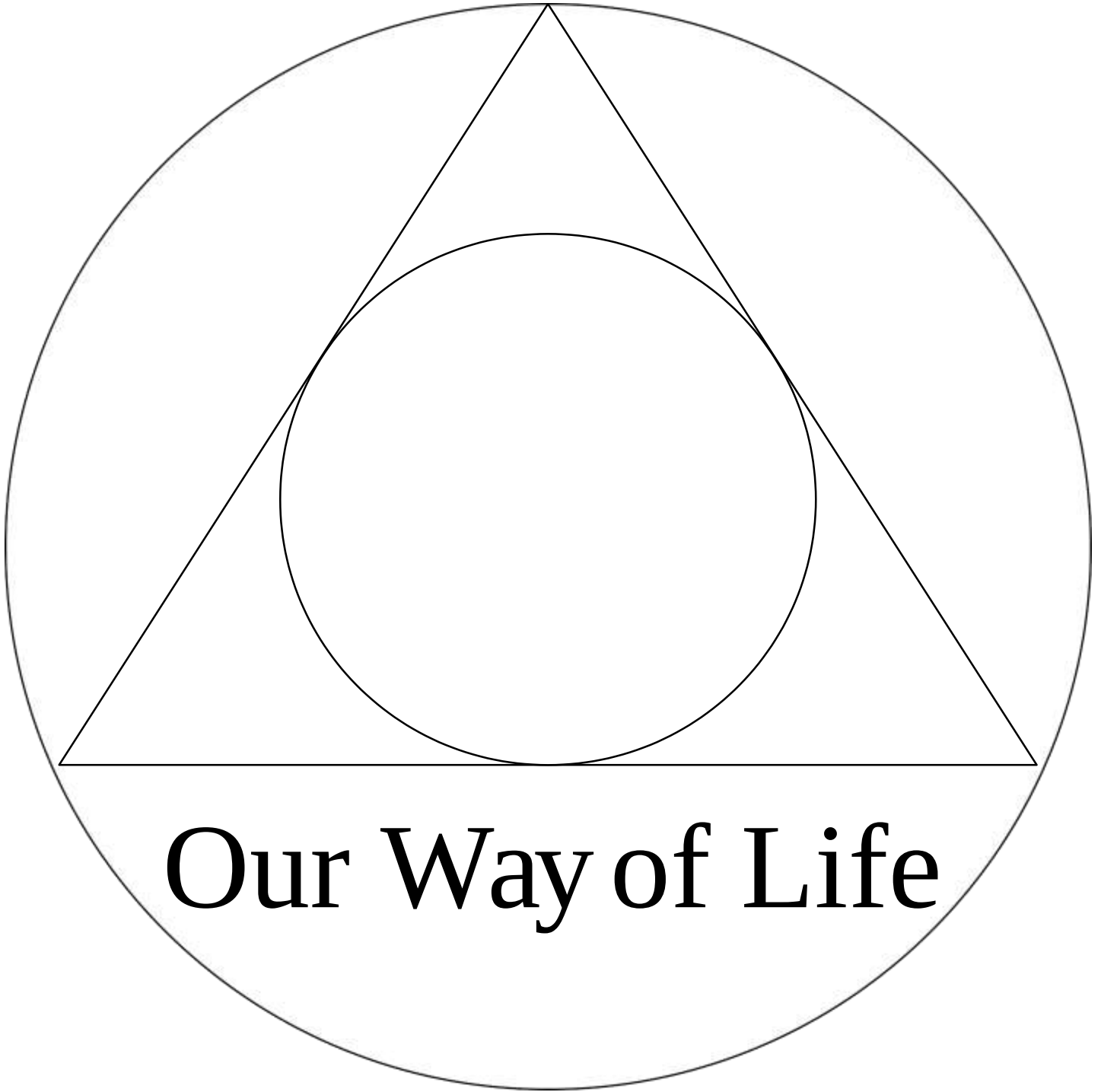


ASSIGNMENTS for WORKSHOP
Twelve Steps to Spiritual Awakening



*These assignments are designed for a Twelve-Month Workshop using the book “Alcoholics Anonymous”.
For more information, visit – www.herbk.com
This is a precise process of understanding and applying each of the Steps to our personal lives to
experience a “Spiritual Awakening”.*

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Assignment 1 – Understanding SPIRITUAL AWAKENING – Step Twelve (part 1)

As part of the discernment concerning your participation in this workshop, 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 daily 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 unmanageability, the 12 Steps and You, for an open mind and a new experience of myself, my unmanageability, the 12 Steps and especially You.

3. Read Big Book Appendix II, "Spiritual Experience," pages 567-568.
What is it? How does it differ from a Spiritual Awakening? How is it the same?
4. LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb K - 2021 Tuesday Workshop	ORIENTATION AND ASSIGNMENTS SESSION 01 CLICK HERE
	STEP TWELVE: APPENDIX II SESSION 02 CLICK HERE

Please don't wait to start. This process will be more beneficial if you, prayerfully and consistently, do some work every day in between the weekly workshops.

OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb K 2020 - with participant shares. This series can be downloaded and saved directly to your device	01 PODCAST CLICK HERE
	02 PODCAST CLICK HERE

Herb K's Books:

- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 1-12.
- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone : pages 1-17:
- Practicing the Here and Now – Being Intentional with Step 11: pages 1-7

See the [Bibliography](#) and [Resources YouTube](#) at the end of this document for more extended reading options referred to during this workshop – ENJOY

Assignment 2 – Reading Preface and Forwards

1. Over the next four weeks:
 - A. 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 journey?
 - b. Why do I want to submit to this process at this time?
 - c. At this time am I willing to go to any lengths? What does this mean?
 - d. In what areas of my life am I being dishonest with myself and others?
 - B. After you finish the entire reading assignment – take your time – write out your answer to each of the consideration questions: no less than one sentence, no more than one page per question.
2. From the Big Book’s 2 Title pages, look up the words: “Anonymous” and “recovered”; write out definitions.
3. AFTER reading up to the Doctor’s Opinion – LISTEN/WATCH:
(*This will be discussed in about four weeks*)

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	BIG BOOK: Title Pages, Preface, Forwards (SESSION 05 CLICK HERE)
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OPTIONAL reading, listening, and/or viewing:

Overview of 12 Step Process	
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Assignment 3 – Understanding: Practice of Meditation – Step Eleven

1. Look up “prayer”, “meditation”, and “contemplation” in the dictionary, and perhaps in more than one dictionary, and write out the definitions.

