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***WISDOM OF THE TWELVE STEPS: 6TH
STEP***

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WISDOM OF THE TWELVE STEPS: 6TH STEP

Welcome to the growing family of coursework participants at CEU Matrix - The Institute for Addiction and Criminal Justice Studies.

This distance learning course package was developed for CEU Matrix by David W. Earle, LPC. It is based on information found in "Wisdom of the Twelve Steps: 6th Step Workbook" (copyright 2024 David Walton Earle LPC).

This package contains course materials, along with the post test and evaluation that are required to obtain the certificate of completion for the course. You may submit your answers online to receive the fastest response and access to your online certificate of completion. To take advantage of this option, simply access the Student Center at <http://www.ceumatrix.com/studentcenter>; login as a Returning Customer by entering your email address, password, and click on 'Take Exam'.

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About the Instructor:

About the Instructor: David Walton Earle, LPC combines his counseling skills with his twenty-plus-years of executive management experience into a powerful matrix called Business Coaching. Using this technique, Earle assist leaders to increase their leadership effectiveness through people skills. He is also a teacher, trainer, author, counselor, and alternative dispute professional.

Earle earned a Master's of Science in Counseling from Texas A&M and has held executive management positions in various fields including industrial construction, private investment banking, and corporate trouble shooting. He is now the president of the Earle Company, an organization dedicated to change.

As an author:

Self-published six others books: What To Do While You Count To 10, Gilligan's Notes, Simple Communications for Complicated People, and Love is Not Enough. In addition there are three workbooks entitled The Wisdom of the Twelve Steps a separate book for each of the first three steps. Earle also wrote a three-book self-help poetry trilogy: Professor of Pain, Iron Mask, and Red Roses 'n Pinstripes.

Future work: Contents of a Small Boy's Pocket has a target publishing of the 4th quarter of 2016.

Co-authored books on leadership: Leadership-Helping Others Succeed and Extreme Leadership and a coauthored joke book entitled, You Might Need a Therapist if... scheduled for publication in the 1st quarter of 2016.

Earle has been on the panel as a mediator and/or arbitrator for various organizations such as U.S. Federal Court-Middle District, Equal Employment Opportunity Commission (EEOC), Financial Industry Regulator Authority (FINRA), and the Louisiana Supreme Court. He was on the faculty of the University of Phoenix for over 10 years. His trademarked motto is My Life Ill Change When I Change™; he enjoys tennis and he lives in Baton Rouge with his wife, Penny, and their dog, Fletcher.

Using the Homepage for CEU Matrix - The Institute for Addiction and Criminal Justice Studies

The CEUMatrix – The Institute for Addiction and Criminal Justice Studies homepage (www.ceumatrix.com) contains many pieces of information and valuable links to a variety of programs, news and research findings, and information about credentialing – both local and national. We update our site on a regular basis to keep you apprised of any changes or developments in the field of addiction counseling and credentialing. Be sure to visit our site regularly, and we do recommend that you bookmark the site for fast and easy return.

WISDOM OF THE TWELVE STEPS: 6TH STEP

The Wisdom of the Steps is a series of workbooks written to assist any person with an addiction to drugs and/or alcohol. This workbook also helps a person suffering from compulsive gambling, sex addiction, love and sex addiction, eating disorders, compulsive shopping, internet or electronic obsession. Recovery is also available for those who love someone with any of these debilitating problems. These maladaptive behaviors stem from the same dysfunctional coping skills - an external solution for an internal problem.

The Wisdom of the Twelve Steps invites you to embark on a challenging and exciting journey, your own Odyssey, into the recovery waters of change. We promise days of bright sunshine and periods of smooth sailing. You need all hands-on deck to navigate this unpredictable and stormy sea. Fortunately, many have already navigated these passages and know the way. Many eager sailors will help you adjust your sails, mend your broken spars, and show you the stars for your steering.

Wisdom of the Twelve Steps

6th Step Workbook

Got Wood?

David Walton Earle, LPC

**Dedicated to all those
who suffer and
are in need of healing.**

Do you have one or more of these?

- Alcoholism
- Drug Addiction
- Over Eating
- Bulimia
- Anorexia
- Sexual Addiction
- Sex and Love Addiction
- Compulsive Internet Addiction
- Compulsive Gambling
- Codependency
- Shopping Addiction
- Workaholic

For clarity, this workbook calls all of these afflictions, “addiction.”
People growing up in dysfunctional families will find many identities and corresponding benefits from using this series.

Are all of these addictions related?

Could they all be the same thing with different faces?

Are all these addictions related? Could they all be the same thing with different faces? These addictions are all just symptoms of a much more profound problem. The focus of all Twelve Step programs is not the actual addiction. For example, in Alcoholics Anonymous, the only requirement for membership is a *desire* to stop drinking - picking up a Desire Chip is a great start. Still, it will end in disaster if no other action follows. Understanding this concept, AA is not about alcohol. The focus is on changed thinking, resulting in a different way of living.

Instead of focusing on the stated addiction, recovery provides space for participants to understand themselves and then begin to value themselves again. Recovery provides structured fellowship and offers a set of coping skills far more effective than what you had before entering the program. These addictions share a similar mechanism: they *are external solutions to internal problems*. People often feel the need to dampen the pain and their powerful emotions, so they choose one or more addictions - an external solution to solve this internal problem.

People with an addiction would not have chosen their particular addiction - this external solution - if it did not work. All addictions are successful at separating the person from the pain,

unsettling emotions, and deep hurts. All addictions are very effective! If not, what would be the attraction? They work exceptionally well ... at least temporarily. This escape first becomes a coping skill, then a habit that hardens over time and usage. Even when the addiction ceases to function, people continue – they are hooked. Although seldom expressed in words, deep inside, the sufferer asks, “Who would I be without my coping skills? How could I survive? I cannot stand to feel all these hard emotions again; the pain would be too much. Who would I be if I faced myself in the depths of my soul? What if I went deep inside me and found nothing there?” Terrifying! This is why change is so difficult. This is why it takes a village to raise a child and a program of like sufferers to achieve recovery.

Those who have an addiction, codependency, and compulsivity have found the Twelve Steps an excellent guide toward serenity. This workbook, the *Wisdom of the Twelve Steps*, does not replace any part of a twelve-step program but instead seeks to augment the journey. Get a sponsor, read the *Big Book of Alcoholics Anonymous*, read the *Twelve Steps and Twelve Traditions*, and other approved literature. Then, attend meetings, get involved with others in recovery, and develop a spiritual connection. In addition to sound recovery principles, use the *Wisdom of the Twelve Step* series of workbooks as your companion as you journey through your program – shortcutting any of these functions decreases the effectiveness of the change process.

The *Wisdom of the Steps* is a series of workbooks written to assist any person with an addiction to drugs and/or alcohol. This workbook also helps a person suffering from compulsive gambling, sex addiction, love and sex addiction, eating disorders, compulsive shopping, internet or electronic obsession. Recovery is also available for those who love someone with any of these debilitating problems. These maladaptive behaviors stem from the same dysfunctional coping skills - an external solution for an internal problem.

The *Wisdom of the Twelve Steps* invites you to embark on a challenging and exciting journey, your own *Odyssey*, into the recovery waters of change. We promise days of bright sunshine and periods of smooth sailing. You need all hands on deck to navigate this unpredictable and stormy sea. Fortunately, many have already navigated these passages and know the way. Many eager sailors will help you adjust your sails, mend your broken spars, and show you the stars for your steering.

Were your parents in recovery? Did they teach you these principles? Probably not - your family is like many others and had these destructive coping skills for thousands upon thousands of

years. This is why recovery is so difficult – it is almost as if we are hard-wired. That is why the power of the group is so critical to support you in the changes you are making.

You are the vanguard of change. You are the one who will change your family history and positively affect many people – some you know now, many yet to be born.

You are not alone!

Special Dedication

My heart is heavy, missing my young friend, Sam Sublett, who recently died of an overdose. As an accomplished writer, he worked with me to write several of the *Wisdom of the Twelve Steps workbook* series. Having grown up with a strict interpretation of religion, he rejected believing in God and struggled with the concept of needing a Higher Power. This rejection kept him from fully embracing recovery.

However, he did have a higher power – his addiction. He worshiped a god who did not love him and wanted him dead. He had a large heart and desperately wanted to love and be loved. During our last conversation, we talked about his not believing in God. I suggested instead of disbelief, maybe choose LOVE as his higher power. I think he died smiling at this thought.

*“We are products of our past, but
we don't have to be prisoners of it.”*
Rick Warren

Published Works:

Self-Help

- Love is Not Enough*
(Changing Dysfunctional Family Habits),
Simple Communications for Complicated People
(Communication Made Simple)
What To Do While You Count To 10
(Management of Strong Emotions)
The Joy of Dysfunctional Families
(Joke book)
What To Do While You Count To 10
(Management of Strong Emotions)

Recovery Poetry Trilogy

- Professor of Pain*
(A Lesson Before Living),
Iron Mask
(Peace Is Your Birthright)
Red Roses' n Pinstripes
(Despair to Meaning)

Children's Books

- Mr. Buster & the Wisdom of the Twelve Steps*
(A magical owl teaches children the first three steps)
Mr. Buster & the Red Ball of Anger
(A magical owl teaches emotional management)

12 Steps Workbooks

- Wisdom of the Twelve Steps*
1st Step **4th Step**
2nd Step **5th Step**
3rd Step **6th Step**
1st, 2nd, & 3rd **Steps 4th, 5th, & 6th**
Recovery Stories
(adventures in recovery)

Co-authored

- Leadership-Helping Others Succeed*
Extreme Leadership
You Might Need a Therapist If...
(therapeutic humor)

Autobiography

- Contents of a Small Boy's Pocket*

Novel

- Paper on the Wind*
-

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About This Workbook

Part I—This story illustrates some of the principles and dynamics of this Step. Learning is quicker and deeper when surrounded by a story, and *Got Wood* seeks to provide that structure.

Part II – This section is not just about principles, lessons, and discoveries. It's about the universal principles and discoveries essential for personal development and working the Steps. You will find these throughout this workbook.

Part III - This section is focused entirely on the 5th Step and includes discussions, challenges, and provocative self-questions.

Part IV – Appendix

“Forgiveness is giving up the hope that the
past could have been any different.”
Oprah Winfrey

Part I

Got Wood?

Before the meeting began, it was his custom to quiet his mind by concentrating on one of the Twelve Steps of Alcoholics Anonymous. This simple exercise allowed the busyness of his mind to change gears and prepare him for receiving the wisdom and the calmness available in the meetings. He would read one of the steps, close his eyes, and think about what he had read. Since this period of silence was not long, he focused on a different step each meeting. One step. This evening, he read the 6th Step- *were entirely ready to have God remove all these defects of character.*

He closed his eyes, anticipating the usual quiet mind he experienced before other meetings, but instead, he felt a sudden fear, a panic, and a high degree of anxiety. He was uncertain of the cause; why *am I feeling this way?* He had worked all the Steps several times before but had never experienced such a sudden and profound effect.

As the meeting came to order, he felt a hot sweat starting in the middle of his back and a warmth rising to his neck and then to his cheeks. He was extremely uncomfortable and wanted to crawl under the carpet, hide, or bolt out the door. Sweat continued to trickle slowly down his back, and his breath became labored. *Am I having a heart attack?* He wondered but then dismissed this thought as irrational. *No, what I am experiencing is a full-blown anxiety attack.* He had never had one before, but several of the men he sponsored had, and their descriptions matched what he was now experiencing.

Okay, so I am having an anxiety attack; what is this about? He delayed answering his question. Part of him already knew, but he ignored its screaming message and tried to focus on the meeting.

“Anyone has a good topic for tonight?” the moderator asked the fellowship.

“How about change? How difficult it is to change?” The disembodied voice was from somewhere behind him, a voice he did not recognize as one of the regulars. Several other voices muttered their agreement. He thought this topic would surely stir the evening’s sharing into a lively discussion as he tried to change his focus back to the meeting from the anxiety threatening to consume him.

He listened carefully to the next speaker's story because it not only immediately grabbed his attention, but he realized that listening would be an effective deterrent to the little voice screaming inside of him, demanding his attention.

