

BASIC TEXT STUDY GUIDE

STEP ONE: "We admitted that we were powerless over our addiction, that our lives had become unmanageable."

Para 1. 1. Does it matter what or how much we used and why?
2. Could anyone have convinced us that we were addicts?
3. When some of us have doubts about using what can we do?

Para 2. 1. Is control possible for a using addict? If so, for how long?

Para 3. 1. What is meant when we say we had absolutely no choice?
2. When do we get a choice?

Para 4. 1. Were we willing when we first came into the Fellowship?
1. When did we become willing?

Para 5. 1. Was our inability to control our usage of drugs the disease of addiction?
Explain.
2. What part of our lives does active addiction affect? _____
3. What were the three types of pain that caused us to become willing?

Para 6. 1. What is the physical aspect of our disease?
2. What is the mental aspect of our disease?
3. What is the spiritual aspect of our disease?
4. What are the eleven results of our disease?
5. Our disease is what (3 things)? .

Para 7. 1. Are we responsible for our disease?
2. Are we responsible for our recovery?

Para 8. 1. Can we stop using by sheer willpower alone? Explain.
2. What were some of the other remedies we tried and failed?
3. How did we justify the mess we made of our lives?

Para 9. 1. What endangers the foundation of our recovery?
2. What robs us of the benefits that the program has to offer?
3. What happens when we rid ourselves of all reservations? Then what happens?

Para 10. 1. How do we begin our recovery?
2. What must we admit?
3. Step One is completed when ?

Para 11. What is the second admission that must be made?

*Para 12. 1. What are some characteristics of an unmanageable life?
2. Does social acceptability equal recovery? Explain.*

*Para 13. 1. Can we hang on to our old ways of thinking?
2. What made us begin to change?
3. What marks a successful day in NA?
4. What does surrender mean?
5. What do we become willing to do?*

*Para 14. 1. How were we before we surrendered?
2. What happens after surrender?
3. What is the foundation on which we built our lives?*

*Para 15. 1. What does Step One mean in this paragraph?
2. Did we realize that our lives had become unmanageable?
3. What did drugs have the power to do?*

*Para 16. 1. What does being clean and working this step do?
2. Is just saying the words to this step enough? Explain.*

*Para 17. 1. What did we find?
2. What are we rescued from?*

*Para 18. 1. How did we open the door for a higher Power's help?
2. What counts?*

BASIC TEXT STUDY GUIDE

STEP TWO: "We came to believe that a power greater than ourselves could restore us to sanity."

*Para 1. 1. What is necessary if we expect ongoing recovery?
2. What need does the First Step leave in us?*

Para 2. What is the purpose of the Second Step?

*Para 3. 1. What happens if we pass over this step with a minimum of concern?
2. Even though we admitted we needed help with our drug problem, what is it that many of us would not admit?*

*Para 4. 1. What plan did we buy our destruction on?
2. What is the one thing we all have in common?
3. What is the ultimate price we pay for our disease?
4. What is insanity?*

Para 5. What is the most obvious insanity of the disease?

Para 6. Is it an insane thing to ask for some type of fatal self-destruction?

*Para 7. 1. What is the first thing we do in the NA Program?
2. What happens at this point?
3. What forces us to seek a Higher Power?*

*Para 8. 1. How did we begin to develop a relationship with a higher power?
2. At some point we realized we needed a power greater than what?
3. What are the three suggested guidelines for this higher power?
4. We will believe if we will do what?*

*Para 9. 1. What gave us evidence that there "was some power that could help us?
2. If we don't understand this power, can we use it?*

*Para 10. 1. What does acceptance become? When?
2. What do we grow to feel comfortable with?
3. What are we able to overcome?*

*Para 11. 1. What does the process of coming to believe do?
2. When are we ready for Step Three?*

BASIC TEXT STUDY GUIDE

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

Para 1. 1. *In active addiction what power did we turn our lives over to many time?*
2. *What was the result of our need for instant gratification that drugs gave us?*
3. *What two choices did we face?*

