

STEPS SIX TO TWELVE

These questions are designed to assist those working the program with their step work from Steps 6 to 12. Sponsees must have completed their fifth Step with their sponsor before embarking on the following steps. These questions will help the member become more familiar with the Steps that are the keys to our recovery.

Many of us have found that it is essential to continue using our tools of reading and writing in order to stay within the programme.

These questions are only suggestions and are an optional way to work the programme, they are not a requirement.

Before answering each set of questions, read the appropriate Step chapter in the AA 'Twelve and Twelve'.

It is suggested that the sponsee meet the sponsor to read out their questions after completing Step 6 and 7; again after Step 8 and 9 and in this meeting to agree on the list of amends; and finally after completion of Steps 10, 11 and 12.

STEP SIX

- 01 Read pages 75-76, Chapter 6 in the AA 'Big Book.' Make a list of the character defects that you are ready to have God remove.
- 02 Do you truly believe that your own willpower will not work with sex and love addiction?
- 03 Has your obsession with sex and love/relationships vanished? If not what steps can you take? If yes, why? What can you do to bring about the permanent removal of the obsession?
- 04 Read from 'The AA 'Twelve and Twelve', the first paragraph of page 66 and all of page 67. Pick a defect of character that seems to be troubling you such as a resentment or jealousy of a person, place, or thing, or perhaps pride or procrastination. Ask yourself if you are entirely ready to give it up. If you are, then it is time to take Step seven. If you are not ready, make a list of the reasons why you would like to give it up. Then make a list of the reasons why you still want to keep that defect. What are the pay-offs for giving the defect up? What are the pay-offs for keeping it? Now, ask God to help you to be willing to give this character defect up.
- 05 What does the concept of "patient improvement" page 65 in the AA 'Twelve and Twelve' mean to you as stated in Step Six?
- 06 Make a list of your "No, I can't give this up yet" items. Refer to the seven deadly sins page 48 in the AA 'Twelve and Twelve.' Why is it necessary to make a beginning and keep trying?
- 07 Explain the following concept as it relates to you: "Delay is dangerous, and rebellion may be fatal."
- 08 List the character defects you really enjoy that "masquerade" as something other than they are. Now make a list of your positive character assets. Check and see if any "positives" are really "masquerading" negatives. Write on what this question has meant to you.

STEP SEVEN

Please note, a separate document (HOW Sponsorship Readings) contains all the additional recommended readings.

Readings for these 30 Step 1-3 questions and the 99 slip questions and questions for Steps 4-6 are all drawn from the SLAA Basic Text, the AA Big Book and the AA 12 Steps and 12 Traditions. All sponsees should have a copy of these recommended readings. Readings from these resources are not included in the Reading guide. Books are available from meetings or online. The best place to buy the SLAA basic text is at a meeting, since Intergroup buys these in bulk and offers a subsidy to keep the price at A\$20 (in 2020).

» https://www.aa.org/pages/en_US/read-the-big-book-and-twelve-steps-and-twelve-traditions

Buy the Amazon Kindle edition here:

» <https://www.amazon.com.au/Sex-Love-Addicts-Augustine-Fellowship-book/dp/BookFzSIWA>

The eBook may also be available on other platforms such as Apple Books, Kobo, Google Play, etc.

The AA book “As Bill Sees It” is available as an Amazon kindle edition:

» <https://www.amazon.com.au/Bill-Sees-World-Services-Inc-ebook/dp/BooQKLHNzQ>

The AA book “Came to Believe” is available as an Amazon kindle edition:

» <https://www.amazon.com.au/Came-Believe-Alcoholics-World-Service-book/dp/BookUFP6IQ>

