

12 Steps to Awaken and Self-Transformation

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12 STEPS TO AWAKEN
AND
SELF-TRANSFORMATION

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Introduction

12 Steps to Awaken and Self-transformation is a practical guide for awakening and personal growth. The 12 Steps constitute a psycho-spiritual development program which promotes awareness, inner peace, personal development, psychological integration and higher consciousness. The steps are explained, insights are offered for contemplation and tasks are provided. Awakening is a profound shift in consciousness where a person transcends their limited ego-sense and connects to a deeper universal reality. It is waking up from the illusion of separation to realise oneness with all existence. Awakening is breaking free from our conditioned self and realising our true self.

Who looks outside dreams;
Who looks inside awakes.
~ Carl Jung

12 Step Goals

The following are some examples of goals that can be achieved or made possible by taking the steps and working the program:

spiritual awakening	abstinence	self-control	rational thinking	emotional intelligence
serenity	awareness	self-acceptance	self-love	self-realization
wholeness	mindfulness	maturity	healthy relationships	love
self-actualization	fulfilment	authenticity	joy	inner peace

The steps are not a cure for everything

The 12 steps are an awakening and personal development program. They challenge negative thinking and promote growth, stress reduction, constructive personality change and personal development. The steps alone are not a cure for psychiatric disorders. People with mental health issues and medical conditions may also require medication and professional help in the form of doctors, psychiatrists and psychotherapists in conjunction with taking the steps. However, the steps may help people with psychiatric disorders to manage and alleviate their conditions. And stress reduction will help to improve a person's general health.

Task

Think about what goals you want to achieve from taking the steps. Then make a list of your goals. Read your list whenever you need inspiration to complete the steps.

Step 1

We admitted we were powerless to change ourselves.

To achieve a spiritual awakening we have to overcome our ego. We cannot do this on our own. We need help to become aware of our egoism and gain insight. Our personality has been shaped and moulded by our experiences and conditioning. Without the necessary insight into our past we cannot discern our true self from the self we had to become to adapt to our environment. Our thinking, beliefs and attitudes have been introjected from our parents, caregivers, education and culture. We cannot change what is unconscious and what we are unaware of. We may feel that people and the world have to change for us to become happy but it is ourselves who need to change. The behaviours and attitudes we developed in the past are now self-defeating and are no longer serving us. We cannot move forward until we become willing to change.

Powerlessness

I am powerless over the weather.

We are continually adapting to the weather and the seasons.

I am powerless over my breathing.

Try and will yourself to stop breathing. Eventually the craving to breathe will become overwhelming.

I am powerless over change.

My life is continually evolving and changing. I am continually having to adapt to my changing identity and life's circumstances. I am a continual process of change and becoming.

I am powerless over people judging me.

Some people will judge me positively and others will judge me negatively.
I can't make everyone love me.

I am powerless to change people.

I can't make people accept my beliefs.
I can't make people share my views.
I can't make people agree with my opinions.

I am powerless over my thinking.

My concepts, ideas and beliefs are influencing my perceptions and driving my behaviour.

I am powerless to change myself.

I cannot change what I am unaware of in myself.

Change and Transformation

The caterpillar becomes a butterfly.

I will undergo a metamorphosis in my personality and identity.

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The giving up of my old self which served me well in the past and becoming an authentic person which will serve me well in the present.

I am no longer reacting to life from my past experiences. I am free to choose how I respond to life in a manner which reflects my own style and values.

Illusions are relinquished in favour of reality.

Seeing the world and people as they are is painful at first but contact with reality is the cure for much of our distress.

Irrational thinking is replaced by rational thinking.

My old thinking is no longer serving me in the present. I need to allow my current experiences to inform my thinking.

Egocentricity is balanced by objectivity.

My personal feelings and desires distort my perceptions. By growing in self-awareness I can differentiate between my subjective mind and personal bias, and my objective mind which is unbiased. I will see things as they are and not as I am.

Selfishness becomes selflessness.

I help others without looking for anything in return.

Negativity becomes awareness.

When we are in self we are self-absorbed, judgemental and critical of others. When we develop compassion for others we seek to understand them instead of judging them and we grow in awareness.

Task 1

Make a list of five things you are powerless over.

Task 2

Make a list of five reasons why you are powerless to change yourself.

Step 2

Came to believe in a Power greater than ourselves that could help us to change.

We came to believe in a Power greater than ourselves, a Higher Power that could help us to change. You may be a rational person and naturally sceptical of a spiritual awakening program but all you need to begin is the willingness to believe in a Power greater than yourself. Who cannot submit to the probability that there may be something in the universe which is greater than them that transcends their limited comprehension. Some examples of a Higher Power could be:

The Universe

Universal Consciousness

Nature

Unconditional Love

Great Father or Great Mother

Higher Self

God

You are free to choose or create your own concept of God. Or God can begin as a mystery or the unknown and reveal Himself or Herself to you as you form a relationship with God. These are just some examples of a Higher Power and you needn't restrict yourself to them. You could use an image, symbol or name that you associate with the qualities of a Higher Power which is benevolent, supportive and wise. Use whatever works for you.

Task 1

Make a list of five reasons why a Power greater than yourself could help you to change.

Task 2

Make a list of five reasons why you want to change.

Task 3

Make a list of five qualities or characteristics of your Higher Power.

Step 3

Made a decision to change under the direction of God as we understand God.

In step 3 we are invoking the God or Higher Power¹ of our own understanding. This is our initiation into our spiritual journey. We are letting go of our old ideas and behaviours and surrendering them to God. Through God's love and direction we will undergo a process of healing and transformation. The following is the third step prayer. Say it with conviction and release yourself into the care of God.

God I offer myself to you. I am willing to change under your direction. Help me to become aware and free from delusion. Assist me to gain insight into my past experiences and become an authentic person. Increase my self-awareness so that I can respond instead of reacting to life. Take my distress and replace it with serenity. Make me an example of maturity and love.

When we have given ourselves to God we will start to feel the presence of God. We are no longer alone.

Task 1

Write down five reasons why you are willing to become directed by God.

Task 2

Write down five reasons why you want to become aware and free from delusion.

Task 3

Write down five reasons why you want to become an authentic person.

Task 4

Write down five reasons why it is preferable to respond to life instead of reacting to life.

Task 5

Write down five reasons why you seek serenity.

Task 6

Write down five reasons why you want to become an example of maturity and love.

¹ I use the terms God and Higher Power interchangeably in the following steps.

Step 4

We took honest inventories and increased our self-awareness.

All true spiritual progress has periods of the *dark night of the soul*. Times when faith is tested leading to increased self-awareness, self-transformation and bringing us closer to God. Spiritual illness is caused by our egoism and separation from God. This spiritual malady is a cause of materialism, isolation, distress, anger, resentment, depression, anxiety and negative states of mind which make us vulnerable to all kinds of compulsive behaviours and addictions. In step 4 we review our life and identify which areas of self have been separating us from God. Our thinking will be challenged and our perspective broadened. Our self-awareness will increase making us more mindful of ourselves and others.

Step 4 is a process of becoming aware of our character defects or negative traits which include: selfishness, self-centeredness, dishonesty, anger and fear. However, some degree of selfishness is necessary for our survival but is unhealthy when we are overly selfish and unconcerned with the needs and welfare of others. Honesty is a great virtue but there are times when being too honest may cause hurt or offence and it wouldn't be prudent or skilful. Reacting to perceived threats and acting out anger can be frightening and intimidating for the recipients and will make people afraid of us. Experiencing anger and responding calmly and assertively to put boundaries in place or defend ourselves is healthy and constructive. Fear is a positive trait that keeps us away from harm but irrational fear is unhelpful and debilitating. Selfishness, dishonesty, anger and fear are unwelcome when they are inappropriate and disproportionate.

