anyone, 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 this amend. Now I need to talk to my sponsor. I may have missed something, so I want my sponsor to look this over. If he says it's okay the way I am intending to do it, I will make an appointment with these four people and make my amends **AS SOON AS POSSIBLE**.

ACTION: [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 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 anyone in this group to Group One.

Example: 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 got her name and address and told her I was going to take care of her car. I lied to her about my address and phone number. She could not get in contact with me, so I never paid her.

State why you cannot make this amend now. Seek out someone to help you. I went by her home address, and she had moved away and left 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?

ACTION: [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 (awakening, midmorning, noon, mid-afternoon, and evening), for two weeks. Upgrade this one to Group 1 or 2.

Example: [3] Name of the one you harmed.

Pete Duelittle, my ex-partner

What you did or did not do to cause the harm. I commingled my money and company money and never paid it back when we dissolved the partnership. I do not intend to ever talk to him, much less give him any money. He jacked me around on another deal. I should have known better than to partner up with him.

State the form of the resistance and why you are unwilling or unable to make this amend. Pete has a lot more money than I do; he does not need my little commingled money. I hate him and the horse he rode in on. I would give a \$100 - not to hear his name.

Follow this Format for each of those you harmed – do not start to make amends until you talk to a Program person or an understanding person with experience, if possible.

ACTION: [1] This first group is for those 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 review your plan of action with your sponsor or someone who has completed some of their amends after you've finished writing each group, before setting out on your amends 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 down your plan of action for each amends?

ACTION: [2] This group consists of those you are willing to make amends to but are unable to for some reason now. After you've finished 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 Group One.

Name of the one you harmed.

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

State why you cannot make this amend now. Seek out someone to help you.

ACTION: [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 (on 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 everything possible to upgrade this group to Group One or Group Two.

Name of the one you harmed.

What you did or did not do to cause the harm in the first place?

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

Action 29 - Today is _____

Letting Go of the Past

This will go a long way toward healing a relationship or ending it. The main purpose is to let go of the past, to break down walls, and to heal.

LIVING AMENDS: The best amends we can make for those we love and ourselves are living amends, by practicing these spiritual principles in all our affairs. Walk our talk. In the previous action, we wrote 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. Make a list of things you are willing to do and to be consistently as living amends.

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

INTO ACTION (An amends format)

After reviewing your previous plan of action and making an appointment list or contact with one, you are to make your amends. Make your amends in person, face-to-face, if possible, unless it could cause more harm than good. For example, if the person we need to make amends to is an ex-lover, we need to question our motives. Additionally, if this person has someone else in their life, your contact could cause harm. Once again, it is always wise to discuss your plan with another person who has experience with making amends. At each stage of the process, it would be wise to ask your Higher Power for guidance and the ability to be honest, willing, and open-minded, loving, forgiving, 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 clarify something. Try not to go into details at this time unless the person insists on doing so. This first contact is for the purpose of making an appointment. On a separate sheet of paper, set up your appointment information, name, date, time, meeting place, phone number, and the main points you need to cover so you will be sure to remember.
2. When you go for the appointment, you may say something like this - "I'm now in a Program, which suggests that I clear up my past by making amends, or I may not get well."
3. If this is/was a long-term relationship, state the amends in general at first. This way, the other person can fill in the things they felt were harmed.
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 it differently now. I'm asking for your forgiveness, but if you are unable to forgive me, I can truly understand. I'm not sure I could if the shoe were on the other foot."
5. If they want to open up an area or be more specific, by all means, do so. You are there to have the problem healed, to tear down walls. 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 the thing you regret straight out.

7. If it's money to be repaid, create the best repayment plan you can; one that 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 them and yourself.
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 your Higher Power do His Job, and you can go about doing your own.

Amends can be made to those 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. You may choose to write them a letter, saying all you need to say, then burn the letter. The most important thing is that you both be FREE to get on with life, their new life and yours.

Building your amends contact list.

For each of those you are going to be making an amends to, take a separate sheet of paper and include all the information you will need to carry out that amends. Most often, it is more effective to make your amends in person, but in some cases, that will not be wise or possible.

Example: Brief outline of what I want to cover:

1. I ask my Higher Power to cause me to have all the honesty, willingness, humility, and wisdom to carry out this amend.
2. I am in a recovery program, which suggests that I clear up my past by making amends, or I may not get well.
3. I was wrong and I deeply regret all the ways I have harmed you [and the company]. I hope that I would do it differently now. I'm asking for your forgiveness, but you may be unable to forgive me. I can truly understand. I'm not sure I could if the shoe were on the other foot.
4. I co-mingled my money with your [company] money; the best I can tell is about \$?? I do not have that much today, but I have \$??, and I agree to pay the rest out with interest at \$?? a month until I have repaid all. If I can pay it off sooner, I will, but right now I know I can do it at \$?? a month.
5. I know that money will not restore the trust you once had for me, and I do regret betraying your confidence. I am here to show my intention to change. Thank you
6. If this person does not accept my offer, I will make the best deal I can without over-committing myself.
7. I am grateful for the willingness to clear my side of the street.

Having done your prep work for making amends as best you could at this time, including making as many appointments as possible, you are ready for Action Day - the day when you go about making your amends, Good luck, and may God Bless you.

**Action 30 - Today is _____
Amends – Into Action**

Having done the prep work for making amends, it is best to include making appointments, ready for live action. This is the time for making amends. At the start of each amend, it is helpful to use your daily opening affirmation.

Is there anyone left in the Group (3) list on PAGE 41? Those whom you resisted making amends or said, "no, never," and could not upgrade to group (1) or (2), page 40.

