

THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

- 1. We admitted we were powerless over alcohol*—that our lives had become unmanageable.**
- 2. Came to believe that a Power greater than ourselves could restore us to sanity.**
- 3. Made a decision to turn our will and our lives over to the care of God as we understood Him.**
- 4. Made a searching and fearless moral inventory of ourselves.**
- 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**
- 6. Were entirely ready to have God remove all these defects of character.**
- 7. Humbly asked Him to remove our shortcomings.**
- 8. Made a list of all persons we had harmed, and became willing to make amends to them all.**
- 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.**
- 10. Continued to take personal inventory and when we were wrong promptly admitted it.**
- 11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.**
- 12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics*, and to practice these principles in all our affairs.**

*** usually these are the only words changed for other 12 step programs**

Some Perennial Problems for clients and case workers.

1)JUST SAY NO; STOP IT

2)DIFFERENTIATING FROM THE EGO AND THE SOUL

**3)Religion and Spirituality and the
LIMITED LANGUAGE OF SPIRITUALITY**

3 questions to identify with addiction

1) Is there anything in your life you would like to change?

2) Do you have at least a general idea of what you need to do to begin to put that change into effect?

3) How come you are not doing it?

Some distinctions between ego and soul

EGO	SOUL
PAST AND FUTURE	PRESENT
FEAR	LOVE
CONDITIONAL LOVE	UNCONDITIONAL
IMMEDIATE GOALS	LONG TERM
ME	WE
CONTROL	SURRENDER
SCARCITY	ABUNDANCE
ADDICTIONS	CHOICE

Differences between Religion and Spirituality

Religion is an institution established by man for various reasons. Center around a system of common beliefs and values instill morality, provide community.

Spirituality is born in a person and develops in the person. It may be kick started by a religion, or it may be kick started by a revelation. Spirituality extends to all facets of a person's life. *Spirituality is chosen while religion is often times forced.* True spirituality is something that is found deep within oneself. It is your way of loving, accepting and relating to the world and people around you.

Some quotes and teachings regarding religion and spirituality:

"One goes to church and gets a little something that then protects him or her against the real thing." CLARK, RELIGIOUS PSYCHOLOGIST

Carl Gustav Jung expressed a similar opinion (Jung, 1958); according to him, one of the main functions of formalized religion is to protect people against a direct experience of God.

“God is all that happens to me, all that crosses my path, that is filled with surprise for which I am totally unprepared or not expecting.”--JUNG

“Spirituality is a lot like health. We all have health; we may have good health or poor health, but it is something we cannot avoid having. The same is true of spirituality; every human being is a spiritual being. The question is not whether we behave spiritually, but whether the spirituality we have is a negative one that leads to isolation and self-destruction or one that is more positive and life giving.” from Kurtz-Not God: A History of AA

“I have no doubt whatever that most people live, whether physically, intellectually or morally, in a very restricted circle of their potential being. They make use of a very small portion of their possible consciousness...much like a man who, out of his whole bodily organism, should get into a habit of using and moving only his little finger...We all have reservoirs of life to draw upon, of which we do not dream.” Variety of Religious Experience, William James—

“It has been said for some people religion is like an artificial limb. It has neither warmth nor life; and although it helps them stumble along, it never becomes part of them-it must be strapped on each day.” Lee Silverstein

“I would suggest that when sober, the alcoholic is somehow more sane than the people around him, and that this situation is intolerable.

I think that Bernard Smith, the non-alcoholic legal representative of AA, came close to the mark when he said, “the AA member was never enslaved by alcohol. Alcohol simply served as an escape from personal enslavement to the false ideas of a materialistic society.” from an original AA board member—not an alcoholic

Gregory Bateson, Steps to an Ecology of the Mind quoting AA Comes of Age, p. 279

Problem with Language (supplement)

The first difficulty we meet in discussing anything concerning the feeling function is that we have no adequate vocabulary to use. Where there is no terminology, there is no consciousness. A poverty-stricken vocabulary for any subject is an immediate admission that the subject is inferior or depreciated in that society. Sanskrit has ninety-six words for love; ancient Persian has eighty)", Greek three, and English only one. This is indicative of the poverty of awareness or emphasis that we give to that tremendously important realm of feeling. Eskimos have thirty words for snow, because it is a life-and-

death matter for them to have exact information about the element they live with 50 intimately. If we had a vocabulary of thirty words for love and matters of feeling, we would immediately be richer and more intelligent in this human element so close to our heart. An Eskimo probably would die of clumsiness if he had only one word for snow; we are close to dying of loneliness because we have only one word for love. from Robert Johnson

An exploration of spirituality using Abraham Maslow's Hierarchy of Values

MATERIAL THINGS OF IMPORTANCE WITH A PRICE TAG

MATERIAL THINGS WITHOUT A PRICE TAG

LIVING THINGS

HUMAN BEINGS

INTANGIBLE QUALITIES

What the steps are:

- 1) Primary tool for Recovery from/with Addictions**
- 2) Map of the Spiritual Path for anyone**
- 3) Guidance on the path for therapeutic work**

**THREADS TO THE STEPS
OXFORD MOVEMENT-the
general idea of “steps” and their
spiritual basis**

**DR. SILKWORTH AND TIELBOLT-
medical and psychological—
disease concept and surrender**

CARL JUNG psycho spiritual

WILLIAM JAMES psycho spiritual

Simplest form of the Perennial Wisdom

2 major features:

- 1) a part of the Universal Higher Power or God exists in the consciousness of every human being.
- 2) consciousness exists on many levels moving from lower to higher fragmentary to dense, and unitive.