“When I first came to AA, I did not think I needed it.” Several chuckles echoed as the group recalled their first introduction to recovery. “I came because I was court-ordered to attend. I did not listen. I did not share. I got a sponsor only because I had to, but I seldom called him. Nothing you said interested me. I was here to get a signature on my sheet, but only to satisfy the court requirements. I wanted to get as far away from you as possible, and once I satisfied the court, I would never darken your door again.” He paused for effect, and we all realized ... he must have returned, for here he is. “What I just said was correct,” reading our minds, “I said ... *your door* ... and until I made it *my door*- I never returned.” He thought about this for a moment, and I knew this man speaking was correct, “***until change becomes personal – recovery seldom happens .***”

“Almost immediately, I started drinking and, shortly, wrecked my car. I then came to a strange conclusion - not having a car may not be a bad thing because I was living about three miles from the Circle K store where I indulged my addiction. Without a car, I could now stop drinking without that damn AA. However, as long as those three miles were, the next day, I walked there to get a six-pack. Do you know how difficult it is to walk carrying a six-pack? Since I did not have anything to carry the beer in, my logic was to drink them all on the way home.” This brought several chuckles in the group, recalling their faulty alcoholic logic. “This became a routine I did several times a day and probably would continue had I not sprained my ankle. It hurt too much to walk – the pain prevented my drinking. Great way to quit, huh?” He paused for effect, “It didn't work.”

“Since I did not have a car and had a sprained ankle, I could not walk to get my beer. Instead, I white-knuckled my externally induced abstinence and became an avid consumer of daytime television. You know your life is at the bottom when your total reason to get out of bed is to watch daytime TV! On one talk show, the topic was motif.” He smiled, knowing most of us did not know the motif's meaning; I know now. It is a repeated design, shape, or pattern – see what I learned.” Again, he grinned.

Anyway, two women discussed how they color-coordinated the interior of their refrigerators. Even as shallow as my life was, I thought “color coordinating the interior of your refrigerator” really took the cake. Talk about not having a life! Just for fun, I opened the door to my refrigerator

in my semi-inebriated state and stared. I looked at my near-empty refrigerator, trying to create my own interior motif. My choice would also be color-coordinated ... *Michelob Green!*”

There were several laughs as he paused to collect his thoughts. “My alcoholic brain then worked overtime and found a solution to my supply problem. I remembered my neighbor had an old beat-up bicycle, so I bought this bike for ten bucks. Now, with this bike, my mobility was back. Guess where I immediately went?” He stopped and smiled, knowing everyone in the room knew exactly where he had gone. “Since the bike had a wire basket, I could carry two six-packs and now did not have to drink them all on the way home.”

“This lasted until one morning when I discovered both tires were flat. I knew they did not have much tread when I bought it, and considering how many rocks I drove over, I was amazed they lasted this long. However, my alcoholic brain went in orbit, cussing, shouting, slamming the bike to the ground, knowing this was proof-positive ... *the entire world was against me.*”

“So for the next four weeks, I rode over three miles to the Circle K Store on that old bike ... with two flat tires! After the second day, all I was riding on were steel rims, but flat tires or not, I would get what I wanted. It was during these trips when the magnitude of my insanity broke through my denial. I knew what to do but did not want to do it. Every day, I knew riding on steel rims to get my beer was crazy, and my rational brain screamed to return to AA, but despite that logic, the next day, I got on that bike and pedaled three miles and back - for weeks! One day, I cried the entire way back. I then made a decision. I put the beer in the refrigerator and called my sponsor - the one I seldom called before. He picked me up and took me to a meeting, encouraged me to pour out the beer in the refrigerator, and because of his generosity, your acceptance, and the program’s discipline ... today, I am sober with three years of recovery. Today, my life is better. Today, I am free. Thank you for being here and letting me share.”

What courage, I thought, what a story imagining himself riding all those miles to satisfy his addiction and knowing how insane it was. Suddenly his panic returned. Until then, he distracted himself from what he knew he needed to do but did not want to do. He thought it’s as if I am riding my bike on steel rims because my addiction made me. I have no choice. I must live up to the dictates of this monster on my shoulders. He shuttered with the thought of ... no choice.

He again managed to swallow his panic for the rest of the meeting and enjoyed the calm discussions that always followed a meeting. He congratulated a new person just getting his Desire Chip and gave a hug to another who had relapsed and returned that night, telling him how he

admired his courage. However, to none did he reveal what had caused his panic. Meetings were a safe place. Many would have been honored to hear what was bothering him, but he told no one about the monster now resting on his shoulders, screaming for attention. For the moment, he hid behind soft platitudes of what he said to others, his half smile, and program slogans he repeated to the fellowship, all the time wanting to flee, go home, jump into bed, curl up into a ball, and hide. He resisted this urge, or at least, he hid this urge, so his departure looked like the many departures he had made over the last five years of sobriety. *Continuous contented sobriety*, he thought to himself, *I have not drunk in five years ... but sobriety ... by this program's definition, yes, I'm sober but not contented*. He knew that until he put this monster to rest, contentment would be shouted out by what he craved.

If I can quit drinking, he thought, *I could do this*. A faint panic seized him; *I'm not sure what this is*.

It was then the magnitude of the thought struck him. He felt his knees buckle. He excused himself, got to his car, and slowly drove home. His once-proclaimed resolve quickly melted like hour-old ice cream. *The truth*, he concluded, *the truth ... the truth is, I am not ready to have this shortcoming removed; I am not prepared to have God or anyone else take this away*. This realization scared him. He shuddered; *I need to hang on to this defect ... I do not want to give it up*.

The rest of the evening was a whirl of emotions: fear, panic, anxiety, disgust, and shame. The shame was crushing, and it came out as self-condemnation. Whipping himself with words, *you are never going to be healthy, you piece of scum, you are a piece of shit ... you might as well go back to drinking 'cause you're a damn fake. You and all your wonderful stories, tall tales on how well your life is doing, wanting everyone to know you are Mr. Recovery. You're a shit, a nobody, everyone can see through you ... you can't do anything right*. His shame was now complete as he lay on his bed feeling miserable and worthless, beating himself with the whip of shame.

He accepted his self-flagellation and figured it was what he deserved. With a wounded heart, he went to the refrigerator, got a glass of iced tea, and then turned on his computer. *I wonder how my girls are doing. I think I'll look*, he asked himself. He had many sites bookmarked on his computer, and very soon, he saw familiar images on his well-traveled website. *It's my hobby*, he chuckled to himself; *every man needs a hobby; mine is enjoying porn, nothing wrong with looking at naked ladies. Many people do. Nobody is harmed*, as he justifies his behavior.

He especially liked the sites where the prostitutes displayed themselves. *These are my girls*, he said. He had a habit of calling all women who made themselves available for a fee “girls.” This was part of the illusion, making him feel personally connected to an image. In his electronic delusion, he could make them his own; at his disposal, all he needed was to make his selection and have the required money ... fulfillment would then be his.

He began a careful search, noting each desirable girl's physical attributes, breast size, physical location, and how many “roses” he would need (roses were a code for money). As each fact entered into the calculation required determining his ultimate choice, he melted deeper and deeper into the darkness of this confined world of make-believe. The images that flashed on the screen had a numbing effect, reducing his anxiety and disconnecting him from the outside world. The monster came out from under the bed and sat on his shoulders, softly muttering encouragement, approving this girl or that one; in total fixation, he spent many hours practicing his addiction with his long-time monster now comfortably resting on his shoulder.

The next afternoon, he drove to the large city near his town, where he had already arranged to meet the women, he and his monster had picked out the night before. From experience, he had several backup plans in case the first somehow did not connect. *Stood up by a prostitute, now that is the ultimate rejection*, he mused as he searched for the address. Once he found it, he sat in his car debating with himself and the monster, *Should I go in or go home?* He knew his behavior was unhealthy and kept a free and happy life at bay. The debate did not last long and ended with the monster’s logic; since *you are already here, you might as well go ahead, and besides, you can always stop tomorrow.*

Driving home, he had two distinct feelings. One was experiencing the most profound connection a man can with a woman - even though he paid for sex, he still enjoyed a significant degree of physical satisfaction.

It was similar to drinking, he thought; *drinking always made me feel better, put a spring in my Step, put a smile on my face, and I had many good times with my drinking friends.* Then, when the euphoric recall of his drinking days wore off, he felt the stark reality of the terrible price he paid for his party mood. He remembered the relationships his drinking ruined, the actual cost of all the drinks he consumed, his divorce, alienation from his kids, the friends he lost, and the shame when he remembered the next day. Just like alcohol, today’s sexual joy would soon fade away, and he would be left looking in the mirror and not liking what he saw.

The second, more pervasive feeling was now beginning to ruin the physical sensation he savored. Tremendous guilt now rested on his shoulders, and the monster was nowhere to be found! By the time he returned home, the remorse phase was in full swing, and again, he lashed into himself with the fury that only unmitigated shame and guilt can unleash. Amid his self-barrage, he chuckled, probably hiding from the pain of the assault. *No wonder I do not have any self-esteem; look at how I treat myself.* He vowed... *never to do this again* and retired full of remorse as the monster slid under his bed, awaiting the next adventure.

However, sleep eluded him for most of the night as the guilt lectured, and the shame grew. The monster smiled; he had heard these promises before, knowing the man would call him again for another journey into the darkness.

The restless dreams brought the man back to his childhood and how misunderstood and distant he felt growing up. In his family, it was not safe to feel. He experienced terrible detachment between him and his mother and stepfather. Even as a young child, he knew he had to maintain this distance, for it kept the sharp edge of pain away. The adults in his family seemed to be alien creatures that- although they provided for his physical needs- did not supply the encouragement, acceptance, and nurturing a child needs. He understood what he missed as an adult, but as a child, he felt like a victim. The important people in his life constantly criticized him; often, he was the punch line of their cruel jokes with humor he did not understand, but he knew the pain of disconnection when others laughed at him.

In his restless sleep, his stepfather chased him down the hallway with a large leather strap to punish him for not finishing his lukewarm breakfast milk. He tried to drink it, but it had grown warm, and he felt nauseated. This refusal incurred his stepfather's wrath, and now this huge, powerful man chased him down a very long hallway. He could not run fast; there seemed to be heavyweights tied around his legs. Suddenly, his stepfather was upon him with his muscular arm drawn back, preparing to deliver the blow. In terror, he looked up into his stepfather's eyes and saw they were bright green and shining. He hollered for his mother despite knowing she would not interfere. A cold sweat covered his body, and his breathing was hard.

Running away from his stepfather was a recurring dream, taking different forms and situations but always with the same elements of fear, running away, calling for his mother, and her lack of protection. He always felt let down in these dreams. *Hell, it was so close to what happened,* he said to himself.

As a child, he found leaving the house early and hiding out all day was better. Upon returning, he'd be punished for chores not done or disobeying his mother, but that was only a one-time abuse. If he stayed, abuse would be constant all day, so his best method of coping was to leave and stay gone as long as possible.

I want somebody to love me; he recalled his mournful cry as a youth, never saying it aloud, nor did he cry, but the yearning was still there just the same. *It is so easy to pretend the prostitute likes me when she holds me*, he thought, *even though I know it to be a fantasy that I'm paying for, at least for the moment someone cares. Someone hugs*. A jolt of recognition suddenly appeared; *what I want is not sex. I want the woman to hold me and tell me I'm okay. How simple is that?* He thought. *How many times had I settled for sex when what I wanted was the physical acceptance of an embrace? Most of the time*, it was his depressing conclusion.

Several days later, he surfed the wanted ads, looking at what people had to sell. He came across an ad that intrigued him and never expected. It looked like code, but he immediately decoded her proposal.

**An attractive single woman needs firewood for the winter.
Will trade for a quiet night, a cup of hot chocolate, and a hug.
Lolita - 555-335-0090**

The gods must be smiling at me. He thought about the tree he just cut down and all the firewood he now had. *Enough for the next five winters, and this little lady needs some*, he thought as the monster crawled on his shoulder. *And I need some hot chocolate*. The monster smiled.

His fingers raced to the phone, and a recorded voice rewarded him. The voice was soft, feminine, alluring, and suggestive; it had to be one of his “girls.” He left the message, “I have a pick-up load of firewood and would love some hot chocolate. My name is Daryl. Give me a shout, maybe we can do business.”

He was surprised he did not receive a return call quickly. In fact, it was two days later, after he had almost forgotten when his cell phone buzzed.

“Hi, Daryl, this is Lolita ... still got the firewood?”

He smiled to himself, *Lolita, hell, I bet her real name is Jane or Betty ... Lolita, who is she trying to kid?* His response did not betray his thoughts, “Yeah, I still got wood ... how is your hot chocolate?”

He heard a giggle over the phone, then her slow, melodious voice, “Hot and ready to share.”

He felt his passion rising in his jeans at this sexual innuendo. “When do you need delivery?” he asked careful not to reveal his excitement.

