

Step 12

56. Read Step Twelve in the OA 12 & 12. How and why am I tempted to think that I have arrived at the end of my journey?
57. Read pages 104-112 in the Big Book. Discuss how you will learn to share your love, joy and happiness. Discuss how you may show others the way to use spiritual tools for growth.
58. Read pages 113-121 in the Big Book. Discuss how bringing the OA Program into your life is a gift of opportunity. What are the opportunities open to you?
59. Read pages 122-130 in the Big Book. Write on the concept of "in what ways must you give to yourself in order to give to others?"
60. Read pages 131-135 in the Big Book. Discuss the concept that you are sure God wants you to be happy, joyous and free. You cannot subscribe to the belief that this life is a vale of tears, though it once was that for many of you.
61. Read pages 136-142 in the Big Book. Discuss what sacrifices you are willing to bear to maintain a contented maintenance.
62. Read pages 143-150 in the Big Book. Write on the concept that unless you remember where you have been, you are destined to go back there again.
63. Read pages 151-158 in the Big Book. Discuss the idea that the answers will come, if your own house is in order.
64. Read pages 159-164 in the Big Book. Write on the concept that God's vision for you includes the idea that you cannot transmit something you don't have. What must you do to maintain what you have?
90. Read pages 171-181 in the Big Book. Discuss and reflect on the idea that: a) Help is there if the compulsive eater means business; b) What are your other and greater rewards?

Tradition 12

88. Read Tradition Twelve in the OA 12 & 12. In my dealings with others, do I remember to place principles before personalities?
89. Read pages 188-192 in the AA 12 & 12. Write about at least one person to whom you owe an amend. In your writing, plan how you would make the amend if you were to carry through with this Step.

12-1

Step Twelve (89:1 –103:3)

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. (89:1) and

Helping others is the foundation stone of your recovery. (97:1) Therefore, Step twelve is of vital importance to long term sobriety. Not to mention the A.A. creed:

‘I am responsible... when anyone, anywhere, reaches out for help,
I want the hand of A.A. always to be there. And for that:
I am responsible.’”

How to do a 12 Step Call [First Call]:

1. (90:1) If he doesn't want to stop drinking, don't waste your time persuading him or his family.
You may spoil latter opportunity.
2. (90:1) Find out all you can about him. Talk to the person most interested in him.
3. (90:3) Wait until he goes on a binge. But, don't deal with him if he is very drunk. Wait for the end of a spree.
4. (90:3) Let family or friend ask him “do you want to quit for good and will you go to any extremes to do so?”
5. (90:3) You should be described to him as someone who needs him as part their own recovery & who would be glad to talk, if he wants to.
6. (90:4) If he doesn't want to see you, never force yourself upon him. Nor should his family plead with him to see you.
7. (90:4) The family should not tell him much about you. In fact it is better to approach through a doctor or institution.
8. (91:1) If he needs hospitalization [Detox] he should have it.
9. (91:2) Leave the family out of the first discussion.
10. (91:2) Call on him while he is still jittery. & depressed.
11. (91:3) See your man alone, if possible.
12. (89:3) Don't start out as an evangelist.
13. (89:3) To be helpful is our only aim [nothing else]
14. (89:3) Cooperate; never criticize.
15. (91:3) At first engage in general conversation.
16. (91:3) After a while, turn the talk back to some phase of his drinking.
17. (91:3) Tell him enough about your drinking habits, symptoms and experience to encourage him to speak of himself.
18. (91:3) Let him talk if he wants to.
19. (91:3) If he doesn't want to talk give him a sketch of your drinking career up to the time you quit.
Say nothing for the moment as to how it was accomplished.
20. (91:3) If he is in a serious mood, dwell on the troubles liquor caused you. But, be careful not to moralize or lecture.
21. (91:3) If the mood is light, tell him humorous stories of your escapades and get him to tell some of his.
22. (91:4) When he sees you know all about the drinking game, describe yourself as an alcoholic.
23. (92:0) Share how baffled you were, how you learned you were sick and the struggles that led to you stopping.
24. (92:0) Show him the mental twists which leads to the first drink of a spree.
25. (92:1) If you are satisfied he is a real alcoholic, begin to dwell on the hopeless feature of the malady.
26. (92:1) Show him how the mental condition [denial] prevents normal functioning of the will power.
27. (92:1) Don't yet talk of the Big Book.
28. (92:1) Be careful not to brand him an alcoholic, let him draw his own conclusion.
29. (92:1) If he maintains he can control his drinking, tell him maybe he can if he is not too alcoholic. But, insist if he is seriously afflicted, there is little chance he will recover by himself.
30. (92:2) Talk of alcoholism as an fatal illness which encompasses the body and the mind.
31. (92:2) Keep him focused on your experience. You can talk about the doom & hopelessness of alcoholism because you offer a solution.
32. (93:0) Tell him exactly what happened to you.

