

Week Six

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 FOUR 1ST MEETING AND REAFFIRM COMMITMENT TO WRITING OUT STEP FOUR

SUGGESTIONS FOR CHAIRMAN ON STEP FOUR

STEP FOUR SECOND MEETING

IT IS MOST IMPORTANT TO WRITE THE DEFECTS DOWN, IF ONE JUST TAKES A MENTAL NOTE OF ONE'S DEFECTS, IT IS NOT AN HONEST STEP 4 AND WILL NOT BE EFFECTIVE! A BUSINESS MAN WOULD NEVER TAKE INVENTORY OF HIS STOCK WITH A MENTAL NOTE. HE WOULD WRITE IT DOWN AND ASSESS IT.

THIS ALSO APPLIES IN STEP 4. UNDERSTANDING WHAT A DEFECT IS AND WRITING THEM DOWN IS THE MAIN POINT IN STEP 4.

SUGGESTED DEFECTS NOT LISTED IN THE BOOK SHOULD BE DISCUSSED AT THIS SECOND MEETING.

KEY #1

ONCE AGAIN AS WE DO THIS STEP WE ARE SURRENDERING SELF-CENTEREDNESS AND ACQUIRING HUMILITY.

KEY #1A

SURRENDER OF SELF-CENTEREDNESS, THE PRACTICE OF HONESTY, HUMILITY, APPRECIATION, FORGIVENESS, PROMPTNESS IN ADMITTING WRONGS, MAKING AMENDS, SERVICE TO OTHERS AND THE EXAMPLE OF A HAPPY SOBER LIFE.

KEY #2

WE HAVE BEEN AT WAR WITH OURSELVES AND HAVE BEEN OUR OWN WORST ENEMY.

KEY #2A

WE WISH TO KNOW WHY WE HAVE BEEN AT WAR WITH OURSELVES.

KEY #3

WE MUST TAKE A LOOK AT OURSELVES AS WE ARE, BEFORE WE CAN TAKE STEPS TO CORRECT OUR LIFE.

KEY #3A

ARRESTING OUR ALCOHOLISM IS NOT POSSIBLE UNTIL WE HAVE FULL KNOWLEDGE OF OUR DEFECTS.

KEY #4

HALF-WAY MEASURES AVAIL US NOTHING. HOLDBACKS OR RESERVATIONS DEFEAT OUR PURPOSE.

KEY #4A

OUR PROGRAM IS NOT IN ACCORD WITH HALF WAY MEASURES OR EFFORTS; FULL REHABILITATION IS OUR OBJECTIVE. RESERVATIONS DEFEAT THIS PURPOSE.

KEY #5

BRING OUT THE IMPORTANCE OF WRITING IT DOWN.

KEY #5A

TO BE EFFECTIVE, IT MUST BE A WRITTEN INVENTORY.

KEY #6

TO FULLY APPRECIATE OUR DEFECTS WE MUST HAVE A SIMPLE UNDERSTANDING OF THEM.

KEY #6A

WE ARE AS SICK LAYMEN WHO NEED A SIMPLE UNDERSTANDING OF OUR ILLS AND DEFECTS.

AFTER EACH NEWCOMER UNDERSTANDS EACH DEFECT THE CHAIRMAN SHOULD ASK FOR A COMMITMENT THAT HE WILL DO THE WRITTEN INVENTORY OF HIMSELF DURING THE FOLLOWING WEEK. THIS IS VERY IMPORTANT AS THE MEMBER CANNOT EFFECTIVELY DO STEP 5 UNTIL STEP 4 IS COMPLETED. PLEASE, MR CHAIRMAN, MAKE THIS VERY CLEAR TO THE CLASS. THE CHAIRMAN CAN OFFER TO ASSIST ANY MEMBER THAT FEELS HE NEEDS HELP IN DOING THIS STEP.

HAND OUT STEP FOUR ASSET AND DEFECT GUIDES ALONG WITH A STEP FOUR WORK SHEET. THE REASON FOR TWO MEETINGS IS THAT IT TAKES TWO MEETINGS TO GO OVER AND UNDERSTAND THE DEFECTS.

SUGGESTIONS TO CHAIRMAN ON DEFECTS NOT LISTED
IN BOOK:

IMPATIENCE

MOST OF US EXPECT THINGS TO HAPPEN FAST - IT HAS BEEN SAID, "WE WANT THINGS WHEN WE WANT THEM." UNFORTUNATELY, THE WORLD DOES NOT WORK QUITE THAT WAY. WE ARE THEREFOR BURNED. WE ARE ANNOYED. WE MUST TRY TO ROLL WITH THE PUNCHES. EMPLOY THE SERENITY PRAYER AT ONCE. THIS CAN START A MENTAL BINGE IF NOT CHECKED.

HATE

HATE IS CONSIDERED A FULL BLOWN RESENTMENT, SOMETIMES CALLED "A DISLIKE OR ILL WILL FOR". UNFORTUNATLY, IT MAKES OUR BLOOD BOIL WHICH IS UNHEALTHY BOTH MENTALLY AND PHYSICALLY. OUR GOAL - NOT TO HATE ANYONE, BUT TO LOVE OR SAY A PRAYER FOR THEM INSTEAD. LOVE IS MORE POWERFUL THAN HATE. IT IS IMPOSSIBLE TO HATE ANYONE WHEN YOU PRAY FOR THEM. HATE CAN START A MENTAL BINGE IF NOT CHECKED.