A MORE EXTENSIVE VERSION

- 1. Spirit exists.*
- 2. Spirit is found within.*
- 3. Most of us don't realize this Spirit within, however, because we are living in a world of sin, separation, and duality—that is, we are living in a fallen or illusory state.*
- 4. There is a way out of this fallen state of sin and illusion, there is a Path to our liberation.*
- 5. If we follow this path to its conclusion, the result is a Rebirth or Enlightenment, a direct experience of Spirit within, a Supreme Liberation, which—*
- 6 marks the end of sin and suffering, and which*
- 7 issues in social action of mercy and compassion on behalf of all sentient beings.*

3 essential reasons for drinking/using:

TO FEEL GOOD

TO STOP FEELING BAD

TO EXPERIENCE BEYOND MY “NORMAL” UNDERSTANDING AND CONSCIOUSNESS (TO GET HIGH)

Inherent value of the Steps

- 1) touch upon all three areas of concern**
- 2) can be worked with on multiple levels**
- 3) provide for relapse prevention**
- 4) process is continual**
- 5) can be used to pinpoint areas of concern and growth**
- 6) can be used to fill in the gap left by traditional therapies**

THE HEALING PATH

Overview

SURRENDER Steps 1-3

PURIFICATION Steps 4-7

RIGHT REALTIONSHPIS Steps 8-9

LIVING IN THE HERE AND NOW Step 10

COMPREHENSION Step 10-11

LIVING AND LOVING WISELYSteps 11-12

AUTHENTIC BEING Step 12 and beyond

INTO ADDICTION

- EGO IDENTIFICATION
- “NOT ENOUGH” CONSCIOUSNESS
- HUNGER AND YEARNING FOR SOMETHING MORE
- LOOKING OUTSIDE
- CONTINUING SENSE OF FRUSTRATION AND CIRCULAR BEHAVIOR

PROCESS OF GRIEVING

DENIAL

BARGAINING

ANGER/HUMILIATION

DEPRESSION

HELPLESSNESS

SURRENDER

INITIAL ADDICTIONS RECOVERY

DENIAL

BARGAINING/
MANIPULATION/
PROMISES, PROMISES

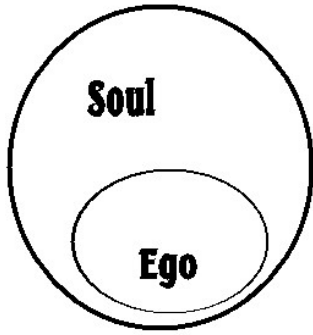
ANGER/BLAMING/
PROJECTION

HELPLESSNESS

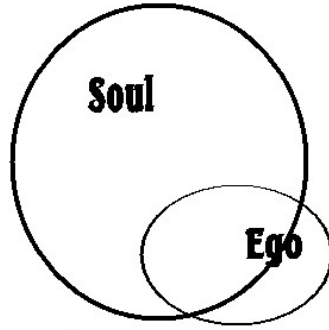
SURRENDER

PROCESS OF SURRENDER

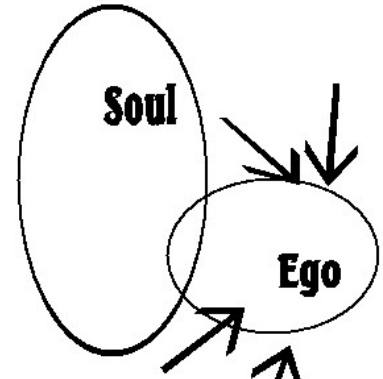




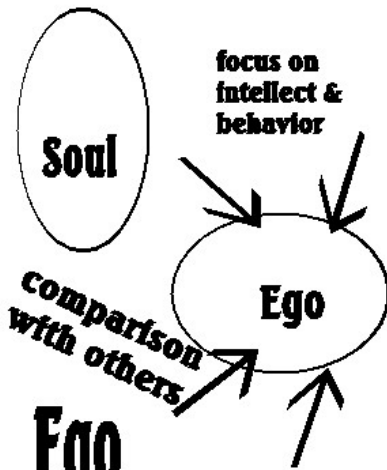
**The Integrated Self
Unconscious
Stage**



