

RPI - Rapid Powerlessness Inventory

(This should take no more than 15 minutes. Copy to Your GDrive)

When feeling overwhelmed, unclear, or vulnerable, do this exercise. Our aim is to determine what is humanly doable and what is humanly impossible?

Write down 3 things you're grateful for, 3 fears, 3 resentments, 3 things I want/need that are not being met right now.

Serenity in Action Prayer

Through the Holy Spirit {Higher Power} within me, I have the strength and serenity to accept the things I cannot change; the energy and the courage to change the things I can; the discernment and the wisdom to know the difference; and the determination and the discipline to take the required actions.

Gratitude (sets the tone, primes you to see what's good)

1. One
2. Two
3. Three

Fears (in any area of your life)

1. One
2. Two
3. Three

Resentments (about anyone or anything)

1. One
2. Two
3. Three

Unmet Needs (being in denial of your needs = dishonesty; may lead you back to addiction/ compulsion)

1. Two
2. Three

What are 3 actions I can take? (See serenity prayer above)

1. One
2. Two

3. Three

What are the actions that only God can take? (He controls all outcomes)

1. One
2. Two
3. Three

My actions will allow the power of God to come in to do what I can't.

See page 214-215 of the big book

Links:

<http://adsweetwatergroup.org/big-book-of-aa/mobile/index.html#p=229>

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Important Next Steps

Are you now willing to tell someone about yourself?

Call your sponsor, a trusted servant, or someone who's working the program to share your answers with them.

Say this out loud:

[Insert your name here], I am proud of you for coming out of isolation to get help. This is God's success more than mine. God, I praise you for this!