

TWELVE DAILY ACTIONS TO BEING HAPPY, JOYFUL, AND FREE

1. MEMORIZE THESE **FOUR** PRAYERS:

- ☆ THE SURRENDER PRAYER
- ☆ THE LORD'S PRAYER
- ☆ THE THIRD STEP PRAYER (PAGE 63 OF THE BIG BOOK)
- ☆ THE PRAYER OF ST. FRANCIS (PAGE 99 OF THE 12 & 12)

IMMEDIATELY UPON WAKING UP, EVEN BEFORE GOING TO THE BATHROOM, GET OUT OF YOUR BED AND **KNEEL** DOWN NEXT TO YOUR BED AND SAY YOUR NORMAL MORNING PRAYERS PLUS THE **FOUR** PRAYERS ABOVE THAT YOU HAVE MEMORIZED. THIS WILL WORK BEST WHEN YOU SAY **ALL FOUR** PRAYERS FROM MEMORY.

2. AFTER YOU SAY YOUR PRAYERS, USE THE BATHROOM, SHOWER AND SHAVE.

3. GET DRESSED WITH **CLEAN CLOTHES**. DON'T WEAR ANYTHING YOU WORE YESTERDAY IN THE WAY OF UNDERWEAR, SOCKS AND SHIRTS. IF YOU DON'T HAVE CLEAN CLOTHS WASH SOME.

4. NEXT, MAKE YOUR BED. PUT CLEAN SHEETS AND PILLOW CASES ON YOUR BED ONCE A WEEK.

5. NEXT, EAT YOUR BREAKFAST, DRINK YOUR COFFEE, READ YOUR NORMAL MORNING MEDITATION MATERIAL.

6. NEXT, READ: "WHAT THE BIG BOOK TELLS ME ABOUT **GOD, SELF, AND RECOVERY**".

7. NEXT, CALL **TWO SOBER** ALCOHOLICS. IT DOESN'T MATTER IF THEY ARE NOT HOME OR DON'T ANSWER. IF YOU DO TALK TO THEM, DON'T LET THE CONVERSATIONS LAST MORE THAN **5 MINUTES**

8. NEXT, MAKE A LIST OF THE **THREE** MOST IMPORTANT THINGS YOU HAVE TO GET DONE THAT DAY. SET A GOAL TO GET THEM DONE BEFORE THE DAY IS OVER.

9. NEXT, WASH YOUR DISHES AND PUT THEM AWAY. YOU SHOULD DO THIS AFTER EVERY MEAL. WALK THROUGH YOUR HOUSE AND STRAIGHTEN IT UP, PUTTING AWAY ANYTHING THAT IS LAYING AROUND. VACUUM AND DUST YOUR HOUSE COMPLETELY ONCE EACH WEEK.

10. NEXT, BRUSH YOUR TEETH

11. NOW GO ABOUT YOUR DAY DOING WHATEVER IS IN FRONT OF YOU AND CONCENTRATING ON WHAT YOU CAN DO TO HELP THE OTHER PERSON WHETHER IT BE YOUR EMPLOYER, YOUR EMPLOYEES, OR ANYONE ELSE YOU COME IN CONTACT WITH THAT DAY. AT NO TIME DURING THE DAY ARE YOU TO SAY **ANYTHING** THAT IS IN ANY WAY NEGATIVE ABOUT YOU OR ABOUT ANY OTHER PERSON, OR THING OR EVENTS, INCLUDING ALL THE "SHIT" THAT IS GOING ON IN THE WORLD. IF ANYONE ASKS YOU HOW YOU ARE FEELING SAY "**GOOD**", WHICH IS "**GOD**" WITH AN EXTRA "**O**". ANYTIME YOU HAVE A NEGATIVE THOUGHT DURING THE DAY SAY THE FOLLOWING PRAYER:

"LEAVE MY HEAD, BAD THOUGHT. THANK YOU **GOD**. I AM SO GRATEFUL THAT **YOU** ARE WITH ME TODAY AND THAT I AM WILLING TO DO WHAT **YOU** WANT ME TO DO TODAY, AMEN. "

12. BEFORE GOING TO BED AT NIGHT, MAKE SURE YOU BRUSH YOUR TEETH. THEN, **KNEEL** DOWN BY YOUR BED AND SAY THE FOLLOWING PRAYER:

"THANK YOU **GOD** FOR THIS DAY."

