

Basic Recovery Program

Handouts for the Four Sessions

Session One—Steps One, Two, and Three

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12. Fourth Step Questions
- 13-14. Step Four-Anger Management
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18. Explanation of Terms on the Assets and Liabilities Checklist

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Session Four–Steps Ten, Eleven, and Twelve

23. Which Voice are you Listening to? – The Voice of Addiction or the Voice of Recovery

24. Four Paths of Divine Guidance

25-26. Listening to the “God-consciousness Within”

27-28. Eleventh Step Guidance Meeting Leader Guide (Full Size Format and Readings)

29-30. Eleventh Step Meeting Format, Readings, and Blank Lined Paper for Recording Guidance

The Twelve Steps of Basic Recovery

For All Addictive, Compulsive, and Problematic Behaviors

1. We admitted we (had a problem)—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could (solve our problem).
3. Made a decision to turn our will and our lives over to the care of (this Power).
4. Made a searching and fearless . . . inventory of (our liabilities).
5. Admitted to . . . another (person) the exact nature of our (liabilities).
6. Were entirely ready to have (the Power) remove (our liabilities).
7. Humbly asked (the Power) to remove our (liabilities and strengthen our assets).
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made . . . 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 (the Power greater than ourselves).
12. Having had a spiritual awakening as the result of these (Steps), we tried to carry this message to (others) and to practice these (Steps in our daily) affairs.

What Step are you on? All of them!!!

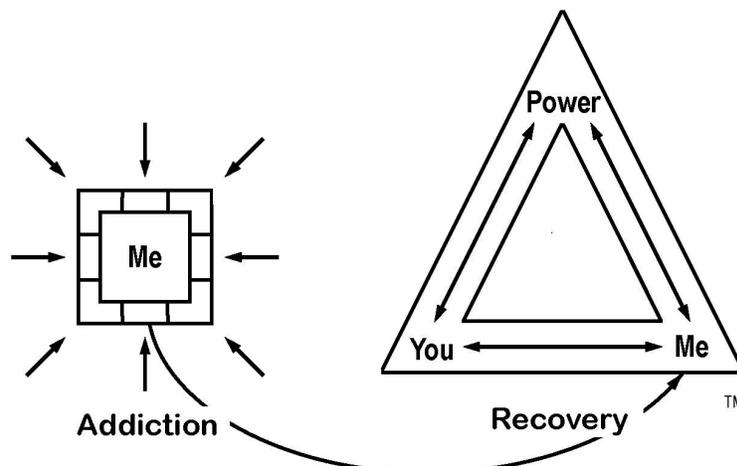
The Four Spiritual Activities:

These are the Steps Bill W., Dr. Bob, and the first "one hundred" took before the "Big Book" was written. (Edited by Wally P. for clarity, simplicity, and understandability.)

1. **Surrender:** (Steps One, Two, and Three)
Upon awakening, we surrender our life to the care and direction of the "One who has all power" and ask It to guide us throughout the day.
2. **Sharing:** (Steps Four, Five, Six, and Seven)
As we go through our day, we share our problems and difficulties, as well as our plans and achievements, with those we trust to keep a confidence.
3. **Amends:** (Steps Eight and Nine)
We promptly make amends to those we have harmed and forgive those who have harmed us.
4. **Guidance:** (Steps Ten, Eleven, and Twelve)
When we retire, we review our day and consider those we have helped along the way.

