Living the 12 Steps in Daily Life

—Mark T., Nashville, TN

I Am the Dream and I Must Come True

2019 Face Everything and Recover Retreat
Living the 12 steps;  
Making them practical in daily life
safety
not here for
you
my fault,
responsible-for
failure,
cannot make
others happy
fear,
worthless
judge,
success,
control, rescue
my fault,
responsible-for
not here for
you
safety
lose intimacy &
purpose & self
approval
control, rescue
fear
Go placidly amid the noise and haste, and remember what peace there may be in silence. As far as possible, without surrender be on good terms with all persons. Speak your truth quietly and clearly, and listen to others, even the dull and ignorant; they too have a story. Avoid loud and aggressive persons: they are vexations to the spirit. If you compare yourself with others you may become vain and bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career. However humble, it is a real possession in life. Exercise caution in your business affairs: for the world is full of trickery. But let this not blind you to what virtue there is. Many persons strive for high goals; but everywhere life is full of handicaps. Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive him to be. Whatever your labors and aspirations, in the noisy confusion of life, keep peace with your soul. With all its sham, drudgery, and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy. —Author unknown. Found in a 19th Century Chapel in New England.
<table>
<thead>
<tr>
<th>Col.1 Powerful People</th>
<th>Col.2 What happened</th>
<th>Col.3 What I learned (Old Ideas)</th>
<th>Col.4 Truth I choose to believe today</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mom</td>
<td>Beat me and my siblings for small or imagined mistakes.</td>
<td>God is cruel and will punish me harshly when He is angry.</td>
<td>My Higher Power is kind and loving.</td>
</tr>
<tr>
<td></td>
<td>Was paralyzed by fear when my sister was injured, could not even take her to the doctor.</td>
<td>I can’t count on a Higher Power, I must take care of myself.</td>
<td>My Higher Power knows my needs and provides for me.</td>
</tr>
<tr>
<td>Dad</td>
<td>Was always at work; didn’t have time for the kids.</td>
<td>God is too busy for me.</td>
<td>My Higher Power delights in me.</td>
</tr>
<tr>
<td></td>
<td>Did not protect me or the other kids from Mom.</td>
<td>My Higher Power doesn’t care about my pain.</td>
<td>My Higher Power wept every time I hurt.</td>
</tr>
<tr>
<td></td>
<td>I discovered being lusted after in Dad’s pornography.</td>
<td>Being lusted after is God’s will for me.</td>
<td>My Higher Power’s will for me is to stay sober and free from lust.</td>
</tr>
</tbody>
</table>
June 15th, 2014 keep step study as separate assignment. And
weekly assignment look at step study book & do column work p52/53, also
related p54/55, & p56. Do p52/53, one column vertically at a time. Ok to
abbreviate some, use code words, etc. Do p52/53 first, not needing
to be exhaustive just yet. Short & sweet good for now. Don’t worry
about age groups, if 40 yrs comes, do that. Do not worry about having
to go back to childhood etc unless it just comes to me. Then do
p54/55. Major players in my life, wants to do all step 4 at once. Also
do vertically, one column at a time. Finally, do p56, very important.

Here is how has these attributes changed during my recovery, up or down or
same or maybe it is a new attribute since recovery again, one vertical
column at a time. Think 4th step as diary entries, no judgement.

<table>
<thead>
<tr>
<th>Patterns/Characteristics</th>
<th>How I Hurt Myself</th>
<th>How I Hurt Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Control: People are incapable of taking care of themselves</td>
<td>I harmed myself by taking time away from my own goals in life, delaying progress on important matters &amp; also lived in pain for all those years. I harmed my ability to trust myself &amp; others. I also put my health &amp; life in jeopardy. It also caused me to feel...</td>
<td>I harmed others by pulling them into my drama &amp; keeping them from authentic growth. With Jo, I kept her from having the opportunity to overcome her childhood traumas &amp; enabled her to blame others.</td>
</tr>
</tbody>
</table>
FOURTH STEP INVENTORY INSTRUCTIONS

Note: I suggest that you take this step with a qualified sponsor. A qualified sponsor is someone who has taken ALL 12 Steps precisely following the directions as they are defined and described in the Big Book. Alcoholic Anonymous. IT IS NOT ADVISABLE TO DO THIS STEP UNE. Be sure your sponsor is present and guiding you through this Step as you take it. (There are one or two items that you have to do alone.) It is your sponsor's job to lead you through this Step.

1. Be sure that you have taken Steps One, Two and Three.

2. If you are using the forms that I provided to you, or you are using the forms, remember: The columns go from TOP to BOTTOM, not straight across. Example: Column 1, left column list all the names, people, principles, things, emotions, that go in this list column. Skip to Column 2, DO NOT go to the second column until you have completed then. When you go to column 2, go to the bottom, not straight across. Until you have completed Column 1, do the same with each successive column. Top to bottom, not straight across.

3. Review page 50 through page 53 of the Big Book (up to the last paragraph). Note: each page you can use the word "well" in the first column and the compound of these words: (Example: self-checking, self-reliant, "staying in the process order as numbered below:


4. Now read page 50 (starting with the last paragraph) through page 71 of the Big Book.

5. Complete the Step 4 inventory sheets that have been provided to you. Follow the instructions on each of these sheets. Use additional copies of the sheets when necessary. DO NOT complete the columns left to right. They should be completed from TOP to BOTTOM in each column, before going to the next column.