ENVY

"A FEELING OF DISCONTENT OR ILL WILL BECAUSE OF ANOTHER'S POSSESSIONS OR ADVANTAGES". THIS TOO CAN UPSET US ENOUGH TO START A MENTAL BINGE. PEOPLE LIKE US CANNOT AFFORD SUCH DEFECTS AND DO NOT HAVE TIME FOR SUCH NEGATIVE THOUGHTS. TRY TO BE GLAD FOR THE OTHER PERSON.

FALSE PRIDE

NOT SEEING THINGS AS THEY REALLY ARE. THIS CAN CAUSE US NO END OF TROUBLE. LET US SEE OURSELVES AS WE REALLY ARE. LET NOT OUR FALSE PRIDE KEEP US FROM DOING THE THINGS THAT ARE RIGHT. LET US NOT KID OURSELVES THAT WE MIGHT BECOME TOO GOOD TOO FAST. PRACTICE HUMILITY AND ASK FOR HELP, ASK FOR IT. FALSE PRIDE KEEPS US FROM ADMITTING THAT OUR ATTITUDE OR ACTIONS ARE WRONG. FALSE PRIDE CAUSES US TO HIGH HAT OR SLIGHTS CERTAIN PEOPLE BECAUSE WE CONSIDER OURSELVES SUPERIOR TO THEM. WE DEVELOP A FALSE SENSE OF VALUES. ASK FOR HELP TO UNDERSTAND AND RECOGNIZE OUR FALSE PRIDE AND FOR THE POWER TO CONTROL IT.

LAZINESS

NOT EAGER TO WORK OR TO EXERT YOURSELF. THIS IS A DEFECT THAT WE MUST TRY HARD TO OVERCOME. ONE'S ATTITUDE MUST BE RIGHT TO COMBAT THIS. LET'S TRY TO TAKE THE ATTITUDE THAT WE CAN DO OUR JOB BETTER. MAKE A GAME OUT OF WORK. DO THE HARDEST PART OF OUR WORK FIRST. MENTAL LAZINESS IS A FORM OF DETERIORATION AND STARTS PHYSICAL LAZINESS.

PROCRASTINATION

THIS CAN BE ONE OF THE MOST DIFFICULT DEFECTS TO OVERCOME. PLEASE REFER TO A TO-DO LIST, LIKE "THINGS TO DO TODAY PADS". THIS CAN BE VERY HELPFUL IF IT IS USED. WRITE DOWN THE MOST IMPORTANT THINGS YOU SHOULD DO TODAY, THEN PROCEED TO DO THEM. ALWAYS TRY TO DO THE MOST DIFFICULT OR MOST DISTASTEFUL TASKS FIRST. WE DO THESE FIRST BECAUSE IF WE LEAVE THEM TO THE LAST WE ARE LIKELY TO LEAVE THEM TILL TOMORROW. ONE OF THE DISASTROUS THINGS ABOUT THIS DEFECT IS THAT ONE WORRIES ABOUT NOT DOING A CERTAIN CHORE AND WILL ALWAYS WORRY UNTIL IT IS DONE AND PUT OUT OF THE WAY. ONE MUST USE STRONG DISCIPLINE ON ONE'S SELF TO OVERCOME THIS DEFECT. THIS TOO CAN START A MENTAL BINGE.

NEGATIVE THINKING

A FORM OF BEING AGAINST ANYTHING POSITIVE, ALWAYS LOOKING ON THE BAD SIDE OF SITUATIONS, LOOKING FOR BAD RATHER THAN GOOD. ONE'S LIFE CAN BE VERY DEPRESSING AND UNHAPPY WITH NEGATIVE THINKING. LET US SEARCH FOR THE GOOD THINGS AND CONCENTRATE ON POSITIVE THINGS. LET US BE OPTIMISTIC ABOUT SITUATIONS AND NOT PESSIMISTIC. ASK FOR HELP.

SUSPICION

TO DOUBT, TO SUSPECT FAULT OR EVIL. TO MAKE FRIENDS AND LEARN TO KNOW PEOPLE, WE MUST TRUST. IF WE EXPECT OTHER PEOPLE TO TRUST US, IT IS UP TO US TO TRUST FIRST. IT'S WHEN WE ARE SUSPICIOUS OF OTHER PEOPLE THAT THEY SHY AWAY FROM US. SUSPECTING OTHER PEOPLE IS A FORM OF NEGATIVE THINKING, IN EFFECT, LOOKING FOR THE BAD. LOOK FOR THE GOOD WITH TRUST IN YOUR HEART.

