Are You a Bit Fucked? — the Steps in everyday language

One recovered man's questions for each Step — and under each set, the Book's own lines to take him back to.

> *Of far more importance was the fact that he was the first living human with whom I had ever talked, who knew what he was talking about in regard to alcoholism from actual experience. In other words, he talked my language.* — ◆ BB p.180 ¶2

> *When dealing with such a person, you had better use everyday language to describe spiritual principles.* — ◆ BB p.93 ¶1

An aside, not the path. The Book's passages drive every meeting in the Sponsor's Guide. This page sits beside it: one recovered man's questions for each Step, put the way he would put them to a friend in a bar. When the Book's words are not landing — the man who bristles at *God*, who hears *defects of character* as a sermon — ask him these instead, then take him back to the page. The headings are the questions' own blunt titles; the Step each answers to is beside it in the table. Where they lean away from the Book, a sponsor's note says so, and under each Step's questions *The Book, question by question* gives the page to go back to.

	In everyday language	The Step, in the Book's words
1	Are you a bit fucked?	We admitted we were powerless over alcohol—that our lives had become unmanageable.
2	Could you not be fucked?	Came to believe that a Power greater than ourselves could restore us to sanity.
3	Are you, on your own, going to 'unfuck' yourself?	Made a decision to turn our will and our lives over to the care of God as we understood Him.
4	Write down all the things that are fucking you up …	Made a searching and fearless moral inventory of ourselves.
5	Honestly tell someone trustworthy about how fucked you are.	Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6	Well that's revealed a lot of fucked up patterns. Do you want to stop it? Seriously?	Were entirely ready to have God remove all these defects of character.
7	Are you willing to live in a new way that's not all about you … ? You have to.	Humbly asked Him to remove our shortcomings.
8	Prepare to apologize to everyone for everything affected by your being so fucked up.	Made a list of all persons we had harmed, and became willing to make amends to them all.
9	Now apologize. Unless that would make things worse.	Made direct amends to such people wherever possible, except when to do so would injure them or others.
10	Watch out for fucked up thinking and behaviour and be honest when it happens.	Continued to take personal inventory and when we were wrong promptly admitted it.
11	Stay connected to your new perspective.	Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12	Look at life less selfishly, be nice to everyone, help people if you can.	Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

The Steps as the Book prints them: ◆ **BB pp.59–60**. The questions keep their British spelling.

Step 1: Are you a bit fucked?

1. What do I want to change?
2. What pain or fear do I associate with change in this area?
3. What pleasure am I getting out of not changing?
4. What will it cost me if this doesn't change?
5. What are the benefits I could gain by having this changed?
6. How has this problem placed my important relationships in jeopardy?
7. Have I lost respect/reputation due to this problem?
8. Has this problem made my home life unhappy?
9. Has this problem caused any type of illness?
10. Do I turn to the type of person that enables me to practise this behaviour or to companions who enable me?
11. What part of the problem do the people who care about me object to most?
12. What type of abuse has happened to me and others due to this problem?
13. What have I done in the past to try to fix, control or change this area of my life?
14. What are the feelings, emotions and conditions I have tried to alter or control with this problem?
15. Right now, if this is such an important area in my life, why haven't I changed?
16. Am I willing to do whatever it takes to have this changed, healed or transformed?

The Book, question by question.

- **Q1–2 · what to change, and the fear of it.** *"Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. But we saw that it really worked in others..."* ◆ BB p.25 ¶1
- **Q3 · the pleasure in not changing.** *"Men and women drink essentially because they like the effect produced by alcohol... They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks"* ◆ BB pp.xxviii–xxix ¶4
- **Q4 · the cost.** *"The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many*

