

DA-HOW

Seventh Step Close Study

All readings are from The Twelve Steps and Twelve Traditions of Alcoholics Anonymous except #8, which is from As Bill Sees It, (read online at: <http://csoaamaine.org/absi>).

1. **Reading:** Pages 70 and 71
Writing: Discuss and reflect on the following quotation found on page 70, “Indeed, the attainment of greater humility is the foundation principle of each of A.A.’s Twelve Steps...(continuing through)...no alcoholic can stay sober at all.”
2. **Reading:** Page 71
Writing: Discuss and reflect on the following quotation found on page 71, “Never was there enough of what we thought we wanted.”
3. **Reading:** Page 72 and 73
Writing: Discuss and reflect on the following quotation found on page 72, “As long as we placed self reliance first ...(continuing through)...a desire to seek and do God’s will, was missing.”
4. **Reading:** Page 74 and 75
Writing: Discuss and reflect on the following quotation found on page 75, “In every case pain had been the price of admission...(continuing through)...We began to fear pain less, and desire humility more than ever.”
5. **Reading:** Page 75
Writing: Discuss and reflect on the following quotation found on page 75, “A great turning point in our lives came when we sought for humility...(continue through)...Humbly asked him to remove our shortcomings.”
6. **Reading:** Pages 76
Writing: Discuss and reflect on the following quotation found on page 76, “We now clearly see that we have been making unreasonable demands upon ourselves, upon others, and upon God.”
7. **Reading:** Page 76
Writing: Discuss and reflect on the following quotation found on page 76, “Therefore, no peace was to be had unless we could find a means of reducing these demands.”
8. **Reading:** Pages 46, 74, 97 and 106 in As Bill Sees It
Writing: Discuss and reflect on the ideas found in these readings.