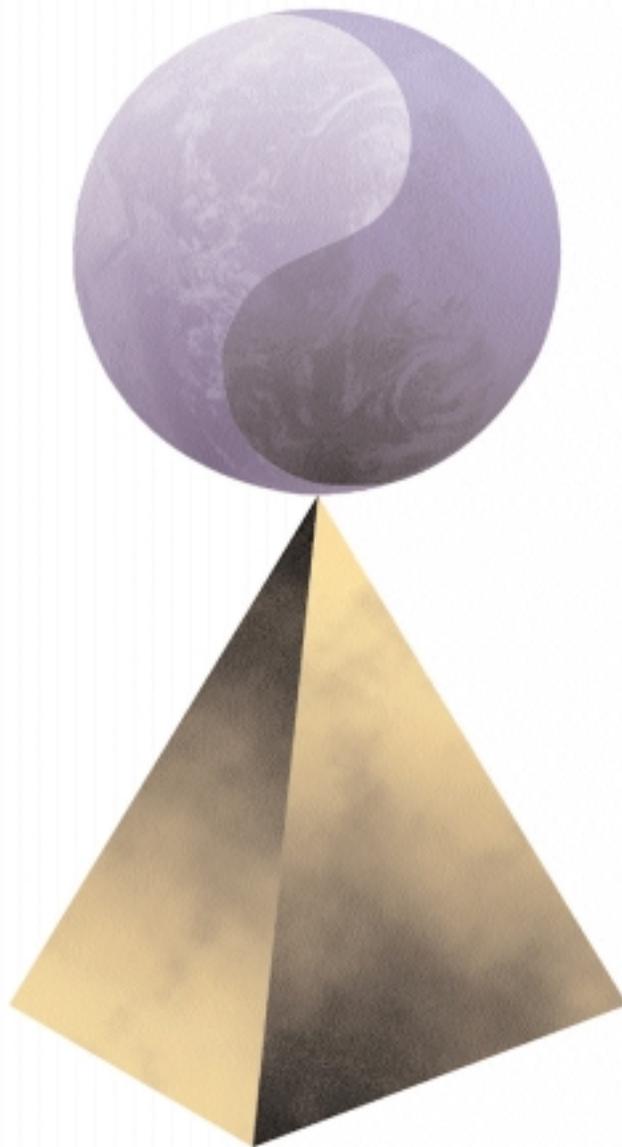


DOING LIFE!

SYNERGETICS APPLIED TO THE 12 STEPS TO RECOVERY



Chapter V: DOING LIFE!: Synergetics In The 12 Steps To Recovery, describes how DOING LIFE!: A Life-Skills Program for Recovery From Addictions was developed from an understanding of the *generalized principles* discovered through the study of Synergetics. This chapter further explores the questions discussed in Chapter II:

What does the discipline of Synergetics have to contribute to the treatment of addicts and offenders? How does Synergetics relate to the 12 Steps to Recovery of Alcoholics Anonymous and Narcotics Anonymous? How is this discipline applied in an addictions treatment program, in prison or in any treatment setting?

A review of the *generalized principles* as they are taught in this comprehensive curriculum for recovery demonstrates how 12° Of Freedom provide maximum stability for recovering addicts and ex-offenders as they navigate, while “*moving at unannounced variable speeds on a heaving sea* “ of life’s challenges.

About <u>DOING LIFE!</u>	419
The 12 Steps in <u>DOING LIFE!</u>	423
<u>DOING LIFE!</u> A Brain-Based Curriculum For Recovery	424
Structure And Format	428
Words Are Tools	430
Language Is Key	432
The 12 Steps To Recovery in <u>DOING LIFE!</u>	440
Each Day a New Beginning	482
Footnotes	492

ABOUT DOING LIFE!

“An Idea is a curious thing. It will not work unless you do.”

- Jaeger's Facts¹

DOING LIFE! A Life Skills Curriculum for Recovery from Addictions² is the direct application of the Synergetics of R. Buckminster Fuller to the 12 Steps to Recovery and the 5 Steps to Decisions. Based on the principles taught in the jails and prison system in New York since 1979, the curriculum began to be adapted for other treatment programs in the mid-1980's. The DOING LIFE! series was written from 1994 to 1996 and published in 1996.

This curriculum is now being used in Correctional Treatment programs like Network, Shock Incarceration and the Willard DTC, throughout the United States, and in private drug treatment programs, for adults and adolescents, in the U.S. and other countries.

DOING LIFE! is a hands-on program, consisting of 13 workbooks that are provided to participants as a core treatment and life-skills curriculum. The core components of DOING LIFE! have been used successfully in treatment programs for more than 65 years, including the 12 Steps to Recovery of Alcoholics and Narcotics Anonymous and the 5 Steps to Decisions. In this comprehensive series of workbooks the approach to the Steps is based in synergetics and accelerated, natural learning techniques. The unique, whole-brain format and the integration of decision making and life skills with the recovery program makes DOING LIFE! unique.

DOING LIFE! presents the 12 Steps to Recovery in an experiential format, integrated with the 5 Steps to Decisions. As discussed previously, the Thresholds³ decision making model was found to be strikingly similar to the 12 Steps to Recovery of Alcoholics Anonymous, with lessons that paralleled the Steps to Recovery. It was this symmetry which first stimulated the idea of integrating the models. Both models appeared to be based in the same principles. In the course of continuing to work with these two models, while also study-

ing other therapeutic interventions and learning theories, a wholistic approach to treatment of offenders, addressing the **Physical, Emotional, Psychological, Spiritual and Interpersonal** dynamics of change, ("The P.E.P.S.I. Challenge") began to emerge.⁴

The formal study of Buckminster Fuller's Universal Principles revealed still more evidence of the universality of the principles underlying these models of change. The 12 Steps to Recovery and the 5 Steps to Decisions are a reflection of the Universal Principles Fuller had discovered and discussed in his books, particularly Critical Path and Synergetics I and 2. DOING LIFE! is the result of combining these principles and accelerated learning theory into a brain-based, synergistic approach to treatment.

The integration and application of these principles to recovery appears to be confirmed by Fuller when he says:

"... Principles can interaugment one another if frequency is synchronizable. ... Mind, and mind alone, deals with understanding the interrelationships existing only between and not in any one principle, considered only by itself. Principles themselves are often subsets of interrelationships existing only between specific principles. ... Apparently the integrity of the synergy of all synergies of all principles is continually testing its own comprehensive adequacy to accommodate all challenges in pure principle to the maintenance in pure principle of the principle of nonsimultaneous only-overlappingly-affected, complex unity's eternal regeneration."⁵

Simply put, Fuller observed that while humans experience time as fixed, Universe is non-simultaneous. The stars in the heavens appear to the observer to be shining in the sky at the moment when they are seen, however, light of the closest star (other than the sun) takes 2.5 light years to reach the Earth observer and those farthest away take hundreds of light years, all traveling at the rate of 186,000 miles per second.

Therefore, Universal Principles may not have been discovered at the same time, and may be applied differently in different fields, nonetheless, there is a universality in these principles that makes them *always and everywhere true*. The principles of the 12 Steps to Recovery and Thresholds do appear to interaugment each other, strengthening each other in their interrelationship.

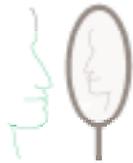
THE P.E.P.S.I. CHALLENGE



Physical



Emotional



Psychological



Spiritual



Interpersonal

"Uh-huh, uh-huh, I like it. It's the real thing baby."

- Ray Charles

The 12 Steps in DOING LIFE!

In the course of writing DOING LIFE!, starting from an intuitive sense of Universal Principles at work, the 12 Steps were analyzed with specific Principles in mind, noting the focus on internal dynamics in the first six Steps and on taking action from one's center in the second set of six Steps. In DOING LIFE!, the 12 Steps are depicted in a mandala, a continuous circular design, reflecting the internal and external dynamic tension between inner reflection and conscious action, the "... *six positive and six negative exercises of the motion freedoms.*"⁶

Steps 1 and 7 sit opposite each other within the circle, each requiring courage and true humility. It takes great courage to admit one's faults and to ask for help. To admit that one is "... *powerless over ... addiction,*" is a frightening prospect, and in Step 7, to "*humbly ask...*" requires a strong sense of self and clarity about what constitutes true humility. These two Steps correspond to the principle of Axial Rotation. The focus of Step 1 is the ability to center oneself, and in Step 7, one relates to the world outside oneself from that center.

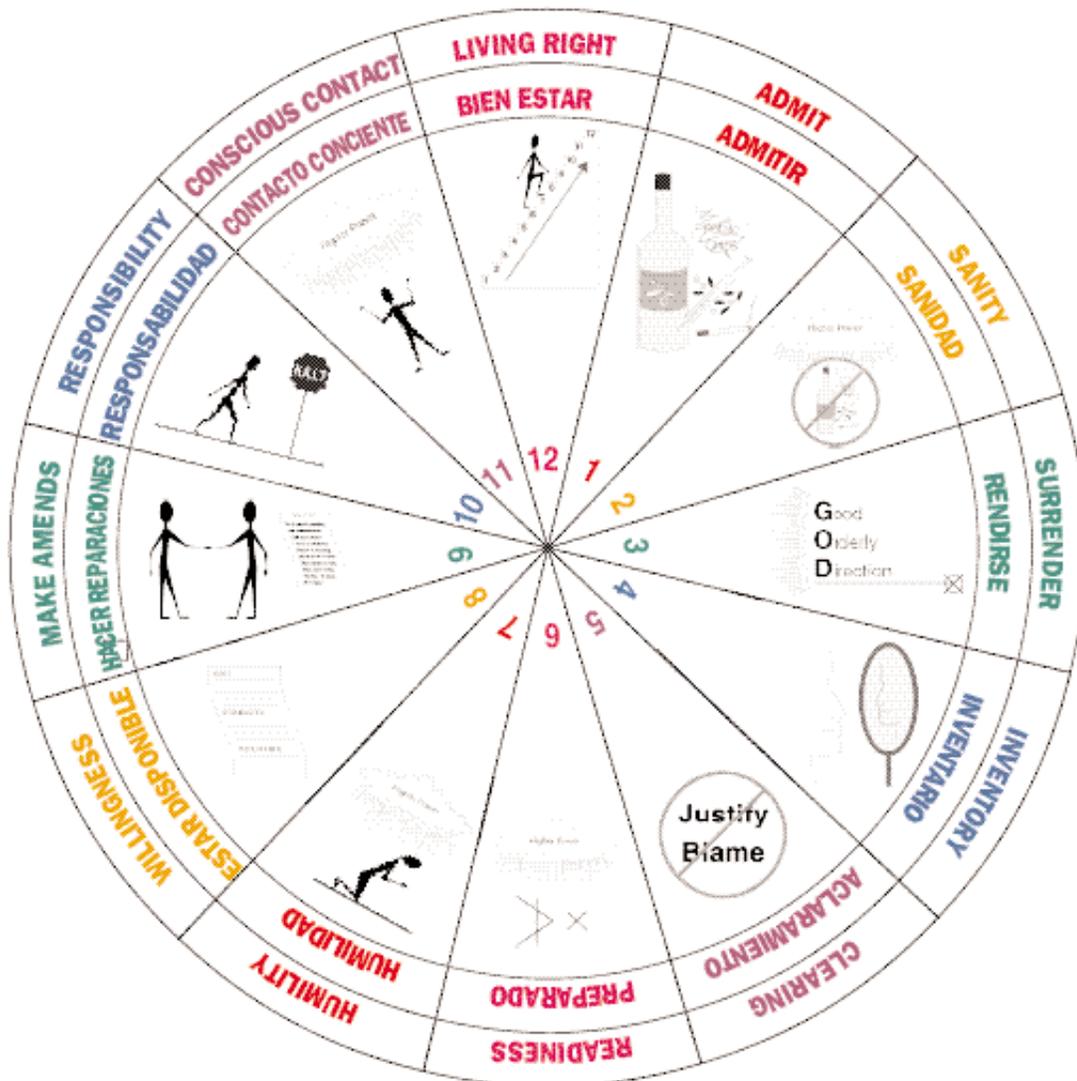
Steps 2 and 8 correspond to the principle of Orbital Rotation, respect for self and others, understanding that life is experienced in and through relationships. These Steps encourage the understanding that Mistakes Are the Key to Success. Step 2 recognizes, "... *a power greater than ourselves ...*" as creator of Universe. In Step 8, when one makes "...*a list of the people ... harmed and (becomes) ... willing to make amends to them all,*" it is important to remember the power of learning from mistakes to avoid drama and despair.

Steps 3 and 9 correspond to the principle of Expansion/Contraction as they encourage the addict to respect the cycles of their own growth and that of those to whom they relate. They require that one consciously decide to take action, while remembering that Good Orderly Direction in Universe is always and everywhere the same. To make "*a decision to turn our will and our lives over to the care of God ...*" takes a leap of faith and then, in Step 9, to directly face those harmed by careless behaviors requires responsibility.

Steps 4 and 10 teach the importance of self-reflection through personal inventory and are the principle of Torque, or twist, as applied to keeping the pressure on oneself to change and continue to grow as one moves forward in life. Both Steps are concerned with "*moral*" and

DOING LIFE! INTEGRATES

... a dynamic, comprehensive set
of life skills for decision making ...



... with an integrated, brain-based approach
to recovery from addiction.

DOING LIFE! is a synergistic model for living.

“personal inventory”, a “searching and fearless” examination of self, a new twist on behavior.

Steps 5 and 11 suggest prayer and meditation as a tool for developing strength and integrity of purpose, the principle of Inside/Outing. Both require conscious, inner reflection to admit, *“to God, to ourselves and to another human being the exact nature of our wrongs”* and to seek *“through prayer and meditation to improve our conscious contact with God ..., praying only for knowledge of His will for us and the power to carry that out.”*

Finally, as each of the Universal Principles incorporate and build on each other, so do the 12 Steps. Steps 6 and 12, as in the principle of Precession, demonstrate the result of planned action, to be *“willing”* to Let Go and Let God *“awaken”* one *“as a result of”* taking these 12 Steps. To *“practice these principles in all of our affairs,”* leads to synergistic results, unpredictable by examining each step individually. Following the path of the 12 Steps leads to results beyond ordinary expectations.

DOING LIFE! A Brain-Based Curriculum for Recovery

The 5 Steps to Decisions, integrated within each of the 12 Steps to Recovery, are also balanced in an internal and external approach to life choices. As with the 12 Steps to Recovery, the original 7 Steps to decisions taught in the Thresholds program were delivered in a 12 lesson format that paralleled the 12 Steps to Recovery perfectly.

In DOING LIFE!, the 5 Steps to Decisions are taught within the context of the 12 Steps. In Steps 1 and 7, the lesson is to See Your Situation Clearly, exploring the facts of one’s life and one’s attitude about those facts. Steps 2 and 8 teach how to Accept oneself, mistakes and all and to explore one’s feelings about the facts of each Situation with which one must deal. Steps 3 and 9 support one to Know What You Want in life. Steps 4 and 10 teach how to Expand Possibilities, and Steps 5 and 11 teach a process to Evaluate and Decide about the best course of action to take. Finally, Steps 6 and 12 support one to Plan for Action.

The first six Steps take one deeper and deeper within, coming to a true awareness of self. (*negative degree of freedom*) The second six Steps teach one how to relate appropriately to others in the world, to take responsible action. (*positive degree of freedom*) Topics of each workbook are outlined on the facing page.

TAKING 12 STEPS TO THE FUTURE

STEPS ... TO RECOVERY		... TO DECISIONS
1	We admitted that we were powerless over our addiction, that our lives had become unmanageable.	See Your Situation Clearly
2	Came to believe that a power greater than ourselves could restore us to sanity.	You Are Accepted
3	Made a decision to turn our will and our lives over to the care of God as we understood him.	Know What You Want
4	Made a searching and fearless moral inventory of ourselves.	Expand Possibilities
5	Admitted to God, to ourselves and to another human being, the exact nature of our wrongs.	Evaluate and Decide
6	Became willing to have God remove all these defects of character.	Action Plan
7	Humbly asked Him to remove our shortcomings.	See Your Attitude Clearly
8	Made a list of the people we had harmed and became willing to make amends to them all.	Accept Responsibility
9	Made direct amends to those we had harmed, except when to do so would injure them or others.	Know Your Resources
10	Continued to take personal inventory and when we were wrong, promptly admitted it.	Expand Your Personal Style
11	Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.	Evaluate Your Social Style
12	Having had a spiritual awakening as a result of these steps, we tried to carry this message to others and to practice these principles in all of our affairs.	Celebrate In Action

The first workbook in the series is an *Overview* which enrolls the participant into the learning process and his or her own recovery. Each of the twelve subsequent workbooks focuses on one of the 12 Steps to Recovery and one of the 5 Steps to Decisions. The series also includes communications and relationship skills.

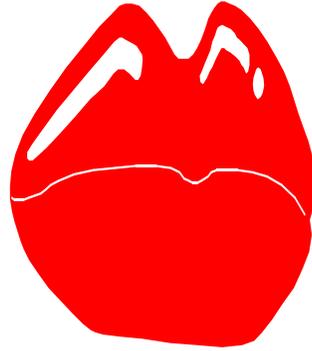
The workbooks have been designed to stand alone as a personal, self-help program or to be used in a facilitated group format, with each participant working in his or her own workbook then sharing what they are learning with the group. Either way, working alone or with others, participants have a personal journal of their first steps to recovery to refer to no matter where they are, in an institutional or residential treatment center, in a community based treatment program or at home.

The whole-brain format of the workbooks is easy to use and engages the participant immediately in the recovery process. The language is simple and speaks directly to participants. Workbooks are designed with data presented on left-hand pages in oversized, easy to read type-face, with illustrations. Exercises, illustrations and motivational sayings are on the right-hand pages, with space for notes, drawings and doodles. Participants are encouraged to write, sketch and use color to express their ideas and engage in the learning process.

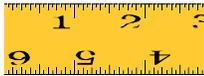
The ideas, techniques and processes of DOING LIFE! are based in those designed for Network, Shock Incarceration, the Willard DTC, and other correctional treatment programs in the United States. These programs have been highly successful in supporting both staff and offenders to learn life skills that have been found to contribute to success. DOING LIFE! is a Tool, an *artifact* produced to provide the leverage necessary to support even greater numbers of addicts to learn about recovery, and to support staff in the delivery of a highly successful treatment model. Since the average reading levels of offenders in prison programs is approximately sixth or seventh grade, the workbooks are written at that level.

Slogans are important in AA, NA and Thresholds. Some of the slogans used have been updated to reflect advances in brain research and the effect of language on brain functioning. For example, in 1935, **Keep It Simple Stupid** sent a blunt message to alcoholics who tried to rationalize and intellectualize their addiction. In DOING LIFE!, the slogan has become **Keep It Simple** and **S.M.A.R.T.**, updating it to be consistent with current learning theory.

Kee**p**
It
Simple and
SMART



Specific



Measurable



Attainable



Realistic



Timely

Structure And Format

Each workbook has the same basic structure and follows the same format. It flows from a carefully planned design, to actively engage the participant in the learning process. This is done to create a sense of familiarity and ease of recognition and to facilitate learning. The title page briefly lists the skills that will be developed in that workbook, for example:

Step 1: Admit The Truth

In this Step you will ...

- *Understand what being “**powerless over your addiction**” means.*
- ***See Your Situation Clearly** and be able to identify where and how your life has become “**unmanageable.**”*
- *Recognize how addiction has affected our life and kept you in denial.*
- *Explore ways to turn obstacles into gifts.⁷*

The Step is then introduced, with definitions for the key word(s) of the Step to ensure a common understanding in the approach to those words. For example:

“Came to believe that a power greater than ourselves could restore us to sanity.”