pursue it into the gates of insanity or death." ◆ BB p.30 ¶1

- **Q5 · the benefits.** *"We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it."* ◆ BB p.83 ¶4
- **Q6–8, 11–12 · the people around him.** *"It engulfs all whose lives touch the sufferer's. It brings misunderstanding, fierce resentment, financial insecurity, disgusted friends and employers, warped lives of blameless children, sad wives and parents—anyone can increase the list."* ◆ BB p.18 ¶1 · *"The alcoholic is like a tornado roaring his way through the lives of others. Hearts are broken. Sweet relationships are dead."* ◆ BB p.82 ¶3
- **Q9 · illness.** *"But we are sure that our bodies were sickened as well. In our belief, any picture of the alcoholic which leaves out this physical factor is incomplete."* ◆ BB p.xxvi ¶4
- **Q10 · the company he keeps.** *"Some of us sought out sordid places, hoping to find understanding companionship and approval."* ◆ BB p.151 ¶2
- **Q13 · what he has tried.** *"Drinking beer only, limiting the number of drinks, never drinking alone… swearing off forever (with and without a solemn oath)… we could increase the list ad infinitum."* ◆ BB p.31 ¶2
- **Q14 · the feelings he used over.** *"For most normal folks, drinking means conviviality, companionship and colorful imagination. It means release from care, boredom and worry."* ◆ BB p.151 ¶1
- **Q15 · why he hasn't changed.** *"We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink."* ◆ BB p.24 ¶1
- **Q16 · whatever it takes.** *"If you have decided you want what we have and are willing to go to any length to get it—then you are ready to take certain steps."* ◆ BB p.58 ¶2

Sponsor's note. These qualify the unmanageability — the losses, the Log & Loser List. They never ask the Book's question of the drink itself, whether he can stop and stay stopped: that is the mental obsession, and it stays the Book's (the first meeting).

Step 2: Could you not be fucked?

1. Do I believe that I need to change?

2. Do I accept that change means I must think/feel/act differently?
3. Do I know people who have made comparable changes that seem quite radical?
4. Is this change likely to be easy and driven by the ideas I already have, techniques I already use and support systems that I already have access to?
5. What is my conception of a power greater than me? Is it nature? Is it consciousness beyond the individual? Is it the power of people coming together in the pursuit of a noble goal? Describe your personal understanding of a power greater than yourself.
6. Do I have doubt and prejudice about spirituality and the power of a new perspective to solve my problem? What are those doubts and prejudices?

Mantra

> *'Limitless consciousness, source of all light and love, please lay aside for me doubt and prejudice and give me willingness to believe that you can solve this problem, too, the way you have solved other problems.'*

The Book, question by question.

- **Q1–2 · the change needed.** *"...unless this person can experience an entire psychic change there is very little hope of his recovery."* ◆ BB pp.xxviii–xxix ¶4 · *"...we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe."* ◆ BB p.25 ¶2
- **Q3 · people who changed.** *"Every one of them has gained access to, and believes in, a Power greater than himself. This Power has in each case accomplished the miraculous, the humanly impossible."* ◆ BB p.50 ¶2
- **Q4 · my own ideas and techniques.** *"Our ideas did not work. But the God idea did."* ◆ BB p.52 ¶3 · *"Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves."* ◆ BB p.45 ¶1
- **Q5 · my conception.** *"When, therefore, we speak to you of God, we mean your own conception of God... So we used our own conception, however limited it was."* ◆ BB p.47 ¶1
- **Q6 · doubt and prejudice.** *"...as soon as we were able to lay aside prejudice and express even a willingness to believe in a Power greater than ourselves, we commenced to get results..."* ◆ BB p.46 ¶1

- **The mantra, as the Book asks it.** *"Do I now believe, or am I even willing to believe, that there is a Power greater than myself?"* ◆ BB p.47 ¶2

1. What is my conception of a personal Higher Power? Describe it here.
2. Can I now accept there is a power greater than me at work in this cosmos?
3. Do I know people who have changed their lives and live according to spiritual principles who are connected, happy and real?
4. Is this how I'd like to be?
5. Do I know people who have engaged with a new Power and used these techniques to induce revolutionary change in their way of living and thinking and have found a new peace and direction?
6. Is this what I want?
7. To reiterate, is this how my life is now? Or am I struggling with relationships? My emotions?
8. Do I lack purpose and drive?
9. Am I creating conflict and chaos?
10. Even beyond my primary addictive behaviour (drink/drugs/food/sex/spending/technology) are things hard?

