

PATH TO FREEDOM



HOW FREE DO YOU WANT TO BE?

STEP 10

WORKBOOK





“Whatever happens, stay alive.

Don't die before you're dead.

Don't lose yourself, don't lose hope, don't lose direction. Stay alive, with yourself, with every cell of your body, with every fiber of your skin.

Stay alive, learn, study, think, read, build, invent,
create, speak, write, dream, design.

Stay alive, stay alive inside you, stay alive also outside,
fill yourself with colors of the world, fill yourself with
peace, fill yourself with hope.

Stay alive with joy.

There is only one thing you should not waste in life,
and that's life itself...”

~ Virginia Woolf

“Freedom is when you do your best, but
leave the outcome to God.”

~ Sevan Bomar



Notes



PATH TO FREEDOM

As easy as ABC DEF

A	<u>AWARENESS</u> PAUSE - BECOME CONSCIOUS OF YOU	With a spot check or daily inventory, pause and become conscious and AWARE of your body, mind, emotions, actions and spirit. It is essential in the path to freedom. Start here.
B	<u>BELIEF</u> ARE YOU RUNNING ON SELF-PROPULSION?	Psychic change (thoughts and beliefs) happens as a result of the steps. Check to see if your belief is self-centered fear or considerate of others. Self-will or God's will.
C	<u>CREATIVE CHOICE</u> CREATE A LIST OF CHOICES THAT LEAD YOU CLOSER TO GOD'S WILL	Use your feminine, creative abilities to consider what choices you have in alignment with God's will. You will be amazed at how easy this is - the more you do spot check and daily inventories.
D	<u>DECISION</u> MAKE A DECISION ON ONE CREATIVE CHOICE	Practice your active side of your energy. Your masculine energy. Don't stay stuck in "I should, I need to, I want to, I'm trying to." Pick ONE action in alignment to do that next right thing.
E	<u>EFFORT/ACTION</u> DO THE NEXT (RIGHT) THING	Having made a conscious decision to take an action away from self-centered fear and more in alignment with your God consciousness, DO THAT ONE ACTION. NOW!!
F	<u>FREEDOM OR FEAR</u> HOW FREE DO YOU WANT TO BE?	Now check back in with your body, mind, emotions, and spirit. Do you feel the sense of freedom beginning to flow in?