FORGIVENESS is the key to happiness and loving relationships with our Higher Power, others, and ourselves. At times, the harm was too much for us to forgive. Willingness to forgive is the key; however, we may be unable or unwilling to forgive (check out the Forgiveness List Boxes). For those, we suggest that you pray for the willingness to forgive, put those on a prayer "hit list." Pray for this person five times a day (on awakening, mid-morning, noon, mid-afternoon, and before you go to sleep), for two weeks or whatever it takes.

The most difficult one to forgive is ourselves. There are several reasons for this, one being that we have too much inside information, including how often we have fallen short. This program, and life in general, is a process, from limited to less limited ad infinitum. Some of us have an illusion that someday we will graduate. Each experience is a stepping-stone that we took for a stumbling block. That caused disappointment, and that called for Termites and Pet Peeves, of our choice. The beatings will continue until we become perfect. Let us forgive quickly and seek correction, leaving the results to our Higher Power.

A common forgiveness problem is forgiving those with whom we have had long-term relationships. The primary reason for this is that with time, we change the "crime." We forgot what upset us when the "crimes" happened, and we judge it with 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. *YOU CAN USE THIS FORGIVENESS METHOD FOR THOSE WHO HARMED YOU A LONG TIME AGO, WHO YOU FEEL HAVE NEVER REALLY BEEN HEALED.*

On a separate sheet, write out the following:

1. Name of the one who harmed you.
2. What did that person do or not do to harm you?
3. How did you react at the time of the harm?
4. How did you feel and or think at the time of the harm?
5. What about now? How do you feel and or think about the harm?
6. How do you react when you think of, hear about, or see the one who harmed you?
7. Are you now willing to forgive that person so you can be free?
8. 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 **in the present**. Perhaps at the time of the “crime,” we were very childish, selfish, self-centered, demanding we have our way, believing adults have to have their way or else. When we grow up, we may come to believe that the people in “charge of us” were loving us the best they could. We did not see it that way – way back then.

9. 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.

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Action 31 - Today is _____

TITLE	ACTION	PAGE
Introduction - Continue to Awaken and Grow	31	46
Setups - Am I Most Likely To (Negative)	32	48
Setups - Am I Most Likely To (Positive)	33	50

ACTION: Underline or highlight what is most useful for you in the text and follow the suggestions.

Introduction - Continue to Awaken and Grow

How do these ideas directly relate to Termites and Pet Peeves? Give examples.

By working this Program completely, we're promised a Spiritual Awakening, which is the First Spiritual Gift. This is a transforming experience; I was never the same afterward. Some have a great Spiritual Awakening but soon go back to sleep. I asked those who went back to sleep what went wrong. I've come up with interesting conclusions.

The sleepers did not have the containers or equivalents Spiritually, mentally, physically, emotionally, or socially, to support an expanding consciousness. Resuming the old day-to-day lifestyle, they fell back into a rut, habit of thought and feeling, to the unchanged and un-regenerated personal "reality," soon to doubt that a real Spiritual awakening had happened, telling themselves that it was an illusion.

Those who did not fall back into old ways stepped up their awakening experience, in other words, sharing the love we are, our Second Spiritual Gift. Let us learn to practice these principles in all their affairs, our Third Spiritual Gift, building the Spiritual, mental, physical, emotional, and social equivalents of their expanding conscious capacities and abilities. Our Program is a radical training ground.

HOW PROMPT CAN WE BE? We have repeated throughout this workbook the importance of finding our habits of thought and feelings. All of life's experiences, real or illusory, are filtered and colored by our personal "reality," our belief. If there are long-term changes, we must identify our beliefs before we can take responsibility for them; in other words, **own them**. When we do this, we have the right to make new decisions as to what to do with them. **We have to possess something before we can surrender it, even to our Higher Power; 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 quickly can we turn from the problem to the solution? The answer is, "Very promptly." In fact, we can learn how to stay a step or two ahead.

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

AS WE GO ABOUT OUR DAY - Most of our life experience runs on automatic until something disturbs us, which is "good" or bad." This is an important moment for our growth. We can choose at that moment which way we will feel, think, and act, or just react automatically. It is simple, but not easy.

"MAKE FUN OF" NAME – Action 20 page 28 - You are asked to come up with a "make fun of" name for each of your important rules and patterns. In this part of the process, these names can become a 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.

EARLY WARNING SIGNALS:

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

WHEN AM I MOST LIKELY TO?

The next two Actions are to help us build an Early Warning Signal System. These question thought-starters help us produce our personal lists of "When Am I Most Likely To." Some experts say that as much as 98% of our conscious experiences are running on habits. It often feels like we're controlled, or that we've lost control, because our experiences run on automatic. It feels as though we don't have any choices. If we're tired of this, and it is likely that we are, we would not have come this far; identifying these habits as part of the healing process is vital.

DAILY JOURNAL - If we keep a Daily Journal for at least forty (40) days, in just one important area of our lives, we will gain a much deeper understanding of that area and the way we relate to it. The human condition runs in cycles. Some days my thinking is clear and sharp; at other times, I feel stupid.

When we learn to identify our cycles, we make better decisions and plans. Keeping a Daily Journal helps us track our cycles and our patterns.

PRIMARY PURPOSE

Building an Early Warning System is important, and we cannot overstate it. It offers us a new freedom in our daily lives. Learning to use the "make fun of" name is a great tool and can be fun, if you want it to be.

Action 32 - Today is _____

"Am I Most Likely To" List – Today We Will Cover the Negative

After you have responded to these twenty negative questions, build your own lists of WHEN AM I MOST LIKELY TO.

