

# ASSIGNMENTS: Twelve Step Workshop – HerbK 2017

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*A Twelve Month Workshop using the book “Alcoholics Anonymous”*

*To those interested in participating in the weekly meetings for twelve months: this is a precise process of understanding and applying each of the 12 Steps to our personal lives to produce a Spiritual Awakening.*

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## Assignment 1

### Introduction

As part of the discernment concerning your participation in this work, please:

1. Obtain a new Alcoholics Anonymous book, Fourth Edition (unless your current Fourth Edition book has no writing/highlighting: then it's OK).
2. Create and pray a “Set Aside Prayer”:
  - As part of your morning prayer and meditation practice, and
  - Every time before you begin doing any part of the workshop assignments.

**God, please set aside everything I think I know about myself, my brokenness, my spiritual path and You, for an open mind and a new experience with myself, my brokenness, my spiritual path and especially You.**

3. Read and highlight (always highlight when reading, even if not indicated in the instructions), from the title page up through page xxiv (up to “The Doctor’s Opinion”) with these questions under consideration. Do not answer them – **ASK them.**
  - a. Is this Twelve Step process what I really want to do at this time in my recovery?
  - b. Why do I want to submit to this process at this time?
    - At this time am I willing to go to any lengths? What does this mean?
    - In what areas of my life am I being dishonest with myself and others?
4. After you finish the reading assignment, write out your answer to each of the consideration questions – no less than one sentence, no more than one page per question.

Please don't wait to start. The process will be more beneficial if you do, prayerfully and consistently, some work every day.

### OPTIONAL

You may also choose to use these optional resources:

5. “Guide,” \*: read pages 1-12.
6. “Spiritual Awakening,” \*\*: read pages 1-17.
7. Recorded workshop on website – [www.herbk.com](http://www.herbk.com): listen to Sessions One and Two.

\* “Twelve Step Guide to Using the Alcoholics Anonymous Big Book”, Herb K

\*\* “Twelve Steps to Spiritual Awakening – Enlightenment for Everyone”, Herb K

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## Assignment 2

### Understand: Reprieve, Spiritual Experience/Awakening, and Meditation

1. Look up the word “reprieve” in the dictionary, and perhaps in more than one dictionary (“we have a daily reprieve”), and write out the definitions.
2. Look up “meditation” in the dictionary, and perhaps in more than one dictionary, and write out the definitions.
3. Read Big Book Appendix II, “Spiritual Experience,” pages 567-568. What is it? How does it differ from a Spiritual Awakening?
4. Read and highlight Big Book instructions on Meditation - pages 85-88.
5. Read the “Guide”, pages 7-22.\*
6. Listen to recorded workshop on web: Sessions Three and Four.\*

\*Optional

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## Assignment 3

### Step One: What is Wrong with my Body?

#### Problem: Allergy; Phenomenon of Craving

1. Read and highlight “The Doctor’s Opinion” (xxv-xxxii) in the Big Book Alcoholics Anonymous. Ask yourself the question “What is wrong with my body?”

Using a dictionary:

- Look up “allergy”, “phenomenon”, and “craving”.
- What does Dr. Silkworth mean by craving?

2. Read “Bill’s Story” pages 1-8 only (skip 9-16). Look for identification: how he thought, felt, drank and behaved.
3. Read pages 17 to 23 “There Is a Solution”.
4. Read and highlight Step One in the Twelve Steps and Twelve Traditions.
5. When reading ask questions:
  - a. Did I behave like that?
  - b. Has this happened to me?
  - c. Do I believe this process will give me the solution?
6. Read page 263 from the Big Book for the Oxford Groups’ six steps.
7. Complete the “Body” worksheet from the document “Our Way of Life” (page 14) on the website, to be referred to as WOL doc.
8. Review “Guide” pages 23 and 24.\*
9. Read “Spiritual Awakening” pages 21-29\*
10. Listen to recorded workshop on web: Sessions Five and Six.\*