122

33. (93:0) Stress the Spiritual feature freely, make it emphatic that he does not have to agree with your conception of God. The main thing is that he be willing to believe in a Power Greater than himself and that he live by Spiritual Principles.
34. (93:1) Don't raise theological issues, no matter what your own convictions are.
35. (93:2) Let him see you aren't there to instruct him in religion
36. (93:2) Draw his attention to the fact that no matter how deep his faith and knowledge, he could not have applied it or he would not drink.
37. (94:1) Outline the program of action.
38. (94:1) Explain how you made a self-appraisal [4The Step], how you straightened out your past & why you are endeavoring to be helpful to him.
39. (94:1) Make it plain he is under no obligation to you.
40. (94:1) Suggest how important it is he place others welfare ahead of his own.
41. (94:1) Make it clear he is not under pressure & he doesn't have to see you again if he doesn't want to.
42. (94:1) The more hopeless he feels, the better.
43. (94:2) Tell him you once felt as he does, but doubt you could have made much progress without taking action.
44. (94:2) Tell him about the Fellowship of Alcoholics Anonymous.
45. (94:2) Lend him your copy of this book.
46. (95:1) Do not wear out your welcome.
47. (95:1) It is better not to proceed at once.
48. (95:1) Do not exhibit a passion for crusade or reform.
49. (95:1) Never talk down from a moral or Spiritual hilltop.
50. (95:1) Simply lay out the kit of Spiritual tools for his inspection.
51. (95:1) Offer him friendship & fellowship.
52. (95:1) Tell him that if he wants to get well, you will do anything to help.
53. (95:3) If he is sincerely interested & wants to see you again, ask him to read this book in the interval.
54. (95:3) He must decide for himself whether he wants to go on
55. (95:3) He must not be pushed or prodded by you or others.
56. (95:3) The desire to find God must come from within.
57. (95:4) If he thinks he can do the job some other way, encourage him to follow his own conscience.
58. (95:4) Point out that all alcoholics have much in common and that in any case, we want to be friendly.
59. (95:4) Let it go at that.
60. (96:1) Search out another alcoholic and try again.

On your second visit to the man...

Ask him (96:2) "Have you read the Big Book?"

Tell him what you have & briefly explain what the steps require. [ie:4th Step, 5th step, Pay the money back, Find God, 12 Step etc.]

(58:2) Do you want what I have?

(96:2) Are you prepared to go through with the rest of the program?

(58:2) "Are you willing to go to any length to get what I have?"

The Second Visit to the man:

1. (96:2) He has read this volume.
2. (96:2) He is prepared to go through with the Twelve Steps.
3. (96:2) Let him know you are available if he wishes to make a decision [Step3] and tell his story [Step 5] but, do not insist upon it.
4. (97:3) If the alcoholic does not respond, you should continue to be friendly to the family.
5. (97:3) The family should be offered your way of life.
6. (98:2) Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust God and clean house.
7. (99:3) Remind the prospect that his recovery is not dependant upon people. It is dependant upon his relationship with God.
8. (100:2) Take care not to participate in their quarrels.
9. (103:1) Be careful never to show intolerance or hatred of drinking as an institution.

