

Links to the 12-Step Workshop Talks

Posted by the.guard - 24 Dec 2014 14:51

See here for a text version of the workshop: bit.ly/3nBbwRj

Right click the links and press "Save Link/Target As" to save the MP3s onto your computer.

- [Introduction and Step 1](#)

- [Steps 2-4](#)

- [Steps 5-9](#)

- [Steps 10-12](#)

Q&A

- [Q&A on Steps 2-4](#)

- [Q&A on Steps 5-9](#)

- [Q&A on Steps 10-12](#)

To listen to these talks by phone:

Dial 209-255-1099

PIN: 637207#

Introduction and Step 1: Reference number #78

Steps 2-4, including Q&A: Reference number #80

Steps 5-9, including Q&A: Reference number #82

Steps 10-12, including Q&A: Reference number #84

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Announcement for the 4th talk
Posted by the.guard - 07 Jan 2015 01:02

Announcement for the 4th talk:

Fast Track To Sobriety: Part 4

A one hour session for 4 weeks going through the 12 steps

HAVE YOU STARTED MAKING YOUR AMENDS?

HAVE YOU STARTED TO EXPERIENCE FREEDOM?

We have come to the final 3 steps of the program. Steps 10, 11 and 12. These are the daily maintenance steps which will keep us sober one day at a time.

WHAT WE WILL COVER:

Final Session: Steps 10, 11 & 12

In our next Session we will cover the following:

- > How to do a daily 10th step
- > The 10th Step promises
- > How to STAY sober
- > Is Prayer enough?
- > How do you sponsor someone?
- > How not to sponsor someone
- > When are you ready to sponsor someone?
- > The one thing that will guarantee sobriety
- > The importance of letting others struggle
- > How long sober do you have to be to sponsor others?
- > The 12th step promises
- > Living in sobriety

Remember: This is a 'simple but not easy' program and therefore you need to be willing to actively work these steps.

I strongly suggest the following before you attend Tuesday's session:

- a) Complete your list of people you have harmed

b) Start making your amends

> Those of you who are able to have your big book available to follow along with during the session will be guaranteed to gain a lot more.

Are you still afraid to look the world in the eye?

> Can you be alone at peace and ease?

> Are your fears starting to disappear?

> Do you feel closer to your Creator?

> Have you left anything out of your step 4?

> Are you ready to let G-d remove all your defects?

> Are you willing to do whatever it takes to be FREE from Lust?

> Do you know what your REAL purpose in life is?

> How does one make a proper amends?

> How do I make an amends to someone I truly hate?

> What if I wronged someone who I cannot contact anymore?

> What about someone who owes ME an amends?

> Sorry is not enough

Guys as I mentioned in the intro to this series, this is only for you if you are desperate and want to get sober and stay sober!

This is a 'simple but not easy' program and therefore you need to be willing to actively work these steps.

I strongly suggest the following before you attend Tuesday's session:

- a) Write a 4th step inventory
- b) Schedule a 2 hour slot to go through step 5 with your sponsor

Please find attached again a step 4 inventory worksheet which you should try to fill out as best you can.

> Those of you who are able to have your big book available to follow along with during the session will be guaranteed to gain a lot more.

Am I Insane?

> When will sanity be restored?

> Powerlessness doesn't mean Helplessness

> If Lust is not my real problem then what is?

> The real purpose of doing the 12 steps?

> The true meaning of 'fearlessness'

> My most Hopeful paragraph in the book

> The Step 3 promises

> Why you can't stay sober

> My Deal with G-D

> How do I know when I am self-deluded?

> Why you have to die!

> How to acquire peace of mind

> How free do you want to be?

Guys as I mentioned in the intro to this series, this is only for you if you are desperate and want to get sober and stay sober!

This is a 'simple but not easy' program and therefore you need to be willing to actively work these steps.

I strongly suggest the following before you attend Tuesday's session:

- a) Get a sponsor
- b) Listen to the first session recording (see above for all the recordings)
- c) Read till page 44 in the big book (as much as you can)

Please also find attached a step 4 inventory worksheet which you should have with you for Tuesday's session.

> Those of you who are able to have your big book available to follow along with during the session will be guaranteed to gain a lot more.

Physical Craving

Craving happens when I take lust in. The craving can only be removed with total abstinence from lust.

> Allergy

I have an allergy - an allergic reaction to lust which only occurs in a 'Real' sexaholic. Do I have an abnormal reaction to lust?

> RID

Key indicators and warning signs that I may need to reach for my 'drug' - Restlessness, Irritable, Discontent

> Psychic Change

There needs to be an entire change in the way I think.

Do I have the power to do that? NO!

No human power can produce in me the essential psychic change.

Are you willing to believe that nothing human can make this happen?

> Powerlessness

If I had the power to stop I don't need the program.

No amount of information will keep me sober.

I cannot complete step one without admitting I am completely powerless

> Am I a real sexaholic?