“I’ll be free this evening after 7:00; maybe we can try out your wood and my hot chocolate.” He felt sweat running down his back, his face was flushed, and his jeans were severely tight.

“Seven is good for me; give me your address, and I’ll see you then.”

He would not describe her as beautiful but more like the girl next door. She immediately disarmed him and made him feel welcome. She did not seem to hide behind her make-up as other women of her occupation often did. She peered at him with brown eyes and dimpled cheeks. She was about five-foot-three-inches tall in her late thirties or early forties with a bright smile, and to his surprise, she was black. *Oh yeah*, he thought, *hot chocolate*. This thought was even more suggestive than her original come-on.

“Let’s make a fire,” She requested. “I have some leftovers, and we can get your load later,” she immediately chuckled with her little joke. He smiled with a wide grin, already liking this little dark-haired beauty. His eyes shifted to her breasts; they were full and inviting. He felt desire taking over, and he wished to take her immediately. He put that strong passion aside, what he wanted was to hold her and get to know her, maybe even begin to like her. He did not want a *wham-bam-thank-you ma’am* experience. Many girls advertised a *girlfriend* experience ... many promised, but few delivered the closeness and intimacy he wanted from a real girlfriend. He thought, *as always on these adventures, I look for something I hope to find but have not yet found; maybe this one will be different*. He chuckled to himself; *my definition of intimacy has become if the prostitute doesn’t leave right away*. The hole in his soul from this lack of human connection screamed what he so ardently wanted but did not know how to achieve. His heart ached, and he joked to himself, temporarily hiding this pain. Under the humor, he felt lonely, cold, dark, and hollow.

Later, after he had his share of the hot chocolate and delivered the firewood, he wanted to sit by the fire and enjoy the quiet evening she promised. It was clear from her body language that his quiet evening was over, and she wanted him to leave. “Can we enjoy the fire together?” He asked, knowing the answer. She hung her head and said, “It’s time for you to go.” “I’d really like to get to know you,” he blurted out ... he had never told a prostitute this before, and the strange part was he really meant it. He wanted the closeness she could offer. He wanted to hold her, share life together, and bring her all the firewood she needed.

She read this in his eyes, “This would never work out. I am too wounded to be what you really want.”

“You’re wounded?” He said, “You’re wounded? I have an emotional MASH team dedicated solely to me!”

She smiled at his humor and said, “I do not know why what I do is against the law. It does not hurt anyone; I enjoy it, and I think I bring a measure of peace to my customers,” her tone was measured, mournful, and philosophical. It seemed she had spent a great deal of time thinking this through. “I could never let someone get close, and you, Daryl, are dangerous, for I want to let you in,” she hung her head and softly said, “but I know you would only wind up hurting me. You would want to own and control me and insist on stopping my trade.”

He protested as she gently pushed him towards the door. This could be what he wanted. No, it was a lie, a happy delusion he allowed himself to have. The more he knew she was right, the more he tried to persuade her otherwise. At the door, she put her fingers to her lips and gently placed them on his, and he knew this evening was over.

In desperation, he asked, “Will I ever see you again?” She smiled, “Well, of course, this is what I do for a living; if you return, it must be under those terms. Do you understand? This way, I will keep everyone at a distance. I do not need more firewood, but you get more money, I will have more time ... simple ... uncomplicated; you get what you want, and I get what I want.” Her words lingered with him as he walked down her steps to the street.

Again, he experienced the emotional high from the sexual encounter but knew his crash was approaching, and this downer would be more profound than the last. With this girl, he allowed himself to have feelings. This one held him for a while, and she talked to him as if she cared. He felt her closeness, smelled her perfume, and allowed his imagination to soar before the inevitable crash.

AA cautions members about relapse with the acronym HALT. Do not get too *hungry, angry, lonely, or tired*. Relapse is more likely when a person experiences one or more of these conditions. He was hungry for love, angry for his life being out of control, and now lonely. He now knew what the speaker meant when he rode to the Circle K on the steel rims of a bike – *totally out of control*.

Depressed and lonely, he returned to what he knew best. After five years of sobriety, he went home with a six-pack of beer. He drank the beer as quickly as he could, anything to block

out the memory, anything to numb the pain. With the beer, he again hid from his tears, curled up with his mistress, Ethyl ... as in Ethyl Alcohol. *How about this*, he yelled to his fireplace as he threw an empty can of beer toward the mantel. *I am Mr. Recovery, and I'm drunk*. His last memory was sobbing on the couch as he cracked open his last beer.

“Hangovers are wonderful,” he told his AA group many days later, “hangovers remind you the night before was real and not some nightmare. Hangovers are the messengers allowing you to make promises you cannot keep.” After he began to share, everyone was now focused on Daryl. “Hi, my name is Daryl, and I’m a drunk. I had five years of continuous sobriety, knew my AA shit, sponsored three people, and faithfully read my Big Book. I relapsed two weeks ago and have been drunk ever since.” He paused, feeling everyone’s eyes upon him - not judgmental eyes - but the eyes of understanding that only one drunk can give to another.

“I lost my job, I do not have this month’s rent money, and I feel like shit. The only reason I am here is I have no other place to go. Not to come here is ... well, the only place to go is further down ... down to depths I never thought existed ... I am scared to find out what is below this cold, dark, and deep pit I find myself.” He felt his tears of release as he made his confession. His honest admission was only partially valid; he was not telling the entire truth ... the whole truth ... there was much more. Unless he said it all, Nothing good would happen, sobriety would not be his, and he would live in the house of the damned, forever worshipping a god that did not love him.

“I,” he paused, lowering his eyes to the floor. Everyone could feel his tension and pain. They all were silently shouting encouragement, and their respectful stillness provided the atmosphere for him to continue. “I watch a lot of porn.” There he said it ... the dam has been broken ... no longer did he have to hide in the shadows with the God of darkness.

“I watch porn,” he felt the shame threaten to consume him but then knew he had to continue, “ ... and I pay for sex.” These words came out slowly, leaving everyone on the edge of their hard metal chairs, anticipating what he would say next. “I paid for sex,” he said again “... two weeks ago, I was with a prostitute. I liked the girl. I wanted to know her ... like a girlfriend, but she turned me down.” His speech was rapid as if the quicker he could say them, the faster the pain would cease. “She did not want me; she only wanted my money. I feel so alone ... deserted ... disconnected.”

When he spoke, everyone understood the feelings of disconnect, loneliness, and being deserted. “Know what they say about HALT? Well, I was all of them ... damn, lonely and angry.

I'm tired of not having someone who cares for me as a person, just for how much they can get out of me." Again, he paused, not knowing what or where his rambling would take him. "I know how to work an AA program, and my sponsor and I have already started on correcting this relapse. But if I do not get a handle on this sex thing, I fear another relapse. I am morbidly afraid of where another relapse will take me," he stopped and was silent.

For a long time, the group waited in respectful silence, but after what seemed like a long time, someone coughed, and another person said, "Hi, I'm John, and I'm an alcoholic." The group responded with their traditional welcome, "Hi, John." He paused as he looked over at Daryl and spoke, "I had to learn to accept myself as a sexual human being. God created me this way ... a sexual human. And I discovered he also created me with a high sex drive; yes, this is the way my loving creator built me." He stopped and was proud of his words, a realization that, like Daryl, he learned through the pain of experience. "It's kinda like when we men turned thirteen, we are issued a Corvette sports car with the biggest engine available and with four on the floor. Nobody tells us how to drive it. And man, there is tremendous excitement when we push down on the accelerator. There is an absolute thrill to feel the speed, to spin the tires, and to wind through the gears! We take off in this thing and run into guardrails, clip fence rails, bounce off other cars, and by the time we are in our twenties, our Corvette becomes full of nicks, dings, scrapes, dents, and sometimes worse.

In contrast to our sports cars, God gives girls Volkswagen campers very expensive campers, in fact, more expensive than race cars. Because we have different vehicles, we think differently, act, and have different goals. Ever since the innocence of puberty, I have been attempting to drive this powerful urge between my legs without an instruction manual. My drive was erratic at best. I think everyone, men and women, all have shame issues when it comes to sex. And from my years in this program, I observed it is one of the biggest causes of relapse."

Several other people shared afterward, and then the moderators closed the meeting. As they held hands in the circle and repeated the Lord's Prayer, Daryl had difficulty looking others in the eye; his shame was so deep. He hung his head, closed his eyes, and repeated the beautiful words of the Serenity Prayer. His thoughts brought him back to his childhood and how, amid his family's pain, his escape was climbing on the roof of the old barn and looking at the stars. How big, bright, and shiny they all were. The stars were somewhere he wanted to go, where pain was just an earthly word. As he lay on the tin roof looking towards the heavens, he felt the corrugated metal on his

back, and he was sure his real parents were out there looking for him. The people back at his home could not be his parents. No, his parents are out there looking for him, and someday, they will find him ... if I believe hard enough. *Don't give up*, he told himself, *they would find you*.

He was jolted back into the room when, at the end of the meeting, the membership saying, “Keep coming back ... it works if you work it.” He smiled, *I guess if you never leave ... you'll never have to come back*.

He tried to leave quickly, but this was impossible, for many people wanted to thank him for what he shared, to hug him, or strangely, to say “thank you.” With every favorable comment, hug, and thank you, his depression lifted, his isolation melted, and he did not feel so alone. One man hugged him and asked the question he had wanted to hear but did not know that he wanted to hear. “Have you ever heard of Sex Addicts Anonymous?” In an instant, many thoughts went through his mind, *I never knew there was a Twelve-Step Program for sex ... what a relief, maybe I'm not a monster ... maybe other people had this problem*. His heart was glad about this news, for he already knew how to work a Twelve-Step Program; until his relapse, he had five years of sobriety. *I can meet with these guys and maybe solve this darkness*.

As he drove home after the AA meeting, his mind returned to the 6th Step. *Hmm, this is where my relapse started*, he bemused. *That damn 6th Step*. He knew he wanted to give up his sexual addiction, but then, a sudden cold sweat of fear washed over him as if he were losing something valuable, the monster wrapped his arms around him, “Don't leave me,” the monster whispered, “remember all the good times; who are you without me?”

He now felt two opposed feelings simultaneously – joy and fear! He felt joy at finding a solution to a long-standing problem, but then, the fear consumed him at the thought of losing his destructive friend, his trusted companion, his hobby, his pet monster. He forced his thoughts to the joy side. *I now have a name for it ... it is **not** my hobby; it is a sexual addiction*. As he drove toward home, the streetlight shadows flickered; he thought how strange it was that now this realization brought him comfort. *Become entirely ready to have God remove these defects of character*. He said it to himself several times. *Become entirely ready to have God remove these defects of character*. The solution he was waiting for was in sight, profound yet simple.

He slowly said the 6th Step over again; “*Become entirely ready to have God remove these defects of character*.” *Don't you see?* He said to no one, *I do not have to give up my sexual addiction ... no that is not what this Step tells me. That would be too hard. No ... in the wisdom of the*

early recovering community, they wrote this Step as “Become entirely ready...” That is all I have to do ... be ready ... be entirely ready, and ask God for help. “I am ready,” he declared aloud, “I am willing to become ready. How freeing ... how wonderful,” he exclaimed to his windshield. “I will call SAA tomorrow!”

The next night, after the Sex Addicts Anonymous meeting, he was sure there was a solution. He repeated their slogan all the way home many times...From Shame to Grace.

With his monster curled up under his bed, hoping for a new adventure, as this guilt-racked and shamed-filled man slept between two clean white sheets, dreaming about “becoming entirely ready ...” *I can do this ... I can do this. From Shame to Grace* were his last thoughts before sleep.

Epilogue

At Daryl’s first SAA meeting, imprinted on the Desire Chip was the Sex Addicts Anonymous slogan, *From Shame to Grace*. The simple beauty of this message warmed him from the inside out. Never had he felt so encouraged, accepted, and loved. This fellowship felt as warm as his grandmother’s kitchen stove on a frosty morning.

From Shame to Grace.

In SAA, he knew he was now home.

He knew, his recovery was here.

A good friend of mine, Mark B., planned to write his part of this story—about the firewood—but died before he could accomplish his commitment. Many times, he told me what happened and what he would write.

Got Wood is dedicated to Mark’s memory.

My friend, I hope I did your story justice.

I miss you, Mark.

Part II

Before Beginning

Working the steps create change, and you will begin to change in many wonderful ways. You will see things in a little different way—some parts of your life, your thoughts, and your levels of awareness will have changed. The recovery principles and steps help change your thinking. People do work these Steps without a change—profound change. Since you have finished the first five steps, experience the changes in your life.

