

Step One

We admitted we were powerless over the effects or our separation from God - that our lives had become unmanageable.

- #1 Admission of powerlessness: Without God's grace we do not have the power to overcome the flesh.
Separation from God is due to the fall of mankind.

Effects

Unmanageable:

We tried to manage our lives and others, but failed. We admit we cannot manage our lives any longer.

Dysfunction:

Our function is "impaired" or "abnormal".

Primary

Secondary

HURT

(unmet needs)

FRUSTRATION

(unmet expectations)

INSECURITIES

(threatened esteem)

REJECTION

legalistic / performance

peer / perceived)

because of . . .

PRIDE, / JUDGMENT,

REBELLION,

and UNBELIEF.

UNRIGHTEOUSNESS

imputed by Adam

Romans 5:17-21

FEAR of

(judgment / failure)

PEOPLE PLEASING

(approval seeking)

PERFECTIONISM

(appear to be right)

RESENTMENT

ANGER

CARETAKING

CONTROLLING

FROZEN FEELINGS

ISOLATION

IRRESPONSIBILITY

INAPPROPRIATE -

SEXUALITY

Genesis 3: 1-6

"dys" implies:

We're not living life as God intended.

1. DAMAGED

2. FLAWED

3. MARRED

4. SPOILED

5. INJURED

6. HARMED

7. HURTFUL

8. PREJUDICED

9. DEVIANT

10. DANGEROUS

. . . Functions

< **A SENSE OF LACK** >

" CROOKED "

Step Two

Came to believe that a power greater than ourselves could restore us to sanity.

1. Faith is acting on what you believe: **God loves you!**

Faith in God's grace
(Ephesians 2:8,9).

Grace is God's ability working in man,
making him able to do what he cannot do in his own ability.

2. Power of the Gospel (Romans 1:16,17).

Power of the blood of Jesus

Power of the Resurrection

Power of the Holy Spirit

*Righteousness
Imputed by Christ
Romans 3:26*

Insanity

2 Timothy 1:7

"Doing the same thing over and over again,
expecting different results."

3. Restoration of the soul (Psalms 23:3).

"To put back into a former state
of health and healing."

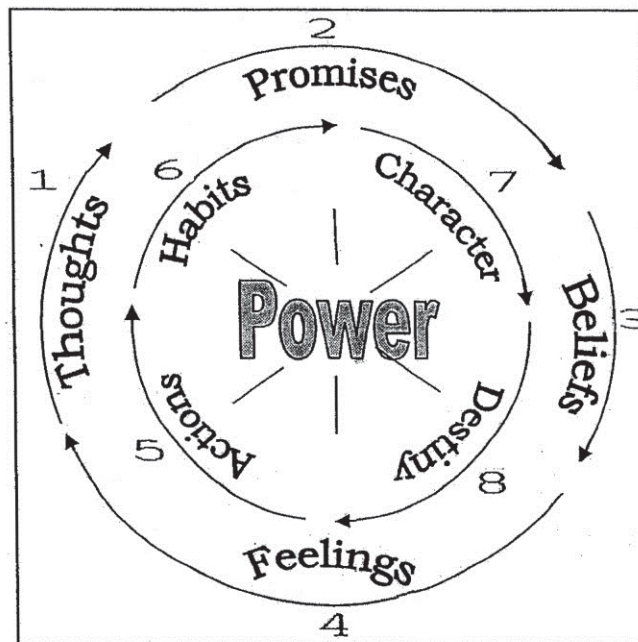
4. Sanity of the mind (Philippians 4:8,9).

"Mentally healthy and sound."

Romans 12:1,2; Ephesians 4:17-5:2

< A Sense of Righteousness >

"straight"



Power to Overcome:

- alienation
- derangement
- distraction
- insaneness
- lunacy
- madness
- unbalance
- foolishness
- craziness
- folly
- senselessness
- silliness
- witlessness

Step Three

Made a decision to turn our will and our lives over to the care of God as we understand Him.

After the Lord opens our heart (Acts 16: 14)

1. We "choose life that both you and your seed may live."
(Deuteronomy 30: 19, 20)

2. "Repent and be converted"
(Acts 3: 19 - 26)

Repentance means to turn from sin (in our will and lives) to God.

"If any man comes after me (Jesus) let him deny himself, and take up his cross daily, and follow Me ." (Luke 9: 23)

3. "Submit yourself to God, resist the devil, and he will flee from you."
(James 4: 7)

4. "Cast all your cares upon God; for He cares for you."
(1 Peter 5: 7))

Step Four

Made a searching and fearless, moral inventory of ourselves.