We repress our negative traits which are incompatible with our persona. The persona is the mask we present to the world and the identity we developed through the process of socialization, genderization and role modelling to achieve acceptance in our family and culture. Our negative, incompatible and immoral characteristics which conflict with our perceived ideal image (persona) are repressed to form a shadow, although our shadow can also contain unrecognized positive qualities. Our shadow is unconscious and it takes considerable moral effort to bring it into consciousness but when we realize that everyone has negative traits there is nothing to be ashamed of. Everyone feels fear and everyone is selfish. And we've all did and thought things we aren't proud of.

The integration of our shadow will help us to achieve self-acceptance and become a whole, unique and authentic individual. Self-acceptance correlates positively with self-confidence and resilience. Moreover, our increased self-awareness will enhance our ability to relate to other people and will promote healthy relationships. It may also prove to be useful to grow in self-awareness and appreciate the differences of others by becoming familiar with the Myers Briggs Type Indicator (MBTI). By taking the Myers-Briggs personality test you will be able to identify your personality type and your psychological orientation. Our personality is not static however and as we integrate our shadow our personality will broaden and become more flexible.

Areas of Self

Self-Esteem

How I view myself. Subjective appraisal of myself as being positive or negative. Self-relevant beliefs about myself. Am I a valuable person or do I have little value? Am I competent or incompetent? Do I love myself or hate myself? Am I useful or useless?

Pride

How other people view me. Social standing. Am I respected by my family, peers or colleagues or do people look down on me? Inflated ego. Inability to cope with criticism. Am I superior and narcissistic?

Security

Free from danger or risk. The condition of being protected against danger or loss. Emotional security. Am I feeling confident or insecure? Physical security. Do I feel safe from harm or am I vulnerable? Will see someone as a threat if they present a potential negative impact on my security.

Autonomy

Personal agency. Freedom. Choice.

Ambition

Determination to achieve success or distinction. Drive to satisfy a need or achieve a goal.

Personal Relationships

Friendships. Connections or associations I have with people. Social affiliations. Attachments to people.

Sex Relations

Sexual relationships I have with others. Prospective sexual relations I desire with others.

Boundaries

Personal space. Could be physical, social, psychological or sexual boundaries. Physical proximity. Psychological space. For example, someone may be getting too personal with you or asking awkward questions. Sexual limits. What one is comfortable with. Boundaries are crossed when someone crosses the line of what is acceptable to you. Unacceptable behaviour which makes one feel uncomfortable, angry, afraid, humiliated or threatened.

Finances

Personal funds. Monetary resources. Bank balance. Income. Savings.

Resentment Inventory

Person, Institution or Principle etc.

The Cause or Event (Why am I angry)

Which area of self was affected:

self-esteem		personal relationships	
pride		sex relations	
security		boundaries	
autonomy		finances	
ambitions			

Where was I to blame? Where was I selfish, self-centred, self-seeking, inconsiderate, dishonest, frightened or other:

selfishness		stubborn		expectations	
self-centeredness		defiant		unassertive	
self-seeking		judgmental		people-pleasing	
inconsiderate		rigid/inflexible		boundaries	
dishonest		lack of empathy		projection	
jealousy		unawareness		denial	
anger		perfectionism		sensitivity	
fear		obsessiveness		codependency	

These are just a few examples and you needn't restrict yourself to them

Before we start our inventories be advised to keep them private and store them in a secure place or medium where no one but yourself can access them. In our resentment inventory we make a list of the people, institutions or principles etc. we are angry with and why we were angry. We identify the areas of self that were threatened and caused us to become angry and resentful. And finally, with the help of a spiritual advisor, we identify our part in these resentments of which we were previously unaware of. See Resentment Examples on page 33.

Task 1

Make a list of people, institutions or principles etc. that you have been or are angry with. Start from the present day and work your way back to your earliest memories. Take a couple of weeks to do this.

Task 2

When you have completed your list transfer your names to section one of the Resentment Inventory. You will need one resentment inventory sheet for each resentment. (Keep your list as we will need it again.) In section two describe why you were angry with that person, institution or principle etc. in a couple of sentences or a paragraph.

Task 3

When you have completed section two for all of your resentments move on to section three and identify which areas of self were threatened. You can use a highlighter or place a tick in the box.

Task 4

Once you have completed section three for all of your resentments you are now ready to start section four. By identifying our negative traits in our resentments we are taking ownership of our part. It doesn't necessarily mean that we are fully to blame. In some cases we may be wholly responsible in others we may only be partially responsible. If we want to awaken and raise of level of awareness then we need to identify our own part in our resentments. In some cases we will need to forgive our transgressors. We can forgive them by knowing they were perhaps spiritually sick, immature, damaged, dysfunctional or deluded like ourselves. We try to show them the tolerance and patience that we would like people to show us when our behaviour has been offensive.

“God save me from being angry. This is a sick person. How can I be helpful.”

However, we don't have to put ourselves in a position to be hurt, used or abused by toxic people. We can forgive sick people and keep them at a safe distance. We have a right to put boundaries in place and protect ourselves.

Choosing a spiritual advisor

We will need help to become aware of our egoism. Ideally this should be someone who has taken the steps and had a spiritual awakening. If no one is available who has taken these 12 steps to awaken and self-transformation there are numerous 12-step fellowships where one can utilize the assistance of someone who has been through a similar 12-step program and had a spiritual awakening. However, anyone who has confronted their shadow and gained insight into themselves will be qualified to help us. People cannot help us beyond their own level of awareness therefore choose someone who has greater self-awareness than yourself. I suggest that your advisor reads a sample (1 in 5) or random selection of your resentments and helps you to identify your negative traits in those resentments. And you may ask for help

with specific resentments. Then you should then try to complete the rest on your own. It's important that you learn to challenge yourself.

Everything you say to your advisor should be kept in the strictest confidence by them unless you give them reason to believe there is a risk of harm to yourself or someone else. In which case they may have a duty to share the relevant information with someone else or an outside agency. So I suggest that you make a confidentiality agreement with your advisor before you share personal information with them. And if you are an advisor for someone else make sure they are aware of the limits of your confidentiality before they share personal information with you.

Transference

We will project our Higher Power onto our spiritual advisors and mentors and this gives them a God-like quality. We do this instinctively and unconsciously. This is called transference in psychotherapy and can be very useful when it is not abused. We should feel reverence for someone who is helping us and a teacher should feel proud of the work they do but some immature advisors and step guides may exploit the transference of their students in unhealthy ways. If you feel that your spiritual advisor is not treating you with respect or is exploiting you then discuss it with them. If you don't want to continue working with them then thank them for their time and look for another spiritual advisor. When we become aware of and directed by our Higher Power our projections will withdraw and our advisors should over time become our peers.

Shadow Integration

Becoming aware of our shadow is painful. If our advisor has proved to be effective and has helped us to look at ourselves squarely it is not unusual to be experiencing confusion, anger, contempt, anxiety, humiliation or deflation. These are the death throes of the ego. Psychological death precedes a rebirth of the personality and an expansion of consciousness. Our thinking has been challenged and our mindset has been undermined. Our experiences, ideas and perceptions will be revised and updated. We will need some time to process our new insights and construct our new mindset. When we have achieved the transition we will have increased our awareness, become more assertive and less judgemental.

Feelings and Behaviours

Emotional intelligence comes from knowing our feelings and being aware of the feelings of others. This is also known as affective consciousness. Many of us struggle to know our feelings as we have learned to repress them to be accepted, comply with authority or cope with trauma and abuse. Moreover, in Western culture thinking is dominant and feeling is undermined. Therefore we may lack awareness of how other people's behaviour affects us and how our behaviour affects other people. Here are some examples of behaviours and feelings.

