

DA-HOW

Steps Six through Twelve Questions

Written by Step Sponsors of the Monday Night Pomona Meeting March 20, 1989

In the case of questions for which there was no corresponding reading, readings were added by the DA-HOW Phone Meeting Intergroup, December 2014

Readings are from:

- Alcoholics Anonymous (AA Big Book)
- The Twelve Steps and Twelve Traditions of Alcoholics Anonymous (AA 12 & 12)
- As Bill Sees It (ABSI) (Can be read online at <http://csoaamaine.org/absi>).
- Came to Believe (Can be purchased in print or e-book from aa.org or other booksellers.)

STEP SIX

1. **Reading:** AA Big Book, pp. 75-76
Writing: Make a list of the character defects that you are ready to have God remove.
2. **Reading:** AA Big Book, pp. 75-76
Writing: Do you truly believe that your own willpower will not work with money (overspending, debting, underearning, and deprivation)?
3. **Reading:** AA Big Book, pp. 75-76
Writing: Has your obsession with money and debt vanished?
 - (a) If not, what steps can you take?
 - (b) If yes, Why? What can you do for the consistent removal of the obsession?
4. **Reading:** AA 12 & 12, the first paragraph of page 66 and all of page 67
Writing: Pick a defect of character that seems to be troubling you such as a resentment or jealousy of a person, place, or thing, or perhaps pride or procrastination. Ask yourself if you are entirely ready to give it up. If you are, then it is time to take Step Seven. If you are not ready, make a list of the reasons why you would like to give it up. Then make a list of the reasons why you still want to keep that defect. What are the payoffs for giving the defect up? What are the pay-offs for keeping it? Now, ask God to help you to be willing to give this character defect up.
5. **Reading:** AA 12 & 12, p. 65
Writing: What does the concept of "patient improvement" mean to you?
6. **Reading:** AA 12 & 12, p. 48 (The Seven Deadly Sins)
Writing: Make a list of your "No, I can't give this up yet" items. Why is it necessary to make a beginning and keep trying?
7. **Reading:** AA 12 & 12, p. 69
Writing: Explain the concept as it relates to you: "Delay is dangerous and rebellion may be fatal."
8. **Reading:** AA 12 & 12, bottom of p. 66 through top of p. 68
Writing: List the character defects you really enjoy that "masquerade" as something other than they are. Now make a list of your positive character assets. Check and see if any "positives" are really masquerading negatives. Write on what this question has meant to you.

STEP SEVEN

1. **Reading:** ABSI, p. 22, 61, 75
Writing: How has working the twelve steps helped me work through fear?
2. **Reading:** AA 12 & 12, pp. 70-76
Writing: Do you truly understand humility? Discuss and reflect on how humility has affected your life.
3. **Reading:** ABSI, pp. 139 and 212
Writing: Discuss and reflect on the act of
 - a. Humbly asking God to remove defects.
 - b. Having faith that is vital, accompanied by self-sacrifice and unselfish constructive action.
4. **Reading:** ABSI, pp. 48, 103, 136, 196, 281, and 327
Writing: The mental hygiene and spiritual housecleaning we have started in our inventories and continued in Step Five reach their climax in Step Seven. Are you ready to fully subject your will to God? Do you wish to surrender to God all your moral imperfections?
5. **Reading:** AA 12 & 12, p. 71
Writing: What has there “Never been enough of” for you?
6. **Reading:** AA 12 & 12, p. 71 (last line) through 1st paragraph of 72
Writing: How do you make, or how can you make honesty, tolerance and true love of man and God the daily basis of living?
7. **Reading:** AA 12 & 12, p. 72, middle paragraph through p. 73, first full paragraph
Writing: Do you still place self-reliance first and are you still rebellious?
8. **Reading:** AA 12 & 12, p. 73, second full paragraph through 74, middle paragraph
Writing: How can humility give us serenity?
9. **Reading:** AA 12 & 12, p. 74, last paragraph through 75, first paragraph
Writing: How does the taking of the 7th Step aid in the reduction of ego?
10. **Reading:** AA 12 & 12, p. 75, middle paragraph
Writing: Make a gratitude list of what God has done for you that you could not do for yourself.
11. **Reading:** AA 12 & 12, p. 76, first 2 paragraphs
Writing: What unreasonable demands have you made upon others, yourself and God? How did self-centered fear play a part?
12. **Reading:** AA 12 & 12, p. 76, last paragraph
Writing: What proof have you had that other problems besides “the deadly obsession of debting” can be banished?

