

“The How and the Why of It.”

This Twelve Step study combines the “how-to” work the Steps from Alcoholics Anonymous with “why-to” work the Steps from AA’s Twelve Steps and Twelve Traditions.

Steps Seven, Eight and Nine:

“Grant me strength, as I go out from here, to do your bidding. Amen.” (p. 76)
“If ... we will not let go, we ask God to help us be willing.” (Step Six) (p. 76)
“... persons we have harmed and to whom we are willing to make amends.” “
“If we haven’t the will to do this, we ask [God] until it comes.” “

Step Seven. “Humbly asked Him to remove our shortcomings.” (p. 59)

“How to” do Step Seven:

1. “When ready, we say something like this ...” (p. 76)
2. “My Creator, I am now willing that you should have all of me, good and bad.” “
3. “I pray ...” “
4. “... that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows.” “
5. “Grant me strength, as I go out from here ...” “
6. “[Grant me strength] ... to do your bidding. Amen.” “

“Why to” do Step Seven: (Page numbers in AA 12x12)

“... without some degree of humility, no alcoholic can stay sober at all.” (p. 70)
“Without [humility], they cannot live to much useful purpose ...” “
“... in adversity, be able to summon the faith that can meet any emergency.” “
“... so long as we were convinced that we could live exclusively by our own individual strength and intelligence, for just that long was a working faith in a Higher Power impossible.” (p. 72)
“That basic ingredient of all humility, a desire to seek and do God’s will, was missing.” “
“... change in our attitude ... with humility ... move out from ourselves toward others and toward God.” (p. 76)

Step Eight. “Made a list of all persons we had harmed, and became willing to make amends to them all.” (p. 59)

“How to” do Step Eight:

“... list of all persons we have harmed ...” (p. 76)
“... to whom we are willing to make amends.” “
“If we haven’t the will to do this, we ask until it comes.” “

“Why to” do Step Eight: (Page numbers in AA 12x12)

“... ask forgiveness for ourselves ... start out by forgiving them ...” (p. 78)
“... fear conspired with pride to hinder our making a list of *all* ... harmed.” (p. 79)
“... beginning of the end of isolation from our fellows and from God.” (p. 82)

“The How and the Why of It.”

This Twelve Step study combines the “how-to” work the Steps from Alcoholics Anonymous with “why-to” work the Steps from AA’s Twelve Steps and Twelve Traditions.

Steps Seven, Eight and Nine (continued):

- “Grant me strength, as I go out from here, to do your bidding. Amen.”** (p. 76)
“If ... we will not let go, we ask God to help us be willing.” (Step Six) (p. 76)
“... persons we have harmed and to whom we are willing to make amends.” “
“If we haven’t the will to do this, we ask [God] until it comes.” “

Step Nine: “Made direct amends to such people wherever possible, except when to do so would injure them or others.” (p. 59)

“How to” do Step Nine:

- “Now we go out to our fellows and repair the damage done in the past.” (p. 76)
“We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves.” “
“If we haven’t the will to do this, we ask until it comes.” “
“We go ... in a helpful and forgiving spirit ...” (p. 77)
“Under no condition do we criticize ... or argue.” “
“His faults are not discussed.” (p. 78)
“We do not dodge our creditors.” “
“We must lose our fear of creditors ...” “
“... we ask [God] that we be given strength and direction to do the right thing ...” (p. 79)
“... admitting his faults and asking forgiveness.” “
“Before ... action which might implicate other people we secure their consent.” (p. 80)
“... place the outcome in God’s hands ...” “
“... admit our fault ... God willing, it shall not be repeated.” (p. 81)
“... pray ... having the other one’s happiness uppermost in mind.” (p. 82)
“We feel a man is unthinking when he says that sobriety is enough.” “
“We must take the lead ... with the family ... careful not to criticize them.” (p. 83)
“We should be sensible, tactful, considerate and humble without being servile or scraping. As God’s people we stand on our feet; we don’t crawl before anyone.” (p. 83)

“Why to” do Step Nine: (Page numbers in AA 12x12)

- “... we cannot buy our own peace of mind at the expense of others.” (p. 84)
“... prepared well in advance ... reactions will not deflect us from our steady and even purpose.” (p. 85)
“Let’s not talk prudence while practicing evasion.” “
“It does not lighten our burden when we recklessly make the crosses of others heavier.” (p. 86)
“... readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others ... is the very spirit of Step Nine.” (p. 87)

Next Time, Steps Ten, Eleven and Twelve: “... vision of God’s will into all of our activities.”