Behaviours			Feelings	
aggressive	supportive		anxious	peaceful
bullying	friendly		anger	calm
controlling	assertive		shame	happy
manipulative	calm		threatened	joyful
intimidating	skilful		jealous	excited
passive	constructive		defensive	confident
lazy	instructive		insecure	triumphant
compliant	sociable		nervous	reassured
domineering			sad	elated
raging			depressed	
threatening			exploited	
			annoyed	
			embarrassed	

Use your resentment list of persons. Examine how people have affected us and how we have affected them.

How did their behaviour make me feel and how did my behaviour make them feel

Name	Their Behaviour	My Feelings	My Behaviour	Their Feelings
Dad	aggressive	anxious	uptight	nervous
	critical	insecure	compliant	calm
	supportive	reassured	raging	anxious
Girlfriend				
	sociable	insecure	aggressive	anxious
Teacher				
	manipulative	exploited	uninterested	annoyed
Dog				
	aggressive	anxious	threatening	anxious

Sex Conduct

I don't prescribe which type of sexual relations one must adhere to. Whether a person is heterosexual, bisexual, gay, transgender, monogamous or polygamous is not my concern. When we review our sexual conduct we are looking to see where we have been selfish or dishonest. Have we hurt anyone? Have we misled anyone? Have we used anyone? Has our sexual conduct been inappropriate or irresponsible? Is our sexual conduct healthy or unhealthy? Make a list of people whom you have had sexual relations with and ask yourself if you have behaved selfishly, dishonestly, inappropriately or irresponsibly? You can also make a list of different occasions where you had sex with the same person. Were there occasions with the same person where I behaved selfishly, dishonestly, inappropriately or irresponsibly?

Name of Person Involved

My Behaviour

Was my behaviour selfish, dishonest, inappropriate or irresponsible?

Name of Person Involved

My Behaviour

Was my behaviour selfish, dishonest, inappropriate or irresponsible?

Name of Person Involved

My Behaviour

Was my behaviour selfish, dishonest, inappropriate or irresponsible?

Name of Person Involved

My Behaviour

Was my behaviour selfish, dishonest, inappropriate or irresponsible?

Fear Review

We become angry when we are afraid and feel threatened. If we have been honest with our resentment inventory we will see that fear is behind much of our anger and resentment. We don't like to feel afraid therefore we tend to project our fears and blame others. But if we are honest we will see that other people are comfortable with people and situations that frighten us and vice versa we are comfortable in circumstances and situations that frighten other people. Therefore much of our fears are our own response to external stimuli. If we don't take ownership of our fears they dominate us and control us. When we take ownership of our anxiety it becomes more manageable. We can work with it, learn from it and contain it. We need to identify our fears and gain insight into why we have them. Make a list of your fears and provide an explanation for each one. Here are some examples:

Fear of People

I am afraid of people because I lack social skills and social confidence.

I had a traumatic experience with someone or people who harmed me and frightened me.

I had an abusive caregiver or parent.

I lack self-confidence and don't feel comfortable amongst people.

I don't feel equality with people. I feel superior to some people and inferior to others.

I project my own shadow onto people: selfishness, self-seeking, self-centeredness, lust, desire, power-seeking and aggression etc.

Social Anxiety

I am self-conscious and had a critical parent.

I avoid situations where there is a potential for people to judge me and criticize me.

Fear of Spiders

I have been conditioned to fear spiders by my culture which associates spiders with evil. My fear response to spiders is greatly exaggerated because of this.

Fear of Dogs

A dog attacked me once when I was running. Since then I feel wary when I see a dog and because I'm nervous it feels threatened and becomes hostile towards me.

Fear of Intimacy

I have low self-esteem and don't feel worthy of love and affection.

Fear of Authority

I was fearful of a parent or caregiver in my childhood and have learned to fear people in authority.

I had a negative experience with an incompetent teacher or manager.

Fear of Conflict

I am afraid of conflict because I can't contain my anger or I am afraid the other person will become hostile.

I lack communication skills and don't know how to express my views in a mature and unthreatening manner.

I struggle to regulate and contain my emotions.

Fear of Women

As a young man I never understood women and found them to be unpredictable. I was also afraid of being rejected by them.

Fear of Men

This stems from being afraid of my father.

Fear of Change

I feel calm and in control of what I am familiar with and become anxious and stressed in a new and unfamiliar environment.

Fear of Public Toilets

I need privacy to use the toilet and sometimes can't go if I think people are watching me. I am very self-conscious and I'm fearful of being judged and ridiculed.

Strengths, Weaknesses and Virtues

First and foremost we are all loveable. There is a beautiful person in everyone. Their behaviour may be challenging but there is a beautiful person in there if you look for it. Every single person without exception is valuable and precious. Everyone has differing strengths, weaknesses and virtues but we each have the same value. We depend on each other because we rely on others' strengths in areas where we may struggle. Conversely, other people rely on our strengths in areas that they struggle with. People are interdependent and this is the basis for society, teamwork and partnerships. Find out who **you** are. What are your strengths, weaknesses and virtues? If we suffer from low self-esteem we may struggle to know our strengths and virtues and may need to ask our trusted friends, family or advisor what strengths and virtues they see in us. Make a list. Here is an example:

Strengths	Weaknesses	Virtues
intelligent	lack social awareness	loveable
practical	hate home decorating	valuable
formal writing	drawing and painting	honest
organized	struggle with change	conscientious
rational	obsessive	caring
lucid	lack patience	dependable
good communicator	performance anxiety	understanding
humorous	handwriting	supportive
fun-loving	poor concentration	empathic
intuitive	short-tempered	wise

Step 5

We shared our inventories with a trusted confidant.

Step 5 is a humbling and empowering step. We are sharing our life review with another person. This takes courage and will break down the barriers between ourselves, people and God which is our egoism and fear. Separation from God and separation from people are one and the same. Step 5 will bring us closer to people and therefore closer to God. Our egoism and fear will be replaced by humility, confidence and integrity.

When we have completed our inventories we are now ready to share our secrets with our spiritual advisor and read them aloud in their presence. It must be someone who is trustworthy and we feel safe and secure with them but it wouldn't be appropriate to take our fifth step with a spouse, partner, family member or friend as it may affect our relationship with them. We may fear being shamed, criticized or humiliated by the recipient of our inventories. Therefore our confidant should be objective, forgiving, compassionate and non-judgmental. It is important that they can receive us warmly and are accepting of our faults and mistakes. If our advisor is accepting of us then it will give us permission to accept ourselves. We may feel that no one is as bad as us therefore our advisor may want to disclose some of their past resentments, fears, insecurities and misconduct with us to make us more relaxed about sharing with them.

Confidentiality is of paramount importance here. We are sharing very personal information and we need to be sure that our personal information is kept in the strictest confidence unless there is a risk of harm to ourselves or someone else in which case our spiritual advisor may have a duty to disclose the relevant information with someone else or an external agency. We should also ask our advisor what the limits of their confidentiality are before we disclose anything to them.

We are not restricted to taking our fifth step with one person. We can share our fifth step with more than one person if we feel we would get more benefit from it. When you have completed your fifth step don't destroy your inventories just yet as you may need them for reference in the following steps. Keep them somewhere safe where no one else can find them.

When we have been as thorough as we can with our inventories and shared them with an understanding person we should be experiencing catharsis and a closeness to God. A load has been lifted. Our inner turmoil is becoming inner peace. Our shame is becoming self-acceptance. We are feeling more comfortable with ourselves. Our negativity and judgementalism are becoming love and tolerance. We are beginning to have a spiritual awakening. Our fear of people is diminishing and our fears in general are lessening their grip on us.

Some of us may be experiencing ego-deflation at depth and the dissolution of our persona as we have become aware of and shared some painful truths about ourselves. We have learned that we aren't perfect and it may have temporarily shaken us but now we are becoming authentic. And some people may be experiencing anger or sadness for the losses or the abuse they have suffered. These are the stages we need to go through before we achieve objectivity and acceptance. You are not alone. You have a Higher Power who loves you and will support you.