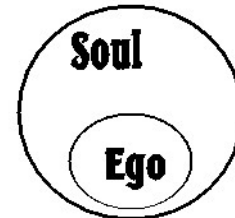
**The Ego
Explores**



**"People
Training"**



**Ego
Identification**



**The Integrated Self
Conscious Stage**
Ego is directed by
the Soul

**Balance of
Intellect and
Intuition**

**Decisions
are made
for the
highest
Good**

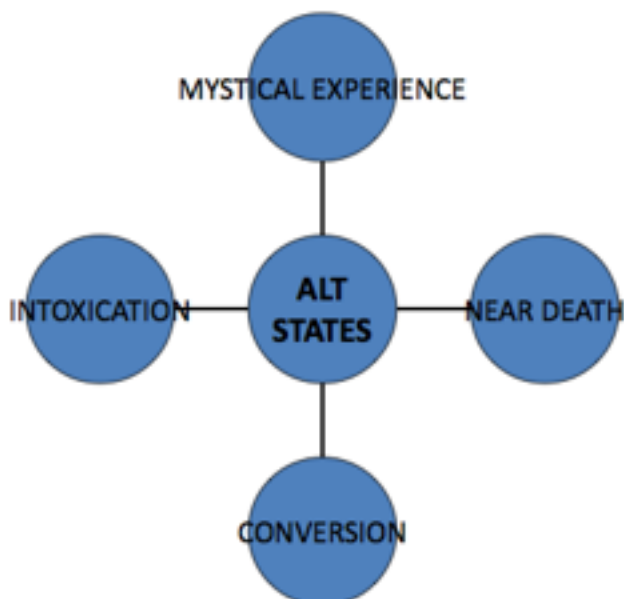
(supplement to the morning session; we will cover this if time permits)

EXPLORING ALTERED STATES OF CONSCIOUSNESS

DRUG OR EXPERIENCE?

- LOOKING FOR THE EXPERIENCE
- STOP FEELING BAD
- FEEL GOOD
- TO GO BEYOND THE CONFINES OF MIND AND EGO

ALTERED STATES



SPIRITUALITY, PSYCHOLOGY AND ILLNESS

ADDICTIONS, PSYCHOSOMATIC
ILLNESS(90%), SOME "PSYCHOSES"

SURRENDER STEPS 1-3

Step One

"We admitted we were powerless over alcohol-that our lives had become unmanageable."

Step Two

"Came to believe that a Power greater than ourselves could restore us to sanity."

Step Three

"Made a decision to turn our will and our lives over to the care of God as we understood Him."

- COLLAPSE OF EGO DEFENSES
- FROM THE HEAD TO THE HEART
- EMBRACING POWERLESSNESS
- OPENING TO HIGHER DEEPER CONSCIOUSNESS
- WILLINGNESS

- Therapeutic Mode
- Expresses need for help
- Willing to accept it
- Open to new perspectives
- *****
- Spiritual Mode
- Realization of powerlessness
- Open to change and direction
- Open to process

**ADDICTION IS AN EXPERIENCE
RECOVERY MUST BE AN EXPERIENCE AS WELL
TWO HUGE BLOCKS TO STEP 2
I FEEL AS IF I CANNOT BE HELPED.**

**I DO NOT FEEL WORTHY OF BEING
HELPED**

Third Step Prayer

God, I offer myself to Thee — to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!

PURIFICATION STEPS 4-7

AA:

Step Four

"Made a searching and fearless moral inventory of ourselves."

Step Five

"Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs."

Step Six

"Were entirely ready to have God remove all these defects of character."

Step Seven

"Humbly asked Him to remove our shortcomings."

- Therapeutic
- Awareness and ownership of old patterns
- Learning and letting go

- Dropping outdated defenses
- Delayed gratification

- Spiritual
- Embracing the Shadow
- Self-forgiveness and grieving
- Begin healing of old relationship patterns
- Healthy sense of Self

MODEL OF QUALITIES

Negative use	Innate Quality	Positive use
	Sense of Humor	
	Sensitivity	

Moving from Stage to Stage

RIGHT RELATIONSHIPS _____

PURIFICATION _____

SURRENDER _____

EACH STAGE CONTINUES AND OVERLAPS THE NEXT

7th step prayer

"My Creator, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows. Grant me strength, as I go out from here to do Your bidding."

RIGHT RELATIONSHIPS

Step Eight

Made a list of all persons we had harmed, and became willing to make amends to them all."

Step Nine

"Made direct amends to such people wherever possible, except when to do so would injure them or others."

RIGHT RELATIONSHIPS STEPS 8-9

Therapeutic

Deeper sense of individuality and
positive power

Boundaries-where I fit-where you end
and I begin

- Spiritual
- Conscious loving
- Detachment with love
- What to keep and what to let go of

Process of **FORGIVENESS**

EXPERIENCING HURT

OTHER FEELINGS//SHAME//GUILT//FEAR

BLAMING//PROJECTION

AWARENESS OF PAIN NOT RESOLVING

INTROSPECTION

EXPERIENCING THE FEELINGS

LEARNING FROM THE EXPERIENCE

SURRENDER//RELEASE

most of your clients will not be ready for this, BUT it could be extremely helpful for those working through relapse.

