

STEP FIVE

1. What is the best reason for taking Step Five?

The best reason first: If we skip this vital step, we may not overcome drinking

2. What truth do I see about myself on page 73?

More than most people, the alcoholic leads a double life. He is very much the actor. To the outer world he presents his stage character. This is the one he likes his fellows to see. He wants to enjoy a certain reputation, but knows in his heart he doesn't deserve it.

3. WHEN do I take Step Five?

When we decide who is to hear our story, we waste no time.

4. HOW do I take Step Five?

We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past.

5. WHAT are the PROMISES of Step Five?

Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.

6. What do I do before I take Step Six?

Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done.

7. What are the Fifth Step PRAYERS?

1. We thank God from the bottom of our heart that we know Him better
2. Carefully reading the first five proposals we ask if we have omitted anything,

STEP SIX

8. WHEN do I take Step Six?

If we can answer to our satisfaction, we then look at *Step Six*.

9. HOW do I take Step Six?

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Are we now ready to let God remove from us all the things which we have admitted are objectionable?

10. What is the Sixth Step PRAYER?

If we till cling to something we will not let go, we ask God to help us be willing.

STEP SEVEN

11. WHEN do I take Step Seven?

When ready,

12. What is the Seventh Step PRAYER?

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen"

13. WHAT am I praying for?

To learn to do God's will for us.

STEP EIGHT

14. WHAT do I have?

We have a list of all persons we have harmed and to whom we are willing to make amends

15. WHEN did I get it?

We made it when we took inventory.

16. WHAT am I to do?

Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves.

17. What is the Eighth Step PRAYER?

If we haven't the will to do this, we ask until it comes.

18. WHY did I come to Alcoholics Anonymous?

Remember it was agreed at the beginning *we would go to any lengths for victory over alcohol.*

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STEP NINE

19. WHAT is my real purpose?

Our real purpose is to fit ourselves to be of maximum service to God and the people about us.

20. With what will they be impressed?

But our man is sure to be impressed with a sincere desire to set right the wrong. He is going to be more interested in a demonstration of good will than in our talk of spiritual discoveries.

21. I am to go to them in what frame of mind?

We go to him in a helpful and forgiving spirit,

22. What do I confess?

confessing our former ill feeling and expressing our regret.

23. What if I owe money?

Most alcoholics owe money. We do not dodge our creditors. Telling them what we are trying to do, we make no bones about our drinking; they usually know it anyway, whether we think so or not. Nor are we afraid of disclosing our alcoholism on the theory it may cause financial harm. Approached in this way, the most ruthless creditor will sometimes surprise us. Arranging the best deal we can we let these people know we are sorry. Our drinking has made us slow to pay. We must lose our fear of creditors no matter how far we have to go, for we are liable to drink if we are afraid to face them.

24. What if I have committed a criminal offense?

Although these reparations take innumerable forms, there are some general principles which we find guiding.

25. What PRAYER have I been given for this problem?

Reminding ourselves that we have decided to go to any lengths to find a spiritual experience, we ask that we be given strength and direction to do the right thing, no matter what the personal consequences may be.

26. What if someone might be negatively effected by my amend?

Usually, however, other people are involved. Therefore, we are not to be the hasty and foolish martyr who would needlessly sacrifice others to save himself from the alcoholic pit.

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27. What PRAYER am I given for this event?

If we have obtained permission, have consulted with others, **asked God to help** and the drastic step is indicated we must not shrink.

28. What if there has been infidelity on my part?

Whatever the situation, we usually have to do something about it. If we are sure our wife does not know, should we tell her? Not always, we think. If she knows in a general way that we have been wild, should we tell her in detail? Undoubtedly we should admit our fault. She may insist on knowing all the particulars. She will want to know who the woman is and where she is. We feel we ought to say to her that we have no right to involve another person. We are sorry for what we have done and, God willing, it shall not be repeated. More than that we cannot do; we have no right to go further. Though there may be justifiable exceptions, and though we wish to lay down no rule of any sort, we have often found this the best course to take.

29. What PRAYER have I been given for this situation?

Each might pray about it, having the other one's happiness uppermost in mind.

30. What about amends to my family?

Yes, there is a long period of reconstruction ahead. We must take the lead. A remorseful mumbling that we are sorry won't fill the bill at all. We ought to sit down with the family and frankly analyze the past as we now see it, being very careful not to criticize them

31. What PRAYER have I been given to ask God to continue to make me different?

asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love.

