

TWELVE STEPS CHECKLIST

with page references

Final Submission

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“Alcoholics Anonymous Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole.” *p.15 Twelve Steps and Twelve Traditions*

Step One: We admitted we were powerless over alcohol—that our lives had become unmanageable

1. How have I tried to defeat alcohol on my own will power? What is a phenomenon of craving? *XXVIII-XXIX Alcoholics Anonymous. p. 22 Twelve Steps and Twelve Traditions*
2. What are the ways I have laid a firm foundation? *p.12 Alcoholics Anonymous*
3. In what areas of my life am I powerless because of alcohol? What happens if I pick up that first drink? *pp. 23-24 Alcoholics Anonymous*
4. Where is my life unmanageable? Am I still looking for loopholes? What areas of my life can I now control or exercise will power? *p. 24 Alcoholics Anonymous*
5. What shows me that my drinking was no ordinary habit? Why do I need help to quit instead of doing it on my own? *pp. 22-23 Twelve Steps and Twelve Traditions*
6. In what ways would my life have been manageable with different partners or friends; If I had the knowledge about alcoholism or other conditions? *pp. 39 and 42 Alcoholics Anonymous*
7. To what lengths am I willing to go to remove the idea that somehow, someday I will be able control and enjoy my drinking? *p. 24 Twelve Steps and Twelve Traditions*

Step Two: Came to believe that a Power greater than ourselves could restore us to sanity

1. What is my definition of insanity? After a period of sobriety, what happens to me when I take that first drink? When do I have reservations about the insanity of my drinking behavior?
p. 33 Twelve Steps and Twelve Traditions; 36 and 57 Alcoholics Anonymous.
2. How might a Power truly greater than myself restore me to sanity? What is my concept of a Higher Power? *p. 57 Alcoholics Anonymous*
3. Am I open minded enough to allow others to find their own Higher Power? *p. 27 Twelve Steps and Twelve Traditions*
4. Do I really have to believe in a Higher Power right now? What should I do if I'm unwilling to believe? Have I lost faith that I once had? Do I see myself as one who won't believe? *pp. 27, 28 and 30 Twelve Steps and Twelve Traditions*
5. Where have I become reliant upon a Power greater than myself or do I still exhibit defiance? Am I willing to pay whatever price in humility for my faith to work under all conditions? How does my faith work under all conditions? *p. 31 Twelve Steps and Twelve Traditions*
6. How do I strive for humility? What can I gain from true humility and an open mind?
p. 33 Twelve Steps and Twelve Traditions

Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him

1. How do I turn my will and my life over to the care over to a Higher Power if I don't believe in one? What is different about this Higher Power and the one of my childhood? *p. 45 Alcoholics Anonymous*

2. What roadblocks do I face if I've had no knowledge of a Power great than myself or religion in my past or am an agnostic or atheist? *p. 44 Alcoholics Anonymous*
3. In what ways have I sensed a new power flowing in and enjoy peace of mind? How am I facing life successfully and am I conscious of my Higher Power's presence? *p. 63 Alcoholics Anonymous*
4. What is my vision of a spiritual arch, key of willingness or spiritual door? How solid is my spiritual arch? In what ways are the stones properly in place or have I tried to make mortar without sand? *p. 34 Twelve Steps and Twelve Traditions; p. 75 Alcoholics Anonymous*
5. What is meant by turning over my will and my life? What does willingness mean to me? *pp. 34 and 36 Twelve Steps and Twelve Traditions*
6. Do I believe I have truly turned my will and life over to my Higher Power's care or am I still trying to run the show in some areas of my life? What does that decision mean to me? *p. 35 Twelve Steps and Twelve Traditions; pp. 60-61 Alcoholics Anonymous*
7. Under what circumstances do I believe that the more I depend upon a Higher Power, the more independent I actually am? *p. 36 Twelve Steps and Twelve Traditions*
8. When can my intellect, backed by my will power, guarantee success? *p. 37 Twelve Steps and Twelve Traditions*
9. In times of emotional disturbance or indecision, do I pause and seek the will of a Power great than myself? What action is required in this step? *pp. 40-41 Twelve Steps and Twelve Traditions*

