



“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

Step 12

takethe12.org

The One Thing I Need To Know About This Step: Go Give It Away

Spiritual Principle of the Step:
SERVICE

Reading Assignment:
BB: Pgs. 89-103 / 12&12: Pgs. 106-125

“Here we turn outward toward our fellow alcoholics who are still in distress.” (12 & 12, Page 106, Step 12)

STEP SUMMARY

This step is divided into three (3) very separate and distinct parts. First, it's an assumption that as a result of taking Steps 1-11, we've actually had a spiritual awakening. Bill W. describes for us his definition of the spiritual awakening (or experience) on page 567 (4th Edition) of the Big Book where he states that a spiritual experience is “a personality change sufficient to recover from alcoholism.” Once we have taken the first eleven Steps, it is widely believed that the alcoholic undergoes the kind of transformation needed to be able to actually BE a different person. A spiritual awakening is nothing more than a psychic change that, among other things, eliminates our obsession to drink. It is that change that becomes the foundation to the 2nd part of Step 12.

Going out and giving away what has been so freely given to us is our last and final written direction in our basic text. It's no mistake that giving away the message that one can become recovered (not “cured”) from a seemingly hopeless state of mind and body is the ultimate paradox in our program of recovery. It's in the giving that we receive. Working with others has been the bedrock so many members of A.A. have found that will not only carry them through the hard times in their own recovery, but will strengthen and inspire their willingness to continue to “trudge” (one definition: to walk with purpose) our Road of Happy Destiny.

A.A experience has proven that NOTHING will insure immunity from drinking as much as intensive work (not just work, but INTENSIVE work) with other alcoholics, it works when other activities fail. You can help when NO ONE else can. It was the basis of Bill's conversation with Dr. Silkworth shortly after his “white light” experience. One of Bill's first thoughts (sitting on that bed) was that other people suffering from this illness could benefit from an understanding of what a personality change can look like for them too. So it was that God led Bill to Dr. Bob and what was to be a 15-minute first meeting, turned into over 5 hours.

It's here that Part 3 of Step 12 starts. I get to practice these principles in all my affairs when I realize that my experience can help you and your experience can help me in ways that nothing else can. Practicing each of our spiritual principles is truly found in teaching another alcoholic how to take (not work) the 12 Steps of A.A. (and teaching them how to teach others). This will not only provide us self-centered alcoholics with a sense of joy in giving, but will help us to continue to uncover the flaws in our own character that continue to cause our failure along our journey.

To see the **Checklist** for this Step, visit takethe12.org

MYTHS ABOUT THIS STEP

You're fully cured once you get through all 12 steps. TRUTH: There is no cure for alcoholism – for the physiological chemical imbalance in the body (the allergy) that causes an alcoholic to develop the phenomenon of craving once alcohol enters their system. One CAN become recovered however from the seemingly hopeless state of mind and body that is found in every alcoholic. Through an active taking of the 12 Steps, the alcoholic can find a life beyond their wildest dreams.

INVENTORY

Taking a step displays a willingness to write inventory and allow it to surrender something within us. Write inventory on your most serious shortcomings around the practical application of this step in your life today (“How am I applying the spiritual principle found in this Step to every moment of my life?”).

In your Personal Relationships:

What have you done today to selflessly serve your personal relationships? (Be as detailed as possible failing not to miss anything in ALL of your personal relationships)

At Work:

As we did in this inventory for Step 11, go one step deeper and describe specific actions you have not yet taken to better serve your career/job.

With God and A.A.:

Provide three (3) specific examples of how you are serving God as you understand God today. Provide three (3) specific examples of how you are serving A.A. today.

Describe how you are practicing these principles in all your affairs.



What Can I Surrender in this Step?

- 1.) Fear that I don't have anything to give
- 2.) Laziness in practicing these principles in all my affairs