

**Humility - Gratitude - Forgiveness - Responsibility:**  
**Four of the Choices We Make in our Twelve Step Recovery.**

A Big Book Study of Spiritual Recovery from Alcoholism  
in a Twelve-Step Workshop, from July 1 through September 30, 2024.

Facilitator: Bill H., St. Louis, Mo. USA

(All page numbers from Alcoholics Anonymous, Fourth Edition, unless otherwise noted.)

**Introduction to the Study.**

This study of the Alcoholics Anonymous Twelve Step recovery program discloses that four of our vital spiritual *choices*, *Humility*, *Gratitude*, *Forgiveness* and *Responsibility*, are an implicit or explicit part of each of the Twelve Steps. I see these as “spiritual choices”, because they seem impossible for self-centered people like me without daily help from a Higher Power.

My choices of Humility, Gratitude, Forgiveness and Responsibility enable me to let go of old selfish ideas, old selfish habits and old selfish motives. I become able and willing to seek God’s will instead of my will, beginning with not taking the first drink, one day at a time.

I believe that in the spiritual recovery context each of these is a choice—decisions made not always with complete willingness, or even awareness, but choices nevertheless.

*With these choices, I cooperate with God in my spiritual awakening. I let God do what only God can do. My spiritual awakening is what God can do with me when I choose to seek God’s care—and help—to initiate, inform and inspire my relationship with God and others.*

**Review.** My choices of *Humility*, *Gratitude*, *Forgiveness* and *Responsibility* in Steps One through Nine guide me into acknowledging and accepting my “**real purpose**”, which is “to fit [myself] to be of maximum service to God and the people about [me]”. (p. 77)

I complete my direct amends in Step Nine *to make peace with my past*. I continue each day with my “living amends” as part of *living at peace in the present*: “Yes, there is a long period of reconstruction ahead. We must take the lead ... asking each morning in meditation that our Creator show us the way of patience, tolerance, kindliness and love”. (p. 83)

“The spiritual life is not a theory. *We have to live it.*” (p. 83)

“If we are painstaking about this phase of our [spiritual] development ...” (p. 83)

**Steps Ten, Eleven and Twelve:** I **choose** God’s help each day with *Humility*, *Gratitude*, *Forgiveness* and *Responsibility* to “continue” to live within healthy Limitations, to “seek” God’s Inspiration and to “try” to practice spiritual principles with alcoholics and others. My **real purpose**, my **code** and Step Twelve all guide me **to let God help me serve others**.

**Step Ten:** “Continued to take personal inventory and when we were wrong promptly admitted it.” (p. 59)

“This thought brings us to *Step Ten*, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along.” (p. 84)

What thought? “They will always materialize if we work for them.” (p. 84)

“We vigorously commenced this way of living ... entered the world of the Spirit.” “

*In my intentional application of Step Ten all day every day, I **choose** to continue to have God’s powerful care guide me with Humility, Gratitude, Forgiveness and Responsibility.*

*With Step Ten all day every day, I use “[my] **code of love and tolerance of others**” to continue to let the promises of my spiritual awakening “materialize” so I can serve others.*

**Humility - Gratitude - Forgiveness - Responsibility:**  
**Four of the Choices We Make in our Twelve Step Recovery.**

A Big Book Study of Spiritual Recovery from Alcoholism  
in a Twelve-Step Workshop, from July 1 through September 30, 2024.

Facilitator: Bill H., St. Louis, Mo. USA

(All page numbers from Alcoholics Anonymous, Fourth Edition, unless otherwise noted.)

**The Humility Choice:** I need help. I am modest, not prideful or ashamed. I accept myself as I am. I seek God's will, not my own. I desire to "move out from [myself] towards others and toward God." (AA 12x12, p. 76)  
"... humility, a desire to seek and do God's will ..." (AA 12x12, p. 72)

*Our Humility Choices in Step Ten.*

"Our next function is to grow ... continue for our lifetime ... to watch for ..." (p. 84)

*I humbly **choose** to "enlarge [my] spiritual life"—to be aware of and accept my character defects of selfishness, dishonesty, resentment and fear; and act to ask God to remove them.*

**The Gratitude Choice:** I am thankful God gives me awareness, acceptance and action.

I am thankful God removes from me denial, delusion and illusion.

