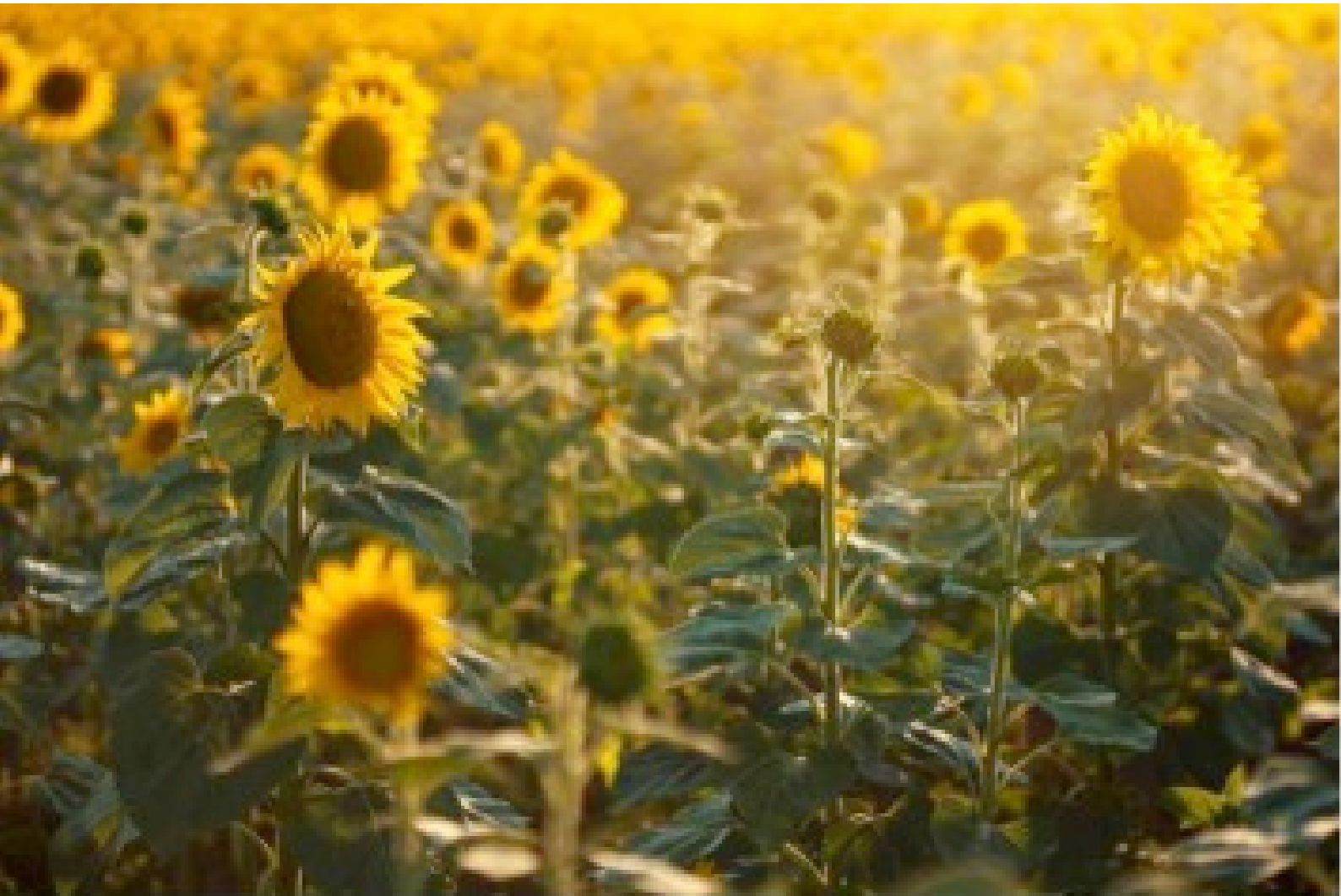


STEPS TO LIBERATION



12 STEP WORKBOOK



THE METHOD

This method of working the 12 Steps brings together proven techniques for changing unhealthy or addictive patterns of thinking and behaviour. If you are looking for practical tools and techniques for personal development and spiritual growth, the simplicity of this method will pleasantly surprise you.

If you are at a point in your life where you would like to change ingrained patterns of thinking and behaviour that have become barriers to having the kind of life you can only dream about, this program can help. If you have never been exposed to the 12 Step recovery tools, this program will show you how to use these tools to change patterns of thinking and behaviour that you no longer desire in your life.

If you are a newcomer to any form of 12 Step recovery, the information in this program could increase the speed and quality of your recovery. The method is a uniquely powerful blend of 12 Step facilitation, cognitive self-change tools, indigenous teachings and vision work.



12

SERVICE

Having had a spiritual awakening as a result of these Steps, we carried this message to other addicts, and practiced these principles in all our affairs

11

SPIRITUALITY

Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of his will and the power to carry it out

10

PERSEVERANCE

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

9

JUSTICE

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

8

FORGIVENESS

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

7

HUMILITY

Humbly asked him to remove our shortcomings

6

WILLINGNESS

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

5

INTEGRITY

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

4

COURAGE

Made a searching and fearless moral inventory of ourselves

3

FAITH

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

2

HOPE

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

1

HONESTY

We admitted we were powerless over addiction - that our lives had become unmanageable



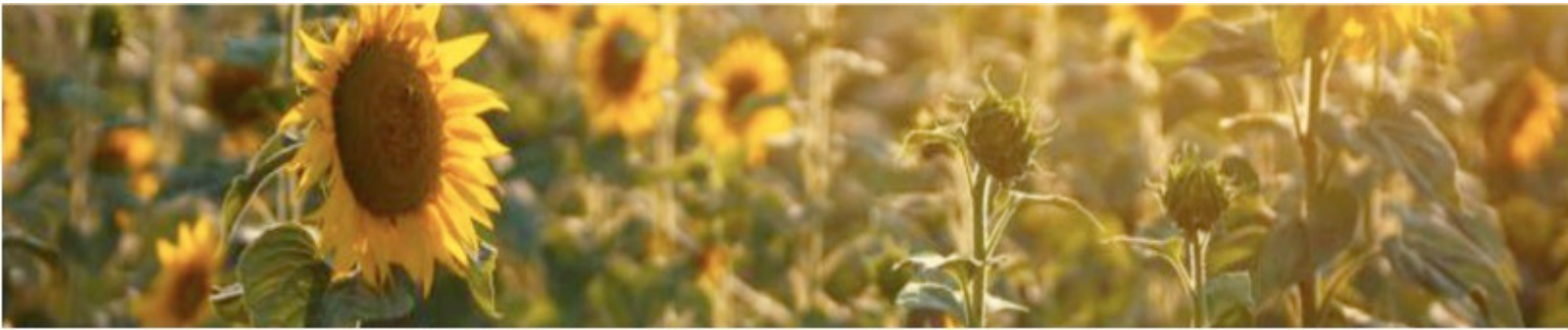
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PREPARATIONS FOR WORKING THE 12 STEPS

We recommend you watch the following videos and read the Big Book of Alcoholics Anonymous* before you begin Step 1.

VIDEOS:

Overview of the 12 Steps: Steps to Liberation Method
<https://www.youtube.com/watch?v=drHJpxTmNq0&t=43s>

Nine Dot Exercise
<https://www.youtube.com/watch?v=AgVCNdZIOA4&t=6s>

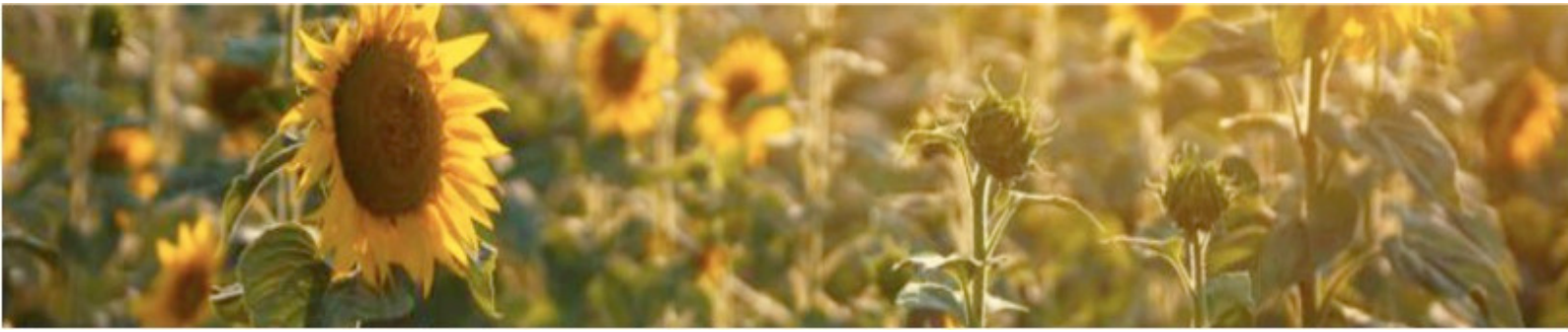
What's Holding You Back?
<https://www.youtube.com/watch?v=XVrAc1eNeNQ&t=213s>

READING:

AA Big Book: From the Preface to Page 164. Look for the similarities.