The following is the first list of "WHEN AM I MOST LIKELY TO?", which are negative SETUPS. SETUPS are the ways that we are likely to think, feel, and react to our habits of thought and feelings, our personal "reality." We will continue to repeat these unless we change. **If nothing changes, then nothing changes.** Identifying these SETUPS can help 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. These Early Warning Signal Systems could compare with the signs on a freeway telling us when our exit is coming up in time for us to change lanes. 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.**

I was listening to a motivational speaker, sharing a great success story of an NFL football receiver who was setting all kinds of receiving records in the NFL. The speaker said, "Just watch this receiver in Sunday's game; you will notice he is not 10 or 15 yards ahead of his defender; he was only a step ahead. Yet he is breaking NFL football receiving records. To be a winner, you do not have to be light-years ahead of your competition, only one step."

I related that statement to my dealings with others. Far too often, I did not get along well with others. My social skills left a lot to be desired. I had not learned the importance of restraint of tongue and pen, as our Program suggested. I recalled the many times I saw myself going down the same old rut and unable to stop.

As you can see, if we could stay a step ahead of old, useless, harmful problems, we would be way ahead in the game of life. Example: At first, resentment was anger, and before the anger, it was likely a fear. The fear came out of an old belief. I did not want to do something, or maybe I had to deal with someone I did not want to deal with. Perhaps I had to work on something, I was not good at that would cause fear. Instead of letting it run on automatic, I could turn that "problem" over to our Higher Power, and its course toward resentment would end or reduce its power.

Respond to the list of WHEN AM I MOST LIKELY TO negative questions as they relate to Termites and Pet Peeves.

1. Am I most likely to have a physical craving for problem stuff when I am dishing out *Termites and Pet Peeves*?
2. Am I most likely to be a victim or an aggressor when someone uses *Termites and Pet Peeves* on me?
3. Am I most likely to feel fearful, anxious, or terrified when someone is trying to put a guilt trip on me?
4. Am I most likely to be too rigid when I am dealing with a *Termites and Pet Peeves* addict?
5. Am I most likely stressed out when I am in the company of *Termites and Pet Peeves* abusers?
6. Am I most likely to feel shame or guilt when (???????)?
7. Am I most likely to feel hurt, angry, or resentful when I am falsely accused by (???????)?
8. Am I most likely to feel unsure or doubtful when a loved one is guilty of what I'm accused of?
9. Am I most likely to feel abnormal or confused when I use Pet Peeves on someone I like?
Someone I don't like?
10. Am I most likely to try to control other *Termites and Pet Peeves* addicts?
11. Am I most likely to feel inadequate, stupid, or incompetent when dealing with a highly intelligent *Termites and Pet Peeves* addict?
12. Am I most likely to punish or make others feel guilty when they use Pet Peeves?
13. Am I most likely to feel sad or depressed when I have made a loved one a victim of my *Termites and Pet Peeves*?
14. Am I most likely to fear abandonment or rejection when someone has used *Termites and Pet Peeves* on me?
15. Am I most likely to put things off, like a visit to a friend, when I'm using *Termites and Pet Peeves*?
16. Am I most likely to withdraw or withhold because someone accused me of *Termites and Pet Peeves* use?
17. Am I most likely to have obsessive thoughts or feelings to get even when I am a victim of *Termites and Pet Peeves*?
18. Am I most likely to conflict with others or myself when I feel it would be unfair to punish them?
19. Am I most likely to judge or criticize those who use *Termites and Pet Peeves*?

20. Am I most likely to be too sensitive or overreact to criticism for using *Termites and Pet Peeves*?

After you have responded to these twenty negative questions, build your own lists of AM I MOST LIKELY TO:

Why is it so hard for so many of us to open up when it comes to the good in our lives? I don't have a problem talking about the negative stuff, but when it comes to positive or loving experiences, I am so closed off. I remember when I first started my Asset List, I resisted every statement or question. I am feeling the same way now with this list. I had the same problem. I focused on the negative for so long that I thought to feel and talk about the good was not being honest. I still had old fears and resentments not fully healed. Well, I still have fears and anger, but the Program has taught me not to linger on them. To use the skills and tools you are learning to apply in your life, just do the best you can. It is no less important to identify our constructive, useful, and positive SETUPS. We want the good to increase and to become aware of their likelihood. The following list is to act only as a thought starter.

Action 33 - Today is _____

Am I Most Likely to List - Today We Will Cover the Constructive, Positive List

The following is made up of the second list of AM I MOST LIKELY TO SETUPS. This second list is constructive, useful, and positive. SETUPS are the ways that we are most likely to think, feel and/or react to our habits, our personal "reality." We will continue to repeat these unless we change. Unlike the negative examples, we want the change to be an expansion of that which is positive and constructive; in other words, we want what does work to increase. **If nothing changes, then 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 realize it, choose to make a new decision, and take whatever action or inaction is called for long before it ever takes place, therefore, improving the opportunities for a positive increase. These Early Warning Signal Systems could be compared to the signs on a freeway telling us when our exit is coming up in time for us to change lanes. 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.

1. Am I most likely to experience the presence of God or Higher Power when I have been corrected instead of punished?
2. Am I most likely to experience love or loving when I have been forgiven?
3. Am I most likely grateful when I am given tender mercy?
4. Am I most likely to trust others and myself when we are being honest and open-minded?
5. Am I most likely able to make decisions and follow through when I have one Source?
6. Am I most likely to feel close or intimate toward others when I believe they are kind and loving?
7. Am I most likely to feel safe, secure, and stable when I have faith in the Boss?
8. Am I most likely to feel I have a purpose, meaning, or mission in this life when I am walking my talk?
9. Am I most likely to feel wise and intelligent when I call on my true Source?
10. Am I most likely flexible when I am free to act without being judged?
11. Am I most likely playful, happy, joyous, and free when I am not too serious and living in the presence?
12. Am I most likely to feel constructive and positive when I am sure of my purpose?
13. Am I most likely to forgive quickly others and myself when I am in harmony and at peace?
14. Am I most likely patient with myself and others when I know the outcome?

