



Cleaning House

a roundtable discussion

hosted by the **Working With Others** group

~

Sunday, November 27, 2011

- the Last Sunday in November -

7:00-8:30pm at Central Services

14 Sunnen Drive, Suite 144, St. Louis

Speakers & open sharing

on topics including:

- ✓ Inventory methods
- ✓ Practical techniques for difficult amends
- ✓ Typical resentments and common fears
 - ✓ What is self-will? What are defects?
 - ✓ How to hear a 5th Step
- ✓ Amends to those who have harmed us
- ✓ Amends: romance, finance, crime, family, friends
 - ✓ 10th Step tips & tricks
 - ✓ Living amends

~

Share your experience!

Learn from the experience of others!

Consider bringing delicious munchies!

~

Cleaning House Discussion Questions

These discussion questions are just questions – not recommendations. We hope to hear several (conflicting?) viewpoints on each question, and we hope people will explain “why” and not just “how” they do things, so that we can gain insight and refine our own approaches.

Inventory

1. Why do we do the 4th Step? What is meant by the terms *ego*, *self-will*, *obsession*, and *defects*? What is their relationship to alcoholic drinking?
2. What method(s) have you used or do you recommend? What is the "four-column" method? Do you have any tips or warnings for people working on a 4th Step? How thorough is it necessary to be? How soon do we start a 4th Step, and how long does it take? Do you ever do another?
3. Is an inventory a list of resentments, fears, and sex history? Or is it a list of things you've done wrong and people you've hurt? Where is the line between Step 4 & Step 8?
4. What kinds of people and things show up on resentment lists? What are some signs or symptoms of resentment? How long is a typical resentment list? Do you do any kind of questioning or analysis about the list? What is our part if we resent someone for harming us at a young age, or if we resent someone we never harmed?
5. What kinds of fears show up on fear lists? Do you find it difficult to recognize your fears? How long is a typical fear list? Do you do any kind of questioning or analysis about the list?
6. What kinds of things do you put on a sex inventory? Do you include all sex? All romance? Do you do any kind of questioning or analysis about the list?

Admission

1. Why do we do the 5th Step?
2. What method(s) have you tried for the 5th Step and what method(s) do you recommend? Do you have any tips or warnings for people who are doing a 5th Step? How thorough is it necessary to be?
3. What are some things you've done well or badly in helping people with their 5th Step? Do you have any tips on how to listen to a 5th Step? What are good locations for a 5th Step? How long does it take? Do you talk much when listening to a 5th Step? Do you share private details from your own inventory? What if someone confesses to a crime or worse?
4. What are some examples of defects, and do you think they ever get better? Do you make a list of defects?
5. After the 5th Step, how soon do you advise people to take Steps 6 & 7? What procedure do you suggest? How do you help people who want to take an AA break after their 5th Step?

Amends

1. Why do we do Steps 8 & 9? How soon can we start making amends? What method(s) have you tried for Steps 8 & 9, and what method(s) do you recommend?
2. How thorough should an 8th Step be? Who do you put on an 8th Step list? What kinds of harms do we do to people and institutions? Do you suggest making amends only in cases where harm was done? Do you make amends to people you resent but have not harmed?
3. Are there situations in which you think amends should be delayed or not made? Do you make amends for very old or very minor harms? Do you make amends to people who have harmed you more than you've harmed them?
4. What is a good amends? What are some typical examples? What are some difficult or unusual examples? Is it important to make amends in person? Is an apology a form of amends? Is a letter okay as an amends? What's the difference between direct and indirect amends? Are romantic amends different than other amends? How do you make amends to someone who's deceased or out of reach? What are living amends?
5. How do you prepare to make amends? Is it important to have good motives for making amends? Is it important to have forgiven the person or overcome negative emotions first?
6. Do you suggest that people start with an easy one or a difficult one? How might further damage be done by an amends? What if the person refuses to meet? What if the person interrupts a lot, says no amends is necessary, won't listen, or wants to argue? What if the amends involves something illegal or immoral that might cause trouble if the facts are known? What if the person is very spiritually sick or might harm you (socially, financially, legally, emotionally, or physically)?

Maintenance

1. Why do we take Step 10? What principles of earlier Steps are used in Step 10?
2. What method(s) have you tried for the 10th Step? What method(s) do you recommend?
3. How often do you use the 10th Step? Is it formal or informal? Do you write? Pray? Discuss it with your sponsor, a buddy, or someone else? Make amends? Help others?
4. How do you get into the habit of regular 10th Step work? Have you seen results? Have you had lapses where you don't, or won't, do a 10th Step? Does attendance at meetings help you with your 10th Step? Does religion, counseling, or psychotherapy play a role in your 10th Step? Does reading or journaling play a part in your 10th Step?
5. What's the difference between Steps 10 & 11?