*W. Bill, *Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered From Alcoholism* - affectionately known as the 'Big Book'. We will refer to this as the 'AA Big Book'





STEP 1

“We admitted we were powerless over addiction - that our lives had become unmanageable”

PART 1:

“We admitted we were powerless over...”

VIDEO:

Step 1:

<https://www.youtube.com/watch?v=femhq-WXbJQ&t=257s>

READING:

AA Big Book from the Preface to Page 43

Look for similarities between what you read in these pages about their experience of being powerless over alcohol and your own experience of being powerless over...

FURTHER READING & LINKS:

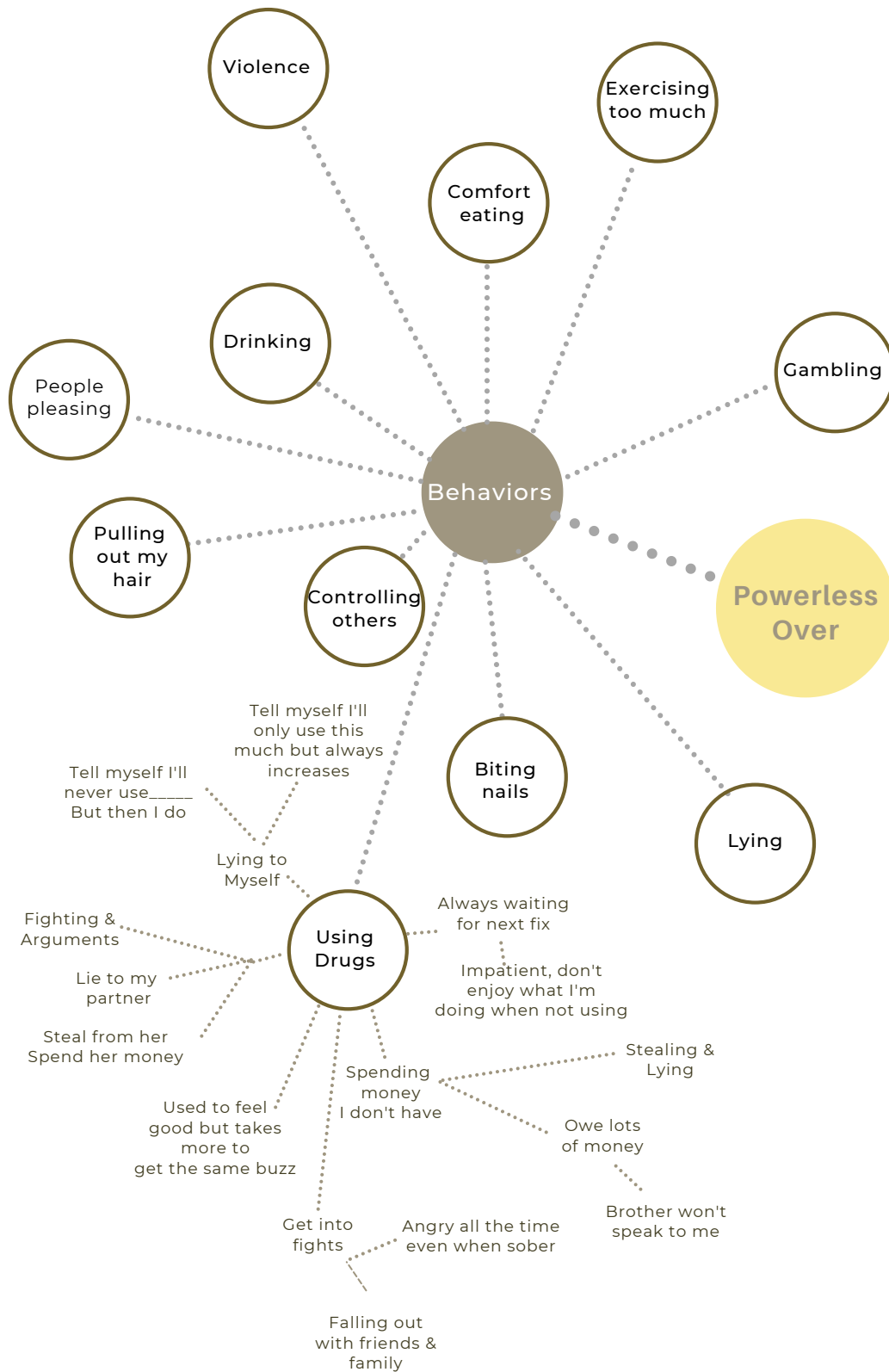
Tony Buzan, author and inventor of the mind-mapping technique
<https://www.youtube.com/watch?v=u5Y4pIsXTV0>

INSTRUCTIONS:

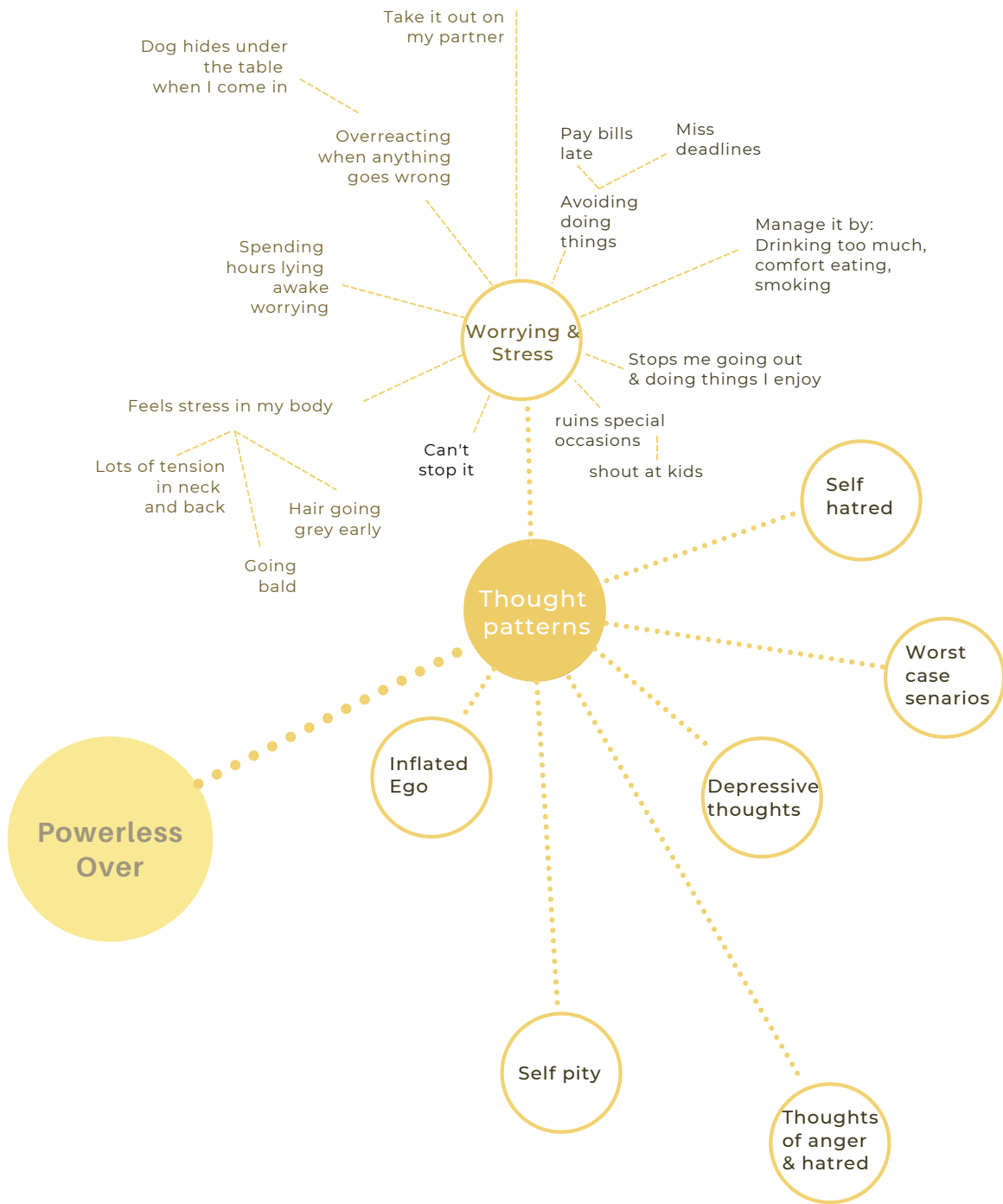
Write out or mind-map a description of what you are currently powerless over and how it is affecting you today. In the examples below we have looked at powerlessness in thoughts & behaviours.