Step 2, 12 Step Programs

What Does Sanity Mean?

- *soundness of mind or judgement.*
- *Having a sound, healthy mind.*
- *Being able to make healthy, reasonable decisions about how to act and respond to people and situations.⁸*

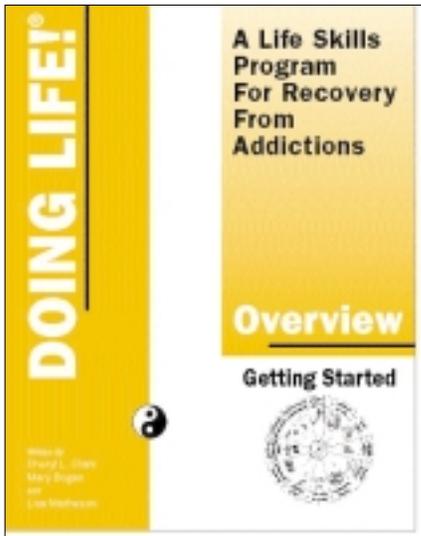
Page 3 asks participants to restate the discussion on the introductory page in their own words, to begin to engage them in the exploration from their own “*experience-based understanding.*” All of the workbooks alternate text with exercises and illustrations throughout.

The accompanying illustration is taken from the marketing package for DOING LIFE!. That package provides an overview of the programs and services of DOING LIFE® International, Inc. (DLI) and specifics about the DOING LIFE! workbooks, Facilitator’s Guide and training programs available through DLI. The Facilitator’s Guide to DOING LIFE! includes lesson plans, guidelines for Artforms for discussion, suggestions about music, videos, readings and materials to teach the lesson of the Step.

DOING LIFE!® A Life Skills Program For Recovery

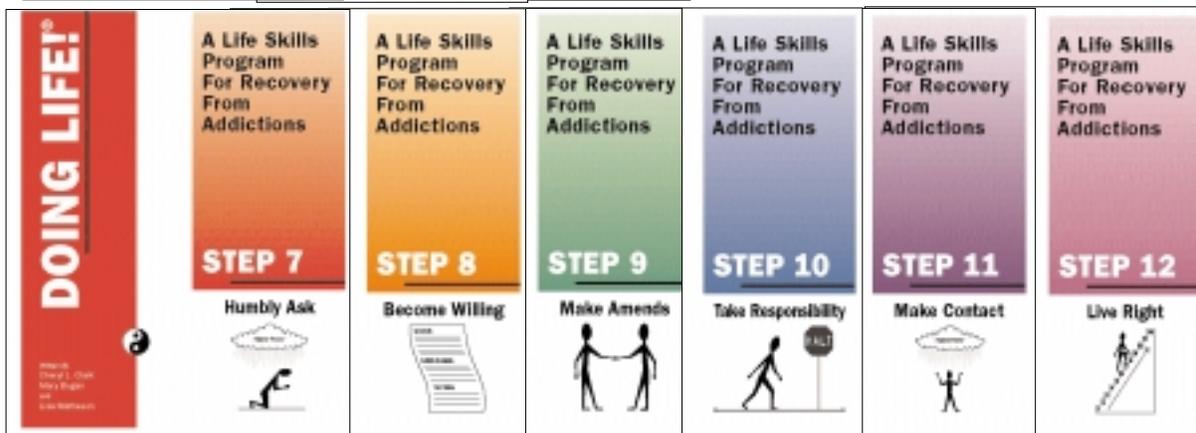
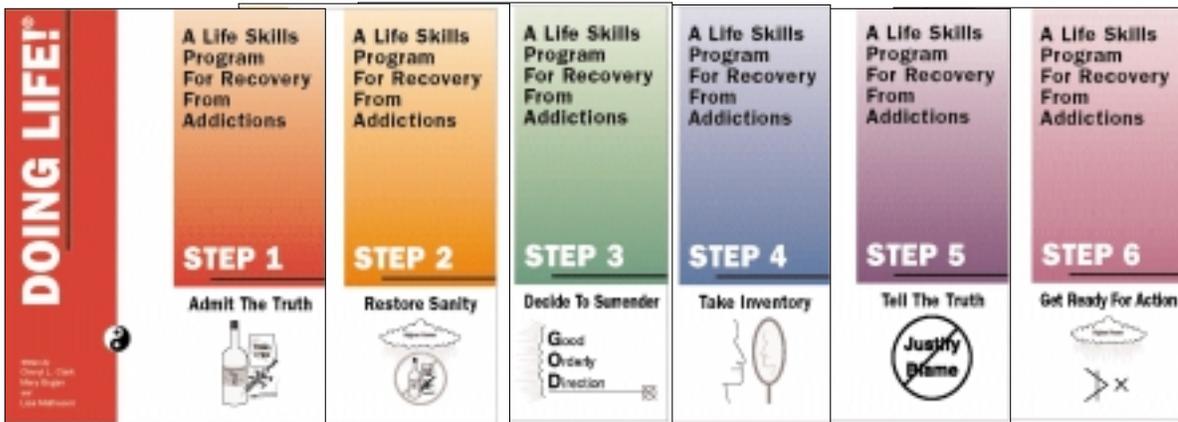
A program for recovery and life skills in a set of 13 individual workbooks

Information enclosed:



- About the DOING LIFE!® curriculum
- Curriculum overview and benefits
- Facilitator Training overview and educational outcomes
- On-going support services
- Company history
- Authors' biographies
- The DOING LIFE!® Life Line newsletter

DOING LIFE!® International Inc.
Programs For Accelerated Learning, Recovery and Life Skills



Words Are Tools

The language one uses shapes one's reality and is the foundation of an environment that supports or discourages an individual. Fuller said, "*Words are the first industrial tools, for inherently they involve a plurality of people*"⁸ DOING LIFE!, teaches the language of positive change as based in the principles of Synergetics. DOING LIFE! pays particular attention to the language of addiction contrasted with the language of change and recovery. The language of addiction creates an atmosphere of misery, self-defeat and self-pity.

One underlying premise of DOING LIFE! is that addicts *experience* themselves as victims. In Fuller's words, they have become "*degeniused.*" Their language is the language of victimage, negative, passive and self-defeating. DOING LIFE! teaches the language of success and strategies for translating this new, positive language into action. The series teaches addicts how to take control of their lives and their choices through the use of conscious, intentional, positive thinking skills and by taking responsible actions that lead to success. Changing language changes thoughts and actions, resulting in a positive change of lifestyle.

As discussed previously, both Alcoholics Anonymous and Thresholds emerged from spiritual movements of the first half of the 20th Century. AA and Thresholds were based in spiritual, not religious principles, and neither followed nor promoted the tenants of any religious sect. "*We are not a religious organization. Our program is a set of spiritual principles through which we are recovering from a seemingly hopeless state of mind and body.*"¹⁰ The language of the 12 Steps reflects the language and culture of the times, and their spiritual underpinnings. DOING LIFE! defines terms in the context of late 20th Century and early 21st Century language and thought. DOING LIFE! respects the foundation of the Steps, while attempting to clarify and use more inclusive, modern language.

The other principal influence on the DOING LIFE! curriculum is the philosophy and Universal Principles taught by R. Buckminster Fuller, who was exacting about the language he used. Therefore, words used in the series are defined carefully to reflect the scientific principles Fuller discovered as well. DOING LIFE! integrates the principles introduced by AA with accelerated learning techniques developed in the last 20 years, in the context of Synergetics.

**"THE FIRST
INDUSTRIAL
TOOL
WAS THE
SPOKEN
WORD."**

- R. Buckminster Fuller

"Change what you say and you'll change what you do."

- Hedges Capers, Transactional Analysis After Eric Berne, 1977

DOING LIFE! introduces each of the 12 Steps by defining the words used in the Step and any supporting language added to teach key ideas, paying careful attention to clarify concepts presented. Common words are also defined to ensure a mutual understanding of words as they are used in DOING LIFE! The following illustrates how new words are introduced in the series:

*“To be sure that you understand the meaning of the key words that are used in **DOING LIFE!**, we have written out the definitions of words as we use them. ... We picked the meaning that is closest to the way we are using the word. For example:*

DOING means ‘taking an action which produces a result. It means to cause or make something happen; to accomplish or bring about; to fix, clean, arrange, move; to deal with.’ Doing is also described as ‘serving time ... in prison’.

LIFE means ‘growth; the power to adapt through changes beginning within oneself; the sum of a person's experiences and actions; sparkle.’ Life is also defined as ‘a prison sentence covering the remainder of an offender's existence.’

DOING LIFE! means ‘taking action to produce a result, through growth and changes that begin within oneself.’ We don't want you to end up ‘serving life in prison,’ so get into **DOING LIFE!** and start ‘taking action to change’ your life, to get the results you want.”¹¹

Language Is Key

In his book, The Language of Change, Elements of Therapeutic Communication, Paul Watzlawick discusses the importance of language in the change process. Watzlawick says that for change to occur, the therapist or change agent needs first to understand the language of clients and thereby be able to enter their reality. By entering and accepting this reality, one might then gently guide them into a new reality, more supportive of success. To do this one must first learn “the patient's language”. Throughout the book, Watzlawick discusses remarkable interventions by Dr. Milton Ericson, to whom the book is dedicated; a psychiatrist who took hypnosis in the treatment of chronically disturbed patients to the level of an art form. In this case a 25 year old man had been in a psychiatric hospital for six years when Dr. Ericson joined the staff.

“Since he had no documents and had never been reported missing, nobody knew who he was and he had remained in the hospital ever since his admission. He himself offered no information or explanations, except for the three utterances, ‘My name is George.’ ‘Good morning’ and ‘Good night.’ To any attempt to enter into a conversation

SIMILIA
SIMILIBUS
CURANTUR

LIKE
CURES
LIKE

- Paul Watzlawick

The Language of Change, *Elements of Therapeutic Communication*

with him he reacted with rapid, lengthy verbalizations in a totally incomprehensible artificial language. Over the years numerous psychiatrists, psychologists, nurses, social workers, and fellow patients had attempted to make sense out of this word salad and to induce George to make himself understood.”¹²

Dr. Ericson observed George for several days, sitting silently beside him for increasing lengths of time, up to an hour at a sitting, and then introduced himself to the patient. At first George said nothing, then responded with word salad, which Dr. Ericson carefully matched with word salad of his own, matching cadence, mood and the length of time of the communication from George. This went on for several days, the conversations becoming more and more lengthy, until one day Dr. Ericson lamented missing lunch because George had talked non-stop for two hours and watched the clock to ensure that Dr. Ericson responded to him for the exact amount of time George had spoken to Ericson. Dr. Ericson reported:

“The next morning George returned the usual greeting properly but added about two sentences of nonsense to which the author replied with a similar length of nonsense. George replied, ‘Talk sense Doctor.’ ‘Certainly, I’ll be glad to. What is your name?’ ‘O’Donovan and it’s about time somebody who knows how to talk asked. Over five years in this lousy joint...’ (to which was added a sentence or two of word salad.) The author replied, ‘I’m glad to get your name George...’ (...word salad)”¹³

After this, it took about a year for George to be ready to be released from the hospital, and to get and keep a job. Dr. Ericson reported that George would continue to visit him over the years, reporting on his progress and always ending with a little word salad adding, *“Nothing like a little nonsense in life, is there Doctor?”* The book is full of these remarkable stories, emphasizing the importance of speaking the client’s language.

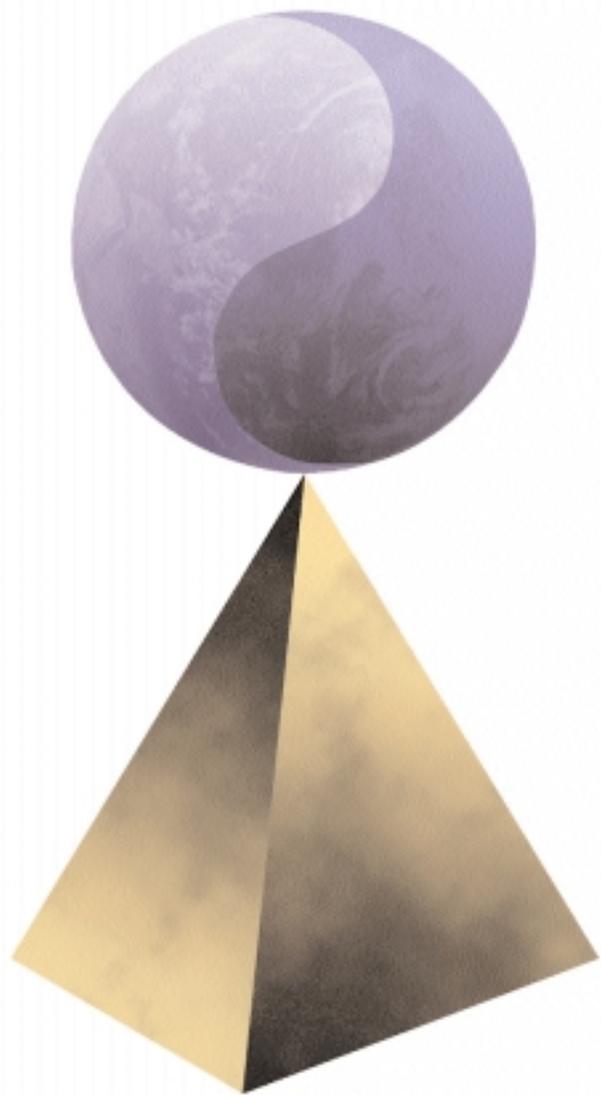
Dr. Ericson was the inspiration for many therapeutic models, particularly Neuro-Linguistic Programming (NLP), developed by Bandler and Grinder and expanded by many others, including Anthony Robbins and Genie Laborde. A number of treatment models emphasize the importance of conscious language in the change process, particularly Control Theory, Transactional Analysis, Gestalt and NLP. A combination of these models with the language of Synergetics and accelerated learning techniques make DOING LIFE! a dynamic, interactive tool for planning life change, engaging the addict directly in a process of self-discovery.

Origins of DOING LIFE!

As discussed here earlier in the Review of Literature, DOING LIFE! is based in the 12 Steps To Recovery from Alcoholics Anonymous,¹⁴ the 7 Steps To Decisions from the Thresholds program, later adapted to 5 Steps¹⁵ and the Generalized Principles discovered by Fuller and discussed in all of his books, particularly in Synergetics.¹⁶ Alcoholics Anonymous and Thresholds have long histories of success and are based in Spiritual, Mental, Physical and Emotional approaches to change. Synergetics offers a scientific foundation for understanding the principles taught in AA and Thresholds.

These three approaches form the base of a tripod, supporting participants to be solidly successful in life's journey. Accelerated Learning strategies¹⁷ are employed to teach the principles, integrated into an easily accessible format. These four systems become their own unique tetrahedron, with the 12 Steps, 5 Steps and Synergetics forming the base triangle, the gravitational vectors, the content taught through the vehicle of Accelerated Learning strategies.

The DOING LIFE® International Inc. logo (shown here) reflects the commitment of the organization to support each person who uses the series to learn how to have whatever in the world of possibilities they envision for themselves, based in solid planning, carefully considered actions, and evaluation of results as they move forward toward their intended outcomes. The 5 Steps to Decisions are a useful tool to help them plan how they can “*practice the principles*” of the 12 Steps in all their affairs.



5 Steps to Decisions

The 5 Steps To Decisions are a simple, straightforward plan for improving the quality of all decisions. The first step, See Your Situation Clearly, makes distinctions between facts and feelings, that in every situation there are both gifts and limits. Step 2 says Know What You Want in your life. Step 3 teaches how to Expand Your Possibilities to think about many possible ways to get what one wants. Fourth, Evaluate those possibilities before Decid(ing) about which might work best, by considering the **Desirability** of each possibility and the **Odds, Outcome and Risks (D.O.O.R.)** involved. The first four steps are the basis of the fifth, an Action Plan. The 12 Steps and 5 Steps are integrated in DOING LIFE! to support a simple, clear, non-judgmental exploration of oneself and one's life choices. Together they support participants to learn strategies for success, free from the ravages of addiction and the crippling, self-defeating language of victim thinking.

Responsibility For Thoughts

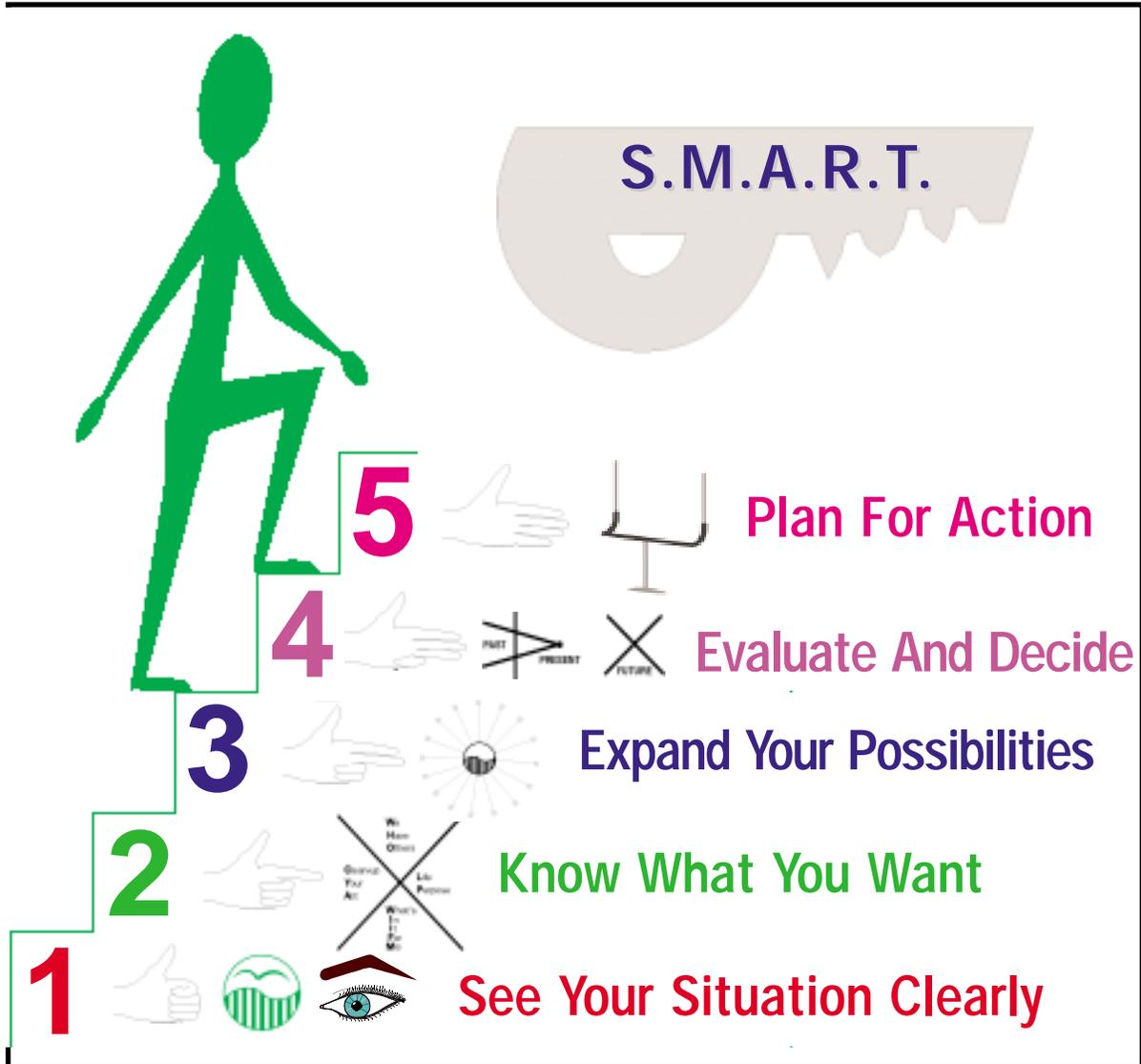
The importance of using conscious language is emphasized throughout DOING LIFE!. In particular, addicts need to avoid the indulgence of self-pity. Addicts are notorious for their ability to blind themselves to reality (**DENIAL**); to minimize the problems they cause; to rationalize their addiction based on their personal history, past failures, upbringing, parentage, genetics, etc., ad nauseum; to intellectualize about their behavior based on the latest psychology or self-help theories touted in the popular press and use fact-based theories to support their abuse (“*Addiction is a disease. I can’t help myself.*”); to blame others for their problems (“*If you didn’t nag me so much, I wouldn’t have to ...!*”); to create distractions rather than confront their issues; to resort to anger and temper tantrums when they are confronted; and myriad other avoidance techniques, rather than take responsibility for their addictive behavior.

