

12 Step Exercise!

First,

Identify a situation in your personal or work life that is currently a source of resentment, fear, sadness or anger. Write a brief statement describing the situation and indicating why it concerns you.

Step One: In what ways are you powerless over the situation or condition, and how is it showing you the unmanageability of your life?

Step Two: How do you see your Higher Power as assisting you in being restored to wholeness?

Step Three: How does being willing to turn your life and your will over to the care of God assist you in dealing with this?

Step Four: What character traits have surfaced (for example, fear of abandonment or authority figures, seeking control, seeking approval, obsessive/compulsive behavior, rescuing, taking inappropriate responsibility, not expressing feelings)?

Step Five: Admit your wrongs to God, to yourself, and to another human being.

Step Six: Are you entirely ready to work in partnership with God to remove your defective behaviors? If not, explain why.

Step Seven: Can you humbly ask God for help in removing your shortcomings? If not, what stands in your way?

Step Eight: Make a list of persons who are being harmed by your behaviors.

Step Nine: What amends are necessary, and how will you make them?

Step Ten: Review the Steps listed above to be sure nothing has been overlooked.

Step Eleven: Take a moment for prayer and meditation, asking for knowledge of God's will for you. What did you discover?

Step Twelve: How can your understanding and spiritual guidance assist you in dealing with the problem you identified?