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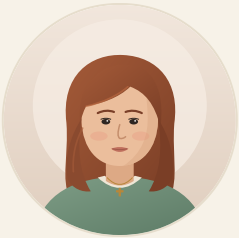
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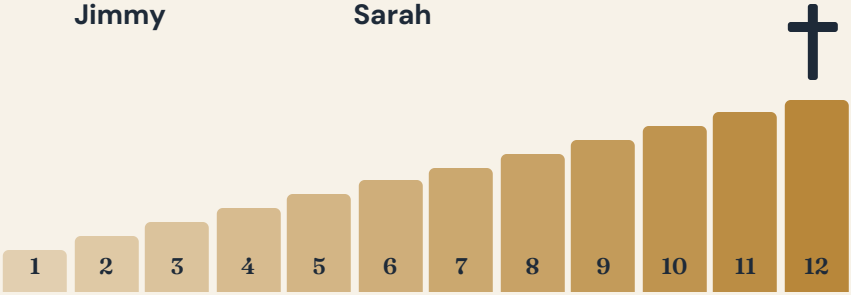
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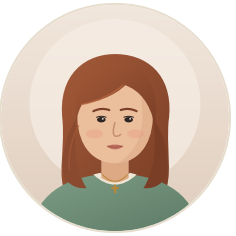
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Alcoholics Anonymous (4th edition) is the book this workbook points you to. The Twelve Steps and the two prayers printed here are from its 1939 first edition, which is in the public domain. Page numbers are from the fourth edition. *Twelve Steps and Twelve Traditions* is © Alcoholics Anonymous World Services, Inc.; this workbook gives page numbers only, so read it in your own copy.

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START HERE

This book is yours

NAME

SOBER DATE

STARTED THIS BOOK

MY SPONSOR IN THE APP

MY HUMAN SPONSOR

THEIR PHONE NUMBER

WHERE I AM TODAY

STEP I'M ON

MEETINGS I GO TO

MY CHURCH

WHY I'M DOING THIS

If you are in danger or thinking about hurting yourself, stop reading. Call or text **988**, or call **911**. If you have been drinking heavily and stopped, and you are shaking, sweating, confused, seeing things, or have had a seizure, go to the ER today. Withdrawal can be deadly.

READ THIS FIRST

How to use this book

The program is simple, and it is not easy: take the steps in order, with another person, at your own pace. This workbook gives each step a place to read, listen, write and answer.

EACH STEP HAS

- An opening page with the step's own words and one Bible verse.
- A page that says what the step is for, what to read, and what "done" looks like.
- A study sheet for each recorded session you listen to (free in the SoberHub app).
- Worksheet questions with room to answer, the same questions Jimmy or Sarah asks you in the app.
- Tools for the step: the inventory pages, the amends list, the nightly review, and more.
- A last page to check off, and to put down who you talked it over with.

THE RULES OF THE ROAD

- Go in order. Don't skip ahead, and don't rush.
- Write it down. The book's own method works on paper.
- Read in your own copy. This book gives you page numbers, not the text. (12&12 means Twelve Steps and Twelve Traditions.)
- Joe and Charlie's recorded study is free in SoberHub, a separate app that Steps & Scripture is not affiliated with.
- Work Steps Four, Five, Eight and Nine with a human sponsor. Jimmy and Sarah help you get ready; they can't hear your Fifth Step.
- Go to meetings, call people, pray, and find a church. This book is one tool, not the whole program.

> Jimmy and Sarah are AI sponsors. They are not people, and they say so. They know the book and the Bible, and they will always point you to real people.

THE PROGRAM

The Twelve Steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. 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. Having had a spiritual experience as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

1939 wording (*Alcoholics Anonymous*, p. 59). Step Twelve says "spiritual experience" here; later editions say "spiritual awakening."

AT A GLANCE

Your road map

	STEP	READ	VERSE
1	Honesty	pp. xxv–43 12&12 21–24	Romans 7:18
2	Hope	pp. 44–57 12&12 25–33	Philippians 2:13
3	Faith	pp. 58–63 12&12 34–41	Romans 12:1
4	Courage	pp. 64–71 12&12 42–54	Lamentations 3:40
5	Integrity	pp. 72–75 12&12 55–62	James 5:16
6	Willingness	p. 76 12&12 63–69	James 4:10
7	Humility	p. 76 12&12 70–76	1 John 1:9
8	Brotherly and Sisterly Love	p. 76 12&12 77–82	Luke 6:31
9	Discipline	pp. 76–84 12&12 83–87	Matthew 5:23–24
10	Perseverance	pp. 84–85 12&12 88–95	1 Corinthians 10:12
11	Spiritual Awareness	pp. 85–88 12&12 96–105	Colossians 3:16
12	Service	pp. 89–103, 151–164 12&12 106–125	Galatians 6:1

Pages are from *Alcoholics Anonymous* (4th edition) and *Twelve Steps and Twelve Traditions*. Work Steps Four, Five, Eight and Nine with a human sponsor.

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1

STEP ONE

Honesty

We admitted we were powerless over alcohol—that our lives had become unmanageable.



Work Step One with Jimmy or Sarah.
Open the app and tap Sponsor.

"For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out."

ROMANS 7:18 (ESV)

STEP ONE · HONESTY

What this step is for

Step One is an honest look at the problem. The book describes two parts: a body that can't handle alcohol, and a mind that keeps going back to it. This step is not shame. It is a diagnosis. Once you see you can't fix it on your own power, Step Two makes sense.

READ

☐	The Doctor's Opinion	pp. xxv–xxxii
☐	Bill's Story	pp. 1–16
☐	There Is a Solution	pp. 17–29
☐	More About Alcoholism	pp. 30–43
☐	Twelve Steps and Twelve Traditions, Step One	pp. 21–24

Page numbers for *Alcoholics Anonymous* are from the fourth edition. Read the 12&12 in your own copy.

LISTEN (FREE, IN THE SOBERHUB APP)

☐	Session 2: The Doctor's Opinion	57 min
☐	Session 3: Bill's Story	61 min
☐	Session 4: There Is a Solution, Spiritual Experience	54 min
☐	Session 5: More About Alcoholism	34 min
☐	Session 7: How It Works—Steps One and Two	54 min

Joe and Charlie's study of *Alcoholics Anonymous*. Each recording has a study sheet in this book.

THE GOAL

You can say in your own words how your body and your mind both work against you, and you admit you're powerless over alcohol.

BEFORE I BEGIN: WHAT I EXPECT, AND WHAT SCARES ME

STARTED

FINISHED

STUDY SHEET · SESSION 2 · 57 MIN

The Doctor's Opinion

Read: The Doctor's Opinion (pp. xxv–xxxii), in your own copy.

> A real alcoholic has two problems stacked together—a body that sets off a craving once he starts, and a mind that, sober, gets restless and discontented and remembers the drink as relief.

KEY POINTS

- The book was written to be read in order, like a textbook. The Doctor's Opinion comes first because it describes the problem before anything else.
- Dr. Silkworth describes two things. The body: once a real alcoholic starts drinking, a craving sets in that normal drinkers don't get (p. xxviii).
- The mind: when sober, the alcoholic is restless, irritable and discontented, and remembers the relief of a drink. That's what leads back to the first one (p. xxviii).
- Put together, it's a cycle: discomfort, the first drink, craving, trouble, remorse, and around again. Willpower alone doesn't break it.
- The doctor's answer isn't more willpower. It's an entire psychic change (p. xxviii), which is what the steps are for.

QUESTIONS

1 When you started drinking, could you reliably stop when you meant to?

2 Sober, did you feel restless, irritable or discontented, and did a drink seem like the fix?

3 Where do you see the cycle in your own story?

WHAT STOOD OUT

STUDY SHEET · SESSION 3 · 61 MIN

Bill's Story

Read: Bill's Story (pp. 1–16), in your own copy.

> Bill tried everything on his own power and lost, until an old friend showed him a spiritual answer, and he stayed sober by passing it on.

KEY POINTS

- Bill's drinking went from fun and success to losing control, losing work, and promises he couldn't keep (pp. 1–7).
- Willpower, doctors and hospitals didn't hold. The doctor told his wife he'd likely drink himself to death or go insane (pp. 7–8).
- An old drinking friend showed up sober and told how a spiritual answer had worked for him (pp. 8–12).
- Bill's objection was religion. The key was a simple idea: choose your own conception of God (p. 12). He only had to be willing.
- He admitted defeat, did what became the first steps with his friend, and had a spiritual experience. He stayed sober by working with other alcoholics (pp. 13–16).

QUESTIONS

1 Where does Bill's drinking story sound like yours?

2 What was holding Bill back from believing, and what opened the door for him?

3 Who first showed you it could be different?

WHAT STOOD OUT

STUDY SHEET · SESSION 4 · 54 MIN

There Is a Solution, Spiritual Experience

Read: There Is a Solution (pp. 17–29) and "Spiritual Experience" in the back of the book, in your own copy.

> The problem is beyond human power, and the answer is a spiritual experience: a change in personality that comes from working the steps, usually slowly.

