

WORLD SERVICE CONFERENCE OF NARCOTICS ANONYMOUS

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To: WSC Conference Participants
From: WSCLC Steps Ad Hoc Committee
Re: Step outlines
Date: April 25, 1990

The Steps Ad Hoc Committee, with the concurrence of the WSCLC, has decided to distribute the step outlines in keeping with our efforts to inform the fellowship of our progress. These are preliminary content outlines that the committee has developed for their own use. They *are not* for review and input by area and regional literature committees. We are however, always open toward comments and suggestions.

The development of these outlines and their intended use are covered in detail in the Steps report. Briefly, they reflect the focus on the spiritual principles inherent in each step and how they manifest themselves throughout our recovery. The committee used several sources of fellowship input as well as some older outlines to draft these current outlines. (Chicago and L.A. drafts, review and approval forms)

Presently, the ad hoc group is studying all the source material to identify additional input to "flesh-out" the outlines. These outlines will then be used to create a preliminary draft of each step.

We feel extremely optimistic about the progress of our work. Thank you for your continued support, and allowing us to serve.

WSC STEPS AD HOC COMMITTEE

DRAFT OUTLINES

INTRODUCTION

1. Principles thread through steps
 - a. Evolve individually and collectively
2. Move from negative to positive
 - a. Talk about addiction honestly
 - b. Talk about what's good in recovery
 - c. The steps represent the solutions to the pain we suffered
3. Sponsorship theme introduced in this step and inserted gently throughout.
4. Theme of patience--how long it takes to incorporate these steps--should be inserted throughout.
5. The first step is the beginning of recovery.

STEP ONE

Identification

1. Addiction (drug aspect)
 - a. Discuss the disease in all its aspects; physical/spiritual/mental/emotional
2. Pain
 - a. Point at which we all identify
 - b. It's what brought us here
 - c. Levels of defeat
 - d. A positive indicator that something wrong

Spiritual Principles

1. Surrender
 - a. Powerless over addiction leads to surrender and freedom
 - b. Without surrender the other steps cannot work.
 - c. Freedom comes from being able to admit powerlessness.
 - d. Surrender brings sense of peace
2. Unmanageability and hopelessness
 - a. What brought us to this point--unmanageability of pain
 - b. The hope recovery offers
 - c. Recognition of lack of control over our lives sets the stage for surrender
 - d. The loss of self is essential in the spiritual path.
3. "Honesty"--a profound concept
 - a. Implies reality vs fantasy and denial
 - b. What is our essential nature?
 - c. Looking at powerlessness and unmanageability of our lives requires honesty
 - d. Our lives
4. Working this step at different stages of recovery
 - a. Our recovery is an ongoing process of surrendering to our powerlessness and unmanageability and the pain attached to our addiction whether it is to drugs, people, places or situations.
5. Solution - begins in Step One

Spiritual Journey

1. Through admitting defeat, we become "a part of" the "we" that is N.A.
2. Surrender brings sense of relief and makes us pliable or willing to seek solutions. Surrender is opportunity to identify with other addicts.
3. Sponsorship

STEP TWO

Identification

1. Sanity
 - a. Recognizing the sanity of those in recovery allows us to have hope that change is possible for us as well.
 - b. restoration of sanity
 - c. need help and hope
2. Insanity
 - a. Initial glimpse at the true nature of disease
 - b. Insanity: the great equalizer
 - c. Experiences (insane)
 1. social unacceptability
 2. mental obsession
 3. reliance on drugs
 - d. Inability to maintain our sanity on our own

Transition from Step One

1. Powerlessness, fear, self-centeredness require power greater than ourselves
2. Surrender leads to Step Two
3. Surrender leads to
 - a. Beginning to feel love, acceptance
 - b. Freedom
 1. gives us a sense of openness
 2. openness leads to Step Two
 - c. i.e., surrender causes openness
4. First mention of the spiritual solutions to the mental obsession of the disease

Spiritual Principles

1. This is our first inkling of faith, trust
2. Belief in some power greater than us is sanity
3. Open-mindedness develops toward the principles of trust, faith, hope
4. Willingness to try something different
5. Get a glimpse of humility, though don't yet recognize its impact

Spiritual Journey

1. There are many principles that work hand-in-hand with one another throughout the steps. At times, many of the words we use to describe spiritual principles are interchangeable. Various levels of recovery and understanding determine how we define these terms.