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11. Am I getting depressed?
12. Am I afraid?
13. Am I helping others?
14. In other areas of my life have I exhibited behaviours that if repurposed could serve me now? Like for example my belief that I can make myself feel better with drugs or sex or tech or the right relationship or job or some chocolate?
15. Have I kind of worshipped drugs or my phone or sex or shopping?
16. Can I see that this impulse applied to something less mundane, materialistic and shallow may motivate change?
17. In fact this problem I have could be seen as the misdirection of a positive impulse if I look at it differently, couldn't it?
18. Can I connect to this love within me that I sometimes misdirect?

19. Can I connect to the love outside of me that I see in others?

20. Can I connect to this Power that I see elsewhere in my life?

Mantra (put this into your own words)

> *'Divine Power, Supreme Truth, love within and without, guide me to a new way of being. Help me to put aside all previous thoughts and prejudices that I may be open to a "New Way". I ask the creative power deep within me to guide me towards the person I was always meant to be, to seek out relationships and experiences that will move me closer to this Truth.'*

The Book, question by question.

- **Q1–2 · a personal Higher Power; a Power at work.** *"As soon as we admitted the possible existence of a Creative Intelligence, a Spirit of the Universe underlying the totality of things, we began to be possessed of a new sense of power and direction, provided we took other simple steps."* ◆ BB p.46 ¶2
- **Q3–6 · people who are connected, happy and real — is this what I want?** *"But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it."* ◆ BB p.25 ¶1
- **Q7–13 · relationships, emotions, purpose, chaos, depression, fear, helping others.** *"We were having trouble with personal relationships, we couldn't control our emotional natures, we were a prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn't seem to be of real help to other people..."* ◆ BB p.52 ¶2
- **Q14–17 · what he has worshipped.** *"Had we not variously worshipped people, sentiment, things, money, and ourselves?... It was impossible to say we had no capacity for faith, or love, or worship. In one form or another we had been living by faith and little else."* ◆ BB p.54 ¶1
- **Q18–20 · the Power within and without.** *"We found the Great Reality deep down within us. In the last analysis it is only there that He may be found."* ◆ BB p.55 ¶2

Sponsor's note. Question 6 is the Book's "prejudice" in plain words, and the first mantra is its willingness to believe. The rest lean on *consciousness*, *love within*, *nature*; the Book lets him start anywhere — his own conception — but its one short question is about a Power greater than himself (◆ BB p.47 ¶2).

Step 3: Are you, on your own, going to 'unfuck' yourself?

1. Am I feeling unsatisfied, limited, empty or anxious in my relationships?
2. Do my feelings lead me to make (or not make) decisions, take (or not take) actions, or say (or not say) things that I then regret?
3. Am I suffering from misery, depression, unhappiness, or low self-worth?
4. Am I suffering from anxiety, doubt or perfectionism? Am I projecting imaginary future scenarios then worrying about them?
5. Is it becoming clear to me that my plan is not working?
6. Is it clear that I need a new plan that is not sourced from my own head and drives if I am to find fulfilment?
7. This plan of mine is like a mind virus of self-obsession. Can I surrender it? Am I open to a different plan? Am I open to being guided?

We are trapped in a way of 'being' that is not working. Here are some categories which will help us amend our perspective. We can usually identify the root of pain and spiritual discomfort within these areas.

1. Pride (what I think you think about me)
2. Self-esteem (what I think about myself)
3. Personal relations (the script I give others)
4. Sexual relations (as above, pertaining to sex)
5. Ambitions (what I want in life, my overall vision of my 'perfect' self)
6. Security (what I need to survive)
7. Finances (money and how it affects my feelings)

It is good to be reminded of these categories as we undertake Step 4.

The Book, question by question.