Para 2. 1. *What happened -when we no longer had a choice?*
2. *Do we have to be religious to take this step?*
3. *What is all that is required and what is it ?*

Para 3. 1. *How do we get a concept of God and what do many of us understand Him to be?*
2. *What is necessary since we have the right to a God of our understanding?*

Para 4. 1. *Have we found all we need to do was try ?*
2. *Does the third step say "We turned our will and our lives over to the care of God"?*
If not what does it say? Explain.
3. *In active addiction who were some of the others who made decisions for our lives?*

Para 5. 1. *What does the word decision imply and what is it based on?*
2. *What can this force for spiritual growth help us to become?*
3. *What are some of the things we could say to God when turning over our will and lives to him?*
4. *What happens as a result of letting go and letting God?*

Para 6. *Is it hard to surrender our lives to God? If yes, give an example.*

Para 7. 1. *Once we turn our will and our lives over can we get our will and our lives back?*
2. *At times during our recovery the decision to ask for God's help is what?*
3. *Is this surrender process a big deal? Explain.*

Para 8. *What are the keys to this step?*

Para 9. 1. *If we are thorough and sincere what will we notice happening in our lives?*
2. *What is the proof of this step?*

- Para 10. 1. What have we come to enjoy?*
2. Can we pause now?

Para 11. What are we now ready for?

BASIC TEXT STUDY GUIDE

STEP FOUR: "We made a searching and fearless moral inventory of ourselves/"

*Para 1. 1. What is the purpose of a searching and fearless moral inventory?
2. What do we need to do in starting our new way of life?*

*Para 2. 1. What are most of us afraid will happen when we do Step Four?
2. What does this fear cause to happen?
3. What is fear and why do we no longer need to be afraid?*

*Para 3. 1. What have we been experts at?
2. Why is a written inventory important?
3. What is the key to our new way of Me?*

*Para 4. 1. When we were using were we honest with ourselves?
2. What two admissions show that we were becoming honest with ourselves?
3. What three areas is it that we do not recover overnight?
4. What significance will Step Four have in your life?*

*Para 5. 1. What is the mistake some of us make when approaching the Fourth Step.
2. A dangerous emotional binge of sorrow is not the purpose of the Fourth Step. What is?*

*Para 6. 1. What is the necessary preparation to have the faith and courage to write a fearless inventory?
2. What is advisable that we do with our sponsor? Why?
3. Then what do we do?*

*Para 7. 1. What do we want to do with the past? Why
2. What are we afraid of?
3. Do we have to look at the past alone?*

*Para 8. 1. As long as we were operating under our power, what was impossible?
2. What do we need to do before we start writing?*

Para 9. We begin to get in touch with ourselves by writing about our liabilities. Such as what?

Para 10. When we wrote about things that bother us here and now -what does putting them, down on paper do?

*Para 11. 1. If we are to get an accurate and complete picture of ourselves what must be considered?
2. Why is it very difficult for most of us to list our assets?
3. What are some of our newly found assets in the program?
4. What else is included in inventories?*

Para 12. 1. Why do we review our past performance and our present behavior?

2. What reputation does Step Four have?

Para 13. 1. At this point what do we do about Step Five?

2. What are some of the options available for the actual writing process?

3. If the word moral bothers us, what can we call this inventory?

Para 14. 1. What is the way to write this inventory? What three things will not get this inventory written?

2. What is inventory material?

3. What do we realize when we begun this Step?

Para 15. 1. What is the basic rule of thumb for the length of this inventory?

2. What do we fear will happen if we get in touch with our feelings?

3. What happens when we ignore our feelings?

Para 16. 1. How does an inventory become a relief?

2. What can become a motivating factor in recovery?

3. What are we able to do through the inventory process?

4. What happens the more we live our program?

5. Why do we begin to enjoy recovery?

Para 17. 1. What will writing do to the pressure and stress?

2. What three decisions are we now faced with?

Para 18. When we pray before Step Four what do we need to ask God?

Para 19. 1. Are we perfect?