KEY POINTS

- Alcoholics share a common problem, and the fellowship shares a common solution (p. 17).
- The book separates the heavy drinker, who can quit, from the real alcoholic, who can't stay quit on his own (pp. 20–24).
- The doctor's verdict in the story of the man who went to Europe: only a vital spiritual experience would do (pp. 26–28).
- "Spiritual experience" means a personality change sufficient to recover. For most people it comes gradually, through the steps, not in a flash.
- It's open to anyone willing, honest and open-minded.

QUESTIONS

1 Have you tried human fixes that didn't hold? Which ones?

2 Does knowing the change usually comes slowly make it seem more possible?

3 What would a changed personality look like in your life?

WHAT STOOD OUT

STUDY SHEET · SESSION 5 · 34 MIN

More About Alcoholism

Read: More About Alcoholism (pp. 30–43), in your own copy.

> The alcoholic's mind keeps saying he can drink like other people, and when it matters he has no defense against the first drink. That defense has to come from a Power greater than himself.

KEY POINTS

- The great obsession of every abnormal drinker is the idea that someday he'll control his drinking (p. 30).
- The book suggests a test: try drinking and stopping, more than once (p. 31). Most of us already ran it and lost.
- The stories of Jim and the jaywalker show a sane man doing something insane with the first drink (pp. 35–38).
- At certain times the alcoholic has no effective mental defense against the first drink (p. 43).
- So the defense can't come from inside. It has to come from a Higher Power (p. 43).

QUESTIONS

1 What rules did you set up to prove you could still handle it?

2 Can you remember a first drink that made no sense, even to you?

3 If your own mind can't be the defense, what could be?

WHAT STOOD OUT

STUDY SHEET · SESSION 7 · 54 MIN

How It Works—Steps One and Two

Read: How It Works (pp. 58–60), in your own copy. Also counts for Step Two.

> Steps One and Two come down to the book's three pertinent ideas: we couldn't manage our lives, no human power could relieve us, and God could and would if sought.

KEY POINTS

- Rarely does someone fail who thoroughly follows this path (p. 58). "Thoroughly" is the key.
- Willing to go to any length, and half measures got us nothing (pp. 58–59).
- The Twelve Steps are the program itself. We claim progress, not perfection (pp. 59–60).
- The three pertinent ideas (p. 60) sum up everything so far and lead straight to a decision.

QUESTIONS

1 Which of the three pertinent ideas is easiest for you to accept, and which is hardest?

2 Where have you done half measures before?

3 Are you ready to move toward the decision in Step Three?

WHAT STOOD OUT

Questions for this step

Answer in your own words. Only you read this, and your sponsor if you choose.

1 Tell the story of the last time you drank. What happened right before the first one?

2 How have you tried to control your drinking? Only beer, only weekends, never before five? How did it go?

3 Once you start, can you reliably stop when you meant to? Give an honest example.

4 When you've quit before, what was your thinking like right before you started again?

5 What has drinking cost you? Name the people.

6 Read p. 30, the start of More About Alcoholism. Where do you see yourself in it?

7 Do you believe you can stay stopped on your own power? Why or why not?

Ideas for this week

Pick one at a time. You don't need to do all of them.

- [ ] Read the Doctor's Opinion and More About Alcoholism. Mark every line that sounds like you.
- [ ] Write a one-page drinking history: the first drink, when it got worse, what you've lost, and every attempt to control it.
- [ ] Go to a meeting and say, out loud or to yourself, that you're an alcoholic.

BEFORE YOU CALL THIS STEP DONE

- [ ] Can you say, in your own words, that your body and your mind are both part of the problem?
- [ ] Do you believe you can't beat this on your own power?

Not sure? Talk it over with your sponsor first.

WHO I TALKED THIS OVER WITH

NOTES FOR MY NEXT CONVERSATION

DATE FINISHED

INITIALS



2

STEP TWO

Hope

Came to believe that a Power greater than ourselves could restore us to sanity.



Work Step Two with Jimmy or Sarah.
Open the app and tap Sponsor.

"...for it is God who works in you, both to will and to work for his good pleasure."
PHILIPPIANS 2:13 (ESV)

STEP TWO · HOPE

What this step is for

Step Two moves you from "I can't" to "God can." You don't have to believe all of it today. Being willing to believe is enough to begin.

READ

☐	Bill's Story (his friend's suggestion: choose your own conception of God)	pp. 10–12
☐	We Agnostics	pp. 44–57
☐	Twelve Steps and Twelve Traditions, Step Two	pp. 25–33

Page numbers for *Alcoholics Anonymous* are from the fourth edition. Read the 12&12 in your own copy.

LISTEN (FREE, IN THE SOBERHUB APP)

☐	Session 6: We Agnostics	38 min
☐	Session 7: How It Works—Steps One and Two	54 min

Joe and Charlie's study of *Alcoholics Anonymous*. Each recording has a study sheet in this book. The study sheet for session 7 is in Step One, page 14.

THE GOAL

You believe, or are willing to believe, that a Power greater than yourself can restore you to sanity.

BEFORE I BEGIN: WHAT I EXPECT, AND WHAT SCARES ME

STARTED

FINISHED

STUDY SHEET · SESSION 6 · 38 MIN

We Agnostics

Read: We Agnostics (pp. 44–57), in your own copy.

> Our dilemma was lack of power, and the answer is a Power greater than ourselves. All it takes to start is being willing to believe.

KEY POINTS

- If you can't quit when you honestly want to, or can't control the amount once you start, you're probably alcoholic (p. 44).
- Lack of power was our dilemma. We needed a Power by which we could live (p. 45).
- We don't have to have it all figured out. Being willing to believe is enough to begin (pp. 46–47).
- Old fixed ideas can be set aside, the way people once had to drop the idea that the world was flat (p. 51).
- Deep down in most of us is a basic sense of God. We find it by looking honestly (p. 55).

QUESTIONS

1 What do you believe right now, and what's getting in the way?

2 Are you willing to believe a Power greater than you could help? What would it take?

3 Where have you already trusted things you couldn't see?

WHAT STOOD OUT

Questions for this step

Answer in your own words. Only you read this, and your sponsor if you choose.

1 What did you believe about God growing up?

2 What happened to that belief?

3 Have you seen someone at a meeting get well who you thought was hopeless? Tell about them.

4 What does “sanity” mean for you? What has your insane thinking looked like—doing the same thing and expecting a different result?

5 Are you willing to believe there's a Power that can do for you what you can't do yourself?

6 Read p. 53. Which side are you standing on?

7 What would you have to give up to believe God could help you?

Ideas for this week

Pick one at a time. You don't need to do all of them.

- [ ] Read We Agnostics in one sitting.
- [ ] Write down three things about your old idea of God that you're willing to let go of.
- [ ] Ask two people at a meeting how they came to believe.
- [ ] Pray every morning this week, even if it feels empty. The book asks for willingness, not feeling.

BEFORE YOU CALL THIS STEP DONE

- [ ] Do you believe—or are you willing to believe—that a Power greater than yourself can restore you to sanity?

Not sure? Talk it over with your sponsor first.

WHO I TALKED THIS OVER WITH

NOTES FOR MY NEXT CONVERSATION

DATE FINISHED

INITIALS



3

STEP THREE

Faith

Made a decision to turn our will and our lives over to the care of God as we understood Him.



Work Step Three with Jimmy or Sarah.
Open the app and tap Sponsor.

"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship."

ROMANS 12:1 (ESV)

STEP THREE · FAITH

What this step is for

Step Three is a decision: to turn your will and your life over to the care of God. It is not a feeling. You decide, and then you act on it by starting Step Four right away.

READ

- [ ] How It Works (through the Third Step prayer) — pp. 58–63
- [ ] Twelve Steps and Twelve Traditions, Step Three — pp. 34–41

Page numbers for *Alcoholics Anonymous* are from the fourth edition. Read the 12&12 in your own copy.

LISTEN (FREE, IN THE SOBERHUB APP)

- [ ] Session 8: How It Works—Step Three — 7 min

Joe and Charlie's study of *Alcoholics Anonymous*. Each recording has a study sheet in this book.

THE GOAL

You've made the decision and prayed the Third Step prayer (p. 63) out loud.

BEFORE I BEGIN: WHAT I EXPECT, AND WHAT SCARES ME

STARTED

FINISHED

STUDY SHEET · SESSION 8 · 7 MIN

How It Works—Step Three

Read: How It Works (pp. 60–63), in your own copy.

> Step Three is the decision to quit running the show and let God direct our thinking and our actions, and the steps that follow carry it out.

KEY POINTS

- Being convinced of the three pertinent ideas, we were at Step Three (p. 60).
- The actor who wants to run the whole show: self-will run riot (pp. 60–62). Selfishness is the root of our troubles (p. 62).
- Will is our thinking, and life is our actions. We turn both over.
- God becomes the Director, and we have a new Employer (pp. 62–63).
- Say the Third Step prayer (p. 63), then begin Step Four right away, because a decision needs action.

QUESTIONS

1 Where have you been running the show?

2 What would it look like to let God direct your thinking today?

3 Are you ready to say the Third Step prayer?

WHAT STOOD OUT

Questions for this step

Answer in your own words. Only you read this, and your sponsor if you choose.