- 01 Read “As Bill Sees It” pages 22, 61, 75. How has working the Twelve Steps helped me work through fear?
- 02 Do you truly understand humility? Read Step 7 in the AA ‘Twelve and Twelve.’ Discuss and reflect on how humility has affected your life.
- 03 Read from “As Bill Sees It” Page 139 ‘Basis of all Humility’, and page 212, “Faith and Action.” Discuss and reflect on the act of:
 - (a) humbly asking God to remove defects
 - (b) having faith that is vital, accompanied by self-sacrifice and unselfish, constructive action.
- 04 The mental hygiene and spiritual housecleaning we have started in our inventories and continued in Step Five reach their climax in Step Seven. Read pages 48, 103, 136, 196, 281, 327 in “As Bill Sees It.” Are you ready to fully subject your will to God? Do you wish to surrender to God all your moral imperfections?
- 05 What has there “never been enough of” for you?
- 06 How do you make, or how can you make honesty, tolerance and true love of man and God the daily basis of living?
- 07 Do you still place self-reliance first and are you still rebellious?
- 08 How can humility give us serenity?
- 09 How does the taking of the 7th Step aid in the reduction of ego?
- 10 Make a gratitude list of what God has done for you that you could not do for yourself.
- 11 What unreasonable demands have you made upon others, yourself and God? How did self-centred fear play a part?
- 12 What proof have you had that other problems besides “the deadly obsession of sex and love addiction” can be banished?

STEP EIGHT

- 01 Read, “No Man is an Island”, page 118 in the AA publication “Came To Believe.” Why is it necessary to “make a list of all persons you have harmed and become willing to make amends” before you can start relating harmoniously to God and to other people?
- 02 What emotional harm have you done to yourself?
- 03 What kinds of harm have you done to others? What personality traits have injured you and disturbed others?
- 04 Construct a long list of people who have been affected by your behaviour this can be in a positive as well as in a negative way. This will form the basis of your amends list for step 9.
- 05 Why is forgiveness of the utmost importance in working Step Eight?
- 06 Why is the taking of this Step “the beginning of the end of isolation” from our fellows and God?

STEP NINE

Guidance for Step Nine

This guidance is intended to be read before you start the questions for Step 9.

Step 9 (with some overlap with step 8)

Once the sponsee has taken the first 8 steps they are ready to embark on building better relationships with others by taking responsibility for their behaviour in Step 9. This guide is a resource to help you in assisting your sponsee to identify what is a harm, and what constitutes an amend (or not) and how the amend could be made. These suggestions are taken from the Big Book of Alcoholics Anonymous, the SLAA Basic Text and other seasoned members who have worked the HOW approach to SLAA’s experience of strength and hope. Step 8 and 9 should be a joint effort of the sponsor and sponsee.

It is suggested both sponsor and sponsee read the following:

Step 9 in the AA Big Book (4th edition) pages 76-84 (ending at step 10); Step 9 in the SLAA Handbook pages (92-96).

The Nature of Harms

Harms are when we inflict physical and emotional suffering, cause a loss of money or time to others, or damage property. In addition, interfering with another’s spiritual growth and path such as preventing a crisis, doing something someone should do for themselves, stopping someone from taking the consequences of their actions can also be considered a harm.

When Not to Make an Amend

“If the amend would actually make it harder for us to be of maximum service to God and the people around us, we need to be careful, and consult with others and God “ (AA Big Book page 80 paragraph 1). For example:

- If a person is not aware that you harmed them then do not make an amends as drawing the matter to their attention might be a harm in itself.
- Other examples could include causing ourselves to be unemployable or costing taxpayers money through court cases, etc., or placing those dependent on us financially in a worse financial position.

Making the list

After the definition of a harm is defined the harm can be placed into sections relating to each person and forming a list as follows:

- 1) The name
- 2) The action taken
- 3) What should have been done instead
- 4) Who suffered as a result and how (the how is outlined in the definition of the harm above)

Reviewing the list

A sponsor and sponsee can then review the list of people with a view to identifying what actions needs to be taken and who suffered. From reviewing the list the nature of the proposed nature and form of the amend can be defined.

Types of Amends

Direct Amends

These can be made if the person consents to be contacted and no further harm will be incurred through direct contact.

Living amends

These can be made to those people that are in our lives so that from the point of the amend on we can change how we relate to them. Where a person cannot be contacted a sponsee can change the type of the behaviour for which the amend relates around everyone from that time forward.

Sometimes a direct amends is appropriate, and then a living amends.

There is no need to continue to make amends for the same wrongdoing, but to live the amends in interaction with those harmed.

Indirect amends

If the sponsee has harmed someone but cannot make direct amends because that person is dead, unable to be reached, their identity is not known or remembered, or that the nature of the suffering makes it inappropriate then a donation to charity may be an appropriate amends, or writing a letter, changing behaviour around all from that time on, or similar may be a way to deal with the amends in question.

