

Resources for our Twelve-Step Study

August 9 – November 15, 2015

5:30 – 6:30 pm

Women's Resource Center
125 3rd Street, NE
Hickory, NC 28601

Get a notebook and on the cover or on page 1 of your notebook, write “[Work the Steps – Trust the Process.](#)” Before coming to a Step Study meeting, you may want to review the Step – reading, listening, or watching a video. Below are some resources to help – all optional. No homework is required to attend these meetings. Regardless of what preparation you choose to do before each meeting, you may want to paraphrase what you learned in your notebook – both before and again after each session. For references to the Hickory area website, go to: <http://www.hickoryarea-recovery.org>. Many of the books listed below can be purchased through an online bookstore, such as Amazon.com, or from the World Service Office of the specific 12-Step program. Links to the headquarters of each program can be found on the Hickory area website.

A special invitation is extended to those who have done their 12 Steps: Please come and share how you did each Step and what the process did for your recovery. Also, please bring additional resources that helped you through this Step journey. Feel free to bring people you may be sponsoring through the 12 Steps.

Step One (August 9, 2015): We admitted we were powerless over _____ (alcohol, the effects of alcohol or other family dysfunction, others, gambling, etc.) – that our lives had become unmanageable.

Step #1 is about accepting that we are powerless over something (drugs, people, things) and that our lives had become unmanageable. Below are resources to help you get ready for the Step 1 session. Write a summary of what you learned in your notebook, especially as to how it relates to your life.

- Read about Step 1, pp. 13-26, in Joe McQ's book, *The Steps We Took*.
- Read pp. 58-64 in *Alcoholics Anonymous* (AA's Blue Book) about Steps 1-3.
- Read chapter 1 (pp. 21-24) in AA's book, *The Twelve Steps and Twelve Traditions*.
- Read pp. 91-106 & 118-129 in ACA's *Adult Children; Alcoholic/ Dysfunctional Families* (Big Red Book)
- Go to the index in your Twelve Step daily meditations books and read each page on Step 1.
- Watch or listen to Joe McQ's description of Step 1 on the CD or DVD provided at the book study meetings.
- After learning about Step 1 from your studies (above), create a page in your notebook entitled, “Things I am Powerless Over.” Start a list of all the things, or people, or behaviors that are frustrating you – items/people that you are powerless over. This list can and will grow as you uncover more things that you now see you cannot control, so leave lots of room to add more items later.

Step Two (August 16, 2015): Came to believe that a Power greater than ourselves could restore us to sanity.

Below are resources to help you get ready for the Step 2 session. Again, write a summary of what you learned in your notebook, especially as it relates to your life.

- Read about Step 2, pp. 27-36 in Joe McQ's book, *The Steps We Took*.
- Read pp. 58-64 in *Alcoholics Anonymous* (AA's Blue Book) about Steps 1-3, if not read lately.
- Read chapter 2 (pp. 25-33) in AA's book, *The Twelve Steps and Twelve Traditions*.
- Read pp. 106-108 & 130-137 in ACA's *Adult Children; Alcoholic/ Dysfunctional Families* (Big Red Book)
- Go to the index in your Twelve Step daily meditations books and read each page on Step 2.
- Watch or listen to Joe McQ's description of Step 2 on the CD or DVD provided at the book study meetings.

Step Three (August 23, 2015): Made a decision to turn our will and our lives over to the care of God as we understand Him.

Below are resources to help you get ready for the Step 3 session. Again, write a summary of what you learned in your notebook, especially as it relates to your life.

- Read about Step 3, pp. 37-54, in Joe McQ's book, *The Steps We Took*.
- Read pp. 60-64 in *Alcoholics Anonymous* (AA's Blue Book) about Steps 1-3, if not read lately.
- Read chapter 3 (pp. 34-41) in AA's book, *The Twelve Steps and Twelve Traditions*.
- Read pp. 106-108 & 138-149 in ACA's *Adult Children; Alcoholic/ Dysfunctional Families* (Big Red Book)

Step Three, cont.

- Go to the index in your Twelve Step daily meditations books and read each page on Step 3.
- Watch or listen to Joe McQ's description of Step 3 on the CD or DVD provided at the book study meetings.

Step Four (2 sessions: August 30 & September 6, 2015): Made a searching and fearless moral inventory of ourselves.

