

Christian 12-Step Mentorship Program for Sex Addiction Cover Sheet



This document takes sex addicts through the Christian 12-Steps using a “rapid” & “communal” approach within 8 to 10 weeks. The Christian 12-Step provides a path to new freedom, happiness and humility. When sex addicts have a “spiritual experience” by working the Christian 12-Steps, it often results in sobriety as a bi-product. This document provides original material and draws from material provided by the AA Big Book and various sex addiction recovery groups.

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Contents

Christian 12 Step Mentorship Program.....	1
Cover Sheet.....	1
(Table of Contents).....	2
(About Program).....	3
(Health & Sustainability of Program Community).....	4
(Sustainable Mentorship - A Note to the Mentor).....	5
(Mentee Matching Process).....	7
(MATCHING PROCESS FLOW CHART).....	9
(Program Scheduling).....	10
(CALENDAR).....	11
Week 1	12
(FOUNDATION DEMONSTRATIVE VISUAL).....	14
<i>Daily Spiritual Plan and Prayer & Meditation Sequence</i>	18 & 19
Homework:.....	24
Week 2	26
Homework:.....	31
SOBRIETY COMMITMENT STATEMENT EXAMPLE.....	32
CIRCLES EXAMPLES.....	34
Week 3	36
Homework:.....	38
Resentments Instructions.....	39
RESENTMENT TEMPLATES.....	42
Fears Instructions.....	43
FEARS TEMPLATE.....	45
Week 4	46
Homework:.....	51
(Character Defects & Assets TEMPLATE).....	53
• Give Mentee Sex Conduct & Harms Done To Others Inventory Worksheets (see <i>sheet below</i>).....	56
SEX CONDUCT AND PERSONS HARMED TEMPLATE.....	57
Week 5	58
(Character Defects & Assets).....	61
Homework:.....	62
Week 6	64
AMENDS TEMPLATE.....	67
Homework:.....	69
Week 7	70
UPDATED DAILY SPIRITUAL PLAN.....	74
Homework:.....	75
Week 8	76
<i>Sustainable Spiritual Maintenance Plan</i>	80
Homework:.....	82

(About Christian 12 Step Mentorship Program)

Why Do We Exist?

We believe that a communal approach to recovery can transform the life of an individual from addiction to one of new found purpose and freedom. Our fellowship exists to facilitate this transformation, which we believe fundamentally changes the lives of the addict.

Our goal is to help individuals who have been struggling with addiction to be reborn into a new life. We believe that through our program which encompasses the power of community, support, accountability and the Big Book 12 step program, anyone can receive this transformation and live a fulfilling life in recovery.

Ultimately, we desire for each transformed member to be integrated back into his community as a fully functioning and contributing member to society.

Special Note: We've tried using various faiths systems and methods. The program works best and has a long-term impact for Christians using Christian methods.

What is the program? And how is it worked?

We empower this vision by communally supporting a Mentee in a 8 to10 week Christian-based sex addiction recovery program working the Big Book 12 Steps.

The program is designed:

1. To be modular and worked every week in person on Wednesday evenings with 2 Mentors, 1 Primary and 1 Co-Mentor (i.e. a mentor training), supporting a Mentee.
2. Mentors are responsible for guiding the Mentee through the program.
3. Typical Friday evenings involve Dinner Fellowship with the program community followed by program work with a designated Mentee. Every week the Mentee is given homework, which is to be completed during the week and shared the subsequent Friday.
4. The bedrock of program is the Daily Spiritual Plan, which is shared with the Mentee at the beginning of the program.
5. Additional principles and tools are introduced, as per guidance of the Big Book as the program progresses.
6. The entire Fellowship will communally support the Mentees in their program work, while the primary responsibility of administering the program (i.e. mentoring the 12 Steps as outlined in the Guide) rests on the Mentors.
7. The program is designed to be completed in 8 to 10 weeks with goal of the Mentee experiencing a "spiritual transformation" as a result of working the program, which ultimately - we believe - leads to sobriety as a by-product.
8. To ensure the program is most effective and efficient, time to work the program and commitment by the Mentors and Mentee is key.

(Health & Sustainability of Christian 12 Step Program Community)

1. To ensure sustainability of the fellowship, it will be governed by the 12 Traditions highlighted in the BB **pg. 562**.
2. To ensure this Guide is an active document incorporating the wisdom and feedback of Mentors/Mentees it's advisable to review & update the document once a year via group conscience.
3. It's advisable to have a Leader to oversee and ensure a healthy community and its long-term sustainability. It's advisable to rotate this role every year via group conscience.
4. It's advisable to not schedule Mentees in during U.S. Holidays - especially Thanksgiving and Christmas breaks to ensure the program is effective.
5. It's recommended for the Mentors to meet every first week of the month before dinner for a time of prayer and if any support is needed for Mentors to do Step 10 work for themselves. Additionally, Mentors are encouraged to process their Step 10 with fellow Mentors (as needed). The health of the community depends on healthy Step 10 & 11 practices.

(Sustainable Mentorship - A Note to the Mentor)

What's In It For You?

1. Having had a “spiritual awakening” as a result of working the 12 steps, you will get to work your 12th Step by carrying the message to addicts and practice these principles in all your affairs in a sustainable work-life balance model.
2. By mentoring in the program, it will help you to maintain your sobriety – The Big Book says "nothing will so much insure immunity from drinking as intensive work with other alcoholics" – this helps protect you from future slips/relapses.
3. You will experience the joy of seeing your Mentee have a “spiritual experience” and likely the miracle of him becoming sober as a by-product.
4. Additionally, you can stay connected with and process your Steps 10 & 11 with the community - Thereby reducing over reliance on your sponsors.
5. Exclusive access to program materials, training and support.
6. You may also have a “spiritual experience” yourself through mentoring. Teaching the 12 Steps helps you know the steps better for your own recovery.
7. Invites to fellowship social events:

View mentorship as a service opportunity rather than a tenured job. To ensure the program benefits the Mentors and keeps the overall support and sustainability of the community which relies on volunteer support, the minimum commitment would be ~4 Months - (Two-cycles in the Mentorship process).

- Serve 2 months as a Co-Mentor
- Serve around 2 months as a Lead Mentor (completing 12 Steps with Mentee).
- It would be advisable to take a break for a week or two if you desire to continue mentoring. This is to ensure that the program is not burdensome for you and is a desirable activity.

Mentors work in pairs of two with the Mentee.

Mentor is required to be “in person” on Wednesday nights from 6:30 p.m. to 9 p.m. at the program designated location. If you are not able to make it on a particular Wednesday night, work with your Co-Mentor (first) or the Community (secondly) to help support the program work with your Mentee for that session.

Your focus is to guide your Mentee with the goal of helping him find a “spiritual experience” through completing the Big Book 12-Steps and program assignments within 8 to 10 weeks (*subject to scheduling*).

For the program to be most enjoyable and not burdensome for you:

- Pray for your Mentee daily. (Pray for God's will, encouragement for, and God's attention to Mentee.)
- Pray for program and yourself daily. (Pray for God's will for you and program, and for guidance in helping Mentee.)
- Follow the program Guide – Reading directly from the Big Book text.

- Only mentor your Mentee in person on Wednesday nights, however keep the larger community and Mentees in mind for secondary support.
- Don't conduct meetings at other times and (no virtual meetings).
- Take daily calls from Mentors and Mentees in program (as possible).
- Send notes of encouragement and comment on Mentee's nightly reviews (as necessary).

(Mentee Matching Process)

Goal: The goal is to identify the “drowning man” per the Big Book who has the time, willingness and commitment to work the program.

We believe it's not those that need the program, rather, those that are willing to put in the work who will be able to gain maximum benefit from the program. We must also be careful as the Big Book says not to become a nurse for the addict's sprees. The matching process is conducted at regular intervals at the beginning and throughout the program.

Mentee Qualification Guidelines

Some important qualifications we are looking for in a potential Mentee are outlined below:

This provides signs if the person is an addict ...

BB Page 52:“We had to ask ourselves why we shouldn't apply change to our human problems this same readiness to change our point of view. We were having trouble with personal relationships, we couldn't control our emotional natures, we were a prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn't seem to be of real help to other people – was not a basic solution of these bedevilements more important than whether we should see newsreels of lunar flight? Of course it was.”

1. He IS the drowning man if:

a. You believe he has hit “rock bottom”.

- Ask him why he wants to do the program?
- If he desires to stop acting out but is not able to?
- Investigate if he recently went on a binge.
- Investigate the consequences he is facing currently (if any)?
- If he desires to prioritize recover over everything else?
- If he wants to do it for himself? ... (not because of any other person, family, career, etc.)

b. Outline the program of action, explaining how you made a self-appraisal, how you straightened out your past, and why you are now endeavoring to be helpful to him. If he is willing to have what you currently have?

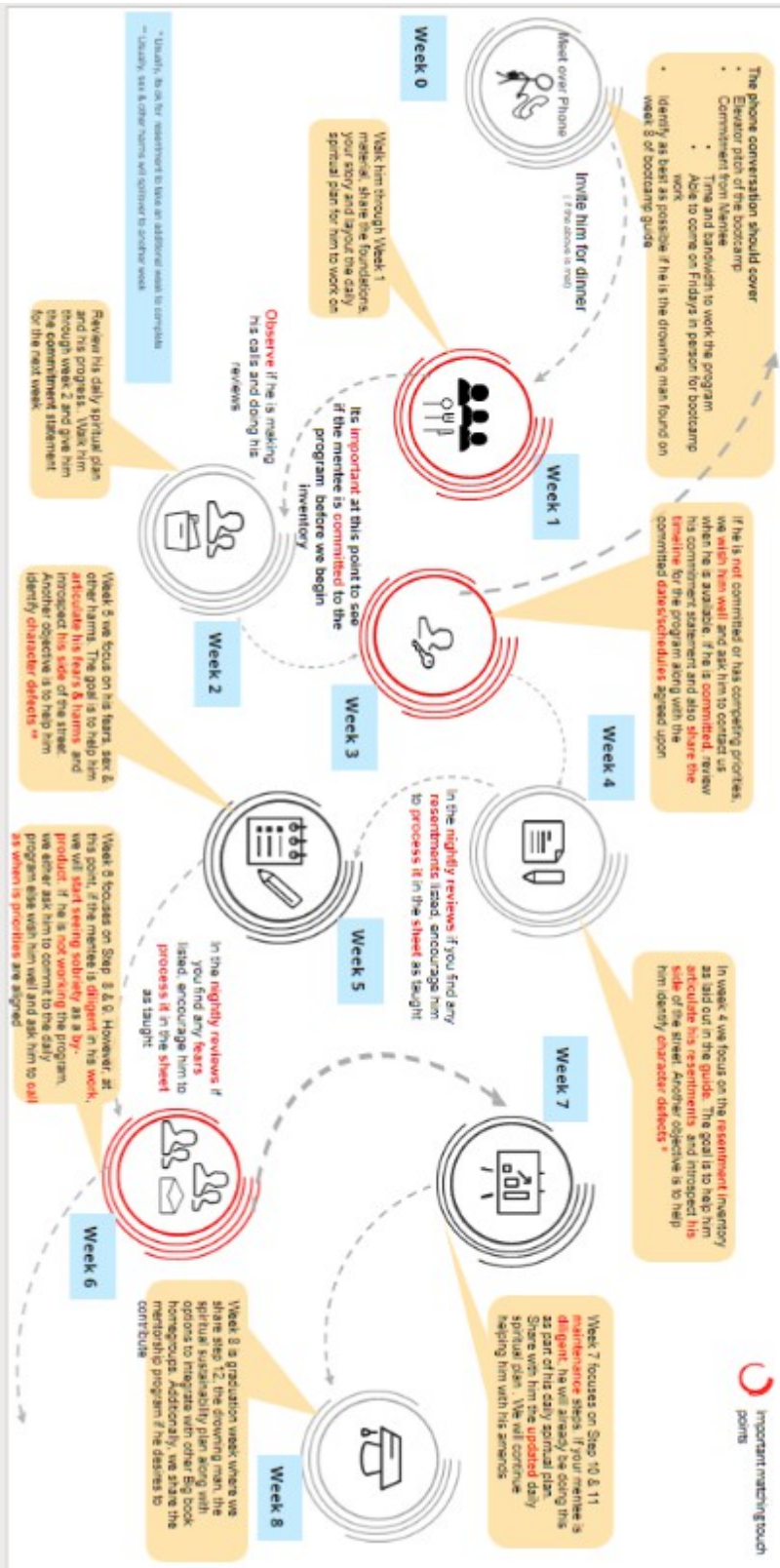
2. He may NOT be the drowning man if:

- If he does not want to stop acting out.

- If he wants to quit acting out for other reasons besides for himself such as a wife, family, career, etc.
 - If he is a hard drinker - Found in “Week 1” material - Able to stop acting out using his will power.
 - If he is not interested in your solution and only expects you to be a financial/emotional banker or a nurse for his sprees.
 - Candidate starts giving you reasons as to why he need not follow the program and runs his own program rather than the program.
 - You find it a waste of time to keep chasing a man who cannot or will not work with you.
3. He is willing to commit to the time of the program which is 8 to 10 weeks in-person on Wednesday nights from 6:30 pm – 8:30 pm. at a designated location including Dinner Fellowship - *(which is an important part of building community followed by working the program)*.
 4. Time and Bandwidth to do program homework each week.
 5. Staying committed and following instructions as laid out by the Mentors - We are after progress, not perfection.
 6. No Conflicts with pre-existing Sponsors:
 1. Sharing with the sponsor and being transparent about the program, up front.
 2. Prioritizing program work above other work that may be shared by the sponsor during the 8 to 10 week program. *(We are an intensive 12-Step work group.)*
 3. Have Sponsor call the program Mentor (if needed).
 7. He may be anxious to start immediately – However, make sure you assess the candidate thoroughly yourself and via group conscience ... praying and choosing the Mentee *wisely*.

(See Matching Process flow chart blow.)

Bootcamp & Matching Process Flow



(Program Scheduling)

Goal: Effective coordination among the Mentor, Co-Mentor, and Mentee is crucial for the success of the program. To achieve this, it's highly recommended that all parties operate on "one" unified calendar throughout the program. This will help facilitate clear communication, avoiding scheduling conflicts, and ensuring everyone is "always" on the same page.

Responsibility: The Mentor and Co-Mentor are responsible for coordinating the program schedule. The Mentor will take the lead in this effort, working collaboratively with the Co-Mentor to ensure all in-person program work is scheduled.