2. Reliance on a higher power is like an arrow pointing the way toward the direction of recovery in N.A.
3. This step provides humble beginnings of our concept of a higher power
4. We ask a higher power to help us return to sanity
 - a. The release that comes from believing in a power outside of ourselves
 - b. Seed of faith and trust
 1. Power that can begin to move us from insanity toward sanity
5. Choice implied in this step
 - a. Power greater than ourselves
 - b. Can change our relationship with God
 - c. Can invite God into my life
 - d. Can choose a new concept of Higher Power
 - e. Sponsorship and talking with others in recovery can help in our search for a Higher Power
6. Change from reliance on drugs as a type of higher power capable of altering our life, feelings, etc.
7. Change to reliance on a positive nature or force
 - a. Principle of hope--begin to believe that positive change is possible
8. Begin to be willing to try something different, take risks, explore the unknown
9. Humility is the actual starting point
10. Begins a declaration that we've found a way
11. Each time I go through the steps this is where the relationship takes on a new deeper meaning
12. Once again the insanity is the separateness we can act on our own, for the oneness only comes from a relationship with God.

STEP THREE

Identification

1. Why do we need to do this?
2. What's going to happen to me if I do this?
 - a. Address fear of turning our will over
 - b. Biggest change we may ever experience
 - c. Stress the positive aspects versus the fear of this step

Transition from Step Two

1. Defeat in Steps One and Two lead to the willingness to take the Third Step
2. Letting go of control is practicing powerlessness, acceptance
3. We begin to develop a different understanding of God or begin to change our spiritual concepts--begin to let go of old ideas

Spiritual Principles

1. Willingness
2. Faith
3. Prayer
4. Freedom in letting go
5. Commitment to recovery--to continue on this journey

Spiritual Journey

1. Third Step isn't just making a decision, we have to surrender
 - a. Surrender to the fact that we'll always be surrendering
 - b. A daily decision
2. Not simply turning over drugs, but our will and our life--the whole package
 - a. Discuss what "our will" and "our life" mean
 - b. Discuss in care of God
 - c. Doing the action; leaving the results to God
3. Understanding of a Higher Power (many interpretations)
 - a. Sponsorship theme
4. How to do this
 - a. Discuss prayer
 1. We ask

2. Avoid too specific experiences
 - a. We decide how simple or complicated the prayer needs to be to suit our purpose
3. This step seems to be the birth of a prayer--an awakening of sorts
5. Begin a relationship with God
6. Begin to get in touch with our true spirit
7. Begin to recognize my responsibility for my life, recovery, growth
8. This is simply a choice to let that change occur
9. Regardless of the depth at which we take this step, it gives us a sense of commitment
10. We begin to realize that this life is a fragile gift
 - a. Really is a day at a time
11. Even though we may not fully comprehend the complexity of this step, we practice some degree of faith by making this decision and by going on the Fourth Step

STEP FOUR

Identification

1. Emotional life story--(this is not the only life story that we will examine)
 - a. resentments
 - b. fears
 - c. patterns
2. Conflict: have lived in opposition to our own morals, values
3. Compulsiveness of disease--victimized ourselves
4. Defects/assets

Transition from Step Three

1. First three steps touch us on the inside. Step Four prepares us for looking at our insides
2. Makes the Third Step a reality. God is working in our lives now
3. Pivotal step--affects our recovery as a whole
4. Honesty from Step One now in Step Four takes us further

Spiritual Principles

1. Begin with willingness
2. Its a move empowered by trust, faith
3. Courage
4. End with honesty which carries us into the Fifth Step

Spiritual Journey

1. Get in touch with our exact nature
 - a. Importance of recognizing the values we do have
 - b. Assets included in this step. Value of having some idea of basic good characteristics of ourselves
 - c. First Fourth Step
 1. Not simply a list of how bad we were
 2. If it only scratches the surface it's okay--(just do it.)
 - d. Courage required to take this step--to explore behaviors, thoughts, values, beliefs--both good and bad