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15. Am I most likely honest with myself and others when I am filled with trust?
16. Am I most likely to feel worthwhile and useful when I am single-minded?
17. Am I most likely to ask for what I need and want when I trust the giver?
18. Am I most likely to make commitments and keep them when I want the outcome I perceive?
19. Am I most likely spontaneous when I am open-minded?
20. Am I most likely to feel like I belong when I feel cared for?
21. Am I most likely to feel selfless when I give of myself?

Action 34 - Today is _____
Inventory Your Spiritual Journey

On a separate sheet of paper, write a brief Inventory of your spiritual journey:

- (a.) What was or is your resistance to a Higher Power, religion, or a Spiritual way of life?
- (b.) What are the types of prayers and meditations you have used?
- (c.) How effective were they?
- (d.) Sum up your present prayer and meditation practices.
- (e.) Make a list of your spiritual or religious resources available to you, that you could seek guidance to improve
your understanding and practice of prayer and meditation.
- (f.) Make a list of those people who can help you on your spiritual journey.

SEEKING – Our spiritual journey is an important part of our human condition; that is, to be our Real Self, the Individual we were created as; in other words, our Creator's Will for each of us. Ask for the power to carry it out. I remind you, we shall never be joyous, happy, and free until we realize who and what we are. Once we have realized where the power is and what we want that power for, it becomes a much simpler and easier decision. All of life is a process. For our own benefit, we are to continue to seek through prayer and meditation to improve our conscious contact with this Higher Power and our Higher Self.

WHAT ABOUT AFFIRMATIONS

In the early years of my use of affirmations, I thought it was so phony. At some point, I realized the "good" was what I wanted my mind filled with instead of the negative. I would memorize a few affirmations at a time. Once this became a habit, I would find myself thinking and saying one of these affirmations instead of automatically responding with something negative.

Sam met an old high school friend he hadn't seen in years. His friend had become very successful. Sam asked him how he had done it. His friend said that he went to finishing school. Sam asked him, "What did you learn in that school?" He replied: "I learned to say fantastic, instead of B.S."

I turn to my affirmation and Spiritual readings as thought-starters each morning as I am co-creating my day. I intend to focus my attention on affirming what I want instead of what I don't want. For example, I picked an idea from the "Most accomplished" list, which is in the list of Loves and their elements from the list of our Higher Power's Attributes, His nature or characteristics.

SIMPLE SUGGESTIONS

Here are five parts of a process for praying that are useful for me:

1. I must believe, feel, and know there is a Higher Power, a Power Greater than myself. I remind myself that the food I ate is being transformed into flesh, bone, energy, in other words, everything called life – humans cannot do that.
2. At some level, I must believe, feel, and know I have the right to ask for what I need, want, and desire. I believe this Higher Power has placed the need, want, and desire in my heart, mind, and soul, but I understand what He passed on is filtered through my personal

“reality.” I feel sure, He placed in my heart and mind His will for me, and knows how to fulfill it, if I will let Him.

3. Next, I ask this Higher Power for what I need, want, and desire. I must give this some thought before I ask, like “What’s this for?” 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, believing it will be done.
5. I let it go and stay out of the way of the process.

Practice every day until it becomes a habit; then it's automatic. At times, I have to spend more time on one or more of these five parts. I meditate on that part for a while, then I return to the process. I remind myself that I cannot get good enough to earn God’s grace or be bad enough to keep His grace from flowing to me.

HUMAN AUTHORITIES AND OUR HIGHER POWER

I realized that every judgment I made about a human authority I projected onto our Father/Creator. I see how important it is to forgive Him for the illusions I laid on Him. For example, I “knew” my dad loved my brother more than me. If you had known my brother, you might have loved him more, too. Our dad gave my brother the good stuff, the love I wanted. One morning in meditation, I heard myself say, “Father, I’m sorry I’m not the son You wanted.” I remembered saying the same to my dad: “I’m sorry, I’m not the son you wanted, like my brother.” I later did a workshop on relationships with authorities and how we project their traits, good and bad, onto our Higher Power.

WHEN I LOVE SOMEONE, I OFTEN THINK OF THEM

If I love someone (our Father) with all my heart, mind, and soul, I think of that person often. If I know someone (our Father) has what I want, I find a way to communicate, pray. Once I awakened to a Power greater than myself Who could and would do for me what I could not do for myself, I learned to communicate with Him. My motive has not always been pure, but when I ask with all my heart, mind, and soul, I experience the gift of useful solutions. I took the same pathway with meditation. When I love someone (our Father), or know Someone who has what I seek, I cannot get enough. I want to be near, to talk and listen, and to hear what others say about Him. Prayer and meditation are spiritual principles; they expand with use. The highest form of meditation is contemplation, direct knowing. This often comes when we are still mentally, emotionally, and spiritually.

ONE SOURCE, MANY CHANNELS

You may wonder, “Are we supposed to pray for our own needs?” Asking our Higher Power for what we need at any given time includes Him in every area of life. Many of us believe there are things we must do alone and unaided, as though our Higher Power cannot or will not help with these “forbidden” areas. On the contrary, we will never be truly fulfilled being anything other than the individuals He created us to be, living in conscious union with His will for each of us.

Turn your consciousness toward your Higher Power at each beginning, for example, upon awakening, starting a new project, or answering the phone. At each completion, say thank you.

AS YOU BELIEVE

I made up rules about when and how God would help me and when He would withhold or punish me. So far, God does not follow my private rules. A wise teacher said, "It is done unto you as you believe." It is important to identify all that makes up our personal "reality" (our rules), and to seek God's will and the power to carry it out.