12-3

Here is my own personal experience...

When is a 12 step call successful? ... If you don't get drunk on the call – it's a success!

What to Do and What to Bring on a 12 Step Call:

1. Ask God to direct your actions and the outcome of the 12 step call.
2. Always bring Another person! We always go in pairs. Never try to go it alone, it's part of the 'We' in A.A., and it is safer that way. One person is the Twelve Stepper and the other is The Safety.
3. Be prepared for anything!
4. Take along booze [to prevent seizures or D.T.'s], A Big Book [for him to read before second meeting], A meeting book, Water, Big Plastic Garbage Bags, Wipes and Paper Towels [they always get sick], Candy, Orange or Grapefruit Juice [they need sugar to replace what was in the booze], Honey [to sweeten the drinks so they will drink it] and Sauerkraut [if they can't keep anything Down, pour off the juice in a glass and add lots of honey and it usually does the trick! Don't tell them what it is though, just that it will settle their stomach and nerves. Plus it's got minerals too!].

12 Step Call Overview:

1. (12:1) We need to become "A Living Example" and carry the true message to the alcoholic who still suffers.
2. (18:4) "The ex-problem drinker who has found this solution, who is properly armed with the facts about himself, can generally win the confidence of another alcoholic in a few hours. Until such an understanding is reached, little or nothing can be accomplished."
3. (97:1) Helping others is The Foundation Stone of Recovery.
4. (97:1) Never avoid these responsibilities, but be sure you are doing the right thing if you assume them.
5. (97:1) A kindly act once in a while isn't enough.
6. (97:1) You have to act the Good Samaritan every day.
7. (100:1) Both you & the new man must walk day by day in the path of Spiritual Progress.
8. (100:4) Assuming you are Spiritually fit, you can do all sorts of thing alcoholics are not supposed to do.
9. (101:3) Our rule is not to avoid a place where there is drinking *if we have a legitimate reason for being there.*
10. (102:0) Be sure you are on solid Spiritual ground before you start and that your motive in going is thoroughly good.
11. (102:0) Do not think of what you will get out of the occasion. Think of what you can bring to it.
12. (102:0) If you are shaky, work with another alcoholic instead.
13. (102:2) Your job is to be at the place where you may be of maximum helpfulness to others.
14. (102:2) Do not hesitate to visit the most sordid spot on earth on such an errand.
15. (102:2) Keep on the firing line of life with these motives and God will keep you unharmed.
16. (103:3) After all, our problems were of our own making. Bottles were only a symbol. Besides, we *have stopped fighting anybody or anything. We have to!*

Remember in A.A. we have...

A Declaration of Unity

This we owe to A.A.'s future:

To place our common welfare first;

To keep our fellowship united.

For on A.A. unity depend our lives,

And the lives of those to come.

"Show The Way" ...

would rather see a sermon - than to hear one, any day.

would rather one walk with me - than merely tell the way.

For the eye is a better pupil - more willing than the ear.

The council is confusing - but example is always clear.

They can soon learn to do it - if you let me see it done.

They can watch your hands in action - but your tongue, too fast may run.

And the best of all the preachers - are the men who live their creed.

For seeing good in action - is what everybody needs.

They may misunderstand you - in the high advise you give.

But there is no misunderstanding - in how you act and how you live.

The Vision from "A Vision For You"

12-4

Principles From the Lost Chapters - "To Wives" & "The Family Afterwards" :