Ho'oponopono

I'm Sorry

Please forgive me

I love you

Thank you

you can check out the following on numerous websites and youtube

Background of this forgiveness and healing process

Have you heard of the Hawaiian therapist who cured an entire ward of criminally insane patients, without ever meeting any of them or spending a moment in the same room? It's not a joke. The therapist was Dr. Ihaleakala Hew Len. He reviewed each of the patients' files, and then he healed them by healing himself. The amazing results seem like a miracle, but then miracles do happen when you use Ho'oponopono, or Dr. Len's updated version called Self I-Dentity Through Ho'oponopono. I had the pleasure of attending one of his lectures a few years ago and started practicing Ho'oponopono immediately. The results are often astounding. Do you need a miracle?

What you might wish to understand is how this can possibly work. How can you heal yourself and have it heal others? How can you even heal yourself?

Why would it affect anything "out there"? The secret is there is no such thing as "out there" – everything happens to you in your mind. Everything you see, everything you hear, every person you meet, you experience in your mind. You only think it's "out there" and you think that absolves you of responsibility. In fact it's quite the opposite: you are responsible for everything you think, and everything that comes to your attention. If you watch the news, everything you hear on the news is your responsibility. That sounds harsh, but it means that you are also able to clear it, clean it, and through forgiveness change it.

There are four simple steps to this method, and the order is not that important. Repentance, Forgiveness, Gratitude and Love are the only forces at work – but these forces have amazing power.

The best part of the updated version of Ho'oponopono is you can do it yourself, you don't need anyone else to be there, you don't need anyone to hear you. You can "say" the words in your head. The power is in the feeling and in the willingness of the Universe to forgive and love.

Step 1: Repentance – I'M SORRY

As I mention above, you are responsible for everything in your mind, even if it seems to be "out there." Once you realize that, it's very natural to feel sorry. I know I sure do. If I hear of a tornado, I am so full of remorse that something in my consciousness has created that idea. I'm so very sorry that someone I know has a broken bone that I realize I have caused.

This realization can be painful, and you will likely resist accepting responsibility for the "out there" kind of problems until you start to practice this method on your more obvious "in here" problems and see results.

So choose something that you already know you've caused for yourself? Over-weight? Addicted to nicotine, alcohol or some other substance? Do you have anger issues? Health problems? Start there and say you're sorry. That's the whole step: I'M SORRY. Although I think it is more powerful if you say it more clearly: "I realize that I am responsible for the (issue) in my life and I feel terrible remorse that something in my consciousness has caused this."

Step 2: Ask Forgiveness – PLEASE FORGIVE ME

Don't worry about who you're asking. Just ask! PLEASE FORGIVE ME. Say it over and over. Mean it. Remember your remorse from step 1 as you ask to be forgiven.

Step 3: Gratitude – THANK YOU

Say "THANK YOU" – again it doesn't really matter who or what you're thanking. Thank your body for all it does for you. Thank yourself for being the best you can be. Thank God. Thank the Universe. Thank whatever it was that just forgave you. Just keep saying THANK YOU.

Step 4: Love – I LOVE YOU

This can also be step 1. Say I LOVE YOU. Say it to your body, say it to God. Say I LOVE YOU to the air you breathe, to the house that shelters you. Say I LOVE YOU to your challenges. Say it over and over. Mean it. Feel it. There is nothing as powerful as Love.

That's it. The whole practice in a nutshell. Simple and amazingly effective.

LIVING IN THE HERE AND NOW.

Step Ten

"Continued to take personal inventory and when we were wrong promptly admitted it."

Therapeutic and Spiritual merge

- Balance
- No wasted energy
- Observer Self dominant
- Positive and healthy choices
- Continuing to live in a state of forgiveness and non-judgment

OBSERVER



Conscious Observer

the situation I am dealing with
and how I am reacting

****In the book, "The Twelve Steps and Twelve Traditions" it states that, "It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us." Although written years before, this idea reflects the sentiments of the Course in Miracles(as well as all other major religions), and that is simply," Nothing can ever be taken away from you-you have it all." Our fear, resistance, guilt, and any other negative feeling is the result of wrong thinking.**

I have roles, "pieces" of identity, but their not who I am.

As the observer self becomes more prominent, the lower or object self tends to recede. Primary identification with our lower self tends to be associated with suffering and illness. However, building a strong and flexible ego or object self is usually required before we can transition into our observer self for any lasting duration.

STEPS 10-11

COMPREHENSION

- WILLINGNESS TO LIVE IN MYSTERY
- OPENESS
- GROWING SENSE OF UNITY AND ONENESS

1) our shadow is everything that we project onto other people as well as situations. Our shadow many times "creates" the world we see.

2) Whenever we become a victim, whenever we wait for someone or something else to take over or to make things happen, whenever we fall prey to addictions, be they people, things or feelings, we give our power away.

3) Our beliefs are things that we chose. All that we chose to believe plays role in how we see and act in our world.