Step 6

Have we been honest with our inventories and humbled ourself by sharing them with an understanding person?

Has anything else come up that we need to share with our trusted person? You are only asked to do your best and be as honest as you can. God will reveal more to you as you continue your journey and grow stronger in spirit.

Step 7

Humbly asked God to help us overcome our egoism.

By offering our egoism and fears to God we are willing to become more God-centred and less egocentric. Selfishness and self-centeredness will be transformed into love, tolerance, compassion and empathy. Anger and dishonesty will become serenity and integrity. Fear will be replaced by fearlessness, for love and spirit are fearless. We want to become our own person and throw off the shackles of our past conditioning. Change is a process. By saying the following prayer we are embarking on a process of change with God.

God I offer to you my egoism and irrational fear. Help me to outgrow my former self and become an authentic, calm and mature individual who acts with confidence, dignity and integrity. Make me an example of your love wherever I go.

We have then completed step seven.

Step 8

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

Action and consequence are the law of karma. Positive actions will have positive consequences and negative actions will have negative consequences. All of our actions have consequences for ourselves and others. This is our karma which influences our perception and fate. By making amends we are reducing the negative karma we accumulated with our past unskillful and harmful actions which affected other people and we are increasing our positive karma. But only if we make the amends sincerely and are truly sorry for our past misdeeds otherwise we will not be released from our karmic debt. Therefore our intention behind our actions is key.

However, we are not being asked to make any amends at this stage. We are only making a list of people we have harmed, hurt or wronged. We may not be entirely to blame, they may have made mistakes as well, but we are becoming accountable for our own faults and immature behaviour. By making our list we are demonstrating our willingness to make amends. Making an amends list can be overwhelming as we may not feel ready to make all of our amends. So make your list into smaller lists beginning with people you are capable of making amends to right away. The second list is people you are willing to make amends to but not right now. The third list is people you're not sure if you need to make amends to. The fourth list is people you are not willing to make amends to. And the final list is people that you will never make amends to. Here is an example:

Amends List

Willing to do right away	Willing to do but not right now	Unsure if I need to make an amends	Amends I'm not willing to make	People I will never make amends to

If we divide our list into something like this it won't seem so intimidating and we only need to concentrate on the amends we are willing to do right away which is usually people whom we are close to and we will feel comfortable approaching them. We now have a list which is manageable and within our comfort zone. When we complete our first list it will give us the confidence and the willingness to start the next list. When we complete the second list it will give us the confidence and willingness to start our third list and so on. Step 8 is a powerful step. When we overcome our ego-resistance and become willing to make amends we will experience a dramatic change of heart and will feel uplifted.

Step 9

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

We should try to make direct amends wherever possible and appropriate as direct amends are the most beneficial for our awakening and the healing of our relationships. Direct amends will make us confront our fear of people, improve our perception of people and bring us closer to God. However it may not always be appropriate, wise or possible to make direct amends. We need to be mindful of whether our amends may implicate other people. It is selfish to make amends that may have consequences for someone else. We will need to ask for their consent before making the amends. And it would be selfish to make a direct amend that would hurt the receiver of our amend or make them angry. In which case we can make indirect amends but we don't use this as a cope out. You only get out of this what you put into it.

The more direct amends you make the more powerful your awakening will be. However, we all have different capacities for spiritual growth therefore each person's quantity and quality of amends will vary. A direct amends should be made face to face but if this isn't possible it should be made by video call or telephone. Use letters or emails sparingly as speaking to someone in person is more effective for yourself and for them. An indirect amends may be made when it isn't wise or appropriate to approach someone or the person may be deceased or cannot be found but we should be willing to make direct amends if the opportunity ever presents itself. Some examples of indirect amends may be doing a good deed for someone without any mention of your purpose. Saying a prayer for someone and offering them good intentions. Writing a letter of apology to someone and reading it in the presence of God or a trusted witness and then destroying it. Or maybe working as a volunteer to help people etc.

Make a plan of what you are going to do for each amend and it is important that you discuss them with your advisor or confidant before making them. Across from the name of each person write down how you wronged them and then what you are going to do to make amends.

Name	How I wronged them or hurt them	What I need to do to make amends

12 Steps to Awaken and Self-transformation

When you contact people or approach them it may be helpful for them to know that you are working a 12-step program in which you are required to make amends but do not use the opportunity to try and sell them spirituality as this may frighten them. If they are interested they will ask and then you can share your experience with them. Or you may prefer not to mention your purpose at all and just make the amends. When you are making your amends put your ego in eschew and make a sincere apology. Apologise for your part and disregard the other person's part entirely. If our amends are appropriate and made sincerely it is very unlikely they will be met with criticism or hostility. The other person will most likely be impressed by your gesture. It takes courage to make amends but it gets easier the more you make. Just remember to make a sincere apology and disregard their part entirely. Invite God to be with you and guide you when you are making your amends and you will be fine

In most cases our amends will be accepted warmly and the other person may admit their part also. If you feel it is appropriate ask the person if there is anything you can do for them. In some cases an apology may not be sufficient and some service or compensation may be required. If the amend requires us to pay back a financial debt we can only repay within our means and if we have dependents then they must come first. We are God's children and regardless of what we have done in the past we are entitled to meet our own needs. We could arrange with them to pay back the debt in manageable instalments. If we are in considerable debt it would be prudent to consult a professional debt advisor.

If we have been sincere and skilful in making our amends we will have been received warmly and experienced kindness from the people we once disliked or hated. Our relationships are improving and our outlook is becoming more positive. We will lose our fear of people and our past will no longer haunt us. As we progress through our amends we will experience a oneness with people and begin to have a spiritual experience. We will realize there is good in everyone regardless of how they have behaved in the past. We strive to understand people instead of judging them. People's behaviour reflects their past experiences, culture and environment. We will express goodwill and kindness to others without thinking of what we can gain from our actions. We will grow closer to God.

How do we know when we have made enough amends? Let your own conscience decide and be open to the guidance of your Higher Power. At some point we need to forgive ourselves for our past mistakes and move on. If we can't forgive ourselves then we will struggle to forgive others who have wronged us.

Step 10

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

When we have taken the first nine steps and have been honest and thorough we will have greatly reduced our egoism and become spiritually well. We will know serenity and enjoy connection with people. Our personality is changing. We are more God-centred and less egocentric. We are less judgemental and more empathic. We have grown in self-awareness, self-acceptance and assertiveness. We are becoming an authentic person who is equal to others.

Step 10 is a maintenance and growth step. It will help us to maintain our spiritual condition, continue our growth and keep our ego in check. We are not striving to completely subdue our ego. We need a sense of self to be a healthy functioning person. Our goal is to have a healthy ego and be mindful of our egoism. We don't have to wait till we have completed the previous steps before we put step 10 into practice. We can start taking our personal inventory as soon as we like. Is some situation or person disturbing me? Is something worrying me or making me unhappy? Write it down and review it. What areas of self are affected: self-esteem, pride, security, autonomy, ambition, personal relationships, sex relations, boundaries or finances?

What part of this am I responsible for? Have I been selfish, self-centred, dishonest, angry or afraid etc? Ask God to reveal it to you. We can ask God to take us out of selfishness, self-centeredness, anger, fear and dishonesty. We are never alone. We can always share our troubles with God and ask God for assistance. God also works through people. Do I need to discuss this with someone and ask for their opinion? Do I owe an apology? Do I need to put a boundary in place? Have I been skilful in my interactions? Have I been mindful of my attitudes towards people and their feelings? Have I been assertive when I needed to be? Have I been an example of love and maturity? Have I been kind and understanding? What could I have done better today?