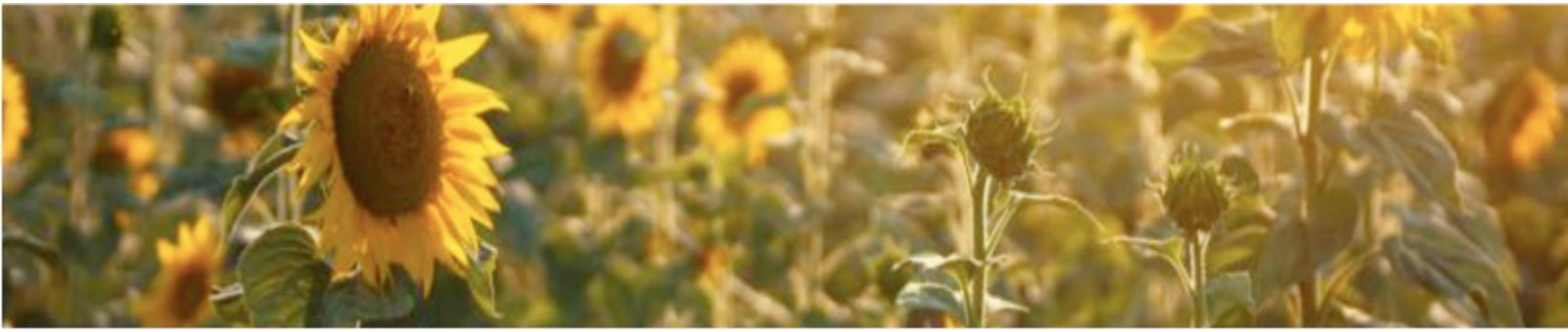


EXAMPLE: POWERLESSNESS



EXAMPLE: POWERLESSNESS





PART 2

“ - that our lives had become unmanageable”

READING:

AA Big Book: Read the second full paragraph on Page 52

INSTRUCTIONS:

Turn the statements from this paragraph into questions and use them to assess 9 possible areas of unmanageability in your current life.

Write out or mind-map descriptions of how you are currently doing in each of these 9 areas:

1. Where am I having trouble managing my personal relationships?
Pick around 7 - 9 relationships; it can be useful to pick a range e.g. partner, parent, sibling, close friend, workmate, child.
2. Where am I having trouble controlling my emotions?
Where do I notice myself using managing behaviours to control emotions?
3. Where have I been experiencing misery?
4. Where have I been experiencing depression?
5. Where am I having trouble making a living?
6. Where am I having feelings of uselessness?
7. Where am I full of fear? Where do I notice myself managing fear?
8. Where am I unhappy?
9. Where am I having trouble being of real help to others?

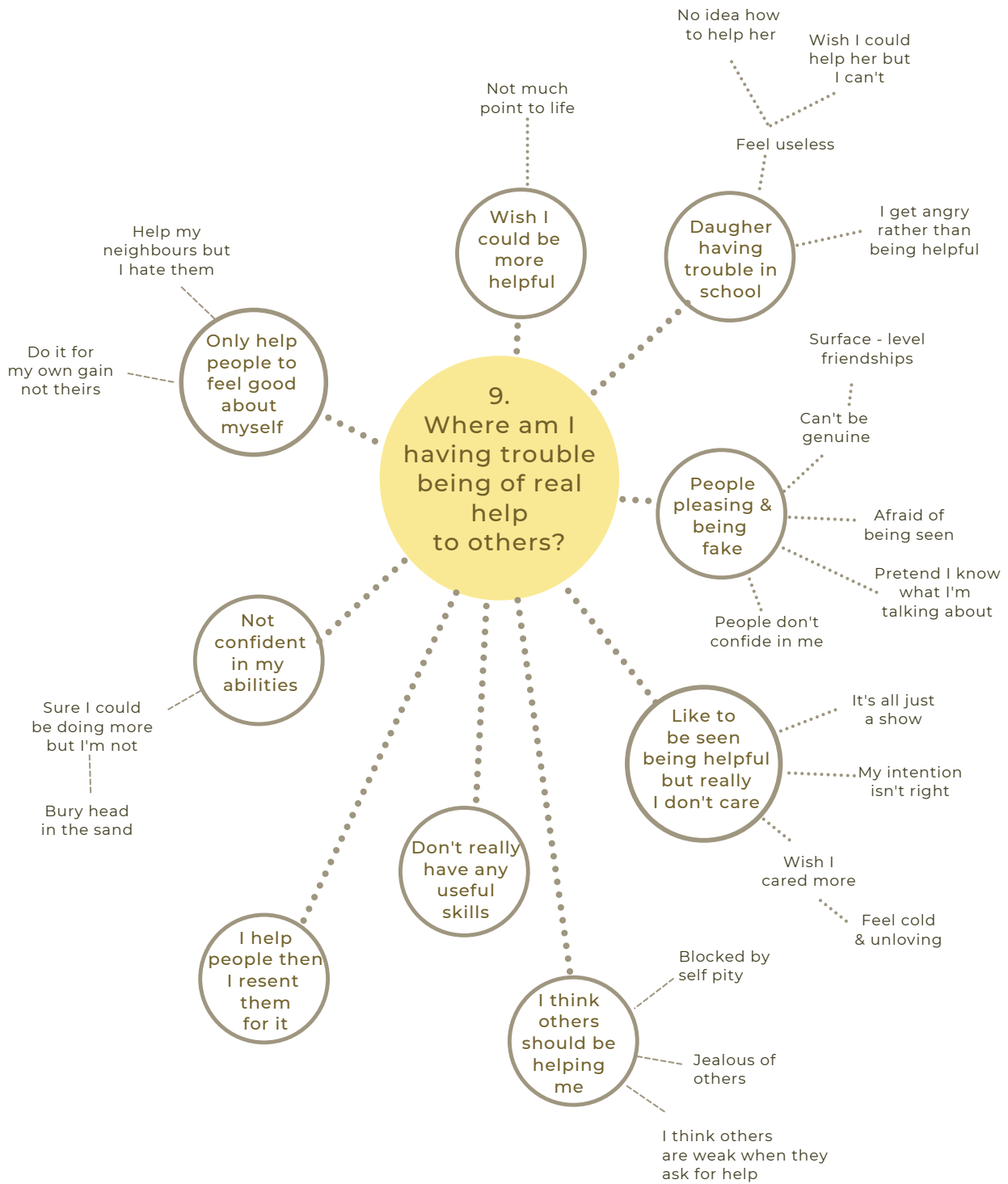
Based on this assessment, is your life unmanageable right now?

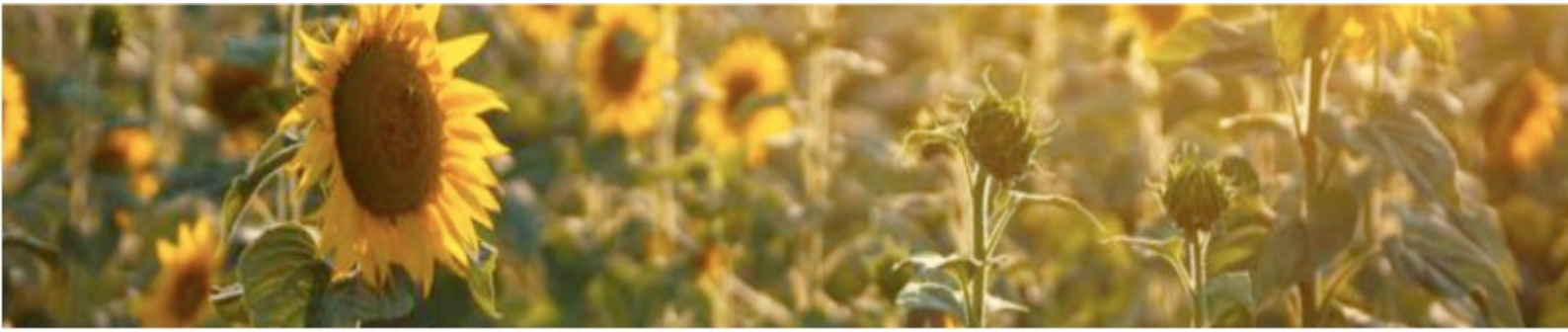


EXAMPLE: UNMANAGABILITY



EXAMPLE: UNMANAGEABILITY





STEP 2

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

VIDEO:

<https://www.youtube.com/watch?v=e64bzHaz09o>

READING:

AA Big Book: Read Page 44 - Page 57 'We Agnostics'

FURTHER READINGS & LINKS:

Joel Barker: Power of Vision

<https://www.trainingabc.com/the-power-of-vision/>

INSTRUCTIONS:

- 1 Set new direction (vision) for each of the 9 areas that you assessed in the second half of Step One.
2. What would your life look like in each of these areas if you didn't have the unmanageability?
3. If you could be any way you would like to be, how would you be in each of these 9 areas?
4. Create mind maps of how you want to be in each of these 9 areas. We find it works better when our visions are based on how we will be rather than what we will have or how others will be.
5. Mind-map the characteristics of a higher Power.





Write down / mind-map your vision of each of the 9 areas:



Reminder: The visions you write in Step 2 are what will materialise in the future - don't cheat yourself! Push out each vision to the horizon of what you think is possible - then out a little bit further.





