

12 Step Workshop Agenda #4

Alcoholics Anonymous Big Book---

After we capitulated HONESTLY We set out on a Vigorous course of action to take a look at our spiritual defects of character. AA Big Book Pg 64

-We list the people, places and things we are mad at. pg 65

-We review our fears thoroughly pg 67

-We view our Sex inventory questions pg 69 (9 questions)

-4th Step Prayer for anger - When a Person offends we say something like this:

Dear God [Rich](#) is a sick person please save me from being angry Amen pg67 (1st paragraph)

-pg 66 - 67 explains anger, fear, resentment, jealousy, revenge, hate, grudge's are our Spiritual Defects of character. These are the darkest pages in the Big Book- warnings of death/destruction **(I use Dear God, if you want to use Dear Lord, Dear Jesus, Dear Power you can)**

-pg 66 Suggests Perhaps all people are Spiritually Sick? Especially the ones who wrong us We are now learning through the Big Book that selfishness, self centeredness, egotism, fear, Hate, jealousy, revenge, short tempered, retaliation need to be removed at once when they creep up When we become afflicted

Please Read from Pg 64 - 71

We are looking deep down inside ourselves bringing to the light of day every twist of character of our past, our deepest secrets we will share them with the Power Greater than ourselves and a closed mouth understanding Person such as a Priest, Pastor, Spiritual Advisor, AA member

Use the Pdf Sheets to write out Your Inventory

When I sat down to write I prayed the Set Aside Prayer Everytime (Attached to Email)