Step Four: Made a searching and fearless moral inventory of ourselves

1. What are the areas of my life at which I refuse to look? How do I recognize my main problems? *P. 43 Twelve Steps and Twelve Traditions*
2. Why do I need to list my assets as well as liabilities? *p. 46 Twelve Steps and Twelve Traditions*
3. In what ways have I been honest and thorough about resentments? Do I understand that this is a lifetime process? *pp. 47 and 50 Twelve Steps and Twelve Traditions*
4. Where has fear generated character defects in my life? What fears am I willing to face now? *p. 49 Twelve Steps and Twelve Traditions*
5. What actions do I take if I still burn with guilt because of my behavior? *pp. 50 and 54 Twelve Steps and Twelve Traditions*
6. When and where have my finances, gambling or spending been out of control? Am I still hiding these defects in the recesses of my mind? *p. 51 Twelve Steps and Twelve Traditions*
7. How am I trying to change conditions to suit me? *pp. 52-53 Twelve Steps and Twelve Traditions*
8. How have my twisted relationships with others caused my inability to form a true and meaningful partnership with another human being? What is the importance of looking at the unhappiness I've caused others and myself? *p. 53 Twelve Steps and Twelve Traditions*
9. Have I carefully reviewed my sex conduct? What do I do when sex is troublesome? *p. 70 Alcoholics Anonymous*
10. What are the benefits of taking a thorough inventory? *p. 71 Alcoholics Anonymous*

Step Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs

1. How have my wrong thinking and actions hurt others and myself? Why do I need to share my past with another human being? With a Higher Power? *p. 55 Twelve Steps and Twelve Traditions*
2. What are the consequences of taking secrets and wrongdoings to my grave? Why is ego deflation really necessary? *pp. 55-56 Twelve Steps and Twelve Traditions*

3. When choosing with whom I will confide in this Step, what qualities in another person are important? What could happen if I put off doing this step? *p. 61 Twelve Steps and Twelve Traditions*
4. Why do I need to be open and honest with a Supreme Being and man; how will this prepare me for a meaningful sobriety? *p. 62 Twelve Steps and Twelve Traditions*
5. What rewards might I expect from Step Five? *p. 62 Twelve Steps and Twelve Traditions*

Step Six: Were entirely ready to have God remove all these defects of character

1. Why do I believe that a Higher Power can and will remove my defects? How do I know what these defects are? *p. 63 Twelve Steps and Twelve Traditions; p. 75 Alcoholics Anonymous*
2. Why do I trust my Higher Power to grant me release from the obsession with alcohol? *p. 63 Twelve Steps and Twelve Traditions*
3. In what way(s) am I willing to make a beginning and continue working toward building character? *p. 65 Twelve Steps and Twelve Traditions*
4. Where do the Seven Deadly Sins of pride, anger, greed, gluttony, lust, envy, and sloth show up in my life? *pp. 66-67 Twelve Steps and Twelve Traditions.*
5. What defects am I unwilling to give up? Do I honestly want to have all my defects of character removed? *pp. 66-67 and 108 Twelve Steps and Twelve Tradition*
6. How do I practice tolerance, acceptance and understanding of other people and groups? Whose ideas and behavior may differ from mine? *pp. 66, 67, 70, and 84 Alcoholics Anonymous*
7. When do I trust that a Higher Power will remove my defects from me? When will I be ready to change and raise my eyes toward perfection? *p. 68 Twelve Steps and Twelve Traditions*

