

## What is my REAL Solution?

You now can see the reason you were unable to manage your most desperate desire to never drink again. If you have sincerely decided that you do have the willingness to follow the path the 1<sup>st</sup> One Hundred laid down for us and not have to worry about “not drinking,” let’s get on with it. If you were willing to go to any length for the next drink, let’s see if you are willing to go to any length for happy and permanent sobriety. If it isn’t happy sobriety, you won’t stay sober.

So, I will carefully follow the directions we have been given for taking Step Six, Seven, Eight and Nine. As soon as I have started making my amends, I will diligently study page 84 through page 103 daily until I am applying these actions to my life, without much thought or effort. I will also continue to study the rest of our Text through page 164 and apply these directions as the opportunities present themselves.

### **STEP SIX**

“Were entirely ready to have God remove all these defects of character.”

At this point, I have analyzed what is wrong with my thinking that had produced the insidious insanity to return to drinking. I have determined that I too have an alcoholic mind. If I am sincere in my desire to never drink again, I must see if I have the WILLINGNESS to become a student and practitioner of the rest of the action described in the Big Book. That is precisely what Step Six is, the willingness to take the action that is necessary for God to change the way I think and the way I feel. Or as Rev. Sam Shoemaker said, “Here is where we separate the men from the boys”. Here is where we begin to take the action that is necessary to overcome my SPIRITUAL MALADY. To have God replace my selfishness with selflessness; my self-centeredness with thoughtfulness of others; dishonesty with honesty; fear with faith; to give me the qualities of patience, tolerance, kindness and love. COMPLETE WILLINGNESS IS THE KEY TO HAPPY SOBRIETY!

### **STEP SEVEN**

“Humbly Asked Him to remove our shortcomings.”

If I have made my commitment to God that I have the willingness to precisely follow the clear-cut directions in our Basic Text from here on, I can take Step Seven, which is a prayer asking God to make me a recovered alcoholic. I am willing to do my part. Please Dear God, do Your Part. But note there is an “Amen” at the end of this Prayer. It is the completion of the Prayer I prayed on page 63; the Prayer of Decision. In the Prayer on page 63, I announced my decision to test the rest of this Program. I took Steps Four & Five and learned the Truth about me. I made a commitment in Step Six to do what the 1<sup>st</sup> One Hundred said they did to become recovered so now I’ve finished that part of the Program and MUST move on into action to truly begin recovery.

**For if an alcoholic failed to perfect and enlarge his spiritual life  
Through work and self-sacrifice for others, he could not  
Survive the certain trials and low spots ahead.**

## What is my REAL Solution?

### STEP EIGHT

“Made a list of all persons we had harmed, and became willing to make amends to the all.”

Since I have carefully followed the directions to this point, I am very pleased to see that this Step is all but a done deal. I made most of the “List” when I did STEP FOUR and I was promised that I would begin to receive the “WILLINGNESS” as I completed STEP FOUR. So, I’ll list the names of all the people I have harmed on the four column work sheet in their appropriate slot; those I am willing to make amends to NOW, LATER, MAYBE and NEVER. Now that I have the “list” and have the “willingness,” I need to get busy making my “amends.”

### STEP NINE

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

“Direct Amends” means face to face and dollar for dollar. But if I am unable to make “Direct Amends” an honest letter will do. When I find that I have a **sincere desire** to set right the wrongs I have done to them and can go to them in a **helpful and forgiving spirit**, I am ready to make that amend. I am to tell them something like this, “I am an alcoholic, an active member of Alcoholics Anonymous, attempting to get my life straightened out and deeply regret the harm I have done to you or the ill feelings I have had toward to you. I hope you can forgive me. Please tell me what I can do to make things right.” Whatever it is, I must do my very best to meet their request, regardless of what eh personal consequences might be.

1<sup>st</sup> NOTE – You may very well live the rest of your life and never complete the process of making amends or restitution but never miss an opportunity to do so wherever God gives you that chance. Remember the Step says, “wherever,” not “whenever.”

2<sup>nd</sup> NOTE – By this time, you will have recovered and joined the 1<sup>st</sup> One Hundred. You will have had a SPIRITUAL AWAKENING of a SPIRITUAL EXPERIENCE. You will now be able to live with your past and share it with others who might be seeking our Solution for alcoholism. So now that your spiritual being has had life pumped into it, it is time to start your SPIRITUAL GROWTH. It is time to learn how to take care of the moment and stay plugged into the Power of God. That is precisely what STEPS TEN, ELEVEN AND TWELVE are about. Here is what we learn to do moment by moment, day by day and thereby really enjoy our sobriety and our new way of life.