Part II of the *Wisdom of the Twelve Step* series has similarities with the workbooks for the 4th and 5th. This is general information and vital to understanding this process. If you have already used another step workbook of this series, you are familiar with some of the contents. Since each person may have accessed different workbooks, at the risk of repetition, this information is included and will still prove useful to you.

As you complete each step, permit yourself to answer the same questions again – you will experience growth between answers. This comparison allows for new insights and often provides additional understanding. Read your old answers from previous steps, and then answer the same questions again. This way, you can measure your growth and maturity as you journey through the 12 Steps using the *Wisdom of the Twelve Steps* as your guide.

Note: In this workbook, the words “God” and “Higher Power” appear capitalized. This is comfortable to many people, but some find this practice restrictive as it brings to mind specific definitions found in religion. This workbook series does not seek to remove any definition you may have or inflict one upon you. For those who may rebel against being included in some religious box, suggest when you see the word “God” or “Higher Power” in capital letters, you can leave it as it is or substitute “god” or “higher power” in your mind without the traditional capitalization. Some people find this more comfortable.

Understanding the Wisdom of the Twelve Steps

*“Don't judge yourself by
what others did to you.”*
C. Kennedy

The Twelve Steps have four rather distinct sections:

- **Steps 1, 2, and 3** – Encourage developing your relationship with a power greater than yourself that is much stronger than your addiction.
- **Steps 4, 5, and 6** – Discovering yourself to bring you back from the edge of extinction into the joy of life.
- **Steps 7, 8, and 9** – Improving relationships with other people.
- **Steps 10, 11, and 12** – Connecting with the collective wisdom of the universe.

Wisdom of the Twelve Steps is a series of individual workbooks that assist recovering people in working the steps, one step at a time. The steps are a journey of change; they seem simple—and they are—but translating this simple wisdom into our complicated brains takes time, understanding, and the guidance of others.

You are the sum product of the decisions you have already made. Some choices have been excellent, and some have put you in here, beginning the arduous task of learning to live free through the power of the 12 Steps. The *Wisdom of the Twelve Steps* is a series of workbooks designed to help you gain from the simple wisdom of the 12 Steps.

Some may groan –*Oh no, not a workbook*, remembering the unhappy hours in grade school toiling over lessons you saw no value in learning instead of playing the schoolyard. You are different and are reading this now because it is something you want and need. The various questions require you to think, and when sharing your revelations with others, you learn new insights into the magic of recovery. Many have difficulty looking at the guilt-inducing spaces after each question, knowing what it suggests of you. Remember this is your journey – it is your journey – and how you respond is your choice. Whatever you choose to write is your decision alone. Nobody will grade your answers, check your spelling, or criticize your cursive writing. Some may skip writing in this workbook and use a separate tablet; the results are what you are after, and how you paint your picture is personal.

Wisdom of the Twelve Steps series includes a recovery story related to each step. Following the story is information about how to work the step, and each workbook concludes with a series of specific thought-provoking questions. These questions, when answered, provide understanding often overlooked without this process. Is your goal to have a happier and more productive life? If so, challenge yourself to join the fellowship of others who struggle to find answers to life's difficult questions.

To make the most of your recovery process, it's crucial to actively participate in the 12-step meetings, connect with your sponsor, and engage with the recovering community. These are the catalysts for your change process. Without the energy and motivation they provide, this workbook may remain untouched, a reminder of the happiness you've chosen ***to give away to your addiction***. So, embrace the support and fellowship offered by the community, and let it fuel your journey towards recovery.

Think of your family on Christmas morning, when everyone gathers in their pajamas, drinking coffee or hot chocolate and eating sticky buns. There is happiness all around, lessening of past tensions, and many smiles of anticipation. We look at the Christmas tree and all the gifts arranged beneath its decorated branches. We are excited about seeing the people we care about opening their gifts as we anticipate tearing off the brightly colored wrapping paper from ours. What would Christmas morning be if we did not open the presents? Is there anyone who wants to avoid opening their gifts? Excellent question. However, this happens with people who attempt the 12-Steps but do not actively work the steps; they have the joy of Christmas without the gifts available.

Christmas morning is similar to attending a 12-step meeting. As wonderful and beneficial as these meetings are, we miss the presents under the recovery tree if we do not work the steps or open the presents awaiting our joy. Are you ready to open your presents?

There will be areas in this workbook you agree with, some you may not, but hopefully, much will challenge you. Remember, changing yourself is challenging how you think. Only some of your thoughts are wrong, misguided, or incorrect, but many are. Allow yourself to examine *all your thoughts* ... what works for you and what does not. The program and this workbook help you start you ***thinking about your thinking***. The more you are aware of your thinking, the more successful your decisions. ***You are the sum total of the decisions you have already made.*** Get input

from those you respect, ask questions, share in the meetings ... be open-minded ..., and *challenge yourself*. Thinking about your thinking makes for much better decision-making ability.

After this section, there is a specific series of questions for each step with space to answer each. Spend the necessary time digging deep for understanding. It may help to read your answers to your sponsor, providing an excellent place for additional learning. These questions and your answers will inspire you and your shared partner.

Some work the steps quicker than others - if it takes you longer, do not worry; work at your pace and in your own time. Congratulations, you are now ready to begin working on another step. Join the many people over the years who have used the 12steps for positive change.

*“Understanding is the first step to acceptance,
and only with acceptance can there be recovery.”*
J.K. Rowling

Promise

Congratulations! You have completed the first five steps. Looking back, most people agree that desperation drove them to begin, and a connection with a Higher Power inspired them to complete this difficult task. Desperate to escape the horrible life they were living. Desperation to find something better, something that works. You entered recovery with hope.; the first three steps changed that hope into belief. In the meetings – even amid horrific stories – you saw smiles and laughter, and your hope began to blossom into belief. Again, congratulations; many start this process, but sadly, many do not finish. The failures of others leave you with a powerful question – *just how free do you want to be?*

*“Change the way you look at things
and the things you look at change.”*
Wayne W. Dyer

Your journey now asks for something many think is insurmountable – *change*. Anticipating what lies before you, it is easy to think you cannot complete this part of your journey. However, you have already made giant strides toward your goal of serenity. You entered recovery and now worked the first three steps. You did it. Even despite the many obstacles placed in your way, you’ve completed what you intended. And just what was the most significant obstacle you overcame?

Most agree it was us – *we are our own worst enemy*. The goal of the next part of your journey is to turn this one-time enemy into a friend and, by the end of Step 12-best friend. Sound good?

Many people confess that they have barely begun to tolerate themselves at this stage in their recovery. It improves, for self-love is now available for those who choose it. Love is a decision; you get to make that life-changing decision to love yourself.

In the winter, the trees lose their leaves, and although you know spring will bring forth fresh growth, the tree looks dead. However, in the winter, when the leaves are gone and the trees look dormant, is the time the roots grow. Because of your addiction, co-dependency, or compulsive behavior, you have experienced a devastating and long winter. Your roots begin to grow with your decision to enter recovery; the steps are the fertilizer you need. Many people confess that in this stage in their recovery, they have barely begun to tolerate themselves. It improves, for self-love is now available for those who choose it. Love is a decision, and you are now challenged to love yourself. Self-love starts with a decision.

In the winter, the trees lose their leaves, and although you know spring will bring forth new growth, the tree looks dead. However, in the winter, when the leaves are gone and the trees look dormant, is the time the roots grow. Because of your addiction, co-dependency, and/or compulsive behavior, you have experienced a devastating and long winter. Your roots begin to grow with your decision to enter recovery; the steps are the fertilizer you need.

Here are the keys to *The Wisdom of the Twelve Steps*.

- Start your workbook study.
- Use this book or another like it as your guide.
- Work with your sponsor.
- Be honest.
- Share what you learn with others.
- Work a 12-step suggested program.

Sobriety is necessary to chase away the darkness and find serenity. This is a promise of this book, but it also is echoed by many thousands of men and women who would wish you well and attest to the success of the Twelve Steps, the same people who could not see out of their black hole until recovery. By working a program, they became successful despite the blackness of their past and are rewarded for their hard work, live in the light, and are happy they chose to continue. Follow their lead, and you *will* be successful.

Remember: you are the tip of the change arrow, poised on the edge of discovery. You stand at a crossroads. What you do now will substantially affect the rest of your life and the lives of many others. Once begun, your recovery

sends ripples of change through the universe, affecting not only your life but also the lives of those you love - now and for generations to come.

If you have completed this survey with another step, compare your answers. How much progress have you made towards Happy, Joyous, and Free?

Restless, Irritated, and Discontented							Happy, Joyous, and Free		
1	2	3	4	5	6	7	8	9	10

Using this scale, how would you rate yourself? Where would you like to be?

Would you go to almost any lengths to achieve your goals?

What is your cost to achieve your goal?

What well-used coping skills would you need to change?

What would you have to give up to change your current status quo?

Who would you be if you went from Restless, Irritated, and Discontented to Happy, Joyous, and Free?

Habits

One habit from Steven Covey’s book *7 Habits of Highly Effective People* is:

“Begin with the end in mind.”

Exercise 1

6th Step - Were entirely ready to have God remove all these defects of character.

Write what you want to happen from working on this step. Begin with the *end in mind*. (With any question in this book, permit yourself to be creative - sometimes just one word works best, sometimes it takes a picture, and often several paragraphs are necessary.)

Big Book – Promises

*It is true that everyone was
once special and still possesses
the ability to recover it.”*
Criss Jami

“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 economic insecurity will leave us. We will intuitively know how to handle situations, which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.”

This excerpt from the book *Alcoholics Anonymous*, pages 83-84, is reprinted with permission of Alcoholics Anonymous World Services, Inc. (“AAWS”) Permission to use this excerpt does not mean that AAWS is in any way affiliated with this program. A.A. is a program of recovery from alcoholism only – use of this material in connection with programs and activities which are patterned after A.A., but which address other problems or concerns, or in any other non-A.A. context, does not imply otherwise.

One of the most superficial yet profound Twelve-Step promises is also the name of Chapter Two of the *Big Book of Alcoholics Anonymous*-**There is a solution.** People coming out of the cold of addiction find comfort in knowing there is a solution, **AND** it is available. Many, before you pioneered it into a simple, yet powerful method of recovery called the Twelve Steps. It is yours if you wish to use it. ***There is a solution.***

The more work you do on the steps, the closer the promises become true for you. If a “...new freedom and a new happiness...” is what you want, then the path has already been blazed.

6th Step Doubts

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

Normal doubts about this step?

- You doubt if anyone or anything – even God - could remove all your defects of character.
- You doubt who you would be without your defects of character.
- You doubt if others would trust you if you changed.
- You doubt if you really could change or *want to change*.
- You doubt if you are ready to remove certain long-held defects of character.
- Are there *some you may wish to hang on to?*

The healthy side of doubt is realizing the chasm is ten feet wide, and your best leap is only eight feet. In this example, your doubt kept you from testing a physical certainty with your stupidity. If your doubt was accurate, it kept you from falling into the abyss.

Exercise 2

Think back to your experiences of other steps. What were your doubts before you worked those steps? What was real and what turned out to be puffs of air?

Necessary Components

To make any change a person must have three components:

- **Desire to change**
- **Willingness**
- **Ability**

Exercise 3

Do you have the *desire* to change? What does your desire look like? What are your motivators?

Exercise 4

Do you have the *willingness* to change? How do you describe your willingness? What problems interfere with your desire? What is your motivation to change?

The Twelve Steps pave the way for your innate wisdom to surface. Listen to the words, absorb the wisdom shared by others, and acknowledge what you instinctively recognize as truth, and this transformation can be yours. The power to change is already within you, waiting to be realized... *trust in this process*.

Exercise 5

Do you have the *ability* to change? Change is hard. Do you already have the necessary tools for change, such as a sponsor, Twelve-Step meetings, safe friends, self-help literature, AA literature, etc.? Do you have others willing and able to be honest when you stray into *stinking thinking*? Do you have the encouragement of supportive friends who will listen and be your cheerleaders with an occasional pat on the back? What do you need to be successful? What are you missing? How can you obtain what you need?

*“You can't stop the future
You can't rewind the past
The only way to learn the secret
...is to press play.”*
Jay Asher

Change

“Our lives are unmanageable because our minds are unmanageable.”