- **Preparation:** Mentor print and fill out Monthly Calendar (for duration of program – e.g. 3 months worth including:)
 - Dates for Fridays of each month including program mentoring dates
 - US Holidays, Men's recovery conferences, vacation, etc.

(See Calendar template below.)

- **Calendar Sync Meeting:** Mentor discusses and syncs calendars (with Mentor, Co-Mentor and Mentee.)
 - Ask everyone to bring their personal calendar (for the next 3 months)
 - Provide copies of Program Calendar template
 - Sync everyone's calendars including:
 - Wednesday dates for program
 - Vacations, Holidays, Conferences, etc.
 - Any other known scheduled conflicts
 - Assign Mentor coverage for Friday dates
 - After everyone agrees on final calendar, use GroupMe for digital calendaring. *(Make sure Co-Mentor & Mentee are set-up in system. See Leader to gain access to GroupMe.)*
 - Closing:
 - *[Mentor note: Stress the importance of sticking to the schedule to have a successful program experience. (Explain danger of relapse if we don't stick with schedule.)*
 - *Let everyone know the Mentor is the single point of contact for scheduling should an emergency arise.]*

Boot Camp Calendar – For (Insert Mentee Name)

(Insert Month)		
Friday	Friday	Friday
(Insert Date)	(Insert Date)	(Insert Date)
<u>Week 1</u> 6:30 to 9 pm	<u>Week 5</u> 6:30 to 9 pm	<u>Week 10</u> 6:30 to 9 pm
<u>Week 2</u> 6:30 to 9 pm	<u>Week 6</u> 6:30 to 9 pm	
<u>Week 3</u> 6:30 to 9 pm	<u>Week 8</u> 6:30 to 9 pm	
<u>Week 4</u> 6:30 to 9 pm	<u>Week 9</u> 6:30 to 9 pm	
Notes:		

Christian 12-Step Mentorship Program

(Mentor Script)

Week I - Introduction

- Pray Knock Down Kick Down prayer.

I pray to the God of Abraham, Isaac, Jacob, King David and Jesus Christ:

- Please come with power and authority and knock down all doors, kick down all fences, bust out all windows, plow down all roadblocks and kick out all things inside of my entire being that are not of you.
- Please come with power and authority and pry my eyes wide open to your truth, slam my face into your truth, let me not turn to the right or to the left, but please help me to walk in your Spirit and truth and receive more of you.
- Please come with power and authority and remove the lust of the eyes, lust of the flesh and pride of life from my entire being.
- Please come with power and authority and take the wheel for my life, lead me and guide me in your Spirit, truth and purpose.
- Please hide me behind your cross Lord Jesus Christ. I plead the blood of Jesus Christ over all aspects of my entire being.
- Please help me to be an obedient servant of you, Christ Jesus, and help me to be useful for your purposes. I am your's Jesus Christ, not mine.
- I repent of all ungodly prayers, my sin throughout my entire life and my iniquity. ٲ Please forgive me Jesus Christ and cleanse me in your blood. Please have mercy on me and make me more like you, Jesus Christ.
- None the less, your will be done Father God, not mine, in all matters related to me.
- "I agree in Jesus' name."

Scope of the Problem

According to Mayo Clinic, approximately 6% to 8% of U.S. adults could be classified as addicted to sex. This could be up to 24 million people.

Out of this, approximately 60% are men and 40% are women. The numbers are the same both inside and outside the American Church. This is a problem!

- Commitment:
 - Desire to stop acting out.
 - Willingness to go to any length to find a solution - A path to new freedom, happiness, and humility.
 - Time and commitment to work the program
 - Prioritizing your recovery in the Christian 12 Step Mentorship Program before other parts of life.

- Commitment to meeting on Wednesday nights from 6:30 pm to 8:30 pm for (8 to 10 weeks) subject to scheduling.
- Foundation – [Mentor Note: While you walk Mentee through the Foundation, use your personal recovery story while describing the nature of the “Three-part malady.”]
(See *Foundation sheet below.*)

GOD

POWER GREATER THAN OURSELVES

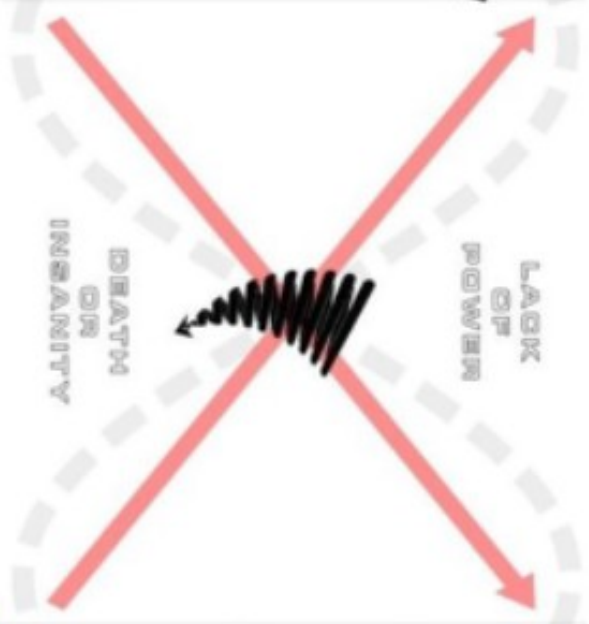
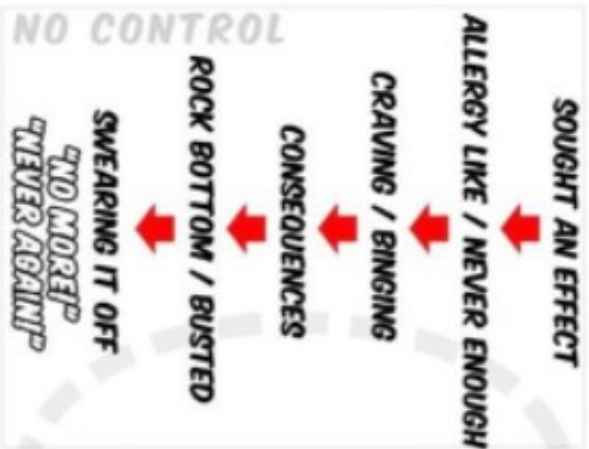


A THREE-PART PROGRESSIVE DISEASE

PHYSICAL CRAVING

SPIRITUAL MALADY

MENTAL OBSESSION



BAD NEWS: I'M SCREWED
QUESTION: DO YOU REALLY WANT TO STOP?

GOOD NEWS: IT IS OF MY OWN MAKING
WE CAN SHOW YOU WHAT OTHERS SHOWED US

- **Are you an addict?**

If not, you probably don't need to be here. Consider... (Mentor tells his story, as needed.)

[Mentor Note: Read directly from the Big Book. (Use the actual text, instead of reading from paragraphs in script below). Have Mentee follow along in his Big Book. Also, pause for discussion of insights. This will create greater content retention for the Mentee.]

Doctor's Opinion: (These page numbers will vary according to the edition of the Big Book version).

Page XXVI Read: First full paragraph starting with “We believe, and so suggested...”

“We believe, and so suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy; that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker. These allergic types can never safely use alcohol in any form at all; and once having formed the habit and found they cannot break it, once having lost their self-confidence, their reliance upon things human, their problems pile up on them and become astonishingly difficult to solve.”

Where this paragraph mentions “temperate drinker”. The tie-in is temperate = moderate. We addicts are not temperate. Our experience proves that we cannot consistently participate in these types of activities in moderation.

Point: We have a craving and an allergy that does not exist in the non-addicted person.

Page XXVIII Read: “Men and women drink...”

*Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false. To them, their alcoholic life seems the only normal one. They are **restless, irritable and discontented**, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks--drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to*

drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery.

Point: We like the effect and sensation of the chemicals in my brain when we begin to act out.

Point: We know it causes problems, (refer to the powerlessness side of the foundation diagram: “injurious” = consequences) but eventually I can’t distinguish between true and false.

Page 30: *MOST OF US have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of **insanity or death.***

Point: “Illusion” = “False” from page XXVII. I can’t tell what is “real” and what is “not”.

Examples: “I’ll do better at controlling it next time”.
“I can handle this situation”.

Point: I can’t engage in certain behaviors like other people.

Some men have a take-it-or-leave-it attitude about something that I cannot stop myself from doing. I am powerless over it.

This is unmanageability.

Unmanageability = Loss of the “power of choice”. It is not the same as powerlessness.

Powerlessness = “Loss of control” once I start my addictive sexual behavior.

Page 20: “Moderate drinkers” and “Then we have a certain type”.

Moderate drinkers have little trouble in giving up liquor entirely if they have good reason for it. They can take it or leave it alone. Then we have a certain type of hard drinker. He may have the habit badly enough to gradually impair him physically and mentally. It may cause him to die a few years before his time. If a sufficiently strong reason - ill health, falling in love, change of environment, or the warning of a doctor-becomes operative, this man can also stop or moderate, although he may find it difficult and troublesome and may even need medical attention.

Point: Some people can moderate or abstain with no difficulty at all. They do not experience what I experience with the craving, allergy, and powerlessness.

- Hard drinkers may or may not have the phenomenon of craving.
- For all intents and purposes, they drink “exactly” like an alcoholic.
- However, if they **do** have the “phenomenon of craving”, they can **choose** to not drink altogether.
- If they **don't** have the “phenomenon of craving”, they will be able to moderate **on their own power**.

Summary:

A hard drinker **could** quit if he just **would**. A real addict **would** quit if he just **could**.

[Mentor Note: Pause for insights.]

Daily Spiritual Plan

(The cornerstone in which we are built up.)

- **Prayer & Meditation:** Upon awakening go through 15 min. prayer and meditation sequence.
- **Study Big Book recovery text:**
(Pray, read & write from the following:)
 - Read a page or few paragraphs from the Big Book. *(Read between page 1 to 164 & journal about what your heart is receiving/learning.)*
 - The goal is to think about what the instructions in the Big Book are saying about your recovery. *(Ask Jesus for guidance.)*
- **Prayer & Meditation:** Upon awakening go through 15 min. prayer and meditation sequence.
- **Call 1 Fellow Addict:** *(Briefly share what you are learning from your readings and videos to encourage him. Leave voicemail if he doesn't answer.)*
- **Nightly Review:** Step 10 – *(Text your answers to your mentor each night.)*
 1. Where was I resentful, selfish, dishonest, or afraid?
 2. Do I need to apologize to anyone? Who? What for? When will I?
 3. Do I have anything in my head that I really should share with someone?
 4. Was I kind and loving to everyone today?
 5. What good things did I do today?
 6. What thing could I have done better today?
 7. Was I thinking of only myself most of the day?
 8. Did I think of serving others today? Who?
 9. Now we ask for forgiveness from Jesus for any area where we may have fallen short and for guidance if there is anything we need to do to make it right.

11th Step – (Christian 12-Step) 15 Minute Morning Prayers & Meditation Sequence

Opening - [Start Positive Christian Music]

(Example: Use Music of Angels and Archangels, Rich Mullins or John Michael Talbot - YouTube)

Gratitude Prayer

1. Lord Jesus, thank you for this day. I'm grateful for ... [say a few things relative to today].

Purity Prayer

2. Lord Jesus, I'm powerless over my pride that manifests itself as sex addiction. Please keep me clean and sober today and into the future. Please heal me from the symptoms and the cause of this.

In accordance with God's will, I agree in Jesus' name.

Victory Verses

3. Meditations [Kick Back and Relax] for approx. 3 mins. (Which equals 1 song).
(See examples below. Write some that are meaningful to you.) (Repeat them "out loud" a few times.)

a. Bear Trap with Fur (visualize woman that way).

b. There is no sex worth dying for.

c. Pure Heart - "... flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart." - (2 Timothy 2:22)

d. Abstain - "For it is God's will that you be sanctified: You must abstain from sexual immorality." - (1 Thessalonians 4:3; Acts 15:29)

e. I Am a Temple of Holy Spirit - "18 Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. 19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies." - (1 Corinthians 6)

f. One in Spirit - 12 "I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything. 13 You say, "Food for

the stomach and the stomach for food, and God will destroy them both.” The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body. 14 By his power God raised the Lord from the dead, and he will raise us also. 15 Do you not know that your bodies are members of Christ himself? Shall I then take the members of Christ and unite them with a prostitute? Never! 16 Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, “The two will become one flesh.” 17 But whoever is united with the Lord is one with him in spirit. - (1 Corinthians 6)

g. Be Clean - "Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow." - (Psalm 51:7)

h. Right Spirit - "10 Create in me a clean heart, O God; and renew a right spirit within me. 11 Cast me not away from thy presence; and take not thy Holy Spirit from me. 12 Restore unto me the joy of thy salvation; and uphold me with thy free spirit." - (Psalm 51:10-12)

i.

j.

k.

l.

m.

In Jesus' name.

Devotional Reading

4. Read today's entry in "Every Day for Every Man" devotional and journal what you are learning.

[This is a primer on becoming a man of God and purity training for potential marriage].

Asking Prayers

5. Knock-Down Kick-Down Prayer

I pray to the God of Abraham, Isaac, Jacob, King David and Jesus Christ:

- Please come with power and authority and knock down all doors, kick down all fences, bust out all windows, plow down all roadblocks and kick out all things inside of my entire being that are not of you.
- Please come with power and authority and pry my eyes wide open to your truth, slam my face into your truth, let me not turn to the right or to the left, but please help me to walk in your Spirit and truth and receive more of you.
- Please come with power and authority and remove the lust of the eyes, lust of the flesh and pride of life from my entire being.
- Please come with power and authority and take the wheel for my life, lead me and guide me in your Spirit, truth and purpose. Please hide me behind your cross Lord Jesus Christ. I plead the blood of Jesus Christ over all aspects of my entire being.
- Please help me to be an obedient servant of you, Christ Jesus, and help me to be useful for your purposes. I am yours Jesus Christ, not mine.
- I repent of all ungodly prayers, my sin throughout my entire life and my iniquity.
- Please forgive me Jesus Christ and cleanse me in your blood. Please have mercy on me and make me more like you, Jesus Christ.
- None the less, your will be done Father God, not mine, in all matters related to me.
- I agree in Jesus' name.

6. Serenity Prayer

God, please grant me the serenity to accept the things I cannot change, the courage to change things I can, and the wisdom to know the difference.

7. Christian Serenity Prayer

God, please grant me the serenity to accept the things I cannot change, the courage to change the things I can that I should, the tolerance to leave alone the things I can change that I shouldn't, and your guidance to know the difference between the three.

