

Week Twelve

READ AT EVERY MEETING

PURPOSE - CHANGE OF PERSONALITY

THE PURPOSE OF THE NOVALCO METHOD OF A.A. IS TO EFFECT A CHANGE IN ATTITUDE. BY USING THE STEPS, THIS CAN BE ACCOMPLISHED IN A RELATIVELY SHORT TIME, USUALLY THREE TO FOUR MONTHS. WHEN THIS IS ACCOMPLISHED THE NEW MEMBER HAS LESS CHANCE OF TAKING A DRINK. AFTER THE MEMBER HAS COMPLETED THE STEPS, HE OR SHE THEN GROWS AS THE REGULAR MEETINGS ARE ATTENDED. HAVING DONE THE STEPS IN SEQUENCE, THE GROWTH AND MATURITY SEEM TO COME EASIER AND FASTER. THE MEMBER GAINS THE PEACE OF MIND, SOBRIETY, SERENITY AND HAPPINESS, THAT ALL ALCOHOLICS ARE SEARCHING FOR.

THE PURPOSE - TO CHANGE OUR THINKING AND GIVE US A SPIRITUAL AWAKENING IN A REASONABLY SHORT PERIOD OF TIME.

BY ACCEPTING THIS CHANGE AND WORKING THE PROGRAM ON A TWENTY FOUR HOUR BASIS, SOBRIETY IS NOW A FACT OF LIFE.

1. MOMENT'S SILENCE
2. SERENITY PRAYER IN UNISON
3. REVIEW LAST WEEK.

REVIEW STEP NINE AND REAFFIRM COMMITMENT

SUGGESTIONS FOR CHAIRMAN ON STEP TEN

ASK EACH MEMBER IF HE MADE AT LEAST ONE AMEND SINCE LAST MEETING?

WHEN ONE GETS TO THE POINT OF THINKING MORE POSITIVE, WHEN ONE GAINS MORE HUMILITY, WHEN ONE SEES LIFE AS IT REALLY IS, WHEN ONE HAS A SMALL MEASURE OF PEACE OF MIND AND CONTENTMENT, WHEN ONE ALSO GETS A WILLINGNESS TO HELP OTHER PEOPLE AND LOOK FOR THE GOOD IN THEM, THEN HE HAS MADE GREAT STEPS IN PROGRESSIVE RECOVERY.

NOW, TO GAIN AND GROW, ONE MUST MAINTAIN WHAT HE OR SHE HAS LEARNED TO THIS POINT.

WITHOUT ONGOING AND CONTINUOUS WORK ON THE LAST THREE STEPS, THERE IS A GREAT DANGER YOU MAY GO BACK TO DRINKING, OR IF YOU DON'T, YOU CAN BECOME MISERABLE AND REVERT TO YOUR OLD WAY OF THINKING.

LET US DECIDE NOW TO ALWAYS REMEMBER WHO WE REALLY ARE AND NEVER TO FORGET IT.

KEY #1

DAILY INVENTORY CAN BE HANDLED IN MANY WAYS. ONE CAN TAKE INVENTORY AT NIGHT OF THE DAY'S HAPPENINGS. ONE CAN SPOT CHECK DURING THE DAY, ONE CAN ANTICIPATE NASTY OR DIFFICULT SITUATIONS, ETC. HOW TO DO IT IS NOT AS IMPORTANT AS DOING IT. NOW THAT WE ARE AWARE OF OUR WEAKNESS, IT IS DESIREABLE TO REGULARLY (DAILY) CHECK OUR PROGRESS.

KEY #1A

A.A. SUGGESTS A DAILY INVENTORY TO DISCLOSE OUR HARMFUL THOUGHTS AND ACTIONS. THIS STEP PROVIDES A DAILY SELF-INVENTORY TO CHECK OUR MENTAL AND SPIRITUAL STATUS.

KEY #2

WE CANNOT STAND STILL. WE WILL GO FORWARD OR BACKWARD. SO LET US GO FORWARD. TO GO BACK IS A LUXURY WE CANNOT AFFORD.

KEY #2A

IT IS IN MAN'S NATURE THAT HE DOES NOT STAY PUT.

KEY #3

WE WILL DO WELL TO ALWAYS BE ON GUARD FOR NEW DEFECTS. IT IS ONLY WHEN WE RECOGNIZE A DEFECT THAT WE ARE IN A POSITION TO COPE WITH IT. OUR DAILY INVENTORY WILL REVEAL THESE TO US.

KEY #3A

THEY KNEW THAT NEW CHARACTER DEFECTS WOULD APPEAR AND THAT MANY OF THE OLD ONES WOULD PRESENT THEMSELVES IN DISGUISED FORM.

KEY #4

SELF-CENTEREDNESS IS PROBABLY OUR MOST SERIOUS DEFECT AS AN ALCOHOLIC. LET US ALWAYS BE ON GUARD AS SOMETIMES IT CREEPS IN WITHOUT US BEING AWARE OF IT. IF WE COPE WITH IT, MOST OF OUR OTHER DEFECTS CAN BE CONTROLLED.

KEY #4A

OUR SERIOUS PROBLEM IS SELF-CENTEREDNESS.