Read and highlight Big Book instructions on Step Eleven Prayer and Meditation - pages 85-88.

2. LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP ELEVEN: Prayer & Meditation (SESSION 03 CLICK HERE)
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OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares.	03 PODCAST CLICK HERE
Centering Prayer, Practice of Conscious Contact	

Herb K's Books:

- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone : Chapter Eleven

Assignment 4 – Understanding: “not cured”; “daily reprieve”; “spot-check” – Step Ten

1. Read and highlight Big Book instructions on Step Ten – pages 84-85.
2. 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.

3. LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP TEN: “Spot Check” Inventory (SESSION 04 CLICK HERE)
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OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	04 PODCAST CLICK HERE
	05 PODCAST CLICK HERE
Emotional Sobriety: An Expanded Commentary on STEP 10	

- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone : Chapter Ten
- Practicing the Here and Now – Being Intentional with Step 11: pages 7-17
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 7-22

Assignment 5 – Step Twelve (part 2): Sponsorship / Step Guide / Principles

Understanding: Message; Principles; Program; Process; Promises

1. Read page 18 – Big Book
2. Review Way of Life document: pages 52-60
3. Read the chapter “Step Twelve” in the Twelve Steps and Twelve Traditions (see [bibliography](#)).
4. LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	ROCKET LAUNCH : SPONSORSHIP (SESSION 06 CLICK HERE)
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OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	06 PODCAST CLICK HERE
	07 PODCAST CLICK HERE
Sponsorship - Helping Others/Enlarging Compassion - STEP 12	
Our Way Of Living - In the Light (Steps Ten, Eleven and Twelve)	

Assignment 6 – 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”, “craving”, and “addiction”. Write a definition.
- 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. LISTEN/WATCH:

[STEP ONE: INTRODUCTION / Dr’s Opinion / BILL’S STORY \(p.1-8\) \(SESSION 07-2021 YOUTUBE\)](#)

4. Read pages 17 to 23 “There Is a Solution”.

5. Read and highlight Step One in the Twelve Steps and Twelve Traditions. ([click here](#))

6. LISTEN/WATCH:

[STEP ONE: BODY – DO I HAVE AN ADDICTION? \(SESSION 08-2021 YOUTUBE \)](#)

7. When reading ask questions:

- Have I ever lost control, once I start?
- Did I behave like that?
- Has this happened to me? More than once? More than three times?

8. Read page 263 from the Big Book for the Oxford Group’s six steps.

9. Complete the “Body” worksheet from the document “Our Way of Life” (page 15) on the website, to be referred to as WOL doc.

10. LISTEN/WATCH:

[STEP ONE: BODY – CRAVING \(SESSION 09-2021 YOUTUBE \)](#)

[STEP ONE: “BODY” worksheet / Discussion \(SESSION 10-2021 YOUTUBE \)](#)

OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	08 PODCAST CLICK HERE
	09 PODCAST CLICK HERE
	10 PODCAST CLICK HERE
	11 PODCAST CLICK HERE

- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone : pages 21-29
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 23 and 24

Assignment 7 – Step One: What’s wrong with my Mind?

Problem: Delusion; Illusion; Obsession; Insanity; Compulsion

1. Write out definitions of the words
 - delusion
 - illusion
 - obsession
 - insanity
 - compulsion
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.
 - Did I ever stop?
 - Have I had any time of abstinence and then relapsed?
 - Why can’t I do better when I know better?
 - 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 16).

6. **LISTEN/WATCH:**

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP ONE: MIND – Obsession (p.23-35) (SESSION 11 CLICK HERE)
	STEP ONE: MIND – Strange mental blank spots (p.35-43) (SESSION 12 CLICK HERE)
	STEP ONE: MIND – “Mind” worksheet / Discussion (SESSION 13 CLICK HERE)

OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	12 PODCAST CLICK HERE
	13 PODCAST CLICK HERE
	14 PODCAST CLICK HERE
	15 PODCAST CLICK HERE
	16 PODCAST CLICK HERE

- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone : pages 29-35
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 25 and 26

Assignment 8 – Step One: What’s wrong with my Will (power)?

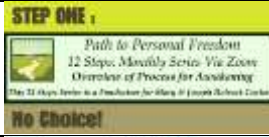
Problem: Unmanageable; Willfulness; Spiritual Malady

- Look up and write out definitions for:

• Unmanageability	• Admit	• Willfulness	• Willpower	• Surrender
• Malady	• Concede	• Self-seeking	• Narcissism	• Bedevilment
• Will	• Defeat	• Self-centered	• Solipsism	
- Read and highlight pages 44 to 45 in the Big Book, to the end of the 2nd sentence, 2nd full paragraph ending with “... will solve your problem”.
- Read and highlight page 52 of the Big Book, 2nd 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.
- 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 actual nature of the spiritual malady.
- 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 ...”.
Reread pages 60 – 62 with same personal application.
Pause & ask yourself: “Is this my experience?”; “Is this how I feel and/or behave?” – “TODAY?”
- Read and highlight Step One in the AA Twelve Steps and Twelve Traditions.
- Complete the “Will” worksheet from the WOL doc, page 17.
- 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.
- LISTEN/WATCH:**

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP ONE: WILL – Lack of Power p. 44-45 and p. 52 (SESSION 14 CLICK HERE)
	STEP ONE: WILL – What is the nature of unmanageability? p. 60-62 (SESSION 15 CLICK HERE)
	STEP ONE: WILL – “Will” worksheet / Discussion (SESSION 16 CLICK HERE)

OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	17 PODCAST CLICK HERE
	18 PODCAST CLICK HERE
	19 PODCAST CLICK HERE
STEP ONE: NO CHOICE!	
Emotional Sobriety (Part 1): The Path to Optimal Recovery (Dr Berger & Herb K)	

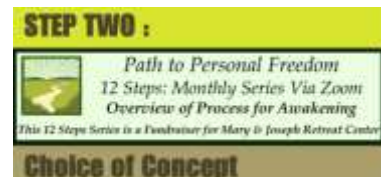
- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone : pages 36-47
- Practicing the Here and Now – Being Intentional with Step 11: Chapter 2, pages 41-56
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 27-31