In accordance with God's will, I agree in Jesus' name.

8. 3rd Step Prayer

Jesus, I offer myself to Thee—to build with me and to do with me as Thou wilt. Please relieve me of the bondage of self, that I may better do Thy will. Please Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. May I do Thy will always! In accordance with God's will, in Jesus' name.

9. 7th Step Prayer

Lord Jesus, My Creator, I am now willing that you should have all of me, good and bad. I pray that you now please remove from me every single defect of character that stands in the way of my usefulness to you and my fellows. Please replace them with the character assets you want me to have. Please grant me strength, as I go out from here, to do your bidding in me. In accordance with God's will, I agree in Jesus' name.

Agreement Prayers (w/Holy Spirit and Millions of Christians)

10. Our Father

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For Thine is the kingdom, the power and the glory, for ever and ever. Amen. In Jesus' name.

11. Apostles Creed

I believe in God,
the Father Almighty,
Creator of heaven and earth,
and in Jesus Christ, His only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
He descended into hell;
on the third day He rose again from the dead;
He ascended into heaven,
and is seated at the right hand of God the Father Almighty;
from there He will come to judge the living and the dead.
I believe in the Holy Spirit,
the Holy Catholic Church,
the communion of Saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
In Jesus' name. Amen.

Listening Meditation (Few minutes)

12. Listen for the Lord's still calm voice.

10th Step Prayer: How can I best serve Thee?—Thy will (not mine) be done.

In accordance with God's will, in Jesus' name.

(Listen & Test the Spirits)

Closing Prayer

13. Thank you Lord Jesus for not leaving me where you found me!

Never the less, God's will be done in all matters related to me. I agree in Jesus' name.

[Stop Music]

Homework:

- Read **pages 1 - 57** from the Big Book. *(Meditate on these pages.)*
- Give mentee daily spiritual plan and prayer sequence.
- Watch week 1 video series

[Mentor Note: It's crucial that the Mentee stays on track with the weekly reading to fully benefit from the program.

IF we miss their calls, please listen to their voicemail and report what they shared in the GroupMe thread for the Mentee. Also, please encourage them via calls or through GroupMe messages to support them as they make small changes and progress. Let's cheer them along!

This will also allow others in the community to see what's going on with the Mentee and have “real-time” information about Mentee’s progress – allowing the community to better help support him.]

[Mentor Note: **Host Calendar Sync Meeting Now:**

Synchronize everyone's Calendar including Mentor, Co-Mentor and Mentee. (Hand copy of Calendar Template to Co-Mentor and Mentee.)

(See scheduling instructions on page 9 and Calendar template (below).]

Boot Camp Calendar – For (Insert Mentee Name)

(Insert Month)		
Friday	Friday	Friday
(Insert Date)	(Insert Date)	(Insert Date)
<u>Week 1</u> 6:30 to 9 pm	<u>Week 5</u> 6:30 to 9 pm	<u>Week 10</u> 6:30 to 9 pm
<u>Week 2</u> 6:30 to 9 pm	<u>Week 6</u> 6:30 to 9 pm	
<u>Week 3</u> 6:30 to 9 pm	<u>Week 8</u> 6:30 to 9 pm	
<u>Week 4</u> 6:30 to 9 pm	<u>Week 9</u> 6:30 to 9 pm	
<u>Notes:</u>		

[Mentor Note: Read directly from the Big Book. (Use the actual text, instead of reading from paragraphs in script below). Have Mentee follow along in his Big Book. Also, pause for discussion of insights. This will create greater content retention for the Mentee.]

Week 2

Pray Knock-Down Kick-Down prayer.

I pray to the God of Abraham, Isaac, Jacob, King David and Jesus Christ:

- Please come with power and authority and knock down all doors, kick down all fences, bust out all windows, plow down all roadblocks and kick out all things inside of my entire being that are not of you.
- Please come with power and authority and pry my eyes wide open to your true, slam my face into your truth, let me not turn to the right or to the left, but please help me to walk in your Spirit and truth and receive more of you.
- Please come with power and authority and remove the lust of the eyes, lust of the flesh and pride of life from my entire being.
- Please come with power and authority and take the wheel for my life, lead me and guide me in your Spirit, truth and purpose.
- Please hide me behind your cross Lord Jesus Christ. I plead the blood of Jesus Christ over all aspects of my entire being.
- Please help me to be an obedient servant of you, Christ Jesus, and help me to be useful for your purposes. I am your's Jesus Christ, not mine.
- I repent of all ungodly prayers, my sin throughout my entire life and my iniquity. ♣ Please forgive me Jesus Christ and cleanse me in your blood. Please have mercy on me and make me more like you, Jesus Christ.
- None the less, your will be done Father God, not mine, in all matters related to me.
- "I agree in Jesus' name."

Review the homework:

- What are your thoughts about the reading and videos?
- Did anything stick out to you?
- Do you think you are a real addict?
- What do you think of page 23?
- "These observations":

Page 23: *These observations would be academic and **pointless** if our friend never took the first drink, thereby setting the terrible cycle in motion. Therefore, the main problem of the alcoholic centers in his mind, rather than in his body. If you ask him why he started on that last*

bender, the chances are he will offer you any one of a hundred alibis. Sometimes these excuses have a certain plausibility, but none of them really makes sense in the light of the havoc an alcoholic's drinking bout creates. They sound like the philosophy of the man who, having a headache, beats himself on the head with a hammer so that he can't feel the ache. If you draw this fallacious reasoning to the attention of an alcoholic, he will laugh it off, or become irritated and refuse to talk.

Point: If I have that first “drink”, I am no longer certain that I can control or predict where it will lead me. I get tunnel vision. I begin to rationalize and justify. I go on a binge.

So, I am powerless over the images, objectification, etc. As a result, I go on sprees.

Powerlessness is the inability to control yourself once the behaviors start.

Unmanageability is the loss of the power of choice.

- I cannot manage my most sincere decision to abstain from a behavior that I admit might kill me.
- I cannot manage to abstain from a behavior that threatens my life.
- I cannot manage the decision to live. Life is unmanageable by me.
- The “powerlessness” side of the diagram cannot be fixed. That is the part that is “in me”. It is a part of me.
- The “unmanageability” side of the diagram is what the 12 Steps address.

I can't change the powerlessness, but I can change the unmanageability. But, I need a power that is greater than me to help me.

[Mentor Note: Pause for insights.]

Scripture Verse for Today:

Pure Heart

"So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart." - (2 Timothy 2:22)

In this session, we are going to cover Steps 1 & 2.

Step One: We admitted we were powerless over sex addiction - that our lives had become unmanageable.

- 1) We are powerless and that is why we have sought out someone that might have a solution.
- 2) Our lives are unmanageable and we can't fix it. It just keeps getting worse.

[Mentor Note: “If you are satisfied that he is a real sex addict, begin to dwell on the hopeless feature of the malady.”

Pg 92: I should be sure that he is a real sex addict. I should have him demonstrate at this point from his own experience that his behavior fits the model you have just shown him through your experience. You **SHOULD BE SURE THAT HE IS THE REAL DEAL.** If you are not convinced, then say so.]

Step Two: Came to believe that a Power Greater Than Ourselves could Restore us to Sanity.

- 1) Would you say I once struggled with the same type of behavior that you have?
- 2) Do you believe I found a solution that solves that problem for me?

[Mentor note:]

Here it may be necessary to tell other portions of our story: “...what happened and what we are like now.” Before we shared the common problem, “...what we were like.”, in order to make the identification in Step 1.

Here we tell the rest of the story to provide the glimmer of hope that is necessary for Step 2.

- 3) Do you believe, if you do what I did, that maybe it will work for you too?

Page 24: Read the italicized paragraph

“The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so called will power becomes practically non-existent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink.”

Point: We lost the power of choice.

Point: We are unable to bring the memories of suffering and humiliation to our consciousness with sufficient force.

What is another word for force?

POWER

Page 45: Read ...

“Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But where and how were we to find this Power?”

Point: Our problem stems from a “lack of power.” So we need some power that is bigger than us because we cannot do this. It is evident from our history that we are powerless in this regard.

Point: So where do we find this Power? That is the purpose of the 12 Steps. The 12 Steps offer a solution for finding a Power that can do what I cannot do. The 12 Steps tell us how to live in relationship with this Power.

Point: What kind of Power do we need?

- Able
- Willing
- Bigger than myself

Example: Because of my powerlessness, I ended up in a dark, deep pit. I can't crawl out of it. I can't dig my way out. I'm trapped.

This Power has to be:

- Able to reach the bottom of this dark, nasty pit where I am.
- Willing to rescue me from this deep pit.
- Bigger than me: I can't save myself.

[Mentor Note: Pause for insights.]

Consider Christian Spirituality:

Believer: If your belief system is so great, why are you here now? Perhaps your conception of God has been somewhat limited. What if God is a LOT bigger than you think? What if He is a LOT more than you believe?

But here's the deal. God has to be a Power greater than me. That means:

- I need to be willing to set aside my preconceptions about God (at least until God defines Himself through us doing the work of the 12 Steps).
- I cannot make a deal with God to save me.

(I can't make deals w/a Power greater than myself.)

- I can't manipulate God. There can't be any "if I do this, will God do that?" (a power that I can manipulate is not a Power greater than myself.)
- These conceptions cannot be true of a Power greater than myself.

We've talked about the dilemma of "not knowing" what is true, and what is false. Here's some truth:

- God wants to be in relationship with us.
- God wants us to be "fixed", healed.
- God wants to save us from the deep, dark pit.

*(Suggest covering middle paragraph on **page 46**. It is our arrogance that tries to define or understand God. I cannot wrap a limited brain around an infinite concept. This ties in nicely with **page 53**.)*

Page 47: Read section starting with "Do I now believe..."

We needed to ask ourselves but one short question.

"Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this "simple cornerstone" a wonderfully effective spiritual structure can be built.

Emphasize the willingness to "believe" that "there is a solution."

Page 53: *"When we became alcoholics, crushed by a self-imposed crisis we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is or He isn't. What was our choice to be?"*

Point: (Third-to-last sentence) God is "either everything" or God is "nothing."

Question: Do you think, or are you willing to consider, that God really is everything?

[Mentor Note: Pause for insights.]

Homework:

- Read **pages 58 - 103** (*Meditate on these pages/share insights during week.*)
- Daily Spiritual Plan - (*The cornerstone in which we are built up*).
- Watch week 2 video series
- **Define Sobriety Commitment Statement & Complete Circles charts:**

[Mentor Note: Give Sobriety Commitment Statement and Circles Charts Templates below to Mentee.]

- Suggested Template – “I < XXX> will work to have a “spiritual experience” through completing the Christian 12 Step Mentorship Program which includes working the 12 Steps and related assignments within the allotted time. Additionally, for the next 130 days and until I finish the 12 steps, I will not act out sexually in any form such as masturbation, porn or sex with others. I will also use the 3 second rule with my eyes to avoid sexual stimulation and becoming triggered.”

[Mentor Note: Explain to Mentee that a good guiding principle while defining this statement is to determine if this statement passed the selfishness or not test.

- This is important homework as this will be something the Mentee comes up with and it's not the Mentor's definition. The end result is a commitment statement that allows enough room for Mentee to grow spiritually, but with guard-rails in place so he recognizes limits are in place for protection. At the same time, there are clearly some areas that are off-limits such as Clubs of an “adult nature”, X-Rated movies, masturbation, flirting with people they are not married to, etc.
- The commitment need not be so tight that accidental exposure would violate the statement, also, too narrow that focuses on perfection rather than progress.
- Abstinence for a temporary period will be encouraged for married men or someone in a relationship till a more detailed understanding of the selfishness and self-centeredness piece is established.
- Keep in mind, according to Dr. Patrick Carnes - the leading psychologist for sex addiction - it takes 130 days of abstinence (no acting out) for men to be able to start forming new sexual habits.]

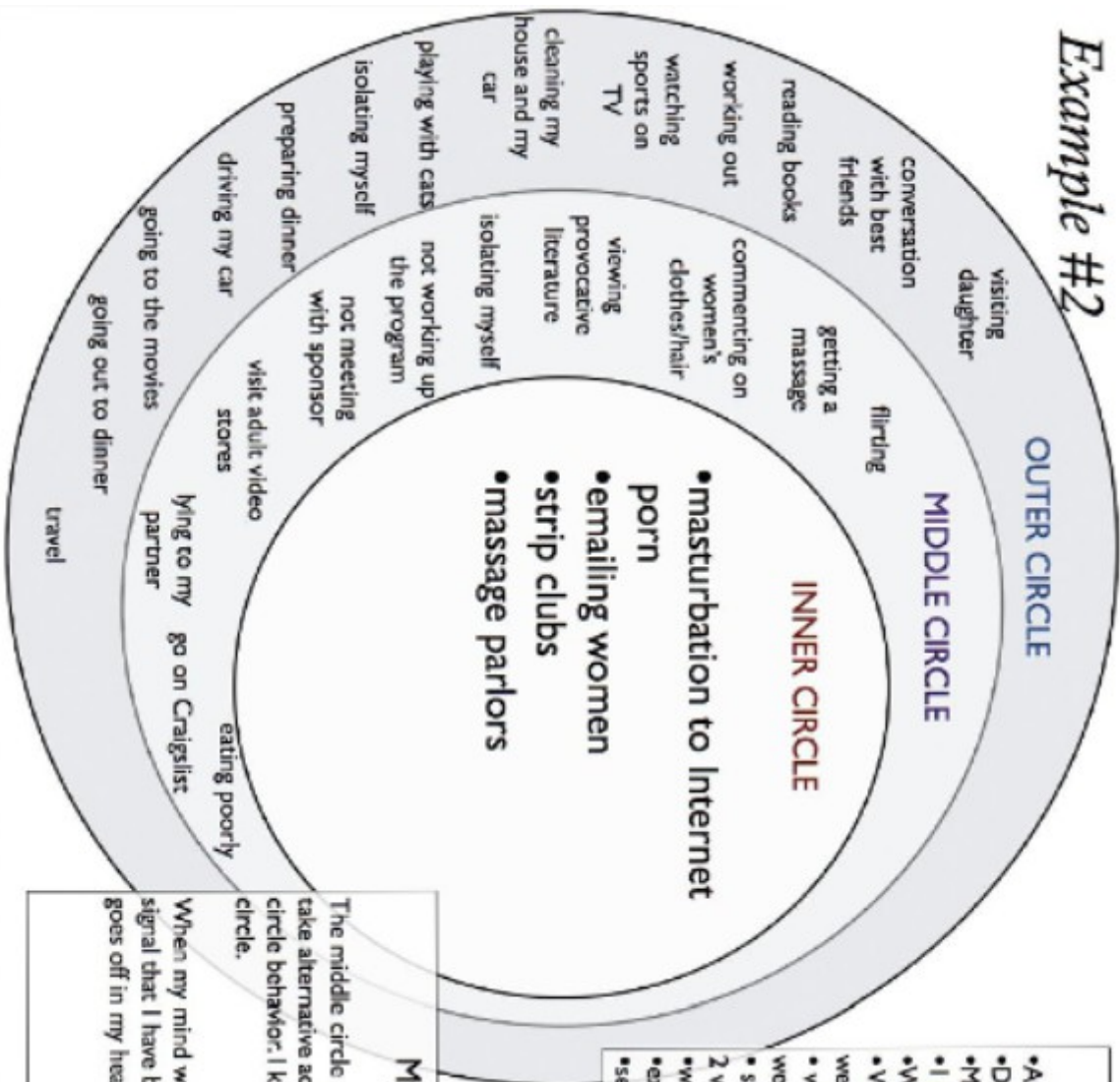
Sobriety Commitment Statement- Example

"I <XXX> will work to have a spiritual experience through completing the Boot Camp which includes working the 12 Steps and related assignments within the allotted time. Additionally, for the next 130 days and until I finish the 12 steps, I will desire to not act out sexually in any form such as masturbation, porn or sex with others. I will also use the 3 second rule with my eyes to avoid sexual stimulation and becoming triggered."