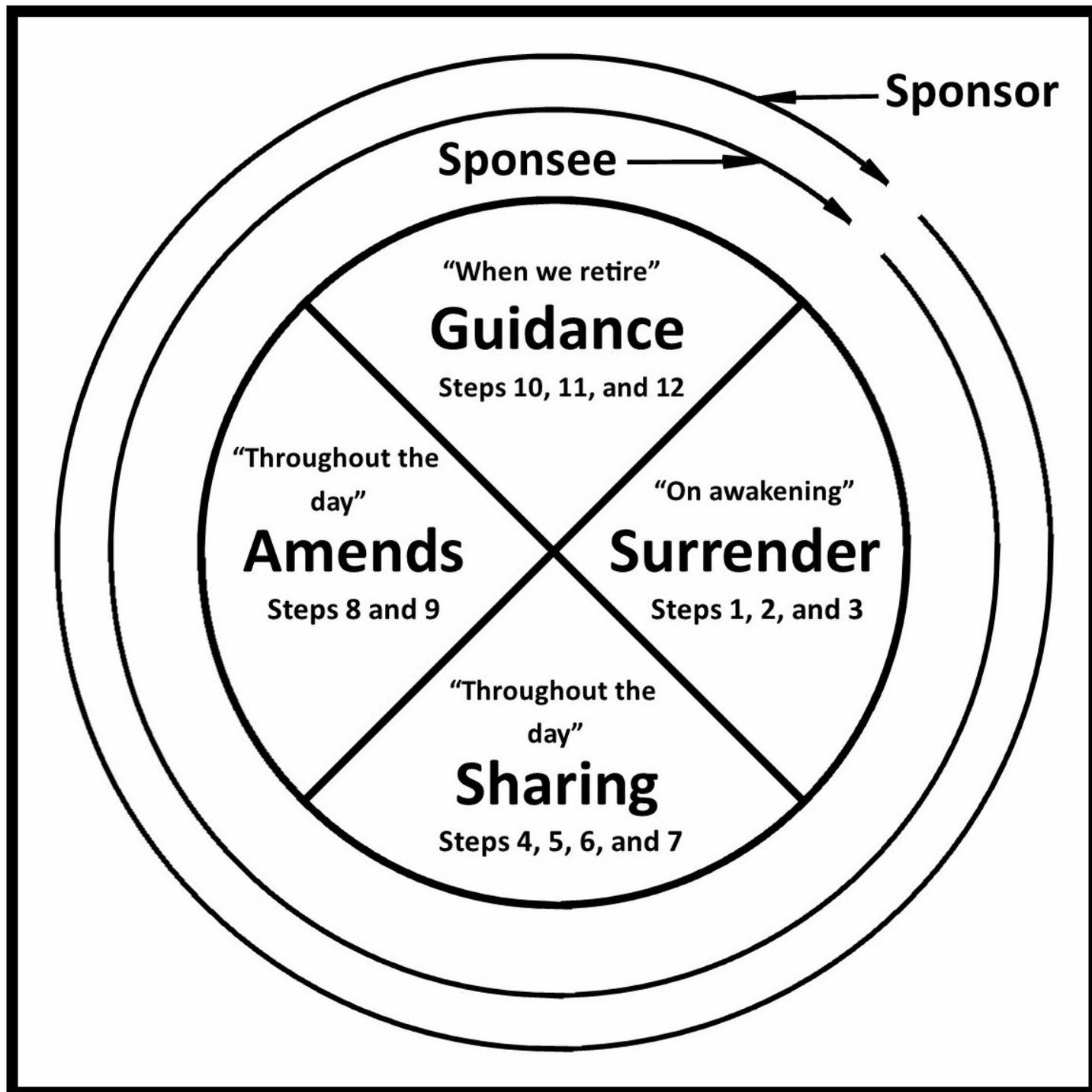
What Voice are you listening to?

<i>Voice of Addiction</i>	<i>Voice of Recovery</i>
Ego / Self-will / Liabilities	Spirit / God's will / Assets
Resentment	Forgiveness
Fear	Faith
Selfishness	Unselfishness
Dishonesty	Honesty



Living in Recovery One Day at a Time

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“Don’t make a project out of working your steps. Go through your day being the sort of person you would like to be, trying to help someone else, and making sure you don’t hurt anyone. And when you get to the end of your day, review the Twelve Steps and you’ll find that you’ve worked them all.”

Bill W. (Hollywood, CA 1951)

Basic Recovery Program

Suggested Guidelines For the Sharing Partner

- A. Your primary obligation is to attend all four sessions in order to take the Twelve Steps and offer encouragement and support to your partner. The conditions for being a sharing partner are:
1. to be actively involved in your own Twelve-Step recovery,
 2. to be willing to listen to what your partner has to say, and
 3. to keep everything that is shared strictly confidential.
- B. We will guide you through the Twelve Steps by reading the appropriate parts of the “Big Book” to you. If you follow the directions provided by the “Big Book” authors, you will experience the **“personality change sufficient to bring about (your) recovery.”**
- C. The Fourth Step consists of a simple Assets and Liabilities Checklist that you and your partner work on either during the second session. If you believe your partner satisfies the conditions of a **“closemouthed, understanding friend,”** please discuss your checklist with him or her. If your inventory contains specific items that you feel must be shared with a third party such as a member of the clergy, a doctor, an attorney, a psychologist, or a counselor, explain this to your partner. Make a commitment to him or her as to when, where, and with whom you will share those portions of your checklist.
- D. Make a commitment to share your Eleventh Step guidance with your partner on a regular basis, so he or she can see how two-way prayer is working in your life.