Assignments 9 –Step Two: Belief *About* God/Higher Power/power other-than-yourself

- Look up and write out the definitions for:
 - Belief • Love • Atheist
 - Faith • Trust • Decide
 - Hope • Agnostic • Process
- Ask yourself and write the answer: "What do I actually *believe* about God?" NOT asking about what you know, feel, want, or have been told! What you really BELIEVE ... right now?
- Read and highlight Chapter 4 of the Big Book (We Agnostics).
- Re-read and highlight Spiritual Awakening, Appendix 11, pages 567-568 (again!).
- Read and highlight the balance of Bill's Story (pages 9-16) in the Big Book.
- LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP TWO: Decision about GOD (p. 45-47) SESSION 17 CLICK HERE
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OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	20 PODCAST CLICK HERE
STEP TWO: CHOICE OF CONCEPT	

Assignments 10 –Step Two: Doubt About God/Higher Power

1. Ask yourself and write the answer: “How do I *behave* in relation to what I wrote about what 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.

3. LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP TWO: God either is or isn't (p. 47-53) SESSION 18 CLICK HERE
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OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	21 PODCAST CLICK HERE
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Assignments 11 –Step Two: CHOICE 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, that you resonate with, especially looking at the synonyms for God, for example, "Power", "New Land", "Broad Highway", etc. Examine these words and meanings (write). NOTE: BB page 53 "What is your CHOICE?"
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. Write out your CHOICE of CONCEPT for POWER. **Begin to act as if it is real!**
4. LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP TWO: Where and how to find GOD (p.53-57) (SESSION 19 CLICK HERE)
	STEP TWO: Decision about God / DISCUSSION (SESSION 20 CLICK HERE)

OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	22 PODCAST CLICK HERE
	23 PODCAST CLICK HERE
God ...as I don't understand him (Steps 2 & 3)	

- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone: pages 51-69
- Practicing the Here and Now – Being Intentional with Step 11: Chapter 3, pages 57-66
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 32-37

Assignments 12 –Step Three: Decision For My Relationship of ALIGNMENT

- Write out definitions for:
 - decision
 - turn
 - alignment
 - care
- 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 desired 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).

- Reflect on the Step Three promises found in the first paragraph on page 63 beginning “When we sincerely ...”
- Read and highlight Step Three in the Twelve Steps and Twelve Traditions.
- Write out your own Step Three prayer based on the actual prayer on page 63.
- LISTEN/WATCH:**

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP THREE: Decision for Relationship (p.58-62) (SESSION 21 CLICK HERE)
	STEP THREE: Commitment to Relationship (p.62-63) (SESSION 22 CLICK HERE)
	STEP THREE: Decision for Relationship with God / Discussion and public witness (p.63) (SESSION 23 CLICK HERE)

OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	24 PODCAST CLICK HERE
	25 PODCAST CLICK HERE
	26 PODCAST CLICK HERE
	27 PODCAST CLICK HERE
STEP THREE: DECISION FOR A RELATIONSHIP	 STEP THREE : <i>Path to Personal Freedom</i> <i>12 Steps: Monthly Series Via Zoom</i> <i>Overview of Process for Awakening</i> <i>This 12 Step Series is a Foundation for Mary & Joseph Retreat Center</i> Decision for Relationship

- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone: pages 73-84
- Practicing the Here and Now – Being Intentional with Step 11: Chapter 3, pages 66-70
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 38-41

Assignments 13 –Step Four: Naming Obstacles to the Relationship / Column 1

- Write out definitions for:
 - Inventory
 - Fear
 - Dishonesty
 - Anger
 - Infidelity
 - Secrets
 - Resentment
 - Principles
- Read and highlight the balance of page 63 and page 64 in the Big Book.
- Read and highlight Step Four from the Twelve Steps and Twelve Traditions.
- 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, at the present moment. This is Column 1 (see Big Book page 65).
- LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP FOUR: RESENTMENTS: Overview & Purpose/ Column One & Two (SESSION 24 CLICK HERE)
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OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	28 PODCAST CLICK HERE
Inventory: resentment/disturbance Part 1	

- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone: pages 87-91
- Practicing the Here and Now – Being Intentional with Step 11: Chapter 4, pages 71-76
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 44-45

Assignments 14 –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 1. (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. LISTEN/WATCH (NOTE: same as last week):

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP FOUR: RESENTMENTS: Overview & Purpose/ Column One & Two (SESSION 24 CLICK HERE)
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OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	29 PODCAST CLICK HERE
STEP FOUR: NAME THE OBSTACLES	

- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone : pages 91-92
- Practicing the Here and Now – Being Intentional with Step 11: Chapter 4, pages 76

Assignments 15 –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: page 23.
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 who are the most significant.

4. LISTEN/WATCH:

Unpacking the Big Book -
Instructions for Working each step,
presented by Herb 2021 - YOU TUBE

[STEP FOUR: RESENTMENTS: COLUMN THREE
\(SESSION 25 CLICK HERE\)](#)

OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	30 PODCAST CLICK HERE
Resentment Column 1, 2, 3 & Removal of Deep Resentments	

- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone : pages 92-94
- Practicing the Here and Now – Being Intentional with Step 11: Chapter 4, pages 76-77
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 48-50

Assignments 16 –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 head/heart/gut. Use the “Prayer for Freedom of Resentments” from the WOL handout (page 24) on the website as a model. Remember – you are praying for *your healing*.
4. Pray your prayer for removal from yourself, of resentment for each person with whom you have your deep resentments - every day: 8 resentments = 8 prayers. 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. LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP FOUR: RESENTMENTS: Column Three & Deep Resentment (SESSION 26 CLICK HERE)
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OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	31 PODCAST CLICK HERE
	32 PODCAST CLICK HERE
	33 PODCAST CLICK HERE

- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone : pages 94-97
- Practicing the Here and Now – Being Intentional with Step 11: Chapter 4, pages 77-79
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 51-52

Assignments 17 –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 – “Way of Life” document: page 25, which asks these five questions from Big Book, page 67, as well as others, to help see the truth of the source of our resentments.
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 feelings of anger. It is about accepting reality as it is. Your re-action is *the* problem!

