

12 Step Workshop

Final Agenda Steps 10, 11, 12

We are now at Step 10 - Start at the bottom of pg 83, The 9th Step Promises of Freedom. There are 12 Promises, as The Promises state we will know a NEW freedom, if we are painstaking about this phase of our development. **We will have a New Outlook on Life. This AA member has a New Outlook on Life - When something good happens, we Thank God, for everything else we Pray to God, we especially pray when we don't know what to do or when our character defects creep up, such as: anger, fear, resentment, dishonesty, hate. We start to see these as are our spiritual afflictions, our character defects. We entered into a new relationship with our Creator. We also will now have a simple Attitude of Gratitude. We will continue day by day to take inventory, we should carry this message to the sick and suffering alcoholic and keep Spiritually fit. Step 11 suggests Prayer and Meditation. Pg 86, 87 teach us to start a morning focus and a nightly inventory. This alcoholic wasted years, months and days drinking/drugging. The morning focus and nightly inventory takes minutes compared to the years of drinking/drugging wasted.**

The Spiritual Principles are the Steps and are a part of the Steps -

**Steps 1 - 3 Spiritual Principle - Honesty Step 4 - 7 Spiritual Principle - Purity
Steps 8/9 Spiritual Principle unselfishness Steps 10 - 12 Spiritual Principle Love**

The Big Book explains every Step and how to work each Step, then work them into our live's daily. Continue reading – The Big Book pg 83 - pg 88

Attached is a guide for the morning focus and nightly inventory taken right out of the Big Book.

Continue on Reading the Big Book great ideas and useful information when carrying the message and working the Steps. Also a great breakdown of living a Spiritual Life.