Making the Amend

The sponsor provides support during the amend process. Timelines may be discussed to help combat complacency. Direct amends can be made by attempting to make an appointment either by calling the person, writing to them etc. The process of making an amend has the following components :

- 1) Description of sponsees recovery (where appropriate)
- 2) Admitting fault—this is the harm and the nature of the suffering
- 3) Expressing regret
- 4) Asking forgiveness
- 5) Asking if there is anything they would like to say, and if there is anything else that I did not mention and it still affects them,
- 6) Asking how the sponsee can make it right.

Supporting your sponsee with the amends

It may be appropriate to require your sponsee to check in before and after each amend. This check in can comprise reviewing the purpose of the amend and agreed on the approach: what will be said and what not. Discussing how to word things may also be helpful, and a reminder to the sponsee that forgiveness may not be forthcoming and indeed the amends may be met with hostility.

Finally after the amend it may be appropriate to ensure your sponsee checks back in to review the process and/or to share the blessings and relief that come from an amends well made. And a final few words from the AA Big Book “Do not generally reveal new information... Do not involve other people “ (Big Book of Alcoholics Anonymous, page 81).

Questions

- 01 Read in the AA ‘Big Book’ “Freedom from Bondage” pages 544-553. Write about a resentment you have. How are you using the program to be free of it?
- 02 Do you deeply and honestly search all your motives and actions in your past and present relationships when completing your list of any amends you may need to make? Think carefully of past relationships and any resentment you may have and check your own part in creating these disturbances. Write on at least one of these relationships.
- 03 Read in “As Bill Sees It” pages 39, 58, 153. How have righteous indignation and resentment wreaked havoc in your life? How do you handle anger today?
- 04 Read in “As Bill Sees It”, pages 179 and 286. Discuss and reflect on the idea that nothing pays off like restraint of tongue and pen. How have you used this to avoid conflict?
- 05 Read page 13 in the AA “Big Book.” Discuss and reflect on your willingness to approach those individuals that you have harmed. Also, discuss and think about what attitude you should have in making an amends.
- 06 Make an amends list to discuss with your sponsor and meet you sponsor in accordance with the guidance for Step 9. Are you ready to work on making amends? How will you make direct amends on a daily basis?
- 07 Read the 3rd and 4th paragraphs page 76 of chapter six of the AA ‘Big Book.’ Describe the lengths to which you would go for victory over sex and love addiction.
- 08 Besides your sex and love addiction what other defects have you had to live with?
- 09 Have you experienced any of your most severe critics meeting you more than halfway when making admissions and amends? How do you stay in balance when this happens or does quite the opposite happen?
- 10 Are you delaying making amends because you are afraid? If so, how can you move into the “spirit” of Step Nine as mentioned in the last paragraph of this Step in the AA ‘Twelve and Twelve’.
- 11 Write on the scariest amend you have to make and how you will move into action to make it.

STEP TEN

Guidance for Step Ten

This guidance is intended to be read before you start the questions for Step 10.

As step 10 of the SLAA handbook states (page 96) “if we were to continue the life-time process of reconciliation and intimacy with ourselves and others, we would need to process life as it was happening, day by day”

In taking your sponsee through Step 10 ask them, at the end of the day, to try to carry out a 5–10-minute review of the period since the last review. They should start with remembering and realising that a loving God is present with them. Then ask God to show the truth. It is important they do not beat themselves up for what they find. They should review the day against the following questions which are set out in the AA Big Book (pages 88-89).

- Were we resentful, selfish, dishonest, or afraid? If there is, consider right action for the next day, in consultation with others if needed
- Do we owe an apology? Make an apology or amends the next day if applicable.
- Have we kept something to ourselves which should be discussed with another person at once? If so take the action to discuss it with them as soon as possible.
- 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?
- Be careful not to drift into worry, remorse, or morbid reflection, for that would diminish our usefulness to others.
- Ask God’s forgiveness (and know that it will be totally given).
- Inquire (of God) what corrective measures should be taken. Keep it simple. Check them out with someone with more experience in the program if you are new to this or unsure.

Once the review is completed and actions noted (where needed) the sponsee should leave the review with their God, take the action on the morrow, and cease worrying about the day passed, as the work of reviewing and corrective action has been completed.