2. Importance of sponsorship
 - a. guide
 - b. support
 - c. encouragement
3. Importance of prayer before starting to ask for courage, and honesty
4. Gives direction to start focusing morals on
 - a. Moving beyond compromise
5. Paves the way to share with other addicts
 - a. Share through experience
 - b. Make sense of experience
6. Beginning of our journey toward trust
7. Ongoing process
 - a. No "finished" inventory
 - b. Although this is our best effort we know that we will continue to work this step throughout our recovery

STEP FIVE

Identification

1. Experience love and feel lovable
2. Experience the capacity to trust and be open
3. Confront what it means to be human
 - a. Brings us out of isolation and loneliness
4. Unconditional love experienced, for many the first time
 - a. A compassionate healing experience
5. This step dispels the myth we have about ourselves/uniqueness--we are recognizing our true nature
6. Secretive behavior and secrets

Transition from Step Four

1. Steps Four and Five are very dynamic
2. A continuation of our relationship with God formed in Steps Two and Three. The change we became willing to make in Step Three is starting to occur
 - a. We are taken care of during this experience

Spiritual Principles

1. Enter the step with honesty, hope, trust, faith
2. Actively practice trust, courage, a degree of humility
 - a. We experience these principles (especially humility) even if we can't yet name them
 - b. Courage to reveal our true self at the risk of rejection and humility from glimpse of our true nature
 - c. Being our inner most self with another can be humiliating at first, but humility is born from this.
3. Allows us to practice experience, strength, hope with another addict
4. Experience with love and acceptance for both parties
 - a. Gratifying experience in recovery
 - b. Powerful, sacred experience for both parties

Spiritual Journey

1. How do we invite God into this process?
 - a. Refer to a moment used during a Fifth Step to pray and meditate
2. How do we prepare spiritually for this process?
 - a. Not a quick fix for a painful situation
 - b. Make a reality of first four steps
 - c. Realize not going into this situation alone

3. Fifth Step listener (sponsor)
 - a. Importance of choosing the right person
 - b. Importance of "give and take" interaction between the two people involved
 - c. Opportunity to allow a human being in our lives
 - d. Opportunity to intimately meet with an addict who is experienced in recovery and has dealt with many of the issues we present to them
 - e. Opportunity for a honest relationship with another human being
 - f. Healing effect for both parties
 - g. Tendency to sever the relationship with the listener (run away)
 - h. Roles of risk-taking and trust
 - i. Faith that the listener will see us and that we will emerge with a renewed, stronger faith in the love and acceptance of a fellow addict
4. The role of the listener in the Fifth Step
 - a. To be there as a listener shows love and acceptance toward the person
 - b. Pen and paper to write down thoughts afterwards
5. Meaning of Fifth Step
 - a. Breakthrough toward relationship with other(s) Allowing one person to "know" us opens the door for others to know us as well. We no longer have to feel ashamed of our true self.
 - b. This can be tangible evidence of God may happen in active participation in a Fifth Step
 - c. Just for today we gain a perspective on our lives
 - d. Healing process begins to turn outward
 - e. Pieces of life start to fit together
6. Step 5 forms beginning of pathway that leads toward Step Twelve
7. A list of defects for Steps Six and Seven (awareness of true self)
8. Exact nature of wrongs, dual meaning, we do have wrongs not as wrong as we believe them to be

STEP SIX

Identification

1. Tendency to want to gloss over this step--good information but not seen as an actions step
2. How do we actually become entirely ready?
 - a. How disease can get active in our lives in recovery
 - b. Door that we can open to change
 - c. Problem is us, not drugs
3. Process of hitting bottom with our defects
4. Won't magically turn into another person
 - a. Realization that, although we've tried, we can't fix ourselves
5. Sometimes there maybe fear of "what will become of me?" Our defects are not our true nature, our true nature is what rebels against our defects
6. We begin to identify a new person