2. What is the important thing?

3. What will help us survive our emotions?

4. What do we need to promptly follow Step Four with?

BASIC TEXT STUDY GUIDE

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

Para 1. 1. *What is the Fifth Step the key to and what does it allow?*
2. *Why do we need to deal with the contents of our Fourth Step inventory?*

Para 2. 1. *What does Step Five suggest that we do?*
2. *How do we do this?*
3. *Than what do we do?*

Para 3. 1. *Who will be with us during this Step?*
2. *What will happen with the Higher Power's help?*
3. *Why is it necessary to admit the exact nature of our wrongs.. .God already knows that stuff?*
4. *What is Step Five NOT?*

Para 4. 1. *What did we do for years and why?*
2. *What can we do now with the past and how?*
3. *What would be tragic and why?*

Para 5. 1. *How did we feel before coming to Narcotics Anonymous?*
2. *What did we recognize?*

Para 6. 1. *What must we carefully do?*
2. *Is there a hard rule about the person of our choice?*
3. *What can make us more willing to be thorough in this step?*
4. *Can we take this step with a total stranger?*
5. *What do we know about another addict?*

Para 7. 1. *Once we make a choice...then what?*
2. *How do we want to be?*

Para 8. 1. *Why_ did some of us try to hid our past?*
2. *What mistake can we not afford to make?*
3. *What does this step expose?*
4. *What will we overcome and avoid?*

Para 9. 1. *What do we do?*
2. *What dangers faces us ?*

Para 10. 1. *What do addicts tend to do for years?*
2. *What was some masks we wore?*
3. *What did we have to do to get rid of the burden of the past?*

- Para 11. 1. When we share, what happens?*
2. What do we see from our confidant?

- Para 12. 1. What can we do if we can't remember all our past mistakes?*
2. What spirituality do we began to experience?
3. What does this initial examination reveal?
4. Can we do this alone?

BASIC TEXT STUDY GUIDE

STEP SIX: "We were entirely ready to have God remove all these defects of character"

- Para 1.*
- 1. What would be asking for trouble?*
 - 2. What is it that many addicts seek for? Without what?*
 - 3. What do we strive for in Step Six?*
 - 4. How sincerely we work this step will be proportionate to what?*
- Para 2.*
- 1. What three things do we really need to want to be rid of?*
 - 2. What do many of us cling to and why?*
- Para 3.*
- 1. How should letting go of character defects be done?*
 - 2. Why do we suffer?*
 - 3. What do we find now about where we were proud, not humble, and being greedy?*
 - 4. What could we indulge in before taking Step Four and Five?*
 - 5. If we indulge in them now what happens?*
 - 6. What does selfishness become and what do our defects do to us?*
- Para 4.*
- 1. Why do we examine our Fourth Step inventory?*
 - 2. Then what do we do regarding these destructive traits?*
 - 3. What do we need if we are going to stay clean?*
- Para 5.*
- 1. How should we approach old defects?*
 - 2. What still happens even though we are aware of them?*
 - 3. What can we do about this?*
 - 4. What do we need to do to let go of our defects and get on with our new life?*
 - 5. What is a sign that we are growing?*
- Para 6.*
- 1. What is important to remember when we are working Step Six?*
 - 2. What is the spiritual principal of Step Six?*
 - 3. Where does Step Six help us move and why do we wonder off.*
- Para 7.*
- 1. What character defect spoils us here and need we lose faith?*
 - 2. What can rebellion produce?*
 - 3. What can we do?*
 - 4. What happens when we surrender?*
- Para 8.*
- 1. What eventually replaces pride and rebellion and then what happens?*
 - 2. How do we put pure willingness in to action?*

BASIC TEXT STUDY GUIDE

STEP SEVEN: "We humbly asked Him to remove our shortcomings"

- Para 1.* 1. *What do defects cause in our lives?*
2. *How do we get rid of these defects?*

- Para 2.* 1. *When have we arrived at the Seventh Step?*
2. *Could we do it alone?*
3. *What is the main ingredient of Step Seven?*
4. *How did we practice being honest since Step One?*
5. *Then what did we do and what did we find?*
6. *To be truly humble what must we do?*
7. *We are human and must remember v/hat?*