"Let us examine our ways and test them, and let us return to the Lord." *Lamentations 3:40*

Inventory Guide

- | | |
|--|---|
| <input type="checkbox"/> Moral Inventory: List of our weaknesses and strengths | <input type="checkbox"/> Resentments |
| <input type="checkbox"/> Survival Skills: Familiar defenses from childhood. | <input type="checkbox"/> Fear |
| <input type="checkbox"/> Denial: Ignoring problems by minimizing, blaming, excusing, generalizing, dodging, attacking, etc. | <input type="checkbox"/> Repressed Anger |
| <input type="checkbox"/> Resentment: Bitterness and anger we feel as threats to our security. | <input type="checkbox"/> Approval Seeking |
| <input type="checkbox"/> Fear: Response to anything new. Threatened self: Releases adrenaline into body causing illness. | <input type="checkbox"/> Caretaking |
| <input type="checkbox"/> Shadow: The residual darkness we carry within us as new creations. | <input type="checkbox"/> Control |
| | <input type="checkbox"/> Fear of Abandonment |
| | <input type="checkbox"/> Fear of Authority Figures |
| | <input type="checkbox"/> Frozen Feelings |
| | <input type="checkbox"/> Isolation |
| | <input type="checkbox"/> Low self-esteem |
| | <input type="checkbox"/> Over developed sense of responsibility |
| | <input type="checkbox"/> Irresponsibility |
| | <input type="checkbox"/> Inappropriately expressed sexuality |

Character Strengths

- Emotional:** Healthy feelings or effective response to self and others.
- Spiritual:** The good ways one relates to God.
- Relational:** Positive and supportive interactions.
- Moral:** Proper ethics and behavior in thoughts and actions.
- Intellectual:** Quality attention and energy devoted to mental activities.
- Self-care / Nurturing:** Healthy concern and care for self; Spirit, Soul, and Body.

Affirm yourself daily in Christ

Philemon v. 6

I am accepted . . .	I am secure . . .	I am significant . . .
John 1:12 I am God's child.	Rom. 8:1-2 I am free forever from condemnation.	Matt. 5:13-14 I am the salt and light of the earth.
John 15:15 I am Christ's friend.	Rom. 8:28 I am assured that all things work together for good.	John 15:1-5 I am a branch of the true vine, a channel of His life.
Rom. 5:1 I have been justified.	Rom. 8:31-34 I am free from any condemning charges against me.	John 15:16 I have been chosen and appointed to bear fruit.
1 Cor. 6:17 I am united with the Lord and I am one spirit with Him.	Rom. 8:35-39 I cannot be separated from the love of God.	Acts 1:8 I am a personal witness of Christ's.
1 Cor. 6:19-20 I have been bought with a price. I belong to God.	2Cor. 1:21-22 I have been established, anointed, and sealed . . .	1 Cor. 3:16 I am God's temple.
1 Cor. 12:27 I am a member of Christ's body.	Col. 3:3 I am hidden with Christ in God.	2 Cor. 5:17-21 I am a minister of reconciliation for God.
Eph. 1:1 I am a saint.	Phil 1:6 I am confident that the good work God has begun in me will be perfected.	2 Cor. 6:1 I am God's co-worker (1 Cor 3:9)
Eph. 1:5 I have been adopted as God's child.	Phil. 3:20 I am a citizen of heaven.	Eph. 2:6 I am seated with Christ in the heavenly realm.
Eph. 2:18 I have direct access to God through the Holy Spirit.	2 Tim. 1:7 I have not been given a spirit of fear, but of power, love, and a sound mind.	Eph. 2:10 I am God's workmanship.
Col. 1:14 I have been redeemed and forgiven of all my sins.	Heb. 4:16 I can find grace and mercy in time of need	Eph. 3:12 I may approach God with freedom and confidence.
Col. 2:10 I am complete in Christ.	1 John 5:18 I am born of God, and the evil one cannot touch me.	Phil. 4:13 I can do all things through Christ who strengthens me.

Step Five

Admitted to God, to ourselves, and to another human
being the exact nature of our wrongs.

"Therefore, confess your sins to each other and pray for each other
so that you may be healed."