Further pages 88-89 of the AA Big Book direct us, at the beginning of the day to:

- We ask God to direct our thinking.
- We ask God especially that our thinking be divorced from self-pity, dishonest or self-seeking motives.
- We consider our plans for the day. If we have none, we ask God to show us how to be useful and draw up plans.
- We consider how the corrective measures from the night before can be applied.
- We ask that God show us the way of patience, tolerance, kindness, and love (83:2).
- We ask God to show us how we can help anyone who is suffering from sex and love addiction (164:2).
- If we face indecision: we ask God for inspiration, an intuitive thought, or decision. We relax and take it easy. We don’t struggle.
- We pray some set prayers that emphasise the principles of AA.
- We read some spiritual literature and ask God to show us how we can apply it to our day.
- Finally, we pray 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.

If agitated or doubtful:

- We ask God for the right thought or action.
- We constantly remind ourselves we are no longer running the show.
- We say to ourselves many times each day “Thy will be done.”

Questions

- 01 Re-read page 91 in the AA 'Twelve and Twelve.' Write on the concept of progress rather than perfection as it applies to your life today.
- 02 Have we begun to practice justice and courtesy to those we dislike? Write about how you can start practicing this principle.
- 03 Read page 233 in "As Bill Sees It." Draw up a two-column balance sheet for the day. On one side write the things you've done right for example, good intentions, good thoughts and good acts. On the other write the things you feel you could have improved upon.
- 04 Read Step Ten in the SLAA Basic Text and note down any passages that particularly resonate. Discuss and reflect on these passages.
- 05 Read Step in the AA 'Twelve and Twelve.' Discuss and reflect upon the following concept: "Every time we are disturbed, no matter what the cause, there is something wrong with us."
- 06 Read from "the portion of SLAA meetings on page 98 of the SLAA Basic Text to the end of the paragraph." Discuss and reflect on the importance of getting current in your friendships and relationships.
- 07 Read pages 90-92 in the AA 'Twelve and Twelve.' Discuss and reflect on the idea that justified anger ought to be left to those better qualified to handle it. How have you dissipated some anger in a healthy way today?
- 08 Read pages 92-95 in the AA 'Twelve and Twelve.' Write about the idea that "pain is the touchstone of spiritual progress." Write about some pain you have been in lately. How did it help you grow?
- 09 Read pages 84-85, Chapter Six in the AA 'Big Book.' The purpose of Step Ten is to continue our daily inventory and check our daily progress. Name some things you need to guard against if you are to continue your progress.
- 10 Have you stopped trying to make unreasonable demands on the ones you love? Write on the last unreasonable demand and the results of that demand. How do you tell what is reasonable and what is unreasonable?
- 11 Most feelings or defects of character will come under one of six categories: fear, jealousy, anger, resentment, pride and sex. One way to take personal inventory when something disturbs us as described in page 96 of the S.L.A.A Basic Text (penultimate paragraph) is to fold a sheet of paper into three sections. In the first section write, 'WHAT IS IT'? In the second section write, 'HOW DOES IT AFFECT ME'? In the third section write, 'WHAT CAN I DO ABOUT IT'? For this question identify a current problem for example, fear of failure and write as much as you can about it "How does it affect me? Now ask God, "What can I do about it?" For extra reading, read from "As Bill Sees It" pages 39, 65 and 89.
- 12 Are you able to maintain bottom-line sobriety "keeping emotional balance and living to good purpose under all conditions?" What are some of the ways that you work on keeping emotional balance?
- 13 List your assets and liabilities. How can you convert "the pains of failures into assets?" Think of a specific example where you have done this.
- 14 What can you do to stop having emotional hangovers? Write about the last one you had and the state you were in when it was caused.
- 15 How can you acquire the habit of accurate self-appraisal through Step Ten?
- 16 How does the axiom "every time we are disturbed, no matter what the cause, there is something wrong with us" relate to you?
- 17 Step Ten talks of "dangerous exceptions" for our recovery. What are your dangerous exceptions?

- 18 How are you developing tolerance?
- 19 The Tenth Step says to “spot, admit and correct flaws is the essence of character building and good living.” In the spirit of this character building, develop a gratitude list now for your “blessings received.”