To receive God's help, He must have our consent. It is hard to consent when we are full of self. Therefore, prayer and meditation are vital to our recovery and awakening, and to the healing of our Termites and Pet Peeves. Any 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 deeply; these are gifts of grace. We can, however, keep turning to the God of our understanding and choose to make a habit of it. By building this habit, we open ourselves to receiving and giving consistently.

ALL HAVE A PURPOSE

Whoever created us as individuals must have a purpose for each of us, and that purpose is His will for each one. If we live in conscious union and harmony with His will and His purpose, we are likely to experience personal fulfillment. In that case, we will surely want to improve our understanding and experience of His will and receive the power to carry it out. There are many teachers waiting to share with us. "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 meditation to bring us home to conscious union, to healing, to wholeness, to fulfillment.

GOD'S INDIVIDUAL WILL FOR EACH

Each person thinks of a Higher Power according to perceived needs. Some try to satisfy themselves with people, places, and things; at best, this is a temporary fix. On the negative side, we can become guilt-and-punishment "drug" users. On the so-called positive side of the illusion, we may overdo other mind-changing pursuits. It is not necessary to think of God exactly as others do. It is necessary to think of Him (or Her) as the Source of what we personally need. The hungry need food. The weak need strength. The strong need tenderness. The lonely need others to share with. The fearful need courage. The loveless need love. The tempted and the fallen need God's tender mercy. You get the idea. Now, make a list of your wants and needs, and what you believe their solutions are.

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If we can accept that our Creator is the first cause of everything, we are a step ahead. We may think of God in any way we wish, but the way we think and feel matters. Too often, we do not turn to Him or Her until we are in need. As we practice the spiritual principles in this process, we will have a spiritual awakening and experience some measure of the love we are. As we practice these principles in all our affairs, we are introduced to our Heart's Desire.

Finding our Heart's Desire, our purpose, our mission, God's individual will for each of us, and living in conscious union with a Higher Power who can and will do for us what we cannot do for ourselves: this is the focus of this workbook.

To help you find your Heart's Desire, purpose, and mission, visit www.12stepworkbook.org, then go to Workshops → Free Downloads → "Awakening to Your Mission: A Spiritual Gift."

BLESSING and CURSING

(From Power Through Constructive Thinking – by Emmet Fox)

Life is a reflex of mental states. As far as you are concerned, the character that things will bear will be the character that you first impress upon them. *Bless a thing and it will bless you. Curse it and it will curse you.* If you put your condemnation upon anything in life, it will hit back at you and hurt you. If you bless any situation, it has no power to hurt you, and even if it is troublesome for a time, it will gradually fade out – if you sincerely bless it.

We are told, you remember, that whatever name Adam gave to an animal – that was its name; and of course, you know that the name of a thing means its character. Adam said to one animal, "You are a tiger, ferocious," and so it was. To another, he said, "You are a gazelle, gentle and kind," and so it is. Now, Adam is every human, and until we learn to give good names, to "christen" everything, we shall have enemies of various kinds to deal with.

Bless your body. If there is anything wrong with a particular organ, bless that organ. (Of course, you must bless the organ and not the disease.) Bless your home. Bless your business. Bless your associates. Turn any seeming enemies into friends by blessing them. Bless the climate. Bless the town, and state, and the country.

Bless a thing and it will bless you.

HUMAN AUTHORITIES AND OUR HIGHER POWER

Have you ever seen a huge hoist in action at the docks? You know what happens. The operator would not dream of trying to pull up that load with his muscles. He would damage himself seriously and make no impression on the task at hand. All he has to do is gently throw a small switch. Then the electric power raises the load to any height required. When we work spiritually, we apply infinite Power to our problem, letting the Boss handle the heavy load, and there can be only one outcome: victory.

Affirmation: I have awakened to the realization that I projected onto my Heavenly Father the characteristics of my earthly dad and other authorities. I had to forgive our Father for the illusions I made up. Today, I am blessed with Spiritual Discernment. It is clear that I have had an invisible means of support all my life. I should have been locked up or in a grave long ago. In my heart, I know we are all created with a purpose. As long as we are alive in this world, we have not finished our mission. When I experience peace within, and my heart overflows with love, deeper than words, for our Father and Jesus, I am in conscious union with our Father's will for me.

I am a man with limited talents. I need not expect my purpose in this world to be a great contribution to humankind. However, I can make a good difference to those I am given to share with. For me, sharing the experience, strength, and hope I have been given by grace is to speak with authority. When I hear anyone tell his or her life story from the heart and from experience, I believe they are speaking with authority. Like a parable, their sharing speaks to the listener's heart, mind, and soul. I am speaking with authority when I pray with an open heart and mind: "Thy Love and Thy Will be done, and not mine, unless mine is also Yours, Father."

Action 35 - Today is _____

The Messenger Is the Message

Our Program offers ways to experience fulfillment beyond our illusions and to address the human condition at every level where we are willing and able to apply these Spiritual principles. When we fall into old self-centered ruts, we have tools to get out quickly. If we choose, we can get out of ourselves by sharing our experience, strength, and hope, one-on-one, in meetings, and with groups of like-minded friends. This process embodies all three Spiritual Gifts. It is our choice at what level we will share these Gifts.

I have a suggestion that has never failed me. Before I take any Program action, I seek the guidance of my Higher Power. I share whatever comes to mind and pray it will be useful. I get the name and phone number or contact information from the newcomer. When I feel down or simply want to share the Program with someone, I call that newcomer and share what has been given to me. I ask simple, basic questions, such as: "Do you have a desire to stop drinking?" and "Are you able to get to meetings or talk to a member of your recovery program?" I ask if they have any questions and let them know how to contact me. If I can get out of myself, even for a minute or two, I am uplifted.