\*Optional

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## Assignment 4

### Step One: What's wrong with my Mind?

#### Problem: Delusion; Illusion; Obsession; "Insanity"

1. Write out definitions of the words
  - "delusion",
  - Illusion",
  - "obsession"
  - and "insanity".
2. Read and highlight pages 23 to 43 in the Big Book.
3. The two stories of Jim and Fred are provided to confirm that knowledge of the disease/addiction and self-knowledge are of no avail. How are their experiences the same and also different?
4. Refer to the worksheet in the wol.doc handout on "The Mind". Have these questions in mind when reading the material. Don't answer the questions. Just reflect on them.
  - a. Did I ever stop?
  - b. Have I had any time of abstinence and then relapsed?
  - c. Why can't I do better when I know better?
  - d. After a period of abstinence, what was I conscious of (thoughts and feelings) just before I began using again?
5. Complete the "Mind" worksheet in WOL doc (page 15).
6. Read "Guide" pages 25 and 26.\*
7. Read "Spiritual Awakening" pages 29-35.\*
8. Listen to recorded workshop on web: Session Seven.\*

\*Optional

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## Assignment 5

### Step One: What's wrong with my Will (power)?

#### Problem: Unmanageable; Willfulness; Spiritual Malady

1. Look up and write out definitions for:
  - Unmanageability
  - Malady
  - Will
  - Willpower
  - Bedevilment
  - Admit
  - Concede
  - Defeat
  - Surrender
2. Read and highlight pages 44 to 45 in the Big Book, to the end of the 2<sup>nd</sup> sentence, 2<sup>nd</sup> full paragraph ending with "... will solve your problem".
3. Read and highlight page 52 of the Big Book, 2<sup>nd</sup> full paragraph beginning with "We had to ask ourselves ..." ending with "Of course it was ...". This is the behavioral description of unmanageability – what it looks like.
4. Read and highlight from pages 60 to 62 in the Big Book, from the last full paragraph on page 60 (begins "The first requirement ..." ends on page 62: "We had to have God's help."). This describes the spiritual malady.
5. Reread the "bedevilment" paragraph on page 52 out loud, substituting the words "I", "me" and "my" and using the present tense, for example: "I have to ask myself ..."

Pause and ask yourself for each item: "Is this my experience?"; "Is this how I feel?" – "TODAY?"

6. Read and highlight Step One in the AA Twelve Steps and Twelve Traditions.
7. Complete the "Will" worksheet from the WOL doc.
8. Beginning with the last paragraph on page 60, turn the following sentence into a question: "The first requirement is that we are convinced that any life run on self-will can hardly be a success." Am I convinced? Reflect. Write out your answers.
9. Read "Guide" pages 27-31.\*
10. Read "Spiritual Awakening" pages 36-47.\*
11. Listen to recorded workshop on web: Session Eight.\*

\*Optional

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## Assignment 6

### Step Two: Belief *About* God/Higher Power/power other-than-yourself

1. Ask yourself and write the answer: “What do I actually *believe* about God?” (Not know, feel, want, been told.)
2. Look up the definitions for:
  - belief
  - faith
  - trust
  - agnostic
  - atheist
  - decide
  - process
3. Read and highlight Chapter 4 of the Big Book (We Agnostics).
4. Read and highlight Spiritual Awakening, Appendix 11, pages 567-568 (again!).
5. Read and highlight the balance of Bill’s Story (pages 9-16) in the Big Book.

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## Assignment 7

### Step Two: Doubt About God/Higher Power

1. Ask yourself and write the answer: “How do I behave in relation to what I say I believe?”
2. Re-read and highlight the Big Book, Chapter 4, “We Agnostics” with a different color. This time highlight and mark the phrases that you disagree with, have resistance to, doubt, or have any negative connections with.

\*Optional

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## Assignment 8

### Step Two: Decision About My Concept; My Willingness

1. Re-read and highlight Chapter 4 in the Big Book, in a different color. This time highlight and mark the phrases that you can embrace, especially looking at the synonyms, for example, “New Land”, “Broad Highway”, etc. Examine these words and meanings (write).
2. Read and highlight Step Two in the Twelve Steps and Twelve Traditions.
3. Choose the attributes or qualities (for example: power, caring) you NEED/want God to be/have.
4. Read “Guide”, pages 32-37.\*
5. Read “Spiritual Awakening”, pages 51-69.\*
6. Listen to recorded workshop on web: Sessions Nine through Eleven.\*

\*Optional



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## Assignment 9

### Step Three: Decision For My Relationship

1. Write out definitions for:
  - decision
  - turn
  - alignment
  - care
2. Read and highlight pages 58 to 63 in the Big Book in preparation for Step Three decision. On pages 62-63, Bill Wilson suggests five relationships: identify and write.

Pay particular attention to the relationship described and the relevance to you.