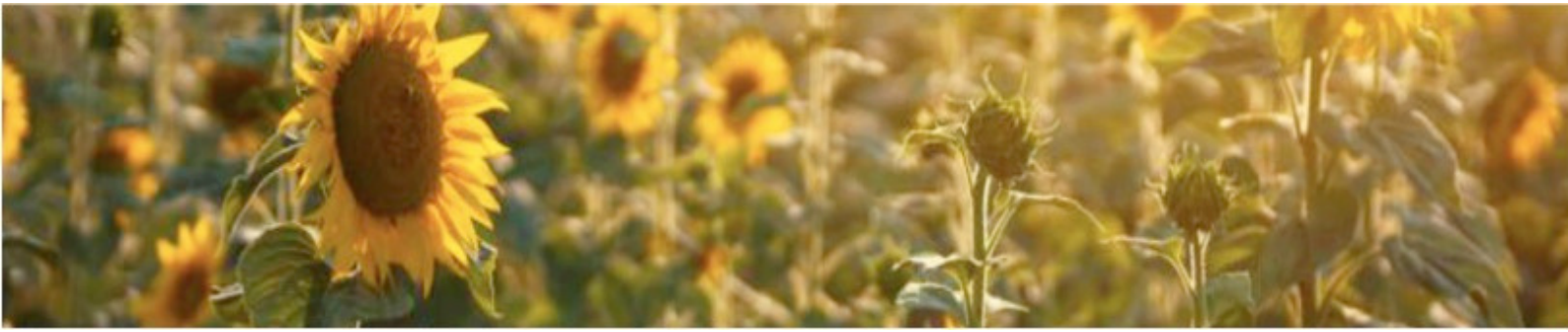
HOW BIG IS YOUR GOD?

Let go of old beliefs

Is it possible that a Power exists in the universe which is capable of giving you the results in these 9 areas that you have described in your vision statements?

Describe or mind-map the characteristics of a Power that could bring about change in your life and that you might consider turning your will and life over to.





Step 3

“Made a decision to turn our will and our lives over to the care of God
as we understood him”

VIDEOS:

<https://www.youtube.com/watch?v=ICYeD5MyEfl&t=1s>

READING:

AA Big Book: Read Pages 58 - 63, 'How it Works'

PART I

INSTRUCTIONS:

- 1.Set spiritual direction for your relationship with God / higher Power.
- 2.Describe or mind-map exactly how you would like it to be (your vision).

EXAMPLE:

Ideal vision for your relationship with God / Higher Power:



HOW GOD RELATES TO ME

- Gives me direction
- Develops, teaches, supports, funds, protects, values and guides me
- Gives me work that is appropriate for my level of development and capability
- Supplies whatever resources I need to get the assigned work done well

- Makes power available to me
- Gives me all the power I need for whatever I am asked to do
- Allows more power to flow through me, as I become a more clean and efficient conduit

- Loves me unconditionally
- Fills me to overflowing with love
- Allows and expects me to be a channel of his love
- Teaches me how to receive, experience and give love
- Enables the characteristics of the Love Thought System to be present and manifest in every area and aspect of my life

CHARACTERISTICS OF GOD

God is my only employer

God is Power

God is Love

HOW I RELATE TO GOD

- I seek and follow directions well
- I am faithful, devoted, focused, energetic and hard working
- I am a good reflection on my employer
- I am an efficient user of time and resources that are given to me
- I constantly develop capability and knowledge that will allow me to do greater service work in the future
- I am dedicated to growing along spiritual lines and being of maximum service to God and my fellow man

- I constantly seek to become a more clean and efficient conduit for God's power to flow through
- I allow God's power to flow through me, to whatever purpose, service or need he chooses, without any form of resistance or dissipation by my self
- I live my life on God's power, not self-power
- I use the power I am given to be of maximum service to God and my fellow man

- I love, honor and respect all living things
- I look for and find love in all people and situations that I encounter in my life
- I live my life centered in the Love versus fear/control.
- I love myself and others as God loves me
- I seek to become an increasingly cleaner and more efficient conduit for God's love
- I am constantly learning how to receive, experience and give love





PART TWO

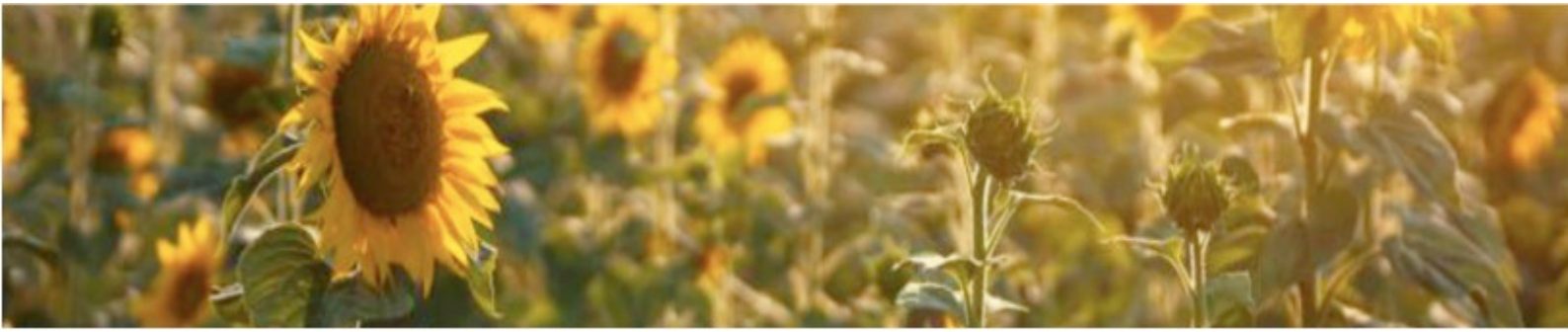
INSTRUCTIONS:

1. Do the Third Step prayer (page 63) with another person.
2. Write out and use your own prayer in addition to this one, if you want to say it in your own words.

Reminder: We find this Step most powerful when the prayer is taken with a trusted person (sponsor or spiritual guide) on our knees with the AA Big Book. Some of us find it helpful to be in nature or in a place we feel most connected to our higher Power.

*"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!"*





Step 4

“Made a fearless and searching moral inventory of ourselves”

VIDEO:

READING:

AA Big Book: Read Pages 63 - 70

INSTRUCTIONS:

1. Complete a five column resentment inventory.
2. Complete a four column fear inventory.
3. Complete an eleven column sex inventory. Include all people you have had sexual relationships with.
4. Have a fourth sheet handy to include anything that doesn't fit in the other three inventories.
5. Write out sexual ideals, set spiritual direction (vision) for your future sex life.

We are looking for the truth which has built the patterns of thinking and behaviour in our life up to today. It will be uncomfortable to look at what our version of the truth is but, until we bring it up to the conscious level and inspect it, we do not know what to keep and what to discard.

The truth will set you free.

**Fourth Step Reminder:*

You are no longer trying to work these steps on your own!

Write a prayer like this at the top of every page of your inventory: 'God, please help me to be honest, help me to remember, and give me the courage to complete this inventory!'



EXAMPLES OF RESENTMENT

Name of: Person, Institution, Principle	The Cause (What they did)	Hurts, threatens, affects	My Mistakes (Character defects) *	Name for amends list
My mother	Left the family home; Left our grandparents to look after us; They weren't up to the job.	<p>Self Esteem: <i>(Who do I think I am)</i> Not worthy of having a caring mother, useless, not loveable</p> <p>Sex / Personal Relations: <i>(Men / Women / Mothers / Husbands / Friends / Governments are / should be)</i> Mothers should take care of their children, want to be with their children.</p> <p>Ambitions: <i>(A want or hope for something)</i> To be in a loving relationship, to be someone, to make it.</p> <p>Security: <i>(I need)</i> To feel safe To feel loved and cared for</p> <p>Money / Finances: Can't bring in enough money. Low self-esteem keeping me small</p> <p>Fear: <i>(What I am afraid of)</i> I really am useless, I'm really not worth caring about.</p>	Holding on Unforgiving Not updating scripts	My mother
My partner	Flirts with other women, especially my friends; Looks to them for attention	<p>Self Esteem: <i>(Who do I think I am)</i> Unappealing, unattractive, boring, no fun</p> <p>Sex / Personal Relations: <i>(Men / Women / Mothers / Husbands / Friends / Governments are / should be)</i> Partners should not look to other women for attention, they should be committed to our relationship.</p> <p>Ambitions: <i>(A want or hope for something)</i> To get on and do other things instead of worrying. To have fun and feel good.</p> <p>Security: <i>(I need)</i> To know I am safe and loved.</p> <p>Money / Finances: Spend lots of money trying to make myself look good.</p> <p>Fear: I am really an unloveable person, I'll be alone and miserable</p>	Jealousy Competition Unworthiness Anger Low self-esteem Fear Self-focussed	My partner Myself



EXAMPLES OF RESENTMENT

Name of: Person, Institution Principle	The Cause (What they did)	Hurts, threatens, affects	My Mistakes (Character defects) *	Name for amends list
The priest	Beat me up; Beat me in front of my classmates when I was a child	<p>Self Esteem: (<i>Who do I think I am</i>) Worthy of better than being treated like that.</p> <p>Sex / Personal Relations: (<i>Men / Women / Mothers / Husbands / Friends / Governments / Priests are / should be</i>) Priests should not bully. Priest should be decent fellows.</p> <p>Ambitions: (<i>A want or hope for something</i>) To get on well at school. I used to want to be a priest and live a spiritual life.</p> <p>Security: (<i>I need</i>) To feel safe To be treated with respect. To be able to get on with my work.</p> <p>Money / Finances: Affected career choices.</p> <p>Fear: (What I am afraid of) The world is unsafe. Religion is unsafe. Religious people are unsafe.</p>	Holding on Unforgiving Not updating scripts	The priest Myself