STEP ELEVEN

- 01 Read Step Eleven in the SLAA Basic Text. Discuss and reflect on the idea on page 99 of the Basic Text of having “a conscious adult partnership.”
- 02 Read “As Bill Sees It” pages 93, 108, 127, 189, and 243. Discuss and reflect on how taking time daily to set myself apart with God improves my conscious contact with God and changes my life.
- 03 Read the AA “Big Book” pages 85-89. How has prayer and meditation helped you to be free of self-will run riot?
- 04 Read “As Bill Sees It” pages 33, 117, 101, and 331. Step Eleven is for mental efficiency, for spiritual strength and for physical endurance. What does this mean to you?
- 05 Read the AA “Big Book” page 164. Discuss and reflect on how to “see to it that your relationship with God is right” and the importance of it for you today.
- 06 Read “As Bill Sees It” pages 270 and 172. How do you apply the principle that your recovery depends upon God?
- 07 Read “As Bill Sees It” pages 202 and 250. Discuss the importance of spending daily quiet time alone with your Higher Power. How do you do this in your life on a daily basis?
- 08 Read “As Bill Sees It” page 264. Discuss and reflect on the idea that we shall locate our trouble in our misunderstanding or neglect of Step Eleven, prayer, meditation and the guidance of God.

STEP TWELVE

- 01 Read Step Twelve in the SLAA Basic Text. Read the paragraph on page 102 beginning “We discovered...” and write on your personal experience on how “our experiences, in addiction had been transformed into lessons for living of profound depth and durability.”
- 02 Read Chapter Seven, “Working with Others” in the AA “Big Book.” Did you have a spiritual awakening? Was it vital to your recovery? When did it take place? Can you define it?
- 03 Read “As Bill Sees It” pages 196 and 263. Reflect on and discuss the idea that the basic antidote for fear is a spiritual awakening.
- 04 Read the AA “Big Book” pages 449-451. Discuss and reflect on how “acceptance is the answer to all of our problems.”
- 05 Read the SLAA Basic Text, page 103, first paragraph. How have your views of intimacy, and sexuality changed through working the Steps.
- 06 Read “As Bill Sees It” pages 3, 5 and 163. Write on how working the program has brought joy to your life.
- 07 Read the AA “Came to Believe” pages 46, 47 and 48, “The Belief will Come”; and “As Bill Sees It” page 331. Discuss what needs to be done to be most effective in helping those who still suffer.

The Maintenance Questions

Those wishing to continue to use a structured approach to maintaining their sobriety can work the Maintenance questions in conjunction with a sponsor who has completed the Maintenance questions themselves. The sponsee should only answer these questions on completion of Steps 1-12 How the questions are used and how shared is a matter for you to agree with your Sponsor. The questions relate to and cover the 12 Steps.

As an alternative and depending on the circumstances you may choose instead to re-work the Steps as already set out in this guide. The choice lies with you, your Higher Power and your Sponsor.

- 01 “Today is the first day of the rest of your life.” Re-read Step 1. List the areas of your life that you have surrendered to your Higher Power.
- 02 Re-read Step 1. How is admission of powerlessness the first step in liberation for you? Do you believe the program can liberate you?
- 03 Read Chapter 2 in The AA ‘Big Book.’ Write on your feelings regarding the statements made in the italicised paragraph on page 24.
- 04 Read page 43 in The AA ‘Big Book.’ Discuss the idea that “at certain times (the sex and love addict) has no effective mental defence against the first act out.”
- 05 Read Chapter 6 in The AA ‘Big Book.’ Discuss how reaching out and helping someone else can be part of our willingness to have all our defects removed.
- 06 Take time out today and plan a ‘special set of moments’ during your day. Time alone, time with a friend, time meditating. Discuss and reflect on the idea, “we know how to feel bad and we are learning how to feel good.”
- 07 Read Step 2. Discuss and reflect on the idea, “this is the rallying point to sanity.”
- 08 Read Chapter 1 in The AA ‘Big Book’ (‘Bill’s Story’). “Nothing more was required of me to make my beginning.” Discuss and reflect on the idea that making a new beginning each day is testimony to our belief in a Higher Power.
- 09 “Service leads to sanity.” Discuss and reflect on how service has kept sanity in your life.
- 10 Read in The AA ‘Big Book’, pages 268-76, ‘Keys To The Kingdom.’ Take a ‘Recommitment Inventory.’ Discuss what you were like, what happened and what is happening in your life now.
- 11 Read Step 3. “Willingness is the key.” Discuss and reflect on what affirmative action you have taken in the last two weeks within the context of the program.
- 12 Read in The AA ‘Big Book’, Chapter 4, ‘We Agnostics.’ Discuss and reflect on “the great reality (that) is deep down within us.”
- 13 Read in The AA ‘Big Book’, Appendix II, ‘Spiritual Experience.’ Discuss your awakening or reawakening spiritually.
- 14 ‘I listened but I didn’t hear.’ How have you learned to listen to yourself and others and stay quiet within?
- 15 Read in The AA ‘Big Book’, (4th Edition) pages 289-300, ‘Fear of Fear.’ Discuss and reflect on the idea that our greatest fear is often that we will become a different person.
- 16 Read Step 4 in the AA ‘Twelve Steps and Twelve Traditions’ (12 & 12) book. Take a spot inventory that can update the inventory you gave away in Step 5. Discuss defects that have rearisen, emotions that won’t be placed on hold and physical cravings about these two other states.