- (111:1) "You should never be angry"
- (111:1) "Patience..."
- (111:1) "...Good Temper are most necessary."
- (111:4) "Reasonableness"
- (111:4) "Be sure you are not critical during such a discussion."
- (115:3) "...it is best not to take sides in any argument..."
- (115:3) "Use your energies to promote a better understanding all around."
- (116:0) "...be careful not to be resentful..."
- (116:3) "... try to put spiritual principles to work in every department of our lives."
- (117:2) "These workouts (with faith and sincerity) should be regarded as part of your education..."
- (117:3) "...be careful not to disagree in a resentful or critical spirit."
- (118:2, 127:0) "...tolerance..." (122:1) "All members of the family should meet upon the common ground of tolerance..."
- (118:2, 122:1) "...understanding..."
- (118:2, 122:1, 127:0) "...love..."
- (118:2) "...show a willingness to remedy your own defects..."
- (119:0) "When resentful thoughts come, try to pause and count your blessings."
- (119:2) "...cooperate, rather than complain..."
- (119:2) "...awaken to a new sense of responsibility for others."
- (120:0) "...think of what you can put into life instead of how much you can take out."
- (120:3) "...place the problem, along with everything else, in God's hands."
- (124:1) "... grow by our willingness to face and rectify errors and convert them into assets."
- (124:2) "Cling to the thought that, in God's hands, the dark past is the greatest possession you have-the key to life and happiness for others."
- (125:1) "We do talk about each other a great deal, but we almost invariably temper such talk by a spirit of love and tolerance."
- (125:2) "...do not relate intimate experiences of another person unless we are sure he would approve."
- (127:0) "They should be thankful..."
- (127:0) "... spiritual understanding."
- (127:3) "...family talks will be constructive if they can be carried on without heated argument, self-pity, self-justification or resentful criticism."
- (128:0) "Giving, rather than getting, will become the guiding principle."
- (131:2) "...each will have to yield here and there if the family is going to play an effective part in the new life."
- (132:0) "Each individual should consult his own conscience."
- (132:1) "We absolutely insist on enjoying life."
- (132:1) "We try not to indulge in cynicism over the state of the nations, nor do we carry the world's troubles on our shoulders."
- (132:2) "So we think cheerfulness and laughter make for usefulness."
- (132:4) "So let each family play together or separately, as much as their circumstances warrant."
- (133:0) "We are sure God wants us to be happy joyous and free."
- (133:0) "Avoid then, the deliberate manufacture of misery, but if trouble comes, cheerfully capitalize it as an opportunity to demonstrate His omnipotence."
- (135:0) "...Seeing is believing to most families..."
- (135:4) "We have three little mottoes... **First Things First** **Live and Let Live** **Easy Does It** "
- (111:2) "Never tell [them] (him) what [they] (he) must do..."
- (111:3) "Do not set your heart on reforming your [Spouse] (husband)"
- (111:4) "Let [them] (him) see that you want to be helpful rather than critical."
- (113:1) "Avoid urging [them] (him) to follow our program."
- (113:2) "Again, you should not crowd [them] (him.)"
- (115:1) "... you must be on your guard not to embarrass or harm [them] (your husband)."
- (120:1) "You need not remind [them] (him) of [their] (his) spiritual deficiency."
- (120:1) "Cheer [them] (him) up and ask [them] (him) how you can be still more helpful."
- (123:4) "...[they] (he) shouldn't be reproached." {to blame, condemn or criticize}
- (127:0) "Let them praise [each others] (his) progress."
- (127:2) "...show unselfishness and love under [your] (his) own roof."
- (131:2) "...thoughtful consideration [should be] given their needs."
- (130:2) "...adopts a sane spiritual program, making a better practical use of it."

125

n it for teaching me these lessons.

— A.P., *Durham, North Carolina USA*

Twelve-Stepping a Problem

This past summer I went on an OA retreat that introduced me to a new verb: Twelve-Stepping. This retreat taught participants how to work a single problem through all Twelve Steps. (Twelve-Stepping differs from Twelfth-Stepping, which is reaching out in service to others as I work the Twelfth Step.) Twelve-Stepping a key problem gives me freedom.

The workshop liberated me from several long-standing problems. I'm currently up against my latest demons after getting a new job: perfectionism, procrastination and disorganization. How might I apply this process to these current issues?

First, I work Steps One, Two and Three. I admit that I am powerless over fatigue, fear and disorder in my new job due to procrastination and perfectionism. I admit that my life has become unmanageable. The exact wording doesn't matter so much here as that I make a start. Rule number one is write it down, and keep going.