*SAMPLE CHARACTER DEFECTS

Anger	Impatient	Spiritual Pride
Arrogance	Inconsiderate	Stealing
Comparison	Indifferent	Stubborn
Conceit	Insecure	Undisciplined
Deception	Intellectual Pride	Unfaithful
Dishonesty	Intolerant	Unreliable
Disrespect	Jealous	Untrustworthy
Distrust	Judgmental	
Envy	Possessive	
Fear	Procrastination	
Harsh	Self-centered	
Hatred	Self-pity	
	Self-righteous	
	Self-seeking	



RESENTMENT INVENTORY TEMPLATE:

Name of person, institution, principle	The cause (what they did)	Hurts, threatens, affects; <input type="checkbox"/>	My mistakes (character defects):	Name for amends list



EXAMPLE: Fear inventory

Examples of fears

Authority	Losing my money	Addiction
Failure	Fear	Being hurt
Change	Self	Losing
The future	Religion	Being caught
Relationships	My mind	Being left
Death	Failure	Loved ones dying
Appearance	Being dependent	Creator punishing me
Rejection	Sex	Being a bad person
Loosing looks	Intimacy	Not doing what I came here to do
Responsibility	Honesty	Not finding work
Community	Trust	Always getting rubbish jobs
Race	The past	Dying alone
Incarceration	The unknown	Getting sick
Financial problems	Being loved	Physical pain
Alcohol	Not being loved	War
Being ridiculed	Not being liked	Not becoming enlightened
Work	People getting to know me	Moving house
Family	Becoming homeless	Evil
Not having food	Belonging	
	Going off track	

The fear	Why do I have this fear?	Did self-reliance fail?	What would the creator have me be?
I'll die alone and in pain	Dad died when I was young, didn't cope well, felt isolated & alone; Saw my grandmother die in pain and it scared me	Yes	Trusting that I'll get the support I need. Trusting in God & myself that I'm strong enough to handle anything. At peace with how things are. Accepting of life. Trusting that life will take care of me. Fearless. Loved and loving.
I'll lose my home and money	My dad lost his job then became depressed & alcoholic; This caused loads of problems at home; Mother was always nagging him about how we didn't have money & were going to end up homeless	Yes	Trusting that my needs will be provided for. Secure, confident, successful. Living in abundance. Fearless. Taken care of materially. Trusting in the process of life.
Fear of crocodiles	Because I saw a film about them as a child and it terrified me.	Yes	Trusting that I'm safe. Let go of the old memories. Respectful of all God's creatures.



FEAR INVENTORY TEMPLATE:

My fears	
Why do I have this fear?	
Did self-reliance fail?	
What would the Creator have me be?	



SEXUAL INVENTORY TEMPLATE:

Name: (Person, situation)	Where had we been:			Did we unjustifiably arouse:			Whom did we hurt?	Where were we at fault?	What should we have done instead?	Ideal for our future sex life:
	Selfish	Dishonest	Inconsiderate	Jealousy	Suspicion	Bitterness				

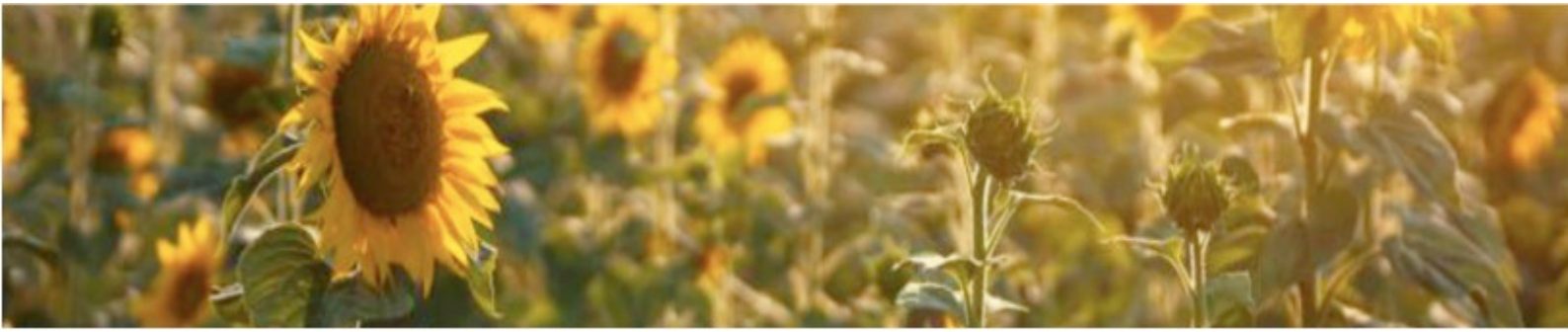




SET SPIRITUAL DIRECTION FOR YOUR SEX LIFE:

Use your notes from Column 11 of the Sex Inventory to write out or mind map your ideal future sex life





Step 5

“Admitted to God, to ourselves and to another human being the exact nature of our wrongs”

VIDEO:

READING:

AA Big Book: Read Pages 72 - 75 'Into Action'

INSTRUCTIONS:

1. Pick the person with whom you will share your Fifth Step
2. Do the Fifth Step as per the AA Big Book advice
3. Start to make a list of your defects as they come up
4. Look for any pattern, fears, defects or future amends that you may have missed in Step Four
5. After you have done your Fifth Step, read the passage below from the AA Big Book , then sit for an hour and review Steps 1- 5

"Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done. We thank God from the bottom of our heart that we know Him better. Taking this book down from our shelf we turn to the page which contains the Twelve Steps. Carefully reading the first five proposals we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last. Is our work solid so far? Are the stones properly in place? Have we skimmed on the cement put into the foundation? Have we tried to make mortar without sand?"





Step 6

“Were entirely ready to have God remove all these defects of character”

VIDEO:

READING:

AA Big Book: Read the first paragraph on Page 76

INSTRUCTIONS:

1. Consolidate your defects from Step Four & Five onto a separate rate list if you have not already done so.

Sample character defect rate list

1. Judgmental/playing God	xxxxxxx
2. Fearful	xxxx
3. Jealousy	xxxxx
4. Anger	xxxxxx
5. Impatience	xxx
6. Procrastination	xx
7. Self-centred	xxxxxx



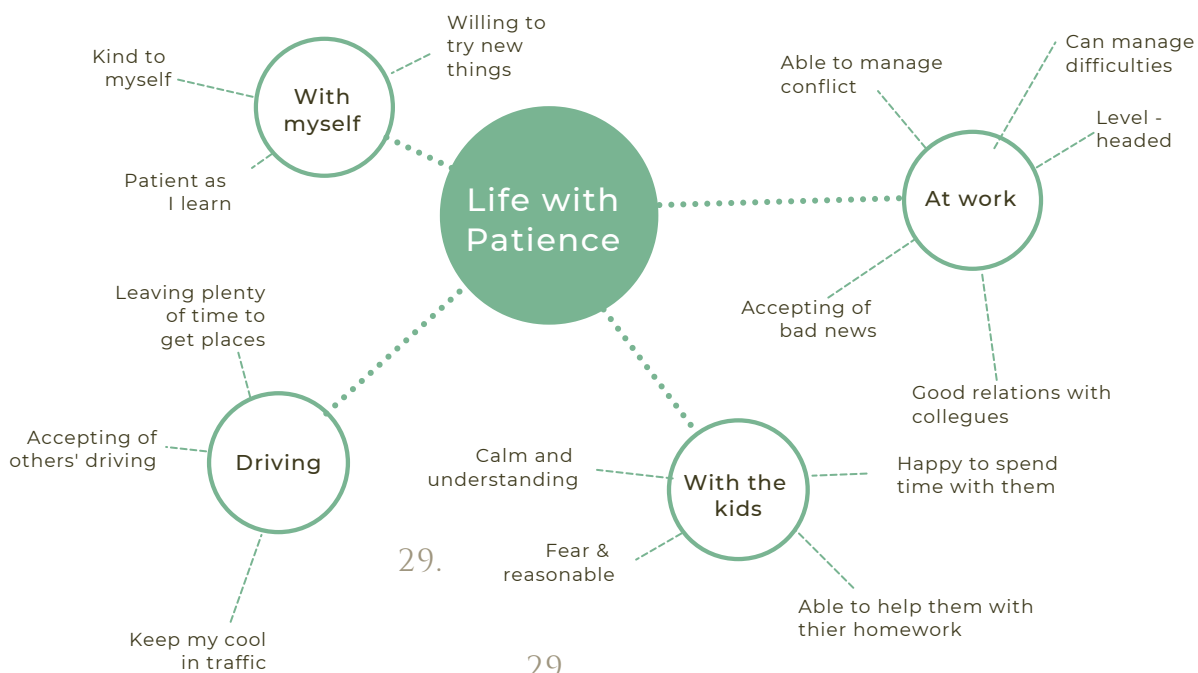


2. For each character defect, write what you would have in its place

CHARACTER DEFECT	DESIRED CHARACTER FEATURE
FEAR	FAITH
JEALOUSY	HAVING WHAT YOU WANT HAPPY FOR OTHERS
ANGER	TRUE POWER
IMPATIENCE	PATIENCE
PROCRASTINATION	TAKING ACTION

3. What would life look like without the character defect?
 What would life look like with the desired character feature?
 For each desired character feature, mind-map a description of
 what your life will be like when you have it.