1 Read the actor passage (pp. 60–62). Where in your life are you trying to run the whole show?

2 How has running it on your own worked out?

3 What scares you about turning it over?

4 What does “the care of God” mean to you? Care, not punishment.

5 Are you ready to make this decision today?

6 What will you do tomorrow morning to act on this decision?

STEP THREE · FAITH · THE PRAYER

The Third Step prayer

Alcoholics Anonymous, p. 63. Pray it out loud, ideally with another person.

> *"God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!"*

MY DECISION

TODAY I DECIDED

WHAT I'M HOLDING BACK, AND WHAT I'LL DO ABOUT IT

DATE

PRAYED WITH

Ideas for this week

Pick one at a time. You don't need to do all of them.

- [ ] Read pp. 58–63 out loud.
- [ ] Pray the Third Step prayer (p. 63) with your sponsor, and again with a person in the program.
- [ ] Start Step Four the same week. The book goes straight from p. 63 to p. 64.
- [ ] Every morning: pray the Third Step prayer, or simply "Thy will be done."

BEFORE YOU CALL THIS STEP DONE

- [ ] Have you made the decision and prayed it out loud—ideally with another person?
- [ ] Are you ready to start your written inventory this week?

Not sure? Talk it over with your sponsor first.

WHO I TALKED THIS OVER WITH

NOTES FOR MY NEXT CONVERSATION

DATE FINISHED

INITIALS



4

STEP FOUR

Courage

Made a searching and fearless moral inventory of ourselves.



Work Step Four with Jimmy or Sarah.
Open the app and tap Sponsor.

“Let us test and examine our ways, and return to the LORD!”
LAMENTATIONS 3:40 (ESV)

STEP FOUR · COURAGE

What this step is for

Step Four puts an honest inventory on paper, in the book's columns, before fear talks you out of it. Write fast. Don't explain or defend. In every entry, look for your own part.

READ

☐	Resentments	pp. 64–67
☐	Fears and sex conduct	pp. 67–71
☐	Twelve Steps and Twelve Traditions, Step Four	pp. 42–54

Page numbers for *Alcoholics Anonymous* are from the fourth edition. Read the 12&12 in your own copy.

LISTEN (FREE, IN THE SOBERHUB APP)

☐	Session 9: How It Works—Step Four	163 min

Joe and Charlie's study of *Alcoholics Anonymous*. Each recording has a study sheet in this book.

THE GOAL

All four inventories are written (resentments, fears, sex conduct and other harms), with your own part in every resentment.

BEFORE I BEGIN: WHAT I EXPECT, AND WHAT SCARES ME

STARTED

FINISHED

STUDY SHEET · SESSION 9 · 163 MIN

How It Works—Step Four

Read: How It Works (pp. 64–71), in your own copy.

> The inventory takes stock of resentments, fears and harms the way a business does, and the column that matters most is our own part.

KEY POINTS

- It's a business inventory: fact-finding and fact-facing, getting rid of damaged goods promptly and without regret (p. 64).
- Resentment is the number one offender (p. 64). The book's chart has three columns: who we resent, the cause, and what it affects in us (pp. 65–66). The study breaks that third column into our social, security and sex instincts and our ambitions. Then comes our own part: selfish, dishonest, self-seeking and frightened (p. 67).
- Fill it one column at a time, top to bottom. List every name first, then every cause, and so on.
- Ask God to help us show them the patience we would show a sick friend (p. 67).
- Then the same for fears (pp. 67–68), sex conduct (pp. 68–70), and any other harms.

QUESTIONS

1 Who's at the top of your resentment list?

2 What instinct was threatened: your self-esteem, your security, your relationships, your ambitions?

3 Leaving their part aside, what was yours?

WHAT STOOD OUT

STEP FOUR · COURAGE · WORKSHEET

Questions for this step

Answer in your own words. Only you read this, and your sponsor if you choose.

1 Which entry are you most tempted to leave off? Put it on the list first.

2 Looking at your “my part” column, what keeps showing up?

3 Can you ask God to help you see the people you resent as sick, the way the book says on p. 67? Who will you start with tonight?

4 Who will hear your Fifth Step, and when?

STEP FOUR · COURAGE · HOW THE INVENTORY WORKS

Four lists, in columns

Work one list at a time. Write fast. Don't explain or defend. Take them in this order: resentments (pp. 64–67), fears (pp. 67–68), sex conduct (pp. 68–70), and other harms.

RESENTMENTS, COLUMN BY COLUMN

- **1. I'm resentful at:** a person, an institution, a principle.
- **2. The cause:** what they did, in a plain sentence.
- **3. It affects my:** self-esteem, relationships, security, sex relations, or ambitions (pp. 65–66).
- **4. My part:** where was I selfish, dishonest, self-seeking and frightened, or inconsiderate (pp. 67, 69)?

> Your part is the point. Set aside what they did and look at your side of the street (p. 67). Ask God to help you see the people on the list as sick (p. 67).

BEFORE YOU START

- [ ] Pick a quiet time and a place you won't be interrupted.
- [ ] Pray the Third Step prayer (p. 63).
- [ ] Set a finish date inside three to four weeks, and tell your human sponsor.
- [ ] Decide who will hear your Fifth Step.

The pages that follow hold four to ten entries per list. If you need more, use the Steps tab in the app, or add paper.

Who, why, what it threatened in me, and my part. My part is the point.

1. I'M RESENTFUL AT _____

THE CAUSE

IT AFFECTS MY

- ☐ Self-esteem
- ☐ Material security
- ☐ Acceptable sex relations
- ☐ Ambitions
- ☐ Personal relationships
- ☐ Emotional security
- ☐ Hidden sex relations

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

2. I'M RESENTFUL AT _____

THE CAUSE

IT AFFECTS MY

- ☐ Self-esteem
- ☐ Material security
- ☐ Acceptable sex relations
- ☐ Ambitions
- ☐ Personal relationships
- ☐ Emotional security
- ☐ Hidden sex relations

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

3. I'M RESENTFUL AT _____

THE CAUSE

IT AFFECTS MY

- ☐ Self-esteem
- ☐ Material security
- ☐ Acceptable sex relations
- ☐ Ambitions
- ☐ Personal relationships
- ☐ Emotional security
- ☐ Hidden sex relations

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

4. I'M RESENTFUL AT _____

THE CAUSE

IT AFFECTS MY

- ☐ Self-esteem
- ☐ Material security
- ☐ Acceptable sex relations
- ☐ Ambitions
- ☐ Personal relationships
- ☐ Emotional security
- ☐ Hidden sex relations

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

5. I'M RESENTFUL AT _____

THE CAUSE

IT AFFECTS MY

- ☐ Self-esteem
- ☐ Material security
- ☐ Acceptable sex relations
- ☐ Ambitions
- ☐ Personal relationships
- ☐ Emotional security
- ☐ Hidden sex relations

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

6. I'M RESENTFUL AT _____

THE CAUSE

IT AFFECTS MY

- ☐ Self-esteem
- ☐ Material security
- ☐ Acceptable sex relations
- ☐ Ambitions
- ☐ Personal relationships
- ☐ Emotional security
- ☐ Hidden sex relations

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

7. I'M RESENTFUL AT _____

THE CAUSE

IT AFFECTS MY

- ☐ Self-esteem
- ☐ Material security
- ☐ Acceptable sex relations
- ☐ Ambitions
- ☐ Personal relationships
- ☐ Emotional security
- ☐ Hidden sex relations

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

8. I'M RESENTFUL AT _____

THE CAUSE

IT AFFECTS MY

- ☐ Self-esteem
- ☐ Material security
- ☐ Acceptable sex relations
- ☐ Ambitions
- ☐ Personal relationships
- ☐ Emotional security
- ☐ Hidden sex relations

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

9. I'M RESENTFUL AT _____

THE CAUSE

IT AFFECTS MY

- ☐ Self-esteem
- ☐ Material security
- ☐ Acceptable sex relations
- ☐ Ambitions
- ☐ Personal relationships
- ☐ Emotional security
- ☐ Hidden sex relations

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

10. I'M RESENTFUL AT _____

THE CAUSE

IT AFFECTS MY

- ☐ Self-esteem
- ☐ Material security
- ☐ Acceptable sex relations
- ☐ Ambitions
- ☐ Personal relationships
- ☐ Emotional security
- ☐ Hidden sex relations

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

Name the fear, why I have it, and which part of self was behind it.

1. I'M FEARFUL OF _____

WHY DO I HAVE THE FEAR?

WHICH PART OF SELF CAUSED THE FEAR?

- ☐ Social
- ☐ Sex
- ☐ Security
- ☐ Ambitions

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

2. I'M FEARFUL OF _____

WHY DO I HAVE THE FEAR?

WHICH PART OF SELF CAUSED THE FEAR?

- ☐ Social
- ☐ Sex
- ☐ Security
- ☐ Ambitions

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

3. I'M FEARFUL OF _____

WHY DO I HAVE THE FEAR?

WHICH PART OF SELF CAUSED THE FEAR?