Eventually the process of self-improvement, taking inventory, reflecting on our actions, using our Higher power, sharing with others, admitting our wrongs or placing boundaries will become second nature and the stronger we become spiritually the more resilience we will have to cope with life's challenges. When we are in doubt and unsure as to how we should respond to a situation, saying the serenity prayer can help us to decide if we need to accept the situation the way it is or whether we need to have the courage to take some action.

God, grant me the serenity to accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference.

Step 11

Sought through prayer and meditation to improve our conscious contact with God as we understand God.

Prayer

Prayer is a means of talking to or communing with our Higher Power and expressing our emotions and needs. Prayer can be informal and resemble a conversation we would have with a close friend, parent or counsellor etc. How a person relates to their Higher Power is personal to them. For example, a person may relate to their HP as God, mother, father, someone or something who or which is benevolent, wise, supportive and powerful. Our conscious mind is only a fraction of our total mind. Our unconscious mind or Higher Power is vast and immensely more powerful than our conscious mind. Our Higher Power is an inner resource which we can utilise to assist us. When we are worried, feeling down or experiencing difficulties praying to our HP and sharing our fears, difficulties and needs can provide relief, lessen our burden, give us hope and prayer can effect changes that assist us when our problems seem insurmountable.

When we pray we engage our Higher Power and release energy into the universe and the universe will respond. You may be feeling sceptical about the power of prayer. I know I was before I put it into practice. Try it out for yourself and draw your own conclusions but you must pray with conviction otherwise it won't be effective. Our prayers will always be answered but not always in ways we are expecting. Be open to the creativity of your Higher Power. Prayer, however, cannot stop the inevitable but prayer can help us to cope with the inevitable. Hard times will be followed by good times. We will all experience loss. Sickness and death will come to us all but physical death is not the end.

Prayer is an excellent way to begin your day and invite God to be with you and guide you throughout your day. Prayers provide comfort and guide our thoughts and actions. You will find or create the prayers which resonate with you over time. To begin with you could start your day by saying the third step prayer on awakening:

God I offer myself to you. I am willing to change under your direction. Help me to become aware and free from delusion. Assist me to gain insight into my past experiences and become an authentic person. Increase my self-awareness so that I can respond instead of reacting to life. Take my distress and replace it with serenity. Make me an example of maturity and love.

We can pray and talk to God anytime during our day. We may want to express gratitude or we may be needing guidance or support. God is an incredible resource of support and guidance and is always available for us. Our faith in God will grow as we recognise God's response to our prayers unfolding in our lives in mysterious ways.

Meditation

Meditation is a means to experience serenity and tap into an inner resource to guide us. Regular meditation practice can help us to become calmer and less reactive to our environment. Meditation quiets our conscious mind and opens up our intuition. During meditation we may receive an intuitive thought or mental image which serves to guide us on this journey of life. Prayer is talking to God and meditation is listening for God. Our intuitive thoughts can be our Higher Power's response to our prayers giving us hope and guidance. We are conditioned to believe that happiness comes from achieving our goals in life and investing in our future. These things are important and worth pursuing but they won't bring

true happiness. True happiness comes from within. And the truth is that we are happiness. We are joy. We are love. We are bliss. We are awareness. Meditation helps us to discover our true nature and enjoy the energy of our being. For our innermost being is part of the Source.

There are many different styles of meditation employing various techniques. Try different ones to find the type of meditation which suits you. I prefer to sit in silence with my eyes closed. I focus on my breathing to quiet and empty my mind. I inhale through my nose and exhale through my nose. I experience the air coming in and the air leaving. This is very relaxing. I do this until I have quieted my sensory and thinking mind and I have entered the void of serenity. Intuitive thoughts or mental images can and will occur in this deep state of relaxation and the trick is to be open to them and not try to shut them out. If my mind starts to wander and chatter I focus on my breathing again to gently take me back into my meditation. Start with a 5 min meditation each day and gradually increase the duration over time until you are meditating for 20 to 30 mins daily.

Dreams

Our HP may attempt to communicate with us in symbolic form through dreams, visions, art, poetry and many other forms of creative expression. When we take notice of and interpret our dreams, visions, drawings, paintings and poetry etc. this creates a dialogue with our Higher Power. Dreams are open to interpretation. It takes many years of keeping dream journals and learning the art of dream analysis to become a proficient dream interpreter. Initially we will see what we want to see but as time goes on we will become more objective. As we progress through our step work we are growing in awareness and self-acceptance and we may have a significant dream or dreams during this period. These dreams are blessings from our Higher Power for our efforts and progress. If you feel moved to do so write them down and start a dream journal. Some people will begin their *inner journey*² as they are taking the steps or once they have completed the steps and symbols of the unconscious will appear.

There are many books that we can reference to assist us in the interpretation of our dreams and they will all contain the bias of that particular approach or writer. *Man and His Symbols* by Carl Jung was an indispensable resource for me and provided a framework for my inner journey.³ Most of our dreams won't be very important and will be hard to recall so don't worry about not writing them down in your journal. The significant ones make more of an impression and are easier to remember. Some dreams we may discard initially as dream nonsense as they are so bizarre but if they keep coming back into our mind during the next couple of days then it's a significant dream which is calling for an interpretation and it has an important message to convey. Some of my most bizarre dreams have turned out to be the most meaningful. If you feel an aversion to dreamwork then trust your instincts and leave it for the time being. The dreams will come when you are ready for them.

² My book *Psychonaut* is an account of my inner journey to selfhood through dream analysis.

³ The only criticism I have of *Man and His Symbols* is that it describes the anima (feminine) as the unconscious woman in a man and the animus (masculine) as the unconscious man in a woman. I view the anima as the feminine principle in the psyche and the animus as the masculine principle. The anima tends to be more dominant in women and the animus tends to be more dominant in men but it is the personality type of the person that will determine their cognitive preferences. Diversity must be taken into account and each person should be treated as an individual. The Myers Briggs Type Indicator (MBTI) has listed 16 different personality types. However, boys strive to achieve a masculine persona and therefore repress feminine traits to achieve adaptation and women strive to achieve a feminine persona and therefore repress masculine traits to achieve adaptation. Therefore the male persona carries a feminine shadow and the female persona carries a male shadow.

Synchronicity

Synchronicities are meaningful coincidences. It is the significance of these coincidences for the person experiencing them which makes them meaningful. Synchronicities, also known as God instances, will occur when we are growing in God-consciousness and our intuition or sixth sense is opening up. They occur more frequently when we are progressing on our path of awakening, self-actualization and self-realization. For example, you may have been thinking about something or acquiring some new insight and later on in the day you meet someone who mentions the thing you were thinking about or becoming aware of. Or a post may appear on your social media which is related to what you have been thinking about or it may be heralding a milestone you are approaching in your development. Or maybe you have prayed for help on a certain matter and sometime later you are attending a gathering of people and someone responds to your prayer with some form of support or advice without realising it or having spoken to you beforehand. God works through people. These are some examples of synchronicities which can be acting as a beacon to guide us and inspire us and let us know that we are on the right track. Or they may be providing us with assistance and support or confirmation. You are not alone. This is the universe's way of communicating with us. We have now discovered an outer resource of which we were previously unaware of.

Synchronicities may appear baffling as we are living in an age of materialism and have been conditioned to believe that we are objects separated by space and living in isolation from each other, the world and the universe. So how can my thoughts and prayers cause my environment to respond in peculiar ways? Synchronicities are easily explainable when we think in terms of energy. Our essence is an energy field which is part of a universal energy field that connects all things. *Everything is connected*. This energy field is invisible to our ordinary senses but it is known by our sixth sense or intuition. Space is not a vacuum. Space is an ocean of energy and we are a wave on that ocean of energy.

