

Introduction

Who are we? pg. xiii: 5 (1) and pg. xiv: 0 (1-6)

What do we have to offer? pg. 17: 3 (1-6)

Surrender (Steps 1, 2 and 3)

Step One

Physical symptoms: pg. xxx: 5 (1-3, 5-8); pg. 44: 1 (4-7)

Mental symptoms: pg. xxviii: 4 (1-6) and

pg. xxix: 0 (1-9); pg. 23: 1 (3-10) and

pg. 23: 2 (1-9); pg. 30: 1 (4-10)

Psychic change: pg. xxix: 1 (1-7)

Unmanageability: pg. 52: 2 (3-8)

Loneliness: pg. 151: 2 (1-10)

First Step question: pg. 30: 2 (1-3)

Step Two

Lack of Power: pg. 45: 1 (1-4) and pg. 45: 2 (1-3)

Where do we find the Power? pg. 55: 2 (1-7), pg. 55: 3 (5-7)

Look within: pg. 55: 4 (3-4)

What if the newcomer doesn't believe? pg. 46: 1 (3-8)

Second Step question: pg. 47: 2 (1-3)

Step Three

A life run on self-will: pg. 60: 4 (1-8)

Selfishness blocks us from God's will: pg. 62: 1 (1-8) and pg. 62: 2 (1-8)

A life guided by the vision of God's will: pg. 62: 3 (1-4, 6-8) and pg. 63: 1 (1-4)

Third Step prayer: pg. 63: 2 (2-8)

Sharing (Step 4, 5, 6 and 7)

Step Four

Explanation: pg. 63: 4 (1-2) and pg. 64: 0 (1-5)

Assets and liabilities checklist: pg. 64: 1 (1-7)

Fill out liabilities side of the checklist first: pg. 64: 2 (1-6)

Sponsor does the writing: pg. 13: 3 (1-4)

What do we inventory?

Resentments: pg. 64: 3 (1-2, 6-9)

We overcome our resentments with forgiveness: pg. 66: 4 (1-2), pg. 67: 0 (1-8), and pg. 67: 1 (1-2)

Fears: pg. 68: 1 (1-3)

We overcome our fears with faith: pg. 68: 2 (1-4) and pg. 68: 3 (4-10)

Harms: pg. 69: 1 (1-6)

We overcome our harms with amends: pg. 69: 3 (2-4)

Step Five

We share our inventory: pg. 72: 2 (4-10)

With whom? pg. 73: 4 (1), pg. 74: 0 (1-9), and pg. 74: 1 (1-4)

This Step may be temporarily postponed: pg. 74: 2 (2-6)

How do we take this Step: pg. 75: 1 (1-4)

Step Six

Explanation: pg. 76: 1 (1-7)

Sixth Step question: pg. 76: 1 (3-5)

Step Seven

Amends (Steps 8 and 9)

Step Eight

Explanation: pg. 76: 3 (2-5)

Step Nine

Explanation: pg. 76: 3 (6-11)

Specific Amends

People we dislike pg. 77: 1 (9-14)

Creditors: pg. 78: 2 (1-12)

Where other people are involved: pg. 79: 2 (1-3) and pg. 80: 1 (1-5)

People who cannot be seen pg. 83: 3 (1-5)

Guidance (Steps 10, 11 and 12)

Step Ten

Explanation: pg. 84: 2 (1-8)

Tenth Step process: pg. 84: 2 (8-14)

Tenth Step question: pg. 84: 2 (2-3)

Step Eleven

Explanation of two-way prayer: pg. 85: 3 (1-2) and pg. 86: 0 (1-4)

When we retire: pg. 86: 1 (1-9)

Upon awakening: pg. 86: 2 (1-5)

How does God communicate with us? pg. 86: 3 (1-6)

How did god communicate with Bill W.? pg. 14: 2 (1-8)

Practice, practice, practice: pg. 87: 0 (1-9)

Throughout the day: pg. 87: 3 (1-3), pg. 88: 0 (1-7), and pg. 88: 1 (1)

Step Twelve

Explanation: pg. 89: 1 (1-7) and pg. 89: 2 (1-7)

Twelfth Step question: pg. 89: 1 (5)

Close

Program summary: pg. 164: 2 (1-10), pg. 164: 3 (1-6), and pg. 164: 4 (1)

There is a solution: pg. 25: 1 (1-12) and pg. 25: 2 (1-9)