THE MESSENGER IS THE MESSAGE

Whatever area we have applied the process to, and to 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 we may enjoy living to the fullest; that is love. When our sharing is centered in love, we are speaking with authority.

THE GOLDEN GATE

(From Power Through Constructive Thinking – by Emmet Fox)

God is love, and he that dwelleth in love dwelleth in God and God in him.

Love is by far the most important thing of all. It is the Golden Gate of Paradise. Pray for the understanding of love, and meditate upon it daily. It casts out all fear. It is the fulfillment of the law. It covers a multitude of sins. Love is absolutely invincible.

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 may be the trouble, how hopeless the outlook, how muddled the tangle, how great the mistake; a sufficient realization of love will dissolve it all. If only you could love enough, you would be the happiest and most powerful being in the world.

IF YOU WANT MORE LOVE, PLANT MORE LOVE SEEDS

The second spiritual gift is the awakening to the Love that we are, that all of us are. We're 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 the process 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 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.

MANY OF US HAD DIFFICULTY

Many of us struggle with the idea that the solution to our problem is to find a Power greater than ourselves. As compulsive, addictive folks, we can be atheist, agnostic, or a true believer in the same hour on a given day. That by itself will not remove the problem, but every bit of willingness helps.

EARNING OR GRACE

We cannot earn the Three Spiritual Gifts; they were given to us at creation, by grace. Our part is to be as open and receptive as we can be to that grace. This includes uncovering, owning, and being willing to let go of everything that is not part of these Three Spiritual Gifts. Our personal "reality" runs on automatic twenty-four hours a day, so we need to be committed to this process. Otherwise, we remain victims of our own habits of thought and feeling.

REALITY

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

AFFIRMATION

Align my finite being with the Infinite within me, within all, and around me everywhere Present, and I have arrived Home in our Father's loving embrace. I awaken and experience His will being done. I share with all my brothers and sisters the random acts of love.

36 - Today is _____
The Three Spiritual Gifts

ACTION 1: FIRST SPIRITUAL GIFT - AWAKENING PRESENCE

This workbook has 40 Actions. Working the actions up to this point has likely brought some degree of spiritual awakening. Working these actions fosters a personality change, a shift in perception sufficient for recovery. As our old mask (personality) is removed, at least in part, we awaken to 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 experiencing a conscious union with Him. *"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, p. 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.

If you have had a spiritual awakening, summarize what that experience has meant to you. Share this experience. **Write your response.**

ACTION 2: SECOND SPIRITUAL GIFT – LOVE

"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 very 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, p. 89; reprinted with permission.)

Write your response to the following (use a separate sheet of paper):

1. What healing experiences have you had that you can pass 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 sharing your experience, strength, and hope with another?

ACTION 3: 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, and 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 and 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 want corn, plant corn seeds. If you want love, plant love seeds. Walk your talk, and the rewards will be beyond your present belief. If we turn to doing God's will or work, we are given the power to carry it out.

The Third Spiritual Gift is awakening to the individual, created Self, with purpose and meaning. In other words, to live our Heart's Desire, God's will. The third part of our process is "...to practice these principles in all our affairs." The only way we can fully realize who we are is to share who we are now as a result of this process. When we are God-centered, even for a moment, we have all the power and wisdom we need. In that moment of awakening, we experience the Presence, the Love we are, and the created Individual we are. We are told or 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 get at it.

Write your response 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?

Most of us do not live on some island alone. Our dis-ease affects all of those around us. If we have a live-in relationship, this chapter can be useful. Those who live with someone in the Program may experience an equal 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.

Going through the first set of actions, I realized one little fact: I am so glad I am not married to anyone as sick as I am. This disease, my abuse of the Termites and Pet Peeves, has taken me down some dark roads, and I am just now able to see how wrong I have been.

Follow this suggestion: "...we beg of you to be fearless and thorough." As you identify what the important ideas are, write them down, and write a brief plan of action. What you're willing to do differently?

BUILDING A NEW PERSONAL "REALITY" - 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 awake.

ACTION (4)

A suggestion for each of the forty-day practice periods: On awakening, consciously turn to the Spiritual Gift you chose for the day. Choose an attribute of your Higher Power. Choose one of the six loves or an element of love. Choose a characteristic of the most accomplished people throughout recorded history for the day's practice (pg. 58).

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THOUGHT STARTERS: A list of our **Higher Power's attributes**. Create your own list.

Love	Consciousness	Omnipresence (Always Present)
Life	Soul	Omniscience (All Knowing)
Truth (Reality)	Spirit	Omnipotence (All Power)
Wisdom	Intelligence	Universal Principles (Spiritual)

THOUGHT STARTERS: The **six loves – all centered in Divine Universal Love (Our Father)**.

Agape	Philia	Primal Love
Storge	Eros	Self-love

THOUGHT STARTERS: Nine common, everyday **elements of love**.

Patience	Humility	Good Temper – Good sense of
Kindness	Courtesy	humor
Generosity	Unselfishness	Innocence
		Sincere

There are many ways to give of ourselves through our program. Ask your Higher Power, Higher Principles, for guidance on how and where to serve, and it will come. Check out other sources for inspiration.

I no longer hate anyone – that is far too strong a word for my disapproving – today I shall silently or openly extend random acts of love to all who pop into my mind – I have all of those thought starters to choose from

If I think my destiny is in the hands of others, the situation is hopeless. Remember, I only have my thoughts to deal with.

THOUGHT STARTERS FOR LIVING PRINCIPLES: Characteristics of one hundred of the **most accomplished** people throughout history. They had common characteristics that we can share. All had a, not always spiritual, but a greater cause. Living this Program beyond our egos and awakening to the Three Spiritual Gifts is a Higher Purpose.