Does the concept you chose in Step Two connote a relationship? For example, Divine Architect, Healer, Teacher, Coach. etc. Make the relationship personal to you, connected to the attributes for a Higher Power described in the Step Two process. That is, there should probably be an element of power, of caring, and of goodness. Find the word or phrase that your *heart* yearns for. Choose the relationship for your prayer and your orientation during this Step process (bearing in mind that you can change it later).

3. Pay attention to the Step Three promises found in the first paragraph on page 63 beginning “When we sincerely ...”
4. Read and highlight Step Three in the Twelve Steps and Twelve Traditions.
5. Write out your own Step Three prayer based on the prayer on page 63.
6. Read “Guide”, pages 38-41.\*
7. Read “Spiritual Awakening”, pages 73-84.\*
8. Listen to recorded workshop on web: Sessions Twelve through Fourteen.\*

\*Optional

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## Assignment 10

### Step Four: Naming Obstacles to the Relationship

1. Write out definitions for:
  - inventory
  - anger
  - resentment
  - fear
  - infidelity
  - dishonesty
  - secrets
2. Read and highlight the balance of page 63 and page 64 in the Big Book.
3. Read and highlight Step Four from the Twelve Steps and Twelve Traditions.
4. List your resentments – people, institutions, and principles. *Resentment is anger felt over and over.* The point is not the memory of the anger. It is about still having the feeling of the anger, disturbance and upset. This is Column 1.
5. Read “Guide”, pages 44-45.\*
6. Read “Spiritual Awakening”, pages 87-91.\*
7. Listen to recorded workshop on web: Session Fifteen.\*

\*Optional

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## Assignment 11

### Step Four: Resentments – Column 2

*Reminder: resentment is anger that is felt and re-felt. If you are still angry (annoyed, irritated), it is resentment.*

1. Look at each name on your list and ask why you are angry. Look at the Big Book (BB) on page 65 for examples.

Take a new page and write down the first person you have listed in Column 1 as someone you are resentful at and number that person as number one. (This is not a priority list.) List the causes of why you are angry (see how it is done for Mr. Brown in the Big Book). If the person did something once, put down one reason; twice, put down two reasons; etc. Use a, b, c, etc. for causes. Each can be chronologically and qualitatively different. (I had A-Z for my father.) Use BB page 65 as a model, i.e., be succinct.

2. Read "Guide", pages 46-47.\*
3. Read "Spiritual Awakening", pages 91-92.\*
4. Listen to recorded workshop on web: Session Fifteen.\*

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## Assignment 12

### Step Four: Resentments – Column 3 Worksheet

1. Read the bottom of page 64, through all the material on page 65 up to, but not including, the last paragraph on page 65 of the Big Book.
2. Print out a supply of Step Four Resentment Worksheets – Column 3, from the workshop handouts on the web homepage: “Workshop Handouts” – “Way of Life” document.
3. Complete three worksheets by doing: 1)a; 2)a; 3)a (i.e., three different people and one resentment for each person). Pick out two or three people that are the most significant.
4. Read “Guide”, pages 48-50.\*
5. Read “Spiritual Awakening”, pages 92-94.\*
6. Listen to recorded workshop on web: session Sixteen.\*

\*Optional

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## Assignment 13

### Step Four: Resentments – Removal of Deep Ones

1. Look at your list of resentments (persons) and check off your deep resentments.
2. Read and highlight material about deep resentments from pages 66 to 67 in the Big Book down to paragraph 3 starting with “Referring to our list again ...”
3. Construct a prayer of your own for the removal of, and freedom from, resentments from your heart. Use the “Prayer for Freedom of Resentments” from the WOL handout (page 23) on the website as a model.
4. Pray your prayer for each person (e.g., eight persons, eight prayers) with whom you have your deep resentments - every day. It is suggested you do this on your knees to get your full attention each morning until you know in your inner most being that the resentment has been removed. Cross this resentment off. It may take many months for the first resentment to be lifted.
5. Continue to complete the Column 3 worksheets.
6. Read “Guide”, pages 51-52.\*
7. Read “Spiritual Awakening”, pages 94-97.\*
8. Listen to recorded workshop on web: Sessions Seventeen through Nineteen.\*

\*Optional

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## Assignment 14

### Step Four: Resentments – Column 4 Worksheet

1. Read and highlight the final paragraph on resentment on page 67 of the Big Book. Review Column 4 worksheet.
2. Complete three of the Step Four Resentment Worksheets – Column 4 from the handout on the website. Do it on the first three people you used when completing the Column 3 Worksheets. Pay attention to the definitions and comments on the worksheet. They will guide you.