- ☐ Social
- ☐ Sex
- ☐ Security
- ☐ Ambitions

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

4. I'M FEARFUL OF _____

WHY DO I HAVE THE FEAR?

WHICH PART OF SELF CAUSED THE FEAR?

- ☐ Social
- ☐ Sex
- ☐ Security
- ☐ Ambitions

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

5. I'M FEARFUL OF _____

WHY DO I HAVE THE FEAR?

WHICH PART OF SELF CAUSED THE FEAR?

- ☐ Social
- ☐ Sex
- ☐ Security
- ☐ Ambitions

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

6. I'M FEARFUL OF _____

WHY DO I HAVE THE FEAR?

WHICH PART OF SELF CAUSED THE FEAR?

- ☐ Social
- ☐ Sex
- ☐ Security
- ☐ Ambitions

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

7. I'M FEARFUL OF _____

WHY DO I HAVE THE FEAR?

WHICH PART OF SELF CAUSED THE FEAR?

- ☐ Social
- ☐ Sex
- ☐ Security
- ☐ Ambitions

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

8. I'M FEARFUL OF _____

WHY DO I HAVE THE FEAR?

WHICH PART OF SELF CAUSED THE FEAR?

- ☐ Social
- ☐ Sex
- ☐ Security
- ☐ Ambitions

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

Who I harmed, what I did, and which part of self was behind it. Be honest and be brief.

1. WHO DID I HARM? _____

WHAT DID I DO?

WHICH PART OF SELF CAUSED THE HARM?

- ☐ Social
- ☐ Sex
- ☐ Security
- ☐ Ambitions

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

2. WHO DID I HARM? _____

WHAT DID I DO?

WHICH PART OF SELF CAUSED THE HARM?

- ☐ Social
- ☐ Sex
- ☐ Security
- ☐ Ambitions

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

3. WHO DID I HARM? _____

WHAT DID I DO?

WHICH PART OF SELF CAUSED THE HARM?

- ☐ Social
- ☐ Sex
- ☐ Security
- ☐ Ambitions

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

4. WHO DID I HARM? _____

WHAT DID I DO?

WHICH PART OF SELF CAUSED THE HARM?

- ☐ Social
- ☐ Sex
- ☐ Security
- ☐ Ambitions

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

Who I hurt, what I did, and which part of self was behind it.

1. WHO DID I HURT? _____

WHAT DID I DO?

WHICH PART OF SELF CAUSED THE HURT?

- ☐ Social
- ☐ Sex
- ☐ Security
- ☐ Ambitions

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

2. WHO DID I HURT? _____

WHAT DID I DO?

WHICH PART OF SELF CAUSED THE HURT?

- ☐ Social
- ☐ Sex
- ☐ Security
- ☐ Ambitions

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

3. WHO DID I HURT? _____

WHAT DID I DO?

WHICH PART OF SELF CAUSED THE HURT?

- ☐ Social
- ☐ Sex
- ☐ Security
- ☐ Ambitions

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

4. WHO DID I HURT? _____

WHAT DID I DO?

WHICH PART OF SELF CAUSED THE HURT?

- ☐ Social
- ☐ Sex
- ☐ Security
- ☐ Ambitions

MY PART

- ☐ Selfish
- ☐ Self-seeking & frightened
- ☐ Dishonest
- ☐ Inconsiderate

WHERE I WAS AT FAULT

STEP FOUR · COURAGE · WRAPPING UP

Ideas for this week

Pick one at a time. You don't need to do all of them.

- [ ] Read pp. 64–71 before you start.
- [ ] Write resentments first, all of them, fast. Then the fear list. Then sex conduct. Then other harms.
- [ ] Aim for a few entries a day, and set a finish date inside three to four weeks.
- [ ] Fill in "my part" for every entry. That column is the whole point.

BEFORE YOU CALL THIS STEP DONE

- [ ] Are all four inventories written: resentments, fears, sex conduct and other harms?
- [ ] Did you fill in "my part" for every resentment?
- [ ] Have you set a date to share it with a person?

Not sure? Talk it over with your sponsor first.

WHO I TALKED THIS OVER WITH

NOTES FOR MY NEXT CONVERSATION

DATE FINISHED

INITIALS



5

STEP FIVE

Integrity

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.



Work Step Five with Jimmy or Sarah.
Open the app and tap Sponsor.

"Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working."

JAMES 5:16 (ESV)

STEP FIVE · INTEGRITY

What this step is for

Step Five is told out loud to another human being: a sponsor, pastor, priest or trusted person in recovery. Jimmy and Sarah can help you get ready, but they cannot hear it. This step is done with a person.

READ

- ☐ Into Action (the Fifth Step) — pp. 72–75
- ☐ Twelve Steps and Twelve Traditions, Step Five — pp. 55–62

Page numbers for *Alcoholics Anonymous* are from the fourth edition. Read the 12&12 in your own copy.

LISTEN (FREE, IN THE SOBERHUB APP)

- ☐ Session 10: Into Action—Step Five — 15 min

Joe and Charlie's study of *Alcoholics Anonymous*. Each recording has a study sheet in this book.

THE GOAL

You've shared your inventory with another person (never with the AI) and taken the hour of quiet afterward.

BEFORE I BEGIN: WHAT I EXPECT, AND WHAT SCARES ME

STARTED

FINISHED

STUDY SHEET · SESSION 10 · 15 MIN

Into Action—Step Five

Read: Into Action (pp. 72–75), in your own copy.

> An inventory kept to ourselves doesn't do the job. Telling it to another human being is where the hidden parts lose their power.

KEY POINTS

- Many who skipped this step didn't stay sober (pp. 72–73).
- Pride and fear keep us from it. That's exactly why it matters.
- Choose the listener carefully (p. 74): clergy, or a close-mouthed, understanding friend. Many people today choose their sponsor.
- Hold nothing back.
- Afterward, take an hour of quiet: thank God, and look back over the first five steps to see if anything's been skipped (p. 75).

QUESTIONS

1 What's the hardest thing on your inventory to say out loud?

2 Who could you trust to hear it?

3 When could you set a date?

WHAT STOOD OUT

STEP FIVE · INTEGRITY · WORKSHEET

Questions for this step

Answer in your own words. Only you read this, and your sponsor if you choose.

1 Who can you trust to hear your inventory? Name one person.

2 When will you ask them?

3 What's the entry you most want to leave out?

4 What are you afraid will happen when you say it out loud?

5 After you shared it—what did you notice in the hour alone afterward?

Who will hear it

This step is told to a person. Jimmy and Sarah can help you get ready, but they cannot hear your Fifth Step. Choose a sponsor, pastor, priest or trusted person in recovery.

THE PERSON I'M ASKING

DATE AND TIME

WHERE

BRING WITH YOU

- [ ] My complete inventory, all four lists.
- [ ] A pen, for anything that comes up.
- [ ] The hour afterward set aside, alone and quiet (p. 75).

THE ENTRY I MOST WANT TO LEAVE OUT

WHAT I'M AFRAID WILL HAPPEN

AFTER: WHAT I NOTICED IN THE HOUR ALONE

STEP FIVE · INTEGRITY · WRAPPING UP

Ideas for this week

Pick one at a time. You don't need to do all of them.

- [ ] Choose the person and set a date within two weeks of finishing Step Four.
- [ ] Bring your inventory with you (the app can export it as a PDF).
- [ ] Afterward, take the hour alone (p. 75). Then tell your sponsor how it went.

BEFORE YOU CALL THIS STEP DONE

- [ ] Did you read your whole inventory to another person—nothing held back?
- [ ] Did you spend the quiet hour afterward the book describes?

Not sure? Talk it over with your sponsor first.

WHO I TALKED THIS OVER WITH

NOTES FOR MY NEXT CONVERSATION

DATE FINISHED

INITIALS



6

STEP SIX

Willingness

Were entirely ready to have God remove all these defects of character.



Work Step Six with Jimmy or Sarah.
Open the app and tap Sponsor.

“Humble yourselves before the Lord, and he will exalt you.”
JAMES 4:10 (ESV)

STEP SIX · WILLINGNESS

What this step is for

Step Six is becoming ready. You name the defects that keep showing up, and you ask whether you are willing to let God remove all of them, even the ones you'd rather keep.

READ

- ☐ Into Action (Step Six, the first paragraph) — p. 76
- ☐ Twelve Steps and Twelve Traditions, Step Six — pp. 63–69

Page numbers for *Alcoholics Anonymous* are from the fourth edition. Read the 12&12 in your own copy.

LISTEN (FREE, IN THE SOBERHUB APP)

- ☐ Session 11: Into Action—Steps Six and Seven — 14 min

Joe and Charlie's study of *Alcoholics Anonymous*. Each recording has a study sheet in this book.

THE GOAL

You've listed your defects and are willing to have God remove them, even the ones you'd rather keep.

BEFORE I BEGIN: WHAT I EXPECT, AND WHAT SCARES ME

STARTED

FINISHED

STUDY SHEET · SESSION 11 · 14 MIN

Into Action—Steps Six and Seven

Read: Into Action (p. 76), in your own copy. Also counts for Step Seven.