3. Look up “forgiveness” and write out the definition.

4. LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP FOUR: RESENTMENTS: Column Four (SESSION 27 CLICK HERE)
	STEP FOUR: RESENTMENTS: Column Four (SESSION 28 CLICK HERE)
	STEP FOUR: RESENTMENTS: Column Four (SESSION 29 CLICK HERE)

OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	34 PODCAST CLICK HERE
	35 PODCAST CLICK HERE

- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone : pages 97-99
- Practicing the Here and Now – Chapter 4, pages 79-80
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 53-55

Assignment 18 – Step Four: Fear

1. Read and highlight pages 67 and 68 from the Big Book, down to "... about sex".
 - a. Fear inventory: make a list of your fears.
 - b. Do a spontaneous dump. Let it emerge without comment or filter.
 - c. 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.
 - d. 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.
 - e. Scan Resentment Worksheets – Columns 3 and 4 for fears and add to list.
2. Take one of your fears and put it on a separate piece of paper.
 - a. 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; step outside your comfort level; stretch.
 - b. ASK: Why do I have this fear? What if it came true ...? What will happen if it happens? What am I really afraid of? Unpack it to get to the exact source of your fear.
 - c. Go until you get to a wall; or it becomes circular; or there is no answer or nothing more to do.
 - d. Then take your next fear. Do up to three fears - current fears you have now.
3. You may choose to try completing the fear worksheet (page 26) 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.

4. LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP FOUR: Fear Inventory / Discussion (SESSION 30 CLICK HERE)
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OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	Step Four – Introduction to Fear Inventory (Session 36 CLICK HERE)
	Step Four –Fear Inventory (1/2) (Session 37 CLICK HERE)
	Step Four –Fear Inventory (2/2) (Session 38 CLICK HERE)

- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone: pages 99-103
- Practicing the Here and Now – Chapter 4, pages 80-81
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 56-58

Assignment 19 – Step Four: Sex Inventory

1. Read and highlight from the bottom of page 68 through page 70 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 downloads from the web, page 27.
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. LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP FOUR: Sex Inventory Instructions (SESSION 31 CLICK HERE)
	STEP FOUR: Discussion Fear & Sex Inventory Instructions (SESSION 32 CLICK HERE)

OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	Step Four – Sex Inventory (SESSION 39 CLICK HERE)
Step 4 Inventory: Fear, Sex, Dishonesty, Secrets - Part 2	

- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone: pages 103-106
- Practicing the Here and Now – Chapter 4, pages 81-84
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 50-61

Assignment 20 – Final Preparation for Step Four Inventory

1. Read conclusion in Big Book, pages 70-71
2. 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.
3. Ask yourself where/when you have experienced:
 Guilt Shame Embarrassment
 Dishonesty (stealing) Irresponsibility Disturbance
4. The Twelve Steps and Twelve Traditions suggest we also look at violations of moral principles(values) as expressed in the Seven Deadly Sins:
 Pride Greed Lust
 Gluttony Envy Anger
 Sloth
5. Do you have **any** secrets? Is there any experience, incident, or embarrassment that has not been shared? ... with which you are still uncomfortable?
6. 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 current discomfort or are currently 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.
ASK: How free do you want to be?

7. LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP FOUR: Dishonesty Secrets Shame & Guilt (SESSION 33 CLICK HERE)
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OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	Step Four – Dishonesty/Secrets and reading from BigBook (Session 40 CLICK HERE)
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- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone : pages 101-109
- Practicing the Here and Now – Chapter 4, pages 84-87
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 62-63

Assignments 21 – 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. LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP FIVE (SESSION 34 CLICK HERE)
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OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	Step Five – pages 72 – 75 from Big Book (Session 41 CLICK HERE) Step Five – Conclusion and preparing for Step 6 and 7 (Session 42 CLICK HERE)
Step Five, Six, Seven: Transparency / Transformation	

- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone : pages 111-124
- Practicing the Here and Now – Chapter 5, pages 89-94
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 64-68

Assignment 22 – 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, heart, and gut dump as you see what they are. Review the information in your Step Four Inventory; include any items identified in your Step Fivework.
4. Refer to the WOL material on the web site for the DSM information on “What is a Personality Disorder?” (page 31) and the worksheet on Defects of Character (page 34).
5. LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP SIX (SESSION 35 CLICK HERE)
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OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	Steps Six and Seven (Session 42 CLICK HERE)
Freedom: Removal of Defects & Repairing Damage Steps 5 - 9	

- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone : pages 125-138
- Practicing the Here and Now – Chapter 5, pages 94-96
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 69-72

Assignment 23 – 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. LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP SEVEN (SESSION 36 CLICK HERE)
	STEP SEVEN PRAYER (SESSION 37 CLICK HERE)

4. Pray the prayer.

OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	Steps Six and Seven (Session 43 CLICK HERE)
Path to Personal Freedom – Steps 5, 6 and 7 TRANSPARENCY AND TRANSFORMATION	

- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone : pages 139-152
- Practicing the Here and Now – Chapter 5, pages 96-100
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 73-75

Assignment 24 – Step Eight

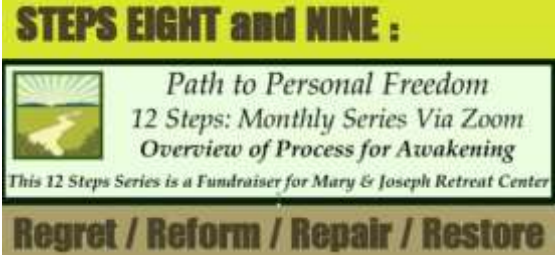
1. Read and highlight Step Eight from page 59 of the Big Book.
2. Read and highlight from the paragraph after the Step Seven prayer on page 76 of the Big Book to the bottom of page 83, not including the last paragraph.
3. Read and highlight Step Eight from the Twelve Steps and Twelve Traditions.
4. Use 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; how you damaged them, that is, what was the negative impact on them 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. Then review each of your cards and write down the specific amend you believe will address/repair the harm done; the proportional reparation
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. LISTEN/WATCH:

Unpacking the Big Book -
Instructions for Working each step,
presented by Herb 2021 - YOU TUBE

[STEP EIGHT \(SESSION 38 CLICK HERE\)](#)

OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	Step Eight – Introduction (SESSION 44 CLICK HERE) Step Eight – What is the Harm? (SESSION 45 CLICK HERE)
Steps Eight and Nine Regret / Reform / Repair / Restore	