4) We can also make free choices to hold onto ideas, feelings, addictions, negative relationships , etc. We might not realize it but every time we make a choice we are also making ourselves responsible for the consequences of that choice.

LIVING AND LOVING WISELY

STEP 11

- INTIMATE AND CONTINUING SENSE OF SPIRIT
- COMPASSION/UNSELFISH LIVING
- WHAT IN THE EAST WOULD BE CALLED ENLIGHTENMENT

PRAYER AND MEDITATION

WORD OR MANTRA

FOCUS ON BREATH

RELAXATION TECHNIQUES

GUIDED IMAGERY

AUTHENTIC BEING

- THERE ARE FEW WORDS TO DESCRIBE THIS
- BECOMING AS A CHILD

We become centered on wholeness. We see unity in all creation and transcendence. We continue to form helpful ways for ourselves and others. We slow down, simplify, nurture awareness and sacredness and wonder and beauty in all things. we put together the fragments of life into a whole; we synthesize, reconcile opposites. People are viewed as other selves, as sharers in the same humanity. We practice empathy, unconditional love, and awareness of the great power that lies within all even if it is dormant.

We realize that our brain is only a small part of us which can neither predict the future nor plan our lives. Only our higher power can do that, so we need to come closer to this power which is partially within all of us. We do this daily, asking only to know our Higher Power s will and then quieting the mind to hear the answer. These practices become an integral part of our consciousness as they are already part of our unconscious. As we allow this process to continue, our inner strength and peace flourish no matter what is happening around us.

The task we are set in Step 11 is to remove our conscious barriers so that we may open a two-way communication channel with our higher power and consciously stop impeding the work on conscious and unconscious levels. More and more, we begin to recognize the inner as the voice of our own intuition, the voice of our inspirations, the voice of our higher self, the voice of God. The difference now is that we am consciously aware that our higher power is guiding our life, and we are trying to cooperate because we enjoy it that way.

**Prayer is not something we do to God, but to ourselves
It is not a position, but a disposition**

It is not flattery but a sense of Oneness
It is not asking, but knowing
It is not words, but sensing
It is not will but willingness.

As Emerson put it: "Most prayer supposes dualism rather unity in nature and consciousness. As soon as man is one with God, he will not beg. He will see his prayers in action."

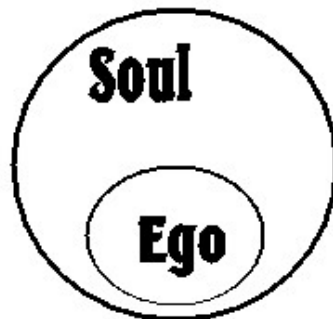
Everything that is in my way is my way—Jerry Williams

All that you seek is already within you. In Hinduism it is called Atman; in Buddhism, the pure Buddha mind. Christ said the kingdom of heaven is within you. Quakers call it the "still, small voice within." This is the space of full awareness that is in harmony with all the universe, and thus is wisdom itself. Every new level of meditation, every new understanding of who you really are, attunes you more delicately to this space so that you can hear and be guided by your inner voice more clearly. Time and time again your attachments may veil this truth from you. Your attachments lead you to seek outside of yourself for answers that can only come from your own heart. Each time you lose contact with that inner awareness, you need only meditate. For through meditation you will hear that inner click that sense of rightness about what you are doing. Your answers are unique, listen to your heart. (I do not remember where I picked this one up)

Using alcohol or other drugs may have given us a glimpse of tranquility, serenity, fulfillment, or of our Self, that experience was either only transitory, or worse, it eventually drove us away from our Self, leaving us with a feeling of emptiness, alienation, and loss of meaning in our lives. However, numerous spiritual practices - that are drug free - help us to be that part of us that is Understanding, Compassion and Unity Consciousness, that which is peaceful and serene. One could use terms like "enter" or "become" our Self, except that our Self is already here, within us, right now. In fact, who we are is our Self. The following are some introductory principles to being our Self.

However, serenity does not mean constant inner peace. Rather, it is a creative state through being fully aware of one's life - with all its pain and its ever increasing joy, as we come closer to God. As Teilhard de Chardin said

The longer I live, the more I feel that true repose consists in "renouncing" one's own self, by which I mean making up one's mind to admit that there is no importance whatever in being "happy" or "unhappy" in the usual meaning of the words. Personal success or personal satisfaction are not worth another thought if one does achieve them, not worth worrying about if they evade one or are slow in coming. All that is really worthwhile is action-faithful action, for the world, and in God. Before one can see that and live by it, there is a sort of threshold to cross, or a reversal to be made in what appears to be man's general habit of thought, but once that gesture has been made, what freedom is yours, freedom to work and love.



The Integrated Self Conscious Stage

**Ego is directed by
the Soul**

**Balance of
Intellect and
Intuition**

**Decisions
are made
for the
highest
Good**

I've often wondered why that part of the journey is necessary, and right now it seems to me that this ego that we spend years building up and putting into place is our gift back to our Creator so that these primal necessary desires and yearnings can be transformed. Will becomes transformed into Love. The will to live, the will to know, and the will to feel become love of truth, love of life, and love of God, which is inseparable from love of self. Jacquelyn Small Transformers: The Artists of Self Creation.