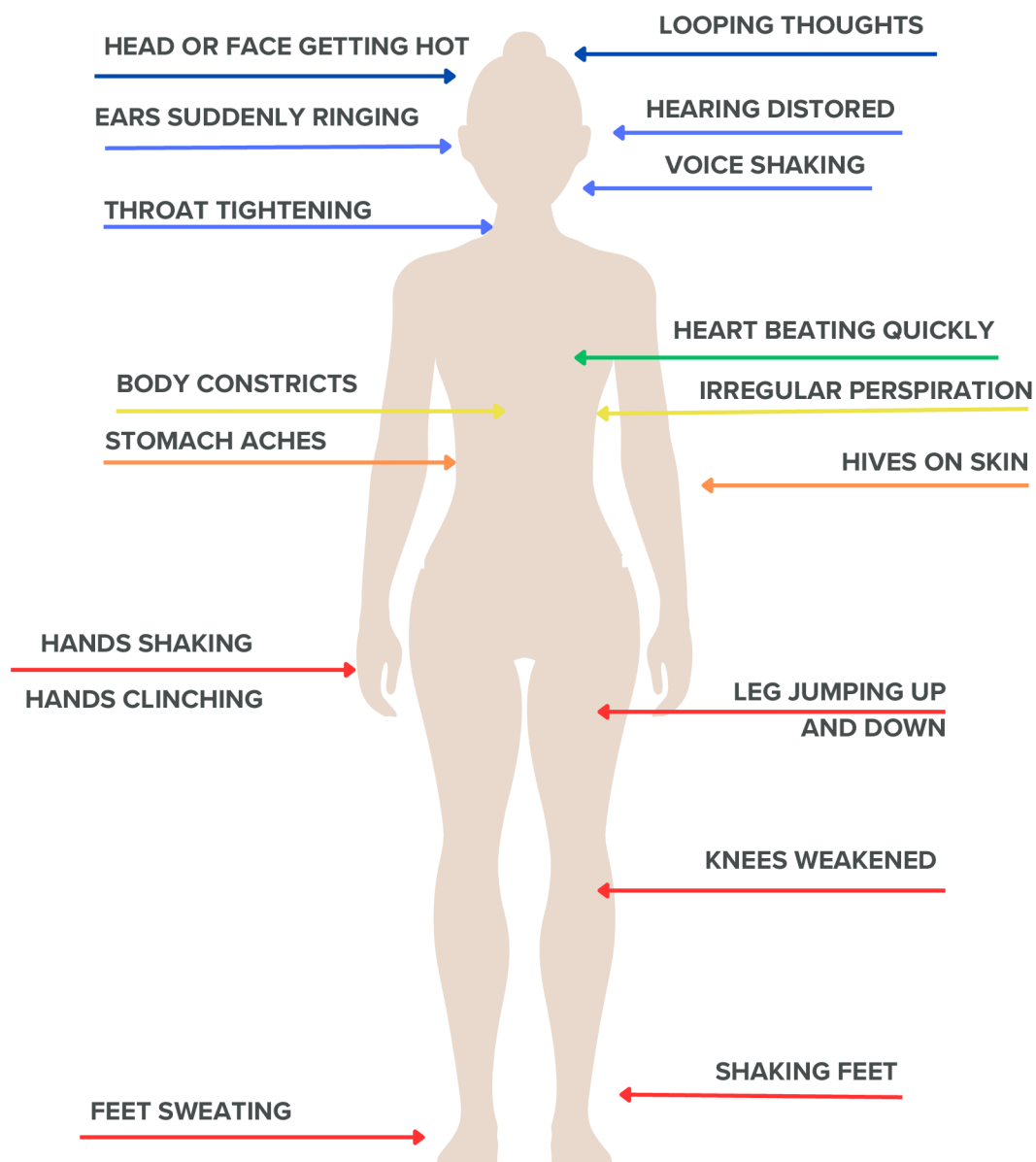


AWARENESS OF THE BODY

The body is a miraculous, multidimensional entity that stores data, sends signals, and wants to be seen and heard. We can tap into the God-given intelligence of the body as part of our **AWARENESS**.

USING THE BODY AS A SPIRITUAL FITNESS INDICATOR

How are some of the ways that the body sends signals that we may be mentally, emotionally and/or spiritually fit or not? Can you find subtle awareness when you are moving towards fear and away from freedom? Let's look at just a few examples below.



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A: AWARENESS WORKSHEET

DESCRIBE SOME WAYS YOUR BODY GIVES YOU SIGNALS THAT IT IS A GOOD DECISION TO DO A SPOT CHECK INVENTORY?

WHICH OF YOUR EMOTIONS ARE INDICATORS OR SUBTLE HINTS THAT IT IS TIME TO PAUSE AND TAKE INVENTORY?

WHAT THOUGHT PATTERNS ARE YOU CURRENTLY LEARNING TO BE AWARE OF IN YOUR SPOT CHECKING INVENTORIES? HINT: LOOK FOR SELFISH, SELF-SEEKING, SELF-CENTERED, DISHONEST, FEARFUL, RESENTFUL ONES.

WHAT OBVIOUS ACTIONS ARE YOU CURRENTLY RUNNING THAT YOU WOULD LIKE TO BE MORE AWARE OF AT THE SUBTLE STAGE BEFORE THEY MANIFEST? DO YOU NEED TO MAKE CORRECTIVE ACTIONS OR AMENDS?

ARE YOU WILLING TO PRAY FOR AWARENESS OF YOUR BODY, MIND AND SPIRIT IN ORDER TO ACTIVELY PARTICIPATE IN YOUR SPOT CHECK INVENTORY?



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B: BELIEF WORKSHEET

EGO Belief

I'm too tired.

- ✖ Selfish
- ✖ Self seeking
- ✖ Self centered
- ✖ Lazy/sloth
- ✖ Procrastination
- ✖ No action

✖ Alcohol's Voice:

Forget about it. Take it easy. You deserve a break.

Emotionally Sober Belief

✓ My Sponsor's Voice:

You said you would go to any lengths.

✓ AA Friend (Ginnie):

I will choose a time of day where I'm not tired.

✓ My Sober Voice:

Paradoxically
I will feel better and less tired if I do it.

✓ My Higher Power's Voice:

I want to spend time with you.