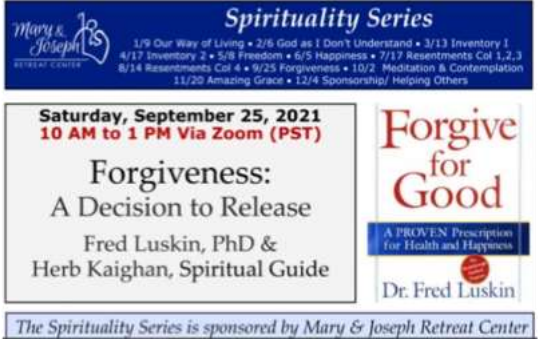
- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone : pages 153-170
- Practicing the Here and Now – Chapter 5, pages 101-107
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 76-79

Assignment 25 – 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. LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP NINE (SESSION 39 CLICK HERE)
	STEP NINE Part 2 (SESSION 40 CLICK HERE)
	STEP NINE Forgiveness (SESSION 41 CLICK HERE)

OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	Step Nine – Make Amends (SESSION 46 CLICK HERE)
	FORGIVENESS (session 47 CLICK HERE)
FORGIVENESS: A Decision to Release – Fred Luskin 2021	 Spirituality Series 1/9 Our Way of Living • 2/6 God as I Don't Understand • 3/13 Inventory 1 4/17 Inventory 2 • 5/8 Freedom • 6/5 Happiness • 7/17 Resentments Col 1,2,3 8/14 Resentments Col 4 • 9/25 Forgiveness • 10/2 Meditation & Contemplation 11/20 Amazing Grace • 12/4 Sponsorship/ Helping Others Saturday, September 25, 2021 10 AM to 1 PM Via Zoom (PST) Forgiveness: A Decision to Release Fred Luskin, PhD & Herb Kaighan, Spiritual Guide Forgive for Good A PROVEN Prescription for Health and Happiness Dr. Fred Luskin The Spirituality Series is sponsored by Mary & Joseph Retreat Center

- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone : pages 171-190
- Practicing the Here and Now – Chapter 6, pages 108-117
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 80-83

Assignment 26 – 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. Add to your outline of Big Book.
3. LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP TEN (SESSION 42 CLICK HERE)
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OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	Step Ten – Daily Inventory Emotional Disturbances My Responsibility (SESSION 48 CLICK HERE) Steps 4-9 - “A Process of Forgiveness” (SESSION 49 CLICK HERE)
Path to Personal Freedom – Step 10 Intentional Conscience	

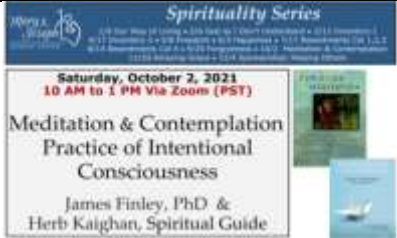
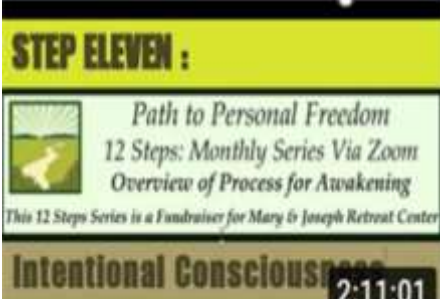
- Twelve Steps to Spiritual Awakening – pages 191-204
- Practicing the Here and Now – Chapter 7, pages 119-130
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 84-87

Assignment 27 – Step Eleven

1. Look up in a dictionary the words:
prayer meditation contemplation
mindfulness
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. LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	<u>STEP ELEVEN (SESSION 43 CLICK HERE)</u>
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OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	<u>Step Eleven – Review Prayer and Meditation (SESSION 50 CLICK HERE)</u>
<u>Meditation and Contemplation Practice of Intentional Consciousness</u>	
<u>Path to Personal Freedom – Step 11 Intentional Consciousness</u>	

- Twelve Steps to Spiritual Awakening – pages 205-230
- Practicing the Here and Now – Chapter 1, pages 19-40
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 88-91

Assignment 28 – Step Twelve Working with Others

1. Re-read “Appendix 11” pages 567 to 568 of the Big Book on spiritual awakening.
2. Read and highlight Chapter 7 of the Big Book, “Working with Others”.
3. Re-read Chapter 7 of the Big Book, and note/number in the margin the specific instructions for helping another person.
4. LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP TWELVE Part 1 (SESSION 44 CLICK HERE)
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OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	Step Eleven – Review Prayer and Meditation (SESSION 50 CLICK HERE)
Sponsorship – Helping Others/Enlarging Compassion	

- Twelve Steps to Spiritual Awakening – pages 231-292
- Practicing the Here and Now – Chapter 8, pages 131-140
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 92-95

Assignment 29 – 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. LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP TWELVE Part 2 (SESSION 45 CLICK HERE)
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OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	Step Eleven – Review Prayer and Meditation (SESSION 50 CLICK HERE)
Sponsorship / Helping Others Enlarging Compassion (Fr. Tom Weston, SJ)	 The poster is for a 'Spirituality Series' event. It features a heart shape made of two hands. The text on the poster includes: 'Spirituality Series', 'Saturday, December 4, 2021', '10 AM to 1 PM Via Zoom (PST)', 'Sponsorship/ Helping Others Enlarging Compassion', and 'Fr. Tom Weston, SJ & Herb Kaighan, Spiritual Guide'.

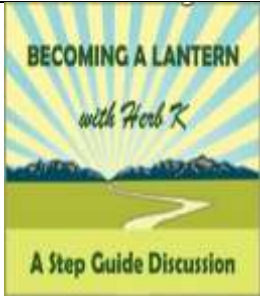
- Twelve Steps to Spiritual Awakening – pages 231-292
- Practicing the Here and Now – Chapter 8, pages 141-144
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 92-95

Assignment 30 – 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. LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE	STEP TWELVE Part 3 (SESSION 46 CLICK HERE)
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OPTIONAL reading, listening, and/or viewing:

01 Step Guide Discussion - Becoming a Lantern	
Path to personal Freedom: Intentional Compassion	

- Twelve Steps to Spiritual Awakening – pages 231-292
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 92-95

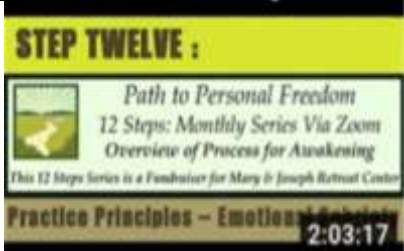
Assignment 31 – Step Twelve: To the Employers

1. Read and highlight Chapter 10 of the Big Book, “To Employers”.
2. Identify the principles and guidelines to be used at work.