LIST OF MANY 12 STEP GROUPS

Alcoholics Anonymous – <http://www.alcoholics-anonymous.org>

Narcotics Anonymous – <http://www.na.org/>

Eating Addictions

Food Addicts Anonymous – <http://foodaddictsanonymous.org/>

Food Addicts in Recovery Anonymous – <http://www.foodaddicts.org/>

Overeaters Anonymous – <http://www.oa.org/>

Anorexics and Bulimics Anonymous -

Compulsive Eaters Anonymous – <http://www.ceahow.org/>

Eating Addictions Anonymous – <http://www.eatingaddictionsanonymous.org/>

Eating Disorders Anonymous – <http://www.eatingdisordersanonymous.org/>

Overeaters Anonymous – <http://www.oa.org/>

For the Family

Al-Anon/Alateen – <http://www.al-anon.alateen.org/>

Adult Children of Alcoholics – <http://www.adultchildren.org/>

Nar-Anon – <http://nar-anon.org/>

Families Anonymous – <http://www.familiesanonymous.org/>

Parents Anonymous – <http://www.parentsanonymous.org/>

Co-Anon ?Cocaine Anonymous – <http://www.co-anon.org/>
Co-Dependents Anonymous – <http://www.codependents.org/>

Other Anonymous Fellowships

Cocaine Anonymous – <http://www.ca.org/>
Gamblers Anonymous – <http://www.gamblersanonymous.org/>
Dual Recovery Anonymous – <http://www.draonline.org/>
Emotional Health Anonymous – Emotional Health Anonymous
Debtors Anonymous – <http://debtorsanonymous.org/>
Nicotine Anonymous – <http://www.nicotine-anonymous.org/>
All Addictions Anonymous – <http://www.alladdictionsanonymous.com/>
Chemically Dependent Anonymous – <http://www.cdaweb.org/>
Crystal Meth Anonymous – <http://www.crystalmeth.org/>
Dual Diagnosis Anonymous – <http://www.ddaworldwide.org/>
Heroin Anonymous – <http://www.heroin-anonymous.org/>
Marijuana Anonymous – <http://www.marijuana-anonymous.org/>
Methadone Anonymous – <http://www.methadonesupport.org/>
Pills Anonymous – <http://groups.msn.com/PillsAnonymous>
Prescription Anonymous – <http://www.prescriptionanonymous.org/>
Recoveries Anonymous – <http://www.r-a.org/>
Bettors Anonymous – <http://www.bettorsanonymous.org/>
Bloggers Anonymous – [http://darmano.typepad.com/
bloggers_anonymous](http://darmano.typepad.com/bloggers_anonymous)
Clutterers Anonymous – <http://www.clutterersanonymous.net/>
Emotions Anonymous – <http://www.emotionsanonymous.org/>
Gamblers Anonymous – <http://www.gamblersanonymous.org/>
Hepatitis C Anonymous – <http://www.hcvanonymous.com/>
HIV AIDS Anonymous – <http://www.hivanonymous.com/>
Kleptomaniacs and Shoplifters Anonymous – [http://
www.shopliftersanonymous.com/](http://www.shopliftersanonymous.com/)
Procrastinators Anonymous -
Recovering Couples Anonymous – <http://www.recovering-couples.org/>
Schizophrenics Anonymous – <http://sanonymous.com/>

Self Mutilators Anonymous – <http://www.selfmutilatorsanonymous.org/>
Spenders Anonymous – <http://www.spenders.org/>
Survivors of Incest Anonymous – <http://www.siaawso.org/>
Trauma Anonymous -
Workaholics Anonymous – <http://www.workaholics-anonymous.org/>

Sex and Love Addictions

Love Addicts Anonymous – <http://www.loveaddicts.org/>
Sex and Love Addicts Anonymous – <http://www.slaafws.org/>
Sex Addicts Anonymous – <http://www.sexaa.org/>
Sexaholics Anonymous – <http://www.sa.org>
Sexual Compulsive Anonymous – <http://www.sca-recovery.org/>
Sexual Recovery Anonymous – <http://sexualrecovery.org/>

Twelve Step Prayers **from** **the Big Book of Alcoholics** **Anonymous**

The Twelve Step Prayers were created using the text of the Big Book of Alcoholics Anonymous. The text used to develop the prayers are shown at the end of the prayer in parenthesis. My hope is that these prayers will provide a framework for you to develop your own or expand on the wording below.

The Set Aside Prayer:

"Dear God please help me to set aside everything I think I know about [people, place or thing] so I may have an open mind and a new experience. Please help me to see the truth about [people, place or thing]. AMEN." (This prayer comes from the Chapter to the Agnostic, primarily pages 47 and 48).