Transition from Step Five

1. Openness to be cleansed comes from Fifth Step
2. Fifth Step brings us to the exact nature of our wrongs
3. After taking a Fifth Step, we feel a relief triggered by honesty and a spirit of forgiveness
4. Further clarifies Step Three
5. Humility - I myself cannot change - leads us into Step Seven

Spiritual Principles

1. Willingness
2. Persistence in pursuing recovery
3. Discipline and commitment
4. Humility, humbleness
5. Self-acceptance
6. Faith

Spiritual Journey

1. Difference between fear of change and courage to change
 - a. Pain from character defects brings willingness--stronger than fear

- b. Step Six suggests a sane attitude to take toward change, character defects, and God
 - c. The fear of change is over ruled by pain of staying the same (fear of not changing)
 - d. The courage to change comes from recognizing true self and potential for spiritual growth
2. Look how life has been with these defects and how it would be without these defects
3. Opening our hearts and minds lead to readiness
4. Defects of character are character traits that have crossed the invisible line
5. Realization that this is where we will give up our past life and our reservations
 - a. Grief over the old persona
 - b. Letting go of the old and moving towards the new
 - c. Experience of forgiveness and unwillingness to repeat the same mistakes
6. Begin to practice constructive rather than destructive thoughts/behavior
 - a. Once our true spirit has been tapped, it is difficult to practice character defects
7. Relationship with sponsor (listener) continues
 - a. Trust becomes real
8. What is God's part and what is our part?
 - a. Our part entails willingness, openness and desire to undergo profound change.
 - b. God's part is to remove. God is the one with the power to remove our defects.
 - c. Need principles, program to change
9. Subtleness of this step
 - a. Conflict between attraction to old ways and to our spiritual nature
 - b. Seek balance
 - c. The energy once used to rationalize, camouflage, or deny character defects can now be used to move us toward spiritual goals.
 - d. As we continue to recover, this subtlety becomes more apparent
10. Our struggle with this step leads to compassion towards others and the beginning of a more non-judgmental attitude
11. We will not reach perfection with this step
 - a. Seen in the here and now rather than forever
 - b. Am I ready now?
 - c. Our healing comes in God's time. It will not be forced upon us, nor can we force it upon ourselves.

12. Prepares us for
 - a. The self-acceptance needed in Step Nine
 - b. Step Ten continually allows us to look back at Step Six and our defects.(also refer this to step ten)

STEP SEVEN

Identification

1. Members have differing viewpoints about this step
 - a. Specific interpretation left to the individual

Transition from Step Six

1. Action from previous steps leads to Steps Six and Seven
 - a. Humility has been present from Step One
 1. Difference between humility and humiliation
 - b. Critical to look back and see where we've come from and where we're going
2. Steps Six and Seven
 - a. Give us the realization that we have access to empowerment
 - b. Show us whether we've fully taken Step Three
3. This is part of the solution.
 - a. More positive than the despair we anticipate
4. Thus far our inward search is being reflected outwardly. Change is becoming apparent
 - a. Continuation of practicing constructive rather than destructive thoughts and patterns

Spiritual Principles

1. Surrender (greater level of)
 - a. Can refer back to Step Three
 - b. Realization that we don't have the power to remove defects/shortcomings, but that God does
2. Fearlessness
3. Freedom
4. Self-acceptance
 - a. Its nonjudgemental/compassion theme towards others continues
5. Humility
 - a. It's the God within
 - b. Humility vs humbly
6. Balance
7. Patience
8. Tolerance
9. Hope