Continue on with the Step Four Resentment Worksheets – Column 4. Do you perceive where you are responsible, why you are hanging on to this resentment and what you get out of playing victim? This is not about self-blame. It is about taking responsibility for your feeling of anger.

3. Look up “forgiveness” and write out the definition.
4. Read “Guide”, pages 53-55.\*
5. Read “Spiritual Awakening”, pages 97-99.\*
6. Listen to recorded workshop on web: Sessions Twenty through Twenty-Four.\*

\*Optional

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## Assignment 15

### Step Four – Fear

1. Read and highlight pages 67 and 68 from the Big Book, down to "... about sex".
2. Do this twice. It is dense, but quite simple.
3. Fear inventory: make a list of your fears.
  - a. Do a spontaneous dump. Let it emerge without comment or filter.
  - b. Then go over your life in brackets of time, e.g.:
    - 1-5 years
    - grammar school (primary school)
    - each year of high school
    - each year thereafter

Identify your fears. They could be concrete, for example, lack of money or being fired. They could be psychological fears – fear of looking awkward, fear of powerful people.

- c. Scan Resentment Worksheets – Columns 3 and 4 for fears and add to list.
4. Take one of your fears and put it on a separate piece of paper.

Ask: why do I have this fear? (For example: Fear of honesty. In Prayer, ask "why do I have this fear?" *I want you to believe something about me that is not true ...* Continue to ask the question ... "Why is that so?" ... "Why do I have this fear?" *I want you to see what I think I am.* Push it ... "Why is that so?" *If I represent myself in a particular way, it will reinforce my delusional or wishful thinking ... "I am really special and unique." ... "When I look in your eyes I will see what I want to be" ... "It is a diminished sense of self confidence and I get my sense of value from who you think I am."*) The point is to push it.

Why do I have this fear? What if it came true ...? What will happen if it happens?  
What am I afraid of?

Go until you get to a wall; it becomes circular; there is no answer or nothing more to do.

Then take your next fear. Do up to three fears. They need to be current fears you have now.

5. You may choose to try completing the fear worksheet (page 25) in the wol.doc. This is outside the scope of the Big Book but may help to have your fears reduced and replaced with the opposite. You might experiment with it and see if it is helpful. For example, honesty: to replace fear of honesty with being radically honest and embracing honesty. I would be forthright and rigorous. I would be transparent and not shade my meaning to look good. This becomes a vision statement to aspire to.

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6. Read “Guide”, pages 56-58.\*
7. Read “Spiritual Awakening”, pages 99-103.\*
8. Listen to recorded workshop on web: sessions Twenty-Five through Twenty-Seven.\*

\*Optional



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## Assignment 16

### Step Four – Sex Inventory

1. Read and highlight from the bottom of page 68 through page 71 of the Big Book. If you haven't read Chapter Four from the Twelve Steps and Twelve Traditions, or not read it recently, read or re-read it.
2. As with other inventories, we make a list. This should be from a stream of consciousness. Look over the history of your sexual activities. Go back to your earliest memories. For example: played doctor, flirted, or sexual experience(s) in high school. Review each year. Some activities may be interchangeable and dealt with in a group. This is where the dynamics remain the same, for example, one night stands, or affairs with married people.
3. Complete the Sex Inventory Worksheet from the down loads from the web, page 26.
4. The answer to Question 9 "What should we have done instead?" will open you up to your core values (for example, not to be involved with married women versus previous behavior of having immediate gratification and not getting caught.)

Place each of the Question 9 answers on a separate sheet and list them one after another. What are the *principles* under each example (for example: friendship; honesty; consideration; fidelity). These are the ideals we must be willing to live up to. We ask God what we should do about each specific example. We earnestly pray for the right ideal.

This is a process that helps us to identify our *core values* and develop our *sexual ideal*. We each need to distinguish what is conditioned behavior, i.e., the taking on values just because they were our family's/culture's/religious tradition's/sponsor's values. We are invited to develop our own values, with an open mind, using the Set Aside Prayer. We put our sexual ideal in the context of responsibility for our own behavior. (Some examples may be consideration of partner's feelings; integrity; fidelity; respect for myself and my partner; etc.) Just a reminder: we are not the arbiter of others' sexual conduct, and the Big Book has no opinion.