> Steps Six and Seven are where the change happens: becoming willing to let go of our defects, and humbly asking God to remove them.

KEY POINTS

- Step Six: are we ready to let God remove everything we admitted was objectionable?
- If we aren't willing to let go of something yet, we pray for the willingness.
- Step Seven: the Seventh Step prayer, humbly asking (p. 76).
- Then, as many sponsors suggest, we practice the opposite of each defect, day by day. We claim spiritual progress, not perfection (p. 60).

QUESTIONS

1 Which defect from your inventory are you most ready to lose, and which least?

2 What would practicing the opposite look like this week?

3 What is in the way of praying the Seventh Step prayer? Are you ready to pray it today?

WHAT STOOD OUT

Questions for this step

Answer in your own words. Only you read this, and your sponsor if you choose.

1 Look at the “my part” column of your inventory. List the defects that keep showing up.

2 Next to each, write its opposite (fear → faith, dishonesty → honesty).

3 Which of these do you actually want gone?

4 Which defect do you still get something out of? What's the payoff?

5 Are you willing to be made willing about that one?

6 What would your day look like without it?

Defects, and their opposites

Look at the "my part" column of your inventory. What keeps showing up? Next to each defect, write its opposite (fear → faith, dishonesty → honesty, self-pity → gratitude). Check the ones you are willing to let God remove. Be honest about the ones you'd rather keep.

DEFECT THAT KEEPS SHOWING UP	ITS OPPOSITE	WILLING
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

THE DEFECT I'M LEAST WILLING TO LOSE, AND WHY

Ideas for this week

Pick one at a time. You don't need to do all of them.

- [ ] List the defects from your inventory, and next to each its opposite (fear → faith, dishonesty → honesty, self-pity → gratitude).
- [ ] Pray each morning to become willing to have them removed.
- [ ] Watch for one defect in action this week and tell someone when you catch it.

BEFORE YOU CALL THIS STEP DONE

- [ ] Are you willing to have God remove all of them—even the ones you'd rather keep?

Not sure? Talk it over with your sponsor first.

WHO I TALKED THIS OVER WITH

NOTES FOR MY NEXT CONVERSATION

DATE FINISHED

INITIALS



7

STEP SEVEN

Humility

Humbly asked Him to remove our shortcomings.



Work Step Seven with Jimmy or Sarah.
Open the app and tap Sponsor.

“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

1 JOHN 1:9 (ESV)

STEP SEVEN · HUMILITY

What this step is for

Step Seven is asking. Humility here is not being put down. It is seeing yourself as you are and depending on God. Then you practice the opposite of each defect, one day at a time.

READ

- ☐ Into Action (the Seventh Step prayer) — p. 76
- ☐ Twelve Steps and Twelve Traditions, Step Seven — pp. 70–76

Page numbers for *Alcoholics Anonymous* are from the fourth edition. Read the 12&12 in your own copy.

LISTEN (FREE, IN THE SOBERHUB APP)

- ☐ Session 11: Into Action—Steps Six and Seven — 14 min

Joe and Charlie's study of *Alcoholics Anonymous*. Each recording has a study sheet in this book. The study sheet for session 11 is in Step Six, page 58.

THE GOAL

You've prayed the Seventh Step prayer and are practicing the opposite of each defect.

BEFORE I BEGIN: WHAT I EXPECT, AND WHAT SCARES ME

STARTED

FINISHED

STEP SEVEN · HUMILITY · WORKSHEET

Questions for this step

Answer in your own words. Only you read this, and your sponsor if you choose.

1 What does humility mean to you—and what doesn't it mean?

2 When has pride cost you the most?

3 Which defect do you want to start with?

4 What would the opposite of that defect look like tomorrow, at work or at home?

5 Did you catch yourself this week? What did you do?

STEP SEVEN · HUMILITY · THE PRAYER

The Seventh Step prayer

Alcoholics Anonymous, p. 76. Pray it each morning this week.

> *"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."*

PRACTICING THE OPPOSITE

One defect a day. What would the opposite look like today?

DAY	DEFECT I'M WORKING ON	WHAT I DID INSTEAD
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

PRAYED IT EACH MORNING

☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S

Ideas for this week

Pick one at a time. You don't need to do all of them.

- [ ] Pray the Seventh Step prayer every morning for a week.
- [ ] Each day, practice the opposite of one defect on purpose, and note it in your nightly review.
- [ ] Read Step Seven in the 12&12 in your own copy.

BEFORE YOU CALL THIS STEP DONE

- [ ] Have you prayed the Seventh Step prayer and meant it?
- [ ] Are you practicing the opposite of your defects each day?

Not sure? Talk it over with your sponsor first.

WHO I TALKED THIS OVER WITH

NOTES FOR MY NEXT CONVERSATION

DATE FINISHED

INITIALS



8

STEP EIGHT

Brotherly and Sisterly Love

Made a list of all persons we had harmed, and became willing to make amends to them all.



Work Step Eight with Jimmy or Sarah.
Open the app and tap Sponsor.

“And as you wish that others would do to you, do so to them.”
LUKE 6:31 (ESV)

STEP EIGHT · BROTHERLY AND SISTERLY LOVE

What this step is for

Step Eight is a list and a willingness. The names come from your inventory. You don't go to anyone yet. You get ready to make things right with every person on the list.

READ

☐	Into Action (Step Eight)	p. 76
☐	Your Step Four inventory, again (look back)	pp. 64–71
☐	Twelve Steps and Twelve Traditions, Step Eight	pp. 77–82

Page numbers for *Alcoholics Anonymous* are from the fourth edition. Read the 12&12 in your own copy.

LISTEN (FREE, IN THE SOBERHUB APP)

☐	Session 12: Into Action—Steps Eight and Nine	39 min

Joe and Charlie's study of *Alcoholics Anonymous*. Each recording has a study sheet in this book.

THE GOAL

The amends list is made, and you're willing to go to each one.

BEFORE I BEGIN: WHAT I EXPECT, AND WHAT SCARES ME

STARTED

FINISHED

STUDY SHEET · SESSION 12 · 39 MIN

Into Action—Steps Eight and Nine

Read: Into Action (pp. 76–84), in your own copy. Also counts for Step Nine.

> The amends list comes straight off the inventory, and we make things right directly wherever we can, without harming anyone else. The promises come after the work.

KEY POINTS

- Step Eight: the list is already on our Step Four sheets. The step is becoming willing (p. 76).
- Step Nine: go directly, face to face where possible. Admit our part and make it right (pp. 76–84).
- Money we owe, harms done, and troubles at home: the book walks through each (pp. 78–83).
- Never make amends at the expense of other people (pp. 79–80). Talk the risky ones over with a sponsor or pastor first.
- The promises (pp. 83–84) come true after this work, not before.

QUESTIONS

1 Who's on your list that you're ready to face now?

2 Is there anyone you'd need to talk over with a sponsor or pastor first?

3 Which of the promises are you hoping for most?

WHAT STOOD OUT

Questions for this step

Answer in your own words. Only you read this, and your sponsor if you choose.

1 Go through your inventory. Who shows up in the “my part” column?

2 Who’s missing from your list—family, employers, creditors, church, yourself?

3 For each name, what was the harm, in one sentence?

4 For each name: are you willing, not yet willing, or hoping never to see them again?

5 Who do you need to forgive before you can make an amends to them?

STEP EIGHT · MY AMENDS LIST

Everyone I harmed

Start with your inventory. Who's missing? Think of family, employers, creditors, your church, and yourself. Write the harm in one plain sentence. You are not going to anyone yet. Only write and get willing.

NAME	THE HARM	NOT READY	WILLING	PLANNED
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐

STEP EIGHT · MY AMENDS LIST (CONTINUED)

NAME	THE HARM	NOT READY	WILLING	PLANNED
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐

Pray about the “not ready” names every day.

Ideas for this week

Pick one at a time. You don't need to do all of them.

- [ ] Put every name on the list with the harm done, in one plain sentence each.
- [ ] Mark each name: not ready, willing, or planned. Pray about the "not ready" names every day.
- [ ] Read Step Eight in the 12&12 in your own copy.

BEFORE YOU CALL THIS STEP DONE

- [ ] Is everyone you harmed on your amends list?
- [ ] Are you willing to make all of them, even the hard ones?

Not sure? Talk it over with your sponsor first.

WHO I TALKED THIS OVER WITH

NOTES FOR MY NEXT CONVERSATION

DATE FINISHED

INITIALS



9

STEP NINE

Discipline

Made direct amends to such people wherever possible, except when to do so would injure them or others.



Work Step Nine with Jimmy or Sarah.
Open the app and tap Sponsor.

“So if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.”

MATTHEW 5:23–24 (ESV)

STEP NINE · DISCIPLINE

What this step is for

Step Nine is making direct amends wherever you can, unless it would hurt them or someone else. Talk the risky ones over with a human sponsor or pastor first: money owed, the law, affairs, former partners.

READ

- ☐ Into Action (amends and the promises) pp. 76–84
- ☐ Twelve Steps and Twelve Traditions, Step Nine pp. 83–87

Page numbers for *Alcoholics Anonymous* are from the fourth edition. Read the 12&12 in your own copy.