Basic Recovery Program

Key “Big Book” Passages for Taking the Twelve Steps

Introduction

Who are we? ~ pg. xiii: 1 (1-5)
What do we have to offer? ~ pg. 17: 3 (1-6)
A spiritual solution to addiction. ~ pg. 44: 1 (4-9)
Lack of power. ~ pg. 45: 1 (1-4), 2 (1-3)
Where do we find the power? ~ pg. 55: 2 (1-5), 3 (3-7)
Look within. ~ pg. 55: 4 (3-4)

Surrender (Steps 1, 2, and 3)

Step 1: We admitted we (had a problem)—that our lives had become unmanageable.

Bill W. admits he has a problem. ~ pg. 8: 1 (1-4)
Bill makes a **Surrender**. ~ pg. 13: 2 (1-3)
Bill and Ebby start **Sharing** Bill's liabilities. ~ pg. 13: 2 (5-7), 3 (1-2)
Bill and Ebby make an **Amends** list. ~ pg. 13: 3 (2-7)
Bill listens to the “God-consciousness within” for **Guidance**. ~ pg. 13: 4 (1-5)
Bill has a spiritual awakening. ~ pg. 14: 2 (1-8)
First Step in recovery. ~ pg. 30: 2 (1-4)
Could your life be unmanageable? ~ pg. 52: 2 (3-8)
First Step question. ~ pg. 30: 2 (1-3)

Step 2: Came to believe that a Power greater than ourselves could (solve our problem).

What if a person doesn't believe? ~ pg. 46: 1 (3-8)
Use your own concept of this Power. ~ pg. 47: 1 (1-9, 11-13)
What was our choice to be? ~ pg. 53: 2 (1-5)
One short question? ~ pg. 47: 2 (1-8)
Second Step question. ~ pg. 47: 2 (1-3)

Step 3: Made a decision to turn our will and our lives over to the care of (this Power).

Selfishness is the root of our troubles. ~ pg. 62: 1 (1-8), 2 (1-8)
We have a new Employer. ~ pg. 62: 3 (1-4), pg. 63: 1 (1-4)
Third Step prayer. ~ pg. 63: 2 (2-8)

Sharing (Steps 4, 5, 6, and 7)

Step 4: Made a searching and fearless . . . inventory of (our liabilities).

Explanation. ~ pg. 63: 4 (1-2) and pg. 64: 0 (1-7)
A commercial inventory is an Assets and Liabilities Checklist. ~ pg. 64: 1 (1-7)
We fill out the liabilities side of the checklist first. ~ pg. 64: 2 (1-6)
We finish our inventory in one sitting. ~ pg. 65: 3 (1-3)
What do we inventory?
Resentment is the 'number one' offender. ~ pg. 64: 3 (1-3, 6-9)
We resolutely looked for our own mistakes. ~ pg. 67: 2 (1-11)
These resentments must be overcome. ~ pg. 66: 3 (1-7)
We overcome our resentments with forgiveness. ~ pg. 67: 0 (1-8), 1 (1-5)
Fears. ~ pg. 68: 1 (1-7)
We overcome our fears with faith. ~ pg. 68: 3 (2-10)
Harms. ~ pg. 69: 1 (1-6)
We overcome our harms with amends. ~ pg. 69: 3 (2-4)

Step 5: Admitted to . . . another(person) the exact nature of our (liabilities).

Why do we share our inventory? ~ pg. 72: 2 (9-13), pg. 73: 0 (1-5)
With whom do we share our inventory? ~ pg. 73: 4 (1), pg. 74: 0 (1-4, 7-9), 1 (1-4)
This Step may be temporarily postponed. ~ pg. 74: 2 (1-6)
We waste no time. ~ pg. 75: 1 (1-8)
Once we have taken this step. ~ pg. 75: 2 (2-11)

Step 6: Were entirely ready to have (the Power) remove (our liabilities).

Explanation. ~ pg. 76: 1 (3-7)

Sixth Step question. ~ pg. 76: 1 (3-5)

Step 7: Humbly asked (the Power) to remove our (liabilities and strengthen our assets).

Seventh Step prayer. ~ pg. 76: 2 (1-7)

Amends (Steps 8 and 9)

Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

Explanation. ~ pg. 76: 3 (1-5)

Step 9: Made . . . amends to such people wherever possible, except when to do so would injure them or others.