NOW GO TO SLEEP IN YOUR NICE CLEAN BED. DOESN'T IT FEEL GOOD TO BE LAYING IN YOUR BED BETWEEN CLEAN SHEETS, WITH YOUR HEAD ON A CLEAN PILLOW, IN A CLEAN HOUSE, WITH CLEAN TEETH AND BREATH AND KNOWING THAT YOU WERE **WILLING** TO DO **HIS** WILL ONE MORE DAY. IT'S A GREAT LIFE!

MORNING PRAYERS

1. **THE SURRENDER PRAYER:**

"GOD, I GIVE UP! I WILL DO WHATEVER YOU WANT ME TO DO TODAY!"

2. **THE LORD'S PRAYER:**

"OUR FATHER, WHO ART IN HEAVEN, HALLOWED BE THY NAME. THY KINGDOM COME. THY WILL BE DONE, ON EARTH AS IT IS IN HEAVEN. GIVE US THIS DAY OUR DAILY BREAD. AND FORGIVE US OUR TRESPASSES, AS WE FORGIVE THOSE WHO TRESPASS AGAINST US. AND LEAD US NOT INTO TEMPTATION; BUT DELIVER US FROM EVIL: FOR THINE IS THE KINGDOM, THE POWER, AND THE GLORY, FOREVER. AMEN."

3. **THE 3RD STEP PRAYER:** (PAGE 63 OF THE BIG BOOK)

"GOD, I OFFER MYSELF TO THEE - TO BUILD WITH ME AND 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!"

4. **THE PRAYER OF ST. FRANCIS:** (PAGE 99 OF THE 12 & 12)

"LORD, MAKE ME A CHANNEL OF THY PEACE -
THAT WHERE THERE IS HATRED, I MAY BRING LOVE -
THAT WHERE THERE IS WRONG, I MAY BRING THE SPIRIT OF FORGIVENESS -
THAT WHERE THERE IS DISCORD, I MAY BRING HARMONY -
THAT WHERE THERE IS ERROR, I MAY BRING TRUTH -
THAT WHERE THERE IS DOUBT, I MAY BRING FAITH -
THAT WHERE THERE IS DESPAIR, I MAY BRING HOPE -
THAT WHERE THERE ARE SHADOWS, I MAY BRING LIGHT -
THAT WHERE THERE IS SADNESS, I MAY BRING JOY.
LORD, GRANT THAT I MAY SEEK RATHER TO COMFORT THAN TO BE
COMFORTED- TO UNDERSTAND THAN TO BE UNDERSTOOD- TO LOVE THAN
TO BE LOVED.
FOR IT IS BY SELF-FORGETTING THAT ONE FINDS. IT IS BY FORGIVING THAT
ONE IS FORGIVEN. IT IS BY DYING THAT ONE AWAKENS TO ETERNAL LIFE.
AMEN."

WHAT THE BIG BOOK TELLS ME ABOUT
GOD, SELF, AND RECOVERY

PAGE 14:

"Simple, but not easy; a price had to be paid. It meant destruction of **self**-centeredness. I must turn in all things to the **Father of Light** who presides over us all."

Faith without works was dead, **He** said. And how appallingly true for the alcoholic! For if an alcoholic failed to perfect and enlarge his spiritual life through work and **self**-sacrifice for others, he could not survive the certain trials and low spots ahead. If he did not work, he would surely drink again, and if he drank, he would surely die. Then faith would be dead indeed."

PAGE: 15:

"but I soon found that when all other measures failed, work with another alcoholic would save the day."