Step Seven: Humbly asked Him to remove our shortcomings

1. From what perspective should I view character and spiritual values? *p. 71 Twelve Steps and Twelve Traditions*
2. How are honesty, tolerance, and true love of man and a Power greater than myself is an important basis in my daily living? *p. 72 Twelve Steps and Twelve Traditions*
3. When do I seek to try to do my Higher Power's will? When do I rely upon self? *p. 72 Twelve Steps and Twelve Traditions*
4. Why do I respectfully ask a Power greater than myself to remove my shortcomings? *p. 74 Twelve Steps and Twelve Traditions*
5. Why would I seek humbleness as a personal quality; do I think it is necessary? Do I believe humbleness can bring me serenity? *p. 74 Twelve Steps and Twelve Traditions*
6. What do I need to do to continually practice staying in my Higher Power's grace and not drink? *p. 76 Twelve Steps and Twelve Traditions*
7. In what areas have I stopped making unreasonable demands on myself and others? *p. 76 Twelve Steps and Twelve Traditions*
8. When am I able to be tolerant and understanding of other people's defects and viewpoints? *pp. 19-20 and 67 Alcoholics Anonymous*
9. How did Bill W. write this Step in the original manuscript and why was it changed? *pp. 166-167 Alcoholic Anonymous Comes of Age*
10. Am I willing to say to my Higher Power? "Here it is God, all mixed up. I don't know how to un-mix it. I'll leave it to you." *p. 221 Alcoholics Anonymous, First Edition; p. 20 Experience, Strength and Hope*

Step Eight: Made a list of all persons we had harmed and became willing to make amends to them all

1. What is my definition of harm? Where do I find the names of the people I have harmed? Am I willing to see where I was at fault? *p. 76 Alcoholics Anonymous; pp. 80-82 Twelve Steps and Twelve Traditions*
2. Why do I need to repair the damage I have done to others? *p. 76 Alcoholics Anonymous; pp. 79-80 Twelve Steps and Twelve Traditions*
3. What action should I take if I am not willing to make amends at this time? *p. 76 Alcoholics Anonymous*
4. Has anyone been left off my list and why? *p. 79 Twelve Steps and Twelve Traditions*
5. Why can't I just let bygones be bygones? Do I believe I never hurt anybody but myself with my drinking? *p. 79 Twelve Steps and Twelve Tradition*
6. Why should I be willing to forgive the harms done to me by others? *pp. 81-82 Twelve Steps and Twelve Traditions*

Step Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others would injure them or others

1. Is there anyone to whom I am hesitant to make amends? How long should I wait before making amends? What is the danger in rushing out immediately and making amends? *pp. 76-77 Alcoholics Anonymous; p. 83 Twelve Steps and Twelve Traditions*
2. What are the different types of amends I can make? *pp. 76-80 Alcoholics Anonymous*
3. Why are the other person's defects not discussed and the amends need to be only mine, even though the other person's defects may be glaring? *pp. 78-83 Alcoholics Anonymous*
4. In what ways might I injure the person to whom I'm making amends or others? *p. 81 Alcoholics Anonymous*
5. How do I make amends if the person(s) cannot be seen? *p. 83 Alcoholics Anonymous*
6. What continuing changes do I see in myself? How am I less self-centered or have given up bondage to myself? *pp. 83-84 Alcoholics Anonymous*
7. Why are good judgement, timing, courage, and wisdom important in this Step? *p. 83 Twelve Steps and Twelve Traditions*
8. How have I become willing to accept full consequences for the harms I have done? *p. 87 Twelve Steps and Twelve Traditions*

Step Ten: Continued to take personal inventory and when we were wrong promptly admitted it

1. Why is the attention heavy on personal inventory and why can't I just be done with it? *p. 84 Alcoholics Anonymous*
2. What is the difference between the Fourth, Tenth and Eleventh Step inventories? *pp. 89-90 Twelve Steps and Twelve Traditions. pp. 84-86 Alcoholics Anonymous*
3. How do I use this practical application of the A.A. program in my daily life? *p. 89 Twelve Steps and Twelve Traditions*
4. What is the spiritual axiom of Step Ten? What should I do about justified anger? *p. 90 Twelve Steps and Twelve Traditions*
5. Why do I always have to admit when I am wrong, even if the other person was wrong also? What would prevent me from promptly making amends? *pp. 90-91 Twelve Steps and Twelve Traditions*
6. What is meant by nothing pays off like restraint of tongue and pen? How does this apply to all

areas of communication? *p. 91 Twelve Steps and Twelve Traditions*

7. How may I come into harmony with others in my relationships as a result of this Step?
p. 93 Twelve Steps and Twelve Traditions
8. In what ways are my outlook on life changing for the better? What has been my experience in sleeping restfully in good conscience? *p. 95 Twelve Steps and Twelve Traditions*