Ray A., Practice T

The desire to change has an excellent ally motivating humans toward change – *pain*. Many 12-step meetings have the newcomer tradition. With this tradition, a different format automatically happens when a newcomer arrives, and participants change the structure of their sharing into *what it was like, what happened, and where they are now*. Many say the newcomer is the most important person in the room. As welcoming as that statement is, it may not be the real reason. Because of this different format, the participants review their history, reminding them how miserable their lives once were compared to where they are today. They get to recall the suffering, the misery, the pain. As unpleasant as it often is, this memory becomes the touchstone for progress. Pain fuels the desire necessary to succeed. Think about allowing pain-your pain to become your ally. Accepting something that you thought needed medication is a strange concept. The same pain you previously let control you. Can you embrace your pain and make it work for you? With this change in perspective, *pain then becomes your ally*.

Sadly, some taste recovery and marvel at the flavor but then do not choose to enjoy the entire Twelve-Step meal. When the pain's motivation is gone, and they have found some relief, many think this is all they need and miss the rest of the beautiful journey.

You might need recovery when...
humility to you is the possibility someone else's
arrogance could be greater than yours.

Are you going to be one of those who wants the many benefits of a Twelve-Step program but looks for an "easier, softer way?" Remember what happens when your *addict voice* speaks, and you listen. Addiction is so "cunning, powerful, and baffling" that it can talk you into anything.

Two common thoughts occur to almost everyone attending Twelve-Step meetings. First on this stinking thinking list is, *I can do this my way*.

The second and equally dangerous thought is that *I don't belong here. I'm better than them*. Both are powerful concepts that keep people away or permit them to leave. When these thoughts

threaten your recovery, look for identification in the fellowship; look for what is there, not what is not. Change that thought, and you will find what you are looking for.

Permit yourself to complete this step by declaring your determination to complete this step. Say it aloud even if you do not believe it. Reprogram your mind to what you want to think. It is harder to quit after this declaration. After saying your goals out loud, your *addict voice* ceases to have the power it once had over you. **Correction** -the power you gave it to control you.

Overview of the 4th, 5th, and 6th Steps

By discovering yourself – you return from the edge of extinction into the joy of life.

4th Step – Honesty

Being willing to do the 4th Step requires all of your strength and desire, together with a very supportive environment. It demands embracing your hidden self, the shame you so long dreaded and often acted out in an attempt to escape its powerful grip. You hid your shame in the dark recesses of your shame closet, where it metastasized and grew more extensive and powerful. Powerful enough to control your life. You let it dictate your degree of misery. You gave your power away to this dark energy. Your 12-step journey has been and will continue to be revealing, unsettling, fearful, and often painful, but necessary for healing. One 12-step slogan is, “*We are as sick as our secrets.*” This motto is accurate, and working this Step, we become real. *We begin to heal.*

5th Step -Willingness

In the 4th Step, you start dealing with the dark and hidden recesses of your psyche stored in your Shame Closet. With the 5th Step, you open the door of the dreaded closet, take a handful of slimy shame, close the closet door, and expose this shame to the light of day. As fearful as this may be, you control the door. You can close it anytime you feel overwhelmed. This shame – your

long-dreaded humiliations – you hold in your trembling hands. With a great deal of courage – courage you may not think you have – you allow the pain of the past to be your ally. Open your hand and expose your shame to the light. You may fear this Step for a good reason. The exercise unmasks your denials, your false masks of protection you so long hid behind. You now stand naked – black ink on white paper, trembling with the magnitude of your wrongs. Opening your hands reveals the truth. You allow the sunlight to radiate upon what was once darkness and experience the sun's healing effects on what you once thought so dominant.

Using the shame-closet as your analogy, you are in control. You have the power. You have the strength. You will be successful.

Sharing your list with a caring person and your Higher Power does not change what happened, your part in it, or how you affected others. It does not excuse you nor forgive you. It does not alter wrongs into rights. However, it does begin putting shame into its proper place. It opens the door to your willingness to face up to your wrongs - self-forgiveness will only enter after this challenging task. In this step, you begin to understand yourself and look forward to the real possibility of forgiveness. As you share your soul's darkest, unfathomable depths, you start to feel lighter. From your shoulders, many years of encrusted self-loathing, blame, and shame begin to withdraw. You may be shocked, then relieved, when you finish your inventory. Your sponsor asks this simple, yet profound question, "Is that all you did?" This simple question puts many fears to rest. You smile with relief and answer, "Yes, that is all I did."

6th Step –Change

The 6th Step begins your letting go. By putting all of your character defects into their proper perspective and then turning them over to a power greater than yourself, you achieve freedom! Just letting them go is *freedom*. In this step, you realize the forgiveness you so desperately sought, earnestly desired, but so doubted its existence awaits you. As strange as this may seem, the gift of forgiveness is waiting on your admitting your transgressions and becoming agreeable - willing to turn them over.

The 4th, 5th, and 6th Steps are simple ... **simple ... but not easy.**

Exercise 6

Describe the pressures on you to return to your old lifestyle. What forces are pulling you toward relapse?

You might need recovery when...
when out of the Seven Deadly Sins,
you find anger the most delicious.

Exercise 7

You defined your desire to change, your willingness, and what abilities you must accomplish your goals. Now, include what is the meaning you realized from the suffering you experienced from your addiction. Many people have trouble with this question, so if you find yourself stuck, don't worry. Write your best answer to date and allow the concept to filter through your consciousness. Permit yourself to explore this question, so as strange as it may seem, it's vital to your recovery journey. What is the purpose or the significance of your efforts – why subject yourself to the scrutiny of the steps? Until you can answer, progress will be slow, and the chance of relapse increases.

You might need recovery when...
you think you don't need recovery.

Exercise 8

If you had to change your lifestyle or face a horrible death, would you do it? How successful do you think you would be without a support system?

Exercise 9

Can you express your emotions using words found on the Mood Chart in Part IV? Do you use these words in your significant relationships? With your sponsor? Most do not. Observe in your next meeting how many people use feeling words like scared, fear, worried, and anger. How comfortable are you using these words in your significant relationships? Your addictions allowed you to hide from emotions. Using the words of the Mood Chart, you can now connect with the part of yourself you avoided for so long. Identifying emotions is the opposite of your addiction. Emotions were not the monster under the bed you were terrified to experience. What do you feel right now when you think about expressing your feelings? List them here (use the Mood Chart).

“Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we’ve been waiting for. We are the change that we seek.”

President Barack Obama

Exercise 10

Before recovery, you probably used one or more of these addictions, such as alcohol, drugs, food, sex, work, the lives of other people, etc. Addiction is defined as an “...*external solution for an internal problem.*” Describe what you have used before and maybe still do as an external solution for your internal problem. How successfully did your external solution fix your internal problem?

Exercise 11

Are you entirely using the program, making meetings, working with a sponsor, and reading the Big Book? Do you ask your higher power to keep you sober in the morning? Are you thankful at night? Are you working the steps? Where does your program need improvement? *Specifically, what keeps you from working the program worthy of your recovery?*

You might need recovery when...
you socialize with everyone else because
you can't stand to be alone with you.

Exercise 12

More importantly, think about the unmanageability of your life. Is it something worth returning to? Probably not, so before you again allow your “self-will to run riot,” know you need structure to see you through recovery. Allow yourself the discipline required to be successful. If you have not prioritized your recovery, what do you have? Not much. Before recovery, how was your life running? Probably, very chaotic. Your future requires you to get you back by putting your program first and keeping your self-will at bay.^[1]^[SEP]To accomplish that structure, you need discipline and the support of the recovery fellowship. Do you have what you need?

“We cannot change the cards we are dealt, just how we play the hand.”
Randy Pausch

Your success depends upon your time, energy, commitment, desire, and willingness. Are you ready to put this into your change process? If so, then declare to yourself, to complete this step,

- I have the *desire*.
- I have the *willingness*.
- With my recovery program, I have the *ability*.

By saying this aloud to yourself - what you want to believe – you have a better chance of these thoughts becoming yours. Your values, your determination, and redefine who you are. Write the goal(s) you declared in Exercise 1 in positive terms and indicate *if* you have already accomplished your goal. Make your goals positive and in the moment instead of I will do. For example, if in Exercise 1 you said, “I want peace and serenity in my life,” change it to read:

- I am peaceful.
- I am serene.

These examples are positive and are in the moment, in the here and now. (Note: even if you do not believe them stated in this way, trust the process and make them positive and in the moment. Fake it until you make it)

Write these out in your handwriting and paste them to your bathroom mirror. look into the mirror Every morning and every evening, as you, tell yourself these statements. By doing this, you are reprogramming your subconscious mind by telling yourself what you want to believe. It does not matter what you believe – keep saying them until they come true. ***Trust the process.***

“I always believed that anything you vividly imagine, ardently desire, sincerely believe, and enthusiastically act upon must, absolutely must come to pass “

Skip Bertman

Head coach LSU Baseball

National Champions 1991, 93, 96, 97, and 00

Word of Warning

“Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.”

Rumi

Your past behavior has hurt many people. In recovery, those same people may like the changes they see but may not trust any positive change you make. You may be surprised to see the doubt on their faces, disbelief in their hearts, and fear in their eyes as they await the other shoe to drop and you returning to your destructive past. They have long walked on eggshells around you. Now, they no longer know how to walk differently. They may not acknowledge your changed attitude (remember, addiction is a family disease). Allow others – in their own time – to believe in you again. Change your behavior, get your happiness back, and eventually, most will relate to you differently. Do not allow others to deter you from your appointed date with recovery; your life depends upon it.

Many AA old-time members say, “My program is the most important thing in my life.” This dedication is wise counsel, for it provides a truth your addiction does not want you to know. Recovery requires putting your program before your family, work, and even God.

Putting a laser focus on your program seems selfish, mean-spirited, and heading in the wrong direction, but before you reject this sage advice, think about what you were before recovery. Did you really have your family, work, and a close connection with your Higher Power? Before recovery, did you not experience a lack of connection with yourself and others? Did you feel close to your creator? Self-improvement promises to be difficult, challenging, scary, and painful but simultaneously an exciting, fulfilling, empowering, and joyful experience. You will not regret spending time making changes to your lifetime.

“Today is the first day of the rest of your life.”

Is this true for you? For many years, you felt disconnected from yourself. With this painful awareness, you tried to drug the hole in your soul with an external solution. Reconnecting with you is the cornerstone of a happy life. The greater the self-connection, the more you can connect with others. Decide to become an internal millionaire. In this desirable state, no one can take away your wealth or steal it, the IRS cannot tax it, and the people you love will receive your loving

inheritance. More importantly, think about the unmanageability of your life. Is your old lifestyle something worth returning to?

You think not. So before you again allow your “self-will to run riot,” your recovery desperately needs discipline and structure. If you do not have your recovery, you have, what? Your future requires you to get back; put your program first and await the results. A successful recovery program requires structure to change. The meetings are a form of structure, reading the Big Book, and working with your sponsor. Working the steps with others is an essential part of your structure. The slogans are another form of simple discipline that your wounded soul needs to hear. This book, the Big Book, and many others are a form of structure. Allow yourself to use the discipline and tools thousands of other recovery people have already discovered. These gifts are available to achieve the recovery you ardently desire, passionately seek, and most sincerely deserve.

You might need recovery when...
you got married to change him
into the father you never had.

The Twelve Steps

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.

Alcoholics Anonymous has not sanctioned this workbook; the author is responsible for its contents.

Note: There are as many ways to work the steps as there are sponsors. *Wisdom of the Twelve Steps* seeks to provide the recovering community with another method.

Part III

Understanding the 6th Step

In the 4th Step, you examine yourself and list your shortcomings, what you did to others, and the harm you inflicted upon yourself. Now, with clarity of sobriety and honest reflection, you can recognize the errors in your ways. With the release gained from the 5th Step, your shortcomings and shame are no longer echoing in your head, spreading unhappiness like a runaway cancer. It is now on paper. You shared your story with another person in the loving company of your higher power. You owned it. It is yours. It is what you did and did not do. As you review your list, you are now out of denial; your honesty has set you free! Free to begin the long road back towards self-respect and recapturing your rightful place.

*Until you step into the unknown,
you don't know what you're made of."*

Roy T. Bennet

In the 5th Step, you start on the road to righting your faulty behavior from the cloud of living in addiction. You realize that much of the harm you did to others was selfish, and as crazy as it may sound, sometimes this harm was your broken way of expressing love. Weird, huh?

When you first walked into the doorway of the 12-Step fellowship, you had a faint hope that this program could work where nothing else had before; admittedly, it probably was a small hope, but it was the spark of change necessary for a new beginning. Sparks – even small sparks – often create forest fires capable of consuming the darkness of the past. In the 6th Step, you take another quantum leap of changing your emerging hope into hesitating belief. You hope you can be relieved of the crushing weight of your behavior, thoughts, and resentments. You hope your mind will someday be quiet and cease shaming you with the sharp whip of your past. You hope the good feelings you are beginning to experience can become your new definition instead of the self-loathing you perfected so well. The 5th Step allows you to pull back your shoulders with as clean a slate as possible to begin to rebuild from the destruction left in your wake. The 6th Step builds on this momentum of redefinition from believing you are a loser unworthy of love to becoming who you were created to be.