"Ask Mentee to Define his Sobriety Statement"

Sobriety Commitment Statement - Template

Example #2



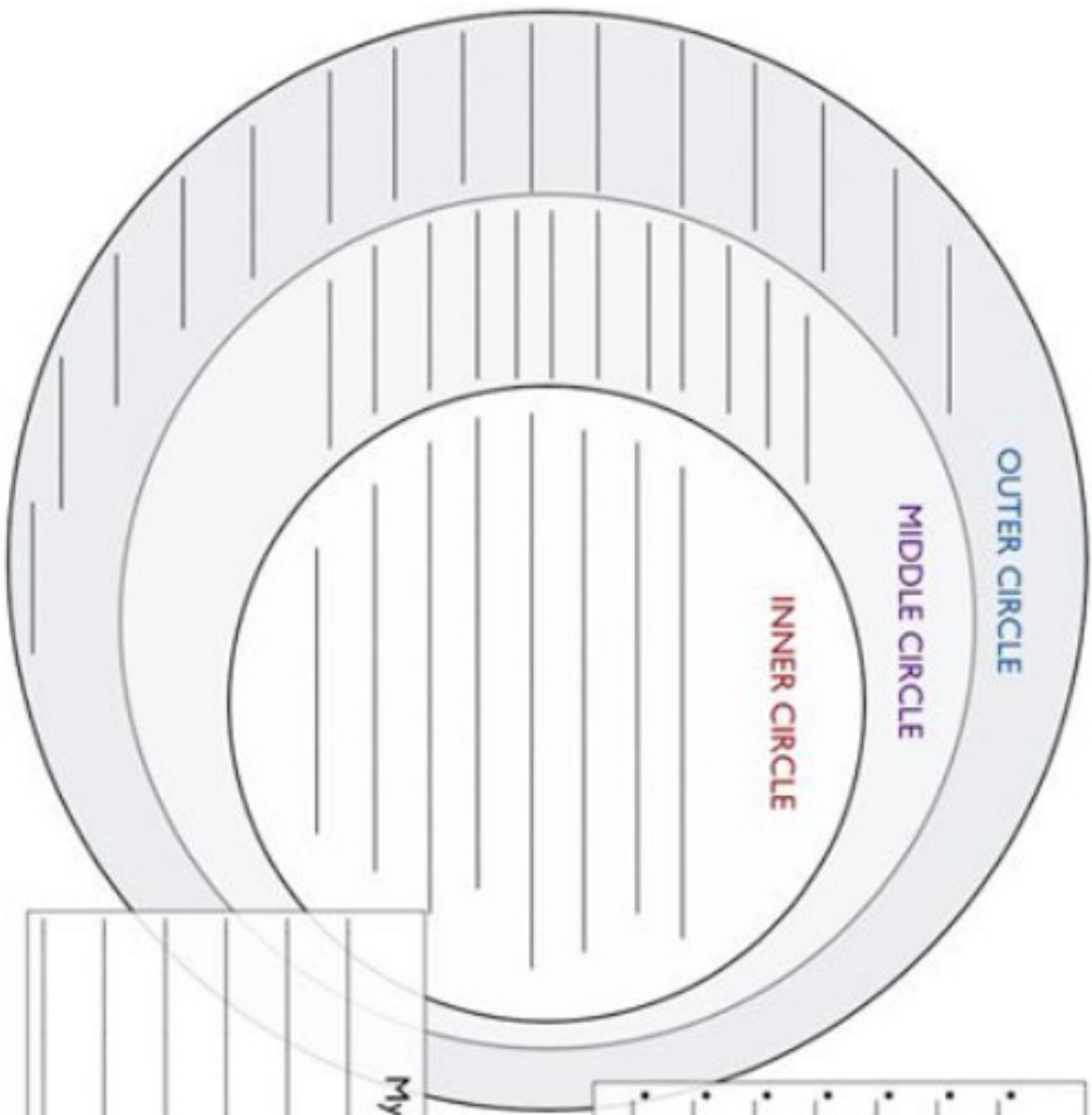
Sobriety Plan

- Attend 4 meetings a week
- Daily prayer
- Meditation
- 1 phone call per day
- Work with sponsor 1x per week
- Working with my sponsee 1x per week
- working with my therapist 1x per week
- seeing marriage counselor every 2 weeks
- work Step program
- exercise 4x per week
- service week

My thoughts ...

The middle circle are dangerous. I am learning to take alternative actions when I engage in a middle circle behavior. I know they can lead to the inner circle.

When my mind wanders to the inner circle, it is a signal that I have been triggered. A "danger" signal goes off in my head.



My questions ...

Sobriety Plan

-
-
-
-
-
-
-
-

[Mentor Note: Read directly from the Big Book. (Use the actual text, instead of reading from paragraphs in script below). Have Mentee follow along in his Big Book. Also, pause for discussion of insights. This will create greater content retention for the Mentee.]

Week 3

- Pray Knock Down Kick Down prayer.

I pray to the God of Abraham, Isaac, Jacob, King David and Jesus Christ:

- Please come with power and authority and knock down all doors, kick down all fences, bust out all windows, plow down all roadblocks and kick out all things inside of my entire being that are not of you.
- Please come with power and authority and pry my eyes wide open to your true, slam my face into your truth, let me not turn to the right or to the left, but please help me to walk in your Spirit and truth and receive more of you.
- Please come with power and authority and remove the lust of the eyes, lust of the flesh and pride of life from my entire being.
- Please come with power and authority and take the wheel for my life, lead me and guide me in your Spirit, truth and purpose.
- Please hide me behind your cross Lord Jesus Christ. I plead the blood of Jesus Christ over all aspects of my entire being.
- Please help me to be an obedient servant of you, Christ Jesus, and help me to be useful for your purposes. I am your's Jesus Christ, not mine.
- I repent of all ungodly prayers, my sin throughout my entire life and my iniquity. ֶ Please forgive me Jesus Christ and cleanse me in your blood. Please have mercy on me and make me more like you, Jesus Christ.
- None the less, your will be done Father God, not mine, in all matters related to me.
- "I agree in Jesus' name."

- **Review the homework:**

- What are your thoughts about the reading and videos?
- Anything that stuck out to you?

- **Review Sobriety Commitment Definition:**

[Mentor Note: After the Mentor/Co-Mentor feels that the essence has been captured, please ask the Mentee to sign and date it. The Mentors can also sign it, demonstrating their commitment to guiding the Mentee through mentorship program.]

Please advise Mentee to keep the signed document in a visible place where they can see it every day during their journey through mentorship program. This will ensure the Mentee keeps their goals in mind and stays motivated throughout the program.]

- Review **pages 58 – 63**:
 - Understanding that selfishness, self-centeredness (pride) as the “root” of our troubles is essential to solid definition of sobriety. It's also essential to have a thorough understanding of these pages for the work in Step 4 to be solid.
- If we truly understand the phenomenon of craving, then it is better to err on the safe side. Besides, there's nothing wrong with complete abstinence. Many people choose it as a lifestyle. In early recovery when we're not so sure even in our marriages what is selfish and what is not, committing to a period of abstinence in the beginning is never a bad idea. It allows the couple to focus on other aspects of their relationship. This will help you find an unselfish approach to sex.

[Mentor Note: Pause for insights.]

Scripture Verse for Today:

Abstain

*"For it is God's will that you be sanctified: You must abstain from sexual immorality."
- (1 Thessalonians 4:3; Acts 15:29)*

In this session, we're going to cover Steps 3 & 4.

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

[Mentor Note: Pray that what God wants to happen, will happen. You are your Mentee's Messenger, not their Savior.]

- **Page 28:** The big book describes the man that is ready to recover having the desperation of a “drowning man”. So we present the scenario that the 12 Steps are the life preserver that we need in order to get free from this addiction.
- We pose these questions to the new man:
 - Are you drowning in your addiction?
 - Do you recognize that you need the 12 Steps like a drowning man needs a life preserver?
 - What if the life preserver is covered in poo?
 - What if the life preserver is also embedded with glass?

- Well what if the life preserver is covered in poo, embedded in glass, and is on fire?
- Do you still want it?

The answers to these questions indicate your willingness to grab hold of this program. But you must realize that it is not a neatly wrapped box with bow on it.

- Last chance to back away?
- **Page 63:** The big book says ...

“We thought well before taking this step making sure we were ready; that we could at last abandon ourselves utterly to Him.”

- You need to be very aware of what you are asking in this Prayer. We should be careful of what we ask from God. He answers all prayers and those answers may not look the way we want, e.g. asking God for patience, asking God for humility, etc. You should be offered time to think about this.
- Before the 3rd step prayer, write on the first blank spot in their Big Book these words:

“I, <your name>, am willing to go to any lengths for a spiritual experience (or awakening) and victory over my addiction”. Sign & date below it.

[Mentor Note: Go to a quiet (preferably private) area and pray the 3rd step prayer with them.]

Homework:

- Daily Spiritual Plan - [Mentor Note: Continue to encourage Mentee to work the daily spiritual plan.]
- For next week, plan to do a shorter dinner to make sure you have sufficient time to process your inventory (6:30 pm - 7:00 pm dinner followed program work).]
- Watch week 3 video series
- **Step 4 – Made a searching and fearless moral inventory of ourselves.**
 - Explain Step 4 Sheets - Resentments & Fears

Resentments Instructions

Resentment means to “re-feel”.

- Please read from the bottom of **page 63** through **page 65** before beginning.
- Give Mentee Resentments Inventory sheets (*see below*).
- Encourage Mentee to pray before completing the Resentments Inventory, humbly asking Jesus for guidance.
- Go over the example Resentments Worksheets with your Mentee. (*Ensure he understands how to complete it properly.*)
- Encourage the Mentee to fill the sheet out Column by Column.
- Encourage him to fill in the first Four columns.

[Mentor Note: When you meet the following week, there is a possibility for helping Mentee to reframe the specifics of the Resentments, so he can see his “side of the street.”]

During Week 4, you can help him fill the rest of the columns. Once he is able to process the first few, the rest should not take as much time.

The goal is for us to teach him how to process Resentments in a structured way.

Spend time on the bigger ones up-front. Once he gets the hang of it, he will be able to complete the rest of the inventory.

After the column instructions, refer to the examples to give Mentee a better idea of how to properly complete the Resentments sheet.

It's very important for him to understand how to work the sheets.]

Read from bottom of page 63 through 65 of the Big Book before beginning.

1. Column 1: Page 64: “In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry.” (Complete column 1 from top to bottom. Do nothing with column 2,3,4 until column 1 has been completed.
2. Column 2: Page 64: “We asked ourselves why we were angry.” (Complete column 2 from top to bottom. Do nothing with column 3 & 4 until column 2 has been completed.
 - *E.g. Resentful towards my father for criticizing me in front of my friends when I came back from bowling.*
 - *E.g. Resentful towards my mother for beating me when she found out I failed in my exam.*
3. Column 3: Page 65: “On our grudge list we set opposite each name our injuries. Was it

our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with? “ (Complete each column within column 3 from top to bottom. Starting with Self-Esteem and finishing with Sex Relations. Do nothing with column 4 until column 3 has been completed).

4. Column 4: Page 67: “Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man’s.”

This is an important step in helping them view others as “sick people” as highlighted on BB **pg 67**.

5. Resentment Prayer - *“This is a sick man. Jesus please save me from being angry. Thy will be done.” I agree in Jesus' name.*

[Mentor Note: Notice there are several synonyms to Resentments listed on the example worksheet such as Irritated, Discontent, Dissatisfied which should be analyzed and put on the sheet.

Even if these frustrations look small, let’s not underestimate them. These Resentments could be a wolf hiding in sheep's clothing. As the Big Book says – Resentments are the “Number 1” offender that takes out most addicts. We need to be very diligent with them here.

Challenge and encourage your Mentee to be specific with their Resentments. The more specific they are in identifying the problem, the better they are able to give it up to Jesus.]

[Mentor Note: This is an important step in helping our Mentee process how they were hurt.]

Let's practice empathy by:

- Listening to them
- Validating how they feel
- Paraphrasing how they feel
- Our goal is to be keen listeners and validators of their emotions. We don’t have to validate facts, but its advised to validate how they feel.

[Mentor Note: Practice empathy and listening – The inventory was theirs. Let them review and draw their own conclusions. – Our job as a Mentor is to steer them towards what the Big Book would have them do.]

[Mentor Note: Ask Mentee to take a stab at this ... but that you can help him process this when you meet him the following week. Once the bigger ones are processed, the others in this column will be easier for your Mentee to do as his homework.]

[Mentor Note: It's very important to make sure the Mentee sees if he is either blaming himself or holding on to blaming others. – Our ultimate goal is to identify character defects, expose them to God and allow God to remove them.

The inventory was our Mentee's – Let's help him see his "side of the street." - Remember we are always the guide pointing him back to the process of analyzing our "side of the street."

