

## 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.

## Acceptance

Acceptance is the answer to ALL of my problems today. When I am disturbed, it is because I find some person, place, thing or situation- some fact of my life- unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept my life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

## Just for Today

Just for today I will try to live through this day only, and not tackle all my problems at once. I can do something for twelve hours that would appal me if I felt that I had to keep it up for a lifetime.

Just for today I will be happy. This assumes to be true what Abraham Lincoln said, that most folks are as happy as they make up their minds to be.

Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my luck as it comes, and fit myself to it.

Just for today I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

Just for today I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

Just for today I will be agreeable. I will look as well as I can, dress becomingly, keep my voice low, be courteous, criticize not one bit. I won't find fault with anything, nor try to improve or regulate anybody but myself.

Just for today I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for today I will have a quiet half hour all by myself and relax. During this half hour, sometime, I will try to get a better perspective of my life.

Just for today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful and to believe that as I give to the world, so the world will give to me.

## The Promises

- 1 We are going to know a new freedom and a new happiness.
- 2 We will not regret the past nor wish to shut the door on it.
- 3 We will comprehend the word serenity.
- 4 We will know peace.
- 5 No matter how far down the scale we have gone, we will see how our experience can benefit others.
- 6 That feeling of uselessness and self-pity will disappear.
- 7 We will lose interest in selfish things and gain interest in our fellows.
- 8 Self-seeking will slip away.
- 9 Our whole attitude and outlook upon life will change.
- 10 Fear of people and of economic insecurity will leave us.
- 11 We will intuitively know how to handle situations which used to baffle us.
- 12 We will suddenly realize that God is doing for us what we could not do for ourselves.

Unmanageability  
Hand it over  
Acceptance  
Next right thing  
Just let it unfold  
Humility/humanity  
Pray for willingness  
Life on life term  
One day at a time

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*I am responsible for the effort  
and God is responsible for the outcome*

- HALTS: Are you hungry, angry, lonely, tired or stressed? Do something about those.
  - pick up the phone!! ... list people to call:
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- get thee to a meeting!
  - pray to higher power for sobriety
  - read big book, daily reflections, etc
  - do a step 10
  - write a gratitude list
  - cravings? eat (complex) carbs

## Struggling?

## Sobriety Rocks!

God grant me the serenity to  
accept the things I cannot  
change, the courage to change  
the things I can, and the  
wisdom to know the difference.

## When we retire at night

When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

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## On Awakening

On awakening, let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ out mental faculties with assurance, for after all God gave us brains to use. Our thought-I will be placed on a much higher plane when our thinking is cleared of wrong motives.

In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while.

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