James 5:16A

Wrongs we should share:

1. Acknowledge all our addictions.
2. Acknowledge what went wrong in our family of origin to initiate our co-dependent love hungers.
3. Acknowledge our multi-generational wrongs always being compassionate to families.
4. Acknowledge the wrongs that have occurred in all major relationships in our lives.
5. Acknowledge specific ways in which we have wronged others by the practice of our addictions.

Important guidelines to focus on:

1. Admit the exact nature of our wrongs.
2. Share your strengths; the objective is balance. Thank God for all his nurturing.
3. Pray for God's presence as you go through your Step 4 revelations and insights, allowing the Holy Spirit to guide you.
4. Pray and meditate on what you have done. Thank God for your improved relationship with Him in honesty and humility.
5. Congratulate yourself for courage to risk self-disclosure. Thank God for the peace of mind you have achieved.
6. Experience freedom from shame, grief, resentments, fears, anger, etc. in the coming steps 6 and 7.

Step Six

We're entirely ready to have God remove
all these defects of character.

"Humble yourselves before the Lord, and He will lift you up!" *James 4:10*

Readiness:

Time to overcome fear of removing faults.
You know what faults must be removed.
Its time to take the leap.

Defects of character:

Must be removed and replaced with Godly character.
Only He is wise enough to control our lives.

Willingness:

Mind and emotions that propel us into action.
With God's help, we are entirely ready and willing
to change.

Character Defects

Pride: Conceit; disdainful behavior or treatment
of others; arrogance.

Greed: Selfishness; hoarding; never having enough
of anything.

Lust: An intense indulgence in inappropriate sexual
activity; above normal.

Dishonest: deceit; disposition to defraud or deceive;
justifying behavior by lying.

Gluttony: distorted appetite; overwhelming need
for possessions; excessive.

Envy: Jealousy; resentful longing for benefits by others.
To possess the same.

Laziness: Not inclined to activity; not energetic;
avoidance of responsibility.

Step Seven

Humbly ask Him to remove our shortcomings.

"If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness."

(1 John 1:9)

We Need Humility for 3 Reasons:

1. So that we can recognize the severity of our our character defects. One aspect of our addiction is that we tend to deny and minimize the pain they inflict. Therefore, as we try to access our character defects, we may, unless we take a very humble approach, underestimate their severity.
2. So that we can acknowledge the limits of human power in addressing these defects. We cannot do it on our own. We cannot do it by sheer willpower. We cannot do it by our own intellect and reasoning.
3. So that we can appreciate the enormity of God's power to transform lives.

Letting Go of Your Character Defects:

Humility: Being aware of one's shortcomings; not proud; not aggressive; modest.

Generosity: Willingness to give or share; being unselfish.

Acceptance of Sexual Self: Feeling comfortable with sexual nature without sexual intercourse.

Honesty: Telling the truth; being trustworthy.

Honestly presenting self without false illusions.

Temperance: Moderation in eating and drinking; control of self-indulgence in all things.

Amicable: Friendly; harmonious; enthusiastic and helpful towards others.

Energetic: Active interest in ideas and activities.

Attention to needs at work and play.

Step Nine

Made direct amends to such people whenever possible, except when to do so would injure them or others.

"Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift." (Matt. 5:23, 24)

FIVE CATEGORIES TO CONSIDER:

- 1) Those to whom we may turn immediately, such as spouses or close family members.
- 2) Those to whom only partial disclosure can be made, because to do more would cause harm to others, such as unethical business dealings, i.e., security, privacy, confidentiality.
- 3) Those to whom amends should be deferred until a later date. Hurts so fresh it would trigger resentment, anger, and rage.
- 4) Those to whom we should never contact, because some doors need to stay closed.
- 5) Those to whom cannot be contacted directly. They may be dead. Three techniques can be used:
 - a) Empty chair; b) Write letters or journaling; and
 - c) Graveside communication.

DIRECT → INDIRECT → AMENDS TO SELF

Amends can be three things:

- 1) Sincere efforts to offer apology for past harm.
- 2) Bridge-builder for more positive relationships.
- 3) Effective agents for removing guilt, shame, & remorse.

CHECK YOUR ATTITUDE

- | | |
|------------------------------|-------------------------|
| 1) Love & forgive the person | 4) Accept consequences |
| 2) Don't blame the person | 5) Accept response |
| 3) Take responsibility | 6) Turn anxiety to God. |

Preparation for Amends

- | | |
|----------------------------|----------------------------|
| 1) Prayer and meditation | 4) Shorten explanations |
| 2) Delay if angry or upset | 5) Consider your part only |
| 3) Keep it simple | 6) Ask permission |

Example:

"I want to make amends to you about _____.
For all those words that were said out of (fear, anger, etc.)
and confusion. Please forgive me. I promise to
do better."