- 17 Read the Serenity Prayer in Step 12. Read it four times. Write on what you accept that you cannot change. Then, the things that you have changed. How do you know the difference?
- 18 Read The AA 'Big Book,' Chapter 5, "people of faith have courage." Discuss and reflect on the courage your faith has given you.
- 19 Discuss how you use the tools of reading, writing and sharing to deal with your reality.
- 20 Read in The AA 'Big Book', the last paragraph on page 68-69, "Now about sex..." Discuss and reflect on what the knowledge of this part of your recovery has done for you.
- 21 Read in The AA 'Big Book', (3rd Edition) pages 400-421, 'Stars Don't Fall.' Discuss and reflect on "now came the black and endless dismal night..." as it was in your life.
- 22 Read Step 5, "this is the beginning of true kinship between man and God." Discuss and reflect on how this has continued to be true in your life.
- 23 Read in The AA 'Big Book', Chapter 6, 'Into Action' pages 72-75. Discuss and reflect on what you have learned about fearlessness, humility and honesty. How do you utilise these realities in your life today?
- 24 Review what happened to you when you wrote your inventory your feelings, your hopes, your defects. Discuss what happened when you finally took Step 5. How did you feel afterward? Is anything still hanging on?
- 25 Read in The AA 'Big Book', (3rd edition) pages 464-473, 'Promoted to Chronic.' Discuss how your disease has made you vulnerable to acting emotionally and compulsively.
- 26 Read Step 6. Discuss and reflect on the idea that our defects of character can be lifted if we are willing to turn over the burden.
- 27 Re-read Step 6. Discuss and reflect on the idea that, "half measures avail us nothing." How are these components of your life the emotional, physical and spiritual -coming together today.
- 28 Read in The AA 'Big Book', page 75, 3rd paragraph, "Returning home..." Meditate on this passage, and then answer all the questions posed on page 75, "if we have omitted...mortar without sand." Discuss and reflect on what your answers tell you about yourself.
- 29 Read in The AA 'Big Book', (4th edition) pages 301-8, 'Physician, Heal Thyself!' How is the SLAA program a testimonial that you do not have to do it alone?
- 30 Read in the table of contents in the "Twelve and Twelve" the synopsis of Step 7. Discuss and reflect on the idea that, "God has removed a great deal but there is still work to be done."
- 31 Read Step 7. Discuss and reflect how taking this Step indicates a change of attitude for you.
- 32 Read in The AA 'Big Book': 'A Vision For You.' Write on the concept: God's vision for you includes the concept that you cannot transmit something you haven't got. What must you do to maintain what you have?
- 33 Read in Step 7, page 75, the prayer, "Of myself I am nothing." Discuss and reflect on what is working in your life and what you must let go.
- 34 Take a Step 7 inventory. Discuss and reflect on programme accomplishments & setbacks.
- 35 Read Chapter 17 in The AA 'Big Book' (3rd edition) pages 439-456, 'Doctor, Alcoholic, Addict.' Discuss and reflect on the idea that, "if I focus on the answer, the answer increases."
- 36 Discuss and reflect on your ability to apologise. Write down the name of someone who needs an apology from you. Then create an action plan to make that apology.