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

1. What is the reason I sometimes don't want to pray? Why do I feel there is something wrong with me? Why am I rebellious? What can I do about it? *pp. 96-97 and 105 Twelve Steps and Twelve Traditions*
2. What can I hope to gain from meditation? Why would I still need to seek guidance if I meditate daily? *p. 98 Steps and Twelve Traditions*
3. How can prayers of my religious denomination or my own prayers be beneficial?
p. 98 Twelve Steps and Twelve Traditions
4. What prayer in Step Eleven in the *Twelve Steps and Twelve Traditions* is helpful for beginning meditation? What is meant by a becoming a channel? What does self-forgetting mean and how is that accomplished? *pp. 99 and 101-102 Twelve Steps and Twelve Traditions*
5. What is my vision of a Higher Power? How do I know when I'm following a Supreme Being's will or my will? *pp. 101-104 Twelve Steps and Twelve Traditions*
6. Explain how I have found peace, contentment and a sense of purpose and belonging through the A.A. program? How has this Step changed my thinking about the world and people about us?
p. 105 Twelve Steps and Twelve Traditions
7. What is the shortest paragraph in the Big Book? *p. 88 Alcoholics Anonymous*
8. Why not ask for specific solutions to specific problems? *pp. 102-104 Twelve Steps and Twelve Traditions; p. 87 Alcoholics Anonymous*
9. What is the difference between meditation and prayer? Where and how do I do this? How often should I pray or meditate? Describe my personal practice of prayer and meditation.
pp. 98, 99 and 102 Twelve Steps and Twelve Traditions; pp. 86-87 Alcoholics Anonymous

Step Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs

1. Just how does helping someone else keep me sober? How long must I be sober before I can carry the message? *pp. 9, 14, 95 and 100 Alcoholics Anonymous; p. 109-110 Twelve Steps and Twelve Traditions*
2. What is my objective when I speak in meetings or to individuals? Is it for effect or with a sincere desire to help? *p. 110 Twelve Steps and Twelve Traditions*
3. How do I practice these principles in all my affairs and not just in meetings? In what ways might these principles be practiced? *pp. 111-112 Twelve Steps and Twelve Traditions*
4. How can using these principles help me to grow and change? *p. 112-113 Twelve Steps and Twelve Traditions*
5. In what ways do I daily try to help other alcoholics with the program of Alcoholics Anonymous and why? *p. 89 Alcoholics Anonymous*
6. Why is it important to not come off as a crusader or a do-gooder when carrying the message of Alcoholics Anonymous? *p. 89 Alcoholics Anonymous*
7. What do I do with a new person who is unwilling to follow the program? *p. 94-95 Alcoholics Anonymous*
8. What efforts do I make to ensure that I am a safe and supportive member? How do my actions demonstrate whether I am a giver or just a taker? *pp. 94 and 102 Alcoholics Anonymous*
9. How do I demonstrate that I care about other alcoholics? Am I willing to continue with them as long as necessary even if it means giving of my time, money, and resources? What cautions might we face when working with others? *p. 97 Alcoholics Anonymous*
10. How do I handle situations where there is drinking? What should I do instead if I'm shaky? *pp. 100-102 Alcoholics Anonymous*
11. How often do I attend meetings? How am I carrying my share of the load? What is my response when there is something to be done? Do I volunteer, wait to be asked, or just leave it for someone else? How open am I to saying yes to an AA request? What is my view of each occasion to do Twelfth-Step work and every opportunity to carry the message? What do I do to make everyone feel welcome? Do I demonstrate these principles in my daily life and in the world? *Questions from personal experience and pp. 161-162 and 164 Alcoholics Anonymous; pp. 120-122 and 124-125; Twelve Steps and Twelve Traditions.*
12. What is the difference between a spiritual awakening and spiritual experience? Where can I find this explanation in the Big Book? What is my personal knowledge of a spiritual awakening, experience, or both? *p.567 Alcoholics Anonymous (Spiritual Experience)*