5. Read "Guide", pages 50-61.\*
6. Read "Spiritual Awakening", pages 103-106.\*
7. Listen to recorded workshop on web: Sessions Twenty-Eight through Thirty.\*

\*Optional

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## Assignment 17

### Final Preparation of Step Four Inventory

Remember the purpose of this process – to identify and remove/have removed the impediments/ obstacles to a relationship with that Power deep down inside us.

1. Ask yourself where/when you have experienced:
  - Guilt
  - Shame
  - Embarrassment
  - Dishonesty (stealing)
  - Irresponsibility
2. The Twelve Steps and Twelve Traditions suggest we also look at violations of moral principles (values) as expressed in the Seven Capital Sins:
  - Pride
  - Greed
  - Lust
  - Gluttony
  - Envy
  - Anger
  - Sloth
3. Do you have **any** secrets?
4. After praying the Set Aside Prayer, spend time reflecting (meditating) on each of these items and write out your thoughts, feelings and memories. Be specific.

It is especially important to be specific about any area/item that you have conscious/intuitive awareness of resistance to disclosure; any area/event/behavior about which you have discomfort or are disturbed.

Err on the side of maximizing rather than minimizing. This is about “rigorous honesty” and about being transparent. This is about removing the sludge in us that blocks us from God/Power.

5. Read “Guide”, pages 62-63.\*
6. Read “Spiritual Awakening”, pages 101-109.\*
7. Listen to recorded workshop on web: Session Thirty-One.\*

\*Optional

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## Assignment 18

### Step Five

1. Read and highlight pages 72 to 75 in the Big Book.
2. Read and highlight Step Five in the Twelve Steps and Twelve Traditions.
3. It is recommended that we do the fifth Step in one sitting, preferably face to face. It is OK to give part of our story to someone who will understand, for example, a lawyer, a priest, a psychologist, etc.
4. Read "Guide", pages 64-68.\*
5. Read "Spiritual Awakening", pages 111-124.\*
6. Listen to recorded workshop on web: Session Thirty Two and 1<sup>st</sup> part of Thirty Three.\*

\*Optional

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## Assignment 19

### Step Six

1. Read and highlight the first paragraph on page 76 of the Big Book.
2. Read and highlight Step Six in the Twelve Steps and Twelve Traditions (pages 63-69).
3. Make a list of your character defects from a brain and heart dump as you see what they are. Review the information in your Step Four Inventory; include any items identified in your Step Five work.
4. Refer to the WOL material on the web site for the DSM information on “What is a Personality Disorder?” (page 30) and the worksheet on Defects of Character (page 33).
5. Read “Guide”, pages 69-72.\*
6. Read “Spiritual Awakening”, pages 125-138.\*
7. Listen to recorded workshop on web: Sessions Thirty Three and Thirty Four.\*

\*Optional

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## Assignment 20

### Step Seven

1. Read and highlight the second paragraph on page 76 of the Big Book. This is the Step Seven Prayer. Take a look at the prayer and write out your own, based on the principles and concepts of the Step Seven Prayer (a prayer in your own words will assist you to understand the prayer in the Big Book.)
2. Read and highlight Step Seven in the Twelve Steps and Twelve Traditions.
3. Read "Guide", pages 73-75.\*
4. Read "Spiritual Awakening", pages 139-152.\*
5. Listen to recorded workshop on web: Session Thirty Four.\*
6. Pray the prayer.

\*Optional

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## Assignment 21

### Step Eight

1. Read and highlight Step Eight from page 59 of the Big Book.
2. Read and highlight from the paragraph after the Step Seven prayer on page 76 of the Big Book to the bottom of page 83, not including the last paragraph.
3. Read and highlight Step Eight from the Twelve Steps and Twelve Traditions.
4. Use 3 x 5 cards for each person or institution. On the card, put the name of the person harmed, the specific harm done, the action you took, and how you damaged them, what was the negative impact of your behavior. As necessary, make notes on the card, keep contact details, dates, etc., until you have completed the amends. (Pages 76 to 83 in the Big Book gives examples of amends.)
5. Review each of your cards and write down the specific amend you believe will address/repair the harm done.
6. Review each of the cards with your sponsor/step guide before you make the amend. If your sponsor/step guide doesn't have a specific experience to make that amend, find another person to help you prepare to make that specific amend.
7. Read "Guide", pages 76-79.\*
8. Read "Spiritual Awakening", pages 153-170.\*
9. Listen to recorded workshop on web: Session Thirty Five.\*

