

(THIRD STEP PRAYER PAGE 63)

"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!"

(NEXT WE WRITE THE FIRST 3 COLUMNS OF INVENTORY)
(THEN 4TH STEP PRAYER PAGE 67)

"THIS IS A SICK MAN. HOW CAN I BE HELPFUL TO HIM? GOD SAVE ME FROM BEING ANGRY. THY WILL BE DONE."

(FEAR PRAYER; DERIVED FROM PAGE 68. I RECITE THIS PRAYER AS SOON AS I IDENTIFY FEAR)

"GOD PLEASE REMOVE MY FEAR OF _____ AND DIRECT MY ATTENTION TO WHAT YOU WOULD HAVE ME BE."

(I INVENTORY FEARS... EXPLAINED LATER, FOLLOWING THE DIRECTIONS ON PAGE 67 + 68)

2

SUGGESTIONS FOR SORTING OUT
COLUMNS WHEN INVENTORYING...
I ASK MYSELF "HOW DOES THIS ACTUALLY
EFFECT ME?" (THIS IS DERIVED FROM
FROM PAGES 64 & 65. I USE ABBREVIATIONS)
"DOES THIS AFFECT MY _____"

- EMOTIONAL SECURITY - EMO. SEC. OR E.S.
- SELF ESTEEM - S.E. (THERE ARE CURIOUS
SIMILARITIES AND DIFFERENCES BETWEEN S.E. + PRIDE)
- PRIDE - CAN BE AFFECTED OR A
DEFECT.
- SECURITY - USUALLY \$
- AMBITIONS - AMB.
- PERSONAL RELATIONS - PR
- SEX RELATIONS - SR

SUGGESTIONS FOR FEAR
INVENTORY. WHICH PART OF SELF
HAVE I BEEN RELYING ON WHICH
HAS FAILED ME (PAGE 67 & 68)

THIS OFTEN TAKES A BIT OF
MEDITATION AND DON'T FORGET
THE PREVIOUSLY MENTIONED
FEAR PRAYER...

- SELF RELIANCE

- SELF CONFIDENCE

- SELF DISCIPLINE

- SELF WILL

- SELF DELUSION

THEN I JOURNAL OR LIST OUT
MY 4TH + POSSIBLY 5TH COLUMN.
I GO BACK AND CIRCLE ANY
WORDS OR HINTS THAT CAN
IDENTIFY MY CHARACTER
DEFECTS.

4

AFTER INVENTORYING, AND LISTING MY CHARACTER DEFECTS, I WRITE UP A BALANCE SHEET WITH MY DEFECTS ON ONE SIDE AND I LOOK UP THE ANONYMS (ASSETS)

I KEEP THIS HANDY FOR DAILY USE AS I TRY TO "BLESS THEM AND CHANGE ME" AS I WALK THROUGH LIFE WITH GOD.

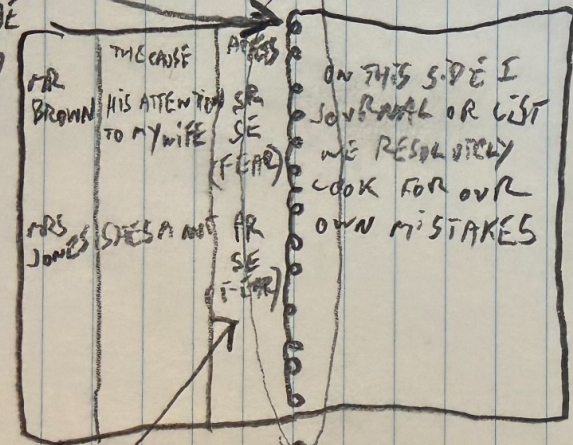
7TH STEP PRAYER PAGE 76

"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."

NOTE BOOK FULLY OPEN
(SPIRAL)

FIRST 3 COLUMNS
ALWAYS ON LEFT SIDE
OF SPRAL BINDING



3RD
STEP
PRAYER

ANYWHERE I
IDENTIFY FEAR
I PAUSE AND
SAY THE FEAR PRAYER

4TH
STEP
PRAYER

BALANCE
SHEET of
DEFECTS & ASSES

DEFECTS	ASSES
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7TH
STEP
PRAYER

Write on the lines

- RECITE THIRD STEP PRAYER (PAGE 63) WITH ANOTHER HUMAN.
- NEXT INVENTORY
 - LIST RESENTMENTS ON PAPER PEOPLE, INSTITUTIONS + PRINCIPLES (PAGE 64+65)
- WE WENT BACK THROUGH OUR LIVES NOTHING COUNTED BUT THOROUGHNESS AND HONESTY.
 - BACK TO LIST. LOOK FROM ENTIRELY DIFFERENT ANGLE. (I JOURNAL OUT WHAT REALLY WENT ON INSIDE MY HEAD, INCLUDING EXPLATIVES... DON'T HOLD BACK) THEN
- ⊖ WE GO THROUGH THE LIST, WE CONSIDER THEM SICK FRIENDS; RECITE 4TH STEP PRAYER (PAGE 67) FOR EACH ONE.
- WE RESOLUTELY LOOK FOR OUR BAD (LIKE I SAID EARLIER, HERE I EITHER JOURNAL AS STATED ABOVE, OR JUST LIST MY DEFECTS, ONLY MY PART... I LOOK FOR WORDS THAT COME OUT IN FAST SHORT JOURNALS AND I LIST THEM

- AS I DISCOVER FEARS, I
START A FEARS LIST AND
PROCESS THEM PER MY NOTES
AND DIRECTIONS ON PAGE 67+68

- I WORK UP A BALANCE
SHEET OF DEFECTS AND
ASSETS, NO MATTER, HOW
SMALL OR LARGE, THE IDEA
IS FORWARD MOMENTUM,
WITH GOD.

- AS I BUILD MY STEP 8 AND
GRATITUDE LIST I WORD
MY PRAYERS (THE PERSONAL ONES)
PER WHAT IS GOING THROUGH
MY HEAD AT THE TIME