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B: BELIEF WORKSHEET



EGO Belief

Emotionally Sober Belief

List your character defects.

✖ Selfish

✖

✖

✖

✖

✖ Alcohol's Voice:

✓ My Sponsor's Voice:

✓ AA Friend

✓ My Sober Voice:

✓ My Higher Power's Voice:

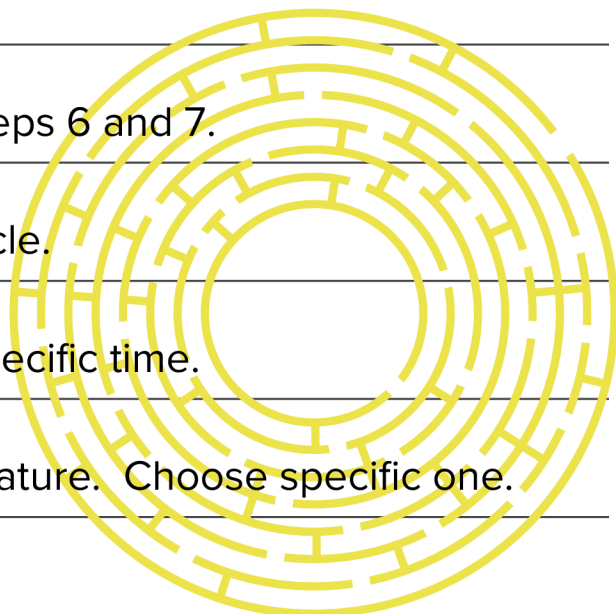


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CREATIVE CHOICES WORKSHEET

Here is a brief list of SOME creative **choices** that you might consider when you are **aware** of your **belief** that is not in alignment with **God's Will** and **Freedom**.

- ☐ Choose to Pray and get into alignment with God's will.
- ☐ Create conscious contact with God or your Higher Power.
- ☐ Choose to call another alcoholic and ask for help finding a new belief or thought. Call your sponsor and listen to new belief.
- ☐ Consider a new belief. Create a new belief.
- ☐ Call another alcoholic to be of service.
- ☐ Catch your patterns of (fear, resentment, character defects, stinking thinking, alcoholic mind).
- ☐ Choose to Surrender. Let it go.
- ☐ Choose to Accept. "Let them"
- ☐ Cut the cord/ Drop the rock - Steps 6 and 7.
- ☐ Change a thought. Move a muscle.
- ☐ Choose to go to a meeting at specific time.
- ☐ Choose to read AA/spiritual literature. Choose specific one.



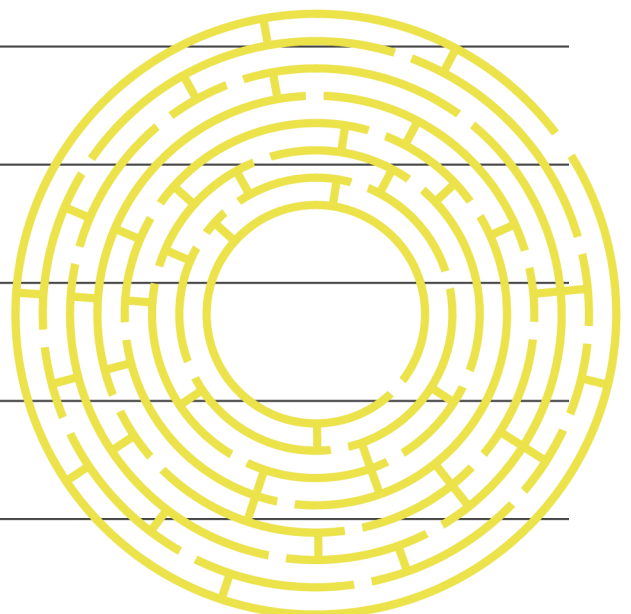
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CREATIVE CHOICES WORKSHEET