\*Optional

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## Assignment 22

### Step Nine

1. Re-read Big Book pages 76 to 83, identifying examples of specific amends, and also specific suggested attitudes and principles for making amends.
2. Read and highlight Step Nine in the Twelve Steps and Twelve Traditions.
3. Pray to be guided in the Step Nine process.
4. Start making amends and hold yourself accountable to your sponsor/step guide for your progress.
5. Read "Guide", pages 80-83.\*
6. Read "Spiritual Awakening", pages 171-190.\*
7. Listen to recorded workshop on web: Session Thirty Six.\*

\*Optional

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## **Assignment 23**

### **Step Ten**

1. Read and highlight pages 84 and 85 from the Big Book. Then outline it.
2. Read and highlight Step Ten from the Twelve Steps and Twelve Traditions.
3. Read “Guide”, pages 84-87.\*
4. Read “Spiritual Awakening”, pages 191-204.\*
5. Listen to recorded workshop on web: Sessions Thirty Seven to Thirty Nine.\*

\*Optional



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## Assignment 24

### Step Eleven

1. Look up in a dictionary the words:
  - “*prayer*”,
  - “*meditation*”
  - and “*contemplation*”.
2. Read and highlight in the Big Book from the bottom of page 85 to 88.
3. Read and highlight Step Eleven in the Twelve Steps and Twelve Traditions.
4. Write an outline of the process for Step Eleven as described in the Big Book.
5. Read “Guide”, pages 88-91.\*
6. Read “Spiritual Awakening”, pages 205-230.\*
7. Listen to recorded workshop on web: Sessions Forty and Forty One.\*

\*Optional

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## Assignment 25

### Step Twelve: Working with Others

1. Read and highlight Chapter 7 of the Big Book, “Working with Others”.
2. Re-read Chapter 7 of the Big Book, and note/number in the margin the specific instructions for helping another person.
3. Re-read “Appendix 11” pages 567 to 568 of the Big Book on spiritual awakening.
4. Read “Guide”, pages 92-95.\*
5. Read “Spiritual Awakening”, pages 231-292.\*
6. Listen to recorded workshop on web: Sessions Forty Two and Forty Four.\*

\*Optional

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## **Assignment 26**

### **Step Twelve: To the Wives**

1. Read and highlight Chapter 8 from the Big Book
2. Note principles and guidelines for dealing effectively with your relationship with your significant other.
3. Read "Guide", pages 92-95.\*
4. Read "Spiritual Awakening", pages 231-292.\*
5. Listen to Recorded workshop on web: Session Forty Five.\*

\*Optional

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## **Assignment 27**

### **Step Twelve: The Family Afterwards**

1. Read and highlight Chapter 9 from the Big Book.
2. Note principles and guidelines for dealing effectively with your relationship with your family
3. Read "Guide", pages 92-95.\*
4. Read "Spiritual Awakening", pages 231-292.\*
5. Listen to recorded workshop on web: Session Forty Six.\*

\*Optional

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## **Assignment 28**

### **Step Twelve: To Employers**

1. Read and highlight Chapter 10 of the Big Book, "To Employers".
2. Identify the principles to be used at work.
3. Read "Guide", pages 92-95.\*
4. Read "Spiritual Awakening", pages 231-292.\*
5. Listen to recorded workshop on web: Session Forty Seven.\*

\*Optional

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## **Assignment 29**

### **Step Twelve: A Vision for You**

- Read and highlight Chapter 11 of the Big Book, “A Vision for You”,
- Identify the principles to practice in your Community and your Fellowship.
- 3. Read “Guide”, pages 96-97.\*
- 4. Read “Spiritual Awakening”, pages 231-292.\*
- 5. Listen to recorded workshop on web: Sessions Forty Eight to Fifty Two.\*

\*Optional

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## Assignment 30

### Step Twelve

1. Read or re-read Chapter 12 in the Twelve Steps and Twelve Traditions.
2. Review the list of principles on page 51 from the Way of Life document on the website.
3. Review the first set of questions asked at the beginning of the workshop:
  - a. Why do I want to do this work?
  - b. Why now?
  - c. Am I willing to go to any length and what does this mean?
  - d. Am I willing to be honest?

Take a look at what your answers were then.

4. Reflect and write out answers:
  - a. What shift has occurred from the original questions until now?
  - b. How have I been changed?
    - In my consciousness; have I had any shift in awareness?
    - How has that been manifest in my behavior?
5. What is my commitment to my own journey?
6. What is my personal invitation to carry this message?
7. How will I hold myself accountable?
8. Listen to recorded workshop on web: Session Fifty Three.\*

\*Optional