***You might need recovery when...**
your only reason to attend church is to increase
your capacity for being more judgmental.*

**6th Step: Were entirely ready to have God remove
all these defects of character.**

The 6th Step has two parts: *becoming ready* and *trusting*. Before recovery, your focus was just on trying to get through the day, satisfying your cravings, and hiding your shattered life from the outside world. Recovery provides a significant difference.

When you first walked into the Twelve Steps, recovery made you a promise. Would you have stayed in the program without some assurance from the program? Recovery promised to change your tender hope into belief. For example, the title of the 2nd Chapter of Alcoholics Anonymous is, **There is a Solution**. These simple four words are the beacon of light many have navigated toward. It is an iron-clad guarantee.

Here is another promise: If unhappy with the Twelve Steps, for any reason, recovery will ***gladly refund your misery!***

As you progress through the steps, you are on the right trail toward peace and serenity. This goal is now obtainable. Can you be excited about making it yours? The sky is beginning to lighten, the black clouds dissipate, and *you know love and feel contentment*. You can now believe you deserve a happy life despite your past. You can now accept yourself. You are a child of creation, precious and free. No one is better than or beneath you. Your behavior may have been deplorable, but your core value has always been pure – even on your worst day!

In recovery, you are now willing to be responsible. You and your actions are different. ***You are worthy even when your behavior is terrible***. You are responsible for your behavior, but your human spirit is okay – ***now***. Your conduct - no matter how bad - did not decrease your unit of worth. You are good enough - ***now***. You are free to believe that you, too, deserve love and you are worthy of forgiveness. Breathe a sigh of relief, for in recovery, you can begin again. This hope is what you so ardently clung to in early recovery, what brought you back to the fellowship when your demons demanded returning to the chaos of the past. Transferring this hope into belief begins and ends with trust. In this Step, getting “...***entirely ready***” is a simple ... but brutal action.

Getting ready is an active step requiring willingness for transformation. Getting “...***entirely ready***” requires you to separate who you are from your destructive behaviors, your resentment, and most of all, your dark and deep shame. One person told his sponsor, “...this step was especially difficult for me because, to tell you the truth, I’m not ready to give up *all my shortcomings!*” Think

about this: are you ready to give up **all** your character defects? Maybe yes. Maybe no. Be honest with yourself.

However, you may also not be ready to change. Change, no matter how wonderful the change, requires some grief. Getting “...**entirely ready**” allows you to grieve the past when your addiction controlled your every fiber and dictated your state of misery. Many remember the “good times” with addiction – notice the quotation marks around good times. Temper these memories – called *euphoric recall* - with the reality of the pain your addiction caused. Allow the truth to temper the past and propel you into the future ... one day at a time. This process allows you to let go of your old “friend,” your addiction - your habits, your much-practiced dysfunction – remembering all the so-called good times you *enjoyed* with your addiction. Getting “...**entirely ready**...” is you declaring to yourself, “*It is I who is in charge of me; I am responsible for my happiness; I no longer volunteer to be the victim; I am responsible.*” Getting “...**entirely ready**...” is becoming entirely responsible.

After accomplishing the first part of the Step, you enter the second part, perhaps the most difficult - **trust**.

Until recovery, you swam against the river’s flow, and life was hard. Now, in trust, you float with the current rather than swimming upstream, as your old life required. Floating does not require tremendous energy to swim against the river’s strong current. However, floating requires a different mindset. In this example - metaphorically speaking - your head is faced downstream. You are now on your back, looking up at the heavenly blue skies, not knowing where the river will take you. In this position, you have to trust - trust the river is not taking you to the open sea, through rapids, or over a waterfall. *Trust*.

You now have a choice: you can swim upriver against the current where you’re in control, the old behavior you know so well, **or** you can float with the river’s current, allowing trust to be in control. How did swimming against the current work for you? In recovery, you can choose to let go and trust as you float backward downstream.

Getting “...**entirely ready**” is getting all dressed to attend the Ball of Happiness. Getting “...**entirely ready**” requires trusting that your magic pumpkin chariot will arrive with your invitation. If you want to go to the ball, you must get ready, trusting your carriage will arrive. To get your invitation to the ball, you must hit the pause button on your mind chatter – your head committee - then trust. Let go of control. Stop your part of the equation. In trust, letting go of control

is necessary but very difficult. Trust and letting go of control are alien to your previous chaotic lifestyles. You will not do this perfectly. Remember, recovery is “...progress, not perfection...” as the Big Book so eloquently and lovingly allows for the reality of failure when striving toward success. In trust, the outcome is not in your hands. Do the work and trust the outcome.

In AA, the only requirement for membership is a desire to quit drinking. You can finish a can of beer before entering the fellowship and, with this desire, pick up a Desire Chip. Becoming “...*entirely ready*” is the same concept as a desire to quit. This Step’s only requirement is to become “...*entirely ready*.” All you must do is get “...*entirely ready*” and **trust**; *simple* – not easy.

Trust that the creative force - your Higher Power – loves you enough to grant you this peace. Trust you are worthy of this gift. Become “...*entirely ready*...” to receive the relief of self-forgiveness. Close your eyes to your past and trust. Healing is the reward of your change.

The 6th Step provides the shovel to empty your once-overfilled shame-closet.

*“One's dignity may be assaulted, vandalized
and cruelly mocked, but it can never be
taken away unless it is surrendered.”*

Michael J. Fox

Letting Go of Me

Gray skies of winter's dawn
similar to the color
of my prison uniform.
Iron chain of emotions
chained to my leg
attached to my soul
shackled there by me.

The lock is red with rust
corrosion - thick and hard
cannot be opened
... not ...
not without the key.

I want to fly.
I want to be free.
To change winter's gray
to the warm blue of summer.

This key is instant release,
the moment I trust
allowing myself to fall backward
into uncertainty.
This key
I now hold in my hand.

My pain demands change
dictates the course of action
flight into inner strength.

Give up to grow -
unlock the rusty lock.
Let go of me -
give up control
servant not master.
Thy will, not mine.

Only then can I fly.
Only then can I be free –
when ... when I
let go of me.

From the book *Iron Mask* at Amazon.com

Note: *The enslaved person and the slave owner are victims of the same system.* You cannot enslave someone without becoming their overseer. You cannot control another without providing further instructions and demanding compliance. Conversely, is it not true that if you let someone go ... have you *not also become free?* Instead of locking yourself in the prison of shame, use your trust key to open the iron cage and gain your freedom. After all, you have the only key.

6th Step Prayer

**Give me the courage
and strength
to become
what I was created to be.**

Exercise 13

What were the secondary gains of your addiction?

Examples:

- Insulate yourself from others
- Not having to feel emotions
- Self-justification of your resentments
- Volunteering to be the victim - comfort of feeling sorry for yourself
- Not having to be honest with yourself

What are yours?

Key Questions:

Are you ready to give up *all your shortcomings?*

Think about this. Which character defects are you ***not*** ready to let go of?

What will it take to *be willing* to give up your shortcomings?

Exercise 14

Think about when you first entered recovery. Go to the Mood Chart and list your feelings when you started your Twelve-Step journey. Are they the same now?

Note: Before continuing you need the answer to this question – it will be on the quiz. Where do your feelings come from? What creates your emotions?

Your feelings and your emotions come from how you think.

The Twelve-Step program helps you think differently. As your thoughts change from selfishness to openness, your feelings change. If you continue your stinking thinking, you will feel one way. If you choose recovery thinking, you will feel another way. You are free to decide how you think. Wellness requires you to allow your feelings to be your navigation tool. Since you can choose how you feel, be aware of the thought creating this feeling. This simple realization puts you in a much better position to make healthy decisions. When you are in your thoughts, you are in your rational mind, not your emotional one. Right now, what are your thoughts about *thinking about your thinking?*

Read each sentence and repeat aloud:

- “I choose to act like a jerk towards Bob.”
- “I choose to let Jane's behavior control my happiness.”

Think differently and you will feel differently.

We have all thought those types of thoughts. Identify your recent thinking and then pick out a couple of negative thoughts, like the example above. Say them aloud (not around others, or they might send you to the padded room). Own your thoughts – listen to your words. Once you express these thoughts, you no longer give them power - you now own them, and they no longer control

you. Thoughts, when acknowledged, become an option - powerful insights - giving you the power to *think - about your thinking*.

Exercise 15

What behaviors, thoughts, and resentments did you walk into the program with?

Exercise 16

In early recovery, did you think you were worthy of love? Did you think you were worthy of forgiveness? Are you now worthy of love and forgiveness? If not, is your faulty thinking preventing you from being worthy?

Exercise 17

- Do you live fully each day or are you still struggling trying to get through?
- Do you need to change and if so, what changes are necessary?
- How can you make the necessary changes?

Exercise 18

When did your fragile hope of tender recovery begin to turn into belief? What was that like? Has your belief started to become trust? Describe.

You might need recovery when...
when someone disagrees, you are not happy
until you parlay it into an I'm Right episode.

Exercise 19

You are a child of the universe - *precious and free*; a person whose worth is already calculated and whose value cannot be added to nor diminished. What problems do you have seeing yourself in these terms? Do you have a problem being okay? What roadblocks have you allowed to prevent you from being, okay?

Exercise 20

Do you define yourself as your story? Are you much more? How are you different from your story? Are you ready to separate yourself – your true self - from your destructive behaviors, your resentments, and your shame? Are you now willing to be transformed? What will this separation require of you?

Forgiveness is the only way to live with the pain of the past.

What good memories (euphoric recall) do you have when thinking about your addiction? How real are they? How do these memories interfere with where you want to go ... your goals? When your thoughts go back to your dysfunctional stinking thinking, are those thoughts really who you are ... or ... is it your addiction talking?

*“Who is the most miserable man?
It is he who knows there is a better way
but chooses it not.”*
Jimmy C.

Exercise 21

Are you now ready to become entirely responsible? If not, what do you need to do?

Exercise 22

Describe how hard it is to let go and float down the River of Life. What difficulty are you having with floating with your head pointing downriver? How hard is giving up control and trusting?

You might need recovery when...
you are so full of guilt; you are sure it was
you who caused Judas to take the 50 silver coins.

Exercise 23

Instead of controlling others, can you build a lighthouse so bright the people you care about can navigate by its brilliance (a lighthouse of attraction *not* promotion)? Describe your lighthouse – in what stage of construction is it? What do others see when they look at your lighthouse? How brilliant is your light? How bright is your recovery?

Exercise 24

What is keeping you from claiming your birthright ... *your magnificence*?

You might need recovery when...
you are a great reservoir for
everyone else's shame and blame.

Exercise 25

What would happen if you allowed your Higher Power to help you to become what you were created to be? How unsettling is that thought?

You might need recovery when...
you get compassion fatigue when
refraining from saying something ugly.

Exercise 26

Some shortcomings may be too powerful even to become “...*entirely ready*” to give them up! If that is the case, declare what you are unwilling to let go. From your addiction, you know the cost of denial, but you now have a choice: denial or reality. What are you - at this moment - not ready to give up? What are the consequences of your decision? Shaming yourself for hanging on to them adds fuel to the problem.

Use your right brain to create a visual image of a character defect(s) you may not be ready for God to remove. It may be a picture, a word, a symbol, or anything you wish to represent what you now face and struggle to overcome or accept.

Be bold.

Be audacious.

Be brave.

It's your life.

You are worthy of the best.

Note: This is an ongoing exercise. As you mature in your recovery, this definition may grow and change. Return to your definition and change it as additional learning requires modification.

Exercise 29 – Optional

Some shortcomings may be too powerful even to become “...*entirely ready*” to give them up! If that is the case, declare what you are unwilling to let go. From your addiction, you know the cost of denial, but you now have a choice: denial or reality. What are you - at this moment - not ready to give up? What are the consequences of your decision? Shaming yourself for hanging on to them just adds fuel to the problem.

*“When reality hits, it’s not always
what we want it to be.”*

John Williams

Use your right brain to create a visual image of a character defect(s) you may not be ready for God to remove. It may be a picture, a word, a symbol, or anything you wish to represent what you now face and struggle to overcome or accept.

said before?

You might need recovery when...
the only way you know how to keep the
dream alive is by hitting the snooze button.