Assignment 32 – Step Twelve: A Vision for You

1. Read and highlight Chapter 11 of the Big Book, “A Vision for You”,
2. Identify the principles and guidelines to practice in your Community and in your Fellowship.

OPTIONAL reading, listening, and/or viewing:

02 Step Guide Discussion - Becoming a Lantern		
Path to Personal Freedom: Practice Principles/Emotional Sobriety		

- “Practicing the Here and Now”, Chapter 8, pages 145-149
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 96-97

Assignment 33 – Conclusion

1. Read or re-read Chapter 12 in the Twelve Steps and Twelve Traditions.
2. Review the list of principles on page 55 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 when you began this workshop.

4. Reflect and write out answers:
 - a. What shift has occurred in me from the original questions until now?
 - b. How have I been changed?
 - In my consciousness; have I had any new awareness?
 - How has that been manifest in my behavior? How have I changed?
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/WATCH:

Unpacking the Big Book -
Instructions for Working each step,
presented by Herb 2021 - YOU TUBE

[Conclusion & Bamboo Story \(SESSION 47
CLICK HERE\)](#)

OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares	Step Twelve – Review and Participant experience (SESSION 51 CLICK HERE) Step Twelve – Review and participant experience (SESSION 52 CLICK HERE)
Path to Personal Freedom: Spiritual Sobriety	

- Practicing the Here and Now”, Epilogue, pages 151-153

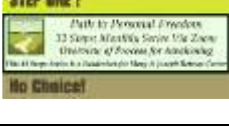
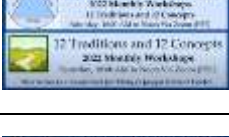
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Alcoholics Anonymous World Service	Twelve Steps and Twelve Traditions	CLICK HERE
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Beesing, Maria, et al	The Enneagram: A Journey of Self Discovery	Dimension Books 1984
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Berger, Allen	12 Smart Things to Do when the Booze	Hazelden Foundation 2010
Berger, Allen	12 Hidden Rewards of Making Amends	Hazelden Foundation 2013
Berger, Allen	12 More Stupid Things that Mess up Recovery	Hazelden Foundation 2016
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Boyle, Gregory	Tattoos on the Heart	Free Press 2010
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Brother Lawrence	The Practice of the Presence of God	Walker & Co. 1974
Byron Katie & Stephen Mitchell	Loving What Is: Four Questions That Can Change Your Life	https://thework.com/books/
Chuck C	A New Pair of Glasses	New-Look Pub. Co. 1984
Dr. Fred Luskin	Forgive for Good (Herb ranks this book #2 importance in his development; BB #1)	CLICK HERE
Eckhart Tolle	Power of Now	CLICK HERE
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Herb K	Twelve Step Guide to Using the AA Big Book	https://herbk.com/
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May, Gerald	Will and Spirit	Harper & Row 1982
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Siegel, Dan	Mindsight	Bantam Books 2010
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Teilhard De Chardin	The Divine Milieu	Fontana Books 1957
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Wilber, Ken	A Brief History of Everything	Shambhala Publications 2000
Wilber, Ken	A Theory of Everything	Shambhala Publications 2000
Wilber, Ken	Integral Psychology	Shambhala Publications 2000
Wilber, Ken	Integral Spirituality	Shambhala Publications 2006
William James	Variety of Religious Experiences	CLICK HERE

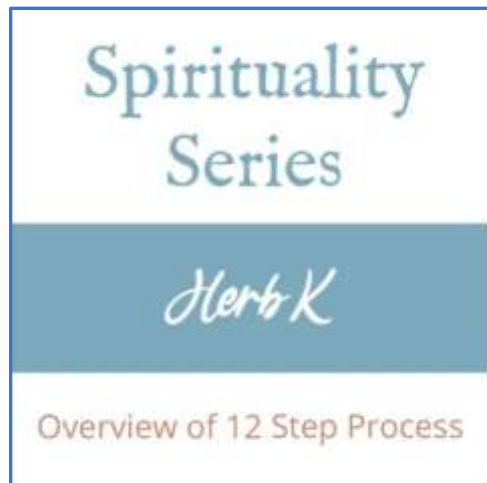
RESOURCES - YOUTUBE PLAYLISTS

	2014 Tradition Workshop Series One Hour Presentations https://www.youtube.com/playlist?list=PLciyHhGrfKEFbx3TMk_sxA4PKS3WUYIym
	Big Book Twelve Step Workshop: 2020 Weekly: Year-long journey https://youtube.com/playlist?list=PLciyHhGrfKEG9qQY-5B_1WYyuBwbh8x7t
	Spirituality Series: 2020 - 2023 Monthly: Variety of Topics https://youtube.com/playlist?list=PLciyHhGrfKEFSpXXVrYi5agyeWa4nSRBR
	Spanish/English Translation: Big Book Workshop: 2020/2021 Monthly: "Los 12 Pasos con Herb K." https://youtube.com/playlist?list=PLY7TSMebvRwRe0-STonAan3MMojzU1scS
	Big Book Twelve Step Workshop: 2021 Weekly: Year-long journey https://youtube.com/playlist?list=PLciyHhGrfKEGd_hq17EfGqbS-SlwCFCYO
	Step Guide Discussion Meeting (Train the trainer): 2021 - 2023 Monthly workshops: "Becoming a Lantern" https://youtube.com/playlist?list=PLciyHhGrfKEHIKTAtmqk-USgiiqwHXL6v
	Berlin Group Talks 2022 - Twelve Steps Workshop Fortnightly: Year-long journey https://www.youtube.com/playlist?list=PLciyHhGrfKEHYxCFNBw7-R-mRSOeficfL
	Path to Personal Freedom – STEPS Monthly: 12 Presentation https://youtube.com/playlist?list=PLciyHhGrfKEHaA7YHEbGC-eX-tQZKCj8C
	Path to Freedom – TRADITIONS Monthly: 6 presentations https://youtube.com/playlist?list=PLciyHhGrfKEHiDkBNuzWCamRWyVlm6Fc
	Path to Freedom – CONCEPTS Monthly: 6 presentations https://youtube.com/playlist?list=PLciyHhGrfKEG8Z5M-NarxzQ9haDWccQwG
	Variety of Workshop Topics Meditation/Forgiveness/Emotional Sobriety/Is God Necessary? https://youtube.com/playlist?list=PLciyHhGrfKEF5JWBULxib56o7icy4n5Qz

