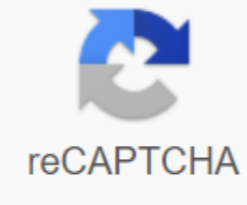




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## Step 11 aa worksheet

Alcoholics Anonymous called steps by our workbook friend's 12-step Great Book on the recovery of alcoholism and addiction. As mentioned in AA's original Great Book, Alcoholics Anonymous (AA), we release this personal experience-based study guide to help those following its 12 steps. 12 Steps are recommended in guidelines for recovering from alcoholism or addiction. There is no rule that says everyone should do these things, and there is no regulation on how they should be done. The Great Book workbook described steps as a friendly, focused group, for those who are actually willing to grow along spiritual lines (60:1) by reading the first 103 pages of the great book while making Steps. Our steps, our goal is to study Steps and work them out as the authors of the great book. We want alcoholics to make anonymous 12 Steps a part of our lives a force greater than our own – knowing an interior, collaborating with our own best and highest nature. For more information about using this resource as part of recovery, please read Frequently Asked Questions. Page 2 Of Alcoholics Anonymous is our workbook called Steps by Our Friend's 12-Step Great Book on The Recovery of Alcoholism and Addiction. As mentioned in AA's original Great Book, Alcoholics Anonymous (AA), we release this personal experience-based study guide to help those following its 12 steps. 12 Steps are recommended in guidelines for recovering from alcoholism or addiction. There is no rule that says everyone should do these things, and there is no regulation on how they should be done. The Great Book workbook described steps as a friendly, focused group, for those who are actually willing to grow along spiritual lines (60:1) by reading the first 103 pages of the great book while making Steps. Our steps, our goal is to study Steps and work them out as the authors of the great book. We want alcoholics to make anonymous 12 Steps a part of our lives a force greater than our own – knowing an interior, collaborating with our own best and highest nature. For more information about using this resource as part of recovery, please read Frequently Asked Questions. Page 3 Of Alcoholics Anonymous is our workbook called Steps by Our Friend's 12-Step Great Book on The Recovery of Alcoholism and Addiction. As mentioned in AA's original Great Book, Alcoholics Anonymous (AA), we release this personal experience-based study guide to help those following its 12 steps. 12 Steps are recommended in guidelines for recovering from alcoholism or addiction. There is no rule that says everyone should do these things, and there is no regulation on how they should be done. Great Book workbook that Steps. Our steps grow along spiritual lines (60:1) by reading the first 103 pages of the great book while making steps For those who work, our goal is to study Steps as a friendly, focused group and work as great writers Described. We want alcoholics to make anonymous 12 Steps a part of our lives a force greater than our own – knowing an interior, collaborating with our own best and highest nature. For more information about using this resource as part of recovery, please read Frequently Asked Questions. Step 11 is my continuous reality check and compass. It's about the reality that I know is taking me out of my addictive behavior. He's keeping me safe by keeping in conscious contact with God. Through prayer and meditation I maintain this conscious contact with God and constantly try to carry out what God leads me to do. In this way, I find the sanity, peace and joy I'm looking for. 12Step.org those who came to use prayer regularly couldn't have done more without it than rejecting air, food or sunlight. And for the same reason. When we reject air, light or food, the body suffers. When we turn away from meditation and prayer, we likewise deprive our minds, emotions and intuition of vital support. The soul can also fail, as the body can fail its purpose due to lack of nutrition. We all need the light of God's reality, the feeding of His power, and the atmosphere of His grace. The facts of A.A. life confirm this ageless truth to an incredible extent. Twelve Steps and Twelve Traditions, p. 97-98 Step provides 11 days of spiritual care. As healed individuals, we can use our support groups and healing literature as springboards towards spiritual and emotional development. We will probably reach a level, however, in which we hunger for deeper contact and communication with God... If we've had little or no experience with prayer, we should probably start in a simple way. That means putting aside perfectionist concerns about praying the right way. As a loving father, we must pray to God simply and openly, not worry about what to say and not to say. In time, as we become comfortable with God, we will talk to Him like a trusted friend. He will be the one we can carry out our daily issues of grief and confession together. And we will begin to feel his answers to our prayers... Serenity, Twelve Step Recovery, p. 72, 73 When we first came to the Program, we often express a lot of important requests and needs that seem to be. As we grow spiritually and learn about a Power greater than we are, we begin to realize that as long as our spiritual needs are truly met, our life problems are reduced to a comfort point. When we forget where our true power is, we are quickly exposed to the same patterns of thinking and action that brought us to the Program. Finally, to the point where we will see our beliefs and understanding that our greatest need is to know God's will for us. the power to make it happen. We can set aside some of our personal preferences to do so if necessary because we learn that God's will is made up of the things we care about the most. God's will for us becomes our own true will for us. This happens in an intuitive way that cannot be explained in enough words. We become willing to let other people be who they are without having to judge them. There's no more urgency to get things done. In the beginning, we