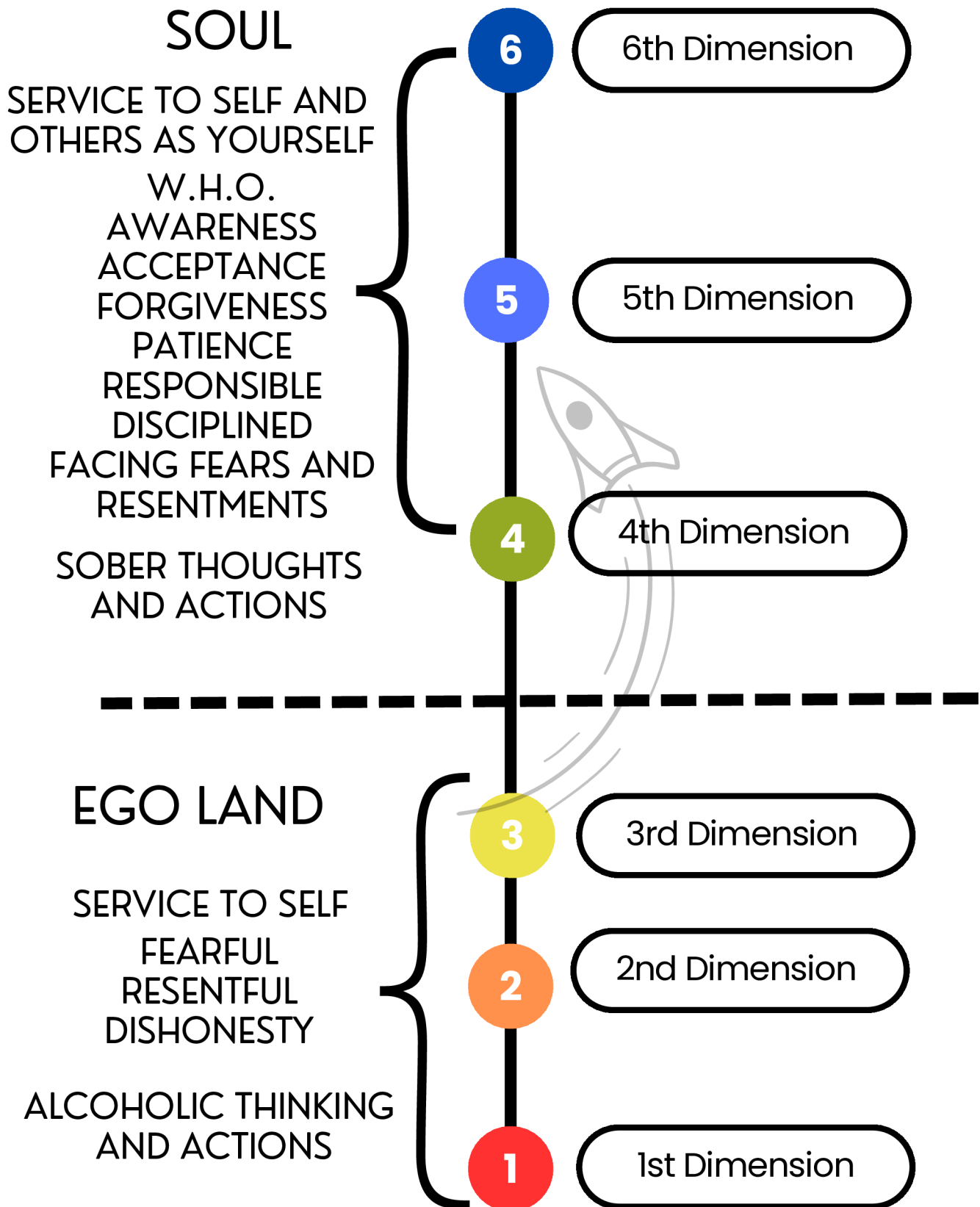
When we became alcoholics, crushed by a self-imposed crisis we could not postpone or evade, we had to fearlessly face the proposition that either **God is everything** or else He is nothing. God either is, or He isn't. What was our **choice** to be?

ALCOHOLICS ANONYMOUS, p. 53

Make a list of some creative **choices** that you might consider when you are **aware** of your **belief** that is not in alignment with God's will and **Freedom**. **Choices** lead to next step - **Decision**. Keep in mind: **How Free do you want to BE?**