6. Refer to the "Prompt Sheets" to jog your memory if you get stuck.

7. Ask questions if you are unsure of anything. Prepare for a long talk with your sponsor.

8. In the Fourth Step Inventory we are focusing on our greatest handicaps. Personal inventories will become part of life-long process. Later, in our Fifth Step inventories, our objectives are not only to keep our "now clean, and in order"--controlling attitudes and actions which they occur--but also to grow in understanding and effectiveness. And that everyone of us should be discovering in greater depth a knowledge and understanding of ourselves, our parents, impulses and driven. In our daily life, this self-awareness grows in our lives which will provide a simple "road for living that may be called "Therapeutic.

9. Naturally, there will come to mind additional things that you will feel that you have included in your Fourth Step, which aren't relevant. Don't worry about it. If you later feel that they are relevant, you can later edit out the Fourth Step, using the 10th Step Inventories. And you'll be able to do it SOBER!

You're learning to use your "Self-Relapse Test" for the first time. You will use them daily (hopefully) for the rest of your life... so to bridge the head of happy dealing with a new peace, serenity, stability, and new outlook on life.

The "BIG BOOK'S" Way to Be Rid of Resentment (pages 63—67)

**INSTRUCTIONS:**

- Study from the bottom of page 63 to the end of page 65 and then follow its instructions:
  - a) List all people, institutions and principles (Column 1) from **top to bottom**.
  - b) List all "causes" (Column 2), **top to bottom**.
  - c) Do all six instincts in Column 3 from **top to bottom** for each "cause".
  - d) Consider the first three columns carefully.
  - e) Then, complete Column 4 from **top to bottom**.

In resentful at: (1)  The causes: (2)

<table>
<thead>
<tr>
<th>Security</th>
<th>Personal Relations</th>
<th>Self-Esteem</th>
<th>Ambitions</th>
<th>Core Character Defects (4)</th>
</tr>
</thead>
<tbody>
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</table>

Core Character Defects (4):
- Putting out of our minds the wrongs others have done, [use folded lines to cover Columns 2 and 3]; we reluctantly looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? . . . ?
- [D]isregard the other person involved entirely. Where were we to blame? . . . When we saw our faults we listed them. We placed them before us in **black and white**: We admitted our wrongs honestly and were willing to set these matters straight.

<table>
<thead>
<tr>
<th>Selfish:</th>
<th>Dishonest:</th>
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<tbody>
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<table>
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<tr>
<th>Self-Seeking:</th>
<th>Frightened:</th>
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<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>what I'm afraid of</td>
<td>why I'm afraid of</td>
</tr>
<tr>
<td>--------------------------</td>
<td>--------------------------------------------------------</td>
</tr>
<tr>
<td>god</td>
<td>because my punitive god is</td>
</tr>
<tr>
<td>dying</td>
<td>because I'm attached to this</td>
</tr>
<tr>
<td>financial insecurity</td>
<td>because I do not trust fully I can</td>
</tr>
<tr>
<td>rejection</td>
<td>because I believe I need your</td>
</tr>
<tr>
<td>loneliness</td>
<td>because I believe I need</td>
</tr>
<tr>
<td>diseases</td>
<td>because I believe it will confir</td>
</tr>
<tr>
<td>relapse</td>
<td>because I believe it will confir</td>
</tr>
<tr>
<td>sin</td>
<td>because I believe sin keeps me</td>
</tr>
<tr>
<td>self expression</td>
<td>mainly w/ people that will judge</td>
</tr>
<tr>
<td>authority</td>
<td>because I believe some in</td>
</tr>
<tr>
<td>unemployment</td>
<td>because I believe it will lead to</td>
</tr>
<tr>
<td>doctor's</td>
<td>traditional ones since I do not</td>
</tr>
<tr>
<td>being found out</td>
<td>because of belief still hanging</td>
</tr>
<tr>
<td>failure</td>
<td>because I believe my life is over</td>
</tr>
<tr>
<td>success</td>
<td>because I believe this will</td>
</tr>
</tbody>
</table>
Ich sitze hier für Weeds & Bier
safety
others here for you
not responsible for others
freedom, success, atlas role surrendered
not responsible for others
others here for you
safety
courage, worthy
compassion, acceptance, caring, relaxed
self approval
intimacy & purpose
soul self
role surrendered
self approval
intimacy & purpose
soul self
Application: No act of kindness, no matter how small, is ever wasted.
As a Result today, I Know that

I Am The Dream and I Must Come True

I Am the Dream and
I Must Come True

2019 Face Everything and Recover Retreat
Get These Recovery Resources from CoDA

Books:
- Codependents Anonymous, The basic text or “Big Book” of Codependence Anonymous
- CoDA Twelve Step and Twelve Tradition Workbook
- NEWCOMERS HANDBOOK,
- TOOLS OF RECOVERY,
- Sponsorship: What’s in it for Me?,
- Peeling the Onion,
- Communication in Recovery,
- Making Choices,
- Twelve Steps Handbook,
- BUILDING CODA COMMUNITY: HEALTHY MEETINGS MATTER,
- Common Threads of Codependency,
- EXPERIENCES WITH CROSSTALK,
- Establishing Boundaries in Recovery,
- CARRYING THE MESSAGE: LIVING THE TWELFTH STEP.

Audio CDs:
- Personal Sharing on the Twelve Steps,
- Codependency and Shame,
- Newcomers and Sponsorship

CoDA Convention CDs: VWTapes.com
Retreat Presentation CDs: WhiteSoundStudios.com

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