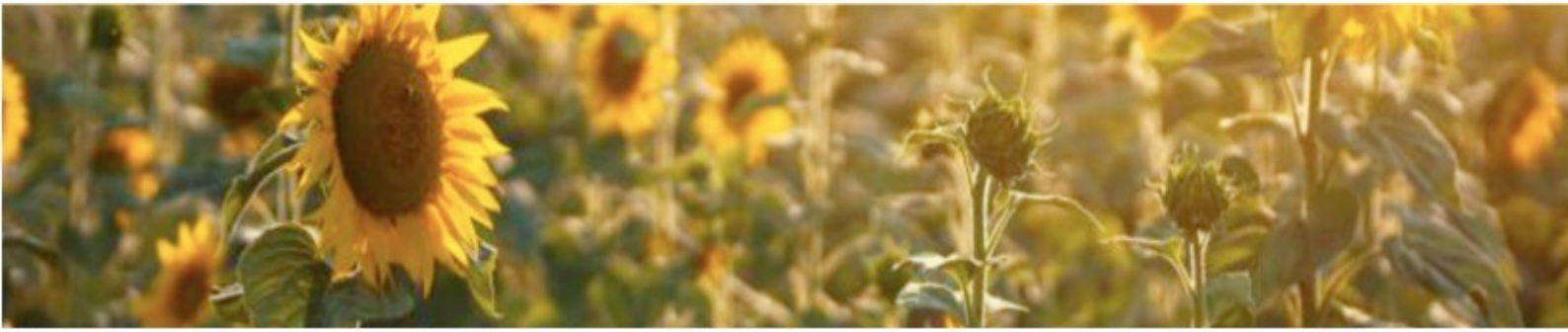
EXAMPLE: LIFE WITH PATIENCE / LIFE WITHOUT IMPATIENCE



29.

29





Step 7

"Humbly asked him to remove our shortcomings"

VIDEO:

READING:

AA Big Book: Read the second paragraph on Page 76

FURTHER READING & LINKS:

The content of this chapter is self-talk, self-image, affirmation & visualisation.
This is only an introduction, and you may like to research this topic further.

This is a good time to read spiritual & inspirational material.

Louise Hay is one teacher of affirmation that we have found useful.

You may like to try her morning / evening meditations to frame the day.

https://www.youtube.com/results?search_query=louise+hay+morning+meditation

https://www.youtube.com/results?search_query=louise+hay+evening+meditation

Joe Dispenza: Learn how to control your mind.

<https://www.youtube.com/watch?v=v7KQsS2kLM4>

There are many others. You will find what works for you.





INSTRUCTIONS:

1. Take the Seventh Step prayer (on page 76 of the AA Big Book) and mean it.
If you wish you can write your own prayer. This is a significant event - you may take it with a trusted person in a place you feel connected to God.

"My Creator, I am now willing that you should have all of me, good and bad.

I pray that you now remove from me every single defect of character
which stands in the way of my usefulness to you and my fellows.

Grant me strength, as I go out from here, to do your bidding."

2. Learn how to use affirmations and visualisation to reprogram your subconscious into alignment with the higher Power thought system.
3. Write your own affirmations. We suggest 3-6 affirmations for each desired character feature.
4. Read your affirmations a few times every day. We have found they go in best first thing in the morning and last thing at night. Read the words and visualise, as per the information below.
5. It is also recommended that you start working Step 10 at the same time as being in Step 7.
This means you will be able to keep on top of any resentments or fears that come in the course of everyday life.
It will also help you to monitor the change that is happening as part of the affirmations process.
- 4.. Stay in Step 7 for at least 30 days to allow the cognitive change to take place.





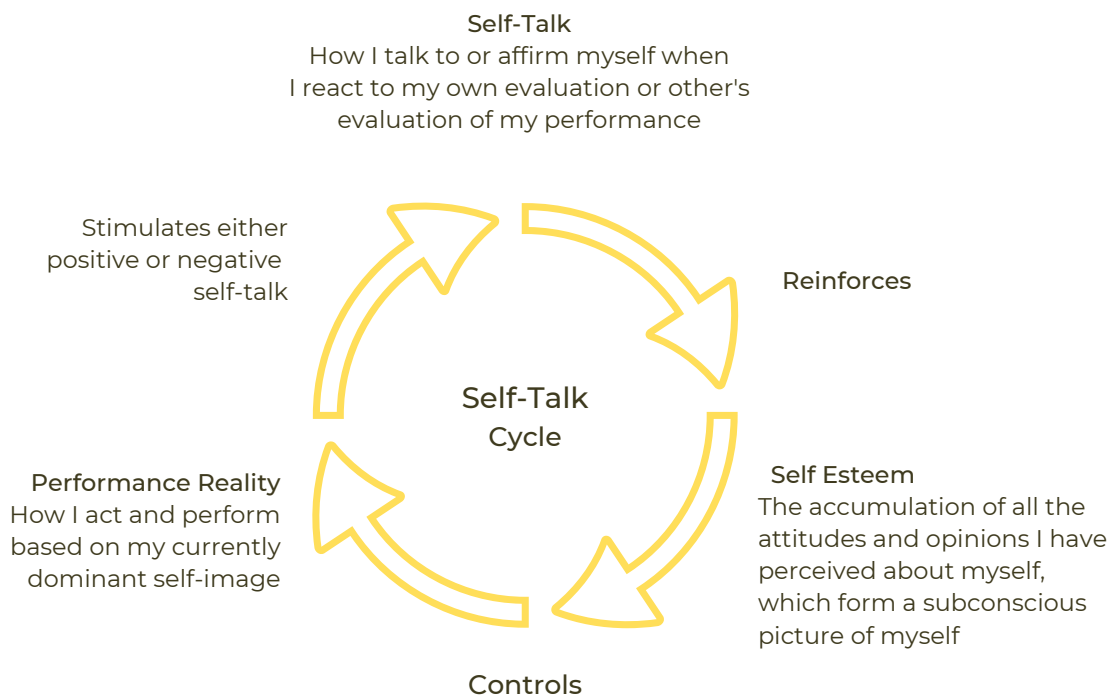
SELF-TALK & SELF-IMAGE

Self-talk is what is recorded in your subconscious mind. It is not the actual events of your life that get recorded but your interpretation of what you think is happening.

Our subconscious mind does not register the difference between an actual experience and one that is imagined vividly.

Self-image is the accumulation of all the thoughts, attitudes and opinions you have about yourself. Your current self-image was built from your own self-talk.

If we want to improve our self-talk and self-esteem, we must become aware of and get rid of our own negative & devaluing self-talk. We must replace it with positive, constructive self-talk. Another word for self-talk is **affirmation**.





AFFIRMATIONS & VISUALISATION

Through affirmation and visualisation we reprogram our subconscious. With a strong spirit of intention and regular repetition, we imprint the changes we want in our belief system. As we change our deliberate self-talk, imagery and visualisation, we change our future.

When your subconscious picture of 'reality' no longer matches the picture you perceive through your senses, then your creative subconscious goes to work to get you to act, think and be like your current dominant picture of yourself. Your creative subconscious is only interested in maintaining your current dominant image of the 'truth'.

Being right is more important to your subconscious mind than being successful!

All meaningful and lasting change begins first on the inside and works its way out. People think in three dimensional form. We think with **words**, these words trigger **pictures** or images, then these pictures bring about **emotion** or feeling.

A. Words: Read the words of your affirmations several times each day. The best times to read and imprint your affirmations are early in the morning, just before you go to sleep or anytime during the day when a relaxed time is available.

B. Pictures: As you read your affirmation, vividly picture and experience yourself clearly having accomplished the change you want or the end result you intend to create.

C. Feelings: Feeling the emotion you want is important for impact. Gather up the feelings based on your five senses that you know will accompany the accomplished goal, and enjoy them in vivid detail each time you imprint your affirmation. The affirmation will affect your system in a positive way in direct proportion to the frequency you use vividness and emotional involvement.

Generally speaking, affirmation works in this way:

Just reading affirmations = 10% effective
Reading + visualisation = 55% effective
Reading + visualisation + feeling = 100% effective

Once you get used to the process, you can easily grow, change and become a co-creator of your future with your higher Power.