- **Q1–3 · unsatisfied, regretted, miserable.** *"...we couldn't control our emotional natures, we were a prey to misery and depression..."* ◆ BB p.52 ¶2 · *"...we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt."* ◆ BB p.62 ¶1

- **Q4 · projecting, then worrying.** *"This short word somehow touches about every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it."* ◆ BB p.67 ¶3 · *"We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions."* ◆ BB pp.87–88 ¶3
- **Q5 · the plan that is not working.** *"Each person is like an actor who wants to run the whole show; is forever trying to arrange the lights, the ballet, the scenery and the rest of the players in his own way."* ◆ BB p.60 ¶8 · *"What usually happens? The show doesn't come off very well. He begins to think life doesn't treat him right."* ◆ BB p.61 ¶1
- **Q6 · a plan not sourced from my own head.** *"First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God was going to be our Director."* ◆ BB p.62 ¶3 · *"We had a new Employer."* ◆ BB p.63 ¶1
- **Q7 · surrender it; open to being guided.** *"...the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible."* ◆ BB p.62 ¶2 · the decision itself: *"God, I offer myself to Thee—to build with me and to do with me as Thou wilt."* ◆ BB p.63 ¶2
- **The seven categories.** *"In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened."* ◆ BB pp.64–65 ¶3 · *"Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with?"* ◆ BB p.65 ¶1

Sponsor's note. Question 5's *plan that is not working* is the actor who wants to run the whole show (◆ BB p.60 ¶8). The seven categories are the seven areas of self the Fourth Step's third column uses.

Step 4: Write down all the things that are fucking you up

...or have ever fucked you up and don't lie, or leave anything out.

1. Where did I make a Mistake?
2. Where have I been Selfish?
3. Where was I Dishonest?

4. Where was I Self-seeking?
5. Where was I Afraid?
6. Where am I to Blame?
7. Where am I at Fault?*
8. Where was I Wrong?

*Here are some example ‘defective characteristics’ which are often present when we are resentful: Arrogance, Avarice, Contempt, Cowardice, Cruelty, Disobedience, Distrust, Domination, Envy, Gluttony, Impatience, Impenitence, Indifference, Intolerance, Jealousy, Lack of discipline, Laziness, Lust, Malice, Over-ambition, Over-sensitivity, Presumption, Pride, Prudery, Pugnacity, Retaliation, Self-pity, Sentimentality, Shame (hurt pride), Snobbery, Timidity, Vanity, Violation of confidence, Wastefulness.

The table

I Resent	Because	This Affects My	My Part

Choose which of these are relevant for the third column: Pride · Self-esteem · Personal relations · Sexual relations · Ambitions · Security · Finances

Choose which of these are relevant for the fourth column: Mistakes · Selfishness · Dishonesty · Self-seeking · Fear · Blame · Fault · Wrong

The Book, question by question.

- **The eight questions.** *“Where had we been selfish, dishonest, self-seeking and frightened?... Where were we to blame? The inventory was ours, not the other man’s.”* ◆ BB p.67 ¶2
- **The table.** *“In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry. We asked ourselves why we were angry.”* ◆ BB p.64 ¶3
- **Why the resentments come first.** *“Resentment is the ‘number one’ offender. It destroys more alcoholics than anything else.”* ◆ BB p.64 ¶3 · *“For when harboring such feelings we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again.”* ◆ BB p.66 ¶1
- **Q5 · where was I afraid.** *“We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them. We asked ourselves why we had them.*

Wasn't it because self-reliance failed us?" ◆ BB p.68 ¶1

- **The defective characteristics — and the other man's.** *"This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."* ◆ BB pp.66–67 ¶4

Sponsor's note. All eight fourth-column words are one paragraph of the Book — our own mistakes; selfish, dishonest, self-seeking and frightened; fault, blame, wrongs (◆ BB p.67 ¶2). The column heading *My Part* is not: the Book has him look for *his own mistakes*, with no share of the blame to weigh against the other man's. Work the columns from the Step Four guide.

Step 5: Honestly tell someone trustworthy about how fucked you are.