STEP EIGHT

- 1. *Reading:*** Came to Believe, page 118, “No Man is an Island”
Writing: Why is it necessary to “Make a list of all persons you have harmed and become willing to make amends” before you can start relating harmoniously to God and to other people?
- 2. *Reading:*** Read Step Eight in the AA 12 & 12
Writing: Did you deeply and honestly search all your motives and actions in your past and present relationships when completing your list of any amends you may need to make? Think carefully of past relationships and any resentments you may have and check your own part in creating these disturbances. Write on at least one of these relationships.
- 3. *Reading:*** AA 12 & 12, pp. 79, last paragraph, through 80, middle paragraph
Writing: What emotional harm have you done to yourself?
- 4. *Reading:*** AA 12 & 12, pp. 80, last paragraph, through 81, first paragraph
Writing: What kinds of harm have you done to others? What personality traits have injured you and disturbed others?
- 5. *Reading:*** AA 12 & 12, pp. 81, last paragraph, through 82
Writing: Construct a “long list” of people who have been affected by your behavior. This can be in a positive, as well as in a negative way.
- 6. *Reading:*** AA 12 & 12, p. 78, middle two paragraphs
Writing: Why is forgiveness of the utmost importance in working Step 8?
- 7. *Reading:*** Re-read Step Eight
Writing: Why is the taking of this step “the beginning of the end of isolation” from our fellows and God?

STEP NINE

1. **Reading:** AA Big Book, pp. 544-553, "Freedom from Bondage"
Writing: Write about a resentment you have. How are you using the program to be free of it?
2. **Reading:** ABSI, pp. 39, 58, 153
Writing: How have righteous indignation and resentment wreaked havoc in your life? How do you handle anger today?
3. **Reading:** ABSI, pp. 179 and 286
Writing: Discuss and reflect on the idea that nothing pays off like restraint of tongue and pen. How have you used this to avoid conflict?
4. **Reading:** AA Big Book, p. 13
Writing: Discuss and reflect on your willingness to approach those individuals that you have harmed. Also discuss and think about what attitude you should have in making an -amends.
5. **Reading:** Read Step Nine in the AA 12 & 12
Writing: Have you made your amends list? Are you working on making amends? Do you make direct amends on a daily basis? If not, make your list.
6. **Reading:** AA Big Book, pp. 76-77 from "Now we need more action..." through "talk of spiritual discoveries."
Writing: Describe the lengths to which you would go for victory over compulsive debting and spending.
7. **Reading:** Re-read Step Nine
Writing: Besides your compulsive debting, spending and/or under-earning, what other defects have you had to live with?
8. **Reading:** AA 12 & 12, pp. 84, last paragraph, through 85, first paragraph
Writing: Have you experienced any of your most severe critics meeting you more than half way when making admissions and amends? How do you stay in balance when this happens or quite the opposite happens?
9. **Reading:** AA 12 & 12, p. 87, last paragraph
Writing: Are you delaying making amends because you are afraid? If so how can you move into the "spirit" of Step Nine.
10. **Reading:** Re-read Step Nine
Writing: Write on the scariest amend you have to make and how you will move into action to make it.

STEP TEN

1. **Reading:** AA 12 & 12, p. 91
Writing: Write on the concept of progress rather than perfection as it applies to life today.
2. **Reading:** AA 12 & 12, p. 92, beginning with, “Finally...” through p. 93, ending with “to me — today?”
Writing: Have we begun to practice justice and courtesy to those we dislike? Write about how you can start practicing this principle.
3. **Reading:** ABSI, p. 233
Writing: Draw up a two-column balance sheet for the day. On one side write the things you've done right-good intentions, good thoughts and good acts. On the other, write the things you feel you could have improved upon.
4. **Reading:** Read Step Ten in the AA 12 & 12
Writing: Discuss and reflect upon the following concept: “Every time we are disturbed, no matter what the cause, there is something wrong with us.”
5. **Reading:** AA 12 & 12, pp. 90-92
Writing: Discuss and reflect on the idea that justified anger ought to be left to those better qualified to handle it. How have you dissipated some anger in a healthy way today?
6. **Reading:** AA 12 & 12, pp. 92-95
Writing: Write about the idea that pain is the touchstone of spiritual progress” Write about some pain you have been in lately. How did it help you grow?
7. **Reading:** AA Big Book, pp. 84-85
Writing: The purpose of Step Ten is to continue our daily inventory and check our daily progress. Name some things you need to guard against if you are to continue your progress.
8. **Reading:** Re-read AA 12 & 12, p. 92, beginning with, “Finally...” through p. 93, ending with “to me — today?”
Writing: Have you stopped trying to make unreasonable demands on the ones you love? Write on the last unreasonable demand and the results of that demand. How do you tell what is reasonable and what is unreasonable?
9. **Reading:** ABSI, pp. 39, 65, and 89
Writing: Most feelings or defects of character will come under one of six categories:
 - a. Fear
 - b. Jealousy
 - c. Anger
 - d. Resentment
 - e. Pride
 - f. Sex