Spiritual Journey

1. Defects and shortcomings
2. Process of struggle
 - a. Learning what the steps mean to us
 1. Spiritual choice vs semantics
 2. Actions vs intellectualizing
 3. Balance vs self-centeredness that we began with
 - b. Began this step with our humanness and self-acceptance
 - c. Experience of peace and serenity
3. Open to experience of others
4. Comfortable with Higher Power
 - a. Sense of a place with Higher Power although others may not be a part of it.
 - b. Comfort of having a changed relationship with Higher Power
 - c. Experience of peace and serenity
5. Asking rather than expecting to have shortcomings removed at once
6. In taking this step, a certain peace comes
 - a. Not alone with our defects in the same way
 - b. Feel God working in our lives
 - c. Entering a relationship with God
 1. Sense of emotional connection
 2. Knowing that you don't have to do it yourself--that God is there--is comforting
 3. Action of asking a Higher Power begins a deeper relationship
 4. Asking means permission--I am giving my Higher Power the permission to work in my life
 5. Establishes a real relationship--easier to do it again and again
 - d. Serenity is in that peace
 - e. Believe that God is the power that can remove these defects
 - f. Place where we see how steps Two and Three have begun the basis for our belief in a power greater than ourselves
7. Prayer
 - a. Seventh Step is the beginning of a prayer
 1. Puts us in the position of praying to a Higher Power
 - b. Mechanics of prayer vs personal communication
 1. Prayer needs to be placed in a bigger context
 - c. Seventh Step Prayer
 1. Pro: way for newer members to learn something about prayer
 - a. Way to feel successful
 - b. Discipline
 - c. may be unable to think or pray
 2. Con: mindless way to pray instead of developing own personal dialog
 - a. Easy to think that repeating Third and Seventh Step was the action of the step
 3. Source of prayers
 - a. Committee
 - b. Solicit from fellowship
 - c. Ask fellowship if want one--now vs during review and input
8. Steps Ten and Eleven bring us back to daily work with Step Six and Seven

STEP EIGHT

Identification

1. Fear sometimes blocks us
2. Takes courage to put someone's name on a list

Transition from Step Seven

1. Fourth Step
 - a. Basis for who we need to make amends to
 - b. How we have harmed others
2. Before I get to Eighth Step, I know who I need to make amends to
 - a. Fifth Step with sponsor clarifies this
 - b. Subtle relationship of steps
3. Willingness to make peace with ourselves and God in Step Six and Seven leads to willingness to make peace with others

Spiritual Principles

1. Self-forgiveness/forgiveness of others
 - a. We make, in a spirit of true courage and dignity, amends for our behavior, not for who we are
2. Courage
3. Honesty
4. Willingness
 - a. To confront the past

Spiritual Journey

1. Discovering what "harm" is
 - a. Asking ourselves how we have harmed others
 - b. Focusing on our actions rather than others
2. Value in facing the list regardless of whether we can do anything about past action
3. Willingness
 - a. Have to accept consequences; willing regardless of consequences
 - b. Willing whether or not amends go our way
 1. Willing with all our heart
 2. Set aside our will
 3. Let go of our expectations

4. Turning point of making peace with others and ourselves
 - a. Let go of blame
 - b. Can write names even if we have resentment still
5. Amends
 - a. As long as we are willing to make amends, a healing comes about
 - b. Importance of not making amends prematurely
 1. Learn that consequences for our actions
 2. Find that our actions had harmed others
 3. More than just making a list of names
 - c. Ultimately, we amend our attitudes
 1. Need not hide/run
 2. Can face responsibility in life
 - d. Willingness to amend behavior that has cause harm
 - e. Contribute to society as an amend
 - f. By living clean, we are now in the process of a daily amends
6. Internalizing this step--how it becomes a part of our lives
7. Preparatory to Step Nine

STEP NINE

Identification

1. We are trying to get away from self-obsession
2. We must do these things so we don't die from self-absorption

Transition from Step Eight

1. Provides direct action toward applying Step Eight
 - a. Tangible evidence of our responsibility by making these amends
2. End result of starting on Fourth Step where we are able to allow our Higher Power into our lives
3. Freedom which started in Fifth Step expands in Ninth
 - a. Direct, honest communication with another

Spiritual Principles

1. Honesty
2. Willingness
3. Courage
4. Faith
 - a. A cleansing step
5. Forgiveness
 - a. Over-all forgiveness we find for ourselves is new-found freedom
 - b. With forgiveness process, we start to let love in
 - c. Self-forgiveness leads to forgiveness of others
6. Freedom from
 - a. Resentments
 - b. Fears
 - c. Ideas
7. Humility
 - a. From facing ourselves and others
 - b. From saying "This is who I was" and "This is who I am"