Higher Purpose	Trust	Resiliency
Focus	Perseverance	Independent
Prepared	Creative	Courage
Conviction	Risk takers	Commitment
Faith	Curiosity	

ACTION (5): Daily Practice for Greater Benefits

Until consciously turning toward the Presence of your Higher Power becomes a habit, set a physical reminder and write down your insights.

SPIRITUAL LEVEL

Seek, through prayer and meditation, to improve conscious contact with the Three Spiritual Gifts. Each day, remove obstacles that block the spiritual flow of Divine energy. Co-create a

loving environment where these Gifts can thrive. When we are in conscious union with our Spiritual Gifts, we intuitively know we are on the right path and feel motivated to expand our spiritual practice. When we are in conflict with God's will, we feel fear, anger, and other negatives; the pain motivates us to turn again to our Spiritual Source.

MENTAL LEVEL

"...for after all God gave us brains to use." (Alcoholics Anonymous, p. 86) We are going to be thinking all the time, unless we are in a coma, so choose what to think about. With a little practice, we can do this. Throughout the day, remind yourself to think about the spiritual gift of the day. Soon, you will have a habit of thinking the thoughts you want. All action starts with some level of consciousness. When we run on automatic, our silence can become consent. Mental Motivators: thoughts that move us toward our Heart's Desire show we are on the path; thoughts that turn us away show we are off it. If we choose, we can use this feedback to return to the path.

For best results, create a daily plan that includes all levels of consciousness.

PHYSICAL LEVEL

We live in a physical body and world.

Physical Motivators: When we care for our bodies and our surroundings, we are on the path. When we neglect them, warning signals appear and motivate us to return to the path. Life is in motion; act in concert with the spiritual gift.

EMOTIONAL LEVEL

The Three Spiritual Gifts, with their attributes, elements, and characteristics, are vital because they are our true nature. By consciously and consistently practicing these Gifts, we open to spiritual flow. The more wholehearted the practice, the more effective this human condition becomes.

Emotion Motivators: positive feeling states move us toward our Spiritual Gifts in a flow of Divine energy; painful emotions alert us to what is not aligned and move us away from it.

SOCIAL LEVEL

We are created for connection; we cannot live alone.

Social Motivators: When we join for our common welfare in useful, constructive, joyful ways, we are motivated to share. When we withhold or withdraw, we falter, and the pain can motivate us to change.

Action 37 - Today is _____

Begin your Daily Practice
Blank Daily Practice Sheet page 60

A DAILY PRACTICE EXAMPLE

1. On 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:

For our example, we choose The Second Spiritual Gift, which is love.

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: *Today I choose patience as the element of love.*

3. I will practice this Attribute or element of love or characteristics throughout this day, at all levels: *I will practice patience silently or openly – whichever is called for today.*

Spiritually: *I will seek our Father's guidance at each beginning - I am willing to trust Him for all the results so I can be patient.*

Mentally: *I will make a note of the patterns as to when I am patient and when I am not, so I can learn from the experience.*

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

Emotionally: *I am patiently directing my emotional energy toward love.*

Socially: *I choose to be patient with all those I meet today.*

ACTION (6) At the end of each day or the next morning, make a short review of your practice experience. What contributed to and what was contrary to the practice of my spiritual gift (s) for the day.

Tomorrow morning, I will make a full written report of today's experience. I am especially watchful for the patterns that show up concerning the use and abuse of Termites and Pet Peeves. Mornings work best for me. Going over my Daily Practice Sheet is more useful for me the following morning.

A DAILY PRACTICE

Date ____ / ____ / ____

1. On 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:

A DAILY INVENTORY: The next morning, some of us review the day before as to how well we did with our daily practice. Others may do their inventory the same day while it's fresh in their minds. By the time you have completed a full forty-days' practice on each of the Three Spiritual Gifts, you will have a pretty good idea of what worked and didn't work. Perhaps most important is the uncovering and discovering of our patterns – in other words, our personal "reality." It is a special treat when we awaken to our Heart's Desire – our Father's Will for us.

**Action 38 - Today is _____
Spiritual Transformation**

If everything stops working the way it once did, you may be going through a spiritual transformation. Visit our website at www.12stepworkbook.org to download a copy of **Spiritual Transformation**, or pick one up at our office: **16607 Blanco, Suite 401, San Antonio, TX 78216**.

What is a Transformation Cycle? How does it work? What's in it for me?

As spiritual beings in a human experience, we pass through many cycles at every level, both short-term and long-term. Each 24-hour day, we are "reborn" each morning, grow a little, and "die" each night when we sleep. There is the forty-day cycle, and the arc of a human lifetime, spiritually, mentally, physically, emotionally, and socially, symbolized by birth, infancy, childhood, adolescence, adulthood, and elder years. A Spiritual Transformation cycle is more intense, giving profound meaning to "we must die before rebirth." Jesus demonstrated such a cycle in His birth, life, death, and resurrection.

SPIRITUAL TRANSFORMATION

One of the greatest fulfillments we can experience in this human condition is also one of the most fearful, painful, and dangerous. Sometimes it can even be fatal. At some point, everything may seem to stop working, often called the *Dark Night of the Soul*. Fighting or resisting this natural cycle can create serious problems, fear, anger, depression, destructive acting out, or turning on oneself. The more we try to live on yesterday's bread, yesterday's experience, the more pain, frustration, anger, and fear we feel. Many of us become destructive to ourselves and to others. Our Higher Power, or Higher Self, will direct and guide us if we are willing to surrender to the process. Pain comes from resistance; let go and let our Father guide us Home.

When an important area, or everything, seems to stop working, ask yourself two questions. If the answer to either is yes, take whatever action is needed to correct it.