Knowing these tendencies, DOING LIFE! promotes the use of conscious language to change brain patterns and encourage the development of positive learning skills. Fuller is one of many educators who speaks to the importance of language in thinking and problem solving. Fuller emphasized the importance of language:

“When I was young, not only were 95 percent of human beings illiterate but their speech patterns were also atrociously difficult to understand. I had two jobs before World War I. The men I worked with were very skilled but their awkwardly articulated, ill-furnished vocabularies were limited to about 100 words—50 percent of them

5 STEPS TO DECISIONS

As illustrated in The Facilitator's Guide to S.M.A.R.T. CHOICES, ©2000



Well, there's a bridge and there's a river that I still must cross.
As I'm going on my journey - ey, oh, I might be lost.
And there's a road I have to follow, a place I have to go.
Well, no one told me just how to get there, but when I get there I'll know,
'Cause I'm taking it ... Step by step, ... bit by bit,
Stone by stone, yeah, brick by brick,
Oh yeah, step by step, day by day, mile by mile, ...

- Whitney Houston "Step by Step" in The Preacher's Wife

blasphemous or obscene. Primarily they let you know how they felt about matters by the way in which they spit—delightedly, amusedly, approvingly or disgustedly. They were wonderfully lovable and brave human beings but that swearing and spitting was the most articulate and effective expressive language they had. ...

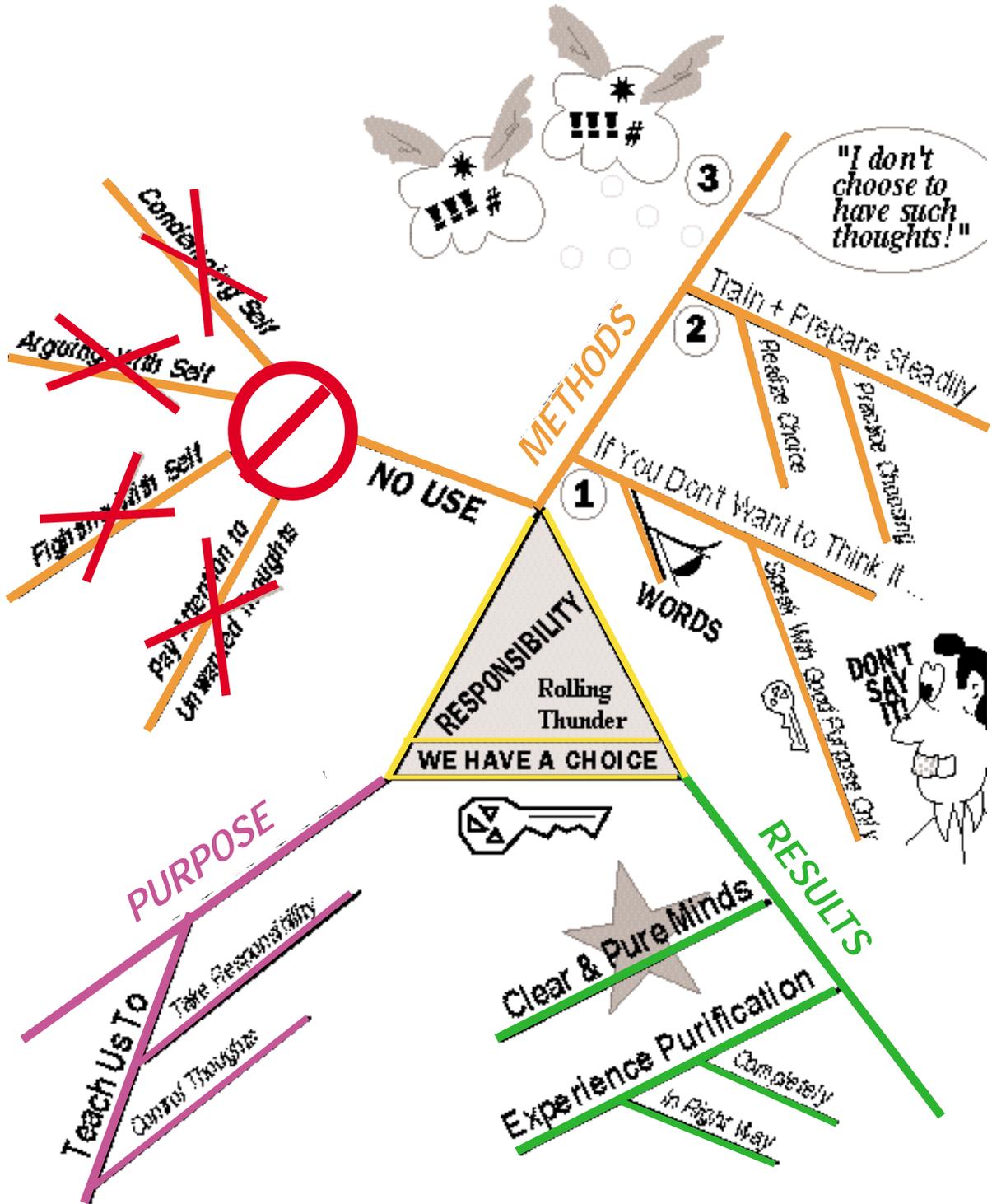
Something extraordinary has happened. Only within our last-of-the-twentieth-century time, approximately everybody has acquired a beautiful vocabulary. This did not come from the schooling system but from the radio and TV, where the people who secured the performing jobs did so by virtue of their common pronunciation, the clarity of their speech, and the magnitude of their vocabularies.”¹⁸

Addicts and offenders are among those whose poor language skills limit their ability to function successfully. DOING LIFE! uses the paragraph from Rolling Thunder, discussed previously in Chapter II, in Step 4, to support participants to make, “a searching and fearless moral inventory” and Expand Possibilities in their lives. Participants study the paragraph, mind map it, and learn the simple strategies for developing “clear and pure minds”. They are encouraged to practice these strategies in all their activities.

- *First of all, if we don't want to think certain things, we don't say them.*
- *Begin by watching our words and speaking with good purpose only.*
- *Train and prepare steadily for those times until we are ready.*
- *Don't have to say or think what we don't wish to.*
- *Practice using that choice.*
- *No use condemning yourself for the thoughts and ideas and dreams that come into your mind*
- *There's no use arguing with yourself or fighting your thoughts.*
- *Just realize that you can think what you choose.*
- *Don't have to pay any attention to those unwanted thoughts.*
- *Say, 'I don't choose to have such thoughts'*
- *Keep a steady determination and stick with that purpose*
- *Use that choice and control your consciousness*¹⁹

The following section highlights how the DOING LIFE! workbooks incorporate the Universal Principles in each of the 12 Steps.

ROLLING THUNDER SAYS:



- Mind Map by Rob Evans

Step 1 - Admit the Truth

Step 1 introduces participants to the insidiousness of **DENIAL**. It shows them how **DENIAL** has made them “powerless over (their) addiction.” Powerless is defined as “the inability to produce an effect; lacking the power to act.” What this means in the context of Step 1, is that, until participants recognize and admit that their addiction has been running their lives, they will remain at effect of it, rather than taking charge of their behaviors. Addiction is defined as “the quality of being compulsively and physiologically dependent on a habit-forming substance.” The need for the next fix or drink makes addicts’ decisions for them, and is the reason for every action they take. For example, they cannot obtain or keep a good job as long as they need to get high every morning. They cannot create a happy, healthy, stable family environment while they have to sneak off for a drink every hour or so. Addicts need to recognize this before they can move on with their recovery. They need to understand that they really are “powerless over (their) addiction.”

Addicts are often angry, hostile, sad or upset when the effects of their addiction are pointed out to them. **DENIAL** is defined as “a refusal to grant the truth of a statement; a refusal to accept or believe something.” **DENIAL** is very powerful armor. Step 1 scares people because it confronts their **DENIAL** and pierces their armor. They defend against any confrontation with statements like, “Who do you think you are, what do you know about me?! ... You don’t understand!” A defensive response gives them the false security of feeling that they are in control. Until they admit the truth, they remain “powerless over (their) addiction.” When they do admit that they are “powerless over ...addiction” they find their center and the source of their true power again. As one becomes aware of the truth of one’s own situation, he or she is then able to See the Situation Clearly. They are able to stand on their own two feet and take the first step toward rediscovering who they are at core, the true “genius” they were born to be. Fuller speaks of how one learns to deceive oneself:

“Children, born truthful, learn deception and falsehood from their elders’ prohibition of truth. Much of this prohibition arises from a great, largely unconscious, parental selfishness born of drudgery and dissatisfaction (visibly rampant in the slums). The housing of children during their upbringing is the fundamental function of the home. If we solve the problem of the home, we can erase much of this unenlightenment.”²⁰

STEP 1

We admitted that we were powerless over our addiction,
that our lives had become unmanageable.

Don't
Even
k**N**ow
I
Am
Lying



"If parents ...relapse into slang cliches, slurred mouthings, blasphemy, anger, fear, or intolerance, indicating an inferiority complex which assumes an inability of self to attain understanding by others, then the children become discouraged about their own capability to understand or to be understood."²¹

As an architect, Fuller was most concerned about creating environments that would support everyone to live well, freeing them to learn and grow into success. DOING LIFE! is focused on helping people to learn how to make choices that support them to be, do and have all that they need to be successful. The first step is to commit to telling “*the truth, the whole truth and nothing but the truth*” in every communication. Step 1 begins with admitting the truth.

Step 1 corresponds to Axial Rotation, as an expression of a *negative degree of freedom*, Negative, in the first six steps, refers to the internal, invisible dimension. Axial Rotation here is the principle of rediscovering one’s internal integrity and sense of self-worth. It is the ability to reconnect with one’s center, as the manifestation of all that it means to be fully human. Drugs, including alcohol, blur one’s vision and interfere with a sense of self. When addicts take the first step to recovery and admit to being *powerless over drugs ... alcohol ... addiction*, they have an opportunity to face the truth, to rediscover who they are at core.

DOING LIFE! makes the distinction that addicts are not powerless to change, simply that they can not, have not, do not, will not change their addictive behavior until they take the first step and *admit* that they cannot drink, take a drug, eat, have sex (whatever their addiction) like “normal” human beings. Addicts cannot “*have just one.*” They are not, and never can be, “social” drinkers. A fundamental dynamic of addiction is that once an addict starts, they lose control and cannot stop the self-defeating behavior that characterizes addiction. Once they admit that they are *powerless* to control their *addiction*, they regain their sense of center and thus have taken the first step to regaining control over their lives.

The decision making step, **See Your Situation Clearly**, leads addicts through an exploration of the facts of their lives, to “see clearly” the truth about just how *unmanageable* their lives have become as a result of their addiction. The memory anchor for this step is the thumbs-up symbol. An artist is used as a reference to teach the principle of gaining perspective on the distinction between what goes on outside one’s skin and what is going on inside. An artist uses the thumb to gain perspective on a painting. Step 1 of the decision-making process helps one to gain perspective on one’s life. In this Step, the primary focus is on reviewing the facts of one’s life, and introduces awareness of feelings as distinct from the facts.

SEE YOUR SITUATION CLEARLY



1



See Your Situation Clearly

FOR THINGS TO CHANGE ...

1st

I must change!

Step 2 - Sanity

Step 2 says "...a power greater than ourselves ...restored us to sanity", not "became sane." The words *power* and *restored* are examined to support participants to understand how to find their way back to their original, natural state. **Power** is "the ability to act or produce an effect." **Restored** is "to return to an original state." As Fuller reminded his students repeatedly, "Every well-born child is originally geniused, but is swiftly degeniused by unwitting humans and/or physically unfavorable environmental factors."²² Addicts are reactive rather than pro-active; their negative, self-defeating behaviors are a result of the "degeniusing" effect.

From the perspective of Synergetics, the whole issue of "...a power greater than ourselves", is based in scientific inquiry. Fuller said:

"I constantly ask myself, 'Do you have an experientially evidenced reason to assume a greater intellect to be operating in Universe than that of humans?' I answer myself, 'The only-by-mind discovered generalized principles of science that can only be expressed mathematically and mathematics are inherently intellectual.' I found that I was overwhelmed by the experiential evidence of a cosmic intellectual integrity at work in the design of Universe."²³

In an earlier reference, Fuller states his experientially-based proof more simply:

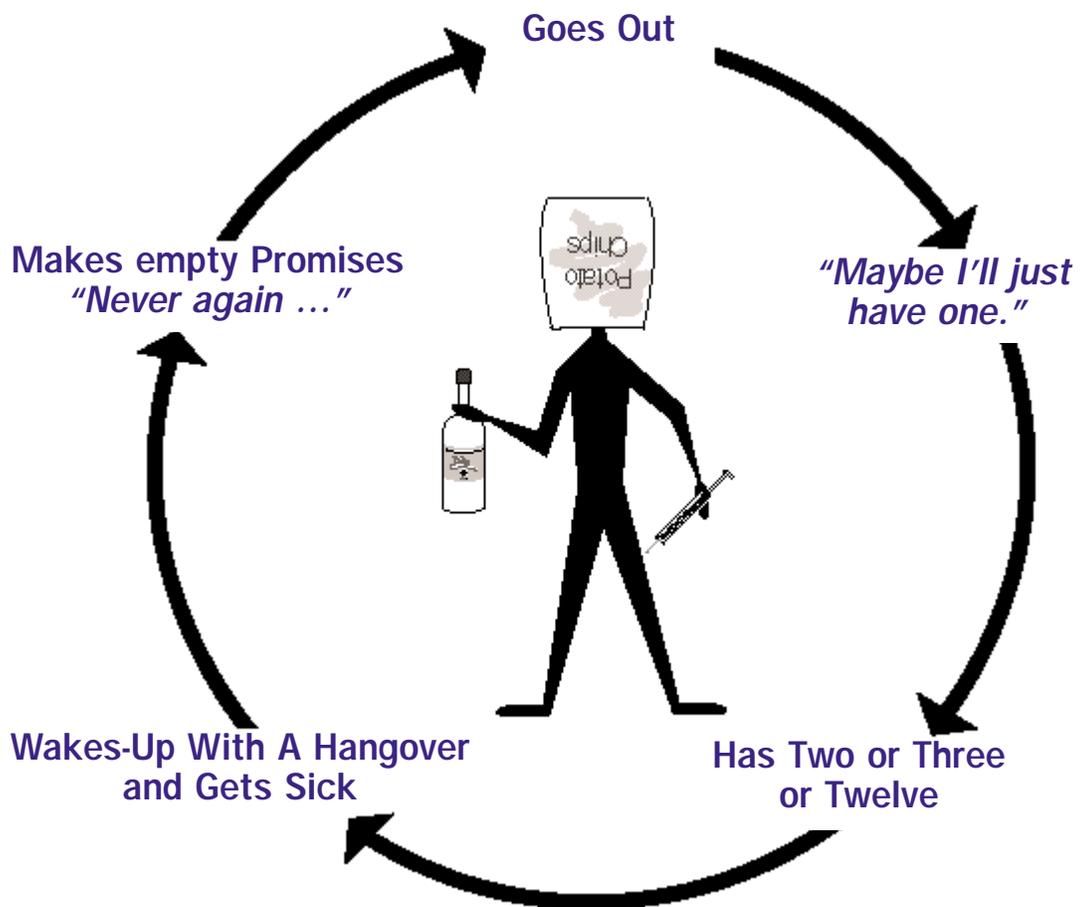
"If I accidentally scratch-cut myself when I am 3, nature goes instantly to work and repairs the cut. I don't know, even now at 88, how to repair my own cell-structured tissue, and I certainly didn't know how at 3 years of age. Obviously, however, we are magnificently successful products of design in a Universe the complexity and intricacy of whose design integrity utterly transcends human comprehension, let alone popularly acceptable descriptions of 'divine design.'"²⁴

Step 2 also examines the words **Sanity** and **Insanity**. Participants review their lives to see where their **Insanity** started and how it gained momentum as time went by. Through Step 2, addicts can be *restored* to their birthright: *sanity*. The difference between the two are defined as they relate to the life of an addict. The dictionary defines **Insanity** as, "something utterly foolish or unreasonable." In the program, **Insanity** is defined as "doing the same thing over and over again and expecting different results." **Sanity** is defined as "soundness of judgment or reason; health." Admitting mistakes is key to **Sanity**.

STEP 2

We came to believe that a Power greater than ourselves could restore us to sanity.

INSANITY CYCLE



"Mistakes are sins only when not admitted."

- R. Buckminster Fuller

In his chapter "Mistake Mystique" in INTUITION, Fuller discusses the evolutionary value of mistakes.

*"... Humans have learned only through mistakes. ... we now have 150,000 common words to identify that ... experience. The number of words in the dictionary will always multiply as we experience ... making many new mistakes ... realistic thinking accrues only after mistake making, which is cosmic wisdom's most cogent way of teaching each of us to carry on."*²⁵

Step 2 corresponds to Orbital Rotation, an expression of this *negative degree of freedom*, in that one must begin to get in touch with one's feelings, positive, negative, comfortable or not. Addicts are not good with feelings, especially ones they experience as negative. They avoid, medicate, numb and deny uncomfortable feelings as much as possible. It is one of the main contributing factors to their drug and alcohol abuse. As a result, they are equally out of touch with positive feelings and use substances to "*feel good ... get high ... chill ... mellow*," relax. They are too out of touch with their feelings to feel normally. Orbital Rotation recognizes that humans did not create Universe, nor do they run it, yet were designed to be an integral part of it, endowed with mind to be "*local problem-solvers*." Recognition of mistakes as key to learning is a big step for addicts; once taken, is rewarded by being *restored to sanity*.

In DOING LIFE!, addicts work on their Internal Situation, how they feel about the facts of their lives, identified in Step 1, **See Your Situation Clearly**, especially their mistakes. Continuing with the left hand, the memory anchor for Step 2 of Recovery is the palm, to remind one to relax into the certain knowledge that making mistakes is part of the divine plan.

*"All humans have always been born naked, completely helpless for months beautifully equipped but with no experience, therefore absolutely ignorant. This is a very important design fact. ... The initial ignorance of humans was by deliberate cosmic (divine) design."*²⁶

A "*power greater than ourselves*" is explored by eliciting examples from participants of *power* beyond their own ability to produce, such as electricity, sunlight, storms, wind, the planets and sun, etc. Popular, contemporary songs like "Somebody Bigger Than You and I" (sic), from the film, The Preacher's Wife are used as Artforms to reinforce the message of Step 2.