LISTEN (FREE, IN THE SOBERHUB APP)

- ☐ Session 12: Into Action—Steps Eight and Nine 39 min

Joe and Charlie's study of *Alcoholics Anonymous*. Each recording has a study sheet in this book. The study sheet for session 12 is in Step Eight, page 70.

THE GOAL

Amends are made or planned, with the risky ones talked over with a human sponsor or pastor first.

BEFORE I BEGIN: WHAT I EXPECT, AND WHAT SCARES ME

STARTED

FINISHED

STEP NINE · DISCIPLINE · WORKSHEET

Questions for this step

Answer in your own words. Only you read this, and your sponsor if you choose.

1 Which amends is easiest? Start there.

2 What exactly will you say? Rehearse it before you go.

3 How might they respond? What will you do if they're angry?

4 Could any of your amends hurt someone else? Who have you talked it over with?

5 After an amends: how did it go?

Make it right, safely

Talk it over with a human sponsor or pastor first if the amends involves money owed, the law, an affair, a former partner, or anything that could hurt someone else. Make direct amends wherever possible, except when it would injure them or others.

THE EASIEST ONE FIRST

WHO

WHAT I WILL SAY, IN MY OWN WORDS

HOW THEY MIGHT RESPOND, AND WHAT I'LL DO IF THEY ARE ANGRY

COULD THIS HURT ANYONE ELSE? WHO HAVE I TALKED TO?

STEP NINE · DISCIPLINE · AMENDS TRACKER

Every amends

Check “Talked first” once you’ve talked a risky one over with a human sponsor or pastor. Then mark each amends done, or living (a change you keep making).

NAME	WHAT I DID, AND WHEN	TALKED FIRST	DONE	LIVING
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐

After your first few amends, read the promises (pp. 83–84).

Ideas for this week

Pick one at a time. You don't need to do all of them.

- [ ] Practice each planned amends out loud before you go.
- [ ] Before any amends involving money owed, the law, affairs or former partners, talk it over with a human sponsor or pastor.
- [ ] Mark each one done or living amends.
- [ ] After your first few amends, read the promises (pp. 83–84).

BEFORE YOU CALL THIS STEP DONE

- [ ] Has every amends been made, started, or become a living amends?
- [ ] Did you talk the risky ones over with a human sponsor or pastor first?

Not sure? Talk it over with your sponsor first.

WHO I TALKED THIS OVER WITH

NOTES FOR MY NEXT CONVERSATION

DATE FINISHED

INITIALS



10

STEP TEN

Perseverance

Continued to take personal inventory and when we were wrong promptly admitted it.



Work Step Ten with Jimmy or Sarah.
Open the app and tap Sponsor.

“Therefore let anyone who thinks that he stands take heed lest he fall.”
1 CORINTHIANS 10:12 (ESV)

STEP TEN · PERSEVERANCE

What this step is for

Step Ten turns the inventory into a daily habit. When selfishness, dishonesty, resentment or fear show up, you catch it, ask God to remove it, talk to someone, and make it right quickly.

READ

- ☐ Into Action (Step Ten) — pp. 84–85
- ☐ Twelve Steps and Twelve Traditions, Step Ten — pp. 88–95

Page numbers for *Alcoholics Anonymous* are from the fourth edition. Read the 12&12 in your own copy.

LISTEN (FREE, IN THE SOBERHUB APP)

- ☐ Session 13: Into Action—Step Ten — 9 min

Joe and Charlie's study of *Alcoholics Anonymous*. Each recording has a study sheet in this book.

THE GOAL

You're doing a daily spot-check and making prompt amends.

BEFORE I BEGIN: WHAT I EXPECT, AND WHAT SCARES ME

STARTED

FINISHED

STUDY SHEET · SESSION 13 · 9 MIN

Into Action—Step Ten

Read: Into Action (pp. 84–85), in your own copy.

> Step Ten keeps the housecleaning going every day: catch it, admit it, set it right on the spot, because what we have is a daily reprieve, not a cure.

KEY POINTS

- Keep watching for selfishness, dishonesty, resentment and fear (p. 84).
- When they crop up: ask God to remove them, talk it over with someone, make amends quickly, and turn to helping someone.
- By now the obsession to drink has usually been lifted. We've ceased fighting anything (pp. 84–85).
- We have a daily reprieve that depends on keeping up our spiritual condition (p. 85).

QUESTIONS

1 What cropped up today: selfishness, dishonesty, resentment or fear?

2 Is there an amends you could make quickly?

3 What keeps your spiritual condition up day to day?

WHAT STOOD OUT

Questions for this step

Answer in your own words. Only you read this, and your sponsor if you choose.

1 When you got upset this week, which was it: selfishness, dishonesty, resentment or fear?

2 What did you do with it?

3 Do you owe anyone an apology tonight?

4 Where did you make a quick amends this week?

5 What went right today?

6 Did you help anyone?

STEP TEN · PERSEVERANCE · SPOT-CHECK

When I'm upset

PAUSE AND ASK

- Is this resentment, fear, dishonesty, or selfishness?
- What is my part?
- Who do I owe an apology?
- Who can I talk to right now?

> When we were wrong, we promptly admitted it (Step Ten). Ask God to remove it, talk to someone, and make amends quickly (p. 84).

THIS WEEK'S SPOT-CHECKS

DAY	WHAT UPSET ME	WHICH ONE, AND WHAT I DID
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

STEP TEN · PERSEVERANCE · NIGHTLY REVIEW

Before bed

Tick what was true today. Then write what went right.

TODAY I WAS…	M	T	W	T	F	S	S
Resentful							
Selfish							
Dishonest							
Afraid							
Owing an apology							
Keeping a secret							
Of use to someone							
Thankful							

WHAT WENT RIGHT TODAY

WHOM I NEED TO MAKE AMENDS TO

WHAT I'M THANKFUL FOR

Ideas for this week

Pick one at a time. You don't need to do all of them.

- [ ] Do the nightly review every night this week.
- [ ] Practice the spot-check: when you're upset, pause and ask which it is: selfishness, dishonesty, resentment or fear (p. 84).
- [ ] Make amends quickly, as soon as you see you were wrong (p. 84).

BEFORE YOU CALL THIS STEP DONE

- [ ] Are you doing the nightly review most nights?
- [ ] Are you making amends promptly when you're wrong?

Not sure? Talk it over with your sponsor first.

WHO I TALKED THIS OVER WITH

NOTES FOR MY NEXT CONVERSATION

DATE FINISHED

INITIALS



11

STEP ELEVEN

Spiritual Awareness

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.



Work Step Eleven with Jimmy or Sarah.
Open the app and tap Sponsor.

"Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God."

COLOSSIANS 3:16 (ESV)

What this step is for

Step Eleven is a daily practice of prayer and meditation: morning, through the day, and at night. Start small. A stumbling prayer counts.

READ

- [ ] Into Action (prayer and meditation) — pp. 85–88
- [ ] Twelve Steps and Twelve Traditions, Step Eleven — pp. 96–105

Page numbers for *Alcoholics Anonymous* are from the fourth edition. Read the 12&12 in your own copy.

LISTEN (FREE, IN THE SOBERHUB APP)

- [ ] Session 14: Into Action—Step Eleven — 17 min

Joe and Charlie's study of *Alcoholics Anonymous*. Each recording has a study sheet in this book.

THE GOAL

You have a morning and nightly routine of prayer and review.

BEFORE I BEGIN: WHAT I EXPECT, AND WHAT SCARES ME

STARTED

FINISHED

STUDY SHEET · SESSION 14 · 17 MIN

Into Action—Step Eleven

Read: Into Action (pp. 85–88), in your own copy.

> Step Eleven gives us a simple daily rhythm: a morning to ask for direction, pauses through the day, and an honest review at night.

KEY POINTS

- At night, review the day constructively: were we resentful, selfish, dishonest or afraid? Do we owe an apology (p. 86)?
- In the morning, think about the day ahead and ask God for direction (p. 86).
- Through the day, when agitated or doubtful, pause and ask for the right thought or action (p. 87).
- We don't pray for our own selfish ends (p. 87). It works (p. 88).

QUESTIONS

1 What does your morning look like now?

2 When could you build in a pause during the day?

3 Would a short nightly review fit your evenings?

WHAT STOOD OUT

Questions for this step

Answer in your own words. Only you read this, and your sponsor if you choose.

1 What does your morning look like right now?

2 How do you pray? What gets in the way?

3 What are you reading in Scripture this week?

4 When did you pause today when you were agitated or doubtful?

5 Are you going to church? Which one?

STEP ELEVEN · SPIRITUAL AWARENESS · MY DAILY RHYTHM

Morning, midday, night

The book lays out a simple rhythm (pp. 86–88). Start small and build it.

ON WAKING

- [ ] Think about the day ahead.
- [ ] Ask God to direct my thinking, free of self-pity and dishonest motives.
- [ ] Read a short passage of Scripture.

THROUGH THE DAY

- [ ] When agitated or doubtful, pause and ask for the right thought or action (p. 87).
- [ ] Say “Thy will be done” as often as I need to.