WRITING AFFIRMATIONS

12 things your affirmations should be:

- 1. Personal:** You can only affirm for yourself, therefore, in most cases our affirmation will be an “I” statement. An exception may be if you and your team/family have agreed on a joint goal – then it is possible to write a “we” affirmation. In this case you would affirm both the “we” joint goal as well as your individual part of reaching the goal.
- 2. Positive:** Write out your affirmations in a positive sentence structure. Avoid describing what you are trying to move away from or eliminate. For example, rather than “I’m no longer lazy,” your affirmation could be “I am energetic”.
- 3. Present tense:** Write out your affirmations in the present tense. The present tense is the only time frame the subconscious mind operates on. Statements like “some day”, “maybe I’ll”, “tomorrow I’ll”, create pictures that make you feel detached from the behavioural change you want to experience now.
- 4. Indicate achievement:** By using “I am” and “I have” in your affirmations, you are assuming on the subconscious level that you are already acting like the person you indicate you want to become. Avoid using “I can” in your affirmation, as this is not a statement of ability. The more you subconsciously act as if you are already in possession of that quality or change, the faster your self-image will make it evident in your daily actions.
- 5. No comparisons:** Focus on affirming the qualities that are best for you, to bring about the changes in your self-image that you desire. Avoid affirming that you are “as good as” or “better than” anyone else, as we are all unique, with different aspirations.
- 6. Action words:** Describe the activity you are affirming in a way that creates pictures of you performing them in an easy and anxiety-free manner. Statements like “I easily”, “I quickly”, “I enjoy”, “I love to”, and “I show” carry a picture of accomplishment that does not cause you to feel inadequate or pushed. The result is that you keep moving towards the qualities you aspire to with confidence.
- 7. Emotion words:** Try to put as much feeling as possible into the wording of your affirmations. Words that spark an emotional picture in your subconscious help to make the experience in your affirmation more vivid and real. Eg: “I warmly”, “I lovingly”, “I enthusiastically.”
- 8. Accuracy:** It is important for you to affirm only as high as you can honestly imagine yourself becoming or performing. The rule of thumb is do not overshoot or undershoot.





9. Balance: Try to spread your affirmations across all areas of your life. Eg: it may not be helpful to have 50 affirmations about making money and 1 about being a nice person! Balance is the key. You could ask yourself, “am I leaving out, under-emphasizing or over-emphasizing the value of some of the important parts of my life?”

10. Releasing: If a habit you are releasing is particularly strong, it may be helpful to affirm its release, as well as the new quality. Eg: “I release the habit of being hard on myself” and “I am gentle and patient with myself”.

11. Realistic: In writing out your affirmations, do not try to affirm perfection. It is generally self-defeating to make assumptions about your self or your accomplishments that you know have very little chance of ever happening or lasting. Avoid using terms like “I always”, “every time I”, or “I’ll never”, etc.

12. Keep them to yourself: It is advisable to keep your affirmations to yourself, except for those persons who will help you to realise them more quickly. Use good judgment. Without really meaning to hold you back, the people around you may get upset with you when you start changing and growing. They may constantly try to remind you of the “old self-image picture” of yourself.

SOME EXAMPLES OF AFFIRMATIONS

I forgive myself & others completely

I come into faith quickly and easily

I communicate with others clearly; I am forthright and direct

I have healthy and wholesome relationships that bring joy and fulfillment

I feel held and surrounded by God’s love

I lovingly raise my self-esteem more each day

I do what is truly for my highest good

I quickly recognise my unique skills and talents

I easily raise other people up

I am an action person - I do first things first and one thing at a time





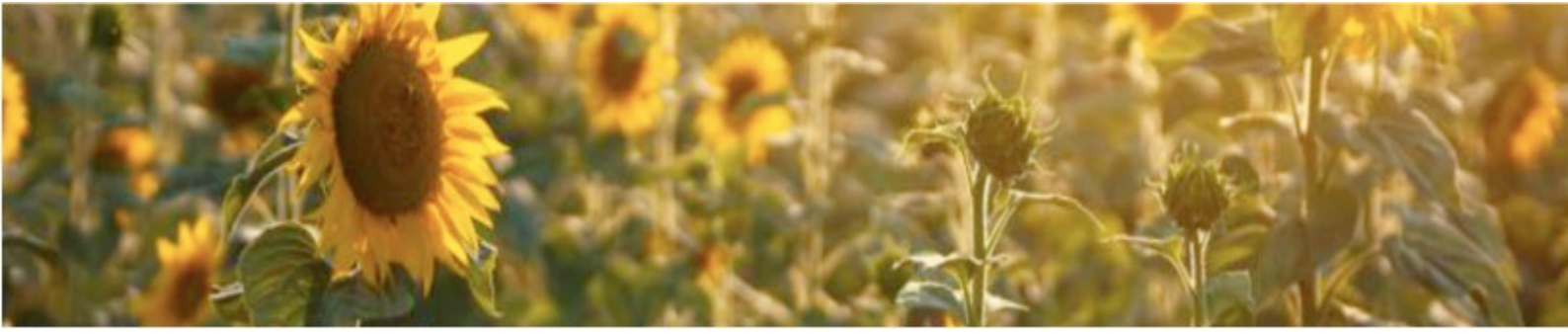
Using words like the ones listed below may help in creating powerful and vivid affirmations.

Accomplish
Achieve
Actively
Attentively
Brilliantly
Calmly
Capably
Clearly
Comfortably
competently
Completely
Concisely
Confidently
Conscientiously
Creatively
Delightfully
Diligently
Eagerly
Easily
Effectively
Patiently
Enthusiastically

Forcefully
Fulfill
Fun
Generously
Genuinely
Gladly
Gracefully
Happily
industriously
Intensely
ntentionally
Joyously
Lovingly
Love to
Meaningfully
Naturally
Passionately
Patiently
Positively
Powerfully
Proudly
Purposefully

Quickly
Rapidly
Relaxed
Respectfully
Significantly
Simply
Skilfully
Smoothly
Steadfastly
Strongly
Successfully
Thoroughly
Triumphantly
Vigorously
Visibly
Vividly
Warmly
Willingly





Step 8

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

VIDEO:

READING:

AA Big Book: Read from the third paragraph on page 76 - second paragraph on page 84.

FURTHER READING & LINKS:

Desmond Tutu on Forgiveness: <https://www.rd.com/article/desmond-tutu-forgive/>

INSTRUCTIONS:

Write Amends List:

1. After around a month in Step 7 and Step 10, names of people you have harmed will start to come - write them down in a list.
2. Cross-check the list against your Step 4 Inventories.
3. Put each person / amend through the Amends Inventory.
4. Run through your Amends Inventory with your sponsor / a trusted person. It is a good idea to get a second opinion for each amend from someone with experience doing successful amends.

Regularly remind yourself that you are not yet in step 9!



SAMPLE AMENDS INVENTORY

Whom did I harm:	Exactly what did I do to harm them?	What specific harm did this cause to them?	What do I need to do to repair this damage or correct the harm I have done, in this case?
My mother	Angry with her; Cut contact with her; Blamed her for whatever went wrong in my life; Spoke badly about her to others	Slander, gossip; Betrayed trust; Hurt them	Apologise to her. Change behaviour: stop talking about people behind their backs. Forgive my mother & myself.
My partner	Pushed him; Shouted at him; Stopped him seeing people; Criticised him & put him down	Physical harm; Manipulation; Control	Apologise for my part. Change behaviour: stop trying to change & control other people. Forgive myself.
The priest	Negative & violent thought; Created drama	Gossip	Forgive myself. Forgive the priest. Let it go.

FLICK BACK / FLIP UP TECHNIQUE

We can “borrow” a positive experience from the past to help achieve a desired goal.
This can help you to prepare emotionally.

You only need to recall vividly any warm, successful episode from the past and apply it to a forthcoming event or challenge by projecting these emotions forward.

This flick back/flick up technique develops in you a strong feeling of positive expectancy.

This emotional borrowing can be implanted into your present affirmations.

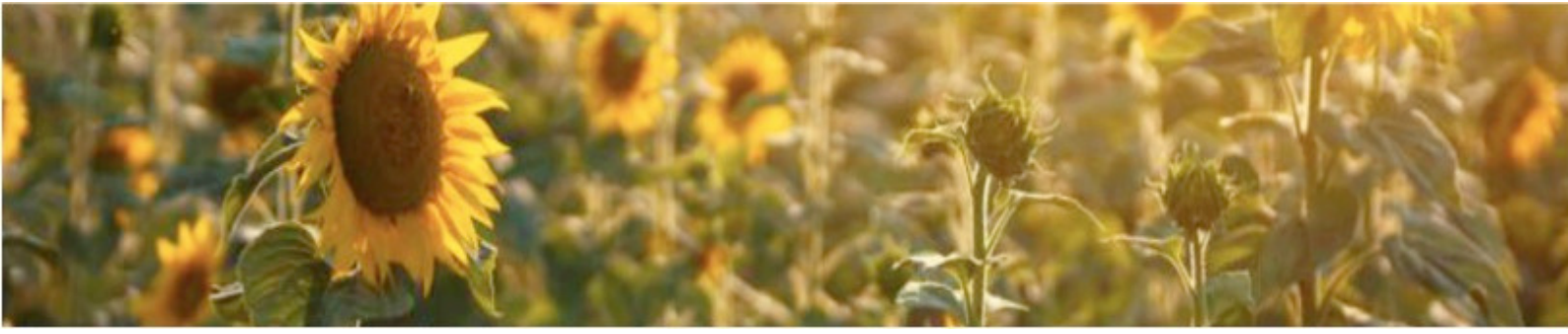
What you do when you conjure up these emotions in your memories is to build a “bank account” of positive emotions to draw on.

You can use this technique to prepare for any situation or event where you think you may be out of your comfort zone.