Spiritual Journey

1. Guidance from sponsor and Higher Power
 - a. Determine if injury to others would result
 - b. Personal step
2. Amends
 - a. Types
 1. Emotional
 2. Physical
 3. Financial
 - b. Amend should be appropriate to harm incurred
 - c. Never too late
 - d. Many times not a one-shot deal, but a process
 - e. Difference between making amends and amending a relationship
 - f. Direct amends
 1. Means (ways)
 - a. Face-to-face if possible
 - b. Phone
 - c. Letter (e.g., if dead)
 - d. Legal route
 2. A direct confrontation of this issue
 - g. Take responsibility for your actions
 1. Responsibility - doing what's right to correct the wrongs you've done
 2. Your actions, not others - this is your step
3. This step elicits emotional and personal responses that teach us and change us
 - a. Emotional responses
 1. Freedom from resentment
 2. Beginnings of love
 3. Lifting of guilt
 - b. Personal responses
 1. Better perspective on ourselves
 2. Taking more responsibility as a result of this step
 3. Better sense of self
 4. Better self-esteem
 - c. Learn about
 1. Discretion
 2. Interacting with others
 - d. Changes
 1. Feedback from amends give us a spiritual perspective
 2. Changed by each individual experience with this step
 3. Live change at a tremendous depth through this step
4. No expectations
 - a. Leave results to God
 - b. See as avenue to get away from self-obsession

5. Freedom from self
 - a. Joyous sensation from this step
 - b. Self-interest in that our very lives depend on it
6. Prelude to experiencing principle of love in Twelfth Step

STEP TEN

Identification

1. The spiritual means to review our responses to life

Transition from Step Nine

1. Left ninth step with freedom
 - a. Step Ten gives opportunity to continue with that freedom
 - b. Gives opportunity to acknowledge growth and change

Spiritual Principles

1. Self-discipline
2. Honesty
3. Willingness
4. Persistence
5. Humility

Spiritual Journey

1. Reflection of our day
2. Record of what happened
 - a. Regardless of events, eventually comes back to looking at our part
 - b. Helpful to write it
3. When wrong, promptly admit it
 - a. Recognize patterns--old and new
 1. Acceptable/constructive behavior
 2. Unacceptable/destructive behavior
4. Daily inventory
 - a. Reflects current behavior, talents, gifts, conflicts, relationships
 - b. Reviews progress as well as tendency to act on defects
5. Personal inventory--not good/bad
6. Self-discipline
 - a. Needed to check ourselves each day because our lives depend on it
 - b. Teaches us about our feelings

7. Brings us into alignment with our true nature (spiritual self)
 - a. Creates comfort with self
 - b. Eases interactions with others
 - c. Gives ability to approach problems with spirit-based rather than impulsive solutions
 1. Helps to maintain healthy relationships
 2. Ask if acting from feelings or principles
 3. Responsibility vs victimization
8. Allows us to
 - a. Live the program more consistently
 - b. Stick with the basics
 - c. Bring quality into our lives
 - d. Find balance
 - e. Know when we need to do a complete or category inventory
 - f. Recognize when we've made a wrong or right decision
 - g. Find a better perspective on our lives
 - h. Stay more attuned to the here and now instead of always backtracking
9. Creates self-awareness
 - a. Mental
 - b. Spiritual
 - c. Emotional
10. Clarifies relationship to Higher Power
11. Willingness to pay attention to myself and to take responsibility to work on areas needing change.
12. Development of goals, changes
 - a. Gives direction to decisions
 - b. Demonstrates growth
 - c. Leads to feeling of self-worth
13. A cleansing step
14. Eleventh Step in part of the Tenth

STEP ELEVEN

Identification

1. Spiritual program vs religious organization
2. Preconceived idea that there's a right way
 - a. Open-mindedness to the variety of spiritual experiences, forms of prayer and meditation
3. Long search for God
 - a. Ask people about their forms of prayer, meditation
 - b. Refer to other sources (books, spiritual societies)
4. Not a special skill one automatically possesses
 - a. Developed through the steps
 - b. Here we seek improvement with our contact with a Higher Power
5. Personal nature of this step
 - a. God of our understanding
6. Often easier to see God working in others' lives rather than our own
7. Steps like stirring calm pool of water
 - a. Sometimes so rebellious that it hurts to pray