PAGE 16:

"There is, however, a vast amount of fun about it all. I suppose some would be shocked at our seeming worldliness and levity. But just underneath there is deadly earnestness. Faith has to work twenty-four hours a day in and through us, or we perish.

"Most of us feel we need look no further for Utopia. We have it with us right here and now."

PAGE 17:

"The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer from alcoholism."

PAGE 18:

"Highly competent psychiatrists who have dealt with us have found it sometimes impossible to persuade an alcoholic to discuss his situation without reserve."

"....that there are no fees to pay, no axes to grind, no people to please, no lectures to be endured - these are the conditions we have found most effective."

PAGE 25:

"The central fact of our lives today is the absolute certainty that our **Creator** has entered into our hearts and lives in a way which is indeed miraculous. **He** has commenced to accomplish those things for us which we could never do by **ourselves**."

PAGE 42:

...."I knew from that moment that I had an alcoholic mind. I saw that will power and **self**-knowledge would not help"

"Quite as important was the discovery that spiritual principles would solve all my problems."

PAGE 45:

"Our human resources, as marshaled by the will, were not sufficient; they failed utterly."

" Well, that's exactly what this book is all about. Its main objective is to enable you to find a **Power** greater than **yourself** which will solve your problem."

PAGE 53:

"either **God** is everything or else **He** is nothing."

PAGE 55:

" We found the **Great Reality** deep down within us. In the last analysis it is only there that **He** may be found."

PAGE 60:

- "(a) That we were alcoholic and could not manage our own lives.
- (b) That probably no human power could have relieved our alcoholism.
- (c) That **God** could and would if **He** were sought."

" The first requirement is that we be convinced that any life run on **self**-will can hardly be a success. On that basis we are almost always in collision with something or somebody, even though our motives are good. Most people try to live by **self**-propulsion. Each person is like an actor who wants to run the whole show...."

PAGE 62:

"**Selfishness - self-centeredness!** That, we think, is the root of our troubles."

"the alcoholic is an extreme example of **self**-will run riot"

"Above everything, we alcoholics must be rid of this **selfishness**. We must, or it kills us! **God** makes that possible. And there often seems no way of entirely getting rid of **self** without His **aid**."

"Neither could we reduce our **self-centeredness** much by wishing or trying on our own power. We had to have **God's** help."

"we had to quit playing **God**."

.... "**He** is the **Father**, and we are **His** children. Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom."

PAGE 63:

" Established on such a footing we became less and less interested in **ourselves**, our little plans and designs. More and more we became interested in seeing what we could contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of **His** presence, we began to loose our fear of today, tomorrow or the hereafter. We were reborn."

..." **God**, I offer myself to **Thee** - to build with me and 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!"

PAGE 64:

..." We took stock honestly. First, we searched out the flaws in our make-up which caused our failure. Being convinced that **self**, manifested in various ways, was what had defeated us."

PAGE 68:

"...we are now on a different basis; the basis of trusting and relying upon **God**. We trust infinite **God** rather than our finite **selves**. We are in the world to play the role **He** assigns. Just to the extent that we do as we think **He** would have us, and humbly rely on **Him**, does **He** enable us to match calamity with serenity."

PAGE 71:

...." **God** can remove whatever **self**-will has blocked you off from **Him**."

PAGE 83:

...."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. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and **self**-pity will disappear. We will loose interest in **selfish** things and gain interest in our fellows. **Self**-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that **God** is doing for us what we could not do for ourselves.

PAGE 98:

" Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust in **God** and clean house."

PAGE 100:

" Follow the dictates of a **Higher Power** and you will presently live in a new and wonderful world, no matter what your present circumstances."

PAGE 164:

"Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. 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. See to it that your relationship with **Him** is right, and great events will come to pass for you and countless others. This is the **Great Fact** for us.

Abandon yourself to **God** as you understand **God**. Admit your faults to **Him** and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the **Fellowship of the Spirit**, and you will surely meet some of us as you trudge the **Road of Happy Destiny** .

May **God** bless you and keep you - until then.