1. Am I doing something I should not be doing?

If no, move on.

If yes, stop it for a while and see if that helps.

2. Am I not doing something I should be doing?

If no, move on.

If yes, take the needed action and see if that helps.

If there is no real change, you may be entering a transformation cycle.

VERY IMPORTANT SUGGESTIONS

The A.A. Program is based on principles and will work if we are able to live it. If we are in a natural transformation cycle, it does not mean the Program is not working; it means we are going through a way of transformation. When winter arrives, we can accept it and even find ways to enjoy the short, cold, dark days until spring returns. The seasons come and go; so does this time of transformation.

If We Let Our Termites and Pet Peeves Have Their Way Without Being Called into Question
It's As If We Choose to Live with A Petty Thief 24/7

Do not stop the basics:

1. Keep going to meetings (set a minimum).
2. Keep trying to help others (get out of yourself).
3. Keep turning to your Higher Power (even when it feels useless).
4. Keep reading the Program literature (even a line or two).
5. Do not withdraw, spiritually, mentally, physically, emotionally, or socially.

Talk about what you are going through in meetings or with someone in recovery.

Action 39 - Today is _____

Now What?

By now, we have gained a lot of information. The question is: what are we to do with it? Head knowledge can be useful if we remember that's all it is. The longest distance is from the head to the heart. There is no long-term change until both head knowledge and heart experience are internalized as a new part of our personal "reality," a new habit of thought and feeling. The shortcut to changing our personal "reality" is to walk our talk, practice, practice, practice these principles in all our affairs.

WE BOTH RECEIVED A GIFT

A person I could hardly stand asked me to help him with his Step work. He feared he could not stay sober with all the anger and negative stuff in his life. In the past, I resisted working with him. If I were sincere about walking my talk, I knew I had to share with him. He began working the Steps as though his life depended on it. I believe it did. Seeing how hard he worked, I felt warmth and loving compassion for him. I prayed with all my heart that he would get it. From that moment on, no matter how "bad" I might do, say, think, or feel, I have not believed I was a total loss. I knew someone out there would help me, forgive me, and love me, **because I had extended forgiveness and love** to someone I once felt did not deserve it.

BE QUICK TO FORGIVE

Can we share our Three Spiritual Gifts honestly, willingly, with an open mind, and with 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 forgive all. Remember: what we can do is our responsibility; what we cannot do is God's.

Today's Mission Statement

As we come to the close of this Forty-Day Commitment, we may realize this is only a beginning. Now that we have a few more tools for practicing this way of life, we can choose what to do with them. Every area, every level becomes an asset to the degree we have received healing. To keep these gifts and to expand them, we must pass them on.

"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 saw only my little reflection in the limited mirror of my personal "reality." I heard only the hum of my little voice as that 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.

What we receive by our Higher Power's grace, we become. We are wise when we freely pass on what we have become by His grace, consciously and consistently, so we may continue to awaken, expand, and grow.

Summary Questions — Now What?

...and practice these principles in all our affairs.

1. What is your understanding of the statement “principles in all our affairs”?
2. What tools for living did you already have but do not use often?
3. As a result of working through this Forty-Day Commitment, what new tools, or upgraded old tools, did you realize?
4. List at least ten ways you plan to practice these principles in all your affairs. Keep this list handy during your Daily Inventory until it becomes your new habit of thought and feeling, your transformed personal “reality.”

YOUR CHOICE

Many choose to live in darkness with eyes closed, ears stopped, and fists tightly closed, grasping nothing. With a closed mind focused on self and emotions fed by yesterday's self-centered fears, we abused our bodies and used others as objects. We looked to people, places, and things for our worth, meaning, and purpose. We feasted on spiritual junk food while starving for conscious contact with our Higher Power. We tried to control others and ourselves with Termites and Pet Peeves.

CHOOSE ONCE AGAIN

If we are willing to open our eyes, unplug our ears, open our hands to both receiving and giving, let our emotions flow in loving energy, and be open channels, we will receive everything we need to awaken. We will find the way and the power to “seek God, clean house, and help others.” We do not change Divine Laws when we plant corn instead of wheat; we exercise our power of choice. We can choose, but it is God who creates. Now let us choose our Higher Power's will and leave the results to Him.

MUST BE PRESENT

This workbook cannot help those who are active in their addictions. We do not know of any program that can. When it is time to face the healing process, some avoid it through the addiction. Common sense tells us to abstain while doing this healing work. The mind that made us sick cannot make us well in its present state, nor under the influence of the addiction. We need something higher than, different from, other than ourselves that can and will do for us what we cannot do for ourselves. This is a mind-training and Spiritual Awakening program, so it is important to be consciously present.

WINNERS & LOSERS

We hear in meetings, “Stick with the winners.” Who are the winners? They are the ones living the solution. Who are the losers? They are those still getting ready for the Program, practicing their illness. In truth, winners and losers are often the same person at different points in the

process. A sad fact is that many of those “losers” never make the cut. Since you are here, stay, and skip any more sick prep work.

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*, p. 164; reprinted with permission)

It is hard to believe how powerful this process can be until we experience its results in daily living. I found myself saying, “If I had it to do over, I would ask more of God, more of the Program, and more of myself, sooner.”

If We Let Our Termites and Pet Peeves Have Their Way Without Being Called into Question

It's As If We Choose to Live with A Petty Thief 24/7

Action 40 - My Termites and Pet Peeves 40 Daily Tracker. Add as these little guys that show up.

Check if new.

[illegible]

Thank you for spending time with

The Complete 12 Step Workbook

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

Sermon on the Mount Workbook

The Collected 12 Step Workbooks – Volumes 1, 2, and 3

Guilt and Punishment: The Most Widely Used Drug in the World

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.*