AT NIGHT

- [ ] Review the day honestly.
- [ ] Ask God’s forgiveness where I need it.
- [ ] Thank Him for one specific thing.

A VERSE I’M READING THIS WEEK

THIS WEEK	M	T	W	T	F	S	S
Morning							
Midday							
Night							
Scripture							

Ideas for this week

Pick one at a time. You don't need to do all of them.

- [ ] Morning: ask for direction before the day starts (pp. 86–87).
- [ ] During the day: pause when you're agitated or doubtful (p. 87).
- [ ] Night: review the day (p. 86).
- [ ] Read the Prayer of St. Francis (12&12 p. 99) in your own copy, and go to church this Sunday.

BEFORE YOU CALL THIS STEP DONE

- [ ] Have you kept a morning and evening practice for a couple of weeks?
- [ ] Are you connected to a church, or working on it?

Not sure? Talk it over with your sponsor first.

WHO I TALKED THIS OVER WITH

NOTES FOR MY NEXT CONVERSATION

DATE FINISHED

INITIALS



12

STEP TWELVE

Service

Having had a spiritual experience as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.



Work Step Twelve with Jimmy or Sarah.
Open the app and tap Sponsor.

"Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted."
GALATIANS 6:1 (ESV)

STEP TWELVE · SERVICE

What this step is for

Step Twelve is carrying the message to others and practicing these principles in everything you do. Working with others is one of the strongest protections against drinking (p. 89). This step never finishes.

READ

- ☐ Working With Others — pp. 89–103
- ☐ A Vision for You — pp. 151–164
- ☐ Twelve Steps and Twelve Traditions, Step Twelve — pp. 106–125

Page numbers for *Alcoholics Anonymous* are from the fourth edition. Read the 12&12 in your own copy.

LISTEN (FREE, IN THE SOBERHUB APP)

- ☐ Session 15: Working With Others—Step Twelve — 17 min

Joe and Charlie's study of *Alcoholics Anonymous*. Each recording has a study sheet in this book.

THE GOAL

You're carrying the message and practicing these principles in all your affairs.

BEFORE I BEGIN: WHAT I EXPECT, AND WHAT SCARES ME

STARTED

FINISHED

STUDY SHEET · SESSION 15 · 17 MIN

Working With Others—Step Twelve

Read: Working With Others (pp. 89–103), in your own copy.

> Nothing protects our sobriety like working with another alcoholic, and the book shows exactly how to carry the message.

KEY POINTS

- Practical experience shows nothing insures immunity from drinking like intensive work with other alcoholics (p. 89).
- When you meet a newcomer: find out about him, share your own story, describe the problem, and then the solution (pp. 90–95).
- Don't start out as an evangelist, and don't lecture. Use everyday language and offer what worked for you (pp. 89, 93).
- Assuming we're spiritually fit, we can go anywhere and do what alcoholics are "not supposed" to (pp. 101–102).
- Step Twelve means practicing these principles in all our affairs (pp. 59–60).

QUESTIONS

1 Who could you reach out to this week?

2 What part of your story might help a newcomer?

3 Where is it hardest to practice these principles in your life?

WHAT STOOD OUT

STEP TWELVE · SERVICE · WORKSHEET

Questions for this step

Answer in your own words. Only you read this, and your sponsor if you choose.

1 How is your life different now from when you started Step One?

2 Who in your life needs to hear your story?

3 What service commitment could you take on at your home group?

4 Is anyone asking you to sponsor them?

5 Where are you still not practicing these principles—work, money, home?

STEP TWELVE · SERVICE · CARRYING THE MESSAGE

My story, in short

What it was like, what happened, and what it's like now. A few lines each is plenty.

WHAT IT WAS LIKE

WHAT HAPPENED

WHAT IT'S LIKE NOW

PRACTICING THESE PRINCIPLES IN ALL MY AFFAIRS

AREA OF LIFE	WHERE I'M STILL NOT PRACTICING THEM
Work	
Money	
Home	
Church	

STEP TWELVE · SERVICE · SERVICE LOG

Who I've helped

Nothing protects our sobriety like working with others (p. 89). Coffee, chairs, a call, a ride, a story shared.

DATE	WHAT I DID, AND FOR WHOM

STEP TWELVE · SERVICE · WRAPPING UP

Ideas for this week

Pick one at a time. You don't need to do all of them.

- [ ] Take a service commitment: coffee, chairs, greeting, literature.
- [ ] Share your story at a meeting.
- [ ] Carry the message to one person this month.
- [ ] Serve at church too, and read pp. 89–103 before you sponsor anyone.

BEFORE YOU CALL THIS STEP DONE

- [ ] Are you carrying the message to others?
- [ ] Is service a regular part of your life now?

Not sure? Talk it over with your sponsor first.

WHO I TALKED THIS OVER WITH

NOTES FOR MY NEXT CONVERSATION

DATE FINISHED

INITIALS

TALK IT OVER

Cravings

A craving is an hour to get through, not a verdict on you. In the moment, keep it simple: call someone, get to a meeting, stay away from the bar. Understanding it can wait until you are safe.

> *"No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it."*
>
> 1 CORINTHIANS 10:13 (ESV)

> *"Submit yourselves therefore to God.*
> *Resist the devil, and he will flee from you."*
>
> JAMES 4:7 (ESV)

Read together: The Doctor's Opinion (p. xxviii). There Is a Solution (p. 24). More About Alcoholism (p. 43). Into Action (pp. 84–85). Working With Others (pp. 101–102).

WHAT COMES UP FOR ME WHEN I READ THIS

CRAVINGS · QUESTIONS

1 Where are you right now, and is there alcohol near you?

2 Who can you call in the next five minutes?

3 Walk past the first drink—what happens tonight, and tomorrow morning?

4 What was going on right before this hit?

IDEAS FOR THIS WEEK

- [ ] Call someone now and stay on the phone a while.
- [ ] Get to a meeting tonight.
- [ ] Later, read pp. 84–85 and talk about what a daily reprieve means for you.

TALK IT OVER

Resentment and anger

For an alcoholic a resentment is dangerous. The book's way out is not "let it go." It is to put it on paper, find your own part, and pray for the other person.

> *"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."*
>
> EPHESIANS 4:31–32 (ESV)

> *"But I say to you, Love your enemies and pray for those who persecute you..."*
>
> MATTHEW 5:44 (ESV)

Read together: How It Works (pp. 64–67). To Employers (p. 145). 12&12 Step Ten (pp. 90–93, in your own copy).

WHAT COMES UP FOR ME WHEN I READ THIS

RESENTMENT AND ANGER · QUESTIONS

1 Who are you angry at, and what happened?

2 What did it threaten in you—your pride, your security, a relationship?

3 Setting their part aside, where were you selfish, dishonest, self-seeking or afraid?

4 Would you be willing to pray for them for two weeks, even if you don't mean it yet?

IDEAS FOR THIS WEEK

- [ ] Put it in the columns, on paper (the app's inventory works).
- [ ] Pray for the person each day, the way p. 67 describes.
- [ ] Talk it over with your sponsor before you say anything to them.

TALK IT OVER

Fear

A lot of anger, people-pleasing and control comes back to fear. Name what's under it, see where it comes from, and practice trusting God with it instead of holding it all up yourself.

"...for God gave us a spirit not of fear
but of power and love and self-control."

2 TIMOTHY 1:7 (ESV)

"...fear not, for I am with you; be not dismayed, for I
am your God; I will strengthen you, I will help you,
I will uphold you with my righteous right hand."

ISAIAH 41:10 (ESV)

Read together: How It Works (pp. 62, 67–69). Into Action (pp. 83–84). 12&12 Step Four (p. 49, in your own copy).

WHAT COMES UP FOR ME WHEN I READ THIS

FEAR · QUESTIONS

1 What are you afraid of right now? Say it plainly.

2 What's the worst you think could happen?

3 Where are you trying to hold this all up by yourself?

4 What's one thing you'd do today if you trusted God with it?

IDEAS FOR THIS WEEK

- [ ] Write the fear down and why you have it, the way the book does (pp. 67–69).
- [ ] When it comes up, pray to have it removed and ask what God would have you do next.
- [ ] Call someone and say the fear out loud.

TALK IT OVER

Honesty

Recovery runs on honesty: with God, with yourself, and with another person. The secrets we keep are the ones that take us back out.

"Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another."

EPHESIANS 4:25 (ESV)

"Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy."

PROVERBS 28:13 (ESV)

"Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working."

JAMES 5:16 (ESV)

Read together: How It Works (p. 58). Into Action (pp. 73–75). 12&12 Step Five (pp. 55–62, in your own copy).

WHAT COMES UP FOR ME WHEN I READ THIS

HONESTY · QUESTIONS

1 Where is it hardest for you to be honest right now?

2 Is there something you've never told anyone that still weighs on you?

3 Who in your life could you be completely honest with?

4 What's one small lie you could stop telling this week?

IDEAS FOR THIS WEEK

- [ ] Tell your sponsor one thing you've been keeping to yourself.
- [ ] In the nightly review, note any place you weren't honest today.
- [ ] Read pp. 73–75 and think about who will hear your Fifth Step.