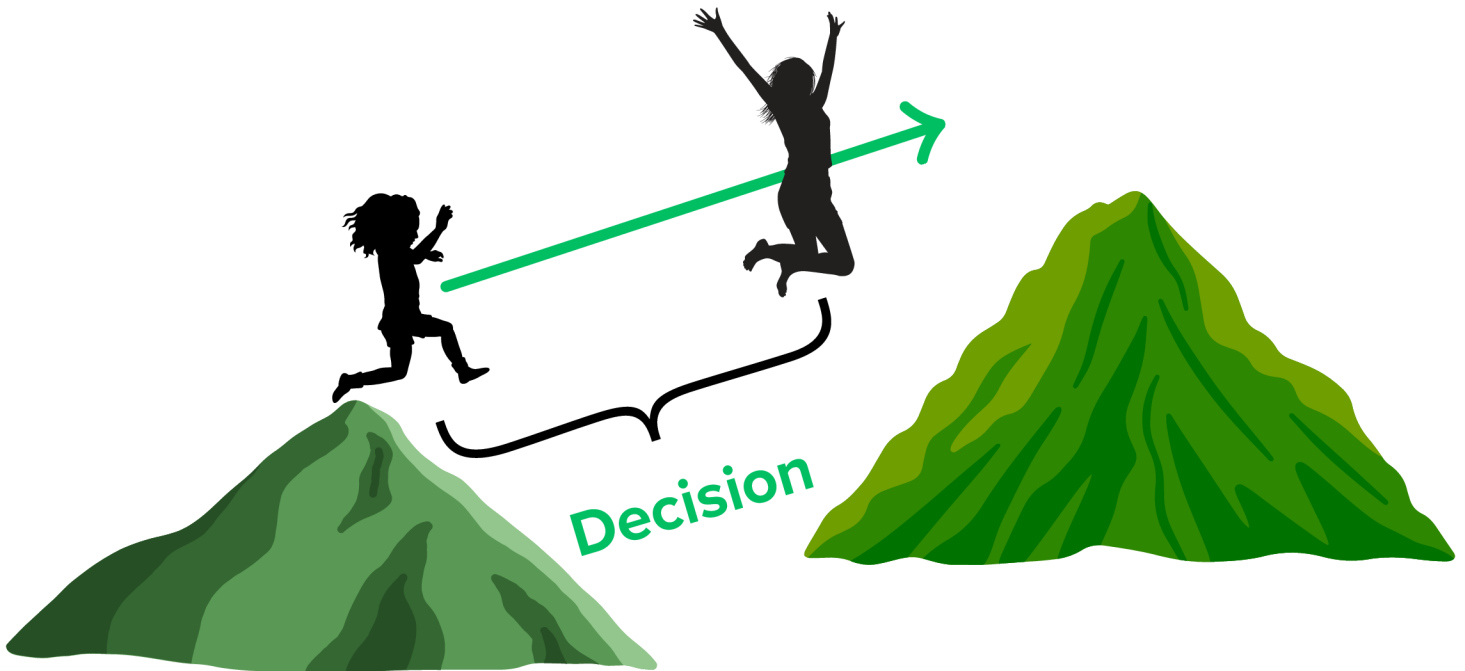
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EGO VS MORE GOD CONSCIOUS



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D: DECISION WORKSHEET



Why do we cling to the mountain of suffering even though we hate it?

It is weird to admit it, but we are often *comfortable* with the *known pain and suffering* and are afraid of the unknown. Even if the unknown holds the possibility of **FREEDOM**.

A Decision is the masculine energy.

A force in a specific direction.

A decision aligned with God's will vs. a selfish, fearful decision will result in a different set of actions and results. The energy behind the force is God's will or Self will.

Ultimately, there are no bad or wrong decisions, there are just choportunities (challenging opportunities) to do another spot check inventory, run the ABCs Path to Freedom, practicing the steps, and try again with a new Awareness.

Have you ever heard that ... It will either work out or *work out*?



Making no conscious decision (in alignment with God's will) will leave you defaulting to old self-will behavior and patterns. Making unconscious decision to follow fear.

Deliberately deciding to turn away from God's will and following Self will also results in more fear and less freedom.



PRACTICE

If we are practicing our spot check inventory, we follow the decision with one immediate action/effort step and check to see if we are more free or more fearful. Simple.

How can we do that?

The result of freedom or fear is an internal result. We start there.

Start by looking at the body, mind, emotions and spirit.

** Return back to the Awareness of the Body page for reference.

There are three case studies included in the 10th Step Workbook - A Path to Freedom. Check them out to see the types of decisions for the Sober woman, the Beligerant woman and the Denial/Ignorant woman. These will give you more insight on the types of decisions you may be making. The decisions are based on your awareness and creative choices. The creative choices always include step work.