- E.g. I should have listened to my father earlier when he asked me to wear comfortable clothes before going bowling. I didn't pay attention, which caused me to rip my pants and sprain my foot.

FOURTH STEP INVENTORY: RESENTMENTS
 Read from bottom of page 63 through 65 of the Big Book before beginning.

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1. Column 1: Page 64: "In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry." (Complete column 1 from top to bottom. Do nothing with column 2,3,4 until column 1 has been completed).
2. Column 2: Page 64: "We asked ourselves why we were angry." (Complete column 2 from top to bottom. Do nothing with column 3 & 4 until column 2 has been completed).
3. Column 3: Page 65: "On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with?" (Complete each column within column 3 from top to bottom. Starting with Self-Esteem and finishing with Sex Relations. Do nothing with column 4 until column 3 has been completed).
4. Column 4: Page 67: "Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's."

I'm resentful at:	The Cause	What part of self was hurt or threatened?						Where was I to blame?						
		Self Esteem	Pride	Emotional Security	Pocketbook	Ambitions	Personal Relations	Sex Relations	Selfish	Dishonest	Self-seeking	Frightened	Inconsiderate	The exact nature of my wrong. Be specific.
List the names of people Institutions or principles with whom we were angry.	Why am I angry?													

Fears Instructions

- Read BB **page 67**, last paragraph through first paragraph on page 68.
- Give Mentee Fears Inventory Worksheets (*see below*).
- Encourage Mentee to pray before completing the Fears Inventory, humbly asking Jesus for guidance.
- Go over the example Fears Worksheet with your Mentee. Ensure he understands how to complete it properly.

[Mentor Note: Encourage Mentee to fill the sheet out Column by Column.

- Encourage him to fill the first three columns.
- When you meet the following week, there is a possibility for helping him reframe the specifics of the Fear, so Mentee can see his “side of the street.”
- During Week 4, you can help him fill out the rest of the columns. Once he is able to process the first few, the rest should not take as much time.
- The goal is for us to teach the Mentee how to process Fears in a structured way.]

Fears Instructions

Read from bottom of page 67 through 68 of the Big Book before beginning.

1. Column 1: Page 68: “We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them.” (Complete column 1 from top to bottom. Do nothing with column 2, 3, 4, 5, until column 1 has been completed.
2. Column 2: Page 68: “We asked ourselves why we had them.” (Complete column 2 from top to bottom. Do nothing with column 3, 4, & 5, until column 2 has been completed.
3. Column 3: Page 68: “Wasn’t it because self-reliance failed us? Self-reliance was good as far as it went, but it didn’t go far enough. Some of us once had great self-confidence, but it didn’t fully solve the fear problem, or any other. When it made us cocky, it was worse. “ (Complete each column within column 3 from top to bottom. Do nothing with column 4 until column 3 has been completed).
4. Column 4: What part self does the fear effect? (Complete each column within column 4).
5. Column 5: Page 68: “We ask Him to remove our ungodly fear and direct our attention to what He would have us be. At once, we commence to outgrow fear.

[Mentor Note: Have Mentee pray the personalized Fears Prayer for each Fear.]

- Example 1: "God, please remove any ungodly fears of not having enough provision to retire well and direct my attention towards what you would have me be."
- Example 2: "God, please remove any ungodly fears of growing up and taking on more responsibility, and direct my attention towards what you would have me be."

When filling out the worksheet, complete it in vertical columns (up and down) sections. This allows you to focus on one major area at a time.

Model your work after the examples provided.

[Mentor Note: Pause for insights.]

FOURTH STEP INVENTORY: FEARS Copies available at www.Step12.com or from Dallas B. (479) 522-4391 © 1987 - 2005 Step12.com - Updated: 7/05/05
 Read from bottom of page 67 through 68 of the Big Book before beginning.

1. Column 1: Page 68: "We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them." (Complete column 1 from top to bottom. Do nothing with column 2, 3, 4, 5, until column 1 has been completed.
2. Column 2: Page 68: "We asked ourselves why we had them." (Complete column 2 from top to bottom. Do nothing with column 3, 4, & 5, until column 2 has been completed.
3. Column 3: Page 68: "Wasn't it because self-reliance failed us? Self-reliance was good as far as it went, but it didn't go far enough. Some of us once had great self-confidence, but it didn't fully solve the fear problem, or any other. When it made us cocky, it was worse." (Complete each column within column 3 from top to bottom. Do nothing with column 4 until column 3 has been completed).
4. Column 4: What part of self does the fear affect? (Complete each column within column 4.
5. Column 5: Page 68: "We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear."

What Am I Afraid Of? List the names of people Institutions, principles or anything else that you fear.	Why do I have the fear? Why am I afraid?	Which Part of Self Have I Been Relying On Which Has Failed me?				What Part of Self Does The Fear Affect?					We ask for the fear to be removed		
		Self-reliance	Self-confidence	Self-discipline	Self-will	Self Esteem	Pride	Emotional Security	Pocketbook	Ambitions		Personal Relations	Sex Relations
													<p>"Perhaps there is a better way- we think so. For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity. We never apologize to anyone for depending upon our Creator. We can laugh at those who think spiritually the way of weakness. Paradoxically, it is the way of strength. The verdict of the ages is that faith means courage. All men of faith have courage. They trust their God. We never apologize for God. Instead we let Him demonstrate, through us, what He can do. We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear."</p> <p>Fear Prayer: "God, please remove my fear of _____ and direct my attention towards what you would have me to be."</p>

[Mentor Note: Read directly from the Big Book. (Use the actual text, instead of reading from paragraphs in script below). Have Mentee follow along in his Big Book. Also, pause for discussion of insights. This will create greater content retention for the Mentee.]

Week 4

- Pray Knock Down Kick Down prayer.

I pray to the God of Abraham, Isaac, Jacob, King David and Jesus Christ:

- Please come with power and authority and knock down all doors, kick down all fences, bust out all windows, plow down all roadblocks and kick out all things inside of my entire being that are not of you.
- Please come with power and authority and pry my eyes wide open to your truth, slam my face into your truth, let me not turn to the right or to the left, but please help me to walk in your Spirit and truth and receive more of you.
- Please come with power and authority and remove the lust of the eyes, lust of the flesh and pride of life from my entire being.
- Please come with power and authority and take the wheel for my life, lead me and guide me in your Spirit, truth and purpose.
- Please hide me behind your cross Lord Jesus Christ. I plead the blood of Jesus Christ over all aspects of my entire being.
- Please help me to be an obedient servant of you, Christ Jesus, and help me to be useful for your purposes. I am your's Jesus Christ, not mine.
- I repent of all ungodly prayers, my sin throughout my entire life and my iniquity. ֶ Please forgive me Jesus Christ and cleanse me in your blood. Please have mercy on me and make me more like you, Jesus Christ.
- None the less, your will be done Father God, not mine, in all matters related to me.
- "I agree in Jesus' name."

Review the homework:

- What are your thoughts about the reading and videos?
- Did anything stand out to you?
- Review **pages 63 to 65** on Resentments

[Mentor Note:

- Read couple of Paragraphs between you and the Mentee.
- Pause at the end of Paragraphs to gather insights.
- Encourage Mentee to share what he is discovering

- To encourage participation - Mentors can share some insights.
- Our goal is to help Mentees discover for themselves what the text is teaching them, rather than feeding them the information or preaching to them.]
- Rarely have we seen a person fail who has thoroughly followed our path.
- Remember that we deal with alcohol – cunning, baffling, powerful! Without help it is too much for us.
- **“Half measures availed us nothing.”**

Insight:

- If we are committed to the process and are thorough with our work we will find a spiritual experience and potentially sobriety as a by-product.
- Half measures do not work. We either follow the program or we don't.
- We claim spiritual progress, rather than spiritual perfection.
- Selfishness - self centeredness (Pride)! That, we think, is the root of our trouble.
- Highlight paragraph - Resentment is the “number one” offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with resentments, we set them on paper. We listed people, institutions or principles with who we were angry. We asked ourselves why we were angry. In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships, (including sex) were hurt or threatened. So, we were sore. We were 'burned up.' On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with?

[Continue on **page 65** of BB]

- It's plain that a life which includes deep Resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worth while. But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of Resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the “sunlight of the spirit.” The “insanity” of alcohol returns and we drink again. And with us, to drink is to “die.”

Insight: Resentment is the number one killer for an addict. It is very important for us to understand the fatality, to see the Resentments for what it is. It has power to “Kill.”

- We turned back to the list, for it held the key to that future. We were prepared to look at it from an entirely different angle. We began to see the world and its people really dominated us. In that stat, the wrong-doings of others, fancied or real, had the power to actually “kill.”

Insight: The world and its people’s wrong doing, real or fancied had the power to kill us! We realized that the people who wronged us were perhaps “spiritually sick.” The inventory was ours, not the other man’s.

Insight: We are now on a different plane, a plane relying on God to help us view this in a different light, viewing the people as being “spiritually sick.” We can only clean our side of the street, we can only take stock of our inventory and not the other mans.

- The 7 parts of self:
 - **Self Esteem** - How I think of myself.
 - **Pride** - How I think others view me.
 - **Pocketbook** - Basic desire for money, property, possessions, etc.
 - **Personal Relations** - Our relationships with other people.
 - **Ambition** - Our goals, plans and designs for the future.
 - **Emotional Security** - General sense of personal well-being.
 - **Sex Relations** - Basic drive for sexual and emotional intimacy.

[Mentor Note: Pause at this point to see if the Mentee understood the 7 parts of self. This is critical for him to know and recognize as he works through his inventory.]

[Mentor Note: When hearing the 5th Step, find a “safe environment” for inventory processing (especially during Sex Conduct & Harms to Others Inventory) – not in an open restaurant. A “private” back room is more suitable for anonymity.]

Please allow Mentee to share most of the time. It’s good to share a few examples of how your life was in the addiction to build rapport with Mentee and help him feel not alone and comfortable sharing with you. But, let him share mostly.

This time is for the Mentee. The inventory was theirs. During the few days after sex inventory, encourage Mentee to make calls as necessary, as they may be triggered.]

[Mentor Note: You will be walking them through Step 5. If they are ready, have them go to

“Resentments” and start with the strongest resentment they have.

With few exceptions (for example, childhood abuse or neglect), if the work is sound and you “drill” into the root of the problem (i.e. them), it should become very obvious to the Mentee that they have been selfish, dishonest, self-seeking and/or frightened and inconsiderate.

It’s imperative that we help them see the Truth about themselves, as God begins to reveal it.

The Mentee should not discuss this with other people; only our Mentee’s actions matter. They are the ones in recovery, not the other people. They need to come to terms with their part in these situations and see that we all have choices about how we react to hurts, slights, insults, neglect, even abuse.

- 1. Spend time helping the Mentee articulate specifically what he is Resentful towards.*
- 2. Validate your Mentees feelings and how he was hurt in the process by others - Empathy is key.*
- 3. Encourage Mentee to view other people as “broken and sick.”*
- 4. Help Mentee articulate his 4th Step Resentment Prayer.*
- 5. Once that is done, then we are ready to view your Mentee’s “side of the street.” (It’s important for the Mentor to help him introspect and see his “side of the street.” The inventory was his and not another mans.)*
- 6. Help Mentee see his Character Defects.*

*After you get through the first one, the rest should go fairly quickly. **Our character defects** are the same as theirs. They rarely change. So, revealing them in the first example should make discussions of the remaining items in their inventory go fairly quickly.]*

Scripture Verse for Today:

You Are Temple of the Holy Spirit

"18 Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. 19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies."

- (1 Corinthians 6)

In this session, we're going to cover Step 5.

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

- Fears - (Review **pages 67 to 68**)

- Highlight the paragraph – Notice the word “Fear” is bracketed alongside the difficulties with Mr. Brown, Mrs. Jones, etc. This short word somehow touches about every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it. It set in motion trains of circumstances which brought us misfortune we felt we didn’t deserve. But did not we, ourselves, set the ball rolling?
- Perhaps there is a better way – We think so. For we are now on a different basis: the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity.

Insight: We trust and rely on our infinite God and allow him to direct our lives. When we do that, He helps us match calamity with serenity.

- The Humility Prayer can be a helpful tool to combat Fears:

“God grant me humility to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

[Mentor Note: When hearing the 5th Step, find a “safe environment” for inventory processing (especially during Sex Conduct & Harms to Others Inventory) – not in an open restaurant. A “private” back room is more suitable for anonymity.

Please allow Mentee to share most of the time. It’s good to share a few examples of how your life was in the addiction to build rapport with Mentee and help him feel not alone and comfortable sharing with you. But, let him share mostly. This time is for the Mentee. The inventory was theirs. During the few days after sex inventory, encourage Mentee to make calls as necessary, as they may be triggered.]

[Mentor Note: You will be walking them through Step 5. If they are ready, have them go to “Fears” and start with the biggest Fear they have.

With few exceptions (for example, childhood abuse or neglect), if the work is sound and you “drill” into the root of the problem (i.e. them). It should become very obvious to the Mentee that they have been trying to run the show and self reliance is at the heart of the Fear.

It’s imperative that we help them see the Truth about themselves, as God begins to reveal it.

The Mentee should not discuss this with other people; only our Mentee’s actions matter. They are the ones in recovery, not the other people. They need to come to terms with their part in

these situations and see that we all have choices about how we react to hurts, slights, insults, neglect, even abuse.

1. Spend time on helping the Mentee articulate specifically what he is Fearful towards.
2. Validate your Mentees feelings and how he was hurt in the process by others – Empathy is key.
3. Encourage Mentee to view other people as “broken and sick.”
4. Encourage him to see how his reliance on self rather than on God, contributes to his Fears.
5. Encourage Mentee to place his Fears on Jesus, who is his “new director” and in control of the situation.
6. Help Mentee articulate his 4th Step Fear Prayer.
7. Once that is done, then we are ready to view your Mentee’s “side of the street.” (It’s important for the Mentor to help him introspect and see his “side of the street.” The inventory was his and not another mans.)
8. Help Mentee see his Character Defects.

After you get through the first one, the rest should go fairly quickly. **Our character defects are the same as theirs. They rarely change. So, revealing them in the first example should make discussions of the remaining items in their inventory go fairly quickly.**

(Repeat the same exercise.)

Some will want to beat themselves up. That is not productive. These are all events of the past. Leave the past in the past. We remember the events, but we do not dwell on them. This is a time of freedom and healing.]