*Our Gratitude Choices in Step Ten.*

"And we have ceased fighting anything or anyone—even alcohol." (p. 84)

"We react sanely and normally ... we feel ... safe and protected ... nor afraid." (p. 85)

*I **choose** to be grateful that God continues to relieve me of my "bondage of self" each day (see p. 63) while at the same time shows me how to "keep in fit spiritual condition".*

**The Forgiveness Choice:** I decide to set aside resentments, fears, blame and revenge.

I decide to ask God to help me stop hurting myself and others.

*Our Forgiveness Choice in Step Ten.*

"Love and tolerance of others is our code." (p. 84)

*With God's help, I **choose** to try to live with a forgiving spirit. I try to treat others with "love", desiring God's best for them, because I believe that God loves and forgives me. I try to tolerate others as God tolerates me. Trying to treat others with love and tolerance, while I try to give the gift of forgiveness to others, helps me "enlarge [my] spiritual life".*

**The Responsibility Choice:** I decide to ask God to help me respond to situations in a trustworthy manner that helps others as well as myself.

I am answerable for my choices.

*Our Responsibility Choices in Step Ten.*

"We are not cured of alcoholism." (p. 85)

"... daily reprieve contingent on the maintenance of our spiritual condition." "

"Every day ... we must carry the vision of God's will into all of our activities." "

'How can I best serve Thee—Thy will (not mine) be done.' "

"... thoughts which must go with us constantly ... proper use of the will." "

*I make the responsible **choice** each day to continue to ask God help me "watch for" and deal with my selfishness, dishonesty, resentments and fears—whether I think I have them or not! I continue to "enlarge [my] spiritual life", let promises "materialize" and serve others.*

*I make the responsible **choice** each day to remember what my friend says: "The 'ISM' in me is more powerful than I can imagine."*

**Humility - Gratitude - Forgiveness - Responsibility:**  
**Four of the Choices We Make in our Twelve Step Recovery.**

A Big Book Study of Spiritual Recovery from Alcoholism  
in a Twelve-Step Workshop, from July 1 through September 30, 2024.

Facilitator: Bill H., St. Louis, Mo. USA

(All page numbers from Alcoholics Anonymous, Fourth Edition, unless otherwise noted.)

**Observations.**

1. I **choose** to live with *humility, gratitude, forgiveness* and *responsibility* in my daily practice of Step Ten, applying the spiritual principles I learned in Steps One through Nine:  
I admit I am often *powerless* over my selfishness, dishonesty, resentments and fears.  
I admit that when I deny my powerlessness, my life becomes *unmanageable* again.  
I *come to believe* that when I ask God for help, God *always* cares enough to help me.  
I decide to let God *relieve me of the bondage of self* each time I ask God for help.  
I continue to *take personal inventory*, asking God to help me “let go” and “let God”.  
I admit when I have harmed someone and “*make amends quickly*”, with God’s help.  
I resolutely, with God’s help, turn my thoughts to *someone I can help*.
2. In my continuing daily practice of Step Ten, I **choose** with *humility, gratitude, forgiveness* and *responsibility* to live “sanely and normally” within healthy limitations of my self-will; so God can align my will with God’s will—and stop me from bending the “truth” to fit my will!
3. Choosing to suffer means there is something wrong with me, but humbly **choosing** God’s help and God’s will—even if it means suffering—is part of enlarging my spiritual life.
4. I cannot afford to “rest on my laurels”—to let the “good things” block me from God.
5. I am not cured of “alcoholism”. I continue to “treat” my “self-will run riot” each day, with God’s help, **choosing** *humility, gratitude, forgiveness* and *responsibility*, because:  
with God’s care and help, my *selfishness* will *not blind me* to my need for God’s help;  
with God’s care and help, my *dishonesty* will *not delude me* to believe I’m not selfish;  
with God’s care and help, my *resentments* at my selfishness and dishonesty *will lessen*;  
with God’s care and help, my *fears* will *no longer paralyze and isolate me* from all help.  
  
*I make the responsible choice to “watch” the weather radar throughout the daily flight!*
6. I acknowledge my “**real purpose**” is to fit myself “to be of maximum service to God and the people about [me]” (p. 77). I commit to a daily life of **choosing** to ask God to help me be willing to grow my desire to be *humble, grateful, forgiving* and *responsible*.
7. When I acknowledge my “**code**” of “**love and tolerance of others**” (p. 84), I commit to a daily life of **choosing** to ask God to continue to help me treat others with a considerate attitude and a helpful spirit of *humility, gratitude, forgiveness* and *responsibility*.

***I remember each day that it is easier to be selfish than to try to do God’s will, not mine!!!***

**Next Time, Step Eleven: Use our Four Choices to *Improve* Conscious Contact with God.**