

STEP 10/11

MORNING STEP WORK

(THIS WORK IS BEST DONE WHEN READ OUT LOUD)

CHECK
THESE
OFF

- I WILL START MY DAY BY READING ONE PARAGRAPH FROM MY BIG BOOK OR 12&12 (DO IT NOW)
- TODAY I WILL PRACTICE MY PRIMARY PURPOSE OF STAYING SOBER & HELPING OTHERS RECOVER
- TODAY I WILL GO TO A MEETING & I WILL TAKE A MOMENT NOW TO DECIDE WHICH ONE (DO IT)
- TODAY WILL CALL ANOTHER ALCOHOLIC. I KNOW WHO & WHEN (DECIDE NOW WHO & WHEN)
- TODAY I WILL PRACTICE LOVE, PATIENCE, TOLERANCE & FORGIVENESS TOWARDS OTHERS
- TODAY I WILL LET GO OF THAT CHARACTER DEFECT WHICH WORKED AGAINST ME YESTERDAY
- TODAY I WILL CONCENTRATE ON CHANGING MY ATTITUDES AND ACTIONS - NOT CHANGING OTHERS'
- TODAY I WILL SAY OUT LOUD, AND OFTEN, "I LOVE MY LIFE" (SAY IT ALOUD RIGHT NOW)
- TODAY I WILL HAVE FAITH IN MY HIGHER POWER & LEAN ON HIM FOR STRENGTH AND DIRECTION
- IF I FACE INDECISION, I WILL ASK HIM FOR INSPIRATION, AN INTUITIVE THOUGHT OR A DECISION
- TODAY I WILL WORK MY PROGRAM IN ALL MY AFFAIRS - THIS WILL KEEP ME HAPPY, JOYOUS & FREE

IF THROUGHOUT THE DAY, I FIND MYSELF IN FEAR, ANGER, RESENTFULNESS, WORRY, HURT, SELFISHNESS, SELF-PITY OR DISHONESTY,

I WILL IMMEDIATELY TAKE THE FOLLOWING STEPS:

- 1. PAUSE & TAKE A MOMENT TO RECONNECT WITH MY HIGHER POWER
- 2. CALL MY SPONSOR OR SOMEONE IN THE PROGRAM AND SHARE MY FEELINGS
- 3. SILENTLY GRANT FORGIVENESS IF I FEEL HURT, AS I WOULD WANT TO BE FORGIVEN BY OTHERS
- 4. MAKE IMMEDIATE & DIRECT AMENDS IF I HURT ANYONE OR THEIR FEELINGS
- 5. GET OUT OF MYSELF BY IMMEDIATELY BEING OF SERVICE TO SOMEONE ELSE

3RD STEP

GOD, I OFFER MYSELF TO THEE, TO BUILD WITH ME AND TO DO WITH ME AS THOU WILT.
RELIEVE ME OF THE BONDAGE OF SELF, THAT I MAY BETTER DO THY WILL.
TAKE AWAY MY DIFFICULTIES, THAT VICTORY OVER THEM MAY BEAR WITNESS TO THOSE I WOULD HELP OF
THY POWER, THY LOVE AND THY WAY OF LIFE, MAY I DO THY WILL ALWAYS!

7TH STEP

MY CREATOR, I AM NOW WILLING THAT YOU SHOULD HAVE ALL OF ME, GOOD AND BAD.
I PRAY THAT YOU NOW REMOVE FROM ME EVERY SINGLE DEFECT OF CHARACTER
WHICH STANDS IN THE WAY OF MY USEFULNESS TO YOU AND MY FELLOWS,
GRANT ME STRENGTH, AS I GO OUT FROM HERE TO DO YOUR BIDDING.

11TH STEP

"LORD MAKE ME A CHANNEL OF THY PEACE -- THAT WHERE THERE IS HATRED, I MAY BRING LOVE
THAT WHERE THERE IS WRONG, I MAY BRING THE SPIRIT OF FORGIVENESS
THAT WHERE THERE IS DISCORD, I MAY BRING HARMONY • THAT WHERE THERE IS ERROR, I MAY BRING TRUTH
THAT WHERE THERE IS DOUBT, I MAY BRING FAITH • THAT WHERE THERE IS DESPAIR, I MAY BRING HOPE
THAT WHERE THERE ARE SHADOWS, I MAY BRING LIGHT • THAT WHERE THERE IS SADNESS, I MAY BRING JOY.
LORD, GRANT THAT I MAY SEEK RATHER TO COMFORT THAN TO BE COMFORTED
TO UNDERSTAND, THAN TO BE UNDERSTOOD • TO LOVE, THAN TO BE LOVED.
FOR IT IS BY SELF-FORGETTING THAT ONE FINDS. IT IS BY FORGIVING THAT ONE IS FORGIVEN.
IT IS BY DYING THAT ONE AWAKENS TO ETERNAL LIFE

STEP 10/11

NIGHTLY STEP WORK

WHEN WE RETIRE AT NIGHT, WE CONSTRUCTIVELY REVIEW OUR DAY

- DID WE AVOID ANGER & RESENTMENT TODAY? YES NO
- WERE WE HONEST IN EVERY SITUATION & WITH EVERYONE TODAY? YES NO
- DID WE STAY OUT OF SELFISHNESS & SELF-CENTEREDNESS TODAY? YES NO
- DID WE MAKE AMENDS FOR ANY HURTS WE MAY HAVE CAUSED TODAY? YES NO
- DID WE STAY OUT OF SELF-PITY TODAY? YES NO
- DID WE TRY TO BE KIND AND LOVING WITH EVERYONE TODAY? YES NO
- IF OUR FEELINGS WERE HURT TODAY, DID WE FORGIVE? YES NO
- DID WE STAY CLOSE TO OUR H.P., ASKING TO DO HIS WILL TODAY? YES NO
- DID WE REACH OUT TO ANOTHER ALCOHOLIC TODAY? YES NO
- DID WE GO TO AN A.A.MEETING TODAY? YES NO
- DID WE READ OUR BIG BOOK OR THE 12 & 12 TODAY? YES NO
- DID WE GET HUMBLE ON OUR KNEES TODAY? YES NO

LIST THE ONE CHARACTER DEFECT THAT HURT US OR OTHERS THE MOST TODAY

LIST THREE THINGS I AM GRATEFUL FOR TODAY

- 1. _____
- 2. _____
- 3. _____

LIST THREE THINGS I WOULD LIKE TO DO BETTER TOMORROW

- 1. _____
- 2. _____
- 3. _____

THREE THINGS I REALLY ENJOYED TODAY

- 1. _____
- 2. _____
- 3. _____