I have come to believe, in Step Two, that a power greater than me can restore me to sanity. Now I can make a decision to turn my will and my life over to God as I understand Him. Again, I write out what I want to turn over: my feelings of unpreparedness, not keeping up with demands at work and fear of failure. I pour out my complaints and feelings. I turn the whole issue over.

Step Four contains the heart of this magic. If I look at tonight's defects, I notice fear of failure; the fear of my new bosses disapproving of me; fear of letting God down; fear of being unable to progress in my life; self-hatred at not keeping up with

12-6

Step 12

others; and self-hatred at my own procrastination. These defects affect my self-acceptance, cause feelings of inadequacy, diminish my ability to find joy in life, as well as my trust in myself and others. I despair of ever doing well. I feel I will always fail, fall behind, put things off. I am trapped by my own habits, unable to change.

I explore these defects a little more closely. What are the pay-offs for these feelings and behaviors? If I give into my procrastination at work, I make matters worse, but that is the child's instinct — run and hide. If I hide, I can't be responsible. If I face my work, I must take credit or blame for what I do, thereby owning my responsibility and humanity. This self-responsibility deflates my grandiose self-portraits, too.

So, in procrastination, I remain that familiar hybrid, the eternal child and the potential saint, setting myself up for self-digest and dismay. Then, instead of dealing with my work or my life, I just throw myself into the glorious mud of self-hatred. I don't have to expend energy on solutions. I just stay marinated to the suffering.

Our retreat leader cautioned us to think of pain in two ways. When something hurts you from the outside, when a tragedy — big or little — strikes you, that is pain. When you remain stuck in the pain, when you prolong it, that is suffering. And suffering is something you can change. It is appropriate to feel hurt, to feel pain. It is a choice to keep suffering.

I include in my inventory a look at positive alternatives to my defects. In this case I can lower my perfectionistic standards for myself and accept my own limitations as I enter a new workplace. I can't necessarily "unfear" myself, but I can turn my fears over to God each day. When I choose to

share my inventory with God and another trusted person, I have completed Step Five.

With Step Six I am entirely ready to have God remove my defects. In Step Seven I humbly ask Him to remove them. I'm expressing here my willingness to own my problems and have God take care of them. I stop, pray and let Him lead me. If God is to remove these defects, what goes in their place? I read my positive list as God leads me in prayer. I humbly ask God for patience, tolerance of chaos, trust in myself and trust in my coworkers, rather than the need for approval and the fear of condemnation.

As I write, I also ask for willingness to do the footwork and to relinquish grandiose goals for simpler ones. I ask that hope may replace fear, joy may replace fatigue, and that I may find thanksgiving in my new work. May celebration, praise and gratitude replace demands and blame. I end Step Seven by asking for trust in God. I discover I'm not alone anymore.

Step Eight usually brings me face-to-face with one of two options: the unwitting innocents I secretly have been blaming for my own misdeeds or, as in this example, myself, whom I have been beating with my hammer of self-judgment. I need to pray and check that I am willing to make amends to all persons I have harmed, even if the list begins and ends with me.

Step Nine means that I go ahead with those amends. In this case I must say my own name aloud, and that I forgive myself for the wrongs I have done myself. I pray to be able to accept myself not only as a person of limited abilities and insights, but as a person of faith, joy, love and enthusiasm. I accept my good qualities as well as my bad. I also accept that God gave me a brain

and a will that I can use on my behalf. Thus I work Step Eleven, seeking to improve my conscious contact with God through prayer and meditation. This may include the simple words, "What now, God?" if I wait, He leads me.

I having had a spiritual awakening as a result of Twelve-Stepping this problem, I try to carry this message to compulsive overeaters and to continue to practice these principles in all my affairs. The next time a nagging resentment, a soured relationship, a burden of fear or a heavy disappointment weighs me down, I will lighten my load by Twelve-Stepping the problem. — M.J.C., *Campbellsville, Kentucky USA*