Explanation. ~ pg. 76: 3 (6-11)

A sincere desire to set right the wrong. ~ pg. 76: 3 (6-11)

Specific amends.

Direct: As a demonstration of good will. ~ pg. 77: 0 (4-14)

Direct: To people we dislike. ~ pg. 77: 1 (9-14)

Direct: To creditors. ~ pg. 78: 2 (1-4, 6-12)

Direct: When others are involved, we secure consent. ~ pg. 79: 2 (1-3), pg. 80: 1 (1-5)

Living: Patience, tolerance, kindness and love. ~ pg. 83: 1 (1-3, 7-10)

In-kind: Do something instead of. ~ pg. 82:1 (8-10)

Letters: To those who cannot be seen. ~ pg. 83: 3 (1-5)

Dr. Bob's Ninth Step Amends. ~ pg. 156: 1 (1-8), 2 (1-2)

In preparation for Step 11, some of the 26 "Big Book" passages that refer to Guidance

Show. ~ pg. 83: 1 (7-10)

Direct. ~ pg. 13: 4 (3-5)

Disclose. ~ pg. 57: 2 (3-4), 3 (1-2)

The answers will come. ~ pg. 69: 3 (6-8)

Guide. ~ pg. 70:2 (1-4)

Guidance (Steps 10, 11, and 12)

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

Explanation. ~ pg. 84: 2 (1-8)

Tenth Step process, which is a review of Steps 4-9. ~ pg. 84: 2 (8-14)

We have ceased fighting anything of anyone. ~ pg. 84: 3 (1-4), pg. 85: 0 (1-9, 11-12)

Tenth Step question. ~ pg. 84: 2 (2-3)

Step 11: Sought through prayer and meditation to improve our conscious contact with (the Power greater than ourselves).

Explanation of two-way prayer. ~ pg. 85: 3 (1-2), pg. 86: 0 (1-2)

Some definite and valuable suggestions. ~ pg. 86: 0 (2-4)

When we retire. ~ pg. 86: 1 (1-9)

On awakening. ~ pg. 86: 2 (1-5)

The hunch or occasional inspiration. ~ pg. 87: 0 (1-9)

We ask for inspiration, an intuitive thought, or a decision. ~ pg. 86: 3 (1-6)

As we conclude of our period of meditation. ~ pg. 87: 1 (1-6)

(Throughout) the day. ~ pg. 87: 3 (1-3), pg. 88: 0 (1-7), 1 (1)

We are undisciplined. So we let God discipline us. ~ pg. 88: 2 (1-2), 3 (1-2)

Step 12: Having had a spiritual awakening as the result of these (Steps), we tried to carry this message to (others) and practice these (Steps in our daily) affairs.

Explanation. ~ pg. 89: 1 (1-7)

Twelfth Step promises. ~ 89: 2 (1-7)

Walking day by day in the path of spiritual progress. ~ pg. 100: 1 (1-9)

Your new job description. ~ 102: 2 (1-3,5-6)

Twelfth Step question. ~ pg. 89: 1 (5)

Close

Program summary. ~ pg. 164: 2 (1-9), 3 (1-6)

We have recovered. ~ pg. 132: 2 (5-6)

The Four Spiritual Activities

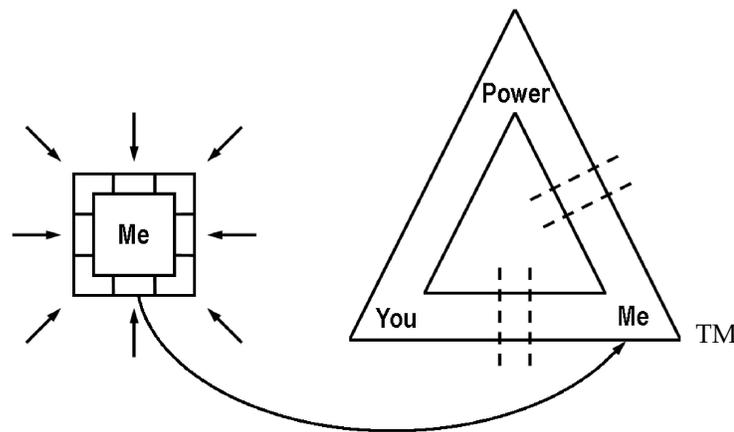
upon which the Twelve Steps are based

One: Surrender (Steps 1, 2, and 3)

Surrender is a three-part process that produces a change in perception. In Step One, we admit we have a problem. In Step Two, we either believe or become willing to believe that a **“Power greater than ourselves”** will solve our problem. In Step Three, we make a commitment to turn our problem over to **“this Power”**—a power that resides inside each and every one of us.