First Step Prayer

Dear Lord, Help me to see and admit that I am powerless over my alcoholism. Help me to understand how my alcoholism has led to

unmanageability in my life. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my alcoholism. (This prayer is developed from the chapter, More About Alcoholism)

Second Step Prayer

Heavenly Father, I am having trouble with personal relationships. I can't control my emotional nature. I am prey to misery and depression. I can't make a living. I feel useless. I am full of fear. I am unhappy. I can't seem to be of real help to others. I know in my heart that only you can restore me to sanity if I am just willing to stop doubting your power. I humbly ask that you help me to understand that it is more powerful to believe than not to believe and that you are either everything or nothing. (p. 52:2, 52:3, 53:1, 53:2)

3rd Step Prayer:

"God, I offer myself to thee - to build with me and do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of life. May I do Thy will always!" (63:2 original manuscript) ([see also the webpage with other Third Step Prayers](#))

A Pre-Inventory prayer:

"God, please help me to honestly take stock. Help me to search out the flaws in my make-up which caused my failure. Help me to see where resentment has plagued me and resulted in spiritual malady, but more importantly help me to understand my part in these resentments. Help me to resolutely look for my own mistakes and to understand where I had been selfish, dishonest, self-seeking and frightened. Please help me to be searching and fearless in my endeavor to write my inventory." (p. 64:2, 64:3, 67:2)

A 4th Step Resentment Prayer:

"God, Please help me to be free of anger and to see that the world and its people have dominated me. Show me that the wrong-doing of others, fancied or real, has the power to actually kill me. Help me to master my resentments by understanding that the people who wrong me were perhaps spiritually sick. Please help me show those I resent the same Tolerance, Pity and Patience that I would cheerfully grant a sick friend.** Help me to see that this is a sick man. Father, please show me how I can be helpful to him and save me from being angry.

Lord, help me to avoid retaliation or argument. I know I can't be helpful to all people, but at least show me how to take a kindly and tolerant view of each and every one. Thy will be done."(66:2, 66:3, 66:4, 67:0, 67:1)

***Dear God, I have a resentment towards a person that I want to be free of. So, I am asking you to give this person everything I want for myself. Help me to feel compassionate understanding and love for this person. I pray that they will receive everything they need. Thank you God for your help and strength with this resentment. (BB, Freedom from Bondage: 552)*

These instructions are for the above prayer (Big Book, Freedom from Bondage, p. 552):

'If you have a resentment you want to be free of, if you will pray for the person or the thing that you resent, you will be free. If you will ask in prayer for everything you want for yourself to be given to them, you will be free...Even when you don't really want it for them, and your prayers are only words and you don't mean it, go ahead and do it anyway. Do it every day for two weeks and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred, you now feel compassionate understanding and love.'

You can, also, include the Freedom from Bondage Prayer in the 4th Step Resentment Prayer.

An Example of Fear Prayer:

"God, thank you for helping me be honest enough to see this truth about myself and now that you have shown me the truth about my fears, please remove these fears from me. Lord, please help me outgrow my fears and direct my attention to what you would have me be. Father, demonstrate through me and help me become that which you would have me be. Help me do thy will always, Amen."(68:3)

An Example of Pre-Sex Inventory Prayer:

"God, please help me to be free of fear as I attempt to shine the spotlight of truth across my past sex relations. Lord, please show me where my behavior has harmed others and help me to see the truth these relationships hold for me. Help me see where I have been at fault and what I should have done differently." (From the thoughts on pg. 69)

"God, help me review my own conduct over the years past. Show me where I have been selfish, dishonest, or inconsiderate. Show me whom I have hurt and where I have unjustifiably aroused jealousy, suspicion or bitterness. Help me to see where I was at fault and what I should have done instead. Help me to be fearless and searching in my endeavor to write my sexual inventory." (69:1)

A Sex Prayer:

"Father, please help me mold my sex ideals and help me to live up to them. Help me be willing to grow toward my ideals and help me be willing to make amends where I have done harm. Lord, please show me what to do in each specific matter, and be the final judge in each situation. Help me avoid hysterical thinking or advice." (69:2, 69:3)

"Father, please Grace me with guidance in each questionable situation, sanity, and strength to do the right thing. If sex becomes very troublesome, quiet my imperious urge, help me not to yield and keep me from heartache as I throw myself the harder into helping others. Help me think of their needs and help me work for them. Amen."(69:2, 69:3, 70:2)

A Pre-Fifth Step Prayer:

God, please help me to complete my housecleaning by admitting to another human being the exact nature of my wrongs. Please remove any fears I have about this step and show me how completion of it will remove my egotism and fear. Help me to see how this step builds my character through humility, fearlessness and honesty. Direct me to the right person who will keep my confidence and fully understand and approve what I am driving at. Then help me to pocket my pride and go to it, illuminating every twist of character, every dark cranny of the past so I may complete this step and begin to feel near to you." (72:1, 72:2, 73:0, 74:2, 75:2)