- Para 3.* 1. *How important a part is humility to staying clean?*
2. *What happened as our addiction progressed?*

- Para 4.* 1. *What is Step Seven and -what do we have to understand?*
2. *What usually happens when someone points out our shortcoming?*
3. *What must we realize?*
4. *What will we have to do if we really want to be free?*
5. *What must we do if we find real shortcomings?*

- Para 5.* 1. *What are some ways some will do to show intense willingness?*
2. *Why does the word humble apply in this step?*
3. *What are many of us willing to do and why?*

- Para 6.* 1. *What road is this and what happens everyday?*
2. *What are some ways we change and grow?*
3. *What is the main goal of Step Seven?*

- Para 7.* 1. *If we are careless in taking this step what will happen?*
2. *What is one danger?*

- Para 8.* 1. *What can sharing do?*
2. *How can accepting the defects of others help?*
3. *How does God often work?*

- Para 9.* 1. *What have we noticed?*
2. *What road have we taken to spiritual growth that we will want to continue?*

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STEP EIGHT: "We made a list of all persons we had harmed and became willing to make amends to them all"

*Para 1. 1. What is Step Eight a test of?
2. What is our purpose?*

*Para 2. 1. What must we be willing to do and why?
2. What does our experience tell us?*

*Para 3. 1. Why is the Eighth Step not easy?
2. What process does Step Eight start?
3. What happens by the time we reach this step?
4. Once we have done it what will we wonder?*

*Para 4. 1. What do we need and what is helpful?
2. What is harm?
3. What are some of harm's results?*

*Para 5. 1. What problem does Step Eight present us with?
2. What must we avoid and how?
3. What did we feel?
4. What is this step doing?*

*Para 6. 1. Will it make us feel better to judge the faults of others?
2. What will make us feel better?
3. What do we have to admit?*

*Para 7. 1. In making the list, what can we do?
2. What do we do so that we can become willing to make amends?*

*Para 8. 1. What happens in some cases?
2. Who do many members mention?
3. Why may we also place ourselves on the list?
4. What might we find beneficial to do?*

*Para 9. 1. What must we be with this step as with all steps?
2. What should we do if we are not sure that our list is complete?*

*Para 10. 1. What is the final difficulty?
2. How do we have to do this step?
3. What is the main thing this step does? ,*

Para 11. What can relieve our confusion?

*Para 12. 1. What big change does Step Eight offer?
2. How does this step change our future?*

3. *How does this step affect our ability to forgive?*

Para 13 1. *What kind of step is this step and what does it offer?*

2. *What are we now free to do?*

BASIC TEXT STUDY GUIDE

STEP NINE: "We made a direct amends to such people wherever possible, except when to do so would injure them or others."

Para 1. 1. *If we avoid this step what are we reserving?*
2. *What barriers stand in our way of progress and growth?*
3. *When we are making amends to the best of our ability...what is the important thing?*

Para 2. 1. *What is an essential part of this step?*
2. *Sometimes why can't we make amends?*
3. *What can serve in the place of action?*
4. *What are some reasons we never should fail to make amends?*

Para 3. 1. *What do we want to be free from?*
2. *Do we have the right or the need to involve or endanger others?*
3. *What is often necessary?*

Para 4. 1. *What do we recommend?*
2. *What is part of learning how to give successfully?*

Para 5. 1. *How do we resolve old conflicts?*
2. *What do we want to step away from?*
3. *In many instances what can we do?*
4. *What can sometimes be the result of contacting people when we are making amends?*
5. *What may be necessary and how?*
6. *What must we try to remember?*

Para 6. 1. *What must we accept?*
2. *How does Step Nine help?*
3. *Sometimes what is the only amends we can make to ourselves, our love ones, and society?*
3. *What is a tremendous amends to our whole community?*