QUESTIONS FOR 4TH STEP

1. GOING BACK OVER YOUR LIFE, WHAT MEMORIES ARE MOST PAINFUL...? MOST SAD...? CAUSE YOU GUILT FEELINGS...AND ARE MOST DIRTY?
2. TODAY, IN WHAT WAY DO YOU FEEL **INADEQUATE** AS THE PERSON YOU WISH YOU WERE?
3. WHOM DO YOU RESENT AND WHY? (BE AS SPECIFIC AND "PETTY" AS NECESSARY TO EXPLAIN WHY YOU RESENT THE PERSON IN EACH CASE.)
4. WHAT DO YOU CONCEIVE TO BE YOUR " **DEFECTS OF CHARACTER** AS YOU PERCEIVE THEM?
5. WHAT ARE YOUR APPARENT ON-GOING PROBLEMS IN HUMAN RELATIONSHIPS?
6. WHAT ARE YOUR GOALS, WHETHER REALISTIC OR NOT?
7. DO YOU SEE ANY WAY THAT A.A. CAN HELP YOU TO BEGIN TO ACHIEVE THESE GOALS? OR, DO YOU SEE ANY WAY IN GENERAL THAT YOU CAN BEGIN TO START TOWARD THESE GOALS?

REMEMBER THE FOLLOWING "**DON'TS**":

- A. **DON'T** READ ANYTHING YOU WRITE DOWN. WHEN YOU ARE FINISHED WITH A PARTICULAR QUESTION, DON'T GO BACK AND READ OVER WHAT YOU HAVE WRITTEN DOWN. GO ON TO THE NEXT QUESTION, OR PUT YOUR INVENTORY AWAY UNTIL YOU ARE READY TO DO SOME MORE WRITING.
- B. **DON'T** CONCERN YOURSELF WITH GRAMMAR, PUNCTUATION, ETC. YOU ARE NOT LOOKING FOR A PULITZER PRIZE!!
- C. **DON'T** EDIT YOUR THOUGHTS. IMMEDIATELY PUT DOWN ON PAPER WHATEVER COMES TO YOUR MIND ABOUT THAT PARTICULAR QUESTION.
- D. **DON'T** WRITE WHEN YOU ARE FEELING GOOD. WAIT UNTIL YOU ARE FEELING REAL BAD - FULL OF FEAR, RESENTMENT, HOPELESSNESS, SELF-PITY, ECT. IN OTHER WORDS, FOR US ALCOHOLICS THAT WOULD MEAN WRITING OUR INVENTORIES WHEN WE ARE IN OUR USUAL STATE OF MIND.

STEPS SIX, SEVEN, EIGHT, AND NINE

STEP 6: This step is to be taken on the night immediately following the 5th step-on ones knees just before retiring:

"GOD I AM ENTIRELY READY TO HAVE YOU REMOVE ALL MY CHARACTER DEFECTS. I AM READY TO HAVE YOU TAKE THEM ALL-- EVERY ONE!"

(NOTE: If there is some defect of character that you are still clinging to, add the following prayer: **"God, please help me to be willing to have my defect of _?_ removed."**)

STEP 7: This step is to be taken on the second night -- on ones knees, just before retiring:

"MY CREATOR I AM NOW WILLING THAT YOU SHOULD HAVE ALL OF ME, GOOD AND BAD. I PRAY THAT YOU KNOW REMOVE FROM ME EVERY SINGLE DEFECT OF CHARACTER WHICH STANDS IN THE WAY OF MY USEFULNESS TO YOU AND TO MY FELLOWS. GRANT ME STRENGTH AS I GO OUT FROM HERE, TO DO YOUR BIDDING. AMEN."

STEPS 8 & 9: Start reading the very next day the section of the **BIG BOOK** devoted to steps eight and nine. Start at the third paragraph on page 76 and read to the middle of page 84. Then sit down with your sponsor and work on steps eight and nine. **DON'T DESTROY YOUR FOURTH STEP WRITTEN MATERIAL!** You will need it in making your amends list.