Fifth Step Prayer

Higher Power, Thank you for helping me complete my housecleaning. I can now look the world in the eye. I can be alone at perfect peace and ease. My fears have fallen from me. I have begun to feel your nearness. I have begun to have a spiritual experience. I feel I am on the Broad Highway, walking hand in hand with the Spirit of the Universe. (75:2)

A Quiet Hour Prayer:

"God, Thank You for giving me the strength, faith and courage I needed to get through my 5th Step. I thank you from the bottom of my heart for helping me to know you better, by showing me what has been blocking me from you. Father, please show me if I have omitted anything and help me to honestly see if my stones are properly in place or if I have skimmed in any area of this work."(75:3)

A 6th Step prayer:

"God, Thank you for removing my fear and for showing me the truth about myself. Father, I need your help to become willing to let go of the things in me which continue to block me off from you. Please grant me your Grace Lord and make me willing to have these objectionable characteristics, defects and shortcomings removed." (76:1)

Sixth Step Prayer

Dear God, I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself & guide me toward spiritual & mental health. (76:1)

Seventh Step Prayer

"My Creator, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows. Grant me strength, as I go out from here to do Your bidding." (76:2)

A Pre - Eighth Step Prayer:

"God, Please remove my Fears and show me your truth. Show me all the harms I have caused with my behavior and help me be willing to make amends to one and all. Help me to be willing to go to any lengths for victory over alcohol."(76:3)

A 9th Step Prayer :

"God, with regard to this amend, give me the strength, courage and direction to do the right thing, no matter what the personal consequences may be. Help me not to shrink from anything. Help me not to delay if it can be avoided. Help me to be sensible, tactful, considerate and humble without being servile or scraping."(79:1, 83:3)

A 9th Step prayer for the Spouse:

"God, please show me how to make amends to my Spouse. Father , Help me to keep my Spouse's happiness Uppermost in my mind as I try, with your Grace, to make this relationship right. Amen" (82:1)

A 9th Step Prayer for the Family:

"God, please show me how to find the way of Patience, Tolerance, Kindness and Love in my heart, my Mind and my Soul. Lord, show me how to demonstrate these principles to my family and all those about me. Amen." (83:1)

A 10th Step prayer for Growth and Effectiveness:

"God, please help me Watch for Selfishness, Dishonesty, Resentment and Fear. When these crop up in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. Father, help me to quickly make amends if I have harmed anyone and help me to resolutely turn my thoughts to someone I can Help. Help me to be Loving and Tolerant of everyone today. Amen"(84:2)

Tenth Step Prayer

*My Higher Power, My daily prayer is to best serve you,
I pray I may continue to grow in understanding & effectiveness;
Help me to watch for selfishness, dishonesty, resentment and fear;
Help me to be willing to have You remove them at once;
I must be willing to discuss them with someone immediately;
I will make amends quickly if I have harmed anyone;
And then I will turn my thoughts toward helping someone else;
Please help me to remember to practice love and tolerance of others.
(84:2)*

Tenth Step Amends Prayer

"God, please forgive me for my failings today. I know that because of my failings, I was not able to be as effective as I could have been for you. Please forgive me and help me live thy will better today. I ask you now to show me how to correct the errors I have just outlined. Guide me and direct me. Please remove my arrogance and my fear. Show me how to make my relationships right and grant me the humility and strength to do thy will."(86:1)

The 11th Step Prayers:

A Prayer On Awakening:

"God please direct my thinking and keep my thoughts divorced from self – pity, dishonest or self-seeking motives. Please keep my thought

life clear from wrong motives and help me employ my mental faculties, that my thought-life might be placed on a higher plane, the plane of inspiration." (86:2)

A Morning Prayer:

"God, should I find myself agitated, doubtful or indecisive today, please give me inspiration, help me to have an intuitive thought or a decision about this problem I face. Help me not to struggle, instead, help me to relax and take it easy. Help me know what I should do and keep me mindful, that you are running the show. Free me from my bondage of self. Thy will be done always." (86:3)

A Morning Prayer:

"God, please show me all through this day, what my next step is to be and please grace me with whatever I need to take care of the problems in my life today. I ask especially that you free me from the bondage of self-will."(87:1)

An 11th Step Nightly Review Prayer:

"God, help me to constructively review my day. Where was I resentful, selfish, dishonest or afraid? Do I owe an apology? Have I kept something to myself which should be discussed with another person at once? Was I kind and loving toward all? What could I have done better? Was I thinking of myself most of the time? Or was I thinking of what I could do for others, of what I could pack into the stream of life? Please forgive me for my harms and wrongs today and let me know corrective measures I should be take." (86:2)

Twelfth Step Prayer

Dear God, Having had a spiritual experience, I must now remember that "faith without works is dead." And PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. So, God, please help me to carry this message to other alcoholics! Provide me with the guidance and wisdom to talk with another alcoholic because I can help when no one else can. Help me secure his confidence and remember he is ill. (89:1)

The numbers in parenthesis at the end of each prayer indicate the page and paragraph where the wording was used from the Big Book of Alcoholics Anonymous to create the prayer.