32. What about the spiritual life?

The spiritual life is not a theory. *We have to live it*

33. If I have been painstaking in following the directions, what will be the results?

If we are painstaking about this phase of our development, we will be amazed before we are half way through.

34. Where am I in relationship to the 1st One Hundred?

We have joined them. We have RECOVERED.

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STEP TEN

35. Can I be casual about taking this Step?

Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.

36. WHEN am I to begin to take Step Ten?

We vigorously commenced this way of living as we cleaned up the past.

37. What have I entered?

We have entered the world of the Spirit.

38. What is my next function to be?

Our next function is to grow in understanding and effectiveness.

39. How long must I continue to apply this Step to my daily life?

This is not an overnight matter. It should continue for our lifetime.

40. WHAT do I watch for? (What Step?)

Continue to watch for selfishness, dishonesty, resentment, and fear. (Four?)

41. WHEN one of these appears, what is the 1st thing I am to do? (What Step?)

When these crop up, we ask God at once to remove them. (Six & Seven?)

42. WHAT is the next thing I am to do? (What Step?)

We discuss them with someone immediately (Five?)

43. Then WHAT might I need to do? (What Step?)

and make amends quickly if we have harmed anyone. (Eight & Nine?)

44. And lastly, with a determined effort, what am I to do? (What Step?)

Then we resolutely turn our thoughts to someone we can help (Twelve?)

45. WHAT is the 1st PROMISED result?

Love and tolerance of others is our code.

46. WHAT other results am I PROMISED?

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And we have ceased fighting anything or anyone - even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality - safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.

47. What are the Tenth Step PRAYERS?

How can I best serve Thee - Thy will (not mine) be done."

48. Are they optional?

These are thoughts which must go with us constantly.

STEP ELEVEN

49. What is required to make Step Eleven really work?

It works, if we have the proper attitude and work at it.

50. At bedtime, WHAT am I to do?

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.

51. Am I able to find both PRAYER and MEDITATION in this exercise?

Meditation Prayer

52. HOW am I to start my day?

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

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our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life 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.

53. Am I able to find both PRAYER and MEDITATION in this exercise?

Meditation Prayer

54. HOW am I to end my "quiet time"?

We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends.

55. WHAT am I to do all through the day?

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done."

56. What PROMISES have I found?

We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

STEP TWELVE - WORKING WITH OTHERS

Step Twelve has three parts;(1) the PROMISE, (2) our Primary Purpose and (3) our Secondary Purpose which will be covered in "Study Assignment Three." If you have carefully followed the directions to this point, you are ready to begin "sponsoring" the alcoholics who still suffer and are willing to go to any length for victory over alcohol.

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This is what we do to grow spiritually and continue to enjoy our sobriety. We come to Alcoholics Anonymous because lack of power was our dilemma. Through the 1st nine Steps, we are given the Power to recover. To receive more of the Power that permits us to live a life that is filled with peace, serenity and purpose, we MUST try to pass it on to others. Remember, if Confession (Step Ten) and prayer and meditation (Step Eleven) would do the job, there would be no priests in Alcoholics Anonymous!

The PROMISE – “Having had a spiritual awakening as the result of these steps.”

Our PRIMARY PURPOSE – “we tried to carry this message to alcoholics.”

57. What is the most important thing I have learned from page 89?
58. What did I learn from page 90?
59. What did I learn from page 91?
60. What did I learn from page 92?
61. What did I learn from page 93?
62. What did I learn from page 94?
63. What did I learn from page 95?
64. What did I learn from page 96?
65. What did I learn from page 97?
66. What did I learn from page 98?
67. What did I learn from page 99?
68. What did I learn from page 100?
69. What did I learn from page 101?
70. What did I learn from page 102?
71. What did I learn from page 103?

NOW, I am ready to search out, go to and approach a serious drinker to see if they appear to be a real alcoholic and have the willingness to go to any length to survive. If they are, I will try to carry my message of understanding and hope by telling them my story of what my life was like as a serious drinker. How I learned what alcoholism is and how I learned that I have this deadly disease. IF they express the desire to really whip their drinking problem and are curious to learn how I accomplished that impossible feat, I will tell them how I took the practical plan of action by following the precise and clear-cut directions that have proved to be so successful since 1939. And then, I will tell them a little of what my life is like now. If they want what I have, then I will see that they have a Big Book and make myself available to them as long as they are willing to follow our path.

When a few of those you have tried to help have found themselves and have started trying to pass the their story of the miracle of their recovery to others, you will have discovered the true joy of giving of yourself; the true joy of living!

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