

## Methods for Doing Stepwork

You can change everything on this sheet to match your understanding. It is meant as a tool to help you think of ways to do the work.

When you find I've left out something valuable, please let me know.

Step	The result(s) of doing this step should be	Methods people have used to do this step
0	<p><b>Define what behavior needs to change.</b> Do you have a list of "red light" behaviors?</p>	<p>List the behaviors you never want to do again.</p> <p>Decide to go to a 12-step meeting, with the choice of meeting helping focus on the problem behavior.</p> <p>More on handout at <a href="https://rivenwoodbooks.com/Workshop/step%200.pdf">https://rivenwoodbooks.com/Workshop/step%200.pdf</a></p> <p>Consult with someone else.</p>
1	<p><b>Be willing to stop doing what I have been doing to manage and control my problem behavior.</b> Are you willing to stop using strategies that don't work? If you're not willing to stop now, how can you become willing?</p>	<p>List the strategies you have used to try to control the problem behavior. Honestly assess the results you've gotten with them. Are you willing to stop the ones that haven't worked?</p> <p>Write how you know your old way won't work.</p> <p>Write out your story, with the price you paid for failing.</p> <p>Accept I have a problem that trying harder won't solve</p> <p>Admit I'm powerless.</p> <p>Listen at meetings. Stay late and talk to old-timers.</p> <p>What are the pros and cons of changing?</p> <p>Stop <i>trying</i> to change and <i>allow</i> change to happen.</p>
2	<p><b>Willing to seek a solution that works.</b> Are you willing to assume there is an answer that works, and look for it? If not, what would convince you the effort is worth it?</p>	<p>Write why you think a solution exists even though you can't see what it is.</p> <p>What do you see in meetings to suggest a solution exists?</p> <p>Trust others because my judgement is batting 0. Trust that there is something I'm not seeing.</p> <p>Trust that relying on other wisdom will restore my health. (Wisdom might come from other people or books or inspiration in my life.)</p>

		<p>Question why I am doing this. Why do I think I can't stop? Identify reasons.</p> <p>Trust others because my judgement is batting 0. Trust that there is something I'm not seeing.</p>
3	<p><b>Make a decision to making a better life, one with ethical behavior, healthy relationships, good self-care, and peace of mind.</b></p> <p>Are you willing to pay the price of changing your life to be healthier, happier, and ethically sound? If not, how might you resolve your misgivings?</p>	<p>Make a list of the intangible qualities that you value and want in your life and decide to serve those values.</p> <p>List the powers that can help you stop problem behavior.</p> <p>Adopt a new guiding principle.</p> <p>What price <i>are</i> you willing to pay for a better life?</p>
4	<p><b>Identify the obstacles to adopting a new way of life.</b></p> <p>What are the obstacles to change? What happens when you stop the old behavior? What unmet needs push you to use the behavior you're trying to change. Why do I do this? When do I do it? What are the triggers for the behavior?</p>	<p>Make a list of things that bother you.</p> <p>Add columns to help connect these to unmet needs.</p> <p>Possible column headers: what happened? what was I feeling? what was I thinking? what did I need? what strategy did I use to get what I need? what price did I pay for going about it this way? (More details in <a href="https://rivenwoodbooks.com/WriteYourOwn.pdf">https://rivenwoodbooks.com/WriteYourOwn.pdf</a>)</p> <p>Write the thoughts and feelings when you are tempted toward old behavior.</p> <p>Answer questions in a workbook (e.g., Al-Anon's <i>Blueprint for Progress</i> or OA's 12x12 workbook).</p> <p>Use the method in the AA big book, pages 64-71.</p> <p>What changes need to happen to be free of the problem behavior?</p>
5	<p><b>Get outside perspective on the list of obstacles (outside my own blind spots). Record what you learn about your blind spots so that it doesn't recede back into them.</b></p> <p>Who will you share the list with?</p>	<p>Read the list of obstacles to someone.</p> <p>Ask for feedback, write down what the person says without arguing, and thank them.</p>
6	<p><b>Identify unmet needs driving compulsive behavior.</b></p> <p><b>Face the feelings brought up by</b></p>	<p>Write about the blind spots exposed in step 5.</p> <p>Group the items in your step 4 list by strategy: what were you trying to accomplish with this behavior, and what did it actually accomplish--what will you lose by changing problem</p>

