

Joe & Charlie Workshop

Work Sheets - Page 1

WHAT IS THE SOLUTION ?

Fellowship supports us.

**OLD MEMBER...supports through NEW >
experience-> MEMBER**

**OLD MEMBER...supports through
strength- - >**

**OLD MEMBER....supports
through hope- - - >**

**A Fellowship of those
who suffer the same problem.**

**Spiritual experience or
spiritual awakening
changes us.**

**> Believe > Willingness
> Investigate**

**v
Simple Kit of Spiritual Tools**

v

The Twelve Steps.

1 > 2 > 3 > 4 > 5 > 6

**7 > 8 > 9 > 10 > 11 >
12**

v

**The process revolutionizes
our entire attitude toward
life, toward our fellows, and
toward God's Universe.**

v

**Personality Change
Sufficient To Recover
From Alcoholism**

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STEP 4 Inventory Comparisons

Business

FACT-FINDING < --- >
FACT-FACING < --- >
TRUTH < --- >
STOCK-IN-TRADE < --- >

Personal

SEARCHING
FEARLESS
MORAL
OURSELVES

OBJECT:

DISCLOSE DAMAGED
OR
UNSALEABLE GOODS
GET RID OF THEM
PROMPTLY
WITHOUT REGRET < --- >

FIND FLAWED
THINKING
PROCESS
GET RID OF THEM
PROMPTLY
WITHOUT REGRET

STOCK IN TRADE
THAT IS DAMAGED < --- >

1. RESENTMENT
2. FEAR
3. HARMS DONE TO OTHERS

Glossary of Words Used In Steps Four and Five

defect: Lack of something necessary for completeness; same as shortcoming.

dishonest: The act or practice of telling a lie, or of cheating, stealing, etc.

exact: Very accurate, methodical, correct.

fault: Something done wrongly, an error or mistake.

fear: A feeling of anxiety, agitation, uneasiness, apprehension, etc.

frightened: A temporary or continual state of fear.

inconsiderate: Without thought or consideration of others.

mistake: To understand or perceive wrongly.

nature: The essential characteristic of a thing.

self-centered: Occupied or concerned only with one's own affairs. Same as selfish.

selfish: Too much concern with one's own welfare or interests and having little or no concern for others. Same as self-centered.

self-seeker: A person who seeks only or mainly to further his own interests.

shortcoming: Falling short of what is expected or required. Same as defect.

wrong: Acting, judging, or believing incorrectly.

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Basic Instincts of Life Which Create Self

Social Instinct	Security Instinct	Sexual Instinct
<p>Companionship: Wanting to belong or to be accepted.</p> <p>Prestige: Wanting to be recognized or to be accepted as a leader.</p> <p>Self-Esteem: What we think of ourselves, high or low.</p> <p>Pride: An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate).</p> <p>Personal Relationships: Our relations with other human beings and with the world around us.</p> <p>Ambitions: Our plans to gain acceptance, power, recognition, prestige, etc.</p>	<p>Material: Wanting money, buildings, property, clothing, etc., in order to be secure.</p> <p>Emotional: Based upon our needs for another person or persons. Some tend to dominate, some are overly dependent on others.</p> <p>Ambitions: Our plans to gain material wealth, or to dominate, or to depend on others.</p> <div style="text-align: center; background-color: #cccccc; padding: 10px; margin: 10px 0;"> <p style="margin: 0;">> > > SELF < < <</p> </div>	<p>Acceptable: Our sex lives as accepted by either Society's, God's, or by our own principles.</p> <p>Hidden: Elements of our sex of our sex lives which are contrary to either Society's, God's, or our own principles.</p> <p>Ambition: Our plans regarding our sex lives, either acceptable or hidden.</p>
<p>Resentments Feelings of bitter hurt or indignation which come having rightly or wrongly held feelings of being injured or offended.</p>	<div style="background-color: #cccccc; padding: 10px; margin-bottom: 10px;"> <p style="margin: 0;">< < < WRONGS > > ></p> </div> <p style="margin: 0;">v</p> <p style="margin: 0;">Fear</p> <p style="margin: 0;">Feelings of anxiety, agitation, uneasiness, apprehension, etc.</p>	<p>Harms or Hurts Wrong acts which result in pain, hurt feelings, worry, financial loss, etc., for others and also for self.</p>

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Daily Inventory

When we retire at night, we constructively review our day.
Were we resentful, selfish, dishonest, or afraid?

Personality Characteristics of Self Will - Personality
Characteristics of God's Will

Selfish & Self-Seeking		< Check Boxes >		Interest In Others
Dishonesty				Honesty
Frightened				Courage
Inconsideration				Consideration
Pride				Humility - Seeking God's Will
Greed				Giving Or Sharing
Lust				What We Can Do For Others
Anger				Calmness
Envy				Gratitude
Sloth				Take Action
Gluttony				Moderation
Impatience				Patience
Intolerance				Tolerance
Resentment				Forgiveness
Hate				Love - Concern For Others
Harmful Acts				Good Deeds
Self-Pity				Self-Forgetfulness
Self-Justification				Humility - Seek God's Will
Self-Importance				Modesty
Self-Condemnation				Self-Forgiveness
Suspicion				Trust
Doubt				Faith

Three Dimensions of Life:

Steps 1 through 9

- - -

**There are three
dimensions of life:**

**Spiritual > Steps 1 - 2 - 3
Mental > Steps 4 - 5 - 6 - 7
Physical - Social > Steps 8 - 9**

PHYSICAL - SOCIAL

MENTAL

SPIRITUAL

GOD

Steps 1 - 2 - 3

Steps 4 - 5 - 6 - 7

Steps 8 - 9