But the more we practice doing the spot check inventory, the daily inventory and use our 6D masculine energy of *practice*, making a decision, followed with immediate action, we can begin to see results. Prodigious results as the Big Book says.

And we begin to outgrow fear - which means we begin to lean into Freedom.

Practice is important to the Path to Freedom. But Practice not Perfection.

Why?



Because Practice looks a lot like mistakes, failures, repeat attempts, every once in a while success, more mistakes, making amends, repeating old patterns, finding old patterns, trying again, mistakes, surrender, aligning back with God's will, making amends, writing it down at night, journaling your thoughts, looking for your part, forgiving yourself and others, making a new decision, and looking at results again.

We are building our Spiritual Muscle.

Therefore, we cannot emphasize enough that the spot check and daily inventories are going to take much practice.

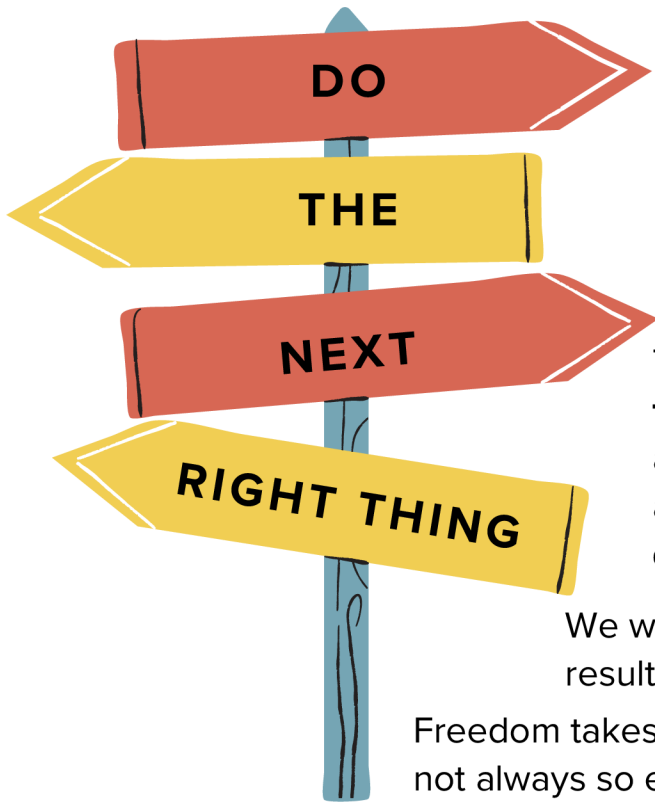
Effort = Practice = Action = Work that many of us don't naturally gravitate to.

We enjoy the feminine energies of honesty, awareness and surrender, but it takes more deliberate effort to build our masculine muscle of purposeful action.



PATH TO FREEDOM

E: EFFORT WORKSHEET



Take one single action in the direction of the sober choice. God's will in action. Towards Freedom. **or**

Take next wrong action. Impulsive action driven by 1000 forms of fear, resentment, and pride. Self-will run riot.

There is a reason why we say **do the next right thing**. If we delay between the decision and the action, a funny thing happens, we can get distracted and lose the impulse. **Don't let your character defects detour you on your path to Freedom.**

We will be able to feel, sense, see, hear, observe the results of this one action.

Freedom takes a lot of effort. To follow through with a decision is not always so easy.

The old patterns may pull at our will to return back to selfish, self-seeking, dishonest, fearful actions.

Just like we did in the decision stage, we will need to activate our masculine energy of practice for the effort stage. Here is a brief list of some of our masculine energies. Try them on and see how they may benefit us to take *purposeful action*. Remember it does take effort.

- Discipline
- Practice
- Responsibility
- Follow through
- Accountability
- Commitment
- Consistency
- Integrity

Masculine energies we need to take purposeful or intentional action.

Effort: Remember to do your best and leave the outcome to God!
Freedom follows.



PATH TO FREEDOM

F: FREEDOM WORKSHEET

Freedom is when you do your best and leave the outcome to God or your Higher Power. Doing your best involves being aware of your internal reality, listening to your thoughts or beliefs, acknowledging selfish will and actions, choosing the best available sober action to take, making a firm decision, and doing the next right thing in alignment with God's will. You will commence to experience the flow of God consciousness in your life.