Spirituality Series: 2020 – 2023

Monthly: Variety of Topics on YouTube

	<u>Twelve Steps to Personal Transformation – Spiritual Awakening</u>		<u>Our Way of Living – In The Light (Steps Ten, Eleven and Twelve)</u>		<u>Step 4 Resentments – Column 4</u>
	<u>Emotional Sobriety: An Expanded Commentary on STEP 10</u>		<u>God ...as I Don't Understand ...! (Steps 2 & 3)</u>		<u>Freedom – Removal of Defects & Repairing Damage (Steps 5-9)</u>
	<u>Centering Prayer: Practicing Conscious Contact</u>		<u>Steps 4 Inventory: Resentment / Disturbance : Part 1</u>		<u>Happiness: Enjoying the Journey as the Destination</u>
	<u>Sponsorship – Helping Others/Enlarging Compassion STEP 12</u>		<u>Steps 4 Inventory: Fear, Sex, Dishonesty, Secrets – Part 2</u>		<u>Forgiveness – A Decision to Release (with FRED LUSKIN)</u>
	<u>Forgiveness: A Decision to Release</u>		<u>Step 4 Resentments – Column 1, 2 and 3 and also Removal of Deep Resentment</u>		<u>Meditation & Intentional Consciousness (with JAMES FINLEY)</u>
	<u>Self-Forgiveness - Fred Luskin, PhD & Herb Kaighan</u>		<u>Step 11 MEDITATION - Intentional Consciousness</u>		<u>Orientation to Emotional Sobriety and the 12 Steps with Dr Allen Berger and Herb Kaighan</u>
	<u>A Design for Living - Living in the Light – Jo B & Herb K</u>		<u>Application of Steps 8 and 9 - Final Phase of the Process of Forgiveness</u>		



1. Download one of the following "podcast" applications (or open it on your computer): **Apple Podcast, Breaker, CastBox, Google Podcast, Pocket Podcast, RadioPublic, Spotify**, etc.
2. Then search for "**Herb K**". You will find "Spirituality Series", "2020 Workshop", "Sponsorship Series" etc.
3. **Subscribe.**

PODCAST – Spiritually Series (2020 – 2023)

Twelve-Step-Spirituality---An-Overview-of-The-Twelve-Step-Process	08. Inventory Part 2 - Fear/Sex/Dishonesty/Secrets	16. Sponsorship - Helping Others/Enlarging Compassion
01. Emotional Sobriety	09. Freedom - Removal of Defects/Repairing Damage	17. Forgiveness - A Process - Nuts and Bolts with Dr. Fred Luskin
02. Centering Prayer	10. Happiness - Enjoying the Journey as the Destination	18. Resentments - Columns 3 & 4
03. Sponsorship - Helping Others	11. Resentments - Columns 1, 2 and 3 & Removal of Deep Resentments	19. Application of Steps 8 & 9 - Final Phase of the Process of Forgiveness
04. Forgiveness - A Decision to Release	12. Resentments - Column 4	20. We Agnostics - A Choice and a Decision
05. Our Way Of Living - In the Light	13. Meditation - Intentional Consciousness with James Finley (PhD)	21. Resentments - Columns 3 & 4
06. God - As I Don't Understand	14. Forgiveness - A Decision to Release - Herb K and Dr. Fred Luskin	22. Forgiveness - A Process - Nuts and Bolts - A continuation with Dr. Fred Luskin
07. Inventory Part 1 - Resentment/Disturbance	15. Amazing Grace	23. Resentments - Column 4



WHERE TO LISTEN



1. Download one of the following “podcast” applications (or open it on your computer): **Apple Podcast, Breaker, CastBox, Google Podcast, Pocket Podcast, RadioPublic, Spotify**, etc.
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PODCAST - 2020 Big Book Step Study – including Q & A

01. Orientation to the Workshop	12. Step 1 – The Mind 1/5	23. Step 2 – My Concept	34. Step 4 – Column 4 (1/2)	45. Step 8 – “What is the HARM?”
02. Introduction to Spiritual Awakening	13. Step 1 – The Mind 2/5	24. Step 3 – A DECISION For	35. Step 4 – Column 4 (2/2)	46. Step 9 – Made Amends
03. Introduction to Prayer and Meditation	14. Step 1 – The Mind 3/5	25. Step 3 – A Relationship	36. Step 4 – Introduction to Fear Inventory	47. Forgiveness
04. Introduction to Daily inventory	15. Step 1 – The Mind 4/5	26. Step 3 – Promises	37. Step 4 – Fear Inventory (1/2)	48. Step 10 – Daily Inventory / Emotional Disturbance / My Responsibility
05. Introduction to the Big Book 1/3	16. Step 1 – The Mind 5/5	27. Step 3 – The Prayer	38. Step 4 – Fear Inventory (2/2) & Sex Inventory Instructions	49. Overview of Steps 4-9: “A process of Forgiveness”
06. Introduction to the Big Book 2/3	17. Step 1 – The Will 1/3	28. Step 4 – Column 1	39. Step 4 – Sex Inventory & readings from Big Book	50. Step 11 – Review Prayer and Meditation
07. Introduction to the Big Book 3/3	18. Step 1 – The Will 2/3	29. Step 4 – Column 2	40. Step 4 – Dishonesty, Secrets & readings from Big Book	51. Step 12 – Review and Participant experience (1/2)
08. Step 1 – The Body 1/4	19. Step 1 – The Will 3/3	30. Step 4 – Col 3: Self Esteem and Pride (1/4)	41. Step 5 – (p72-75 from Big Book)	52. Step 12 – Review and Participant experience (2/2)
09. Step 1 – The Body 2/4	20. Step 2 – Belief	31. Step 4 – Column 3 (2/4) & Deep Resentment	42. Step 5 – Conclusion and preparing for steps 6 and 7 – (p75-76 from Big Book)	53. Participant experience and THE BAMBOO STORY
10. Step 1 – The Body 3/4	21. Step 2 – Doubt	32. Step 4 – Column 3 (3/4)	43. Steps 6 & 7	
11. Step 1 – The Body 4/4	22. Step 2 – A CHOICE About	33. Step 4 – Column 3 (4/4)	44. Step 8 Introduction	