Our mind is not encapsulated in our skull. Our thoughts and feelings extend beyond our body in the form of energy. We are transmitters and receivers of energy. If we use the analogy of a mobile phone network. We are each like a mobile phone which can transmit signals (messages) into a network and receive signals (messages) from a network of other mobile phones (people). Our minds are interacting subconsciously and non-locally. We are all part of a vast network which is a universal mind. When we experience synchronicities our intuition is opening up and we are becoming aware of this universal mind or God. Through meditation and dreams we find God within and through synchronicity we find God without.

Step 12

Having had a spiritual awakening as the result of these steps we strive to become an example of maturity and make ourselves available for people who want to awaken.

Awakening

If we have taken the previous steps to the best of our ability we will have had a spiritual awakening. Our awakening can be sudden and profound or it may be an awakening of the educational variety which develops slowly over time. God will come suddenly for some and for others God will come gradually. Our Higher Power will reveal itself to us over time as we grow in God-consciousness. We will have undergone a change or transformation in our personality. Others may see the changes before we do. We have gained insight, increased our self-awareness and become more God-centred. Some people may even have had a spiritual experience, achieved enlightenment or illumination. We are all unique and are at different stages of development but we all have equal value regardless of where we are in our journey. Now being spiritually awakened we are becoming aware of a spiritual dimension to life of which we may have been previously unaware of.

The 12 steps are only an introduction to the spiritual life and the process of self-realization. We now continue our journey with our Higher Power to guide us. We are each unique with our own trajectory in life. We are individuals and need to find the path which is right for us and continue to grow in the direction which will lead us to self-actualization. We shall become that which we were intended to be and find our purpose in life. We will know who we are and what we need to do.

Being an example

We are changing the world by changing ourselves. We strive to be an example of maturity and love. We treat people the way we would like to be treated ourselves. We try to remain calm amidst conflict and strife. This is character-building. Be kind to everyone you meet because everyone is fighting a hard battle. Life is tough for everyone regardless of how they appear. We all put on a mask and hide our struggles. How are you doing? I am FINE. How are you really doing? I am Fucked up Insecure Neurotic and Emotional. We are striving to become a whole and authentic person. We cannot do this in isolation. We rely on each other for interaction and inspiration. Everyone is our teacher. Be proud of your achievements and be even prouder of your empathic interpersonal skills. For it isn't who we are or what we are that is important, it is *how* we are with people that makes us special.

The Way

Happiness isn't a circumstance or external achievement. Happiness is the way. The way isn't a code of conduct or direction to follow. The way is a calm and serene state of mind that we bring into our relationships and interactions. The way is cultivating peace within ourselves and bringing peace and understanding into the world. Happiness is a way of being.

Working with others

Once we have taken the steps we may find that we have a calling to help others and take them through the steps. We give our time and teaching for free. Our reward will be the joy of helping people and seeing the fruits of our work in the transformation of others. And we will experience closeness and connection with people that few others do. You don't have to be perfect to take on students. If you have had a spiritual awakening as a result of taking the steps then you are qualified to work with others. You don't need to be a professional. You

can only take people to the level of your own awakening and insight. If people are needing help in areas where you lack the experience or expertise then you can suggest to students that they may need to seek professional help to deal with a specific issue. Don't try to help people in areas where you are out of your depth. You could cause people more harm than good.

The 12 steps to awaken and self-transformation is a program of awakening which provides instructions and advice. However, we cannot always work with people with the exact same formula. Working with people is an art. We learn to improvise and alter our approach and expectations depending on the type of person we are working with. This is being person-centred. Caution, if we make the steps too easy there will be no benefit from them. Everyone who takes the steps to awaken will experience ego-resistance. These steps are designed to challenge egoism which is a natural defence we all use to compensate for insecurity and fear. Also, we have to be mindful that people who are new to this type of work will struggle and we should encourage them. A good teacher will be able to challenge someone's egoism while being supportive.

However, not everyone who undertakes the work may be ready for it or interested when they realize that they need to do some work. They may exhibit passive-aggressive behaviours like not responding to messages, showing up late or not showing up at all. We should ask them if they really want to proceed or if they want out. If they want out then we respect their wishes and remain on good terms with them but we no longer have any kind of commitment to them. If they want to continue they must demonstrate more commitment to the work and prove themselves worthy of your time and effort.

Before you agree to take someone through the steps you should tell them how you work and what to expect from working with you. You should make a confidentiality agreement and make them aware of your boundaries. When and how to contact you. How often you are going to meet up etc. Also you should be aware if they have any mental health conditions or are taking any psychoactive medications. When you are finished taking someone through the steps you have no further obligation to them. You may wish to keep in touch with them or you may not. And moreover, the person who has been taken through the steps owes nothing to their step guide. However, a thank you card or small meaningful gift is appropriate if you want to show your appreciation for the help that has been given to you. Both student and teacher are now free to go their separate ways if they so desire.

12 Steps to Awaken and Self-transformation

1. We admitted we were powerless to change ourselves.
2. Came to believe in a Power greater than ourselves that could help us to change.
3. Made a decision to change under the direction of God as we understand God.
4. We took honest inventories and increased our self-awareness.
5. We shared our inventories with a trusted confidant.
6. Have we been honest with our inventories and humbled ourself by sharing them with an understanding person?
7. Humbly asked God to help us overcome our egoism.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understand God.
12. Having had a spiritual awakening as the result of these steps we strive to be an example of maturity and make ourselves available for people who want to awaken.

The 12 Steps to Awaken and Self-transformation have been adapted from the 12 Steps of Alcoholics Anonymous where the 12 Steps originated.

Progress Review

Goals

Read your list of goals and see if you have made any progress on achieving them. We are looking for progress here not perfection. It will take time to process and assimilate all of your step-work so you may need to extend your time frame for achieving some of your goals. If you know yourself better and have improved relations with yourself and others then you have achieved a lot. You now have tools to help you manage your life, so use them and keep growing towards fulfilment. Every year in your journey look back on that year and see how much you have progressed. Look back to the beginning of your step-work and see how much you have grown and changed since then. Other people will see the changes before you do.

Signposting

The 12 Steps to Awaken and Self-transformation is a generic awakening and self-development program. Your step-guide and advisor may see areas that you need specific or professional help with and may suggest to you other fellowships, agencies, professionals or helpers who can help you in those areas.

Endings and New Beginnings

Thank you for sharing part of your journey with me. You now have your inner light to guide you to other wisdom sources and teachers. There are many wonderful milestones to achieve along the path of self-realization. When you have awakened you will be free from delusion and eager to awaken others who are dear to you. They won't be impressed with your enthusiasm and may feel threatened by you. There is good reason for this. You are threatening their reality and this causes people anxiety. They will see you as a crazy person even though you are one of the few sane people. If people are impressed with the changes in you they may ask what you have done to achieve this. You can inform them that you have taken the 12 Steps to Awaken and Self-transformation and then leave them to decide if this is something they are interested in.

Be kind, be happy and be yourself

Resentment Examples

Person, Institution or Principle etc.

Aaron

The Cause or Event (Why am I angry)

I worked with Aaron and it wasn't long before he started going out with someone. Aaron is tall, good-looking, charming and very funny. It blew my mind he wasn't able to get a girlfriend for ages. And then he did and I was still 'out in the cold.'

Which area of self was affected:

self-esteem	X	personal relationships	X
pride	X	sex relations	X
security		boundaries	
autonomy	X	finances	
ambitions	X		

Where was I to blame? Where was I selfish, self-centred, self-seeking, inconsiderate, dishonest, frightened or other:

selfishness		stubborn		expectations	X
self-centeredness		defiant		unassertive	
self-seeking		judgmental		people-pleasing	
inconsiderate		rigid/inflexible		boundaries	
dishonest		lack of empathy		projection	
jealousy	X	unawareness		denial	X
anger		perfectionism			
fear	X	obsessiveness			

And now look at me - I'm with someone who raves about how amazing I am. So, I'm a totally different person now, right? Yeah, right, I call bullshit. I am and still am in denial about how amazing I am. I have my faults, sure. But I'm a real catch! And I couldn't see that back then. So I let the fear I was never going to find someone overwhelm me until it came out as jealousy. I pushed women away and then wondered why no one wanted to be with me! Umm.....