TALK IT OVER

Acceptance

Acceptance isn't approval and it isn't giving up. It is quitting the argument with what you can't change, so your energy goes to what you can do today, and handing the rest to God.

> *"Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need."*
>
> PHILIPPIANS 4:11–12 (ESV)

Read together: How It Works (pp. 60–62). Into Action (p. 84). 12&12 Step Three (pp. 34–40, in your own copy).

WHAT COMES UP FOR ME WHEN I READ THIS

ACCEPTANCE · QUESTIONS

1 What are you fighting right now that you can't change?

2 What has fighting it cost you this week?

3 What part of this is actually yours to do?

4 What would it look like to let God have the rest—just for today?

IDEAS FOR THIS WEEK

- [ ] Write down the thing you're fighting, then one line for "my part" and one for "God's part."
- [ ] Each time it comes up today, pray for God's will to be done, not yours.
- [ ] Talk it over with your sponsor or someone at a meeting.

TALK IT OVER

Forgiveness

The book teaches us to look at the people who hurt us as sick too, and to pray for them. That doesn't pretend the harm didn't happen. It frees you, and it opens the way to God's forgiveness for yourself.

"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."

EPHESIANS 4:32 (ESV)

"For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses."

MATTHEW 6:14–15 (ESV)

"...bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive."

COLOSSIANS 3:13 (ESV)

Read together: How It Works (pp. 66–67). Into Action (pp. 77, 86). 12&12 Step Eight (pp. 77–82, in your own copy). 12&12 Step Five (p. 57, in your own copy).

WHAT COMES UP FOR ME WHEN I READ THIS

FORGIVENESS · QUESTIONS

1 Who is hardest for you to forgive?

2 What do you think forgiving them would mean—and what wouldn't it mean?

3 Is there anything you're having trouble forgiving yourself for?

4 Would you be willing to pray for them, even a little?

IDEAS FOR THIS WEEK

- [ ] Pray for the person each day for two weeks (pp. 66–67).
- [ ] Write down what you're holding against yourself and talk it over with your sponsor or pastor.
- [ ] Read Ephesians 4:32 each morning this week.

TALK IT OVER

Gratitude

Gratitude is one of the best answers to self-pity, and it is something you do, not a mood you wait for. Sobriety comes first on the list.

"...give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

1 THESSALONIANS 5:18 (ESV)

"Bless the LORD, O my soul, and forget not all his benefits..."

PSALM 103:2 (ESV)

Read together: Into Action (pp. 83–84, 86). 12&12 Step Ten (pp. 93–95, in your own copy).

WHAT COMES UP FOR ME WHEN I READ THIS

GRATITUDE · QUESTIONS

1 What's one thing that went right today?

2 What do you have now that you didn't have when you were drinking?

3 Who's someone you're grateful for that you haven't told?

4 Where's self-pity been sneaking in lately?

IDEAS FOR THIS WEEK

- [ ] Write three things you're grateful for tonight, in the nightly review.
- [ ] Tell one person this week that you're grateful for you.
- [ ] Thank God for one specific thing each morning.

TALK IT OVER

Loneliness

Loneliness is one of the fastest roads back to a drink. Take one step toward real people today: a call, a meeting, a church, a way to be useful.

"God settles the solitary in a home; he leads out the prisoners to prosperity, but the rebellious dwell in a parched land."

PSALM 68:6 (ESV)

"Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!"

ECCLESIASTES 4:9–10 (ESV)

"And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."

HEBREWS 10:24–25 (ESV)

Read together: A Vision for You (pp. 151–153). Working With Others (p. 89). 12&12 Step Five (p. 57, in your own copy).

WHAT COMES UP FOR ME WHEN I READ THIS

LONELINESS · QUESTIONS

1 When do you feel it most—nights, weekends, after work?

2 Who's one person you could call or text today?

3 Is there a meeting you could get to this week, even if you just sit in the back?

4 Where could you be of use to someone else?

IDEAS FOR THIS WEEK

- [ ] Call one person from your list today, even just to say hi.
- [ ] Get to a meeting early and stay after for coffee.
- [ ] Look into a church small group or a service commitment.

TALK IT OVER

Family and home

A family that has been hurt needs time. Do your part at home without demanding trust back on your schedule. Home is where the program gets practiced hardest.

"Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive."

COLOSSIANS 3:12–13 (ESV)

"...with all humility and gentleness, with patience, bearing with one another in love..."

EPHESIANS 4:2 (ESV)

Read together: Into Action (pp. 82–83). The Family Afterward (pp. 122–135). To Wives (pp. 104–121). 12&12 Step Nine (pp. 83–87, in your own copy).

WHAT COMES UP FOR ME WHEN I READ THIS

FAMILY AND HOME · QUESTIONS

1 How are things at home right now?

2 What does your family need to see from you, more than hear?

3 Where are you expecting trust back faster than they can give it?

4 What's one thing you could do at home this week without being asked?

IDEAS FOR THIS WEEK

- [ ] Do one useful thing at home each day this week, quietly.
- [ ] Read The Family Afterward a few pages at a time.
- [ ] If things are tense, talk it over with your sponsor or pastor before a big conversation.

TALK IT OVER

Prayer and meditation

Build a simple daily habit of talking with God and listening: morning, through the day, and at night. Start where you are. A stumbling prayer counts.

"...do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

PHILIPPIANS 4:6–7 (ESV)

"Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!"

PSALM 46:10 (ESV)

Read together: How It Works (p. 63). Into Action (pp. 76, 85–88). 12&12 Step Eleven (pp. 96–105, in your own copy).

WHAT COMES UP FOR ME WHEN I READ THIS

PRAYER AND MEDITATION · QUESTIONS

1 What does your prayer look like right now?

2 What gets in the way?

3 What would five quiet minutes in the morning look like for you?

4 When did you last pause in the middle of a hard moment and ask for help?

IDEAS FOR THIS WEEK

- [ ] Read pp. 86–88 tomorrow morning and try just the waking part.
- [ ] Pray the Third Step prayer (p. 63) each morning this week.
- [ ] Read a verse slowly, then sit quietly for two minutes.

LOG

Meetings I've been to

DATE	MEETING	WHAT I HEARD	I SHARED
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐

LOG

Meetings (continued)

DATE	MEETING	WHAT I HEARD	I SHARED
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐

PHONE LIST

My people

Call someone every day, especially on the days you don't want to. Put the numbers here and in your phone.

NAME	PHONE	WHO THEY ARE

988 Suicide & Crisis Lifeline (call or text) · **911** emergency

PRAYER LIST

People and things I'm praying for

WHO OR WHAT	STARTED	ANSWERED

When a prayer is answered, write what God did. You will want to read it on a hard day.

GRATITUDE

What I’m thankful for

Three a night. Sobriety first.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

WHEN A CRAVING OR A BLOW-UP COMES OUT OF NOWHERE

H · A · L · T

Ask whether you are hungry, angry, lonely or tired right now. Then deal with the plain thing first.

Hungry	Eat something real.
Angry	Name it. Write it on the resentment list. Call someone.
Lonely	Call a person, text, or get to a meeting early and stay late.
Tired	Rest. Go to bed on time.

PLAY THE TAPE FORWARD

Walk past the first drink. What happens tonight? Tomorrow morning? Who do I tell?

If you are in danger, call 988 or 911. If you have been drinking heavily and stopped, and are shaking, sweating, confused, seeing things, or have had a seizure, go to the ER today.

NOTES

Notes

Questions for my sponsor, things to remember, things to pray about.

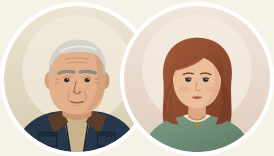
NOTES

Notes

Questions for my sponsor, things to remember, things to pray about.

Steps & Scripture is a Christian Twelve Step recovery app for iPhone and Android. Your sponsor, Jimmy for men or Sarah for women, is an AI. The app supports, and never replaces, meetings, a human sponsor, your church, and your doctor.

The program rests on three texts: *Alcoholics Anonymous*, *Twelve Steps and Twelve Traditions*, and the Bible. In this workbook the Twelve Steps and the two prayers are from the 1939 first edition of *Alcoholics Anonymous* (public domain), and Scripture is the English Standard Version.



Meet Jimmy and Sarah.
Your sponsors in the app. First month free, no card. For adults 18+.

Download on the App Store

Get it on Google Play

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stepsandscripture.com

Walk the Twelve Steps with Scripture, prayer, and a pen.

This workbook goes step by step with the Steps & Scripture app, where Jimmy or Sarah, your AI sponsor, takes you through the steps with you. It works on its own, too.

- A chapter for every step: its own words, a verse, what to read, and what “done” looks like
- Worksheet questions with room to write, and a study sheet for each listening session
- The Fourth Step inventory, the amends list and tracker, the nightly review
- Ten topic pages: cravings, resentment, fear, honesty and more
- Meeting log, phone list, prayer list, and a HALT card

It is a tool, not the whole program. Go to meetings, call people, find a human sponsor and a church.





Meet Jimmy and Sarah. Scan the code or search “Steps & Scripture” on the App Store or Google Play. First month free, no card.

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