Para 7. 1. *What is restored in the process of recovery?*
2. *What does real security replace?*
3. *How must we approach those we are making amends to and what must we remember?*
4. *What are some miracles that will occur?*
5. *As we wait patiently what speaks for itself?*
6. *How does unconditional love affect us?*
7. *What is needed and what is the result of this step?*

Para 8. 1. *What are we achieving in Step Nine?*
2. *How will we keep our house in order ?*

BASIC TEXT STUDY GUIDE

STEP TEN: "We contained to take personal inventory and when we were wrong promptly admitted it"

- Para 1. 1. What does Step Ten free us from?
2. What can happen if we do not stay aware of our defects?
- Para 2. 1. What is one of the first things we learn in Narcotics Anonymous
2. What do we need to avoid?
3. What habits does continuing to take personal inventory form?
- Para 3. 1. Since we are creatures of habit, what seems easier?
2. Why is it that we don't have to be trapped by our old patterns?
- Para 4. 1. What does Step Ten help us correct?
2. How?
3. What do we do if we find difficulties?
4. What happens when these things are left undone?
- Para 5. 1. What can Step Ten be a defense against?
2. What are some of the questions we ask ourselves to see if we are being drawn back into old patterns of anger, resentment or fear?
3. What will answering these questions do?
4. What does a lot of our concerns and difficulties come from?
5. What else can we do?
- Para 6. 1. What can the Tenth Step be?
2. When is a good time to do this?
3. How do we do this?
4. What do we examine and why?
5. What do we need to avoid?
- Para 7. 1. What does this Step do and what will we need less of?
2. What is this step a great tool for in our recovery?
3. How do we use this step as a tool?
- Para 8. 1. Do we need this step in good and bad times? Explain.
2. What is our right?
3. How can good times be a trap?
4. What is recovery more than?
- Para 9. 1. What do we need to remember?
2. By continuing to work this step when and what are we set free from?
3. What do we no longer have to do and what does this step allow?

BASIC TEXT STUDY GUIDE

STEP ELEVEN: "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"

- Para 1. 1. What do the first ten steps do?
2. What do most of us welcome?
3. What is the basis for a successful recovery?
- Para 2. 1. What do we begin to appreciate in Step Eleven and why?
2. How do we gain greater power?
- Para 3. 1. What will the nature of our belief determine?
2. Does our belief system need to work for others in the program?
3. What counts in recovery?
4. When did our prayers seem to work?
- Para 4. 1. What was set in motion by our surrender to the program?
2. What is the purpose of the Eleventh Step?
- Para 5. 1. What happens the more we improve our conscious contact with our God?
2. What happens when we ask God for help?
3. Does the religious experience and beliefs of others apply to us?
4. What happens by the time we get to the Eleventh Step?
5. What is a fleeting glimpse of God's will for us?
6. Due to the limited outlook what can we only see?
- Para 6. 1. Is it easy to slip back? What can we do to ensure continued growth and recovery?
2. How do we receive God's goodness?
3. What happens when we get our selfish motives out of the way?
4. What about enforced morality?
5. What do most of us do when we are hurting?
- Para 7. 1. Should we endorse any one method of meditation?
2. What does meditation allow us to do?
3. What do we know will happen if we pray for God's will for us?
4. What is this knowledge based on?
- Para 8. 1. What is prayer?
2. What happens sometimes when we pray?
- Para 9. 1. What is prayer and meditation for some?
2. Do we pray for specific things?
3. What do we pray for?
4. What happens in some cases when God reveals His will to us?

5. What will happen if we ask God to remove distracting influences?
6. Should we just be skilled and know how to pray when we were born?
7. What do we seek through prayer.. .and what do we achieve in meditation?

- Para 10. 1. What could be the result of having been exposed to many religions and meditative disciplines?
2. What did some of us believe about our use of drugs?
 3. What -was it we never suspected?

- Para 11. 1. When can God's will become evident to us?
2. What is a basis premise and preliminary practice aimed at in meditation?

- Para 12. 1. What is one of the first results of meditation?
2. What did some of us do?
 3. What is it easy to do?