- Read about Step 4, pp. 55-70 in Joe McQ's book, *The Steps We Took*.
- Read pp. 64-71 in *Alcoholics Anonymous* (AA's Blue Book) about Step 4.
- Read chapter 4 (pp. 42-54) in AA's book, *The Twelve Steps and Twelve Traditions*.
- Read pp. 108-111 & 150-189 in ACA's *Adult Children; Alcoholic/ Dysfunctional Families* (Big Red Book)
- Fill out a 4th Step Chart (download from Hickory area website)
- Go to the index in your Twelve Step daily meditations books and read each page on Step 4.
- Watch or listen to Joe McQ's description of Step 4 on the CD or DVDs provided at the book study meetings.

Step Five (September 13, 2015): Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

- Read about Step 5, pp. 71-86 in Joe McQ's book, *The Steps We Took*.
- Read pp. 72-75 in *Alcoholics Anonymous* (AA's Blue Book) about Step 5.
- Read chapter 5, pp. 55-62 in AA's book, *The Twelve Steps and Twelve Traditions*.
- Read pp. 108-111 & 150-189 in ACA's *Adult Children; Alcoholic/ Dysfunctional Families* (Big Red Book), if not read last week.
- Watch or listen to Joe McQ's description of Step 5 on the CD or DVD provided at the book study meetings.
- Go to the index in your Twelve Step daily meditations books and read each page on Step 5.
- When you are ready to share your 4th Step (you've finished filling out your 4th Step chart, if using), whom would you ask to work with you? Your sponsor? Someone else?

Step Six (September 20, 2015): Were entirely ready to have God remove all these defects of character.

- Read about Step 6 & 7, pp. 87-106 in Joe McQ's book, *The Steps We Took*.
- Read p. 76 in *Alcoholics Anonymous* (AA's Blue Book) about Step 6.
- Read chapter 6 (pp. 63-69) in AA's book, *The Twelve Steps and Twelve Traditions*.
- Read pp. 111-112 & 207-216 in ACA's *Adult Children; Alcoholic/ Dysfunctional Families* (Big Red Book), if not read last week.
- Watch or listen to Joe McQ's description of Step 6 on the CD or DVD provided at the book study meetings.
- Go to the index in your Twelve Step daily meditations books and read each page on Step 6.

Step Seven (September 27, 2015): Humbly asked God to remove our shortcomings.

- Read about Step 6 & 7, pp. 87-106 in Joe McQ's book, *The Steps We Took* (if not already read)
- Read pp. 70-76 in *Alcoholics Anonymous* (AA's Blue Book) about Step 7.
- Read chapter 7 (pp. 70-76) in AA's book, *The Twelve Steps and Twelve Traditions*.
- Read pp. 111-112 & 217-226 in ACA's *Adult Children; Alcoholic/ Dysfunctional Families* (Big Red Book), if not read last week.
- Watch or listen to Joe McQ's description of Step 7 on the CD or DVD provided at the book study meetings.
- Go to the index in your Twelve Step daily meditations books and read each page on Step 7.

Step Eight (October 4, 2015): Made a list of all persons we had harmed and became willing to make amends to them all.

- Read about Step 8-9, pp. 107-120 in Joe McQ's book, *The Steps We Took*.
- Read pp. 76-84 in *Alcoholics Anonymous* (AA's Blue Book) about Step 8.
- Read chapter 8 (pp. 77-82) in AA's book, *The Twelve Steps and Twelve Traditions*.
- Read pp. 112-114 & 227-234 in ACA's *Adult Children; Alcoholic/ Dysfunctional Families* (Big Red Book), if not read last week.
- Watch or listen to Joe McQ's description of Step 8 on the CD or DVD provided at the book study meetings.
- Go to the index in your Twelve Step daily meditations books and read each page on Step 8.

Step Nine (October 11, 2015): Made direct amends to such people wherever possible, except when to do so would injure them or others.

- Read about Step 8-9, pp. 107-120 in Joe McQ's book, *The Steps We Took* (if not already read)
- Read pp. 76-84 in *Alcoholics Anonymous* (AA's Blue Book) about Step 9 (if not already read)
- Read chapter 9 (pp. 83-87) in AA's book, *The Twelve Steps and Twelve Traditions*.
- Read pp. 114-117 & 235-249 in ACA's *Adult Children; Alcoholic/ Dysfunctional Families* (Big Red Book), if not read last week.
- Watch or listen to Joe McQ's description of Step 9 on the CD or DVD provided at the book study meetings.
- Go to the index in your Twelve Step daily meditations books and read each page on Step 9.