Transition from Step Ten

1. Completion of Third Step
 - a. Step Three: beginning of our decision
 - b. Step Four - Ten: Cleansing the channel
2. Begin with powerlessness to a point of empowerment by
 - a. All previous steps
 - b. Sharing with others
 - c. Our Higher Power
 - d. The improvement stated in Step Eleven

Spiritual Principles

1. Open-mindedness
2. Surrender
3. Discipline
4. Humility
5. Love
6. Courage
7. Empowerment
 - a. Clarifies ramifications of powerlessness

8. Maintaining willingness

Spiritual Journey

1. Prayer and meditation
 - a. (Basic Text) prayer is talking to God; meditation is listening
 - b. We choose our own means of communication
 1. It should be comfortable to us
 2. Diversity of fellowship
 - a. Examples of meditation and prayer
 3. Regardless of all these other spiritual experiences, we ultimately must find our own way
 - c. Require practice
 1. Like an artist practices his/her craft
2. An ongoing experience
 - a. A commitment to recovery every day
 - b. Struggle vs. search
 - c. Probably not our final notion of God
 - d. A journey of change and growth
 - e. Form of discipline to daily practice this contact
 - f. Becomes habit
 - g. Won't always immediately see results because it is a process
3. God
 - a. Need for daily personal relationship
 - b. Perception of God may be constantly changing
4. God's will
 - a. Purpose of this step: find out what God's will is for me and try to live consistently with it
 - b. Word "only" gives clear direction toward what to pray for
 - c. Guidance received often different to our expectations or desires
 - d. Material vs spiritual world
 1. Outside appearances are not the effects of God's will
 - a. Often God embraces us most during adversity
 - b. God's will doesn't mean everything going my way on the outside (money, job, relationships, etc.)
 2. God's will involves internal change
 - a. Miracles in our spiritual lives representative of God's work
 - b. God's will is our heart's desire (letting go of attachments)
 - c. God's will for us is to live, love, laugh and be happy
5. Experience of Eleventh Step
 - a. Conscious contact with God
 1. Actively seeking that relationship
 2. Gain sense of peace, companionship with God
 3. Opportunity to recognize the presence of God in our lives and situations
 4. Moves us away from spiritual separateness
 - b. Eleventh Step is the vehicle that takes us to the place within that has always been there
 1. Not important to expect enlightenment, bright lights, etc.
 2. Daily harmony with what's going on
 - c. Allows answers to happen

1. Source of knowledge
 2. Way to release our talent, nature, power as human beings
 3. Pay attention: answers may show up where and when we least expect it
6. Practicing Eleventh Step provides evidence of God's will and principles
 - a. Live, love, be happy
 - b. Leads to Twelfth Step

STEP TWELVE

Identification

1. Spiritual awakening as a result of these steps
2. Practicing the principles
3. Carrying the message

Transition from Step Eleven

1. Fulfillment of sticking with and working all the steps from one to twelve
 - a. Surrendering, letting go (Steps 1,2,3)
 - b. Inventory and honesty (Steps 4,5)
 - c. Giving up our old ways (Steps 6,7)
 - d. Cleaning up the past (Steps 8,9)
 - e. Continuing inventory (Step 10)
 - f. Improving conscious contact (Step 11)
2. Leads to a spiritual awakening and what that means

Spiritual Principles

1. Service
2. Unconditional love

Spiritual Journey

1. Carrying the message (just as recovery is progressive so is the message)
 - a. Recovery from addiction
 1. Stop using
 2. Recovery from effects
 3. Spiritual awakening
 4. Build a life
 - b. Personal style (sponsorship, etc.)
2. Practicing principles (selfless living)
 - a. What it does for our own life
 - b. Interaction with others
3. Spiritual awakening (ongoing)
 - a. Through carrying the message and practicing principles
 - b. Remain teachable (continuing step work)

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