**For if an alcoholic failed to perfect and enlarge his spiritual life  
Through work and self-sacrifice for others, he could not  
Survive the certain trials and low spots ahead.**

## What is my REAL Solution?

### STEP TEN

“Continued to take personal inventory and when we were wrong promptly admitted it.”

I will vigorously commence this way of living as soon as I BEGIN to make my amends. To keep my present moment free of turmoil, I will:

1. Continue to watch for selfishness, dishonesty, resentment and fear. (STEP FOUR)
2. When these crop up, I'll ask God AT ONCE to remove them. (STEPS SIX & SEVEN)
3. Discuss them with someone IMMEDIATELY. (STEP FIVE)
4. Make amends QUICKLY if I have harmed anyone. (STEPS EIGHT & NINE)
5. Really try to find someone I can help. (STEP TWELVE)

Note – The practice of Step Ten is the doorway to Step Eleven. By applying this Step, we stay clear of the negative thinking and the negative emotions that led to the need for that sense of ease and comfort that came at once by taking a few drinks.

### STEP ELEVEN

“Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.”

Conscious contact with God as I understand Him will make for a completely new way of experiencing life. And this communication with the God of our understanding is based on my ability to follow the clear-cut directions for prayer and meditation found through out our Basic Text. The 1<sup>st</sup> prayer is found on page 59 and the last prayer is found on page 164. There are one or more prayers for each and every Step from Step Three on but the core directions are found on pages 86, 87 & 88. If I really want all this Program has to offer me, I must practice, practice, practice these excercises in visiting with my Heavenly Father. As I become more and more effective in this process, I will experience things that seem totally impossible or certainly unexpected. My life will take on a completely new meaning that will be more satisfying and more purposeful thtn I ever dreamed possible.

I need to remember that He gave me two ears and one mouth which should indicate that I need to do more in meditation (listening to Him) than in prayer (talking to and making requests from Him).

**For if an alcoholic failed to perfect and enlarge his spiritual life  
Through work and self-sacrifice for others, he could not  
Survive the certain trials and low spots ahead.**

## What is my REAL Solution?

### STEP TWELVE

“Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics and practice these principles in all our affairs.”

As I look near the bottom of page 132, I will see a very startling statement, “I have recovered and have been given the power to help others.” Well, that is precisely what Step Twelve is all about. Because I found that “lack of power was my dilemma, I had to find a Power by which I could live.” Through the 1<sup>st</sup> eleven Steps, I have been given the living Power of God’s grace and mercy. One of the great paradoxes of Alcoholics Anonymous is that if I want to keep His Power, I MUST TRY to pass it on to others. I must continue to remember that the real reason I have adopted this Program as my way of life is to fit myself to be of maximum service to God, the Source of my sobriety, and all the people He puts in my life. If I continue to do that, I will always have everything I need, materially and spiritually, and if I have everything I need, what else do I need?

I understand that to get the most out of our program, I must do what the authors did. They reported that they spent a good bit of their spare time searching out, going to and approaching serious drinkers to try to carry our message of understanding and hope. They also did all the possibly could for the families of the alcoholics. Yes, they invested a good part of the time God gave them in trying to help other alcoholics but they also learned how to apply our Program in their home, where they worked and every place they went and everything they did. They learned that our Program truly is a design for living that really works.

More information has been provided me on the full intent of STEP TWELVE than any other Step. The whole scope is covered between pages 89 and 164 in my Basic Text. Closely following my responsibility to the alcoholic who wants to live sober and their family comes my family, my job, my neighbors and friends and the folks I do business with. In fact, my Program teaches me to be of maximum service to all who make themselves available to me.

“Faith without works is dead, he said. And how appallingly true for me the alcoholic! For if I fail to perfect and enlarge my spiritual life through work and self-sacrifice for others, I will not survive the certain trials and low spots ahead. If I do not work, I will surely drink again, and if I drink, I will die. Then faith will be dead indeed. With me, it is going to be just like that.”

If confession (Step Ten) and prayer and meditation (Step Eleven) were sufficient, we wouldn’t have so many priests in Alcoholics Anonymous.

**For if an alcoholic failed to perfect and enlarge his spiritual life  
Through work and self-sacrifice for others, he could not  
Survive the certain trials and low spots ahead.**