

Intention Setting Exercise

One minute per person.

Where are you in your program?

What do you want to get out of this weekend?

Step One Workshop

Check all the boxes that are consequences you have experienced due to your addiction.

Emotional Consequences:

- ☐ Attempted suicide
- ☐ Suicidal thoughts or feelings
- ☐ Homicidal thoughts or feelings
- ☐ Extreme hopelessness or despair
- ☐ Failed efforts to control the addiction
- ☐ Feeling like two people - living a public and a secret life
- ☐ Emotional instability (depression, paranoia, fear of going insane)
- ☐ Loss of touch with reality
- ☐ Loss of self-esteem
- ☐ Loss of life goals
- ☐ Acting against your own values and beliefs
- ☐ Extreme guilt and/or shame
- ☐ Strong feelings of isolation and loneliness
- ☐ Strong fears about your future
- ☐ Emotional exhaustion

Physical Consequences:

- ☐ Continued addictive behavior despite risks to your health
- ☐ Extreme weight loss or gain
- ☐ Physical problems (e.g., ulcers, high blood pressure)
- ☐ Physical injury or abuse by others
- ☐ Involvement in potentially abusive or dangerous situations

- ☐ Vehicle accidents
- ☐ Self-abuse or injury
- ☐ Sleep disturbances
- ☐ Physical exhaustion
- ☐ Disease
- ☐ Sexual dysfunction

Spiritual Consequences:

- ☐ Spiritual emptiness
- ☐ Feeling disconnected from yourself and/or the world
- ☐ Feeling abandoned by God or Higher Power
- ☐ Anger at your Higher Power or God
- ☐ Loss of faith in anything spiritual

Family and Partnership

Consequences:

- ☐ Risk of losing a partner or spouse
- ☐ Loss of a partner or spouse
- ☐ Increase in marital or relationship problems
- ☐ Risk to the well-being of your family
- ☐ Loss of your family's or partner's respect
- ☐ Increase in problems with your children
- ☐ Loss of your family of origin

Career and Educational

Consequences:

- ☐ Decrease in productivity at work
- ☐ Demotion at work
- ☐ Loss of co-workers' respect
- ☐ Loss of the opportunity to work in the career of your choice
- ☐ Drop in grades in school
- ☐ Loss of educational opportunities
- ☐ Loss of business
- ☐ Forced to change careers
- ☐ Decrease in work capability (underemployed)
- ☐ Loss of job

Other Consequences:

- ☐ Loss of important friendships
- ☐ Loss of interest in hobbies or activities
- ☐ Having few friends who don't participate in your addiction
- ☐ Financial problems
- ☐ Illegal activities
- ☐ Arrests or near arrests
- ☐ Court or legal involvement
- ☐ Lawsuits
- ☐ Prison or workhouse
- ☐ Stealing or embezzling to support Behavior

Other Consequences

Step Two Workshop

Asking For Help

Circle six words that describe your feelings or actions when you are forced to ask for help.

Helpless	Rebellious	Loner	Cooperative
Scared	Challenging	Unique	Nurturing
Uncertain	Resisting	Free	Guiding
Tentative	Non-Trusting	Separate	Assisting
Confused	Questioning	Individualist	Directing
Vulnerable	Testing	Detached	Reliable

Are there any other words you would use to describe how you feel when asking for help?

What kind of relationship do you have with asking for help?

Higher Power Attitude

Circle six words that best describe how you understand your higher power.

Judgemental	Caring	Distant	Hoax
Strict	Trustable	Indifferent	Unreal
Negative	Loving	Uncaring	Nonexistent
Rigid	Purposeful	Non-Attentive	Fanciful
Cruel	Compassionate	Absent	Imaginary
Arbitrary	Predictable	Disengaged	Joke

Are there any other words you would use to describe how you feel about the idea of a higher power?

What kind of relationship do you have with your higher power?

How does your current mode of accepting help fit with your perception of God/HP?

How does this affect your willingness to “turn it over”?

Step Three Workshop

No workshop

Step Four Workshop

“Fourth Step Recovery” worksheet

Step Five Workshop

Share your fourth step with your sharing partners

Step Six Workshop

Take the items from your step 4 worksheet and use them to fill this out:

**Defects & shortcomings I am willing
to turn over:**

Qualities I wish to work toward:

Step Seven Workshop

The Personal Craziness Index from Gentle Path.

Physical Health

Work

Transportation

Interests

Environment

Social Life

Family/Significant Others

Spiritual Life & Personal Reflection

Finances

Other Addictions/Behaviors

Pick your seven key signs of personal craziness:

Now fill out your PCI sheet

Step Eight Workshop

No workshop

Step Nine Workshop

No workshop

Step Ten Workshop

No workshop

Step Eleven Workshop

Divine guidance exercise from Back To Basics - 5 minutes

Sharing of divine guidance or experience with spiritual routines - 10 minutes

Step Twelve Workshop

What twelfth step actions are you willing to commit to?

- ☐ Attending meetings
- ☐ Sharing at meetings
- ☐ Taking service positions
- ☐ Attending Intergroup
- ☐ Making phone calls
- ☐ Taking phone calls
- ☐ Being a sponsee
- ☐ Being a sponsor
- ☐ Give to others and don't expect anything in return.
- ☐ Practice honesty
- ☐ Practice hope
- ☐ Practice faith
- ☐ Practice courage
- ☐ Practice integrity
- ☐ Practice willingness
- ☐ Practice humility
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Open Sharing: What experience, strength, and hope have you had with practicing the twelfth step? Is there anything that you have found particularly meaningful, or how others have helped you?