Person, Institution or Principle etc.

Adam

The Cause or Event (Why am I angry)

I've consistently supported Adam in lots of things - was his groomsman, I've worked a lot on merchant ads, and I put my business on hold for him. Nothing much has come back - he's paid for some training and conferences for me but apart from that... he keeps talking about coming through to visit but that has never happened. He is always talking about how hard it is running a business and how tired he is.

Which area of self was affected:

self-esteem	X	personal relationships	X
pride	X	sex relations	
security		boundaries	
autonomy		finances	X
ambitions	X		

Where was I to blame? Where was I selfish, self-centred, self-seeking, inconsiderate, dishonest, frightened or other:

selfishness		stubborn		expectations	
self-centeredness		defiant		unassertive	
self-seeking	X	judgmental		people-pleasing	X
inconsiderate		rigid/inflexible		boundaries	
dishonest		lack of empathy	X	projection	
jealousy		unawareness		denial	X
anger		perfectionism			
fear		obsessiveness			

Have you supported Adam hoping to get something out of it? It doesn't look like he wants to be friends with you anymore. So accept it, learn from it, and move on. Many friendships are only temporary. People change and move on.

Person, Institution or Principle etc.

Aden

The Cause or Event (Why am I angry)

Aden was a conservative and was in the Young Tory Party. He was nice enough but talked endlessly about John Major and economic policies. He and Chris watched endless house of commons speeches. So fucking boring.

Which area of self was affected:

self-esteem		personal relationships	X
pride	X	sex relations	
security		boundaries	
autonomy		finances	
ambitions			

Where was I to blame? Where was I selfish, self-centred, self-seeking, inconsiderate, dishonest, frightened or other:

selfishness		stubborn		expectations	
self-centeredness		defiant		unassertive	
self-seeking		judgmental		people-pleasing	
inconsiderate		rigid/inflexible		boundaries	
dishonest		lack of empathy		projection	X
jealousy	X	unawareness		denial	
anger		perfectionism			
fear		obsessiveness			

“Everything that irritates us about others can lead us to an understanding of ourselves.”

Person, Institution or Principle etc.

Authority

The Cause or Event (Why am I angry)

I'm scared and angry at authority. More scared, but that causes me to be angry because why must I let authority limit me? I'm a sucker for the rules.

Which area of self was affected:

self-esteem	X	personal relationships	X
pride	X	sex relations	
security		boundaries	
autonomy	X	finances	
ambitions	X		

Where was I to blame? Where was I selfish, self-centred, self-seeking, inconsiderate, dishonest, frightened or other:

selfishness		stubborn		expectations	
self-centeredness		defiant		unassertive	
self-seeking		judgmental		people-pleasing	
inconsiderate		rigid/inflexible		boundaries	
dishonest		lack of empathy	X	projection	X
jealousy		unawareness		denial	
anger		perfectionism		codependency	X
fear	X	obsessiveness		sensitivity	X

Our relationships with our parents set the tone for our future relationships. I suspect you are projecting your father onto authority figures and by the sounds of it your father has a short temper and shouts. This is really frightening for a child and will leave a child naturally fearful of authority. To lose your fear of authority you need to lose your fear of people. This is what the steps are for.

“God save me from being angry. This is a sick person. How can I be helpful.”

But we are allowed to put boundaries in place and protect ourselves from toxic people who will poison us with their resentment and negativity.

Person, Institution or Principle etc.

Caitlin

The Cause or Event (Why am I angry)

She made us do three opera rehearsals a week leading up to the final performance. I had to travel to another city for everyone and I was shattered all the time. Other people in opera didn't take it anywhere near as seriously as I did.

Which area of self was affected:

self-esteem		personal relationships	
pride		sex relations	
security		boundaries	X
autonomy	X	finances	X
ambitions	X		

Where was I to blame? Where was I selfish, self-centred, self-seeking, inconsiderate, dishonest, frightened or other:

selfishness		stubborn	X	expectations	
self-centeredness		defiant		unassertive	X
self-seeking		judgmental	X	people-pleasing	X
inconsiderate		rigid/inflexible	X	boundaries	
dishonest		lack of empathy	X	projection	
jealousy		unawareness		denial	X
anger		perfectionism		black and white thinking	X
fear		obsessiveness			

If I didn't want to come through for all those rehearsals, I could have just said so. I could have just said, "No, I signed up to do one a week and that was the agreement." Instead, I tried to people-please and not look after myself.

Person, Institution or Principle etc.

Femi

The Cause or Event (Why am I angry)

She gave me 3/4 on my interview. Everyone else gave me a 4/4. I didn't understand we were doing pair programming and she didn't explain it properly.

Which area of self was affected:

self-esteem	X	personal relationships	X
pride	X	sex relations	
security		boundaries	
autonomy		finances	
ambitions	X		

Where was I to blame? Where was I selfish, self-centred, self-seeking, inconsiderate, dishonest, frightened or other:

selfishness		stubborn		expectations	
self-centeredness		defiant		unassertive	X
self-seeking		judgmental		people-pleasing	
inconsiderate		rigid/inflexible		boundaries	
dishonest		lack of empathy		projection	
jealousy		unawareness		denial	
anger		perfectionism			
fear	X	obsessiveness			

Did you tell her that you weren't happy with your grade and that she didn't explain it properly?

Person, Institution or Principle etc.

Gavin

The Cause or Event (Why am I angry)

Gavin was a dick. He was short-tempered, couldn't manage anyone, was impatient and you couldn't ask him anything. I became scared of him and couldn't talk to him. He didn't bother to give me a structure to work within and just left me on my own. He admitted his and the company's failures at least when they let me go. At the time I was resentful of them letting me go but looking back it was for the best. Gavin is driven at the expense of the people he manages.

Which area of self was affected:

self-esteem	X	personal relationships	
pride	X	sex relations	
security		boundaries	
autonomy	X	finances	
ambitions	X		

Where was I to blame? Where was I selfish, self-centred, self-seeking, inconsiderate, dishonest, frightened or other:

selfishness		stubborn		expectations	
self-centeredness		defiant		unassertive	
self-seeking		judgmental	X	people-pleasing	X
inconsiderate		rigid/inflexible		boundaries	X
dishonest		lack of empathy		projection	X
jealousy		unawareness		denial	X
anger		perfectionism			
fear	X	obsessiveness			

I dealt with Gavin by allowing myself to be bullied. I don't need to expose myself to toxic people anymore. He was just trying to run a company in a very stressful situation and here was a young technician with limited social skills at the time and very little understanding of the working world probably asking him silly questions. I have been impatient with graduates in a similar vein.

Person, Institution or Principle etc.

God

The Cause or Event (Why am I angry)

I've had a shit life full of pain, abuse, hardship, humiliation and isolation. What has God ever done for me?

Which area of self was affected:

self-esteem	x	personal relationships	x
pride	x	sex relations	x
security	x	boundaries	x
autonomy	x	finances	x
ambitions	x		

Where was I to blame? Where was I selfish, self-centred, self-seeking, inconsiderate, dishonest, frightened or other:

selfishness	x	stubborn		expectations	x
self-centeredness	x	defiant		unassertive	
self-seeking	x	judgmental	x	people-pleasing	
inconsiderate		rigid/inflexible		boundaries	
dishonest		lack of empathy	x	projection	
jealousy		unawareness		denial	
anger		perfectionism		sensitivity	
fear		obsessiveness		codependency	

God works through people. There were countless times when people took pity on me and tried to help me. I did experience God's love through kind and supportive people. I've had loads of opportunities in life and I fucked up every one of them. I need to change. I need to become responsible for my life and learn from my experiences.

