

12 steps Review

(Live Steps 2, 3, 7, 9, 10, 11, 12 Daily)

Spiritual Malady – Always Restless, Irritable, Discontent (UNHAPPY)

Step 1 – The Problem is my THINKING

Step 2 – The Solution is GOD in my HEART

Step 3 – Live in my Heart DAILY and always having FAITH that I'm OK

Step 4 – The 4 lists (Resentments, Fears, Sex and Harms)

Step 5 Review

Resentments – Only have to do with ME and how I REACT

Fears – Solution is PRAYER and some sort of ACTION

Sex – What should I have done INSTEAD

Harms – So we can walk free someday

Step 6 – THINKING and KNOWING about my DEFECTS

Step 7 – Acting on a DEFECT, but with GOD'S HELP and a new loving ACTION it can be removed

Step 8 – Made a list of people I have harmed in STEP 4 but may have more to add by now

Step 9 – Make a LOVING amends list but I need to start with MYSELF FIRST and THEN DO THEM ALL

Step 10 – The 5 things I need to do all through the day

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

(2). When these crops up, we ask at once to remove them.

(3). We discuss them with someone immediately and

(4). Make amends quickly if we have harmed anyone.

(5). Then we resolutely turn our thoughts to someone we can help.

Step 11 – the 9 questions when I retire at night and reading on awakening in the morning, PAUSE when UNHAPPY

1) Were we resentful, selfish, dishonest or afraid?

2) Do we owe an apology?

3) Have we kept something to ourselves which should be discussed with another person at once?

4) Were we kind and loving toward all?

5) What could have we done better?

6) Were we thinking of ourselves most of the time?

7) Or were we thinking of what we could do for others, of what we could pack into the stream of life?

8) But we must be careful not to drift into worry, remorse or morbid reflection, for what would diminish our usefulness to others.

9) After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

Step 12 – Living the Steps DAILY and helping others with the Steps. LEARN IT, WORK IT, TEACH IT.