- Para 13. 1. What results must show in order for meditation to be of value?
2. How can people who do not pray work Step Eleven?

- Para 14. 1. Why do we pray?
2. What happens when we remove our selfish motives and pray for guidance?

- Para 15. 1. What happens as we seek our personal contact with God?
2. What two things must we do?
 3. What becomes more comfortable for us?

- Para 16 1. When we first come in the program what do we usually ask for?
2. As we grow spiritually what do we realize?
 3. What happens when we forget where our real strength lies?
 4. What is our greatest need?
 5. What do we learn?
 6. Can we explain in words how God's will for us becomes our own true will for ourselves?

- Para 17 1. What are three (3) things that happen from working this step?

- Para 18 1. What has God given us?
2. Why is it all right for us to admit powerlessness?

- Para 19 1. What happens through constant contact with our Higher Power?

- Para 20 1. Why are we thankful for this step?
2. What use to happen when we prayed for our wants?

- Para 21 1. We can use the Eleventh Step as a guideline for our daily program

having learned what about prayer?

- Para 22
1. What does only prayer for God's will do for us?
 2. Why are we able to respond and handle it?
 3. What do some of us simply do?

- Para .23
1. How do we approach this step to receive what?
 2. What does the Tenth Step do?
 3. Without Step Eleven, what is unlikely to happen (3 things)?
 4. What is a spiritual principle of Narcotics Anonymous?
 5. What do we enjoy by helping others stay clean?
 6. How must we give?

BASIC TEXT STUDY GUIDE

STEP TWELVE: “Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs”

- Para 1. 1. Why did we come to Narcotics Anonymous?
2. What was the last thing we expected?
3. What did we just want?

- Para 2. 1. What leads to a spiritual awakening?
2. What do these changes do?
3. What gives meaning to the message?

- Para 3. 1. What forms does spiritual awakening take?
2. What is common to all spiritual awakenings?
3. A spiritual awakening is meaningless unless what?
4. How do we maintain this peace of mind?

- Para 4. 1. What do we receive?

- Para 5. 1. What do we run the risk of?
2. What do we forget?

- Para 6. 1. By this time what do most of us realize is the best insurance against relapse?
2. Is there only one way to carry the message?

- Para 7. 1. What spiritual principles do we practice in the Twelfth Step?
2. How much time clean do you have to have to carry the message?

- Para 8. 1. What is something we can ask for when we are sharing with someone new?
2. What is our attitude about helping others find recovery ?

- Para 9. 1. What are four ways that we can help a new comer?

- Para 10.1. 1. What is the principle of Step Twelve?
2. Who do we receive recovery from? Then what?
3. What do most of us learn?
4. What about the power of example?
5. What can we do if the addict is suffering but unwilling to ask for help?

- Para 11.1. What is a benefit of the Narcotics Anonymous Program?
2. Remarkably, working the Twelve Steps guides affects our lives. How?
 3. What is this turn about evident of?
 4. If we don't give advice.. then how do we carry a message of recovery?
 5. What happens when we give advice?

- Para 12 1. What can we do?
2. What service work are we speaking of?
 3. What will enrich our spiritual awakening?

Para 13 1. What is the first way we carry the message?

- Para 14 1. What has no place in our new life?
2. By staying clean what 13 spiritual principles do we begin to practice?
 3. What happens as our recovery progresses?

Para 15 1. What do we find as we learn how to live?

- Para 16. 1. How do we feel now that we are spiritually refreshed?
2. How was it when we were using? How is it now?
 3. What really works?

- Para 17 1. How does practicing spiritual principles affect our lives?
2. What helps us to treat our associates fairly?
 3. What else happens?

- Para 18 1. How do some of the lessons we learn in our recovery feel?
2. What do we find by helping others?
 3. What can we not deny, but what can -we do?
 4. What do we share and why?
 5. What happens to our life?
 6. How does one aspect of our spiritual awakening come?

- Para 19 1. What are we?
2. What is an attraction to the addict who still suffers?

- Para 20 1. What do we recover to do?
2. Do the steps end here?