[Mentor Note: It might be the case, that you may not be able to get through all content for Resentments and Fears. Either set another date or finish the remainder the following Wednesday during program work time. Always start this session by reading through the Resentments and Fears section of **Week 4** to prepare them to share.]

Homework:

- Watch week 4 video series
- For some of the Resentments that would need to be reframed, encourage Mentee to do so since he now has a hang of it.
- Once they have exhausted their inventory, we send them home and instruct them to:

- Sit, pray and think about whether they have omitted anything else. **OMITTED** does not mean **FORGOTTEN**. *In the future, things will come to mind for a long time. These are not part of their inventory today.*
 - Ask them to call you the next day, and tell you whether there is anything else or not. If there is, they share it with us and we tell them to sit, pray, think for another hour. *(Repeat, as necessary.)*
 - Once they go an hour without having anything else to disclose and they call us to say so, we ask if they have any questions.
- Give Mentee Character Defects & Assets sheet (see sheet below):
 - Ask him to - Start filling out the Defects side of the *(Character Defects and Assets sheet)*. The goal is to just observe what is coming up.
 - *(A good source of information is to look over the Inventory Worksheets.)*
 - Also, be careful not to go into morbid reflection on our Character Defects - a place of being judgmental, critical, guiltling or shaming of someone or ourselves.
 - We all have good things about our character and not so good things. We will look at Character Assets next week.

Point: The goal is to uncover our “Defects” so we are in a better place to have Jesus remove them.

- Encourage Mentee to pray before completing Character Defects, humbly asking Jesus for guidance.
- Encourage him to -- Write down any defects that are not listed on the sheet.

[Mentor Note: Pause for insights.]

(Character Defects & Assets)

PERSONALITY CHARACTERISTICS OF SELF-WILL		PERSONALITY CHARACTERISTICS OF GOD'S WILL	
SELFISH AND SELF-SEEKING	<input type="checkbox"/>	<input type="checkbox"/>	INTEREST IN OTHERS
DISHONESTY	<input type="checkbox"/>	<input type="checkbox"/>	HONESTY
FRIGHTENED	<input type="checkbox"/>	<input type="checkbox"/>	COURAGE
INCONSIDERATE	<input type="checkbox"/>	<input type="checkbox"/>	CONSIDERATE
PRIDE	<input type="checkbox"/>	<input type="checkbox"/>	HUMILITY - SEEKING GOD'S WILL
GREEDY	<input type="checkbox"/>	<input type="checkbox"/>	GIVING OR SHARING
LUSTFUL	<input type="checkbox"/>	<input type="checkbox"/>	WHAT CAN WE DO FOR OTHERS
ANGER	<input type="checkbox"/>	<input type="checkbox"/>	CALM
ENVY	<input type="checkbox"/>	<input type="checkbox"/>	GRATEFUL
SLOTH	<input type="checkbox"/>	<input type="checkbox"/>	TAKE ACTION
GLUTTONY	<input type="checkbox"/>	<input type="checkbox"/>	MODERATION
IMPATIENT	<input type="checkbox"/>	<input type="checkbox"/>	PAITENCE
INTOLERANT	<input type="checkbox"/>	<input type="checkbox"/>	TOLERANCE
RESENTFUL	<input type="checkbox"/>	<input type="checkbox"/>	FORGIVENESS
HATE	<input type="checkbox"/>	<input type="checkbox"/>	LOVE - CONCERN FOR OTHERS
HARMFUL ACTS	<input type="checkbox"/>	<input type="checkbox"/>	GOOD DEEDS
SELF-PITY	<input type="checkbox"/>	<input type="checkbox"/>	SELF-FORGIVENESS
SELF-JUSTIFICATION	<input type="checkbox"/>	<input type="checkbox"/>	HUMILITY - SEEK GOD'S WILL
SELF-IMPORTANCE	<input type="checkbox"/>	<input type="checkbox"/>	MODEST
SELF-CONDEMNATION	<input type="checkbox"/>	<input type="checkbox"/>	SELF-FORGIVENESS
SUSPICION	<input type="checkbox"/>	<input type="checkbox"/>	TRUST
DOUBT	<input type="checkbox"/>	<input type="checkbox"/>	FAITH

- Give Mentee **Sex Conduct & Harms Done To Others** Inventory Worksheets (see *sheets below*).
- Encourage Mentee to pray before completing the Inventory, humbly asking Jesus for guidance.
- Go over the example (Sex Conduct & Harms Done to Others Inventory Worksheet) with your Mentee. Ensure he understands how to complete it properly.

Note: This worksheet covers “any harms done”, and **NOT** only related to sex. **This must cover any fantasy, and any objectifying harms as well.**

(Read from bottom of page 68 through 70 of the Big Book before beginning.)

1. Column 1: “We reviewed our own conduct over the years past.” (Complete column 1 from top to bottom. Do nothing with column 2, 3, 4, 5, 6, until column 1 has been completed.)
2. Column 2: “We did we do?” (Complete column 2 from top to bottom. Do nothing with column 3, 4, 5, 6, until column 2 has been completed.)
3. Column 3: “We list the exact nature of our shortcomings. “ (Complete column 3 from top to bottom. Do nothing with column 4, 5, 6, until column 3 has been completed). 5. Column 5: “Who did I harm? (Complete column 5 from top to bottom. Do nothing with column 6, until column 5 has been completed). Who Was It? What did we do? Who Did I Harm? We list the people with whom we have experienced sexual conduct. We ask ourselves what we did What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings. What should I have done instead?
4. Column 4: Did we unjustifiably arouse jealousy, suspicion or bitterness? (Complete column 4 from top to bottom. Do nothing with column 5, 6 until column 4 is completed.)
5. Who did I harm? (Complete column 5 from top to bottom. Do nothing with column 6, until column 5 has been completed).
6. Column 6: “What should I have done instead?” (Complete column 6 from top to bottom.)

- Read **pages 68-70**: Again, make a list for yourself. What happened in each instance? How did it make you feel?
- Read and meditate on **pages 68 - 76** during the week. (*Meditate on these pages.*)
- Encourage Mentee to continue to work the **Daily Spiritual Plan**.
- For the next week, plan to do a shorter dinner to make sure you have sufficient time to process inventory (*6:30 pm – 7 pm dinner followed by program work.*)

[Mentor Note: Pause for insights.]

[Mentor Note: Now that the Mentee is learning how to process Resentments and Fears, start encouraging him to process them on the respective Inventory Sheets when you spot them in their nightly reviews.

To process Resentments and Fears, the steps are:

1. When a Resentment or Fear is identified, encourage Mentee to be specific and write it on the appropriate Inventory Sheet.
2. Process Resentments and Fears with Mentee the way it was taught to him.
3. Ask Mentee to check this in with Jesus.
4. Ask Mentee to call one of the Mentors and check it in. (*If they have trouble processing it, encourage them to call you and you may guide them to help them process it.*)

FOURTH STEP INVENTORY: SEX CONDUCT

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- Read from bottom of page 68 through 70 of the Big Book before beginning.

1. Column 1: "We reviewed our own conduct over the years past." (Complete column 1 from top to bottom. Do nothing with column 2, 3, 4, 5, 6, until column 1 has been completed.)
2. Column 2: "We did we do?" (Complete column 2 from top to bottom. Do nothing with column 3, 4, 5, 6, until column 2 has been completed.)
3. Column 3: "We list the exact nature of our shortcomings." (Complete column 3 from top to bottom. Do nothing with column 4, 5, 6, until column 3 has been completed.)
4. Column 4: Did we unjustifiably arouse jealousy, suspicion or bitterness? (Complete column 4 from top to bottom. Do nothing with column 5, 6, until column 4 has been completed.)
5. Column 5: "Who did I harm?" (Complete column 5 from top to bottom. Do nothing with column 6, until column 5 has been completed.)
6. Column 6: "What should I have done instead?" (Complete column 6 from top to bottom.)

Who Was It?	What did we do?	What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings.				Did I unjustifiably arouse:			Who Did I Harm?	What should I have done instead?
		Was I Selfish?	Was I Dishonest?	Was I Inconsiderate?	Was I Self-seeking?	Was this relationship selfish?	Jealousy?	Bitterness?		
We list the people with whom we have experienced sexual conduct.	We ask ourselves what we did								Who was harmed?	"We asked God to mold our ideals and help us to live up to them. We remembered always that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed." Page 69 "To sum up about sex: We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing." Page 70

FOURTH STEP INVENTORY: PEOPLE WE HAVE HARMED © 1987 - 2005 www.Step12.com - From: 4th Step Workshop with Dallas B. Last update: 7/06/05
BE SURE TO do this page just like the other inventory pages. One column at a time. top to bottom -- NOT straight across

Big Book, page 70, paragraph 3 "We have listed the people we have hurt by our conduct, and are willing to straighten out the past if we can."
 Note 1: -- On those pages 58-63, you'll find examples of attitudes and defects that cause us to fail in our relationships and often fuel self-seeking conduct that harms others.
 Note 2: "Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fail. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egotism and fear; they only thought they had humbled themselves.
 ... Coming to his senses, he is revolted at certain episodes he vaguely remembers. These memories are a nightmare. He trembles to think someone might have observed him. As fast as he can, he pushes these memories far inside himself. He hopes they will never see the light of day. He is under constant fear and tension-that makes for more drinking." Page 73 -- Alcoholics Anonymous

Who Did I Harm?	What did I do - or fail to do?	Which part of self caused the harm?										What is the nature of my wrongs, faults, mistakes, defects?						What should I have done instead?			
		Self-will	Self Esteem - Ego	Emotional Security	Pocketbook - Material Security	Pride - Defiance - Independence	Self-pity	Self-reliance	Personal Relationships	Social Ambitions	Sexual Ambitions	Financial Ambitions	Selfish	Self-seeking	Dishonest	Inconsiderate	Freightend / Fear		Lack of Self-discipline / Self-control	Playing God - Trying to control others.	Self-centered-ego-centric
Who was harmed by my conduct?	What did I do - or, failed to do that caused the harm?																				

[Mentor Note: Read directly from the Big Book. (Use the actual text, instead of reading from paragraphs in script below). Have Mentee follow along in his Big Book. Also, pause for discussion of insights. This will create greater content retention for the Mentee.]

Week 5

- Pray Knock Down Kick Down prayer.

I pray to the God of Abraham, Isaac, Jacob, King David and Jesus Christ:

- Please come with power and authority and knock down all doors, kick down all fences, bust out all windows, plow down all roadblocks and kick out all things inside of my entire being that are not of you.
- Please come with power and authority and pry my eyes wide open to your true, slam my face into your truth, let me not turn to the right or to the left, but please help me to walk in your Spirit and truth and receive more of you.
- Please come with power and authority and remove the lust of the eyes, lust of the flesh and pride of life from my entire being.
- Please come with power and authority and take the wheel for my life, lead me and guide me in your Spirit, truth and purpose.
- Please hide me behind your cross Lord Jesus Christ. I plead the blood of Jesus Christ over all aspects of my entire being.
- Please help me to be an obedient servant of you, Christ Jesus, and help me to be useful for your purposes. I am your's Jesus Christ, not mine.
- I repent of all ungodly prayers, my sin throughout my entire life and my iniquity. ♪ Please forgive me Jesus Christ and cleanse me in your blood. Please have mercy on me and make me more like you, Jesus Christ.
- None the less, your will be done Father God, not mine, in all matters related to me.
- "I agree in Jesus' name."

Review the homework:

- What are your thoughts about the reading and videos?
- Did anything stick out to you?
- Do you have any unprocessed Resentments/Fears that may have come up during the week? [Mentor Note: Help him process them. (It's key to teach Mentee to keep a clean inventory. This helps him take small steps to get into the Step 10 habit.)
- Review **pages 68 - 76**

Highlight paragraph – *In this way we tried to shape a sane and sound ideal for our future sex life. We subjected each relation to this test – Was it selfish or not? We asked God to mold our ideals and help us live up to them.*

- [Mentor Note: You will walk them through the last part of Step 5 – starting with the biggest item.
- After you get through the first one, the rest should go fairly quickly. **Our character defects** are the same as theirs. They rarely change. So, revealing them in the first example will make discussions of the remaining items in their inventory fairly quickly.
- Once they have exhausted their inventory, we ask them to repeat the same activity as they did last time which is sit, pray and think about whether they have omitted anything else.
- Ask them to call you the next day, and tell you whether there is anything else or not.]

Scripture Verse for Today:

Be Clean

*"Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow."
- (Psalm 51:7)*

In this session, we're going to cover Steps 6, 7 & 8.

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

- You've identified your Character Defects and now "add" your Character Assets to the (*Character Defects and Assets sheet previously provided in Week 4.*) (See extra copy below).
- Encourage Mentee to pray before completing Character Assets, humbly asking his Jesus for guidance.
- It's important that we balance out our "Character Defects" with our "Character Assets", and not morbidly reflect on "Defects." We all have good things about our character and not so good things.

Point: The goal is to uncover our Defects so we are in a better place to have our Jesus remove them, and see our positive Assets as well. (*This helps reduce shame.*)

Point: Willingness to have God remove all our defects, and our new desire to live in our Character Assets is essential for spiritual growth.

Point: This helps us become happier, more sane and functional people.

[Mentor Note: Encourage Mentee to -- Write down any Character Defects and Assets that are not listed on the (sheet).

Review Mentee's sheet and make comments as applicable. If you see anything that's missing, ask Mentee to add it.]