	<p><b>change.</b>          What are the unmet needs you've been soothing with problem behavior?          Do you need to make practical changes to address issues on your step-4 list?          How does your thinking need to change to allow for other solutions than the one you've been using?</p>	<p>behavior?          Write about the history of your unmet needs.          Look at your problem thinking instead of identifying with it.          Where you lack the power to solve a problem, adopt a course of action you can live with.          Look at this list of human needs: <a href="https://www.sociocracyforall.org/nvc-feelings-and-needs-list/">https://www.sociocracyforall.org/nvc-feelings-and-needs-list/</a> and compare them to the way you phrase your needs. Where are you cutting off options by including someone else's behavior in what you think you need? Then consider whether you let yourself be manipulated by other people defining their needs in terms of <i>your</i> behavior.          Set aside time to pay attention to difficult emotions instead of avoiding them.          Develop listening relationships where each of you can vent.          Write your feelings, particularly when tempted toward old behavior.          Write pro-con analyses of your choices.          Where you lack the power to solve a problem, adopt a course of action you can live with.          Are the obstacles from step 4 resolved?          Distinguish need from strategy for meeting it.</p>
7	<p><b>Seek new solutions for the problems identified, including effective strategies for meeting needs.</b>          How will you seek better strategies for meeting the needs you've identified in step 6?          Do you have access to the power to stop craving?</p>	<p>Ask other people, read, make it a topic at a meeting, try what you see other people do.          Remind yourself each morning what answers you're watching for today.          Stop the old behavior and see what happens.          Ask your subconscious mind for answers.          Write pretty reminder cards and read them frequently.</p>
8	<p><b>Integrate the new answers into social thinking.</b>          What might you have done differently if you'd the answers you have now during past times when you needed them?</p>	<p>Make a list of things that could have gone better than they did. How would you handle that situation now?          What amends to you owe yourself?</p>
9	<p><b>Integrate the new answers into relationships.</b>          Can you "do over" anything on your step 8 list?</p>	<p>Do over any things you can.          Tell your associates the changes you're making and ask their cooperation.          Let people know what to expect if you've decided to change your behavior (e.g. "I'm off sugar,</p>

	<p>How can you turn the people around you into allies for your recovery? How can you practice your new social behavior in a setting you have arranged, rather than waiting for the need to arise and perhaps getting caught unawares?</p>	<p>so please don't offer me dessert."). "One is too many, a thousand is not enough." Make ammends to yourself.</p>
10	<p><b>Integrate the new answers into daily habits.</b> Did you use your new behaviors today when they were called for, or did you miss some opportunities?</p>	<p>Nightly inventory. Daily check in with an ally. Schedule quiet time for yourself. Review your list of new strategies from step 7 to identify which have become habits and which need attention.</p>
11	<p><b>Broaden my application of the new answers to other areas of my life. Improve impulse control through meditation.</b> Where else could you use these new strategies you've discovered? Is meditation a place you can practice new skills?</p>	<p>Think about the changes in your life and where else they might apply. Try meditation. Where else can you replace compulsive behavior with sober behavior? How do your new attitudes and stratgies go with your philosophy, your goals, your self-image?</p>
12	<p><b>Apply the new answers to the future I'm building.</b> What will you build on the foundation you've laid? How to start new relationships on a sound footing?</p>	<p>Share with others. Sponsor people. Do service to the fellowship. Do service to people in your life. Set boundaries early, let people see who you are. Use all your new strategies from the beginning.</p>
All	<p><b>Give me a life free of problem behavior</b> Are you free of the problem behavior?</p>	<p>Find an alternate 12-steps you like and use them. <i>Staying Sober Without God</i> by Jeffrey Munn seems to be particularly popular. Ask at meetings how people have done the step you're on. Change the word "God" to "good" and use the approved literature. Read <i>Write Your Own 12 Steps</i> for ideas: <a href="https://rivenwoodbooks.com/WriteYourOwn.pdf">https://rivenwoodbooks.com/WriteYourOwn.pdf</a></p>