KEY #5

ACTION AND PRAYER IS ONE OF THE BEST WAYS TO GET BACK ON THE BEAM. TRY IT THE NEXT TIME YOU FEEL YOURSELF WANDERING. ONE NEVER GETS LOST ON A STRAIGHT ROAD IN MODERATION. IT'S OUT AT THE EDGE THAT MAY BE DANGEROUS.

KEY #5A

THE ANTIDOTE IS A QUICK REVIEW OF OUR ALCOHOLISM. WE SHOULD PRAY FOR RENEWED INTEREST, READ THE BOOK, TALK A.A. WITH THE MEMBERS, SINCERELY INTEREST OURSELVES IN OUR A.A. GROUP. ATTEND MORE MEETINGS. DO OUR BIT.

KEY #6

ADMITTING WE ARE WRONG PROMPTLY IS ONE OF THE HARDEST PARTS OF THE PROGRAM TO CARRY OUT. WHY? BECAUSE IT STINGS OUR PRIDE AND AFFECTS OUR SELF-CENTEREDNESS. BUT ADMITTING WE ARE WRONG IS GOOD FOR US. IT LEVELS US OUT AND SOMETIMES IT BRINGS US BACK TO EARTH. IF YOU ARE MARRIED, TRY IT ON YOUR WIFE OR HUSBAND. YOU WILL BE A WINNER IF YOU DO. WHEN WE PROMPTLY ADMIT OUR MISTAKES, WE FEEL BETTER. LET US SAY FOR EXAMPLE, WE MAKE A MISTAKE AT OUR WORK. IF WE PROMPTLY ADMIT IT OUR BOSS WILL ACCEPT IT. BUT IF WE TRY TO HIDE OUR BLUNDERS, WE ALWAYS GET FOUND OUT. USE THIS POWERFUL EXERCISE EVERY TIME YOU BLUNDER AND LIFE WILL BE MORE COMFORTABLE IF YOU DO.

KEY #6A

THE SECOND PART OF STEP TEN, "WHEN WE WERE WRONG, PROMPTLY ADMITTED IT" IS NOT TO BE TAKEN LIGHTLY. IT IS A GOOD CHARACTER CONDITIONER. RECOGNITION OF A WRONG IS NOT ENOUGH, VERBAL ACKNOWLEDGEMENT SHOULD FOLLOW.

KEY #7

BY ADMITTING OUR WRONGS PROMPTLY, WE AUTOMATICALLY SAVE OURSELVES FROM THAT WORRY THAT COULD DO US HARM. OUR GOAL IS TO LIVE A MORE COMFORTABLE LIFE WITHOUT WORRY.

KEY #7A

WE MUST ADMIT OUR WRONGS TO RECEIVE THE FEELING OF DECENCY AND WORTHINESS THAT KEEPS US IN THE RIGHT MENTAL AND SPIRITUAL CONDITION TO MAINTAIN CONTENTED, PERMANENT SOBRIETY.

KEY #8

COVERING UP MISTAKES HAS RETURNED SOME PEOPLE BACK TO DRINKING! DO NOT TAKE A CHANCE! GET INTO THE HABIT! "WHEN WE ARE WRONG, PROMPTLY ADMIT IT" WE WILL MAKE MISTAKES UNTIL WE DIE. IT'S WHAT WE DO ABOUT THEM IS WHAT COUNTS.

KEY #8A

GET RID OF THAT HABIT. REMEMBER THAT OUR NEW PERSONALITY IS NOT COMPATIBLE WITH MORAL DEFECTS OR CONCEALED ERRORS.

KEY #9

CHANGING ONES PERSONALITY OR ATTITUDE IS ONE THING BUT MAINTAINING ONES PERSONALITY OR ATTITUDE IS ANOTHER! SO LET US KEEP THIS GOOD THINKING WE HAVE FOUND AND THAT IS DONE BY PRACTISING STEP 10 AND FOLLOWING ITS EXERCISES.

KEY #9A

NOTHING IS MORE IMPORTANT TO THE RECOVERING ALCOHOLIC THAN THE MAINTENANCE OF CONTENTED SOBRIETY!

GROUP READS 12X12 STEP 10

HAND OUT STEP 10 INVENTORY SHEETS.

THE COMMITMENT:

WILL YOU TRY TO TAKE STOCK OF ONES SELF THIS WEEK EACH AND EVERY DAY AND IF YOU MAKE A MISTAKE, PROMPTLY ADMIT IT? TRY TO GET AN ANSWER FROM EACH MEMBER THAT HE WILL TRY.

ASK MEMBERS TO READ ANOTHER PERSONAL STORY IN THE BIG BOOK THIS WEEK.

HOME STUDY:

BIG BOOK - CASUAL REVIEW OF THE RECOVERY SECTION

12X12 - STEP 10

My Step 10 Daily Inventory Sheet

Month _____ Year _____

Name _____

Watch for = X	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Strive for = Y
Set Pity																																
Set Justification																																
Set Importance																																
Set Condemnation																																
Dishonesty																																
Impatience																																
Hate																																
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Eliminate the Negative

Check the Score every night!

Accentuate the Positive

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