Step Ten

Continue to take personal inventory and when we were wrong, promptly admitted it.

"So, if you think you are standing firm, be careful that you don't fall." (1 Cor. 10:12)

PERSONAL INVENTORY: Like the Step 4 inventory, except it's an ongoing and frequent inventory. "Personal" in that it is about us and not others.

SPOT-CHECK INVENTORY: Most frequent self-check, monitoring actions throughout the day. Place a reminder somewhere to do a spot-check.

DAILY INVENTORY: Quality time every day needs to be set aside for our daily inventory, before bed or early in the morning, when our minds are clear. Use a journal or a daily log of some type. It is one day at a time.

LONG-TERM PERIODIC INVENTORY: Done after longer periods of time, every quarter, twice a year or annually. Get away and take a thorough inventory, such as a retreat. We're able to view patterns and seasons of our life.

Five Components for On-going Inventory:

- 1) What are our needs? Basic needs such as love, acceptance, and security. Are they met?
- 2) What are our feelings? Especially grief feelings need to surface and be expressed. Are there deep feelings of resentment? Because resentments = anger = hurt = fear of rejection.
- 3) What counterfeit, codependent, addictive means are we using in trying to meet our needs? Are we manipulating others? Are we overcontrolling others? Perfectionistic? Compulsive?
- 4) What is our relationship with our own boundaries and with the boundaries of others? Not too rigid, nor too fragile. Can we say "no" and "yes"? Do we honor "yeses" and "noes"? If not, reestablish new ones, and make amends if necessary.
- 5) Do we admit our wrongs promptly? We must not store up wrongs. If so, we rationalize "wrongs against us" and build resentments.

Step Eleven

Sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and the power to carry that out.

"Let the word of Christ dwell in you richly." (Col. 3:16a)

Prayer: Our Higher Power is Jesus Christ. Prayer for us is conversation with the One who loves us. Prayer is the communication we need to maintain a living relationship with our Savior.

Meditation: We ponder and digest God's word in His presence and with His help. It's two-way communication. Helps to clear us so that God's truth may impact our hearts. We're humbled in light of God's greatness and glory, then the Spirit encourages and comforts.

Conscious Contact: ... is practicing the presence of God in unceasing prayer. Prayer and meditation brings fellowship and connection with God; so that we understand His will.

God's Will: We yield to God's will over our own, which brought misery and pain. The knowledge of God's will empowers us.

At the beginning of the day, ask God for directions to keep you from all self-pity, dishonesty and self-righteousness in thought and action. Ask for guidance needed for any problem. Pray for freedom from self will and selfishness. Yield to your righteousness in Christ.

During the day, in moments of indecision or fear, ask God for guidance. When stressful, remind yourself of God's love and acceptance. Reflect on Step 3 and "turn it over." Say: "God, please help me, I feel _____ (fear, panic, out of control)."

At the end of the day, review Step 10 inventory, ask for guidance for corrective actions. Pray for the knowledge of God's will. Thank God for guidance and blessings.

Step Twelve

Having had a spiritual awakening as a result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

"Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, as you also may be tempted." (Gal. 6:1)

- **Spiritual Awakening:** ... that Step 12 speaks of is a gradual change in the control of our lives. It produces a realization that we sincerely trust God and can depend on Him. This brings a peace and serenity that we've never experienced. We have a confidence that God can be trusted, miracles happen, and prayer works.
- **Carrying the Message** to others. The message is the Good News of Jesus Christ. That God can save us from our sin, from our self-defeating behavior, from our despair, from our torment - God can save us from ourselves. We carry a spiritual message that only God is able to control our lives and heal us as we yield to a power greater than ourselves.

PRAYER FOR TWELVE STEPS

Heavenly Father, I dedicate myself to the love and power of my Higher Power, Jesus Christ. All healing work and guidance is by Him. I am committed to surrendering all concerns, from the largest to the smallest, to Him. With your help, my self-will no longer needs to control my beliefs, thoughts, or actions. Each day I give thanks for You, Holy Spirit, who is healing my life more deeply. I cooperate with this healing by agreeing to face my pain, knowing you are there. I know that my healing testifies to humanity the power of your grace, and is my source of joy and serenity. I am ever open for the opportunity to spread the truth and joy of my recovery, one day at a time. Thank you Jesus.....