

Workshop Proposal

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| Title: | How to Spend Less Time in the 10 th Step by Spending More Time in the 10 th Step | | | |
| Description: | The focus is on the AA Big Book's "Proactive" side of the 10th Step which is often not emphasized, but if practiced diligently leads to growth in all areas of life, increased effectiveness in the 12th Step, and less need over time for the "Reactive" side of the 10th Step, as dangers of "excitement, fear, anger, worry, self-pity, and foolish decisions" decrease. | | | |
| Type: | <input checked="" type="checkbox"/> Presentation <input checked="" type="checkbox"/> Discussion | <input checked="" type="checkbox"/> Open <input type="checkbox"/> Closed | Length: | <input type="checkbox"/> 60 Minutes <input checked="" type="checkbox"/> 90 Minutes |
| Subject material: Step(s), Tradition(s), Gen. Topic, Chapter(s), Page(s), Etc.: | The workshop answers the questions: --"What IS 'Fit Spiritual Condition'?" --"What role do Steps 2 thru 9 play in gaining 'Fit Spiritual Condition' or regaining it when lost or disrupted by selfishness, resentment, fear etc.?" --"Where does the power for maintaining 'Fit Spiritual Condition' come from?" --"What are the actual instructions for maintaining 'Fit Spiritual Condition'?" --"How are Steps 11 & 12 connected with maintaining 'Fit Spiritual Condition'?" | | | |
| Goal: | The goal of this workshop is to equip participants with a knowledge of the instructions for working the 10th Step "Proactively" to "Keep in Fit Spiritual Condition". | | | |
| Three Takeaways: | 1. | Participants will become familiar with the pragmatic attitude and behaviors of "living in the World of the Spirit" i.e. "staying close to Him and doing His work well" which takes relatively little effort compared to constantly reacting to selfishness, resentment, etc.. | | |
| | 2. | Participants will know how to recognize when they are in "Fit Spiritual Condition" and how to keep in that condition without any requirement to be perfect in any way. | | |
| | 3. | Participants will become more familiar with the "Reactive" side of Step 10 which suggests what to do when selfishness, resentment, etc. crop up which knock us out of "Fit Spiritual Condition" in the World of the Spirit. | | |

Workshop Agenda

- 1) Introduction/Welcome.
- 2) Structure of the Four Paragraphs of the 10th Step: Living in the World of the Spirit.
- 3) Q&A dialog in each of the Four Paragraphs.
- 4) Summary—Living Proactively; p87, paragraph 3 to end of chapter.
- 5) Bonus: More references to the Proactive 10th Step in the Big Book.
- 6) Bonus: The role of Step 11. (If time allows)
- 7) Bonus: Step 12: the inevitable result. (If time allows)
- 8) Bonus: Getting into Fit Spiritual Condition in the first place. (if time allows)8