**Spanish/English Translation:
Big Book Workshop: 2020 - 2021
Monthly: “Los 12 Pasos con Herb K.”**

You Tube 2020 - 2021

Introducción al taller 12 pasos Audio 1 Herb K	Paso 4 Columna 4 Herb K Taller de 12 Pasos Para Un despertar Espiritual	Paso 12 Herb Taller de 12 Pasos Para Un Despertar Espiritual	Primer paso, no opción Herb	Resumen General de Pasos. Herb K
La impotencia. Herb K. El Paso 1 Parte 1 Taller de 12 Pasos Para Un Despertar Espiritual	Inventario de miedos Herb Taller de 12 Pasos Para Un Despertar Espiritual	Paso 11 Oración, meditación contemplación Herb K	Elección del paso 2 y 3. Herb	Taller 12 Pasos. Paso 1 Herb K
La Ingobernabilidad - Herb K. Paso 1 Parte 2. Taller: 12 Pasos Para Un Despertar Espiritual	Paso 4 Inventario sexual Herb Taller de 12 Pasos Para Un Despertar Espiritual	El Paso 11 Buscamos a través de la oración y la meditación	Cuarto Paso Herb	Taller de 12 pasos para un Despertar Espiritual – Paso 2
Paso 2: Herb K. - El Proceso de la Fe: Acción y Confianza, Aceptación, Voluntad en la Decisión	Pasos 5, 6 y 7. Herb Taller de 12 Pasos Para Un Despertar Espiritual	Undecimo paso 12 pasos para el despertar espiritual Herb K Parte 1	Hay una solución. Herb	Taller de 12 pasos para un Despertar Espiritual – Paso 3
Paso 3 - Herb K. - Taller 12 Pasos Para Un Despertar Espiritual	Pasos 8 y 9 Herb K Taller de 12 Pasos Para Un Despertar Espiritual	Undecimo paso 12 pasos para el despertar espiritual Herb K Parte 2	Sobriedad emocional. Herb	Taller de 12 pasos para un Despertar Espiritual – Paso 4
Paso 4 Herb K - Parte 1 Taller de 12 Pasos Para Un Despertar Espiritual	Décimo Paso Herb. Taller de 12 Pasos Para un Despertar Espiritual	Apadrinamiento Herb	Paso 11 Herb K	
Paso 4 Herb K Parte 2 Taller De 12 Pasos Para Un Despertar Espiritual	Paso 11 Herb K Taller de 12 Pasos Para Un Despertar Espiritual	Paso 12 y Servicio	Paso 12. Herb K	

PATH TO PERSONAL FREEDOM: 2020/2021

STEP ONE :  Path to Personal Freedom 12 Steps: Monthly Series Via Zoom Overview of Process for Awakening This 12 Steps Series is a Fundraiser for Mary & Joseph Retreat Center No Choice! Step One: No Choice!	STEP FOUR :  Path to Personal Freedom 12 Steps: Monthly Series Via Zoom Overview of Process for Awakening This 12 Steps Series is a Fundraiser for Mary & Joseph Retreat Center Name ...Fear, Sex, Dishonesty Step Four: Name ...Fear, Sex & Dishonesty	STEP ELEVEN :  Path to Personal Freedom 12 Steps: Monthly Series Via Zoom Overview of Process for Awakening This 12 Steps Series is a Fundraiser for Mary & Joseph Retreat Center Intentional Consciousness Step Eleven: Intentional Consciousness
STEP TWO :  Path to Personal Freedom 12 Steps: Monthly Series Via Zoom Overview of Process for Awakening This 12 Steps Series is a Fundraiser for Mary & Joseph Retreat Center Choice of Concept Step Two: Choice of Concept	STEPS FIVE SIX and SEVEN :  Path to Personal Freedom 12 Steps: Monthly Series Via Zoom Overview of Process for Awakening This 12 Steps Series is a Fundraiser for Mary & Joseph Retreat Center Transparency / Transformation Step Five, Six & Seven: Transparency / Transformation	STEP TWELVE :  Path to Personal Freedom 12 Steps: Monthly Series Via Zoom Overview of Process for Awakening This 12 Steps Series is a Fundraiser for Mary & Joseph Retreat Center Intentional Compassion Step Twelve: Intentional Compassion
STEP THREE :  Path to Personal Freedom 12 Steps: Monthly Series Via Zoom Overview of Process for Awakening This 12 Steps Series is a Fundraiser for Mary & Joseph Retreat Center Decision for Relationship Step Three: Decision for Relationship	STEPS EIGHT and NINE :  Path to Personal Freedom 12 Steps: Monthly Series Via Zoom Overview of Process for Awakening This 12 Steps Series is a Fundraiser for Mary & Joseph Retreat Center Regret / Reform / Repair / Restore Step Eight & Nine: Regret, Reform, Repair & Restore	STEP TWELVE :  Path to Personal Freedom 12 Steps: Monthly Series Via Zoom Overview of Process for Awakening This 12 Steps Series is a Fundraiser for Mary & Joseph Retreat Center Principles – Emotional Sobriety Step Twelve: Practice Principles – Emotional Sobriety
STEP FOUR :  Path to Personal Freedom 12 Steps: Monthly Series Via Zoom Overview of Process for Awakening This 12 Steps Series is a Fundraiser for Mary & Joseph Retreat Center Name Obstacles...Resentment Step Four: Name Obstacles ...Resentment	STEPS TEN :  Path to Personal Freedom 12 Steps: Monthly Series Via Zoom Overview of Process for Awakening This 12 Steps Series is a Fundraiser for Mary & Joseph Retreat Center Intentional Conscience Step Ten: Intentional Conscience	STEP TWELVE :  Path to Personal Freedom 12 Steps: Monthly Series Via Zoom Overview of Process for Awakening This 12 Steps Series is a Fundraiser for Mary & Joseph Retreat Center Spiritual Sobriety Step Twelve: Practice Intentional Living – Spiritual Sobriety