Through the Whiskey Glass

New York financial capital
corporate mergers, leveraged buyouts,
powerful executives negotiate.
Through the whiskey glass, he stares at the gun.

Money, wealth, and prestige
call the bank, muffled voices
payoff terms not agreeable
additional capital is needed.
A man's hand is now on the gun.

The deal is threatened
keep calm, show no emotions
persuade, cajole, positive ROI
all creative powers are focused.
Gun to the head, then trigger squeeze.

Breakthrough - Congratulations!
The deals going through
"I did it!" "I did it!" Success!
Returning to Houston at thirty thousand feet,
expensive whiskey strips away all venire
society's success to life's naked truth.
To end the misery - only one bullet is needed.

World's definition success
cold and naked substitute
for inner warmth and beauty.
An empty townhouse, cold and bleak,
she's not here! God's not here.
Whiskey reveals his lonely existence.
Just before death, his trigger finger freezes.

And at the crossroads of Live and Die
a lonely man reaches out
and grabs the hand of God.
as he slowly lowers the gun.

May 1989

This story is my rendition of the story my roommate in early recovery told me.

Note One – Two common causes of addictive relapses are Al-Anon issues (relationships) and sexually acting out. The 4th Step story introduced Al-Anon-type issues. This 6th Step workbook shows how sex can interfere with even the sincerest recovery program. Be aware of this two-headed relapse-creating monster.

Note Two -The 6th step is profound. It looks so easy, but under the simplicity is the hidden dirt from your past so cherished by your addictive nature you may not be willing to change, **YET**. Permit yourself to hang on to what you are unwilling to let go of and acknowledge it. When you own it, you are no longer lying to yourself. With this declaration, you have the power.

Only when *you are ready*, are you able to make another choice. By declaring what you are unwilling to let go of, you put yourself in the position to ***think about your thinking***.

Part IV

Emotions

What is the definition of *cool*? *Cool* means “to not show emotions, not express deep feelings, and without the honesty afforded by full expression of your emotions, creating a high degree of dishonesty.” When you drank, took drugs, or controlled others, you successfully hid from your emotions. You were, by this definition, cool – *Olympic-caliber cool!* When wholly divorced from your feelings in an altered state of reality, you achieve the ultimate coolness. Did being *cool* work for you?

In her book *Positivity*, Dr. Barbara Fredrickson describes emotions as sailing. Positive emotions are the winds in the sail. Negative emotions are different; they are the keel that extends down from the hull, allowing the sailboat to tack against the wind. Without the wind, sailboats are becalmed and do not move. With the keel, the sailor can follow the plotted course and head in all directions. Both types of emotions are necessary.

When hiding, ignoring, stuffing, or denying emotions, a person is helpless against the winds of this world. Using emotions correctly allows for progress in the direction the sailor desires. Will you continue letting the chaotic winds blow you all over the ocean, or will you learn to sail?

Contrary to Dr. Fredrickson, describing emotions as positive or negative is incorrect. Since emotions are natural and a key ingredient to help you navigate through the difficulties of life, how can they be positive or negative? Instead, they just are, you need them all.

Consider this different terminology, “negative” emotions are for *warning*, and “positive” emotions are the *healing* feelings. May the *healing* emotions fill your sails, and may the gift of *warning* protect you as you journey.

Your feelings come from your thoughts (this will be on your next exam). ***Thinking differently creates different feelings.*** The 12-step program helps you think differently, and as your thoughts change from selfishness to openness, your feelings will change.

Using this Mood Chart and identifying your emotions is the opposite of your addiction. In recovery, you can now manage and use what you formerly denied and were so terrified of experiencing. You are now able to be free.

Mood Chart

MAD	GLAD	SAD	FEAR	HURT
Agitation	Admiration	Abandoned	Alarm	Aloof
Angry	Affection	Agonized	Anxious	Ashamed
Annoyed	Ardour	Bored	Apprehension	Belittled
Antagonism	Confident	Crushed	Bashful	Burdened
Arrogant	Cordiality	Deflated	Bewildered	Cheated
Bitter	Curiosity	Depressed	Cautious	Contempt
Contempt	Delight	Disconnected	Confused	Denied
Defiant	Desire	Disparaged	Distraction	Deserted
Disapproving	Devotion	Distant	Dread	Disappointed
Disdain	Ecstasy	Distraught	Embarrassed	Dismay
Disgust	Ecstatic	Distressed	Envious	Embarrassed
Enraged	Elation	Downcast	Evasive	Exhausted
Frustrated	Enthusiasm	Forlorn	Fearful	Guilty
Furious	Excitement	Gloomy	Fluster	Humiliated
Hostile	Fervour	Grieving	Frightened	Insulted
Indignant	Flush	Helpless	Horrified	Lonely
Irritated	Generosity	Hopeless	Hysterical	Mean
Livid	Happy	Ignored	Inadequate	Pain
Mischievous	Hope	Isolated	Insecure	Pained
Rage	Hopeful	Jealous	Menacing	Regret
Resentful	Inspiration	Melancholy	Overwhelmed	Shame
	Love-Struck	Miserable	Panic	Suffering
	Passion	Mournful	Pathos	Shocked

*You might need recovery when...
all you need is alcohol to turn
you into an instant asshole.*

About the Author

In addition to his work as an author, David Walton Earle is a Licensed Professional Counselor (LPC) who helps clients with anger management, substance abuse, compulsive gambling, anxiety, depression, and relationships. As a business coach, he combines his counselor skills with his twenty-plus years of executive management experience to create a powerful matrix for transferring leadership skills. He is also a teacher, trainer, coach, and alternative dispute professional.

Earle earned a Master of Science from Texas A&M and has held executive management positions in various fields, including industrial construction, private investment banking, and corporate troubleshooting. He is president of the Earle Company, an organization dedicated to change. His field of expertise concerns people and conflict

David's experience as a mediator and arbitrator for various organizations, including the disputes in the U.S. Federal Court-Middle District, Equal Employment Opportunity Commission (EEOC), Financial Industry Regulatory Authority (FINRA), and the Louisiana Supreme Court. He has served as a mediator and Administrator Law Judge for the Louisiana Rehabilitation Service.

For many years, he was on the faculty of the University of Phoenix. Earle enjoys tennis and resides in Baton Rouge, Louisiana with his wife, Penny, and retired greyhound, Maggie.

My Life Will Change... When I Change™.

Suggested Reading

*“Man cannot discover new oceans
unless he has the courage to
lose sight of the shore.”*

André Gide

- *7 Habits of Highly Effective People* - Stephen R. Covey
- *Anger* - Thich Nhat Hanh
- *Beyond the Relaxation Response* - Hebert Benson. M.D.
- *Big Book of Alcoholics Anonymous* - Bill Wilson
- *Codependency No More* - Melody Beattie
- *Getting to Yes* - William L Ury, Roger Fister, Bruce M. Patton
- *I'm Ok – You're Ok* - Thomas A. Harris, M.D.
- *Just Listen* - Mark Goulston
- *Learning to Love Yourself* - Sharon Wegscheider-Cruse
- *Love* - Leo Buscaglia
- *Man's Search for Meaning* - Viktor E. Frankl
- *The Magic of Conflict* - Thomas F. Crum
- *The Power of Now* - Eckhart Tolle
- *The Way of the Wizard* - Deepak Chopra
- *Understanding Co-Dependency* - Sharon Wegscheider-Cruse
- *Wake UP!* - Tom Owen-Towle
- *Wisdom of the Rooms* - Mike Z.

“Books may well be the only true magic.”

Alice Hoffman

Dedication

For many years, I learned from various Twelve-Step meetings, personal sharing, and the warmth of good friendship over coffee. This workbook series is the collective wisdom learned from almost forty years of recovery.

Many people contributed to this workbook. I recognize several who contributed wisdom and efforts directly to this series. They are Jack C., two different John Ws., Chuck H., Joan M., Sam S., Connie M., Janet R., Jimmy C., Gwyn B., Ted B., Chris C., Chuck S., Yolanda M., Tammy S., Kim C., Laci T., Bob S., Bill W., and Mark B.

I have many thanks to Connie Murphy, whose editing made the first edition readable. Special thanks must go to Penny, my bride of many years; it was only through her support that this book was written.

Request

The *Wisdom of the Twelve Steps* is a work in progress. Nothing is perfect, and this workbook will always need improvement. If you have suggestions or improvements, I want to hear your thoughts. Or if you have a good story - relating to any of the steps - please pass it on. You can contact me at earlecompany@cox.net

*“So go ahead and
make your way
back from the edge
of yesterday
no one knows what
can't be known
'cause when you start
you're all alone
but take enough steps
take enough steps
take enough steps
and someday
someday you'll be home.”*
Heather Wells

Happy Recovery!

Appendix A: Wisdom of the Twelve Steps: 6th Step

Directions: To receive credits for this course, you are required to take a post test and receive a passing score. We have set a minimum standard of 80% as the passing score to assure the highest standard of knowledge retention and understanding. The test is comprised of multiple choice and/or true/false questions that will investigate your knowledge and understanding of the materials found in this CEU Matrix – The Institute for Addiction and Criminal Justice distance learning course.

After you complete your reading and review of this material, you will need to answer each of the test questions.

Submit your test via the Internet. All of our tests are posted electronically, allowing immediate test results and quicker processing. First, you may want to answer your post test questions using the answer sheet found at the end of this appendix. Then, return to your browser and go to the Student Center located at:

<http://www.ceumatrix.com/studentcenter>

Once there, log in as a Returning Customer using your Email Address and Password. Then click on 'Take Exam' and you will be presented with the electronic exam.

To take the exam, simply select from the choices of "a" through "e" for each multiple choice question. For true/false questions, select either "a" for true, or "b" for false. Once you are done, simply click on the submit button at the bottom of the page. Your exam will be graded and you will receive your results immediately. If your score is 80% or greater you will have access to the Certificate of Completion. This is the final step in the process, and you may save and/or print your Certificate of Completion.

If, however, you do not achieve a passing score of at least 80%, you will need to review the course material and return to the Student Center to resubmit your answers.

If you have any difficulty with this process, or need assistance, please e-mail us at ceumatrix@ceumatrix.com and ask for help.

Answer the following questions by selecting the most appropriate response.

Quiz

Part I

Learning Objectives

Upon completing this section, participants will be able to:

- Appreciating the wisdom of the 12-Step Program using the *Wisdom of the Twelve Steps* workbooks
- Typical thinking in early recovery
- Learning the value of *Thumb Work* and the cost of *Finger Pointing*
- Appreciating the stress-reducing power of acceptance
- Detachment definition and how it is used in recovery.

Introduction

1. All addictions are the symptoms of:
 - a. family of origin abuse
 - b. genetic manipulation
 - c. different way of thinking
 - d. being bullied
2. Do all addictions share the same mechanism?
 - a) yes
 - b) no
3. What is the shared mechanism of all addictions?
 - a) effective coping
 - b) destructive budgeting
 - c) external solutions to internal problems
 - d) geographical solutions

Wisdom of the Twelve Steps: 6th Step

4. Addictions are very effective at separating (best answer)
 - a. parents from children
 - b. addicts from freedom
 - c. have from have nots
 - d. the person from pain

5. The focus of a 12-step program is thinking differently resulting in a different way of living.
 - a) True
 - b) False

6. Addicts choose their drug of choice because they work.
 - a) True
 - b) False

7. Addictions are successful at separating
 - a) pain, unsettling emotions, deep hurts
 - b) pain, unrealistic expectations, childhood trauma
 - c) unsettling emotions, mother-in-law, and consequences
 - d) consequences, pain, conflict

8. In the Special Dedication Sam's higher power became
 - a) God
 - b) The AA group
 - c) Love
 - d) Mighty Mouse

9. Sponsors usually do not want to use *The Wisdom of the Twelve Steps* workbooks.
 - a) True
 - b) False

10. Maladaptive behaviors stem from using an external solution for an internal problem.
 - a) True
 - b) False

11. When reading the 6th Step, "...were entirely ready to have God remove all these defects of character", the man felt
 - a) Fear, panic, and anxiety
 - b) Happy, joyous, and free
 - c) Restless, irritated, and discontented
 - d) Excited, thrilled, and impatient

Wisdom of the Twelve Steps: 6th Step

12. At the start of the meeting, what did he think would be a deterrent to quieting his anxiety, the little voice inside him demanding his attention?