A NEW FREEDOM AND NEW HAPPINESS



ROCKET INTO HIGHER DIMENSIONS

Balancing your emotional, feminine, creative side with your disciplined, masculine, active side in your daily practice of Step 10.



OLD WAYS WON'T OPEN NEW DOORS

Repeating the old behaviors, resentments, fears, character defects and related actions won't bring you to the NEW FREEDOM.



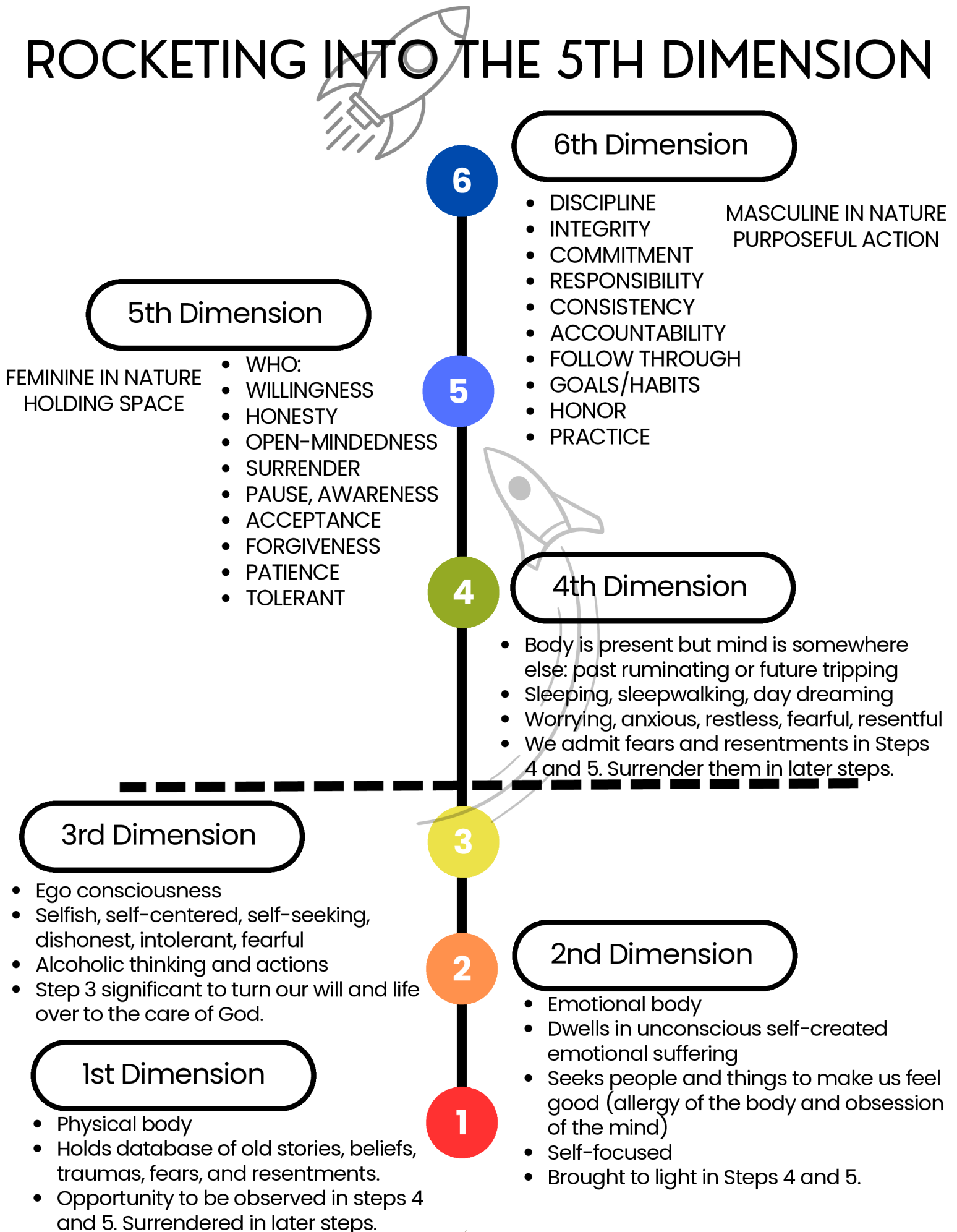
WE AREN'T RESTING ON OUR LAURELS

With new Freedom, you will be given new responsibilities, new levels of forgiveness, new awareness, new people to be of service to, new missions or service projects.