SELFISHNESS

TOO MUCH CONCERN ABOUT ONE'S OWN WELFARE TO THE DETRIMENT OF OTHERS. THIS IS NOTHING MORE THAN BEING SELF CENTERED. THE GREAT "I AM". TRY TO PUT OTHERS AHEAD OF OURSELF. THINK! TRY TO CONSIDER OTHER'S FEELINGS. SELFISHNESS IS A FORM OF BLINDNESS CONCERNING OTHER PEOPLE. ASK FOR HELP TO HELP OTHER PEOPLE. THIS EXERCISE WILL HELP US TO FORGET OURSELVES.

WITHDRAWN, RESERVED, SHY

SOME PEOPLE WOULD NOT CALL THIS A DEFECT. HOWEVER, IT CAN BECOME VERY TROUBLESOME TO US AND LEAD US BACK TO DRINKING. WE MUST GO OUT OF OUR WAY TO BE FRIENDLY. TRY TO SPEAK A LITTLE LOUDER. IF WE TRY HARD WE CAN GRADUALLY COME OUT OF OUR SHELL. AS WE GAIN CONFIDENCE, WE WILL NOTICE A CHANGE IN OURSELVES.

SELF RIGHTEOUS, HYPOCRITICAL

SOMETIMES WE PRETEND WE ARE POWER OF VIRTUE ITSELF. THIS CAN BE DANGEROUS. WE MUST REMEMBER WE ARE HUMAN BEINGS AND SUBJECT TO ALL WEAKNESS. NEVER LOOK DOWN AT THE FELLOW WHO HASN'T MADE IT YET. SOMETIMES THE SELF RIGHTEOUS GET DRUNK TOO.

DESPONDENCE

A LOSS OF HOPE, NO WILL TO KEEP LIVING OR TRYING. A SENSE OF UTTER FUTILITY. TO GIVE UP IS A SERIOUS DEFECT WHEN IT CONCERNS OURSELF. DR. ERLICH CALLED HIS CURE FOR SYPHILLIS #606 BECAUSE THAT WAS THE NUMBER IT TOOK BEFORE HE WAS SUCCESSFUL. HE KEPT TRYING AND DID NOT GIVE UP HOPE. YOU TOO CAN ASK FOR HOPE.

CHAIRMAN'S QUESTIONS

DEFECTS

DO YOU UNDERSTAND WHAT A DEFECT OF CHARACTER IS? CAN YOU SEE THAT YOU HAVE DEFECTS OF CHARACTER? ARE YOU READY TO WRITE THEM DOWN?

POSITIVES

DO YOU UNDERSTAND WHAT A POSITIVE CHARACTER TRAIT IS? CAN YOU SEE THAT YOU HAVE SOME? ARE YOU READY TO WRITE THEM DOWN?

COMMITMENT

WILL YOU DO A WRITTEN INVENTORY OF YOURSELF DURING THE FOLLOWING WEEK?

HANDOUT

STEP FOUR DEFECT GUIDE

THE FOLLOWING IS A PARTIAL LIST OF DEFECTS ONE MIGHT HAVE AND SHOULD BE USED AS A GUIDE ONLY.

THE STEP ASKS FOR THE "EXACT NATURE", YOU MAY HAVE SOME THAT ARE NOT LISTED HERE:

RESENTMENT
DISHONESTY WITH ONESELF
CRITICISMS
SELF PITY
JEALOUSY
INTOLERANCE
FEAR
TEMPER
IMPATIENCE
HATE
ENVY
FALSE PRIDE
LAZINESS
PROCRASTINATION
NEGATIVE THINKING
SUSPICIOUSNESS
SELFISHNESS
WITHDRAWN
SELF-RIGHTEOUSNESS
DESPONDENCE
BEING UNGRATEFUL
PRONE TO GOSSIP

HANDOUT

STEP FOUR ASSET & GOOD POINTS GUIDE

EVERY PERSON STRIVES FOR THE FOLLOWING POSITIVE PERSONALITY TRAITS.

NO DOUBT YOU TOO HAVE MANY OF THESE:

SELF FORGETFULNESS
HUMILITY
MODESTY
SELF EVALUATION
HONESTY
PATIENCE
LOVE
FORGIVENESS
SIMPLICITY
TRUST
GENEROSITY
ACTIVITY
PROMPTNESS
STRAIGHT FORWARDNESS
POSITIVE THINKING
LOOKING FOR THE GOOD
UNSELFISH & THOUGHTFUL
CALM
OPTIMISTIC
OPEN MINDED & GRACIOUS
SENSE OF HUMOR
SERENE
THANKFUL
HELPFUL TO OTHERS

GUIDE TO STEP FOUR INVENTORY

Negative Personality Traits:

Self-Pity
Self-Justification
Self-Importance
Self-Condensation
Dishonesty
Impatience
Hate
Resentment
False Pride
Jealously
Envy
Laziness
Procrastination
Insincerity
Negative Thinking
Vulgar, Immoral and
Trashy Thinking

Eliminate the Negative

Positive Personality Traits:

Self-Forgetfulness
Humility
Modesty
Self-Valuation
Honesty
Patience
Love
Forgiveness
Simplicity
Trust
Generosity
Activity
Promptness
Straight-Forwardness
Positive Thinking
High-Minded Spiritual and
Clean Thinking

Accentuate the Positive