- 37 Read Step 8 in the 'Twelve and Twelve.' Focus on page 78, "These obstacles...are very real." Discuss and reflect on your need (past and present) to control and manipulate others. Be specific.
- 38 Read chapter 8 in The AA 'Big Book', (3rd edition) pages 261 on 'From Farm to City.' Re-read top half of page 269, ending "...but I have laughed." Discuss and reflect on your need to make amends. Have you the willingness to do so?
- 39 Make a list of those persons you have harmed. Is this your first list? What is the difference between this list and prior lists? Are you willing to work this Step?
- 40 Discuss and reflect on how well you deal with "and became willing to make amends to them all." Who was not on your list? Is there anyone you are still emotionally battling with?
- 41 Read in the table of contents for the AA 'Twelve and Twelve' the synopsis of Step 9. Discuss and reflect on the idea "prudence means taking calculated chances." How does this translate into "courage to work my program" for you?
- 42 Read Step 9 in the AA 'Twelve and Twelve.' Write down a name of someone you owe an amends to. What you intend to say and how you intend to contact this individual. Then do it!
- 43 Read pages 76-84 in The AA 'Big Book', "Now we need more action..." Write on, "The spiritual life is not a theory, we have to live it." Reference page 83.
- 44 Someone may reject an amend. Has this happened to you? Please detail what you did and how it was or was not translated into rejection. If you have not experienced this, create a plan for dealing with a rejected amend.
- 45 Read page 87 in the 'Twelve and Twelve.' Discuss and reflect on, "Above all, we should try to be absolutely sure that we are not delaying because we are afraid".
- 46 Discuss and reflect on the idea that "(only) when your past is settled (can) present challenges be met".
- 47 Read Step 10. Discuss and reflect upon the idea that "self-centredness remains a dire threat."
- 48 Create a 'Relationship Inventory.' On one side put the name of the individual with whom you are involved (friend, lover, child, family) and, on the other side, discuss your relationship. Next, create another column in which you note whether the relationship works or needs work. What actions does this inventory call for?
- 49 Discuss and reflect on the idea that, "we safeguard our abstinence by frequent mental audits." Write a mental audit for today.
- 50 Re-read Step 10. Discuss and reflect on the idea that, "those who forget their past are condemned to repeat it".
- 51 Read page 105 in the AA 'Twelve and Twelve' from "The moment we catch... purely human affairs." Discuss and reflect on the idea that self-centredness continues to create problems in your life.
- 52 Read Step 11 in the AA 'Twelve and Twelve' — Discuss and reflect on how working Step 11 is the only way to conquer fear.
- 53 Read in The AA 'Big Book' pages 85-88 from the bottom of page 85. Discuss and reflect on how this 'Big Book' segment is an instruction in learning how to let go.
- 54 Read pages 99-101 in the AA 'Twelve and Twelve.' Discuss and reflect on how you can channel your Higher Power to lift you out of bondage and help others.
- 55 Read Chapter 11 in the AA 'Big Book', 'A Vision for You.' Discuss and reflect on the idea that "no amount of willpower could stop this acting out".

- 56 The 'joy of living' is the theme of Step 12. Discuss and reflect on what is joyous in your life. How have these things come about?
- 57 Read Step 12 in the 'Twelve and Twelve' Discuss and reflect upon the actions you have taken to carry the message.
- 58 Read Chapter 7 in The AA 'Big Book.' Discuss and reflect on how practicing self-forgetting is the result of not trying so hard. Be specific.
- 59 Read 'Dr Bob's Nightmare' in The AA 'Big Book' pages 171-181. Focus on pages 180-1, "spend...against a possible slip." How is service to others an insurance policy in your life?
- 60 Read The AA 'Big Book', pages 544-553, 'Freedom from Bondage.' Discuss and reflect on the idea that, "I will have peace of mind in exact proportion to the peace of mind I bring to the lives of others." Discuss and reflect on how this becomes "practicing these principles in all areas of our lives."

References

- SLAA Handbook
- AA Big Book
- AA Twelve and Twelve
- AA Came to Believe
- AA As Bill Sees It
- SLAA pamphlet - Sponsorship, A Return from Isolation
- SLAA pamphlet - Withdrawal
- SLAA pamphlet - 40 Questions for Self-Diagnosis
- SLAA pamphlet - Questions Beginners Ask
- SLAA pamphlet - Setting Bottom Lines

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