As we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test, can we stay sober, keep in emotional balance, and live to good purpose under all conditions? ~ Alcoholics Anonymous Twelve Steps and Twelve Traditions, Step Ten - p. 88



ROCKETING INTO THE 5TH DIMENSION



PATH TO FREEDOM!

The **Sober** Woman - **Practicing 10th Step** Case Study

A

AWARENESS

ABSENCE OF AWARENESS



You **PAUSE** when you feel restless, disturbed, or irritable. Did you let it go a bit and are deep in emotion or actions that affect your serenity. Be **aware**.

B

BELIEF

NEGATIVE/SELFISH



You look for your **thoughts**. Are the thoughts and **beliefs** selfish, dishonest, self-centered, self-seeking, or fearful? Harmful? Righteous Anger?

C

CREATIVE CHOICE

CREATE A LIST OF CHOICES THAT LEAD YOU CLOSER TO GOD'S WILL



Quickly consider SOBER **choices** aligned with God's will. What are you willing to do? Easy to do?

D

DECISION

MAKE A DECISION ON ONE CREATIVE CHOICE



Aligning with God's will, what is your **decision**? What creative, sober **choice** will you do?

E

EFFORT/ACTION

DO THE NEXT (RIGHT) THING



Take one single **action** in the direction of the sober choice. Of God's will. Towards Freedom.

↑ F

FREEDOM OR FEAR

HOW FREE DO YOU WANT TO BE?



Freedom increases. Fear decreases. Resentments and character defects starved.



PATH TO FREEDOM?

The **Beligerant** Woman Case Study

A

AWARENESS

BELIGERANT AWARENESS



Aware of being selfish, fearful, resentful, righteous anger, worrying, anxious, jealous, dishonest, self-seeking, judgemental, self-pitying.

B

BELIEF

NEGATIVE/SELFISH



I don't care.
I want to keep the selfish **belief**.

C

CREATIVE CHOICE

WILLFULLY DON'T
CONSIDER CHOICES



May role play **choices** aligned with EGO or self-will. Harmful, self-centered **choices**.

D

DECISION

DECIDE TO FOLLOW
SELF-WILL



Deliberate **decision** to follow self-will.
Following negative impulse.

E

EFFORT/ACTION

EGO EDGE GOD OUT
ACTIONS



Taking next wrong **action**. Impulsive **action** driven by 1000 forms of fear, resentment and pride.

↓ F

FREEDOM OR FEAR

HOW FREE DO YOU WANT
TO BE?



Freedom decreases.
Fear increases.
Resentment increases.
Character defects and shortcomings fed.



PATH TO FREEDOM?

The **Denial/Ignorant** Woman Case Study

A

AWARENESS

CAN YOU PAUSE - BECOME
CONSCIOUS OF YOU



Unaware of her thoughts,
emotions, actions or their
impact on herself and
others.

Unable, unwilling yet to
PAUSE to inventory.

B

BELIEF

ARE YOU RUNNING ON
SELF PROPULSION?



1000 forms of fear,
resentment,
worry, and anger.

C

CREATIVE CHOICE

WILLFULLY DON'T
CONSIDER CHOICES



May role play **choices**
aligned with EGO or
self-will. Harmful, self-
centered **choices**.

D

DECISION

DEFAULT TO (OLD) SELF
WILL, BEHAVIOR AND
PATTERNS



Unconscious **decision**
to follow self-will.
Following negative
impulse.

E

EFFORT/ACTION

EGO EDGE GOD OUT
ACTIONS



Taking next wrong
action. Impulsive **action**
driven by 1000 forms of
fear, resentment and
pride.

↓ F

FREEDOM OR FEAR

HOW FREE DO YOU WANT
TO BE?



Freedom decreases.

Fear increases.
Resentment increases.
Character defects and
shortcomings fed.



Freedom



“In the late stages of our drinking, the will to resist has fled. Yet when we admit complete defeat and when we become entirely ready to try A.A. principles, our obsession leaves us and we enter a new dimension - freedom under God as we understand Him.”

~ Bill W.

“There is no gate, no lock, no bolt that you can set upon the freedom of my mind.”

~ Virginia Woolf