(Extra Copy)

(Character Defects & Assets)

PERSONALITY CHARACTERISTICS OF SELF-WILL		PERSONALITY CHARACTERISTICS OF GOD'S WILL
SELFISH AND SELF-SEEKING	<input type="checkbox"/>	<input type="checkbox"/> INTEREST IN OTHERS
DISHONESTY	<input type="checkbox"/>	<input type="checkbox"/> HONESTY
FRIGHTENED	<input type="checkbox"/>	<input type="checkbox"/> COURAGE
INCONSIDERATE	<input type="checkbox"/>	<input type="checkbox"/> CONSIDERATE
PRIDE	<input type="checkbox"/>	<input type="checkbox"/> HUMILITY - SEEKING GOD'S WILL
GREEDY	<input type="checkbox"/>	<input type="checkbox"/> GIVING OR SHARING
LUSTFUL	<input type="checkbox"/>	<input type="checkbox"/> WHAT CAN WE DO FOR OTHERS
ANGER	<input type="checkbox"/>	<input type="checkbox"/> CALM
ENVY	<input type="checkbox"/>	<input type="checkbox"/> GRATEFUL
SLOTH	<input type="checkbox"/>	<input type="checkbox"/> TAKE ACTION
GLUTTONY	<input type="checkbox"/>	<input type="checkbox"/> MODERATION
IMPATIENT	<input type="checkbox"/>	<input type="checkbox"/> PATIENCE
INTOLERANT	<input type="checkbox"/>	<input type="checkbox"/> TOLERANCE
RESENTFUL	<input type="checkbox"/>	<input type="checkbox"/> FORGIVENESS
HATE	<input type="checkbox"/>	<input type="checkbox"/> LOVE - CONCERN FOR OTHERS
HARMFUL ACTS	<input type="checkbox"/>	<input type="checkbox"/> GOOD DEEDS
SELF-PITY	<input type="checkbox"/>	<input type="checkbox"/> SELF-FORGIVENESS
SELF-JUSTIFICATION	<input type="checkbox"/>	<input type="checkbox"/> HUMILITY - SEEK GOD'S WILL
SELF-IMPORTANCE	<input type="checkbox"/>	<input type="checkbox"/> MODEST
SELF-CONDEMNATION	<input type="checkbox"/>	<input type="checkbox"/> SELF-FORGIVENESS
SUSPICION	<input type="checkbox"/>	<input type="checkbox"/> TRUST
DOUBT	<input type="checkbox"/>	<input type="checkbox"/> FAITH

Step 7 - Humbly asked Him to remove our shortcomings.

- Ask Mentee to - Look at Step 6, page 76, and ask yourself if you can see the connection between your character defects and your acting out.

[Mentor Note: Mentee should be able to see the connection, if we've done a good job of explaining the process:]

- Selfishness (Pride) → Resentment, fear or shame → Bedevilmments [pg 52] → Restless, irritable & discontent → Return of the obsession → “first drink” of Lust → Spree → Consequences [including death].
- If you you can see this, you will also see that you must be free of these things if you want to live.
- **Homework:**
 - Watch week 5 video series
 - Ask Mentee to “Sit” in a quiet place and pray and think about whether he has omitted anything else from his inventory. If he has, ask him to call you and help process it.
 - Ask Mentee to review his Character Defects & Assets sheet.
 - Review **page 76** – Is Mentee ready for “Go” - To remove all these defects of character? Step 6.
 - Humbly ask God to remove the shortcomings by reciting the **Step 7 prayer**.
 - [Mentor Note: *(Mentee does this privately.)*]
 - When ready, we pray this ... “Jesus, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows.
 - *Please replace my character defects with the character assets you want me to have.*
 - *Grant me strength, as I go out from here, to do your bidding in me.”*
 - *Never the less Gods will be done, I agree in Jesus' name.*

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

- In your inventory, make a list of people you have harmed.

(This includes every name on the harms inventory sheet. Review and add items on the harms sheet if there are people you have Resentments/Fears and have harmed them as well, plus any names that were not on the inventory, but you remember harming this person.)

- Create a new list of “all these people” and label them into 4 categories:
 - Now
 - Later
 - Someday
 - Not currently willing
- Prepare this for discussion next week.
- Read **pages 71 - 88** during the week. (*Meditate on these pages/share insights during week calls.*)
- Daily Spiritual Plan
- Write down any Resentments or Fears that come up during the week on your Inventory Worksheets.

[Mentor Note: Pause for insights.]

[Mentor Note: Now that the Mentee is learning how to process Resentments/Fears and Harms, start encouraging him to process them on the Inventory Sheets when you spot them in their nightly reviews.

The steps are:

1. When a Resentment/Fear/Harm is identified, encourage Mentee to be specific and write it on the appropriate Inventory Sheet.
2. Process them the way it was taught to them.
3. Ask Mentee to check this in with Jesus. (*Here we begin to teach Mentee to process inventory using the worksheet on their own with Jesus.*)

[Mentor Note: Read directly from the Big Book. (Use the actual text, instead of reading from paragraphs in script below). Have Mentee follow along in his Big Book. Also, pause for discussion of insights. This will create greater retention for the Mentee.]

Week 6

- Pray Knock Down Kick Down prayer.

I pray to the God of Abraham, Isaac, Jacob, King David and Jesus Christ:

- Please come with power and authority and knock down all doors, kick down all fences, bust out all windows, plow down all roadblocks and kick out all things inside of my entire being that are not of you.
- Please come with power and authority and pry my eyes wide open to your true, slam my face into your truth, let me not turn to the right or to the left, but please help me to walk in your Spirit and truth and receive more of you.
- Please come with power and authority and remove the lust of the eyes, lust of the flesh and pride of life from my entire being.
- Please come with power and authority and take the wheel for my life, lead me and guide me in your Spirit, truth and purpose.
- Please hide me behind your cross Lord Jesus Christ. I plead the blood of Jesus Christ over all aspects of my entire being.
- Please help me to be an obedient servant of you, Christ Jesus, and help me to be useful for your purposes. I am your's Jesus Christ, not mine.
- I repent of all ungodly prayers, my sin throughout my entire life and my iniquity. ֶ Please forgive me Jesus Christ and cleanse me in your blood. Please have mercy on me and make me more like you, Jesus Christ.
- None the less, your will be done Father God, not mine, in all matters related to me.
- "I agree in Jesus' name."

Review the homework:

- What are your thoughts about the reading and videos?
- Did anything stick out to you?
- Do you have any unprocessed Resentments/Fears that may have come during the week?

[Mentor Note: Help him process this. *(It's key to teach Mentee to keep a clean inventory. Small steps for him to get into the Step 10 habit).*

- Review **pages 72 - 84** *(till paragraph ending with ... we work for them).*

[Mentor Note: Pause after 1 or 2 paragraphs and briefly discuss the insights.]

Guiding Principles:

- Real purpose is to be of maximum service to God and other people.
- Willing to go to any ends to have a “spiritual awakening” and do the “right thing.”
- We must be hard on ourselves but always considerate of others. “Hard” here means “self-introspective and accountable for our side of the street.” Not self condemning.
- We don’t shy away from God but to some we should not emphasize the spiritual feature of our approach. Our man is sure to be impressed with a sincere desire to set right the wrong. - *He/she would be interested in good will and action rather than spiritual discoveries.*
- The hard thing is going to our enemy, rather than a friend. However, the Big Book says it’s more beneficial to do so.

[Mentor Note: Pause for insights.]

Scripture Verse for Today:

Right Spirit

"10 Create in me a clean heart, O God; and renew a right spirit within me. 11 Cast me not away from thy presence; and take not thy Holy Spirit from me. 12 Restore unto me the joy of thy salvation; and uphold me with thy free spirit." - (Psalm 51:10-12)

In this session, we're going to cover Step 9.

Step 9 - Made direct amends to such people wherever possible, except when to do so would injure them or others.

- [Mentor Note: The best course is to do an in-person amends (or over video as a second option).
- For cases where it may not be possible, consider writing letters – Discuss with your Mentee on a case-by-case basis.
- For any Fantasy related amends, ask Mentee to write out the amends like a letter, addressed to the person and read it out to you. (DO NOT have them send this to anyone.)
- When delivering amends, all amends should follow the below guidelines (see *Amends Template sheet below*):
 - **Ask for their permission** - *There is something on my heart that I would like to share, would you have couple of minutes?*
 - **Tell them where you were wrong** - *"I was wrong to ...", e.g. I stole money*

from your purse. We can also add that we're in a men's group and making restitution for harms done in the past, or that we're in a 12-step group, or even if they know that we're in SAA.

- **Don't say we are sorry** - *It would be better to use regret, rather than sorry.*
- **Transformation** - *"I pray that the new man you see in front of you would not do that to you again."*
- **Ask for restitution** - *"Please let me know if there is any way I can make things right with you or if there is any other harm, I may have caused you."*
- **We ask for forgiveness** - *It may not be **fair** to expect them to forgive us, especially right then. So at that point in time we could say, "I pray and hope one day you will have the heart will forgive me. Will you please forgive me?"*
- **Don't stay long in the conversation.**

Amends Template

PERMISSION	FAULT	REGRET	TRANSFORMATION	RESTITUTION	FORGIVENESS
Hi Mom, I have something in my heart I would like to share if you have few minutes.	I was wrong to have lied, disrespected, and mistreated you when I was a teenager, especially between ages 10 to 15.	I deeply regret my immature, selfish & self-seeking actions and I can only imagine how this may have hurt you.	I pray the guy you see now is a new man who does not wish to repeat such a thing.	Please let me know if there is any way I can make things right with you or if there are any other harms I may have caused you.	I pray and hope that one day you will have the heart will forgive me. Will you please forgive me?
I am part of a men's group where we make restitution for harms done in the past.					

- Role play one of the scenarios with your Mentee using the above guidelines, so he has some practice.
- Review Mentee's Amends list (*from last week's homework.*)
- Ask Mentee to categorize Amends based on when they can complete them:
 - Now
 - Later
 - Someday
 - Not Willing
- Have Mentee put some dates on the calendar to complete Amends for the “Now and “Later” categories.

[Mentor Note: For the “Someday” and “Not Willing” categories – (Review on a case by case basis and encourage Mentee to pray about it and remind him that willingness to go to any ends to have a “spiritual awakening” and “doing the right thing” should be at the forefront of his mind except when it would injure/harm others.)

- Step 9 does not have time limits. (*The Big Book says, we pray for the opportunity. If we cannot immediately make amends, we try to stay in a state of willingness to make amends to that person. Nonetheless, maximum benefits will be seen when we make our amends as quickly as possible.*)

[Mentor Note: Have Mentee do the hardest Amend first. This will help him gain maximum benefit – it will remove major weight and provide quickest relief.

Encourage Mentee during the Amends process.]

- Talk about the Step 9 promises:
 - New freedom
 - New happiness
 - We will know peace
 - Feeling of uselessness and self-pity will disappear
 - Lose interest in selfish things and gain the interest to help others
 - Attitude about life will change

Homework:

- Watch week 6 video series
 - Ask Mentee to - fill out the Amends Template with Amends that he needs to make.

[Mentor note: Have Mentee “ONLY” focus on detailing out the “Now” and “Later” Amends on the Amends Template.) They should complete all categories - Permission through Forgiveness – for each Amend.]

- For fantasy related harms, ask Mentee to - write individual amends out using the guidelines to read to you the next week as well.

[Mentor Note: Mentee can start writing down the “now” and “later” for timing of Amends on the sheet. Together, you can then decide in the next week which Amends need to be in person, a call or letter on a case-by-case basis.]

- For Amends with dates, encourage Mentee to do the direct amends. (Your Mentee can give you a call during the week before he makes amends.)
- Important Suggestion – Ask Mentee to “Pray for Jesus’ guidance and will before he makes the amends.”
- Read **pages 83 - 88**. (*Meditate on these pages/share insights during week calls.*)
- Read **pages 171 – 181** (Dr. Bob’s nightmare). (*Meditate on these pages/share insights during week calls.*)
- Daily Spiritual Plan
- Write down any Resentments or Fears that come up during the week on your Inventory Worksheets.

[Mentor Note: Continue to encourage Mentee to process Resentments/Fears that come up using the Inventory Sheets and the process previously outlined.]

[Mentor Note: Read directly from the Big Book. (Use the actual text, instead of reading from paragraphs in script below). Have Mentee follow along in his Big Book. Also, pause for discussion of insights. This will create greater content retention for the Mentee.]

Week 7

- Pray Knock Down Kick Down prayer.

I pray to the God of Abraham, Isaac, Jacob, King David and Jesus Christ:

- Please come with power and authority and knock down all doors, kick down all fences, bust out all windows, plow down all roadblocks and kick out all things inside of my entire being that are not of you.
- Please come with power and authority and pry my eyes wide open to your truth, slam my face into your truth, let me not turn to the right or to the left, but please help me to walk in your Spirit and truth and receive more of you.
- Please come with power and authority and remove the lust of the eyes, lust of the flesh and pride of life from my entire being.
- Please come with power and authority and take the wheel for my life, lead me and guide me in your Spirit, truth and purpose.
- Please hide me behind your cross Lord Jesus Christ. I plead the blood of Jesus Christ over all aspects of my entire being.
- Please help me to be an obedient servant of you, Christ Jesus, and help me to be useful for your purposes. I am your's Jesus Christ, not mine.
- I repent of all ungodly prayers, my sin throughout my entire life and my iniquity. ♣ Please forgive me Jesus Christ and cleanse me in your blood. Please have mercy on me and make me more like you, Jesus Christ.
- None the less, your will be done Father God, not mine, in all matters related to me.
- "I agree in Jesus' name."

Review the Homework:

- What are your thoughts about the reading and videos?
- Did anything stick out to you?
- Do you have any unprocessed Resentments/Fears that may have come during the week?

[Mentor Note:

- Check in with the Amends progress.
- If there any fantasy related amends, your Mentee can read them out to you.
- Review and encourage Mentee to do Amends for ones marked "Now" or "Later".
- Remind him of the guiding principles.]

Guiding Principles:

- Real purpose is to be of maximum service to God and other people.
- Willing to go to any ends to have a “spiritual awakening” and “do the right thing.”
- We must be hard on ourselves but always considerate of others.

[Mentor Note: Encourage Mentee to start with “Hardest” Amends first and use the Amends Template outlined to do it. This will help him build confidence for doing other amends.]

Provide Mentee any guidance he may need in determining the best method for making each amend – in-person, call/virtual or letter. Use the Community of Mentors for additional wisdom.]

- Review **pages 83 - 88**

[Mentor Note: Pause for insights.]

Scripture Verse for Today:

Think On Purity

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” - Philipians 4:8

In this session, we're going to review Steps 10 & 11.

Big Idea: *“Strive to Spiritually Outgrow Your Addiction.”*

12 Step says, if you go back into your addiction, it will be worse for you than before, as if you had never stopped acting out. Because, your addiction has been waiting for you outside your door, doing push-ups.

So, the a Big Idea of the 12 Steps is to “Strive to Spiritually Outgrow Your Addiction.” And never return to it!

Here is what the 12 Steps offer to help in this Daily Surrender.

- Steps 10, 11 and 12 are the “growth” or “maintenance” steps. (What we're maintaining is a state of growth).

We who have been released from the bondage of our addiction can now nurture and participate in the growth of our Spiritual Awareness every day. And we must do it every day or we run a high risk of returning to our destructive patterns. As we grow, we find the willingness to make ALL our Amends.

- These steps are life-long habits we must develop and incorporate into our daily routines, and regularly examine our motives and priorities.

