

Moving On

March, 2026

A new life has been given us, or if you prefer, "a design for living" that really works. p. 25 So, we see we have a program not just for staying sober but for living.

In Step 1 we received great insight about power and us. Not good news unless there is more to come - and there is. The essence of Step 1 prepares us for introduction to a new way of life - and Step 2 starts the change in perspective - on the way to transformation. Why else would we be here with the higher faculties we possess and the thirst so often misunderstood.

As the Big Book says -
Being convinced of the a, b, c's -
we need to change - make a
decision. Common sense -
"we were at Step Three."
Now a decision is called for.
The explanation of self-at-
work - pp. 60 to 62 - amazing in
truth of our experience.
Conclusion - we had to quit
playing God. Clarification follows.

Confused by the insanity of ego-driven thinking and the new way of seeing - it is absolutely essential that we "launch out on a course of vigorous action" - a personal housecleaning.

P.63 Please note the rewards - the remarkable things that follow when we took a new position.

Third Step Prayer says all perfectly.

Like housecleaning? NO
Necessary? Crucial

Interrupt for a moment - for consideration

- problem of alcoholic is in mind
- I want to experience New Life
- want to bear witness of Thy Power, Love, Way of Life
- want to live different

"May I do thy will always."

HOUSECLEANING!

Reflections - Daniel Goldman

- importance of emotional intelligence
- able to see how/who you are
- able to have compassion
- able to sense what others are feeling
- able to be in the flow
- bring good wherever you are

Dalai Lama -

"World is not as bad as we think."

Each of us can make it a better place.

Act now to improve the future.

Each can DO SOMETHING."

"You will plant trees in whose shade you will never sit."

WOW

"Everything we do has an effect on billions of others -

turn off the light when you leave a room."

STEP FOUR

"Made a searching and fearless moral inventory of ourselves."

Instructions for Step Four:

Resentment

1. On a separate sheet list people, institutions and principles with whom we were angry.
2. Column 2. List what they did.
3. Column 3. State which area of our life was affected by what they did.
What old belief drove my response? *• self esteem • personal relationships*
• self respect • money • sex needs
• ambition • security p. 64, 65
4. Column 4. What is my part, my contribution? What was the energy I was putting out?

Fear "touches every aspect of our lives". Define Fear.

1. List the fears that drive you. What is number 1?
2. a) For each statement in Column 3, of your resentment sheets, list the fear in brackets – in red.
b) Write each fear once – on a separate page – and count how many times that fear shows up in column 3.

Fear (con't)

c) What are your 3 predominant fears?

3. a) List each fear and a short analysis of each – in order to become aware of fear in your life.

Each analysis should include: (times, places, people, situations)

- where and when I learned this
- examples where the fear occurred
- what triggers it now?
- how do you act or react when afraid
- the effect on others

b) How did your fear set in motion trains of circumstances which brought you misfortune you felt you didn't deserve?

c) How does this fear relate to Step 1? Step 12?

4. Say the prayer re: each fear. Consider how, in situations triggering fear, you ought to act.

Sex (read page 68 to the end of Chapter 5)

1. Who are you as a sexual being?

Sex (cont'd.)

Consider your sexuality:

- birth to 10 -11 years old
- puberty
- young adult
- dating
- job
- attitude toward sexual acts
- marriage

How have the conditioning and attitudes of society affected you?

2. List the people with whom you have had conflicted relationships.
Has sexuality had anything to do with this?
3. List the people with whom you have had sexual relationships. Answer the questions from the text.

How does fear relate to this aspect of your experience? (p. 69).

4. What amends do you owe?
5. What is your sane and sound ideal for the future?

Column 2

which area was affected -
personal relations
ambition

Column 3
- my dad
security
money
pride
sex, relationships

Column 4
my comment
What is
My point

① yelled at Mom

① a) affected my self-respect - I'm a girl & therefore nothing
b) affected my personal rels. - women have to obey men (fear of people with power)

- covered
- never spoke up to him.
- flattered him
- told him people said they loved him "a great man"
- invited people to our home - Dad kind & funny then

② favoured the boys - made sure they got what they wanted

② a) affected my personal rels. - always felt angry about being a girl - looked down on other women (fear of having to do what others want)
b) affected my ambition girls are nothing

- withdrew
- made long face
- denied my feelings
- cursed him
- talked behind his back

③ sometimes looked uptight and withdrawn

③ a) affected my pride - if my dad is a nobody, so am I (fear of being unimportant)
b) affected my self-respect - how I felt about myself was dependent on outside (fear of being unimportant)

- disappointed
- blamed Mother & was mean to her

④ angry - no cause

④ a) affected my security - I was totally dependent on other people (fear of not being loved)

STEP FOUR

Column 2

what this person did

Column 3

what area of life was affected- self
respect, security, ambition, money,
personal relations, sex relations,
pride

Column 4

My own mistakes – selfish, self-
seeking, dishonest, frightened

My part – going on inside me?

My contribution

17