

Identify a situation or condition in your life that is currently a source of resentment, fear, sadness, or anger. It may involve relationships (family, work, or sexual), work environment, health, or self-esteem. Write a concise statement describing the situation and identify the concern.

Use the following exercise to apply the principles of the Twelve Steps to the above situation or condition.

Step 1- Describe the ways in which you are powerless in this situation. How does this situation show the unmanageability of your life?

Step 2- How can your Higher Power restore you to sanity?

Step 3- Write an affirmation in which you state your decision to turn this situation over to God. (ie- I am no longer willing to fret over _____. I decide now to turn my anxiety, my concerns, and my need for security over to God.)

Step 4- What character defects have surfaced (e.g.- fear of abandonment, control, approval seeking, obsessive/compulsive behavior, unexpressed feelings)?

Step 5- Admit your wrongs to God, yourself, and to another person.

Step 6- Reflect upon your willingness to have God remove the character defects that have surfaced. Describe your willingness or reasons for not being willing to have them removed.

Step 7- Write a prayer in which you humbly ask God to remove the specific shortcomings relating to this situation (You can be most humble when you are honest about your shortcomings and your needs).

Step 8- Make a list of persons you have harmed.

Step 9- Describe how you intend to make the necessary amends.

Step 10- Review the above to be sure that nothing has been overlooked. What new issues have surfaced that require attention?

Step 11- Take a moment for prayer and meditation, asking for knowledge of your Higher Power's will for you. What is your understanding of God's will for you in this situation?

Step 12- In this situation have you sensed a spiritual awakening? Who is in charge now, you or God? Explain. (Your attitude and emotions are good indicators.)