The Big Book says, “This is not an overnight matter”. It takes practice to make these actions become habits.

- We have already got you started with Parts of Step 10 & 11 . Step 11, from Week 1 using the Daily Spiritual Plan, and as we finished the Inventory Step - processing and going through Amends - we covered parts of Step 10.

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

- Step 10 is really a combination of Steps 1 through 9 & 12.

*(Refer to **page 84.**)*

- We humbly surrender to Jesus daily (Steps 1, 2 and 3.)
- We look at our actions and choices today and identify where we were wrong.
- We identify how we were wrong (selfish, dishonest, resentful, fearful) (Step 4. We can see this by their progression: emotional disturbance – bedevilmments – restless irritable and discontent – failure to realize the 10th Step promises.)
- We discuss them with someone (from the program) immediately (Step 5).
- We ask God to remove these defects from us (Step 7).
- We make amends quickly (Step 9).
- We turn our thoughts to someone we can help (Step 12).

When we consider the wording “make amends quickly”, we must take care that we are not letting things linger and build up. We address our Defects as quickly as we can.

[Mentor Note: Pause for insights.]

Step 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.

Refer to **page 85**. (*Remind Mentee how the Daily Spiritual Plan we laid out on Week 1 - covers Step 11.*)

By the time we get halfway through 9th Step, we should have experienced a “spiritual awakening”. *We have taken steps to clean up our lives, our past, and our “side of the street.”* Now that we have the debris out of the way, we must maintain a spiritual connection to Jesus so that we remain “sober and sane”.

We learned in the previous steps that we must live our lives selflessly, thinking of others and how we can help them. To maintain this state of mind, we must also be in harmony with God’s will for our lives.

Step 11 is all about protecting and nurturing this harmonious relationship with Jesus. As long as we do it, we will have peace. If that peace begins to dissipate, we must look to our recent choices and identify where we “got off track”.

Perhaps it's because we stopped meditating (or never started), or we have not been reading something daily that encourages our spiritual growth. Whatever the cause, we **must** address it. As with our addiction, without action it will never get better, only worse.

[Mentor Note: Pause for insights.]

Review the Updated Spiritual Plan (additions).

The addition is the SAC (Spot, Admit and Correct) section.

- Watch out for selfishness, dishonesty, resentments and fears.
- If they crop up, process them – (*Suggest using inventory worksheets to process your “side of the street.”*)
- Ask Jesus to remove them.
- Discuss them with someone from the program quickly.
- Make amends quickly.
- Turn your thoughts to someone you can help.

Also, there are a few other additions.

- **Call 3 Men** - Start building your network outside program and start making calls, (*after program graduation*).
- **Nightly Review** - This will be a personal nightly review (after program graduation.)

[Mentor Note: Share the Updated Spiritual Plan sheet with your Mentee. Encourage him keep this in a place where he can see it as the “first” and “last” thing of the day, and possibly sometime during the day.)

Mentor Note: Pause for insights.]

Updated Spiritual Plan

- **Continue Previous Daily Spiritual Plan**
- **(Add) SAC (Spot, Admit, Correct)**
 - Watch for selfish, dishonest, resentments & fears.
 - When they crop up, process them using inventory worksheets.
 - Ask Jesus to remove them.
 - Discuss them with someone from program quickly (if needed).
 - Make amends quickly.
 - Turn your thoughts to someone you can help.
- **(Add) Build network of men to connect with in the 12 Step system**

Homework:

- Watch week 7 video series
- Read **pages 89 - 103** (Meditate on these pages.)
- Read **pages 151 - 164** (Meditate on these pages.)
- Updated Daily Spiritual Plan
- Keep processing any Resentments/Fears that come up using your Inventory Worksheets.
- Continue with making Amends.

Week 8

- Pray Knock Down Kick Down prayer.

I pray to the God of Abraham, Isaac, Jacob, King David and Jesus Christ:

- Please come with power and authority and knock down all doors, kick down all fences, bust out all windows, plow down all roadblocks and kick out all things inside of my entire being that are not of you.
- Please come with power and authority and pry my eyes wide open to your true, slam my face into your truth, let me not turn to the right or to the left, but please help me to walk in your Spirit and truth and receive more of you.
- Please come with power and authority and remove the lust of the eyes, lust of the flesh and pride of life from my entire being.
- Please come with power and authority and take the wheel for my life, lead me and guide me in your Spirit, truth and purpose.
- Please hide me behind your cross Lord Jesus Christ. I plead the blood of Jesus Christ over all aspects of my entire being.
- Please help me to be an obedient servant of you, Christ Jesus, and help me to be useful for your purposes. I am your's Jesus Christ, not mine.
- I repent of all ungodly prayers, my sin throughout my entire life and my iniquity. ▲ Please forgive me Jesus Christ and cleanse me in your blood. Please have mercy on me and make me more like you, Jesus Christ.
- None the less, your will be done Father God, not mine, in all matters related to me.
- "I agree in Jesus' name."

Review the Homework:

- Check to see if Mentee has any unprocessed Resentments or Fears – *(Let him process it in the worksheet in front of you.)*
- Check in on the Amends progress.
- Review and encourage Mentee to do Amends for the ones that are marked “now” or “later”.
- Remind him of the Guiding Principles:
 - Real purpose is to be of maximum service to God and other people.
 - Willing to go to any ends to have a spiritual awakening and do the right thing.
 - We must be hard on ourselves but always considerate of others.
- What are your thoughts about the reading and videos?
- Anything that stuck out to you?

Scripture Verse for Today:

Be Made Useful to the Master

“Those who cleanse themselves from the latter will be instruments for special purposes, made holy, useful to the Master and prepared to do any good work.” - 2 Timothy 2:21

Principle:

Give Back to Keep It

“Give freely as you have received.”

In this session, we're going to cover Step 12.

Step 12 - Having had a spiritual awakening as the result of these steps, we tried to carry this message to sex addicts and to practice these principles in all our affairs.

- Review and share your insights on this - Practical experience shows that nothing will so much ensure immunity from acting out as intensive work with other sex addicts. It works when other activities fail (pg. 89).
- To keep the spiritual experience with the possible byproduct of sobriety, you must - “Give it away to keep it.”
- There are several options for service work, and we will get into our suggestions on some possibilities on how to do it shortly. After the program, feel free to come back and process your thoughts with us for ideas and guidance.
- Review Finding the Drowning Man:

[Mentor Note: Pause at various points to have Mentee draw insights.]

- When you discover a prospect for Sex Addicts Anonymous, find out all you can about him. If he does not want to stop acting out, don't waste time trying to persuade him. You may spoil a later opportunity.
- Sometimes it is wise to wait till he goes on a binge. The family may object to this, but unless he is in a dangerous physical condition, it is better to risk it. Don't deal with him when he is very drunk, unless he is ugly and the family needs your help. Wait for the end of the spree, or at least for a lucid interval.
- If you are satisfied that he is a real sex addict, begin to dwell on the hopeless feature of the malady.
- And be careful not to brand him as a sex addict. Let him draw his own conclusion.
- The main thing is that he be willing to believe in a Power greater than himself and

that he live by spiritual principles. When dealing with such a person, you had better use everyday language to describe spiritual principles.

- Outline the program of action, explaining how you made a self-appraisal, how you straightened out your past and why you are now endeavoring to be helpful to him. It is important for him to realize that your attempt to pass this on to him plays a vital part in your own recovery.
- Unless your friend wants to talk further about himself, do not wear out your welcome. Give him a chance to think it over.
- If he is not interested in your solution, if he expects you to act only as a banker for his financial difficulties or a nurse for his sprees, you may have to drop him until he changes his mind. This he may do after he gets hurt some more.

If he is sincerely interested and wants to see you again, ask him to read this book – the AA Big Book - in the interval. After doing that, he must decide for himself whether he wants to go on. He should not be pushed or prodded by you, his wife, or his friends. If he is to find God, the desire must come from within.

- If he thinks he can do the job in some other way, or prefers some other spiritual approach, encourage him to follow his own conscience. We have no monopoly on God; we merely have an approach that worked with us. But point out that we sex addicts have much in common and that you would like, in any case, to be friendly. Let it go at that.
- Do not be discouraged if your prospect does not respond at once. Search out another sex addict and try again. You are sure to find someone desperate enough to accept with eagerness what you offer. We find it a waste of time to keep chasing a man who cannot or will not work with you. If you leave such a person alone, he may soon become convinced that he cannot recover by himself. To spend too much time on any one situation is to deny some other sex addict an opportunity to live and be happy.
- Suppose now you are making your second visit to a man. He has read this volume and says he is prepared to go through with the 12 Steps of the program of recovery. Having had the experience yourself, you can give him much practical advice. Let him know you are available if he wishes to make a decision and tell his story, but do not insist upon it if he prefers to consult someone else.
- Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust in God and clean house.
- Let no sex addict say he cannot recover unless he has his family back. This just isn't so. In some cases, the wife will never come back for one reason or another. Remind the prospect that his recovery is not dependent upon people. It is

dependent upon his relationship with God.

- Both you and the new man must walk day by day in the path of spiritual progress. If you persist, remarkable things will happen.

Review - So our rule is not to avoid a place where there is (acting out), if we have a legitimate reason for being there. That includes bars, nightclubs, dances, receptions, weddings, even plain ordinary whoopee parties. To a person who has had experience with a sex addict, this may seem like tempting Providence, but it isn't – What are some of the places or things your Mentee can think of?

You will note that we made an important qualification.

Therefore, ask yourself on each occasion:

- *“Have I any good social, business, or personal reason for going to this place? Or am I expecting to steal a little vicarious pleasure from the atmosphere of such places?”*

If you answer these questions satisfactorily, you need have no apprehension. Go or stay away, whichever seems best. But be sure you are on solid spiritual ground before you start and that your motive in going is thoroughly good. *Do not think of what you will get out of the occasion. Think of what you can bring to it.*

But if you are shaky, you had better work with another sex addict instead.

[Mentor Note: Pause for insights.]

(Hand Sustainable Spiritual Maintenance Plan to Mentee.) (See sheet below.)

Sustainable Spiritual Maintenance Plan

- **Vision:** The goal of the Christian 12 Step Mentorship Program is to help the Mentee find a spiritual experience as a result of working the 12 Steps per the Big Book (BB).
- **Mission:** Empowers the Mentee to integrate back as a fully functioning member of society as spiritually awakened 12 stepper.

Suggestive Plan:

- Attending Meetings - 1 or 2 per week (we encourage one of them to be a Big Book meeting – to continue to stay close to the text and brothers working the steps per the Big Book). *(Note: Attending meeting is a good use of time but it must not be confused with working Steps (10, 11 & 12).*
- Service Opportunities - (Some Options)
 - Serving in various leadership capacities in meetings.
 - Carrying the message to the man who still suffers either in meetings or outside
 - Serve as part of program outreach.
 - Serve outside of the program as a member of your family/community/society. An example of this is carrying the message to half-way houses.
 - Talk to your mentor for more ideas.
- Working with the Man Who Still Suffers - *(per instructions in the BB)* - Practical experience shows that nothing will so much ensure immunity from drinking (acting out) as intensive work with other (addicts). It works when other activities fail pg. 89.

Possible Options are:

- Use the instructions in the Big Book to work with the man who still suffers. *(You can find them in meetings. Talk to your mentors for more ideas.)*
- Invite you to join the Christian 12 Step Mentorship Program as one of the Mentors doing 12 Step work with Mentees. *(Minimum Criteria – Halfway through Step 9 Amends – we want you to reap the Step 9 promises.)*
- Expand Your Community
 - Find people who have worked the program per the Big Book and build a relationship/friendship with them.
 - Find opportunities to serve them.
 - Add them to your list of people whom you can call.
 - Step 12 work has the opportunity to build a community around you.

- **Big Book 152** - The most satisfactory years of your existence lie ahead.

Thus, we find the fellowship, and so will you. “How is that to come about?” you ask. “Where am I to find these people?” You are going to meet these new friends in your own community. Near you, sex addicts are dying helplessly like people in a sinking ship.

If you live in a large place, there are hundreds. High and low, rich and poor, these are future fellows of Sex Addicts Anonymous. Among them you will make lifelong friends. You will be bound to them with new and wonderful ties, for you will escape disaster together and you will commence to shoulder your common journey. Then you will know what it means to give of yourself that others may survive and rediscover life.

You will learn the full meaning of “Love thy neighbor as thyself.”

- Sustained Connection with the Christian 12 Step Mentorship Program Mentors:
 - As we get to Spiritual Maintenance mode – *Suggestion: Call the Mentors in the program once a month going forward.*
 - Start making and receiving calls to members of the broader community (as you expand your community).
 - Keep practicing the Updated Spiritual Plan shared by the Mentor covering Steps 10 & 11.
 - Move from sharing the nightly review with group to a personal nightly review.
 - Program Community is here for you if you need us – We want to encourage you expand your community and integrate back to society.
- Work the 12-Steps each year with a sponsor (recommendation).
- If you have trauma in your background, seek a therapist to resolve these issues.
- Address any Co-Dependency issues. Three 12-Step programs that can help are Adult Children of Alcoholics and Dysfunctional Families (ACA), Co-Dependents Anonymous (CODA), and for friends and families of alcoholics (Al-Anon).
- Integrate Back to Society - Let recovery be the bridge to be a fully functioning member of society.

[Mentor Note: Pause for insights.]

- **Homework:**

- Watch week 8 video series.
- Complete your Amends.
- Read **pages 89 - 103.** (*Meditate on these pages.*)
- Read **pages 151 - 164.** (*Meditate on these pages.*)
- Continue Practicing the Updated Daily Spiritual Plan as shared in Week 7.

[Note: Mentors, please check with the Mentee a month after graduation to see how the he is doing.

Check on how he is doing with expanding his Spiritual Experience and completing his Amends. If he is half way through his Amends and is finding sobriety as a “by-product” of working the program, invite him to be a program Mentor, share the sustainable mentorship note with him.

Also, ask about if he plans to practice step 12 by carrying the message. Advise Him on this importance of this and what He might want to do to get this principle working in his life. Give him practical ideas and guidance.]

Sources: AA Big Book, SAA Primary Purpose groups such as Integrity Men's Group (Coppell, TX), Taking Action Group (McKinney, TX), Dallas Primary Purpose Group (Dallas, TX), Power Lunch (Dallas, TX) and SAA Gentle Path groups such as Center for Spiritual Development (Dallas, TX), Boot Camp 2.0, and RIC Ministries. The copyright for these materials listed above belongs to their respective copyright holders.