didn't realize how to accept it. Narcotics Anonymous Basic Text, Part 4/Step 11 Steps to act with steps that report that people are increasingly in contact with someone – a Person rather than philosophical High Power. When this change happens, we will often follow the believe in miracles in their lives. After fear of losing control, they discover the insight, wisdom, strength and courage they didn't have two weeks ago. At this point, a lot of people say, I'll surrender, I'll give up. They begin to communicate with God about what happened to them. That's when i was in the 11th century. While these changes are for many people, they don't happen for everyone. Many work steps and twelve steps have yet to stay sane in programs yet somehow miss everything about prayer and meditation. But most of the people who work in good programs depend on God and somehow use prayer and meditation. They use them as practical ways of learning who God is and what it is for them, as well as to find useful facts about who they are and what they will do to find happiness, guidance, peace and continuous growth. But they often pray because they feel gratitude, love and a sense of respect. A Hunger for Healing, by Keith Miller, p. 180 Step Eleven already says that our understanding is a conscious contact with God, and now the task ahead is to improve that contact. We began to develop our High Power consciousness in Step Two, learned to rely on this Power for guidance in Step Three, and trusted this Power many times for many other reasons in the process of working on the steps. We have always called high power for help, improved our relationship with High Power. Step Eleven agrees that our understanding of what is called the simplest prayer is one of the most effective tools for achieving God, establishing a relationship with God. Other tools proposed in this step are meditation. In this step, you need to explore your own concepts of prayer and meditation, and make sure that it reflects their spiritual path. ... Some of us can get to this point, and we don't know. The institutions we've been with in the past don't have answers, but we can't think. That sounds like a better idea. For those with this experience, this is where we go on one of the most important journeys of our lives: looking for a way to understand a High Power. In this process, we are likely to visit everywhere related to the spirituality in our community. You are also likely to read numerous books about spirituality and personal development and talk to a large number of people. We may make time for any number of implementations before settling into one, or we may never be able to permanently settle into any application. It Works states that many of our members take an eclectic approach to spirituality. If this applies to us, it is important to know that doing so is good and that healing will serve your spiritual needs well. ... As we explore the spiritual path and perhaps take and discard various spiritual practices, some of us are troubled by na steps and traditions when God seems to have a male gender and seems to have natural prejudice. Even more painfully, some of us may feel that we don't have much support within the local NA community for our spiritual choices and discovery. It is important for us to understand that the language of NA's recovery literature is not to determine a member's spirituality. It is also important for us to understand that there are character flaws as addicts and that sometimes some of our members can act on their own faults by mocking their own character mistakes. Even such ridicule support can be relied in na recovery literature. Again, NA itself has no formal or approved spiritual path, and any member who claims otherwise is, quite simply, wrong. We're talking about it because we believe it's very important that all of our members know what's right and what's not about NA when we're working on step eleven. This could be a dangerous time. If members follow a spiritual path and are therefore not welcome in NA, their recovery could be in jeopardy. We, as members, have a duty to encourage the spiritual discoveries of other members, and those of us who are exploring need to know that we can look anywhere for our spirituality without threatening our NA membership. ... For many of us, conscious contact sounds like something very mysterious, implying some sort of cosmic union with God. But it's really simple. This simply means that there is a conscious awareness of our connection to a high power. We realize the existence of this Power and see it work in some ways in our lives. Our members have many ways to experience the existence of a loving God: when we experience something in nature, like the forest or the ocean; with the unconditional love of our sponsor or other NA members; with the feeling of being anchored in difficult times; with feelings of peace and warmth; by chance we see it as some great good has led; Na with the simple fact that our recovery; thanks to our ability to listen to other people in a meeting; and countless other tools. The important thing is that we are looking and ready to accept that the High Power is active in our lives. Narcotics Anonymous Step Study Guides, 1998, p. 107, 108, 109, 111 Twelve and twelve [Webmaster's note: Twelve steps and twelve traditions in this classic recovery book] it is clear that reading is not any form of caricature lotus position, nor esoteric mysticism, of the conception of meditation presented at this step. Although there is certainly room for a more in-depth form of meditation, what Bill had in mind is more of an open-minded self-reflection. In terms of prayer, although a more traditional sense of prayer has been described, the purpose is also portrayed as praying for one's High Power for a sense of direction. At the end of the 12-step meetings, the prayer to be held, not god's will, not mine, is frequently added to the Prayer of Peace at the end of the 12-step meetings and reflects the distance from the self-centrist position of the active alcoholic or addict. 12 Step Recovery A Clinician's Guide, 2009, p. 54-55 54-55