

Twelve Steps to SPIRITUAL AWAKENING - BIG BOOK Workshop Participant Agreement

- Purpose:** This workshop is structured so that a group of individuals will receive instructions for working all Twelve Steps as contained in the Big Book “Alcoholics Anonymous”.
- Textbooks:** Alcoholics Anonymous – Fourth Edition; Twelve Steps and Twelve Traditions
- Method:** The participants meet weekly on Zoom for one and a half hours for several months. There are assignments of prayer, reading, listening, reflection, and writing. Although there is group discussion, no one is required to share. Only those who volunteer are called on to participate. Some meetings will have a specific rotation of sharing.
- Assignments:** There are work assignments given at each workshop meeting. However, each individual is responsible only to his/her self for their completion. There are no exams or individual accountabilities. This is a personal journey in a group setting.
- Results:** The goal of this process is a personal SPIRITUAL AWAKENING – a change in the way each participant thinks, feels, and behaves. However, each person will have his/her own experience based on their individual effort and emotional/spiritual development. Most people who have completed this process have found it helpful.
- Process:** The application of the process is challenging. It requires personal introspection and self-examination. Some of this activity, especially the inventory, may produce uncomfortable feelings of memories around unresolved issues such as trauma and abuse. At times, during their personal work, an individual may experience unusual periods of sadness, anger, or fear. In the event the participant’s personal effort does not resolve these feelings, the individual involved may find it necessary to obtain professional help and to even stop participation in the workshop.
- Sponsor:** Each participant is encouraged to have an active relationship with an experienced Sponsor and/or Step Guide.
- Facilitator:** Herb Kaighan has personally experienced the power and the effect of the Twelve Step process. He is not a licensed professional of any type. He is not an authority on the book “Alcoholics Anonymous”, Psychology, or Spirituality. He is a

volunteer, and his only intent is to share his experience to help others. There are voluntary donations to cover expenses (e.g., technology equipment & support; insurance; administrative staff; for on-the ground events: rent, refreshments, handout materials, mailings, etc.).

Confidentiality: There are no records of attendance. However, the group usually creates a contact list for meeting change notices and participant use. Participants who elect to receive periodic mailings complete an information form. There is no guarantee of confidentiality about this information or the personal comments that are shared in the workshop. Each workshop may be recorded. Some recordings will be edited and placed on Herb's website. Although there is a diligent effort to protect participant anonymity, it is not guaranteed.

Consent: I have read this Participant Agreement. I acknowledge that my participation in this workshop is voluntary. I understand that there will be personal work assignments and that workshop participation is totally voluntary. I also understand that, although this workshop is intended to help me grow personally, it may at times be difficult and uncomfortable. In no way do I hold the workshop facilitator responsible for any positive or negative results during or after participation in this workshop.

I have read, understood, and agree to the above. My workshop REGISTRATION confirms this.