MISTAKES ARE THE KEY TO LEARNING



LEARNING FROM MISTAKES IS THE KEY TO SUCCESS



FAILURE IS THE INFORMATION I NEED TO SUCCEED

- Bobbi DePorter

Step 3 - G.O.D.

Step 3 says, “We made a decision to turn our will and our lives over to the care of God as we understood Him.” AA and NA were founded on spiritual principles, out of an understanding that human beings are more than merely physical, mental and emotional. They believe that humans are also spiritual, capable of inspiration, connected to all life. AA and NA are not religious organizations; they are founded in spiritual principles and remain open to all, regardless of belief. For this reason, the Steps say “God as we understood Him.” Among many definitions for God in the dictionary, one used in DOING LIFE! is, “the ultimate reality; the incorporeal divine Principle ruling over all as eternal Spirit.” The phrase “as we understood Him” is critical. In Synergetics, God is understood from the perspective of “eternal cosmic laws.”

“... Such eternal laws can be expressed only mathematically. Mathematics, we note, is purely intellectual.” Altogether these laws manifest the eternal intellectual integrity of Universe that I speak of as ‘God.’”²⁷

Note that the Step begins, “We made a decision to turn our will and our lives over ...” Fuller made this decision in 1927, as he was about to commit suicide because of his many “miserable” failures.²⁸ After a crisis of faith, he decided instead to commit “ego suicide”, to stop being “overly concerned with ‘me’ and my ‘pains’” and to commit himself:

“... completely to the wisdom of God and to realization only of the advantages for all humanity potentially existent in what life has already taught and may as yet teach me. ... I am going to commit myself completely to God and to realization of God’s apparent intent ...

...

From that time, 56 years ago, I have had absolute faith in God. My task was not to preach about God, but to serve God in silence about God. Because such commitment to faith is inherently a ‘flying blind’ commitment, I have often weakened in my confidence in myself to comprehend what it might be that I was being taught or told to do. Because I am a human and designed like all humans to learn only by trial and error, I have had many times to do the wrong things in order thereby to learn what next needed to be done.”²⁹

This is the *Generalized Principle* of Expansion/Contraction, the **Good Orderly Direction** of cosmic (divine) design, the balance of growth and rest in life, of action and repose, of for-

STEP 3

We made a decision to turn our will and our lives over to the care of God as we understood Him.

Good
Orderly
Direction

"... What a wonderful thing, the laws of physics. Wherever you go in the universe, they apply. If you were to travel to the far reaches of our galaxy and find a planet with intelligent life, those beings may have never heard of communism or capitalism or lawyers or politicians, but they would know the laws of physics. If God wrote any laws to govern us, He certainly wrote these laws."

- Robert Ballard, Oceanographer³⁰

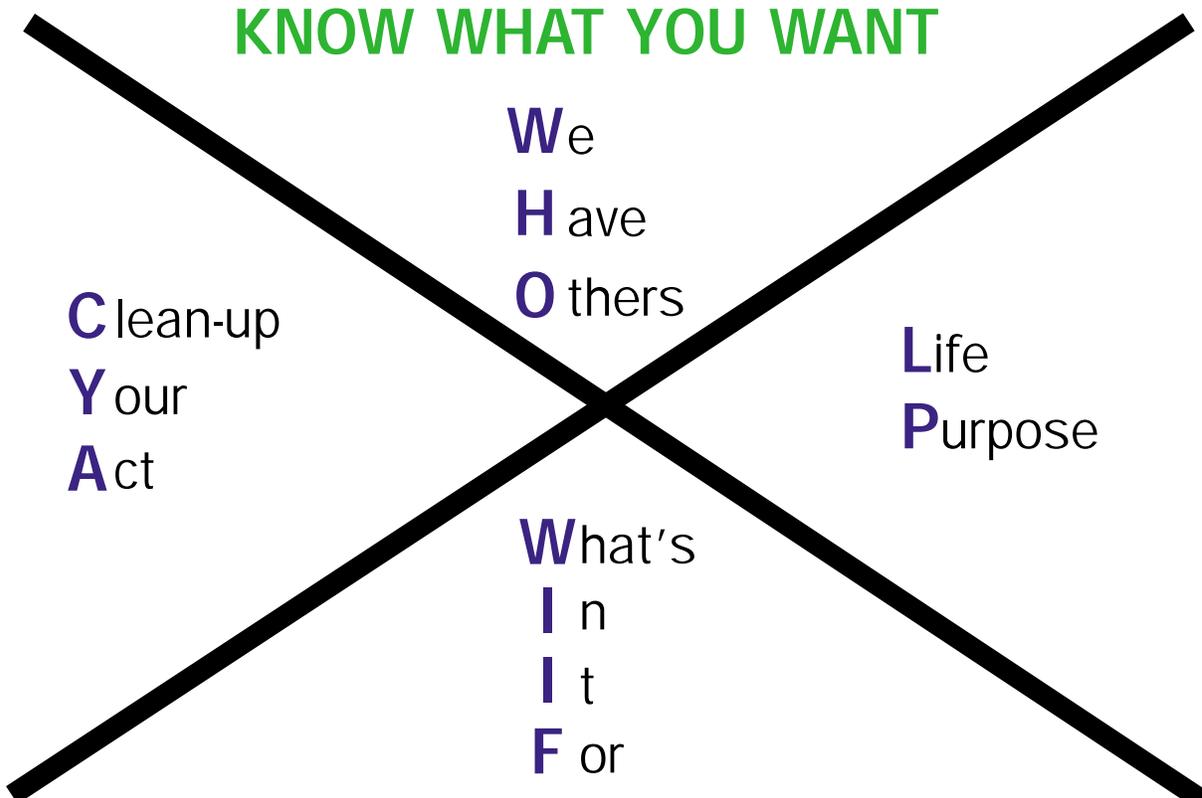
ward movement, mistakes and correction.

In Step 3, one takes the first step to trust that *cosmic (divine) design* always intends humans to be maximally successful and will provide feedback when one veers off course. All humans have to do is pay attention to that feedback and make corrections. (Ballistics) The idea that veering off course as necessary to progress was introduced in Step 2. Step 3 builds on and progresses from that principle, focusing on the importance of paying attention to the feedback one receives in the pursuit of goals. *“If what I think I need does not become available, I realize that my objective may be invalid or that I am steering a wrong course.”*³¹ Universe always responds, is always providing feedback to humans about their progress. It is a tendency of humans to reject answers that they do not like, agree with, or that scare them. Step 3 says, “Don’t Quit, Surrender” to **Good Orderly Direction**. That is, function as intended by *cosmic (divine) design*. Move forward, from side to side, making mistakes and correcting each step of the way.

Because spirituality and religion are stumbling blocks for many people, the Step 3 workbook in DOING LIFE! discusses how and why the 12 Steps use “*God as we understood Him*”, and how to integrate that understanding into one’s life. Facilitators and participants alike are urged to respect all beliefs and to encourage tolerance. Unfortunately, some people do try to push their personal understanding of God in the 12 Steps. This creates major problems and misunderstanding. DOING LIFE! says, Teach, Don’t Preach and urges those using the series to respect everyone, regardless of belief.

In DOING LIFE!, the acronym, **Good Orderly Direction** is used to discuss the progression of the seasons, day and night, as examples of a Power beyond human control. As in Step 2, with Higher Power, there is no right or wrong understanding of G.O.D. AA and NA also refer to a **Group Of Drunks (Drug addicts)** as something more powerful than one person alone. The decision making step here is Know What You Want with the memory anchor on the left pointer finger. An example used in classes about this Step is one of a two-year-old in a store, pointing at everything, “*I want dat!*” Note that the thumb is up, reminding one to Know What You Want from the perspective of See(ing) Your Situation Clearly. Bette Midler’s rendition of “From A Distance” is one example of an Artform used for discussion of *God as we understood Him*.³²

KNOW WHAT YOU WANT

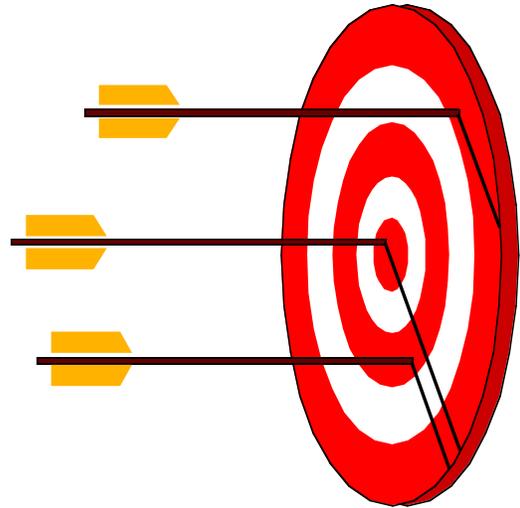


We
Have
Others

Clean-up
Your
Act

Life
Purpose

What's
In
It
For
Me



1



See Your Situation Clearly

2



Know What You Want

Step 4 - Moral Inventory

Step 4 asks those in recovery to take a careful look at their lives through a “*searching and fearless moral inventory.*” Moral means using “*judgment about right and wrong actions.*” When people use the word “moral,” they often judge themselves as “good” or “bad” and are self-critical when the “bad” outweighs the “good.” This harsh criticism induces fear and resistance and inhibits a “*searching and fearless moral inventory.*” In his introduction to Critical Path, Fuller says:

“It is the author’s working assumption that the words good and bad are meaningless. This is based on science and not on opinion. In 1922 physicists discovered a fundamental complementarity of disparate individual phenomena to be operative in physical Universe. ... the word negative as the opposite of the word positive is at best carelessly and misinformedly employed. ... We walk right foot, left foot, not right foot, wrong foot. This book is written with the conviction that there are no “good” or “bad” people, no matter how offensive or eccentric to society they may seem. ...”³³

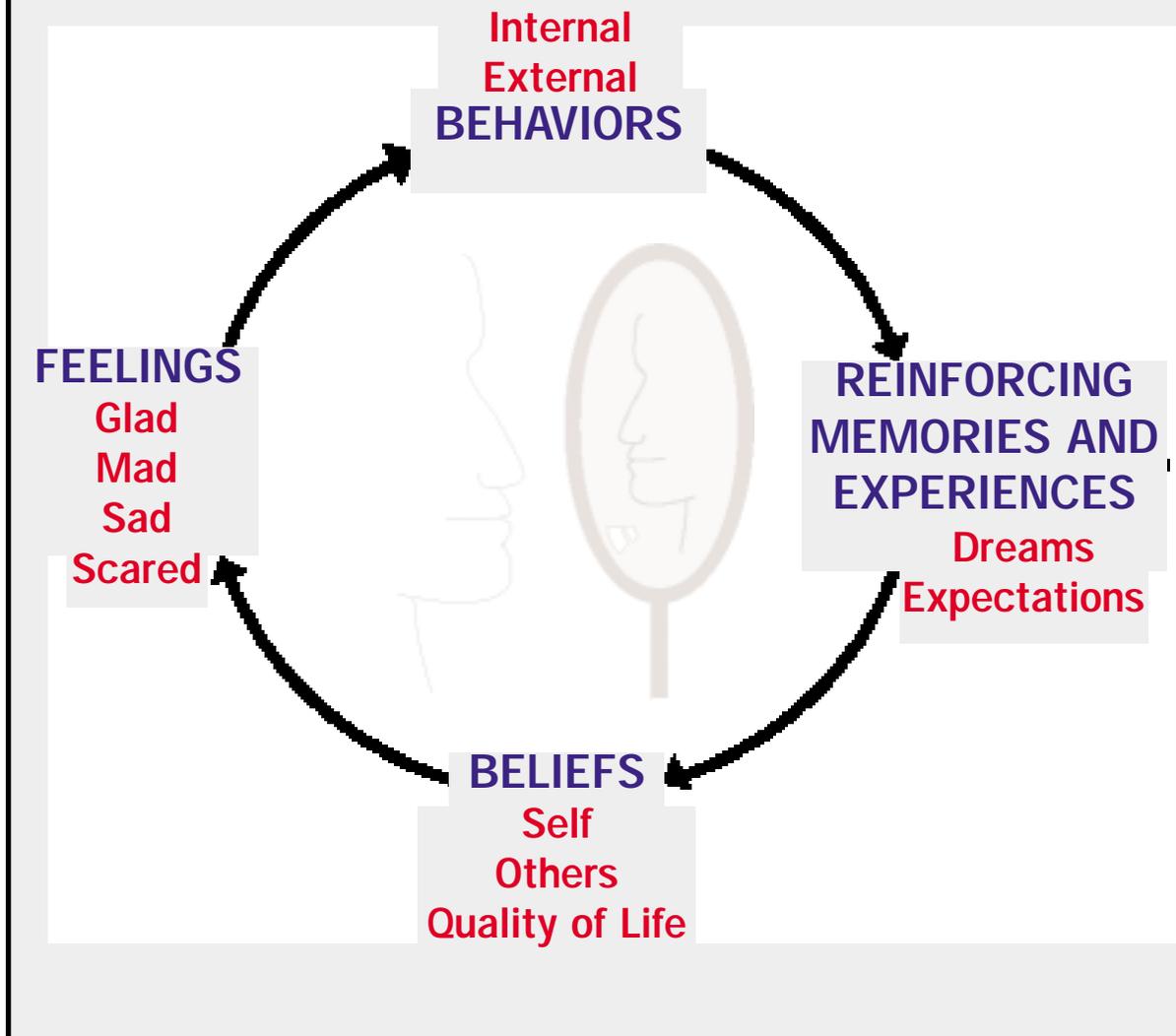
This is not meant to minimize the addict’s damaging behaviors nor to excuse them from responsibility. Fuller’s words are intended to encourage humans to carefully assess their actions, to decide if they add value or detract from their purpose on this planet. It is in this spirit that DOING LIFE! encourages participants to examine their addictive behaviors and review their memories, beliefs and feelings. Together, these four components make up what DOING LIFE! defines as Operating Image. One’s Operating Image determines how one acts, thinks, feels and remembers life experiences. Participants discover how memories of the past affect their responses to situations in the present. They uncover the source of the beliefs they hold on to that prevent them from living a sober, healthy life. They see how their addict Operating Image led them to make mistakes in the past. The goal of Step 4 is to help them see that they have the ability to change their Operating Image in the present.

Step 4 corresponds to Torque, on the negative end of the continuum, the fourth degree of freedom. Torque here is pressure applied to overcome resistance to movement. Addicts get stuck in their “stories”, the reasons and excuses they have for why they use. Self-absorption and self-pity keeps them stuck in the past. Step 4 is the Torque they need to help them over-

STEP 4

We made a searching and fearless moral inventory of ourselves.

OPERATING IMAGE



*"You and I didn't design people. God designed people.
What I am trying to do is to discover why God included humans in Universe."*

- R. Buckminster Fuller

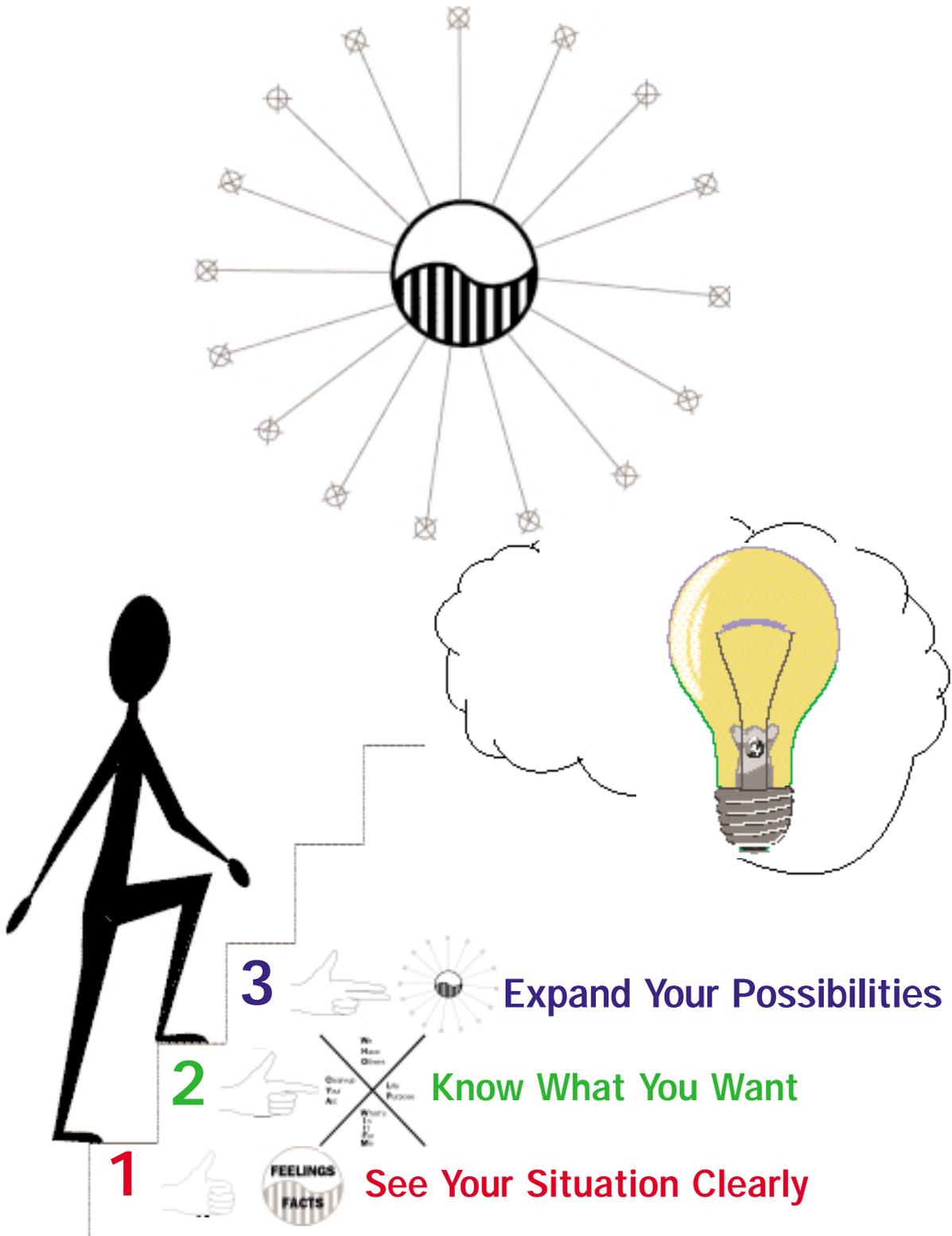
come their resistance to sobriety and success, to move them off their excuses and propel them forward into the future. When they make a “*searching and fearless moral inventory*,” they will be confronted with many things they have done that are hurtful to themselves and others. Most do not like what they see. Their addictive behaviors are often embarrassing, shameful, illegal and in many cases life-threatening to themselves or others. Those who have committed crimes while drunk or high are ashamed of themselves, yet excuse their behavior as a product of the drug, saying, “*That’s not me. I would never do that.*” Unfortunately, it is them and they *have done* many things of which they are ashamed. Step 4 demands that addicts examine their failures in detail, look themselves in the eye, as it were, and unflinchingly account for their behaviors.