Before beginning this step, ask yourself:

1. Have I been entirely honest in this inventory?
2. Have I been clear about the motives beneath my behaviour?
3. Have I reached into my innermost self and asked for truth to be revealed?
4. Am I open to a new truth?
5. Am I willing to take full responsibility for my feelings, perceptions and my behaviour?
6. Am I willing to fully disclose the most intimate and previously concealed nature of myself to another person?

The person we choose should themselves have undertaken this process and have no investment in our life other than a desire to help us.

Ask yourself:

1. Why am I doing Step 5?
2. Why am I doing it with the person that I have chosen?
3. What is the function of Step 5?

The Book, question by question.

- **Q1–2 · entirely honest; the motives beneath.** *"…usually men and women who are constitutionally incapable of being honest with themselves… They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty."* ◆ BB p.58 ¶1
- **Q5–6 · full responsibility; full disclosure.** *"They only thought they had lost their egoism and fear; they only thought they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else all their life story."* ◆ BB pp.72–73 ¶2
- **The person we choose.** *"We must be entirely honest with somebody if we expect to live long or happily in this world. Rightly and naturally, we think well before we choose the person or persons with whom to take this intimate and confidential step."* ◆ BB pp.73–74 ¶4
- **Why am I doing it — and what it does.** *"The best reason first: If we skip this vital step, we may not overcome drinking."* ◆ BB p.72 ¶2 · *"Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us."* ◆ BB p.75 ¶2

Step 6: Do you want to stop it? Seriously?

Well that's revealed a lot of fucked up patterns.

With each defect we identify (from the third and fourth columns), ask:

1. Why do I do this? How does it help me? (What do I want, or want to avoid?)
2. If I do not change, what will happen?
3. If I am willing to change, how could my life improve?
4. Do I want this defect removed? Am I ready to let go?
5. If the answer is 'no', ask yourself: how is my life unmanageable due to my powerlessness to change this attitude/thought/behaviour pattern?

Ask yourself:

1. Am I willing to let go of my egocentric, self-centred world view?
2. Am I willing to tear up my plan?

3. Am I willing to stop blaming others? To let go of resentment?
4. Am I willing to use this program as the new plan for my life?
5. Am I willing to accept that there are more powerful forces than me in the universe and that in this context my motives and notions are ridiculous?

The Book, question by question.

- **Q1 · why do I do this.** *"Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations."* ◆ BB p.64 ¶2
- **Q2 · if I do not change.** *"Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us!"* ◆ BB p.62 ¶2
- **Q3 · how could my life improve.** *"That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change."* ◆ BB pp.83–84 ¶4
- **Q4 · do I want it removed; am I ready.** *"Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all—every one? If we still cling to something we will not let go, we ask God to help us be willing."* ◆ BB p.76 ¶1
- **Q5 · powerless to change it on my own.** *"Neither could we reduce our self-centeredness much by wishing or trying on our own power. We had to have God's help."* ◆ BB p.62 ¶2
- **The second list · egocentric, the plan, blame, a Power greater than me.** *"Our actor is self-centered—ego-centric, as people like to call it nowadays."* ◆ BB p.61 ¶2 · *"The inventory was ours, not the other man's."* ◆ BB p.67 ¶2 · *"...either God is everything or else He is nothing. God either is, or He isn't. What was our choice to be?"* ◆ BB p.53 ¶2

Sponsor's note. The Book's Sixth Step is one paragraph and a willingness (◆ BB p.76 ¶1); the five questions per defect are the writer's, and good ones. The last question of the second list calls his motives *ridiculous* — the Book says only that our decisions were *based on self*, and that the alcoholic is *an extreme example of self-will run riot, though he usually doesn't think so* (◆ BB p.62 ¶2).

Step 7: Are you willing to live in a new way

...that's not all about you and your previous, fucked up stuff? You have to.

Ask yourself:

1. What do I want to change?
2. Am I going to change it?
3. Do I commit to change?

The Book. *"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."* ◆ BB p.76 ¶2

Sponsor's note. These three are about his commitment; the Step is a request — humbly asked *Him* — and the Seventh Step Prayer is the Book's (◆ BB p.76 ¶2).