Person, Institution or Principle etc.

Lady at the jobcentre.

The Cause or Event (Why am I angry)

She had no idea of the kind of person she was dealing with. She made useless suggestions and kept a tally of the jobs I applied to. I was applying to things just for the sake of it. The idea of me being unemployed now is ludicrous.

Which area of self was affected:

self-esteem	X	personal relationships	
pride	X	sex relations	
security		boundaries	
autonomy		finances	X
ambitions	X		

Where was I to blame? Where was I selfish, self-centred, self-seeking, inconsiderate, dishonest, frightened or other:

selfishness		stubborn		expectations	X
self-centeredness		defiant		unassertive	
self-seeking		judgmental		people-pleasing	
inconsiderate		rigid/inflexible		boundaries	
dishonest		lack of empathy	X	projection	
jealousy		unawareness		denial	
anger		perfectionism			
fear	X	obsessiveness			

Fear of people. You need to work with people and communicate with them. Don't expect people to be able to read your mind. Put yourself in other people's shoes and see things from their perspective.

Person, Institution or Principle etc.

Man with blue face.

The Cause or Event (Why am I angry)

He won the fancy dress party when there were loads of people who were better dressed just because he had a bunch of jobs with him who could cheer loudly.

Which area of self was affected:

self-esteem		personal relationships	
pride	X	sex relations	
security		boundaries	X
autonomy		finances	
ambitions	X		

Where was I to blame? Where was I selfish, self-centred, self-seeking, inconsiderate, dishonest, frightened or other:

selfishness	X	stubborn		expectations	X
self-centeredness		defiant		unassertive	
self-seeking		judgmental	X	people-pleasing	
inconsiderate		rigid/inflexible		boundaries	
dishonest		lack of empathy		projection	
jealousy		unawareness		denial	
anger		perfectionism			
fear		obsessiveness			

Come on lighten up! Let him have his fun. It was a great night and I don't need to cling to such a petty resentment anymore. Plus! I won the year after! What more do you want?

"That's greed that is."

- Dad

Person, Institution or Principle etc.

Nihilism

The Cause or Event (Why am I angry)

"We are nihilists - he believes in nothing Lebowski, yah nothing". It's a really childish notion and pisses me off. So...there's no meaning in anything? What the fuck is the point then? Surely that only leaves suicide?!

Which area of self was affected:

self-esteem		personal relationships	
pride		sex relations	
security		boundaries	
autonomy	X	finances	
ambitions	X		

Where was I to blame? Where was I selfish, self-centred, self-seeking, inconsiderate, dishonest, frightened or other:

selfishness		stubborn		expectations	
self-centeredness		defiant		unassertive	
self-seeking		judgmental	X	people-pleasing	
inconsiderate		rigid/inflexible		boundaries	
dishonest		lack of empathy		projection	
jealousy		unawareness		denial	
anger		perfectionism			
fear		obsessiveness			

In my opinion Nihilism is a symptom of modernity, materialism and *loss of soul*. We are living in a *Kali Yuga* – a dark age of materialism. Modern people have lost their connection with God and thus are not aware of themselves at the soul level. From their materialist perspective life is a bitch and then you die which propels them into a life of hedonism and depression. Nihilism and existentialism have appeared when God has disappeared from culture. To find God again on your own terms and becoming aware of your true identity is the cure for meaninglessness.

Person, Institution or Principle etc.

Perfection

The Cause or Event (Why am I angry)

Aiming for perfection can be great... until it's not. Perfection is total artifice. It's not real and never will be. I want to do great work but if I delay the gratification until it's perfect I'll be waiting a bloody long time. Once again it's unrealistic and childish. I don't even know the difference between high standards and perfection anymore.

Which area of self was affected:

self-esteem	X	personal relationships	
pride	X	sex relations	
security	X	boundaries	
autonomy	X	finances	X
ambitions	X		

Where was I to blame? Where was I selfish, self-centred, self-seeking, inconsiderate, dishonest, frightened or other:

selfishness		stubborn		expectations	
self-centeredness		defiant		unassertive	
self-seeking		judgmental		people-pleasing	
inconsiderate		rigid/inflexible		boundaries	
dishonest		lack of empathy		projection	
jealousy		unawareness		denial	
anger		perfectionism	X		
fear	X	obsessiveness	X		

Perfectionism can be an attempt to be praised, loved, validated and accepted and avoid criticism and abuse. God is perfect Love. So maybe your perfectionism is an attempt to find God and experience unconditional acceptance.

Person, Institution or Principle etc.

Valerie

The Cause or Event (Why am I angry)

I once went to hug her and she pushed me away. "I can't do it John." Uh...Ok. I'm trying to show you I care and you're just saying "eff off."

Which area of self was affected:

self-esteem		personal relationships	X
pride	X	sex relations	X
security		boundaries	
autonomy		finances	
ambitions			

Where was I to blame? Where was I selfish, self-centred, self-seeking, inconsiderate, dishonest, frightened or other:

selfishness		stubborn		expectations	
self-centeredness		defiant		unassertive	
self-seeking		judgmental		people-pleasing	
inconsiderate		rigid/inflexible		boundaries	
dishonest		lack of empathy		projection	
jealousy		unawareness	X	denial	
anger		perfectionism			
fear		obsessiveness			

Have you been eying her up in the past and making her uncomfortable? Women pick up on subtle clues.

Resentment Inventory

Person, Institution or Principle etc.

The Cause or Event (Why am I angry)

Which area of self was affected:

self-esteem		personal relationships	
pride		sex relations	
security		boundaries	
autonomy		finances	
ambitions			

Where was I to blame? Where was I selfish, self-centred, self-seeking, inconsiderate, dishonest, frightened or other:

selfishness		stubborn		expectations	
self-centeredness		defiant		unassertive	
self-seeking		judgmental		people-pleasing	
inconsiderate		rigid/inflexible		boundaries	
dishonest		lack of empathy		projection	
jealousy		unawareness		denial	
anger		perfectionism		sensitivity	
fear		obsessiveness		codependency	

These are just a few examples and you needn't restrict yourself to them

Feeling and Behaviours Inventory

How did their behaviour make me feel and how did my behaviour make them feel

[illegible]

Sex Conduct Review

Name of Person Involved

My Behaviour

Was my behaviour selfish, dishonest, inappropriate or irresponsible?

Name of Person Involved

My Behaviour

Was my behaviour selfish, dishonest, inappropriate or irresponsible?

Name of Person Involved

My Behaviour

Was my behaviour selfish, dishonest, inappropriate or irresponsible?

Name of Person Involved

My Behaviour

Was my behaviour selfish, dishonest, inappropriate or irresponsible?

Name of Person Involved

My Behaviour

Was my behaviour selfish, dishonest, inappropriate or irresponsible?

Fear Review

Strengths, Weaknesses and Virtues

[illegible]

Amends List

[illegible]

Amends Plan

Make a plan of what you are going to do for each amend and it is important that you discuss them with your advisor or confidant before making them. Under the name of each person write down how you wronged them and then what you are going to do to make amends.

Name	How I wronged them or hurt them	What I need to do to make amends

Step 10 Inventory

Person, Institution or Principle etc.

The Cause or Event

Which area of self was affected:

self-esteem		personal relationships	
pride		sex relations	
security		boundaries	
autonomy		finances	
ambitions			

Where was I to blame? Where was I selfish, self-centred, self-seeking, inconsiderate, dishonest, frightened or other:

selfishness		stubborn		expectations	
self-centeredness		defiant		unassertive	
self-seeking		judgmental		people-pleasing	
inconsiderate		rigid/inflexible		boundaries	
dishonest		lack of empathy		projection	
jealousy		unawareness		denial	
anger		perfectionism		sensitivity	
fear		obsessiveness		codependency	

These are just a few examples and you needn't restrict yourself to them