After Robert Downey Jr.’s post-prison relapse just four months after release, Patti Davis, the daughter of former First Lady Nancy Regan, wrote about addiction in a Viewpoint piece for TIME magazine in which she talks about the addict’s love affair with drugs, something she understands intimately. It is all-consuming, all-absorbing. She says that Downey described his relationship with drugs as “... *like he has a gun in his mouth, and he loves the taste of the gunmetal. You will never understand addiction unless you understand that it is a love story.*”³⁴

A “*searching and fearless moral inventory*,” is a powerful tool to help addicts face the truth about who they are and what they have done in their lives. DOING LIFE! encourages participants to make an objective inventory of their **assets** and **liabilities**. These words are defined in Step 4. “*An Asset is ‘a resource or an advantage.’ It ‘feeds’ you. A Liability is a ‘deficit or disadvantage.’ It eats away at you.*”³⁵ The workbook also includes strategies for turning liabilities into assets, for example, stubbornness can be tenacity, arrogance can become confidence. Fuller’s Chronofile is an excellent example of the value of a comprehensive inventory.³⁶

The decision making step incorporated here is, **Expand Your Possibilities**, as Step 3 to decisions, the memory anchor is on the third and longest finger. Participants are reminded to link this step to decisions with the first two. One would not want to be extending the middle finger alone. They are reminded that “*flipping the bird*” can seriously limit possibilities. Participants are taught brainstorming strategies, to learn to generate many possible ways of getting what they want in life. A film like 28 Days, starring Sandra Bullock, is a useful Artform.

EXPAND POSSIBILITIES



Step 5 - Admit the Truth

The first four steps ask addicts to look back at their lives and to review the things they have done that kept them stuck in the insanity of addiction. Now, in Step 5, after having taken a *searching and fearless moral inventory*, they are asked to admit “*the exact nature of their wrongs.*” In this Step, addicts begin to clean up the lies that have kept them stuck in the past. *Exact* is, “*marked by strict, particular, and complete accordance with fact.*” To be *exact*, addicts must get past their fear of exposure, and avoid falling back into **DENIAL**. *Wrongs* are “*injurious, unfair or unjust acts; actions or conduct inflicting harm without due provocation or just cause.*” In Step 5, participants are asked to consider in detail the facts about what they have done and then *admit... the exact nature of their wrongs* completely to **G.O.D.**, to themselves and to “*another human being.*”

For many people, addicts or not, the fear of telling the truth about their wrongs is enough to make them clam up even more. When caught in fear, people often imagine the worst possible scenario as an outcome of telling the truth, and then convince themselves that they cannot tell the truth because of the imagined dire consequences. Fear inhibits the willingness to be truthful. Step 5 supports participants to overcome their fear. When caught in fear, people believe in hate, loss, judgment, rejection, and draw these things into their lives. In DOING LIFE!, fear is defined as **False Expectations Appearing Real**.³⁷ Participants learn to confront their F.E.A.R.s and overcome them by admitting the truth.

Note that the Step does not ask addicts to “*spill their guts to the world,*” although that is something some addicts newly in recovery do to the dismay of those who do not want to hear their confessions. Those who use DOING LIFE! are cautioned to find one person they can trust and admit the truth to that person. That person is usually one who is called a sponsor in AA and NA. DOING LIFE! explores the role of a sponsor and how to choose one in this Step. A key requirement is that this be a person who has “*been there, done that*” and has solid, long-term experience in recovery. As Deputy Superintendent West, Willard DTC, says, “You can’t teach what you don’t know, you can’t lead where you won’t go.”

Step 5 corresponds to the internal dimension of the Generalized Principle: Inside/Outing, that is the principle of the inherent twoness in Universe, (yin and yang in oriental philosophy), in and out, concave and convex, positive and negative aspects of the same

STEP 5

We admitted to God, to ourselves and to another human being,
the exact nature of our wrongs.

SUPPORTIVE
PERSONAL
COACH WHO
KNOWS THE
STEPS
TO
RECOVERY



FALSE **E**XPECTATIONS **A**PPEARING **R**EAL

The only thing we have to fear, is fear itself."

- Franklin Delano Roosevelt

experience. Inside/Outing is the principle of balance in Universe. Here Inside/Outing is the addict in relationship to **G.O.D.**;³⁸ the self and the observing self; the recovering addict and his or her Sponsor. Fuller said:

“There is no such phenomenon as ‘oneness’ possible in Universe. One always presumes an other, in the same way that inside presumes outside and concave presumes convex.

The other at-minimum twoness of unity in the observer and the observed, and their union is the realization of life—in pure principle.”³⁹

The decision making step incorporated here is **Evaluate and Decide**, the fourth step to making conscious choices. The memory anchor is the ring finger on the left hand, the hand where many Westerners wear a wedding ring, a symbol of commitment. It is important to Evaluate all Possibilities carefully before making any decision, particularly one as serious as marriage. The acronym for Evaluate is **D.O.O.R.** One must consider each possibility generated in Step 3 to Decisions according to how much one wants a particular possibility (**Desirability**); whether or not one has the knowledge, skills and abilities to accomplish it (**Odds**); will the possibility being evaluated obtain the **Outcome** desired; finally, what are the **Risks** involved and are they worth it? This is a step that takes time and attention, using each of the steps that have come before; for example, one might want to be a medical Doctor, however, if the Situation one begins from is as a high-school dropout, the most desirable outcome has low odds of resulting. One might still want to be a physician, just must start by finishing high school and doing well in math and sciences. Iyanla Vanzant asks:

“THE QUESTION IS, what are you willing to do to get what you say you want? Are you willing to discipline your mind and your mouth? Are you willing to get up early, stay up late and work hard all the hours between? Are you willing to work for free? Are you willing to do it with excellence? ...

The question is, what are you willing to give up to get what you say you want? Are you willing to give up bad habits, negative thinking and negative people? Are you willing to take a risk and put your butt on the line when all signs indicate that you are totally insane? Are you willing to stand up for yourself? ...”⁴⁰

Once having evaluated all possibilities according to each criterion, the choice of possibilities is a moment in time, the moment between past experience and future expectations—Now!

EVALUATE AND DECIDE ABOUT POSSIBILITIES

Desirability

*How desirable is this possibility?
How much do I want it?*

Odds

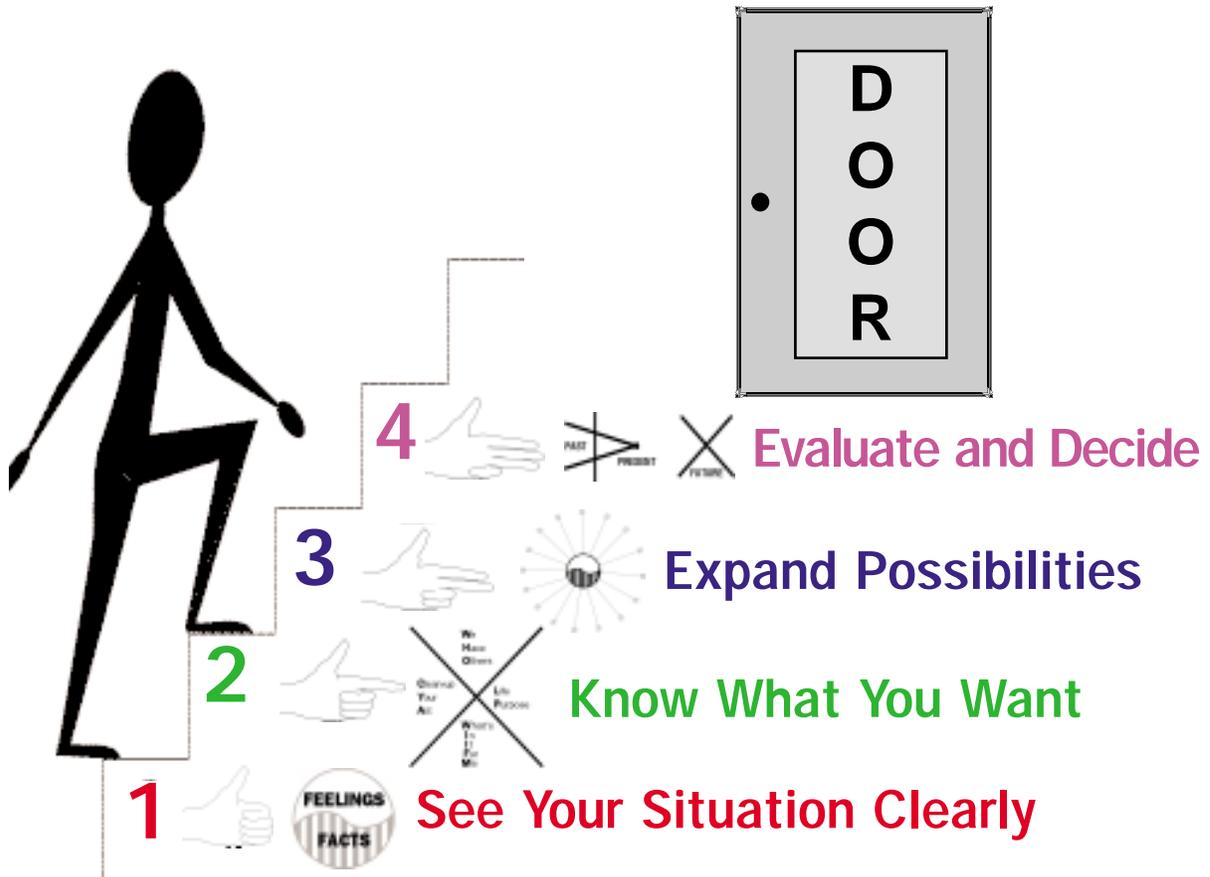
*What are the odds that I can do it?
Do I have the knowledge, skills, ability?*

Outcome

*What will happen realistically if I choose
this possibility? Will I get what I want?*

Risk

*What is the risk I run by choosing this
possibility?*



Step 6 - "Entirely Ready"

Step 6 says, "We were entirely ready to have God remove our defects of character." In Step 6, participants label the *defects of character* they identified during their *searching and fearless moral inventory*. They learned how these *defects* affect their lives and the lives of the people around them and are now fully prepared to take this next step. *Entirely* means "in a whole, complete, or full manner" To be *ready* is to be "prepared mentally or physically for some experience or action; willingly disposed; immediately available." One's *character* is "who someone is as a person; an essential quality." A *defect* is "a flaw; a lack of something necessary for completeness." So, *defects of character* are the lack of something essential to a person's well-being. Defects of character keep people from being the best they can be. The first five Steps to Recovery prepare one to be *immediately available* to have G.O.D. remove these flaws.

Addiction magnifies every character flaw that exists, making people do things that have a negative effect on their lives. For example, almost everyone, addict or not, lies from time to time. It is a result of the F.E.A.R. of making mistakes. When a person is drinking or drugging, the lies become bigger, more frequent, more damaging. Their whole life becomes a lie. In DOING LIFE!, *defects of character* are identified and grouped in categories: Greed, False Pride, Envy, Lust, Anger, Laziness and Despair. *Defects of character* keep humans from using their best judgment. They are the lesions in personalities that addiction feeds on to keep an addict sick.

People of "good character" are said to have integrity. Integrity is "a quality of being complete or whole; the state of being honest; having sound moral principles."⁴¹

*"Human integrity is the uncompromising courage of self-determining whether or not to take initiatives, support or cooperate with others, in accord with all of the truth, as it is conceived by divine mind, always available in each individual."*⁴²

In Step 4, participants learned that "moral" means using their best judgment. To have integrity also means to use one's best judgment. To be successful in recovery, addicts need a solid foundation, good character. Virtues are also introduced in Step 6. A Virtue is defined as "strength; moral excellence; a beneficial quality; a commendable quality or trait." Participants contrast Virtues with *defects of character* and begin to learn how to practice these Virtues. Virtues are identified as Generosity, Humility, Charity, Love, Peace, Industry and Faith.

STEP 6

We were entirely ready to have God remove all these defects of character.

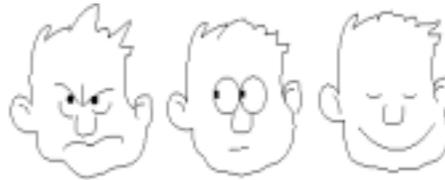
DEFECTS OF CHARACTER

VIRTUES

Greed

Generosity

False Pride



Humility

Envy

Charity

Anger



Peace

Lust

Love



Laziness

Industry

Despair

Faith

COURAGE = COMMITMENT + DOUBT + ACTION

- Marshall Thurber, Money and You

Step 6 is the Generalized Principle of Precession, here the expression of the internal dimension of this degree of freedom, it is the Synergetic integration of each of the preceding Degrees of Freedom, the *synergy of synergies*.⁴³ Precession “governs the interbehaviors of all bodies in motion.” When Fuller speaks of Precession, he uses the honey bee as a simple example of purpose (cross pollinization) occurring at right angles to goals (gather the nectar to make the honey), thus, *side effects are main effects*.⁴⁴ Of humans’ purpose in Universe, he says it is:

“... my vigorously pursued working assumption that it is God’s intent to make humans an economic success so that they can and may in due course fulfill an essential—and only mind-renderable—functioning in Universe.”⁴⁵

As addicts move forward Step by Step on their journey to sobriety, the side effects of that journey bring richness into their lives. They form new, positive relationships; they get and keep jobs; they become responsible friends, parents, employees; they laugh out loud, feeling real feelings, experiencing themselves full of joy. The side effects of taking this journey become main effects as they continue to move forward toward their goal of a new, sober life.

“... I’ve witnessed one miracle after another through my whole life, extraordinary things happening. I see that God ... apparently is intent to make us a success if it is possible. So if we don’t make it, it is because of each individual. ... It’s going to be how each individual reacts in relation to the truth”⁴⁶

The decision making step here is **Plan for Action**, the fifth step to making conscious choices. The memory anchor is the pinky finger of the left hand, the smallest and weakest finger, yet key to getting a solid grip on things. A quick demonstration of the importance of having a Plan for Action has participants stand and pick up their chairs just using their little finger alone, to make the point that acting without a plan is painful. They then use their whole hand to “get a grip” on the chair, anchoring the use of all five steps to increase skill, strength, ability and endurance. This also demonstrates the power of synergy. Having Evaluated the Possibilities and Decided which to work toward, one must now carefully plan steps to move toward one’s goal. An Action Plan must be **S.M.A.R.T.** An effective plan is **Specific, Measurable, Attainable, Realistic** and has a **Timeline**. All plans include Goals, Strategies and Tactics. A Goal is an “*aim or direction*”. Strategies include the who, what, when, where, how of each step. Tactics organize and order the strategies, including the timeline for getting to one’s Goal.

CREATING A PLAN FOR ACTION



Specific



Measurable



Attainable



Realistic



Timely

S.M.A.R.T.



5



Plan for Action

4



Evaluate and Decide

3



Expand Possibilities

2



Know What You Want

1



See Your Situation Clearly

Step 7 - Humility

Having become “*entirely ready*” in Step 6, recovering addicts now “*humbly ask*” G.O.D. to remove their “*shortcomings*.” When asks *humbly*, one is “*not proud or haughty; not arrogant*.” One of the key ideas in Step 7 is examining the difference between humility and humiliation. Many people think that these two words have the same meaning, so when they come to Step 7, they think that asking for help is humiliating and resist the idea at first. Even dictionaries often define the two words interchangeably, therefore DOING LIFE! makes the distinction between the meaning of the words in the definitions used there.

Humility is a state of being, while humiliation is a response to an action done by one person to another. To humiliate is “*to put down; to reduce the dignity and pride of; to disgrace*.” Humiliation comes from F.E.A.R. and makes one feel weak, especially when feeling put down. Humility, on the other hand, is a strength and a Virtue. It comes from love and raises pride and dignity in a person. In Step 7, addicts learn how and why Humility plays such an important role in their recovery. They learn that the fundamental difference between a person who is humble and one who is not is in their **Attitude**. They examine how their attitudes have shaped their lives in the past, and how a change in Attitude can make a major difference in their futures.

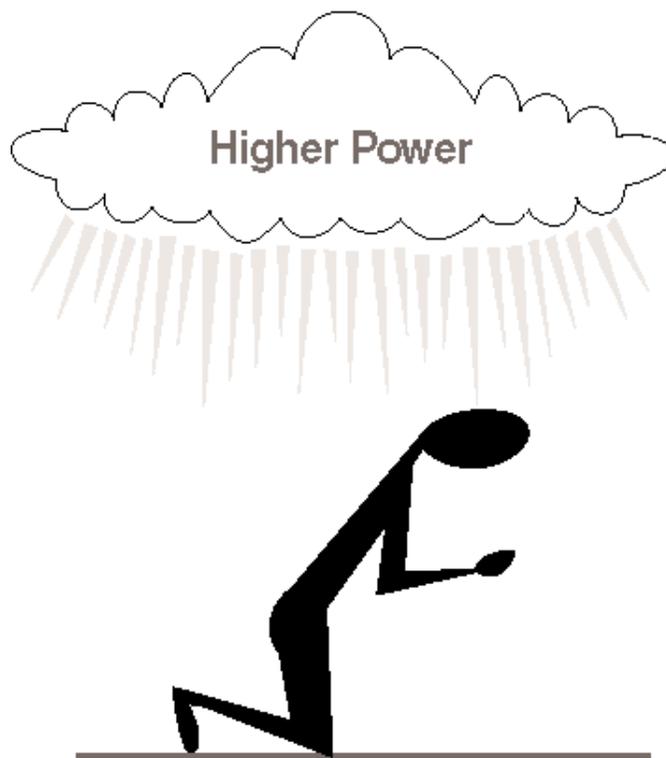
Attitude is defined as “*posture; a mental position with regard to a fact or state; a feeling or emotion toward a fact or state; an organismic state of readiness to respond in a characteristic way to a stimulus (as an object, concept, or situation)*.” Step 7 helps participants learn how they are free to choose their attitudes, no matter in what situation they may find themselves. Step 7 also reviews the concepts introduced in Step 1. In Step 1, they learned to See (their) Situation Clearly. In Step 7, they learn to See their Attitude Clearly. The memory anchor here is the right thumb up, for maintaining perspective as one moves forward, mirroring the anchor for Step 1.

Step 7 introduces the positive degrees of freedom, and begins a review of the 5 Steps to Decisions. Positive, in the second six steps, refers to the external, visible dimension, the principle of flow;—for example, a photographic image as contrasted with a negative of that image. One of the definitions of positive is “*that is or is generated in a direction arbitrarily or customarily taken as that of increase or progression <~ rotation of the earth>*.”

STEP 7

We humbly asked Him to remove our shortcomings.

IT IS OK TO ASK FOR HELP.



HUMBLY ASKED

God,
Grant me the **SERENITY** to accept the things I cannot change,
The **COURAGE** to change the things I can,
And the **WISDOM** to know the difference.

- Rienhold Neubauer

Axial Rotation here is the ability to move forward from one's center, with humility, in relationship to others. *"I assumed that nature would 'evaluate' my work as I went along. If I was doing what nature wanted done, ... permitted by nature's principles, I would find my work being economically sustained—and vice versa, in which case I must quickly cease doing what I had been doing and seek logically alternative courses until I found the new course that nature signified her approval of by providing for its physical support."*⁴⁷ It is the understanding that while humans are not perfect, *cosmic integrity and absolute wisdom* designed humans to be ultimately successful.

The decision making step is a review of Step 1, **See Your Situation Clearly**, becoming **See Your Attitude Clearly**. Here, addicts once again reflect on the thoughts they entertain, the words they use, the feelings they express and the behaviors that show their attitudes toward situations and others. As addicts learn humility, they learn how to remain centered as they move forward in their new, sober lives. Step 7 is the active expression of the internal understanding of who humans were designed to be. The following meditation from the evangelist, Charles Swindoll, is used in Step 7 because it so eloquently expresses the importance of attitude in life.

ATTITUDE

"The longer I live, the more I realize the impact of attitude on life.

Attitude to me is more important than facts.

It is more important than the past, than education, than money,
than circumstances, than failures, than success,
than what other people think or say or do.