Step 8: Prepare to apologize to everyone

...for everything affected by your being so fucked up.

Go through your Step 4. Anybody, or any institutions you have harmed, add to a list. The fourth column, 'Wrongs' section will be of particular use.

Then for each item or person on the list note the name and:

1. What I did that was harmful
2. What should I have done instead
3. Who suffered as a result, and how

Once you have completed the list and the above questions you have to ask yourself in each case:

Am I willing to make amends to this person?

The Book, question by question.

- **Go through your Step 4.** *"We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory."* ◆ BB p.76 ¶3
- **Q1–3 · what I did, what I should have done, who suffered.** *"Where had we been selfish, dishonest, or inconsiderate? Whom had we hurt?... Where were we at fault, what should we have done instead? We got this all down on paper and looked at it."* ◆ BB p.69 ¶1 · *"We have listed the people we have hurt by our conduct, and are willing to straighten out the past if we can."* ◆ BB p.70 ¶3
- **Am I willing?** *"If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol."* ◆ BB p.76 ¶3

Sponsor's note. Apologize is everyday language for *amends*, and an amends is more than saying sorry: "We are there to sweep off our side of the street" (◆ BB p.77 ¶2).

Step 9: Now apologize. Unless that would make things worse.

Ask yourself:

1. Am I willing to change?
2. Am I willing to be changed in ways I may not be aware of or in control of?
3. Am I willing to address each harm that I am aware of?
4. Am I being completely honest with my mentor about the nature of the harm?
5. Have I thoroughly prepared each amend with a mentor?
6. Am I willing to complete all my amends using creative solutions for individuals I can't meet?
7. Is finishing my amends a top priority in my life?
8. Have I finished my amends? Am I avoiding some?

The Book, question by question.

- **Q1–3 · willing to change, to be changed, to address each harm.** *"Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves."* ◆ BB p.76 ¶3

- **Q4–5 · honest with the mentor; each amend prepared.** *"Reminding ourselves that we have decided to go to any lengths to find a spiritual experience, we ask that we be given strength and direction to do the right thing, no matter what the personal consequences may be."* ◆ BB p.79 ¶1
- **Q6 · those I can't meet.** *"There may be some wrongs we can never fully right. We don't worry about them if we can honestly say to ourselves that we would right them if we could. Some people cannot be seen—we send them an honest letter."* ◆ BB p.83 ¶3
- **Q7 · top priority.** *"But we don't delay if it can be avoided."* ◆ BB p.83 ¶3 · *"The spiritual life is not a theory. We have to live it."* ◆ BB p.83 ¶2
- **Q8 · finished? avoiding some?** *"If we are painstaking about this phase of our development, we will be amazed before we are halfway through."* ◆ BB p.83 ¶4

Sponsor's note. His *mentor* is the Book's sponsor. The Book's one exception is the Step's own — "except when to do so would injure them or others" (◆ BB p.59 ¶11) — and on our own side it allows none: "We must not shrink at anything" (◆ BB p.79 ¶1).

Step 10: Watch out for fucked up thinking and behaviour

…and be honest when it happens.

A written Step 10 can be completed by using the Step 4 table on a daily basis.

Consider:

1. Am I committed to daily growth? How do I demonstrate this?
2. Am I prepared to live a truly awakened life and to be alert to the inevitable deviations that will come?
3. Am I willing to hold myself accountable to another human being whenever I am disturbed?
4. Can I be self-compassionate and trust in my concept of a Higher Power?
5. Am I willing to make amends whenever I cause harm?

6. Do I consciously try to live a life contrary to the defective impulses that previously governed my life?

The Book, question by question.

- **Q1 · daily growth.** *"We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime."* ◆ BB p.84 ¶1
- **Q2–3, 5 · alert, accountable, amends.** *"Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help."* ◆ BB p.84 ¶1
- **Q4 · trust.** *"We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition."* ◆ BB pp.84–85 ¶2
- **Q6 · contrary to the old impulses.** *"What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities."* ◆ BB p.85 ¶1

Sponsor's note. The Book's Step Ten is the spot check in the moment — watch, ask, discuss, turn (◆ BB p.84 ¶1). A table written at the end of the day is closer to the Eleventh Step's nightly review.

