

A NEW LIFE Sponsor Outline

Birthday _____ We Started _____ Name _____

Page 2 Red Book _____ Recovery Meetings Sheet _____ Bellybutton _____

3 How many Recovery meetings a week? _____ DATE

Page 4 How many times Waking up _____ xii-xvi _____

5 Drinking _____ Weekly Routine _____

Page 6 Write one Trauma _____

7-8 Types of Abuse _____ Healthy Family _____

Step One Read 81-106 _____ Fun _____ Grateful _____

Page 12 Family History _____ Which Family Role _____ Read 118-129 _____

Step Two Read 130-137 _____ Fun _____ Grateful _____

Step Three Read 106-108 _____ 138-149 _____ Fun _____ Grateful _____

Page 16 Stress Test Score _____

Step Four Read 108-110 _____ Read 150-160 _____

Page 18 Fun _____ Grateful _____

Step Four Feelings Definitions Read 160-164 _____

Page 19 Fun _____ Grateful _____

Step Four Read 164-167 Circle Laundry Traits you identify with. _____

Page 19 Fun _____ Grateful _____

Step Four 4 Page 20-21 Childhood Inventory _____

Step Four Worksheets

Read 167-187_____

DATE _____

Worksheet 1 Page 23 Laundry List _____ _____

Worksheet 2 Page 24 Family Secrets _____ _____

Worksheet 3 Page 25 Shame Inventory _____ _____

Worksheet 4 Page 26 Abandonment Inventory _____ _____

Worksheet 5 Page 27 Harms Inventory _____ _____

 Page 28 Gentleness Break _____ _____

Worksheet 6 Page 29 Stored Anger _____ _____

Worksheet 7 Page 30 Relationship Inventory _____ _____

Worksheet 8 Page 31 Sexual Abuse Inventory _____ _____

 Page 32 Gentleness Break _____ _____

Worksheet 9 Page 33 Denial Inventory _____ _____

Worksheet 10 Page 34 PTSD _____ _____

Worksheet 11 Page 36 Feelings Exercise _____ _____

Worksheet 12 Page 37 Praise Work _____ _____

Step Four Who Prioritized you as a child?_____ Puppy_____ _____

Page 38 Something to Pamper yourself_____ _____

Step 5 Read Together 193-95____ Read 190-206____ Grief Work 199-204____

Page 39 Fun_____ Grateful_____

Step 6 Read 111-112____ 207-216____

Page 40 Fun_____ Grateful_____

Step 7 Read 217-226____ Sincere, Brief, and Humble p. 241____ p. 239____

Page 40 Fun_____ Grateful_____

Step 8 Read 112-113____ 227-234____ DATE

You may be at the top of your amends list; you have harmed yourself the most.

Page 41 Write Amends and Read them to Sponsor before you make them. _____

First Amends_____

Second Amends_____

Third Amends_____

Fourth Amends_____

Fun_____ Grateful_____

Step 9 Read p. 113-114____ p. 235-249____

Page 43 Would you like me to go with you on any amends?

Fun_____ Grateful_____

Something to Pamper yourself_____

Step 10	Read 114-115_____	p. 250-262_____	_____
Page 44	Personal Inventory	257_____	_____
	Choices Exercise	258_____	_____
	One Day at A time Exercise	259_____	_____
	Feelings and Journal Exercise	260_____	_____
	Praise Exercise	261_____	_____
	Gentleness Break	262_____	_____
	Fun_____	Grateful_____	
	Something to Pamper yourself_____		

Step 11	Read p. 116_____	p. 263-278_____	_____
	How many times a night are you waking up?_____		
	Fun_____	Grateful_____	

Step 12	Read 116-117_____	p. 279-294_____	_____
	God Exists	283_____	_____
	Avoiding A Spiritual Bypass	287_____	_____
	Service is Grounded I Self-Love	288_____	_____
	Get out of Your Self	292_____	_____

Thank you for sharing your Experience,
Strength, and Hope with me.

May you become all that you were intended. 2017