- a) alcohol
- b) drugs
- c) sex
- d) listening

13. The speaker rode his bike to the Circle K store and filled his basket with

- a) groceries
- b) beer
- c) baked goods
- d) discarded aluminum cans

14. When the man's bike lost his tires, and he rode on the rims he

- a) quit drinking
- b) continued drinking
- c) called his sponsor
- d) considered suicide

15. The man having the panic attacks at the meeting had five years of *contented* sobriety.

- a) True
- b) False

16. What was the truth about the 6th Step he was not prepared to have taken away?

- a) his pain
- b) his shortcomings
- c) his addiction
- d) his anxiety

17. What was his hobby?

- a) stamp collecting
- b) drinking with friends
- c) pool hustling
- d) porn

18. the monster smiled knowing the man's promises were

- a) empty
- b) sincere
- c) helpful
- d) no good

Wisdom of the Twelve Steps: 6th Step

19. The man traded a load of wood for sex, and this was all he wanted.
- True
 - False
20. The hole in his soul was of human connection.
- True
 - False
21. "Hangovers are wonderful." What did he mean by that?
- He was a masochist
 - His highs continued through the hangover.
 - They remind him that the last night was real.
 - It reminds him to buy more beer.
22. Sex Addicts Anonymous was an illusion in the man's addictive mind.
- True
 - False
23. The slogan of Sex Addicts Anonymous is:
- From low to high
 - From resentment to acceptance
 - From shame to grace
 - From disgusting to redemption
 - From bad to good

Part II

Learning Objectives

Upon completing this section, participants will be able to:

- Explore how the steps can change a person's life.
- Understand the difference between God, god, and higher power.
- Learn the distinctive sections of the 12 Steps.
- Appreciate the power when thinking about thinking.
- Accept the power of change

24. Part II in the series *Wisdom of the Twelve Steps* the 4th, 5th, and 6th are very similar. If you already worked Steps 4 and 5 in this series, you can skip this section because you will not gain anything repeating it.
- True
 - False

Wisdom of the Twelve Steps: 6th Step

25. What will you gain if you repeat Part II?
- a) Additional understanding
 - b) New insights
 - c) Acknowledge the growth you realized between the last step
 - d) Experience growth
 - e) All of the above
26. The 12 steps can be divided into four distinct sections. Steps 4, 5, and 6 bring you back from the _____ into the _____.
- a) edge of extension into the joy of life
 - b) beginning of growth into the maturity of recovery
 - c) hell of shame into the light of darkness
 - d) edge of yesterday into the joy of tomorrow.
27. To make the most of your journey it is important to participate in 12-step meetings, connect with your sponsor, and engage with the fellowship.
- a) True
 - b) False
28. You are the _____ of the _____ you have already made.
- a) answer of the mistakes you have made
 - b) sum total of the decisions
 - c) sum total of the respect you have for yourself
 - d) results of the havoc you caused
29. When you think about your thinking (book answer).
- a. The more successful your decisions will be.
 - b. The stronger person you will be.
 - c. The happier you will be.
 - d. The more intelligent you will appear.
30. Desperation is often the reason people choose recovery for they are (book answer).
- a. desperate to find something someone better
 - b. desperate to escape the horrible life they were living.
 - c. desperate to find something that works.
 - d. desperate to divorce.
31. Who is our own worst enemy?
- a. We are
 - b. Best friend
 - c. Parents
 - d. Our abuser

Wisdom of the Twelve Steps: 6th Step

32. To become happy, joyous, and free, what is **not** a good question to ask yourself?
- Would you go to almost any lengths to achieve your goals?
 - What is the cost to you to achieve your goal?
 - What well-used coping skills would you need to change?
 - What will others think?
33. John Bradshaw thinks that codependency is a condition wherein
- A person is very selfish.
 - Does not like themselves.
 - Has checked out of life.
 - Has no inner life.
34. Spirituality is defined in this book as:
- External trapping of faith.
 - Believe in certain religious principles.
 - Dedication to a search for God.
 - An inward search to find and claim the prize of self.
35. The addictive part of you is so _____, it will talk you into anything.
- cunning, powerful, and baffling
 - seductive, recognized, and convincing
 - cunning, seductive, and baffling
 - cunning, convincing, and habit
36. Is there a healthy side of doubt?
- Yes
 - No
37. To make any change a person must have three components. (best answer)
- Desire, willingness, and ability
 - Willingness, pain, and sponsor
 - Ability, support, and reason
 - Pain, pain, and pain
38. What happens when a person embraces their pain?
- Drinking and drugging
 - Escape and denial
 - Becomes their ally for change.
 - Avoided at all costs

Wisdom of the Twelve Steps: 6th Step

39. What are two common thoughts when first attending a 12-step program? (best answer)
- a) I am better than they are, and my friends do not think I have a problem.
 - b) This is a cult and the people here are crazy
 - c) I don't belong here, and I am better than them
 - d) I do not have an addiction, and I have a better solution.
40. The simple overview of the 4th, 5th, and 6th Steps is:
- a) Honesty, willingness, and change
 - b) Admitting, committing, and knitting
 - c) Inward, outward, to the world
 - d) Shame, forgiveness, peace
41. Are the 4th, 5th, and 6th Steps
- a) Simple but not easy
 - b) Easy but not simple
 - c) Difficult but achievable
 - d) Necessary but not reasonable
42. My program is the most important thing in my life is:
- a) Selfish and dysfunctional
 - b) Cruel and continues the family's pain
 - c) Wise counsel
 - d) Unwise counsel
43. More importantly, think about the unmanageability of your life. Is your old lifestyle something worth returning to? So before you again allow your "self-will to run riot," your recovery desperately needs _____ and _____. (book answer)
- a) honest and sponsor
 - b) encouragement and love
 - c) discipline and structure
 - d) advice and consent
44. In the 4th Step, you examine yourself and list your shortcomings, what you did to others, and the harm you inflicted upon yourself. Now, with clarity of sobriety and honest reflection, you can recognize the errors in your ways. With the release gained from the 5th Step, your _____ and _____ are no longer echoing in your head, spreading unhappiness like a runaway cancer. It is now on paper.
- a) Past and consequences
 - b) Relatives and rap sheet
 - c) Shortcomings and shame

Wisdom of the Twelve Steps: 6th Step

45. The 6th Step has two parts: *becoming* _____ and _____. Before recovery, your focus was just on trying to get through the day, satisfying your cravings, and hiding your shattered life from the outside world.

Recovery provides a significant difference.

- a) *ready and trusting*
- b) *passive and trusting*
- c) *ready and forgiving*
- d) *healthy and assertive*

46. **There is a Solution.** These simple four words are the beacon of light many have navigated toward. It is an iron-clad guarantee.

- a) True
- b) False

47. In recovery, you are now willing to be responsible. You and your actions are different. ***You are worthy even when your behavior is terrible.*** You are responsible for your behavior, but your human spirit is okay – ***now.*** Your conduct - no matter how bad - did not decrease your unit of worth. You are good enough - *now.*

- a) True
- b) False

48. This process allows you to let go of your old "friend," your addiction - your habits, your much-practiced dysfunction – remembering all the so-called good times you *enjoyed* with your addiction. Getting "...***entirely ready...***" is you declaring to yourself, "*It is I who is in charge of me; I am responsible for my happiness; I no longer volunteer to be the victim; I am responsible.*" Getting "...***entirely ready...***" is becoming entirely responsible.

- a) declaring to others
- b) declaring to yourself
- c) yearning to be free
- d) accepting responsibility

49. Trust and letting go of control are alien to your _____ lifestyles.

- a) fascinating
- b) memorable
- c) previous unremarkable
- d) previous chaotic

Wisdom of the Twelve Steps: 6th Step

50. Until recovery, you swam against the river's flow, and life was hard. Now, in trust, you float with the current rather than swimming upstream, as your old life required. Floating does not require tremendous energy to swim against the river's strong current. However, floating requires a different mindset. In this example - metaphorically speaking - your head is faced downstream. You are now on your back, looking up at the heavenly blue skies, not knowing where the river will take you. In this position, you have _____.

- a) to begin
- b) to stop
- c) to live
- d) to trust

51. Trust and letting go of control are alien to your _____ lifestyles.

- e) fascinating
- f) memorable
- g) previous unremarkable
- h) previous chaotic

52. Addictive people tend to hide or medicate their emotions. Using the feeling language connects them with a part of themselves that has been avoided for so long.

- a) True
- b) False

53. Before recovery, people often use one or more of these addictions and/or compulsions: alcohol, drugs, food, sex, work, the lives of other people, etc. In *the Wisdom of the Twelve Steps*, addiction is defined as an "...external solution for an internal problem."

- a) True
- b) False

54. Poem

"Only then can I fly.
Only then can I be free –
when I _____"

- a) began to forgive
- b) start to understand
- c) love myself
- d) let go of me

Wisdom of the Twelve Steps: 6th Step

55. You cannot enslave someone without becoming their overseer. You cannot control another without providing further instructions and demanding compliance. Conversely, is it not true that if you let someone go ... have *you not also become free*?

- a) True
- b) False

56. When a character defect is recognized, people always work on letting them go.

- a) True
- b) False

57. Your feelings and your emotions come from

- a) your experiences
- b) how you were raised
- c) how you think
- d) your heart

58. Own your thoughts – listen to your words. Once you express these thoughts, you no longer give them power - you now own them, and they no longer control you. Thoughts, when acknowledged, become an option - powerful insights - giving you the power to _____ (best answer)

- a) *think - about your thinking.*
- b) do something different
- c) make a meeting
- d) stop drinking

59. Addictive people do not think they are worthy of love and forgiveness. This is because of _____

- a) faulty thinking
- b) poor parenting
- c) bad emotions
- d) original sin

Wisdom of the Twelve Steps: 6th Step

Name: _____

Course: Wisdom of the Twelve Steps: 6th Step

- | | | |
|-------------------------|-------------------------|-------------------------|
| 1. [A] [B] [C] [D] [E] | 16. [A] [B] [C] [D] [E] | 31. [A] [B] [C] [D] [E] |
| 2. [A] [B] [C] [D] [E] | 17. [A] [B] [C] [D] [E] | 32. [A] [B] [C] [D] [E] |
| 3. [A] [B] [C] [D] [E] | 18. [A] [B] [C] [D] [E] | 33. [A] [B] [C] [D] [E] |
| 4. [A] [B] [C] [D] [E] | 19. [A] [B] [C] [D] [E] | 34. [A] [B] [C] [D] [E] |
| 5. [A] [B] [C] [D] [E] | 20. [A] [B] [C] [D] [E] | 35. [A] [B] [C] [D] [E] |
| 6. [A] [B] [C] [D] [E] | 21. [A] [B] [C] [D] [E] | 36. [A] [B] [C] [D] [E] |
| 7. [A] [B] [C] [D] [E] | 22. [A] [B] [C] [D] [E] | 37. [A] [B] [C] [D] [E] |
| 8. [A] [B] [C] [D] [E] | 23. [A] [B] [C] [D] [E] | 38. [A] [B] [C] [D] [E] |
| 9. [A] [B] [C] [D] [E] | 24. [A] [B] [C] [D] [E] | 39. [A] [B] [C] [D] [E] |
| 10. [A] [B] [C] [D] [E] | 25. [A] [B] [C] [D] [E] | 40. [A] [B] [C] [D] [E] |
| 11. [A] [B] [C] [D] [E] | 26. [A] [B] [C] [D] [E] | 41. [A] [B] [C] [D] [E] |
| 12. [A] [B] [C] [D] [E] | 27. [A] [B] [C] [D] [E] | 42. [A] [B] [C] [D] [E] |
| 13. [A] [B] [C] [D] [E] | 28. [A] [B] [C] [D] [E] | 43. [A] [B] [C] [D] [E] |
| 14. [A] [B] [C] [D] [E] | 29. [A] [B] [C] [D] [E] | 44. [A] [B] [C] [D] [E] |
| 15. [A] [B] [C] [D] [E] | 30. [A] [B] [C] [D] [E] | 45. [A] [B] [C] [D] [E] |
| | | 46. [A] [B] [C] [D] [E] |
| | | 47. [A] [B] [C] [D] [E] |
| | | 48. [A] [B] [C] [D] [E] |

Wisdom of the Twelve Steps: 6th Step

49. [A] [B] [C] [D] [E]

50. [A] [B] [C] [D] [E]

51. [A] [B] [C] [D] [E]

52. [A] [B] [C] [D] [E]

53. [A] [B] [C] [D] [E]

54. [A] [B] [C] [D] [E]

55. [A] [B] [C] [D] [E]

56. [A] [B] [C] [D] [E]

57. [A] [B] [C] [D] [E]

58. [A] [B] [C] [D] [E]

59. [A] [B] [C] [D] [E]