

(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)
(TENTH 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
COLUMN 3 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 ANTONYMS (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

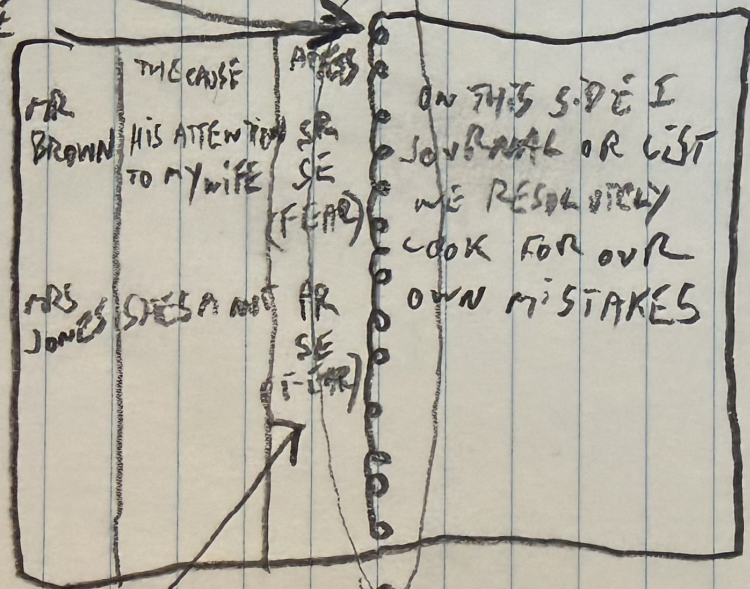
"MY CREATOR, I AM NOW WILLING
THAT YOU SHOULD HAVE ALL OF ME,
GOOD AND BAD. I PRAY THAT
YOU NOW REMOVE FROM ME
EVERY SINGLE DEFECT OF
CHARACTER WHICH STANDS
IN THE WAY OF MY USEFULNESS
TO YOU AND MY FELLOWS.

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 SPIRAL BINDING

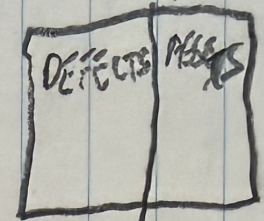
3RD
STEP
PRAYER



ANYWHERE I
IDENTIFY FEAR
I PAUSE AND
SAY THE FEAR PRAYER

4TH
STEP
PRAYER

BALANCE
SHEET of
DEFECTS & FEARS



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 THOROUGH-
NESS 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 -

① - 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