

Working Al-Anon's Twelve Steps in 15 Minutes

Identify the issue **briefly** to your partner to begin—no details.

1. We admitted we were powerless over alcohol—that our lives had become unmanageable

Powerless/Unmanageable: What are you powerless over *in this situation*? Name as **many things** as necessary. List those people, places, and things that you are powerless over, especially the ones that particularly frustrate you. What are you powerless to control or change? How has your life become unmanageable?

2. Came to believe that a Power greater than ourselves could restore us to sanity.

Where is your Higher Power (HP) in this situation? What are you doing that just might be insane? Insanity might include doing the same thing over and over and expecting different results, but it is not limited to that. **Do you believe your Higher Power *could* restore you to sanity?**

3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

Are you ready to turn over any outcome to the care of God? Is your HP trustworthy enough to handle this? **Say a prayer turning over the specific situation.** If you're not ready, pray for willingness if you can.

4. Made a searching and fearless moral inventory of ourselves.

Talk briefly about any important points you have not already mentioned. **List three shortcomings you're using in this situation. (Partner, write these down.)**

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

See if you can identify the "self-defeating assumptions" (*Courage to Change* [B-16], November 6) that are causing you grief. Examples include "I am bad, I am not enough"; "I am unlovable, unwanted, unsafe, or defective." Sometimes assumptions are about the world or life: "The world is unsafe, life is unfair," etc.

6. Were entirely ready to have God remove all these defects of character.

Talk about the **character defects** you listed in Step Four. **What are the paybacks?** That is, what are you getting by using this character defect? **What are the costs?** There may be none. **Are you ready to let God remove those defects? If not, pray for that willingness.**

7. Humbly asked Him to remove our shortcomings.

Ask your HP out loud or silently to remove all those shortcomings that do not serve you or others in this situation.

8. Made a list of all persons we had harmed, and became willing to make amends to them all.

Who have you hurt? Don't forget you. If you have hurt someone else, you have surely hurt yourself. **Are you willing to make amends** to each of these people?

Working Al-Anon's Twelve Steps in 15 Minutes

9. Made direct amends to such people wherever possible, except when to do so would injure them or others. Please share how you plan to make amends. Make a commitment to make those amends promptly. If you are new to the Steps and amends, check with your Sponsor before you make them.

10. Continued to take personal inventory and when we were wrong promptly admitted it.

Commit to looking out for the defects that came up for you, and making amends if necessary. Do that for three days.

11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

How can you bring God into this situation? Can you commit to praying for three days for knowledge of God's will for you and the power to carry that out?

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs. Have you had any spiritual awakening because of working the Steps this time? What principles are involved in this situation? Examples include honesty, humility, love, integrity, faith, hope, detachment, and God-reliance. Try to live the principles that are involved. Share the lesson(s) you learned in a meeting.

Instructions for Working the Steps in 15 Minutes

1. Choose a very specific situation. It should be a situation or experience where you need clarity. For example, don't work the Steps like this on your relationship with your mother; work them on your frustration that your mother visits without calling first.
2. Use your situation, not someone else's. For example, work the Steps on your behavior around your son's drinking last Sunday, not just on your son's drinking.
3. Keep your comments brief, whether you are helping someone else through the Steps or having someone else help you through the Steps.
4. Move quickly through the Steps. Don't use too much detail. Raise your hand if you get stuck.
5. Don't worry if it doesn't work perfectly the first time. Practice will help!
6. Congratulate yourself on the work you did today.
7. Amends can be very simple: for you, read a page or two in a daily reader. For others, a simple apology with a commitment to change is often enough.
8. Remember, not all get through the first time! That's okay. And when you're not in a workshop, you can take more time if it's needed.
9. Please replace your chairs.
10. Thanks so much for coming.

(NOTE: This material was created as a workshop tool. It is not a World Service Office Service tool and therefore should not be used in Al-Anon meetings.)