Step 11: Stay connected to your new perspective.

Ask yourself:

1. Do I accept that the material and mechanical world as I see it is not objective reality? (Is there stuff I don't know, that no one knows?)
2. Do I accept that there is an aspect of my consciousness that is not governed by primal biochemical drives and biographical, social and familial inculcation? (Is there more to my mind than what I've been brainwashed into and what the animal instinct wants?)
3. Am I willing to live in service of this Higher Self, this Ulterior Realm? (Do I want to be more than a tangle of greed, need and fear?)

Create your own incantation, your own ‘tune-in code’ and use it daily.

E.g. *I know I cannot be happy pursuing instinct and will. I devote myself to channelling love, to serving beauty.*

The Book, question by question.

- **Q1–3 · more than instinct and will.** *“To some extent we have become God-conscious. We have begun to develop this vital sixth sense. But we must go further and that means more action.”* ◆ BB p.85 ¶2 · *“We found the Great Reality deep down within us.”* ◆ BB p.55 ¶2
- **The tune-in code.** *“…we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing.”* ◆ BB p.87 ¶2 · *“…humbly saying to ourselves many times each day ‘Thy will be done.’”* ◆ BB pp.87–88 ¶3
- **The Book’s three times.** At night — *“When we retire at night, we constructively review our day.”* ◆ BB p.86 ¶1 · On awakening — *“On awakening let us think about the twenty-four hours ahead.”* ◆ BB p.86 ¶2 · Through the day — *“As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action.”* ◆ BB p.87 ¶3

Sponsor’s note. The Book’s Eleventh Step is specific — at night, on awakening, through the day (◆ BB p.86 ¶1) — and it prays for God’s will, not a higher self.

Step 12: Look at life less selfishly

…be nice to everyone, help people if you can.

1. What are your motivations right now? Is it to get something? Prestige? Power? Glory?
2. Have you done anything for anyone else today? Especially without being ‘found out’?
3. Have you meditated and connected?
4. Have you called anyone else for help? Have you prayed?

Consider:

1. Have I experienced a deep change in my thinking, feeling and behaviour?
2. Am I willing to share my life to help those I encounter?

3. How can I particularly help others?
4. Do I balance my life between helping others, self-care, relationships and work?
5. How can I improve?
6. Do I put this program before all else?
7. Do I transmit this new life, this recovered life or my old ideas, my old egoic plan?
8. Do I continually ask that I may be useful to others?

The Book, question by question.

- **Q1 · motivations.** *"...we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives."* ◆ BB p.86 ¶2
- **Q2 · anything for anyone else today.** *"Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life?"* ◆ BB p.86 ¶1
- **Q3–4 · meditated, prayed, called.** *"We shouldn't be shy on this matter of prayer. Better men than we are using it constantly. It works, if we have the proper attitude and work at it."* ◆ BB pp.85–86 ¶3
- **Consider 1 · a deep change.** *"...we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe."* ◆ BB p.25 ¶2
- **Consider 2–3 · how I can help.** *"Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill."* ◆ BB p.89 ¶1 · *"To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss."* ◆ BB p.89 ¶2
- **Consider 4 · the balance.** *"A much more important demonstration of our principles lies before us in our respective homes, occupations and affairs."* ◆ BB p.19 ¶1
- **Consider 6 · the program before all else.** *"If he did not work, he would surely drink again, and if he drank, he would surely die. Then faith would be dead indeed. With us it is just like that."* ◆ BB pp.14–15 ¶6
- **Consider 7–8 · what I transmit; asking to be useful.** *"Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got."*

◆ **BB p.164 ¶2** · *“Our real purpose is to fit ourselves to be of maximum service to God and the people about us.”* ◆ **BB pp.76–77 ¶4**

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