Can I give up lust with enough pain?

It's not about how much I act out but rather whether I am free to choose to stop!

> The Main Problem is in my Mind

Lust is not my problem - my thinking is my problem. Lust is my solution

It's not about what is happening to me but rather my mind's interpretation of what is happening

> Pain is not enough

No amount of pain and suffering will get me to stop.

> No middle of the road solution

Either I continue to stay sick and progress over time or I work the program and accept spiritual help.

> Levels of sobriety

Peanut butter sobriety - Hamburger Sobriety - Chicken Sobriety - Filet Minyon Sobriety

Do you want peanut butter or steak?

> Unmanageability

Are you having trouble with personal relationships?

Can you control your feelings?

Are you subject to misery and depression?

Do you feel useless at times?

Are you full of fear?

Are you unhappy?

> TAKING STEP ONE

(In a quiet place alone) ask yourself: Am I willing to conceded to my innermost self that I have NO power and that I need a NEW manager?

If YES then I am saying ...

- 1) I have an abnormal reaction to lust
- 2) I have experienced the phenomenon of craving
- 3) NO sufficient reason is enough to keep me sober
- 4) I lose ALL control once I start to lust
- 5) I have lost the power to choose whether I will lust or not

CONGRATULATIONS you have successfully taken the first step to freedom!

Please email me at puredaniel613@gmail.com if you do not have a sponsor.

Stay Pure,

Daniel UK

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Announcement for the 1st talk
Posted by the.guard - 07 Jan 2015 02:03

Announcement for the 1st talk

SPECIAL ANNOUNCEMENT

Fast Track To Sobriety:

A one hour session for 4 weeks going through the 12 steps

ARE THE 12 PROMISES BEING FULFILLED IN YOUR LIFE ON A DAILY BASIS?

This workshop is for you **ONLY** if:

- > You have the **DESPERATION** of a 'drowning man'
- > You need to go through the 12 steps **FAST**
- > You need to experience a **Spiritual Awakening** so the **Compulsion to Lust** is **REMOVED**
- > You still have some **unanswered questions** about the program
- > You have **sobriety** but are not **'Happy Joyous and Free'**
- > You have **long term sobriety** and want a **'refresh'**

WHAT WE WILL COVER:

1st Session: Step 1

2nd Session: Steps 2,3 & 4

3rd Session: Steps 5,6,7,8 & 9

4th session: Steps 10, 11, 12

In our first Session we will cover the following:

- > Misconceptions in SA
- > The Secret Recipe
- > Physical Craving
- > Allergy
- > RID (restlessness, irritable, discontent)
- > Psychic Change
- > Lack of Human Power
- > The Essence of Step 1
- > SA is NOT about Lusting
- > Lust is not my main problem
- > Unmanageability
- > Are You a REAL Sexaholic?
- > How do you know if you have taken the first step?

What do you need to bring? Only one thing ... an OPEN mind.

Looking forward to taking the road to recovery with you all!

Stay Pure,

Daniel UK

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Create Miracles in Your Life

Posted by the.guard - 25 Feb 2015 09:36

Daniel UK writes:

I want to share with you ways that you can create miracles in your life!

This disease is tough and we need a miracle to overcome it.

Most of you by now should be working steps 10, 11 and 12 on a daily basis and if you are, then you should already be seeing miracles happening.

One of the things that helps me experience miracles is my morning and evening routines:

I would encourage each of you to try this routine and let me know how it goes:

(Print the attached papers and keep in your big book)

Morning Routine:

- 1) Get on knees & say 3rd step, 7th step and Day prayers (see attached)
- 2) Read your gratitude list (see evening routine)
- 3) Read 'Just for today' and 'Acceptance' card (see attached)
- 4) Plan out your day
- 5) Read a few paragraphs from the Big Book, 12 & 12 or white book
- 6) Read the 12 promises (see attached)

Evening Routine:

- 1) Read a few paragraphs from the Big Book, 12 & 12 or white book
- 2) Start a gratitude list and add 1 thing you are grateful for each night
- 3) Write down a daily review
- 4) Get on knees and say Night prayer (see attached)

Each routine should only take 15 minutes out of your day and I guarantee you will see a difference to your life if you consistently do these routines.

There are many guys looking for a sponsor and there are not many to go around. I am asking for those of you that have been through the steps to please put yourself forward as a sponsor. I guarantee that you will find nothing more enjoyable and fulfilling than being of service to others who need help.

My life has completely changed as a result of sponsoring others. Remember that the Authors of the big book say " "NOTHING will so much INSURE IMMUNITY from lust as intensive work with other sexaholics" p.89

Make a miracle happen today and become someones sponsor.

GYE - Guard Your Eyes

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Re: Recap of 1st Talk

Posted by mvemjsunpc - 30 Mar 2017 22:44

I do not have a sponsor and I emailed you through my google account mvemjsunpc@gmail.com

Please help ASAP

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