EXAMPLE: Flick back / flick up technique

Positive emotional experience from the past	What positive emotion was I experiencing then?	What amend will I apply to these positive emotions?	Description of the amend going well and how I will be feeling these positive emotions during and after the amend
Winning a race on sport's day	Joy, excitement, success, healthy pride, strength	Making the apology to my ex partner	It has gone smoothly; we are all smiling; a weight has lifted; I feel strong, proud and successful.





Step 9

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

VIDEO:

READING:

AA Big Book: Read the same pages as for Step 8:
Read from the third paragraph on page 76 - second paragraph on
page 84.

FURTHER READING & LINKS:

INSTRUCTIONS:

1. Make your amends as quickly as possible (God will show you the right timing).
2. Start with some of the amends that look easier.
3. Keep in contact with someone who has successfully worked this Step.
4. Observe the Promises coming true in your life.





“THE PROMISES”

from pages 83 & 84 of the AA Big Book

“If we are painstaking about this phase of our development,
we will be amazed before we are halfway through.

We are going to know a new freedom and a new happiness.

We will not regret the past nor wish to shut the door on it.

We will comprehend the word serenity and we will know peace.

No matter how far down the scale we have gone,
we will see how our experience can benefit others.

That feeling of uselessness and self-pity will disappear.

We will lose interest in selfish things and gain interest in our fellows.

Self-seeking will slip away.

Our whole attitude and outlook upon life will change.

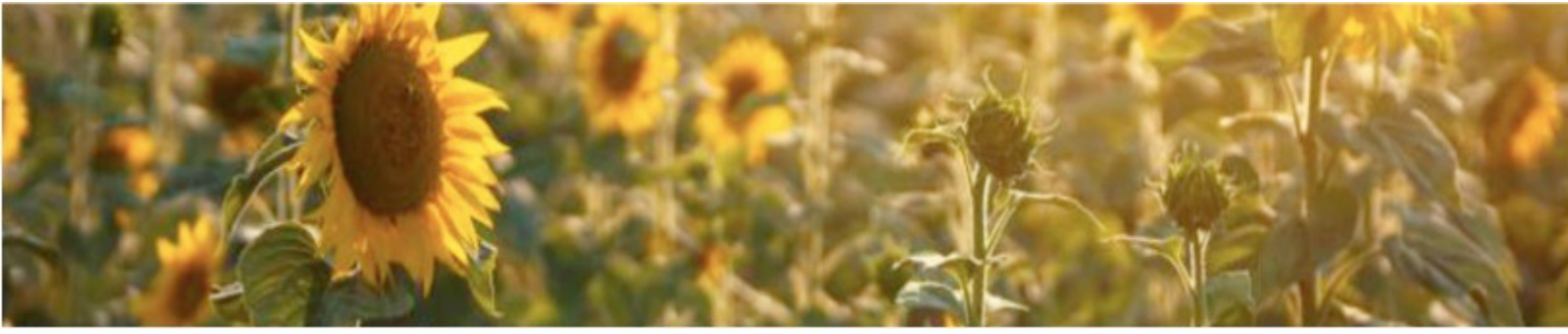
Fear of people and of economic insecurity will leave us.

We will intuitively know how to handle situations which used to baffle us.

We will suddenly realise that God is doing for us what we could not do for ourselves.

Are they extravagant promises? We think not.
They are being fulfilled among us - sometimes quickly, sometimes slowly.
They will always materialise if we work for them”.





Step 10

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

VIDEO:

READING:

AA Big Book: Read from the second paragraph on Page 84 - Page 88.
This also includes instructions for Step 11.

FURTHER READING & LINKS:

NA 'Living The Program' - a strong example of a Nightly Inventory:
https://na.org/admin/include/spaw2/uploads/pdf/litfiles/us_english/IP/EN3109.pdf

INSTRUCTIONS:

1. "When agitated or doubtful we pause" - Do spot check inventories during the day when any fears or resentments come up.
2. Run anything significant past your sponsor. Make any amends due.
3. Do a thorough Nightly Inventory. Follow the suggestions in the first full paragraph on page 86 of the AA Big Book for doing your nightly inventory.
4. Say a prayer of thanks every evening after completing your daily review with God.
5. If you notice a build up of fear and resentment, you could do a mini Step 4.





LETTING GO OF FEAR

CONSTRUCTIVE AND RESTRICTIVE MOTIVATION

There are two kinds of motivation: constructive and restrictive. This can also be known as fear or vision motivation, as seen in Step 1 and Step 2.

Restrictive Motivation: "Have to", "should"

Constructive Motivation: "Want to", "Love to", "Like to", "Choose to"

Many of us have been raised with restrictive fear motivation all our lives (in school, church, jobs, military, etc.). Restrictive motivation has a hidden ending of "or else" something terrible will happen.

Example: We are taught to be good, so we won't go to hell!

Psychologically, subconsciously people push back whenever they believe they are being pushed into something. Whenever you feel like you have to do something, your creative subconscious says, "Let me try to get you out of it."

CAPTAIN OF THE WORLD

Living from restrictive motivation over a period of years sets up a pattern of restrictive zones in us. People with these restrictive zones resent and fear violations of those patterns. As a result they stay locked-in to old ways of doing things and are fearful to try new methods or procedures.

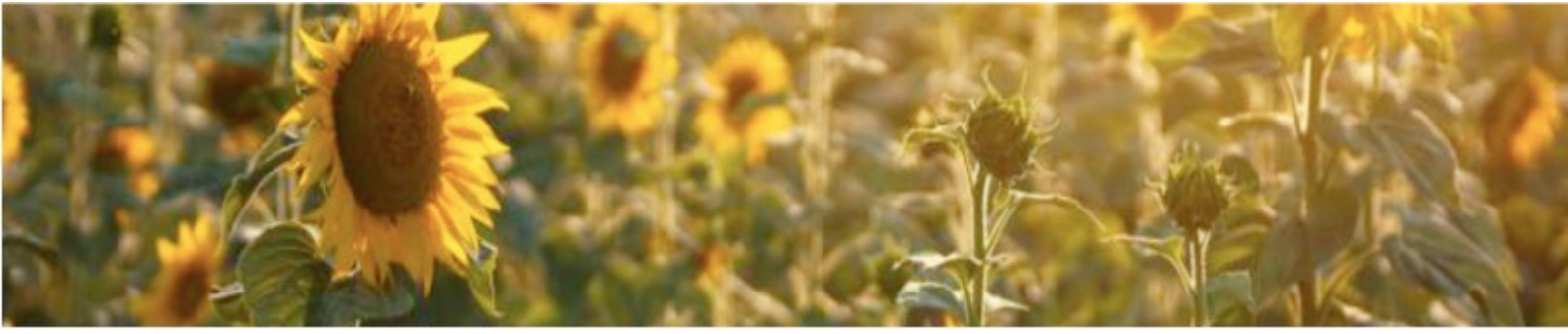
This "Captain of the World" takes it upon themselves to shape up the world in accordance with their own restrictive zones. They tend to force their restrictive patterns onto others (dress codes, work habits, personal preferences, spiritual beliefs).

When people violate your restrictive zones it causes resentments. We often "bank" our resentments and make an I.O.U. When we get a nice pile of I.O.U.s built up, we usually do one of three things:

1. Violate the other person's restrictive zones intentionally to get even with them.
2. Withholding: This can be love, friendship, cooperation, information, etc.
3. Teasing, sarcasm and devaluation.

If you want to become a high performance, high self-esteem person you need to stop restrictively motivating yourself and start constructively motivating yourself.





Step 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 it out"

VIDEO:

READING:

AA Big Book: Read from the second full paragraph on Page 86 -Page 88
(each morning)

FURTHER READING & LINKS:

Explore spiritual practices, videos and material.

INSTRUCTIONS:

1. Form a prayer for yourself that roughly matches the suggestions in these pages and say that prayer each morning after this reading.
2. Read a variety of spiritual / meditation material and meditate on it as part of your morning and / or evening routine.
3. Say a prayer of thanks before going to sleep each night.





Step 12

"Having had a spiritual awakening as the result of these steps, we carried this message to other addicts and practiced these principles in all our affairs"

VIDEO:

READING:

AA Big Book: Read Pages 89 - 164.

FURTHER READING & LINKS:

Don Coyhis: Seasons & Cycles

<https://www.youtube.com/watch?v=wue34ddAz9w>

INSTRUCTIONS:

1. Attend a variety of meetings.
2. Carry the message in a variety of ways.
3. Always have a sponsor that can help and guide you in your work and growth.
4. Once you are past Step 9, you are ready to sponsor.
It can feel that you are not ready but you are.
5. Keep your Step 2, Step 3, Step 4 and Step 7 visions / affirmations handy and see how quickly they become part of your life.
6. Work Steps 10, 11 and 12 rigorously to maintain yourself on this new spiritual orbit.
7. Go back to Step 1 and work a new set of steps yearly.
8. Pay attention to what season you are in. When winter comes back, go back to Step 1 and work a set of Steps that will transition you into the next four year growth cycle.





TRIUMPANT ARCH
THROUGH WHICH YOU WALK A FREE MAN



Workbook rebranded, re-modeled and re-written by
Kate I & Jacinta DC