It is our selfish, self-centeredness that cuts us off from the **“Power.”** When it’s all about me-me-me-me-me, we are in what we call the “prison cell of addiction.” In terms of our spiritual journey, we are at Step Zero.

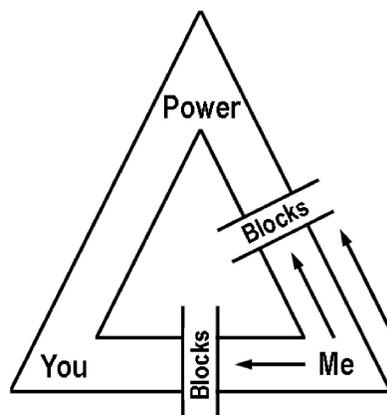
During our surrender, we ask the **“Power”** to free us from this prison cell—from **“the bondage of self.”** When we do this, we see the world differently. Instead of feeling isolated and alone, we begin to feel connected to the Power and to **“our fellows.”**



Two: Sharing (Steps 4, 5, 6, and 7)

Sharing involves identifying the manifestations of self that have kept us blocked from the **“Power greater than ourselves”** and from our families, friends, and acquaintances. In Step Four, we identify our shortcomings by making an inventory of our **“grosser handicaps.”**

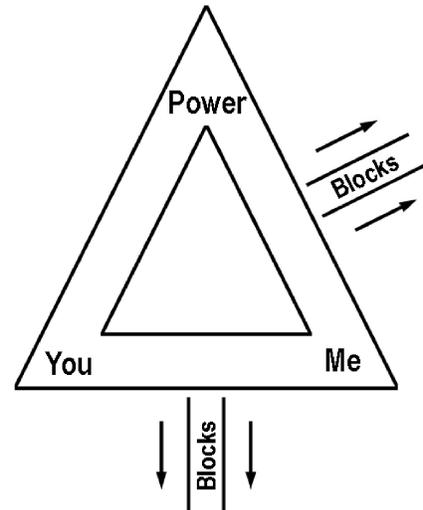
In Step Five, we discuss these shortcomings with a Sharing Partner or Partners. In Steps Six and Seven, we turn our Assets as well as our Liabilities over to the **“One who has all power”** and ask that we be given back what we need in order **“to be of maximum service to God and the people about us.”**



Three: Amends (Steps 8 and 9)

In Steps Eight and Nine, **“We go out to our fellows and repair the damage done in the past.”** When we make amends to those we have harmed and forgive those who have harmed us, the **“All Powerful, Guiding, Creative Intelligence”** removes the blocks that have separated us from the **“Power”** and from our fellows.

We let our actions rather than our words demonstrate to those we have harmed that we have changed. We are now acting according to God’s will rather than according to self-will.



Four: Guidance (Steps 10, 11, and 12)

When we practice Steps Ten, Eleven, and Twelve on a daily basis, we remain connected to the **“Power”** and to each other. This is the essence of recovery.

In Step Ten, we make a commitment to practice Steps Four through Nine every day. We do this so we can keep the channels open between **“You,” “Me,”** and the **“Power.”**

We also practice Step Eleven daily. **“On awakening,”** we **“sit quietly”** and meditate in order to receive Divine guidance. We check what we receive using the Four Assets of Forgiveness, Faith, Unselfishness, and Honesty to separate self-will from God’s will. Then, we discuss our guidance with our Sharing Partner or Partners.

“(Throughout) the day we pause, when agitated or doubtful, and ask for the right thought or action.” “We relax and take it easy. We don’t struggle.” We ask **“that we be shown all through the day what our next step is to be.”**

“When we retire,” we review our guidance to make sure we have carried out what we have been directed to do. We ask ourselves, **“Were we kind and loving toward all?”** and **“Were we thinking of what we could do for others?”**

In Step Twelve, we rely upon Divine guidance when carrying our life-saving message of recovery to others. We let the **“Power”** radiate through us to them.

In addition, we can receive Divine guidance by way of others. We call this three-way prayer—the **“Power”** communicating to us through another person or persons. We can also petition the **“Power”** to intercede directly in other people’s lives, and they can petition the **“Power”** to intercede in ours. The arrows point in all directions. We are now living in **“the sunlight of the Spirit.”**