It is more important than appearance, giftedness or skill.

It will make or break a company... a church ... a home.

The remarkable thing is **WE HAVE A CHOICE EVERY DAY**
regarding the attitude we will embrace for that day.

We cannot change our past ...

We cannot change the fact that people will act in a certain way.

We cannot change the inevitable.

The only thing we can do is play on the one string we have,
and that is our attitude...

I am convinced that life is 10% what happens to me and 90% how I react to it.

And so it is with you ...**WE ARE IN CHARGE OF OUR ATTITUDES.**"

MY
ATTITUDE
DETERMINES
MY
ALTITUDE.

The graphic features the text 'MY ATTITUDE DETERMINES MY ALTITUDE.' in large, bold, sans-serif letters. The word 'MY' is purple, 'ATTITUDE' is blue, 'DETERMINES' is pink, and 'ALTITUDE.' is blue. To the left of the second 'MY' is a white cloud with a blue outline. To the right of the second 'MY' is a bald eagle in flight, facing right, with a white head and neck and a dark brown body. Above the eagle is another white cloud with a blue outline.

- Barney Mikulski 48

THE SEVENTH STEP PRAYER

My Creator,

I am now willing that You should have ALL OF ME, good and bad.

I pray that you now REMOVE FROM ME every single DEFECT OF CHARACTER
which stands in the way of my usefulness to me and my fellows.

Grant me strength as I go out from here to do your bidding.

Amen.

- Alcoholics Anonymous

Step 8 - Willingness

In Step 8, participants are once again asked to revisit their actions when they were using, specifically identifying the people they *harmed* when they were drinking or drugging. It is a S.M.A.R.T. assessment of “*I did this **to** ...*” versus “*I did this*” that asks them to take responsibility for the pain they caused others by becoming “*willing to make amends to them all.*” When one is *willing*, one is “*inclined or favorably disposed in mind; ready.*” Willing is that state which is “*done, borne, or accepted by choice or without reluctance.*”

In DOING LIFE!, the acronym **H.I.T.**, is used to help addicts make a complete list of the harmful things they did to those they **Hurt, Intimidated or Threatened.**⁴⁹ Their “**H.I.T. List**” states specifically how they *harmed* them. The dictionary defines **Hurt** as “*causing either physical or mental injury or pain; to offend, grieve, or insult someone.*” **Intimidate** means “*to frighten, bully, browbeat or otherwise break someone’s spirit, possibly through force or violence.*” **Threaten** means “*to promise punishment, to menace; to cause distress; to express an intention to cause them harm.*” These are the kinds of things addicts do to their “loved” ones, though none are things that they would do when they were sober, sane or balanced. None are actions that any person would be proud of, so as they make their H.I.T. List they are generally ashamed.

Step 8 reviews the lessons of Step 2 to support addicts to forgive themselves for their past mistakes as they make their H.I.T. List and become “*willing to make amends to*” all of the people they **Hurt, Intimidated or Threatened** in the past. DOING LIFE! asks addicts to approach their mistakes as learning experiences, not to excuse, deny or avoid taking responsibility for them. When one learns from mistakes, one is much less likely to repeat the same ones over and over again. Fuller’s approach to the value of learning from mistakes is discussed in “*Mistake Mystique*” among other sources:

“At present, teachers, professors, and their helpers go over the student’s examinations, looking for errors. ... I suggest that the teaching world alter this practice and adopt the requirement that all students periodically submit a written account of all the mistakes they have made, not only regarding the course subject, but in their self discipline during the term, while also recording what they have learned from the recognition that they have made the mistakes; the reports should summarize what

STEP 8

We made a list of the people we had harmed
and became willing to make amends to them all.

I am willing to make amends to the people I ...

Hurt

Intimidated

Threatened

*“When people ask me how it is that I have become so successful,
I tell them that is because I have
made more mistakes than anybody else.”*

- R. Buckminster Fuller

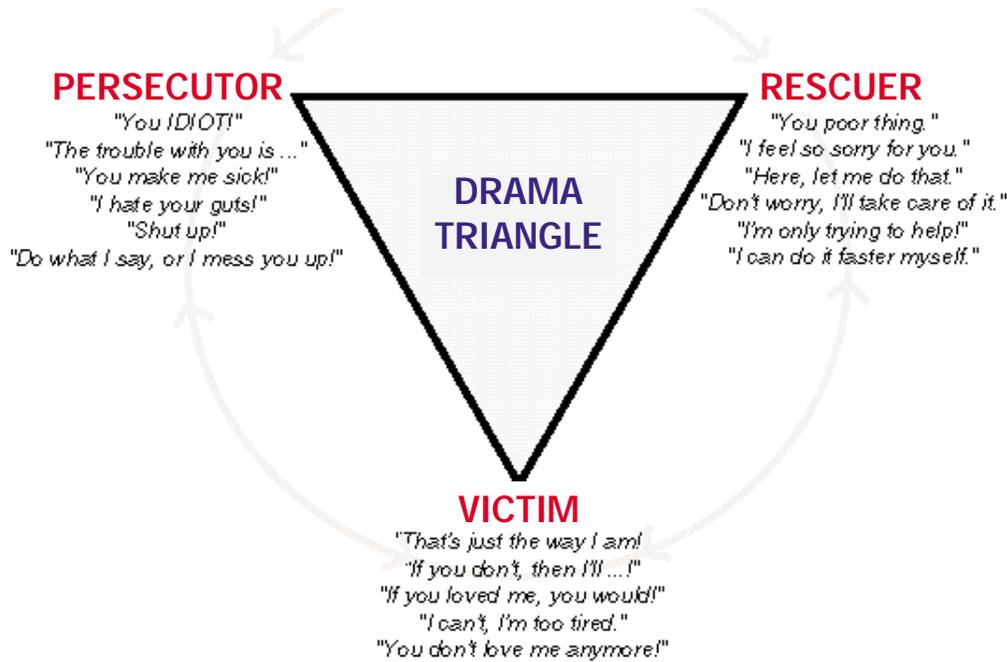
it is they have really learned, not only in their courses, but on their own intuition and initiative. I suggest, then, that the faculty be marked as well as the students on a basis of their effectiveness in helping the students to learn anything important about any subject—doing so by nature’s prescribed trial and error leverage. The more mistakes the students discover, the higher their grade.”⁵⁰

The relief of approaching mistakes as opportunities to learn, rather than “sins” to be ashamed of, is freeing. It is this switch in perspective that supports addicts and alcoholics to get past the guilt that keeps them stuck on the DRAMA TRIANGLE, and to learn how to relate appropriately to others. Step 8 is the active expression of Orbital Rotation, the second *positive degree of freedom*; here it is the way one relates to others or another. Addicts have not related to others appropriately in the past. They have used, abused, neglected and ignored those they profess to care most about. They have not taken the feelings and needs of others into account. They have been consumed by selfishness. They related to others by lying, cheating, whining and yelling. The lesson of Orbital Rotation teaches one how to allow “*spaces in their togetherness*,”⁵¹ to orbit in love, rather than to blindly “*fall in love*” and get burned by the heat.

In Step 8, the generalized principle of Orbital Rotation teaches addicts how to forgive themselves for the harm they did to others while they were using. Forgiveness is defined as, “*to stop feeling resentment against another; to give up resentment; to grant relief.*” As much as addicts and alcoholics blame themselves for the harm they have done, they also resent those who “took” their abuse. As discussed in the Step 2 workbook, it takes two to play on the DRAMA TRIANGLE. Just as addicts now need others to help them maintain their sobriety, they used others to keep them stuck in drama. Through forgiveness they move from resentment to love.

The decision-making task here is a review of their Internal Situation, their feelings about the harm they have done to others. The memory anchor is the palm of the right hand, to remind them to rest in the sure knowledge that they are accepted by a “*Power greater than themselves*” despite all of their unconscious harmful acts in the past. They experience the positive degree of being *restored to sanity* through the act of making their H.I.T. List. Their H.I.T. List prepares them for Step 9, where they will approach the “*people (they) ... harmed*” to make “*direct amends to them all.*”

HOW I H.I.T. ON THE DRAMA TRIANGLE



Drama Hurts, Intimidates, Threatens

	Persecutor	Rescuer	Victim
Position	I'm OK, You're Not	I'm OK, You're Not	I'm Not OK, You Are (Ha, Ha!)
Hurts	Hits/Slaps	Tries To "Fix It"	Cuts Up Self
Intimidates	Yells	Soothes/Whispers	Whines
Threatens	Blames Others	Takes Blame	Blames Others

"... And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation - some fact of my life - unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; Unless I accept life completely on life's terms I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes..."⁵²

Step 9 - Direct Amends

Step 9 prepares addicts to make a major move forward on the road of recovery, to plan how they will make “*direct amends*” to the people they harmed. To make *amends* means “*to put right; to offer compensation for loss or injury.*” *Direct* means they will face those people, admit what they did, apologize for their thoughtless behavior, accept their response, no matter what it is, and offer to make up to them for the ways they harmed them. The caution of this Step is that they be sure that their *direct amends* support the people they harmed, and not be made simply for their own purely selfish reasons, thus, “*except when to do so would injure them or others.*”

In DOING LIFE! addicts identify their Resources, and how they used those Resources to hurt others. Resources are “*a source of supply or support.*” They are identified here as **Time**, **Energy**, **Money**, **Possessions** and **Talent**. (T.E.M.P.T.) In the past, participants used any Resources they had, or could get their hands on, to support their addiction. When they were using, most of their **Time** was wasted being drunk or high. Their **Energy** was focused on when and where they were going to get their next hit. Their **Money** went to buying drugs and alcohol. They sold **Possessions** (theirs and stolen ones) to pay for drugs. They used their **Talents**, like being able to “sell” or influence people, for the purpose of supporting their addiction.

Once participants identify how they used their Resources to hurt people, they then look at how they can use them to help make *direct amends*. For example, they can spend **Time** with their children, help their grandmother they lied to, and volunteer to work with a youth group to support kids to stay off drugs and alcohol. They can use their **Energy** to run errands for their mother. They can start repaying some of the **Money** they stole from people, or donate to organizations to help other addicts or kids on the street. As they save some **Money** from jobs, they may be able to replace some of the **Possessions** they stole from family and strangers, or use their **Possessions** to help others in some way. For example, they might use their car to take a family member to appointments, or if the family member is no longer living, they might offer to give rides to seniors to go to the doctor. Participants can use their **Talents** in many ways to help make *direct amends*. They might read to their child, coach a little league team, offer to support a community organization, or help in a soup kitchen.

STEP 9

We made direct amends to those we had harmed,
except when to do so would injure them or others.

MADE DIRECT AMENDS WITH MY ...

Time

Energy

Money

Possessions

Talent

"The best place to find a helping hand is at the end of your own arm."

- Swedish Proverb

PEOPLE WHO CARE DON'T LET YOU OFF THE HOOK

- Paulette Strong⁵³

This is the active expression of the *Generalized Principle* of Expansion/Contraction. Making *direct amends* requires one to extend oneself to others, in a **Good Orderly Direction**; using **Good Ol' Discipline** to make up for the inappropriate ways one related to others in the past; to expand where once one contracted, and to respect the space of others. Here one must pay attention to this principle to be sure that the time is right for making amends, to respect the space of those harmed. In some cases, the injured party may not be ready to hear from the one who hurt them.

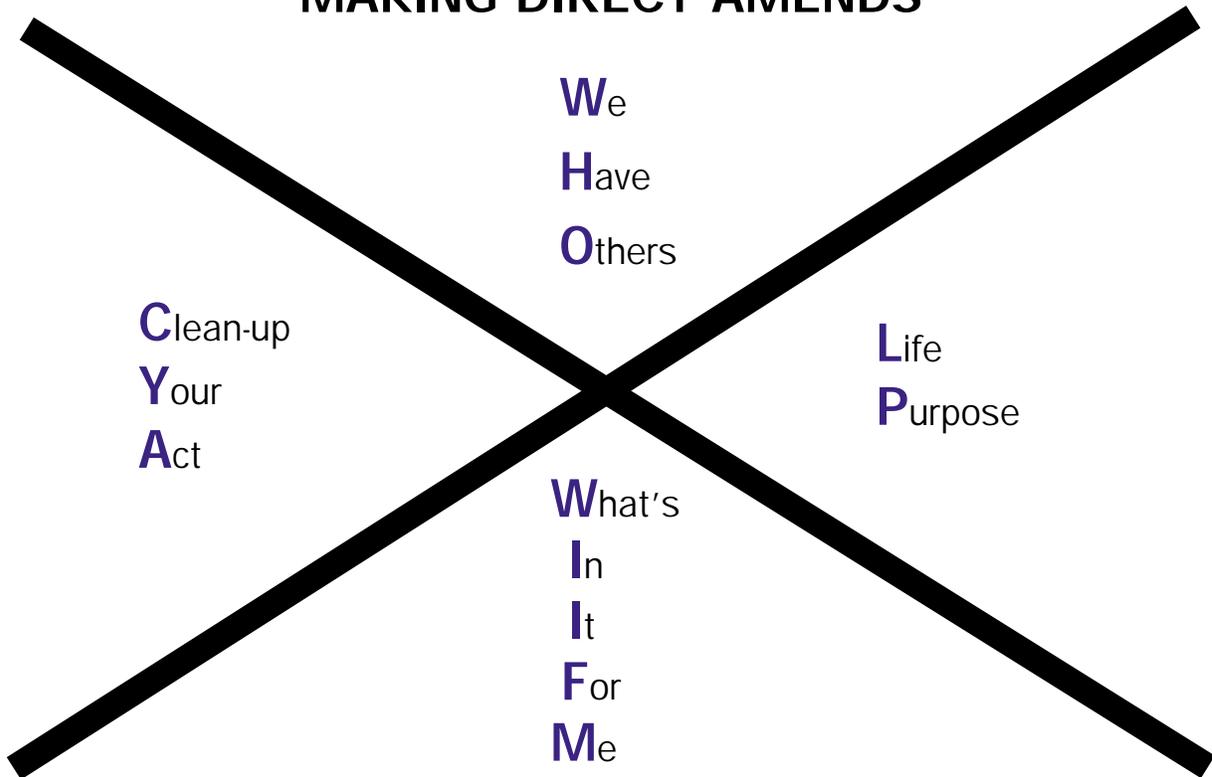
"When I called to tell my mother I was graduating from Shock and would be coming home, she said, "DON'T! — COME! — HERE!" She told me that she'd ... help me out and keep my son for me until I got on my feet, but she didn't want me there, messing up their lives again. She had enough of my lies. It took almost a year before she began to believe that I was different. After all I had done, she had to see it before she could believe it. I don't blame her. Nothing could stop me before, so why should anything be different now?"

Getting pregnant didn't stop me from using crack. The only thing that saved my son from being a "crack baby" was my going to jail. He was born in a prison nursery and stayed with me in prison until he was 9 months old. My mother took him home with her while I finished my sentence. I signed up for Shock for one reason: to get home early, which didn't stop me from fighting the program

Going home, I had to prove myself before my mother was ready to listen. I got a job, went to work every day, went to meetings and eventually was able to get an apartment and show mom that I was on the right track. She finally saw that I meant it this time, and now we have a great relationship. I apologized to her and do my best to make amends to her every day, by living up to my word and taking good care of my son."⁵⁴

Step 9 reviews the second Step to Decisions, Know What You Want; here, to make *direct amends*. The pointer finger of the right hand points to those to whom one must make amends. When reducing the **X**, the unknown of the result of going for what one wants, making *direct amends* is the most important way to **Clean-up Your Act** with those **WHOM** one has harmed. Next, one must decide **What's In It For Me** to humble oneself with others. AA and NA make 12 promises to those who *practice the principles*, which result in achieving one's **Life Purpose**. *"I realized that the more people I attempted to serve, the more maximally effective I became."⁵⁵*

MAKING DIRECT AMENDS



THE 12 PROMISES

1. *We are going to know a new freedom and a new happiness.*
2. *We will not regret the past nor wish to shut the door on it.*
3. *We will comprehend the word serenity.*
4. *We will know peace.*
5. *No matter how far down the scale we have gone, we will see how our experience can benefit others.*
6. *That feeling of uselessness and self-pity will disappear.*
7. *We will lose interest in selfish things and gain interest in our fellows.*
8. *Self-seeking will slip away.*
9. *Our whole attitude and outlook upon life will change.*
10. *Fear of people and of economic insecurity will leave us.*
11. *We will intuitively know how to handle situations which used to baffle us.*
12. *We will suddenly realize that God is doing for us what we could not do for ourselves.*

- Alcoholics Anonymous⁵⁶

Step 10 - Take Responsibility

In Step 10, participants learn why it is important to their recovery to continue “to take personal inventory”, to review their lives and their actions on a regular basis. An *inventory* is “a list of traits, preferences, attitudes, interests, or abilities used to evaluate personal characteristics or skills; a list of assets and liabilities.” They are encouraged once more to understand how important it is to recognize and *promptly admit* mistakes in order to learn from them. They learn that when they are **Hungry, Angry, Lonely or Tired**, it’s time to **H.A.L.T.** and take care of themselves. They learn to recognize their mistakes as soon as they make them and develop skills for correcting them immediately and “*when ...wrong, promptly admit... it.*”

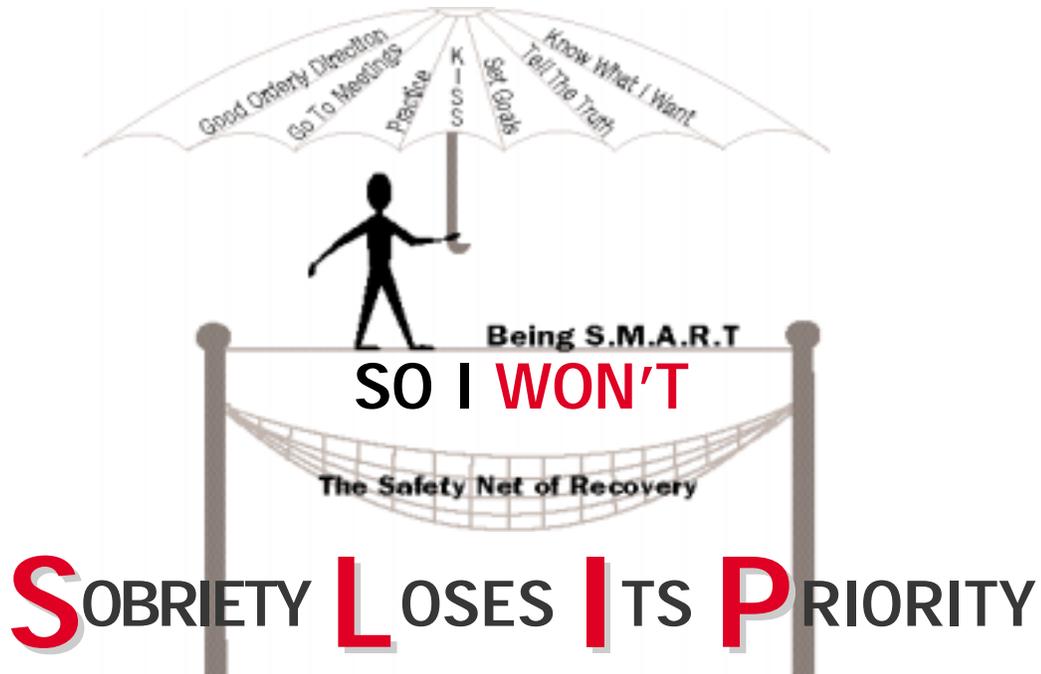
By the time participants reach Step 10, they recognize when they are not having a good day, when things are not going well. They also know that they can do something about it to change things. Continuing “to take personal inventory” helps them to figure out what is not in order in their lives, why something is not working the way they want it to, and why they are not getting the results they want. They are taught that there are many ways “to take personal inventory”, each of which has its own unique application. A Spotcheck Inventory can happen at any time. A Daily Inventory generally takes place at the end of each day. A Spiritual Inventory is done with a Sponsor or other spiritual advisor. Many recovering alcoholics and addicts take the time to go on what they call “spiritual retreats.” A Retreat Inventory is an effective way for addicts to re-energize and make sobriety their number one priority.