To continue to take personal inventory, fold a sheet of legal sized paper into three sections.

- a. In the first section write, WHAT IS IT?
- b. In the second section write, HOW DOES IT AFFECT ME?
- c. Then in the third section write, WHAT CAN I DO ABOUT IT?

Identify the problem. For example--fear of failure. In the second section write as much as you can about "How does it affect me?" Go to extremes in your writing if you are able to. Now ask God, "What can I do about it?"

10. *Reading:* AA 12 & 12, pp. 88-89

Writing: Are you able to stay abstinent, "Keeping emotional balance and living to good purpose under all conditions"? What are some of the ways that you work on keeping emotional balance?

11. *Reading:* AA 12 & 12, pp. 93-95

Writing: List your assets and liabilities. How can you convert 'the pains of failures' into assets. Think of a specific example where you have done this.

12. *Reading:* AA 12 & 12, p. 88, last paragraph (ends on p. 89)

Writing: What can you do to stop having emotional hangovers? Write about the last one you had and the state you were in when it was caused.

13. *Reading:* AA 12 & 12, p. 89 through top of p. 90

Writing: How can you acquire the habit of accurate self-appraisal through Step Ten?

14. *Reading:* AA 12 & 12, p. 90

Writing: How does the axiom, "Every time we are disturbed, no matter what the cause, there is something wrong with us," relate to you?

15. *Reading:* AA 12 & 12, p. 90

Writing: Step ten talks of "dangerous exceptions" for our recovery. What are your dangerous exceptions?

16. *Reading:* AA 12 & 12, pp. 94-95

Writing: How are you developing tolerance? The release of rationalization?

17. *Reading:* AA 12 & 12, pp. 94-95

Writing: The Tenth Step says to "spot, admit and correct flaws is the essence of character building and good living." In the essence of character building, develop a gratitude list now for your "blessings received."

STEP ELEVEN

1. *Reading:* ABSI, pp. 93, 108, 127, 189, and 243
Writing: Discuss and reflect on how taking time daily to set myself apart with God improves my conscious contact with Him and changes my life.
2. *Reading:* AA Big Book, pp. 85-89
Writing: How has prayer and meditation helped you to be free of self-will run riot?
3. *Reading:* ABSI, pp. 33, 117, 101, and 331
Writing: Step Eleven is for mental efficiency, for spiritual strength and for physical endurance. What does this mean to you?
4. *Reading:* AA Big Book, p. 164
Writing: Discuss and reflect on how to "See to it that your relationship with Him is right" and the importance of it for you today.
5. *Reading:* ABSI, pp. 270 and 172
Writing: How do you apply the principle that your recovery depends upon God?
6. *Reading:* ABSI, pp. 202 and 250
Writing: Discuss the importance of spending daily quiet time alone with your higher power. How do you do this in your life on a daily basis?
7. *Reading:* ABSI, p. 264
Writing: Discuss and reflect on the idea that we shall locate our trouble in our misunderstanding or neglect of Step Eleven, prayer, meditation and the guidance of God.

STEP TWELVE

1. **Reading:** AA Big Book, chapter seven, "Working with Others"
Writing: Did you have a spiritual awakening? Was it vital to your recovery? When did it take place? Can you define it?
2. **Reading:** ABSI, pp. 196 and 263
Writing: Reflect on and discuss the idea that the basic anecdote for fear is a spiritual awakening.
3. **Reading:** AA Big Book, pp. 417-419 (449-451 in the 3rd Ed.)
Writing: Discuss and reflect on how "acceptance is the answer to all of our problems."
4. **Reading:** ABSI, pp. 3, 5 and 163
Writing: Write about how working the program has brought joy to your life.
5. **Reading:** Came to Believe, pp. 46- 48 and ABSI p. 331
Writing: Discuss what needs to be done to be most effective in helping those who still suffer.