Step Ten (October 18, 2015): Continued to take personal inventory and, when we were wrong, promptly admitted it. Read about Step 10, pp. 121-132 in Joe McQ's book, *The Steps We Took*.

- Read pp. 84-85 in *Alcoholics Anonymous* (AA's Blue Book) about Step 10.
- Read chapter 10 (pp. 88-95) in AA's book, *The Twelve Steps and Twelve Traditions*.

Step 10, cont.

- Read pp. 114-117 & 250-262 in ACA's *Adult Children; Alcoholic/ Dysfunctional Families* (Big Red Book), if not read last week.
- Watch or listen to Joe McQ's description of Step 10 on the CD or DVD provided at the book study meetings.
- Go to the index in your Twelve Step daily meditations books and read each page on Step 10.

Step Eleven (October 25: Sought through prayer and meditation to improve our conscious contact with God, as we understand God, praying only for knowledge of God's will for us and the power to carry that out.

- Read about Step 11, pp. 133-148 in Joe McQ's book, *The Steps We Took*.
- Read pp. 85-88 in *Alcoholics Anonymous* (AA's Blue Book) about Step 11.
- Read chapter 11 (pp. 96-105 in AA's book, *The Twelve Steps and Twelve Traditions*).
- Read pp. 114-117 & 263-278 in ACA's *Adult Children; Alcoholic/ Dysfunctional Families* (Big Red Book), if not read last week.
- Watch or listen to Joe McQ's description of Step 11 on the CD or DVD provided at the book study meetings.
- Go to the index in your Twelve Step daily meditations books and read each page on Step 11.

Step Twelve (November 1, 2015): Having had a spiritual awakening as a result of these steps, we tried to carry this message to others who still suffer, and to practice these principles in all our affairs.

- Read about Step 12, pp. 149-156 in Joe McQ's book, *The Steps We Took*.
- Read pp. 89-103 in *Alcoholics Anonymous* (AA's Blue Book) about Step 12.
- Read chapter 12 (pp. 106-125 in AA's book, *The Twelve Steps and Twelve Traditions*).
- Read pp. 114-117 & 279-294 in ACA's *Adult Children; Alcoholic/ Dysfunctional Families* (Big Red Book), if not read last week.
- Watch or listen to Joe McQ's description of Step 12 on the CD or DVD provided at the book study meetings.
- Go to the index in your Twelve Step daily meditations books and read each page on Step 12.

Nov. 8, & 15: Catch-up Sessions + open discussion

- Read Appendix 1-4 in Joe McQ's book, *The Steps We Took*
- ?
- ?
- ?

Additional resources:

- Melody Beattie: *The Codependents Guide to the Twelve Steps*
- McBride, Walt: *Happy Days Are Here Again; Step by Step*
- *Co-Dependents Anonymous* (from CoDA's World Service)
- Google searches also produce resources (both written, audio, and videos on each Step).
- YouTube also has videos on each Step. Search for "12 Steps"
- The webpage: xa-speakers.org also contains talks on the Steps
- Go to: spiritualawakeningsaa.org (LINKS -> JUST LOVE AUDIO -> FREE RESOURCES -> 12 STEPS)
- Go to: spiritualawakeningsaa.org (LINKS -> SOBRIETY FIRST: FREE AUDIO DOWNLOADS)
- Go to: <http://www.mediafire.com/sobrietyconventions>
- Go to: <http://www.thefix.com>
- Go to: <http://www.mediafire.com/sobrietyfirstalanon>
- Go to: http://www.mediafire.com/folder/ubj6vzgch5c0c/ALL_CHRIS_SCHROEDER_WORKSHOPS
- Go to: https://www.mediafire.com/folder/13e42aw32rgm0/13th.INTERNATIONAL_CONV,SAN_ANTONIO_2010
- Go to: <http://www.mediafire.com/sobrietyworkshops> (look for Joe and Charlie workshops on the 12 Steps)
- Other?
- Other?