Step 10 is the positive expression of Torque, the fourth degree of freedom, the “*measured ability of a rotating element ... to overcome ... resistance*” required to maintain one’s stability and integrity on the journey to recovery. A Spotcheck, Daily, or more in-depth, Spiritual or Retreat Inventory, maintains the Torque needed to overcome personal resistance to change as one moves forward on the road of life. Torque increases one’s flexibility. This is important here as one’s Operating Image evolves. It is crucial to maintain control of one’s Emotions—one’s Interior and Exterior Ballistics—to stay on target during the rough times that often come up, sometimes suddenly and, more often than not, unpredictably, on this journey.

While Step 4 is more concerned with interior-ballistics, the internal makeup of the

STEP 10

We continued to take personal inventory and when we were wrong, promptly admitted it.



*What I am today is the result of what I did yesterday.
What I become tomorrow will be a result of what I do today.*

human being, Step 10 focuses on exterior-ballistics, what happens with people as they operate in life and relate to others in a wide variety of situations.

“The exterior-ballistics variables relate to the direction and velocity of the winds blowing between the firing ship and the target ship. ...

In the science of ballistics the variables entering into the problem of firing from a swiftly moving, steerable ship on a heaving sea at a variably steerable target ship moving at unannounced variable speeds on a heaving sea are much more numerous than the variables entering into the firing of a gun from a fixed position on dry land toward another fixed-position target on the same dry land.”⁵⁷

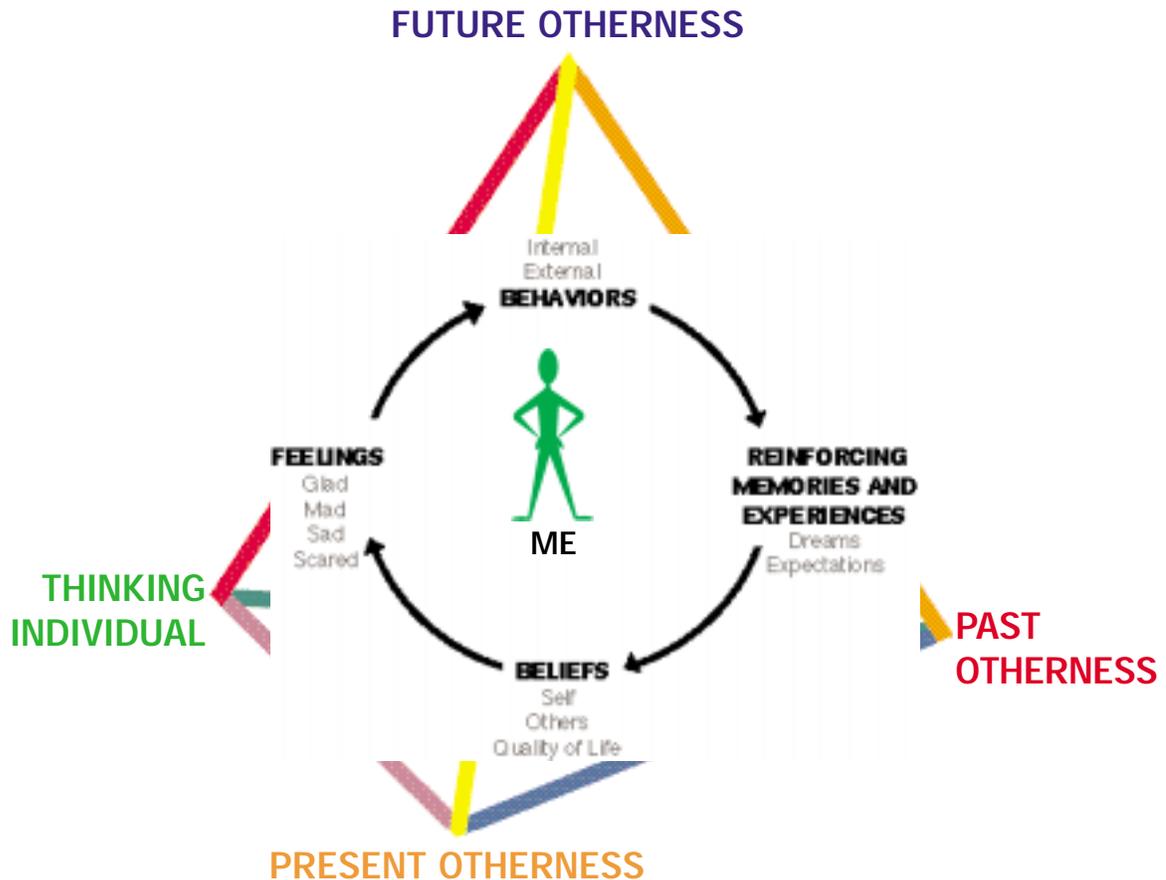
Life is not static, every human being is called on to manage the unexpected as one moves forward swiftly on life’s journey, no matter what unpredictable challenges arise. Continuing to take a *personal inventory* provides a regular tune-up of one’s Operating Image, keeping one on target towards the personal goal of sobriety and relating effectively to others. Communicating appropriately with others requires sensitivity to the fact that they too are managing multiple *variables ... on a heaving sea* of life’s challenges.

The decision making step here is Expand Your Personal Style, helping one to explore the many Possibilities for how one handles oneself, relates to others and manages *heaving sea(s)*. Addicts are by now experiencing many new feelings and emotions since they have stopped numbing or avoiding their feelings through drugs including alcohol. Because they have not learned to handle normal sensations while they were using, they have to consider how to manage these sensations as they experience them sober for the first time. In this Step, one considers many possibilities for maintaining emotional stability when one is **Hungry, Angry, Lonely or Tired**. They compare and contrast who they were and how they acted in the past, with who they are now and who they wish to become, creating a new Operating Image.

“The (system-thought) tetrahedron can and always does include four identities: (1) the thinking individual, (2) the present otherness, (3) the past otherness, (4) the future otherness.”⁵⁸

One result of continuing to take personal inventory is learning how to Celebrate Wins and let go of the things that confuse or clutter-up one’s Operating Image.

EXPANDING YOUR POSSIBILITIES FOR OPERATING EFFECTIVELY IN LIFE



*"I'm gonna make a change for once in my life.
It's gonna feel real good, gonna make a difference
Gonna make it right ...*

*I'm starting with the man in the mirror.
I'm asking him to change his ways,
And no message could have been any clearer
If you wanna make the world a better place,
Take a look at yourself and make that change ..."*

- Michael Jackson⁵⁹

Step 11 - Prayer and Meditation

Step 11 reminds those in recovery to *improve their conscious contact with God as we understood Him*—the unlimited, omniscient, omnipresent, renewable source of spirit—through *prayer and meditation*. This is not just any prayer however, Step 11 says “*praying only for knowledge of His will for us and the power to carry it out.*” That little word, ***only***, is another big challenge to recovering addicts. It means give up bargaining, begging, treating God like Santa Claus or Monty Hall, playing Let’s Make A Deal. It means surrendering completely to **Good Orderly Direction**. In their using life, even when they rejected God completely, addicts would pray “foxhole prayers” when they were in trouble. “*God, if you get me out of this, I swear I’ll ...*” They resented God, blaming the negative results in their lives on some fantasy fairy Godfather who did not always come through for them in the ways they thought they wanted. This is one more reason addicts often have such problems with the word God in the 12 Steps. Their version of God simply did not measure up to their limited fantasies.

DOING LIFE! defines Prayer as talking to **G.O.D.** Meditation is listening to that still, quiet voice of **G.O.D.** within. Prayer sends energy outward. Meditation draws energy inward.

“... ‘God’ speaks to each of us directly—and speaks only through our individual awareness of truth and our most spontaneous and powerful emotions of love and compassion.”⁶⁰

Step 11 teaches addicts how to listen to the voice of truth within that *speaks to each of us directly*. Here, they become familiar with and practiced at centering themselves so that they can begin to use Prayer and Meditation in their daily lives. DOING LIFE! offers some general guidelines for getting started. In Step 11, participants define what they understand Prayer and Meditation to be. Participants are guided to write their own Prayer, using a formula that encourages them first to give thanks for what they have; second, to ask for the assistance they desire; and third, to bless their family and friends. Facilitators discuss this formula for Prayer with participants and elicit prayers with which they may be familiar. For example, the “Lord’s Prayer”, said by Christians follows the formula: praise, gratitude, request, praise.

Step 11 is the positive dimension of the Generalized Principle: Inside/Outing, the Universal Principle of the inherent twoness in Universe, of balance. Here, meditation on this

STEP 11

We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.



*"That's right we pray, pray, pray, pray. We've got to pray just to make it today.
I say we pray, yeah, we pray - pray. We've got to pray just to make it today."
- M.C. Hammer⁶¹*

principle helps one become *conscious* of the integrity in the design of Universe.

*“Without the infinitely extended lateral plane, the words up and down are meaningless. The airman initiated the correct descriptive terms ‘coming IN for a landing and going OUT.’ It is meaningful to say ‘INSTAIRS and OUTSTAIRS.’ Say it for a week and your senses will discover and notify that you are living on a planet.”*⁶²

Step 11 *improves* the addict’s relationship to **G.O.D.** through prayer and meditation, making one *conscious* of the *contact* with *cosmic integrity and absolute wisdom* always available through meditation on Universal Principles.

“Scientifically speaking (which is truthfully speaking), there are no directions of ‘up’ or ‘down’ in Universe—there are only the angularly specificable directions ‘in,’ ‘out,’ and ‘around.’ Out from Earth and into the Moon—or into Mars. IN is always a specific direction—IN is point-to-able, OUT is any direction.

*Don’t let these facts of comprehensive, human misorientation give you a personal inferiority complex. My own direct questioning of many large scientific audiences proves that all scientists as yet realistically ‘see’ the sun going ‘down’ in the evening—though science has known for 500 years that this is untrue. Around the world nothing has ever been formally instituted in our educational systems to gear the human senses into spontaneous accord with our scientific knowledge. ...”*⁶³

Step 11 reviews the fourth step to making conscious decisions, Evaluate and Decide. In Step 11, one Evaluates and Decides about one’s Social Style, the way one interacts with **G.O.D.**, Universe, and others in one’s life. The memory anchor is the ring finger on the right hand; in the West, the hand that reaches out to shake another’s, to make *contact* with others. In the process of Evaluating Possibilities for relating to others, it is important to keep one’s **D.O.O.R.** open. The illustration on the facing page⁶⁴ from DOING LIFE! introduces the Desirability of *conscious contact with God as we understood Him*. The **O**dds that this contact will truly be improved increase through *prayer and meditation*. From these regular practices, one can achieve the **O**utcome desired, a sober life, full of peace, love and joy. The only **R**isk is giving up the familiar pattern of insanity that addiction habituated. Giving up old patterns is not easy. DOING LIFE! says: HABITS ARE EASY TO MAKE, HARD TO BREAK.

*“Though I have been trying for fifty-three years to rid myself of the words up and down, I find them popping out in my speech.”*⁶⁵

PRAYER AND MEDITATION HELP ME TO OPEN
THE DOOR TO MY RECOVERY

Desirability

I Want The **Courage** And
Wisdom To **Create**
Serenity In My Life.

Odds

Odds Are These Things
Will **Increase** With **Prayer**
And **Meditation**.

Outcome

My **Sober** **Life** Will Be
Filled With **Peace**,
Love And **Joy**.

Risk

My Only **Risk** Is Giving
Up The **Insanity** Of
My **Addiction**.

"As I sat and listened, I learned the answers to questions I didn't know I had."

- William Foote White

Step 12 - Practice The Principles

Step 12 says, *“Having had a spiritual awakening as a result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.”* Again, a principle is *“a rule or code of conduct; a comprehensive or fundamental law.”* This work has focused throughout on how the 12 Steps are Generalized Principles, *always and everywhere true*. By practicing the *“special case truths”* of the Universal Principles in the 12 Steps, recovering addicts can live successful lives. Indeed, the 12 Steps are practical, basic guidelines for living that apply to anyone in any situation, not just to addicts in recovery.

Step 12 begins, *“Having had a spiritual awakening”* The dictionary defines *spiritual* as meaning *“of breathing, of wind; of the spirit or of the soul”* and has the same root as the word inspire, *“to breathe in.”* As Spiritual Principles, the 12 Steps create the space to breathe fully and deeply the breath of life. The Step 12 workbook in DOING LIFE! reviews the *principles* of the first eleven Steps including a review of the 5 Steps To Decisions. By Step 12, participants have learned how these two processes for change interact Synergetically to provide the skills needed to build a solid foundation for recovery.

Recovering addicts try *“to carry the message to others,”* by demonstrating through their example that there is a way out of the insanity of addiction. The key here is Attraction, Not Promotion. Participants are reminded that talking means nothing if they are not practicing the Steps. *“My task was not to preach about God, but to serve God in silence about God.”*⁶⁶ Another key slogan in the program is *“IF YOU TALK THE TALK, YOU’VE GOT TO WALK THE WALK.”* Millions of addicts worldwide have discovered the freedom and joy that practicing *“these principles in all our affairs”* brings.

Step 12 is the positive expression of the Generalized Principle of Precession, the Synergetic integration of all 12° of Freedom. Humanity is programmed to continue to move forward in life according to the grand design.

“Humanity likewise can be seen to be chromosomically programmed to act like honey-money bees—continually buzzing in and out of attractive situations in search of honey-money with which to support self and family. ... Human beings, while apparently working at cross purposes, do the right things for the wrong reasons—

STEP 12

Having had a spiritual awakening as a result of these steps,
we tried to carry this message to others
and to practice these principles in all of our affairs.

ONE
DAY
AT A
TIME



inadvertently—in a precessed (sideways) manner. Of course, acting with conscious direction is the next stage of human evolution. I call this discipline anticipatory design science.”⁶⁷

In Step 12 of DOING LIFE! recovering addicts engage in *anticipatory design science* by creating a new Action Plan for practicing “... *these principles in all (their) affairs.*” The key is to keep it up, ONE STEP AT A TIME, ONE DAY AT A TIME, right, left, making mistakes and correcting as they go. The most important decisions recovering addicts make are the ones they make right NOW, sometimes one minute at a time. The memory anchor for Step 12 is the pinky finger of the right hand, completing the full circle of all the Steps, joining right and left hand in an integrated, Synergetic approach to a life of strength and integrity. The Step 12 Action Plan is **Specific, Measurable, Attainable, with a Realistic Timeline.** 90 MEETINGS IN 90 DAYS is the first step, then 90/90 after that, repeat again and again. By anticipating and planning for what lies ahead, living life one day at a time, in conscious accord with the Generalized Principles of the 12 Steps to Recovery, human beings realize their purpose in life.

*“We humans alone amongst all known organisms
Were given conscious intellectual access
To the family of exclusively mathematically statable metaphysical principles
Ever demonstrably governing the cosmic integrity of eternal regeneration
And because the meaning of design
Is that all the parts are interconsiderably arranged in respect to one another
And because all the generalized principles are omni-interaccomodative
Which is to say that none ever contradict any others
The family of thus far scientifically discovered
Generalized principles constitutes a cosmic design
To which human mind has the only known access other than that
Of the comprehensive, absolutely mysterious
Intellectual integrity contest
Of Universe itself”⁶⁸*

The poem on the facing page here concludes the Step 12 workbook. It is adapted from the poem, *Ithaca*, by the Greek poet, Cavafy, and reminds one that life, the 12 Steps, are a journey, not a destination.⁶⁹

RECOVERY

(adapted from the poem "Ithaca," by C. P. Cavafy)

When you start on your journey to **Recovery**

Then pray that the road is long,
Full of adventure, full of knowledge.

Do not **F.E.A.R.** the **Wall Of Denial**

And **Defects Of Character** and the angry **Persecutor**.

You will never meet such as these on your path,
If your thoughts remain lofty, if a fine
Emotion touches your body and your spirit.

You will never meet the **Wall Of Denial**

The **Defects Of Character** and the fierce **Persecutor**,

If you do not carry them within your soul,
If your soul does not raise them up before you.

Then pray that the road is long.

That the summer mornings are many,
That you will enter **Places** seen for the first time

With such pleasure, with such joy!

Stop at ... **Meetings** along the way,

And ... **Do Many New Things**,

Do as many **New Things** as you can;

Visit hosts of ... **New People**,

To learn and learn from those who have knowledge.

Always keep **Recovery** fixed in your mind.

To arrive there is your ultimate **Goal**.

But do not hurry the voyage at all.

It's better to let it last for long years;

And even to **Sit Still And Meditate** when you are old,

Rich with all you have gained along the way,
Not expecting that **Recovery** will offer you riches.

Recovery has given you the beautiful voyage.

Without her you would never have taken the road,

But she has nothing more to give you.

...

With the great wisdom you have gained, with so much experience,
You must surely have understood by then what **Recovery** mean(s).

Each Day a New Beginning

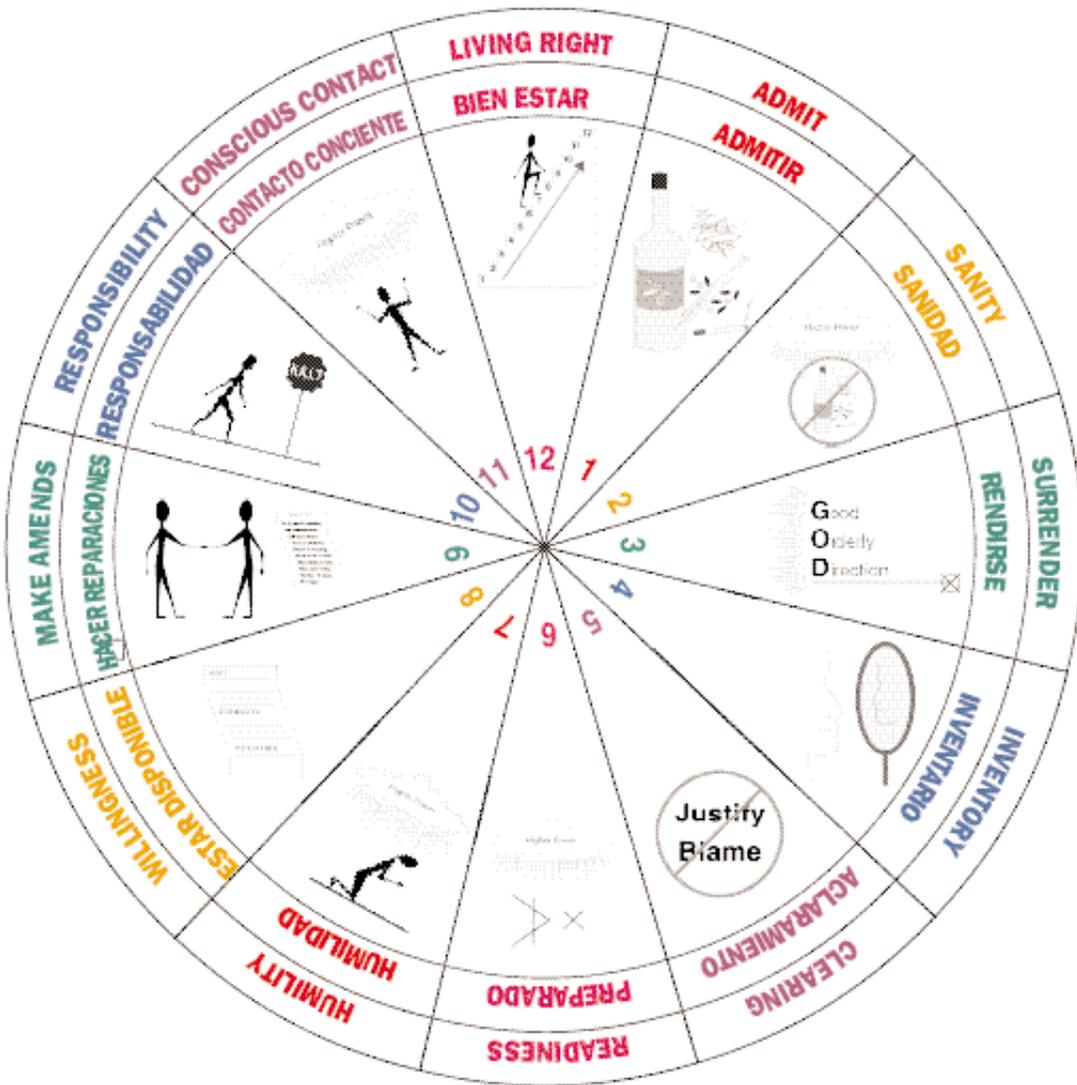
Even though Step 12 is the last step in the program, there is no end to Recovery. As Cavafy urges, life is a journey, not a destination. Endings turn into new beginnings. DOING LIFE! pictures the 12 Steps on a wheel to remind participants that each time they reach Step 12, they come face to face with Step 1 again. They can then rethink and rework their recovery, always at a deeper level. The more one works with the 12 Steps, the more clarity, control and happiness is possible. Each day of sobriety is another day of a fuller, richer life.

The circle is a symbol of continuity, of life, of forward movement, of completion. Every spiritual or cultural tradition speaks to continuity, to cycles of power, of ebb and flow. Cycles are an inherent part of nature. The power of the 12 Steps is in their simplicity. The 12 Steps are a basic formula for living, for maintaining a connection with the natural flow of life. In TOUCH THE EARTH: A Self-Portrait of Indian Existence, McLuhan quotes Black Elk, an Oglata Sioux, considered a wise man by his nation, who “... possessed unique spiritual power recognized by everyone.” The following is Black Elk’s philosophy on the power of the circle.

“You have noticed that everything an Indian does is in a circle and that is because the Power of the World always works in circles, and everything tries to be round. In the old days when we were a strong and happy people, all our power came to us from the sacred hoop of the nation and so long as the hoop was unbroken the people flourished. The flowering tree was the living center of the hoop, and the circle of the four quarters nourished it. The east gave peace and light. The south gave warmth, the west gave rain, and the north with its cold and mighty wind gave strength and endurance. ... Everything the Power of the World does is done in a circle. The sky is round and I have heard that the earth is round like a ball and so are all the stars. The Wind, in its greatest power, whirls. Birds make their nests in circles, for theirs is the same religion as ours. The sun comes forth and goes down again in a circle. The moon does the same, and both are round.

Even the seasons form a great circle in their changing, and always come back again to where they were. The life of a man is from childhood to childhood and so it is with everything where power moves. Our tipis were round like the nests of birds and these were always set in a circle, the nation’s hoop, a nest of many nests where the Great Spirit meant for us to hatch our children.”⁷⁰

THE CIRCLE OF LIFE



SONG OF THE SEER

"In this circle, O ye warriors lo, I tell you each his future.

All shall be as I now reveal it in this circle; Hear Ye!"

- sung by Short Bull

Touch the Earth A Self-Portrait of Indian Existence⁷¹

DOING LIFE! uses the mandala depicted on page 489 to underscore the ongoing, constant nature of these Steps and their relationship to each other as a set of Generalized Principles, positive and negative, each balancing its opposite, their synergy producing extraordinary results in the lives of those who *practice the principles*.⁷²

*“Also fascinating is the fact that each of the twelve radiating vectors is perfectly aligned with an opposite vector—exactly 180 degrees apart. Thus the twelve can be seen as six intersecting lines with a positive and negative direction ...”*⁷³

Synergetics establishes “a minimum of twelve spokes needed for stability.”⁷⁴ The 12 Steps support each recovering addict to maintain maximum stability as he or she navigates at *unannounced variable speeds* in relationship to others and life’s challenges. The 12 Steps are the spokes on the wheel that moves one forward in life. The recovering addict is the hub, stabilized by the twelve vectors, shock absorbers for the bumps and potholes in the road ahead.

Humans are three dimensional, operating in three dimensional space. Life is not lived on a “flat earth”, the road one travels is often rocky, with sharp curves, rolling hills, steep mountains and plunging valleys. Skies range from sunny and bright to threatening and dark, with all variations in between. Seas are sometimes calm, often churning as the storms of life blow up, tossing one about. It is important to maintain one’s moral compass as one moves forward on this exciting journey, no matter what the situation. The 12 Steps to Recovery provide 12° of Freedom for recovering addicts and alcoholics to live with integrity.

*“The subject of twelve fundamental directions of symmetry, with their six natural positive—negative pairs, leads directly to a discussion of the ‘twelve degrees of freedom’ inherent in space. The term is almost self-descriptive, but can be best explained in reverse. That is, we explore the number of degrees of freedom inherent in space (and thus effecting every system) in terms of how many restraining forces are necessary to completely inhibit a system’s motion. What is the maximum number of applied forces necessary to anchor a body in space?”*⁷⁵

Maximum stability requires a restraint at each of the possible 12° of Freedom *inherent in space*. For an object to maintain balance and stability while in motion, restraint is necessary. Just as each Situation includes limits and gifts, the 12 Steps are the natural limits, the

discipline, required for and allowing freedom of movement.

DOING LIFE! is one process for exploring the richness of the 12 Steps to Recovery introduced in Alcoholics Anonymous and Narcotics Anonymous. There are many books and programs based on the 12 Steps, developed from many perspectives, evidence of the power of the model. The criticisms of the model are equally proof of their impact. DOING LIFE! attempts to provide a life skills approach to recovery based in the Generalized Principles operating in Universe. The series benefits from a rich tradition of philosophy, psychology, spirituality and human development. Many disciplines have been integrated in the development of the series, a tapestry woven of traditions which enrich so many people and cultures.

The DOING LIFE! series would not have been possible with out all of the dedicated work that came before. It seeks to add to the literature by providing a scientific basis for the 12 Steps, previously unexplored by any body of work discovered in preparation for the series. It is hoped that this approach may inspire others that the 12 Steps remain a vital, dynamic approach to recovery, still relevant today and tomorrow, not one some carelessly dismiss as antiquated, quaint and out-of-touch with modern times.

Addiction is a deeply personal, individual problem that affects everyone with whom the addict or alcoholic comes in contact, particularly their intimate relationships. While there are dynamics addicts share in common, each individual afflicted or affected by addiction experiences their suffering in an intensely personal way. DOING LIFE! attempts to apply *design competence* to the problem of addiction, rather than to try to *reform* individuals. Synergetics offers a foundation for recovery that encourages individuals to learn and responsibly follow the principles of Universe, absent blame or recrimination. That these principles exactly parallel those of the 12 Steps is more evidence that these principles are “*always and everywhere true*,” another manifestation of *cosmic designing wisdom* governing Universe.

Is DOING LIFE! **THE ANSWER**, long sought? No, of course not. There is no one **ANSWER** in Universe. There *are* Generalized Principles that offer the opportunity for *human intellect discoverability* to find answers for themselves to local problems. The 12 Steps are such Principles, offering 12° of Freedom to those who choose to *practice the principles in all our affairs*.

FOOTNOTES

About DOING LIFE!

1. This sign was posted in Burlington, Vermont, Center Square, summer 2000
2. Clark, Cheryl L., Mary Bogan and Lisa Matheson, DOING LIFE! A Life-Skills Program for Recovery from Addictions, ©1996, DOING LIFE! International Inc., Buffalo, NY, Toronto
3. Burglass, Milton, M.D. and Mary Grace Duffy, M.S. Thresholds: a decision making course, 1966, 1972, Bucks County, PA , 1974, Correctional Solutions Foundation, Cambridge, MA, first presented 7 Steps to Decisions. In Network, the 7 Steps became 5 for greater efficiency. A memory anchor is an accelerated learning device that means " *to hold something in place.*" Evaluate and Decide were combined as a single step and the 7th Step, "Ratification" was incorporated into the 5th Step, "Act". DOING LIFE! renames Step 5, "Plan for Action", to more accurately express the purpose of that step.
4. This concept is based in Kurt Lewin's "*Force Field Analysis.*" Lewin talks about the forces that impact on everyone. He names them "*Driving Forces*" (ones that motivate) and "*Restraining Forces*", those that inhibit one's choices. One source for this concept is Robert F. Biehler's Psychology Applied to Teaching, second edition, ©1974, Houghton Mifflin Company, Boston, MA. This writer came up with "*The P.E.P.S.I. Challenge*" as a memory anchor to help staff and participants easily remember the environment of forces that impact on all situations and people. Thanks also to Pepsi Cola® and Ray Charles who invited people to "*take the Pepsi challenge.*"
5. Fuller, R. Buckminster with Kiyoshi Kuromiya, Adjuvant, Critical Path, ©1981, p. 159, St. Martin's Press, NY

The 12 Steps in DOING LIFE!

6. Fuller, R. Buckminster in collaboration with E. J. Applewhite, Synergetics 2: Explorations in the Geometry of Thinking p. 83, ©1979, Macmillan Publishing Co. Inc., NY
7. Clark, Bogan and Matheson, DOING LIFE!, *Step 1*, p. 1, op. cit.
8. Ibid., *Step 2*, p. 2

Words Are Tools

9. Fuller, R. Buckminster - "*Emergent Humanity—Its Environment and Education*" ©1965, pp. 86-113, in R. Buckminster Fuller on Education, 1965-1979, The University of Massachusetts Press, Amherst and in Zung, Thomas T. K. - Buckminster Fuller: Anthology for the New Millennium, ©2001, (pp. 101- 121), this quote on p. 112, St. Martin's Press, NY
10. World Service Office - Narcotics Anonymous, ©1982, 1984, 1987, 1988, p. xvi, by Narcotics Anonymous World Service Office, Inc., Van Nuys, CA, USA and Mississauga, Ontario, Canada
11. Clark, Bogan and Matheson, DOING LIFE!, op.cit., *Overview*, p. 34
12. Watzlawick, Paul - The Language of Change: Elements of Therapeutic Communication, ©1978, p. 141, Basic Books, Inc., Publishers, NY
13. Ibid., pp.142-143

Origins of DOING LIFE!®

14. Alcoholics Anonymous World Services Inc. - Alcoholics Anonymous, ©1939
15. Burglass, Milton, M.D. and Mary Grace Duffy, M.S. - Thresholds: a decision making course, 1966, 1972, Bucks County, PA 1974 Correctional Solutions Foundation, Cambridge, MA
Rogers, Margaret L., Elaine R. Lau, Kristina A. Williams and Christine O'Brien - Decisions, Decisions, Decisions ©1978, Decisions Inc., New Haven, CT
16. Fuller, R. Buckminster in collaboration with E. J. Applewhite, Synergetics I: Explorations in the Geometry of Thinking, Preface and Contribution by Arthur L. Loeb, Harvard University, ©1975, Macmillan Publishing Co. Inc., NY
- Synergetics 2, op. cit.
17. Models of Accelerated Learning are cited in the Bibliography, among some of the most important to the development of DOING LIFE! are:
Buzan, Tony - Make the Most of Your Mind, ©1988, E.P. Dutton, Inc., NY
- The Brain User's Guide, ©1983, E.P. Dutton, Inc., NY
- Using Both Sides of Your Brain, ©1974, E.P. Dutton, Inc., NY
de Bono, Edward - de Bono's Thinking Course, ©1982, Facts on File Publications, NY
- Lateral Thinking: Creativity Step By Step, ©1970, Harper and Row Publications, NY
- The Mechanism of Mind, ©1969, Simon and Schuster, NY
- New Think, ©1967, Basic Books, Inc., Publishers, NY
- Po: Beyond Yes and No, ©1972 Penguin Books, NY
- Practical Thinking, ©1971 Penguin Books, NY
DePorter, Bobbi - with Mike Hernacki - Quantum Learning: Unleashing the Genius in You, ©1992 Bantam Doubleday Dell Publishing Group, Inc., NY
Fugitt, Eva D. - "HE HIT ME BACK FIRST!": Creative Visualization Activities for Parenting and Teaching, ©1983, Jalmar Press, Rolling Hills Estates, CA
Jensen, Eric P. - Student Success Secrets, ©1989 Barron's Educational Series, Inc.
- Super-Teaching, ©1988 by Eric Jensen, Turning Point for Teachers, Del Mar, CA
Ostrander, Shelia and Lynn Schroeder - Super-Learning, ©1979, Delacorte Press, NY
Vitale, Barbara Meister - UNICORNS ARE REAL: A Right-Brained Approach to Learning, ©1982, Jalmar Press, Rolling Hills Estates, CA
Von Oech, Ph.D., Roger - A Kick In The Seat Of The Pants ©1986, Harper and Row Publishers, NY
- A Whack On The Side Of The Head ©1983, Warner Books, NY
18. Fuller - "Introduction: Guinea Pig B" from Inventions as reprinted in Zung, Buckminster Fuller: Anthology, op. cit., p. 300
19. This full paragraph was introduced in Chapter II: Every Day In America, the discussion of the Nature/Nurture Debate; from Boyd, Doug - Rolling Thunder, ©1974, p. 99, A Delta Book, Dell Publishing Co., NY

Step 1 - Admit the Truth

20. Fuller - "Emergent Humanity" op. cit. in Zung p. 119

21. Ibid., p. 113

Step 2 - Sanity

22. Fuller - "Emergent Humanity" op. cit. in Zung p. 101

23. Fuller, R. Buckminster with Kiyoshi Kuromiya, Adjuvant - "Integrity" COSMOGRAPHY: A Posthumous Scenario for the Future of Humanity, ©1992, Macmillan Publishing Co. Inc., NY, in the Zung Anthology this quote is on p. 354

24. Fuller - "Introduction: Guinea Pig B" from Inventions as reprised in Zung, Buckminster Fuller: Anthology, op. cit., p. 297

25. Fuller, R. Buckminster - "Mistake Mystique", Intuition, p. 93, ©1970, Impact Publishers, San Luis Obispo, CA, and in - R. Buckminster Fuller on Education, ©1979, The University of Massachusetts Press, Amherst

26. Fuller - "Introduction: Guinea Pig B", op. cit., p. 297

Step 3 - G.O.D.

27. Ibid., p. 303

28. Fuller was "fired" from Harvard twice, the first time for spending all of his tuition money on dinner for Marilyn Miller and the cast of the Zeigfield Follies; the second for "general incorrigibility." After marrying Anne Hewlett in 1917, he continued his drinking and carousing, often disappearing on binges for days at a time. A contemporary of Bill W. and Dr. Bob, dealing with the same world-wide turmoil of World War I and accelerating changes of the time, Fuller's many failures mirrored theirs. He lost his job and all the money he had to support his family. His beloved first daughter was seriously ill and he could do nothing to help her. Her death at age four from polio, when his last words to her were to admit he had failed to keep a promise, got his attention. Finally, he had to admit his life was out of control and "unmanageable." His first "solution" was suicide. As he stood on the shores of Lake Michigan in 1927, fully intending to drown himself, he reported that he heard the voice of God, telling him, "You do not belong to you. You belong to the universe." He realized then that he had to surrender his will to God or die.

29. Ibid., pp. 311-312

30. Robert Ballard, founder of JASON Foundation for Education, discusses his understanding of God in his May 1992 speech to graduates of Worcester Polytechnic Institute, MA. Robert Ballard is the Oceanographer who found the Titanic. In Boyko, Carrie and Kimberly Colen - Hold Fast Your Dreams, Twenty Commencement Speeches, pp. 13 -19, ©1996, Scholastic Inc., NY, Toronto, London. This is one of the background readings recommended for Step 3.

31. Fuller - "Introduction: Guinea Pig B", op. cit., p. 312

32. Gold, Linda - "From A Distance", sung by Bette Midler on the CD, Experience the Divine, ©1993, Atlantic Recording Corporation for the United States

Step 4 - Moral Inventory

33. Fuller, with Kuromiya - Critical Path, p. ix, op. cit.
34. Davis, Patti - "*Dope: A Love Story*", **TIME**®, May 7, 2001, p. 49, Time & Life, NY
35. Clark, Bogan and Matheson, DOING LIFE!, op.cit., Step 4, p. 22. Thanks to Robert Kiyosaki for clarifying this concept. See his Rich Dad, Poor Dad, ©1998, Warner Books, Time Warner, NY
36. Fuller began his *Chronofile* at age 12 and kept careful notes of all his activities, ideas, inventions, etc. In Critical Path, op. cit., he said of his purpose in maintaining the *Chronofile*, "*I sought to 'see' myself as others might and to integrate that other self with my self-seen self and thereafter to deal as objectively as possible with the comprehensively integrated self. ... I sought to learn the most from my mistakes*" (*The Self-Disciplines of Buckminster Fuller*, p. 124- 126)

Step 5 - Admit The Truth

37. Thanks to Anthony Robbins for this acronym. His introduction to NLP (Neuro-Linguistic Programming) is a workshop called *Fear Into Power: The Firewalk Experience*. Clark's first experience of this training was in July 1984, at a Future of Business Workshop based on Bucky's Principles held at John Denver's ranch, Windstar, in Aspen, Colorado
38. Whenever DOING LIFE! refers to God in the workbooks, the word is spelled G.O.D., as a reminder that the meaning is "*God as we understood Him*", thus that practice is continued here.
40. Vanzant, Iyanla - Faith in the Valley: Lessons for Women on the Journey to Peace, p. 151, ©1996, A Fireside Book, Simon & Schuster, NY

Step 6 - "Entirely Ready"

41. All definitions throughout this manuscript and in DOING LIFE! are from standard dictionaries like: Webster's New Universal Unabridged Dictionary, based on the First Edition of The Random House Dictionary of the English Language, ©1989, 1992 Barnes and Noble Books, NY
- Webster's Third New International Dictionary of the English Language Unabridged, ©1961, 1993, Merriam Webster, Inc., Philippines, Springfield, MA
- Dictionary of the English Language ©1989, 1992 Barnes and Noble Books, NY
42. The Very Reverend James Parks Morton quoting Fuller in "*Bucky Fuller—Nine Epiphanies*", in Zung, Buckminster Fuller: Anthology, op. cit., p. 86
43. Fuller with Kuromiya - Critical Path, op. cit., p. 159
44. Fuller - "*Mistake Mystique*", op. cit.
45. Fuller - "*Guniea Pig B*", op. cit., p. 293 in Zung
46. Fuller - "*Bucky Fuller—Nine Epiphanies*", op. cit., p. 79

Step 7 - Humility

47. Fuller with Kuromiya - "*The Self-Disciplines of Buckminster Fuller*" Critical Path, op. cit., p. 145
48. Barney Mikulski is a Network Administrator at Willard DTC who has much to teach about attitude. Afflicted with severe crippling arthritis since age 16, his back is bent nearly double. He endures constant pain, yet he maintains one of the most positive attitudes I have ever experienced.