

TWO SPONSORS' SUGGESTIONS TO WORK WITH THE PROGRAM OF

# ACTIVE ADDICTIONS ANONYMOUS



## THE WILD LIFE

TWO SPONSORS' SUGGESTIONS TO WORK WITH THE PROGRAM OF  
ACTIVE ADDICTIONS ANONYMOUS – THE WILD LIFE  
is createdmanifested by Harishchandra Sharma TuTu and Solvejg Sharma TuTu



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## ACKNOWLEDGEMENTS

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## STEP ONE

**WE ADMITTED THAT WE WERE POWERLESS OVER OUR ADDICTION TO  
CHRONIC DISSATISFACTION – THAT OUR LIFE HAD BECOME  
UNMANAGEABLE.**

Dear AcAdAn Member, CONGRATULATIONS!

You have now begun your work on Step One!

The Principle of Step One is **honesty**.

The Slogan of Step One is: *Truth always triumphs in the end!*

### SUGGESTIONS

- 1) Read Step One from the book *Active Addictions Anonymous – The Wild Life*.
- 2) Share your perception of what you read with your Sponsor or your Recovery Buddy or with both, if you have both, and in an AcAdAn meeting.

My perception of the text of Step 1 is:

3) Work the tasks of the First Step as suggested below.

4) Share your experiences and conclusions about your work on Step One with your Sponsor or your Recovery Buddy or both, if you have both, and in an AcAdAn Meeting.

What I got out of working Step One was:

Love and hugs to you from AcAdAn!

### TASKS FOR WORKING STEP ONE

#### Task 1:

I choose to expand my conscious awareness of my **limitation** by writing down **minimum** four examples of my **limitation** as it came to expression in **minimum** four of the areas that are mentioned in the list below:

1. my material possessions
2. my body
3. my energy
4. my time and space
5. my emotions
6. my thoughts
7. my social life
8. my spiritual life
9. my actions
10. the world around me

#### Task 2:

For each of the areas I described in task one, I choose to write down how I thought, felt and acted when I was dissatisfied with being limited, and how that affected my self-esteem and my relationships with others.

#### Task 3:

I choose to expand my conscious awareness of my **ignorance** as it came to expression in **minimum** four of the areas that are mentioned in the list below:

1. my material possessions
2. my body
3. my energy

4. my time and space
5. my emotions
6. my thoughts
7. my social life
8. my spiritual life
9. my actions
10. the world around me

Task 4:

For each of the areas I described in task three, I choose to write down how I thought, felt and acted when I was dissatisfied with being ignorant, and how that affected my self-esteem and my relationships with others.

Task 5:

I choose to expand my conscious awareness of my **powerlessness** as it came to expression in **minimum** four of the areas that are mentioned in the list below:

1. my material possessions
2. my body
3. my energy
4. my time and space
5. my emotions
6. my thoughts
7. my social life
8. my spiritual life
9. my actions
10. the world around me

Task 6:

For each of the areas I described in task five, I choose to write down how I thought, felt and acted when I was dissatisfied with being powerless, and how that affected my self-esteem and my relationships with others.

Task 7:

I choose to expand my conscious awareness of my **mortality/changeability** by writing down **minimum** four examples of my **mortality/changeability** as it came to expression in **minimum** four of the areas that are mentioned in the list below:

1. my material possessions
2. my body
3. my energy
4. my time and space
5. my emotions
6. my thoughts
7. my social life
8. my spiritual life
9. my actions
10. the world around me

Task 8:

For each of the areas I described in task seven, I choose to write down how I thought, felt and acted when I was dissatisfied with being mortal/changeable, and how that affected my self-esteem and my relationships with others.

Task 9:

I choose to write down **minimum** one example from each of the four areas mentioned below of how I have unsuccessfully tried to gain control over my:

1. limitation
2. ignorance
3. powerlessness
4. mortality/changeability

Task 10:

I choose to write down **minimum** of one example about a situation for each of the four areas mentioned below of how I have successfully gained control over my:

1. limitation
2. ignorance
3. powerlessness
4. mortality/changeability

and I also choose to investigate how long I was able to sustain control in each of the areas described and write it down.

## Task 11:

I choose to write down, how I thought, felt, acted and related to others, when I succeeded in gaining control over the areas I described in task 10 and how I thought, felt and acted, when I lost the control again.

## Task 12:

I choose to write down in which areas I tried to achieve power or glory, and how did I think, feel, act and relate to others when I succeeded and when I did not succeed in achieving it.

## Task 13:

I choose to write down for what purpose wanted to achieve the power and the glory.

## Task 14:

Am I ready to admit that I have become addicted to chronic dissatisfaction with myself and thereby with others and my life, because I am dissatisfied with my and theirs human limitation, ignorance, powerlessness and mortality/changeability, and that my addiction to chronic dissatisfaction has made me loose the joy of living?

## Task 15:

Am I ready to admit that my life becomes unmanageable, when I take my addiction to dissatisfaction with my own and others' humanness into use?

### APPLYING STEP ONE

I choose to ask myself the following questions every day for a week and write down my answers:

#### Day 1: My material life

I choose to focus on my material life throughout the day, and once every hour I choose to write that down, which I was dissatisfied with in my material life in the past hour.

After that I choose to write down, which of those things I was dissatisfied with that I cannot do anything about today, and I choose to write down how I will let go of those areas

immediately.

Then, I choose to write down, which of the things I was dissatisfied with that I can do something to change today, while at the same time I write down, how I want to change them and at what time.

In the end I write down, how my addiction to dissatisfaction with my material life, made my life unmanageable in the past hour.

Day 2: My physical life

I choose to focus on my physical life throughout the day, and once every hour I choose to write that down, which I was dissatisfied with in my physical life in the past hour.

After that I choose to write down, which of those things I was dissatisfied with that I cannot do anything about today, and I choose to write down how I will let go of those areas immediately.

Then, I choose to write down, which of the things I was dissatisfied with that I can do something to change today, while at the same time I write down, how I want to change them and at what time.

In the end I write down, how my addiction to dissatisfaction with my physical life, made my life unmanageable in the past hour.

Day 3: My life in space and time, my energy life

I choose to focus on my energy life in time and space throughout the day, and once every hour I choose to write that down, which I was dissatisfied with in my energy life in time and space in the past hour.

After that I choose to write down, which of those things I was dissatisfied with that I cannot do anything about today, and I choose to write down how I will let go of those areas immediately.

Then, I choose to write down, which of the things I was dissatisfied with that I can do something to change today, while at the same time I write down, how I want to change them and at what time.

In the end I write down, how my addiction to dissatisfaction with my energy life in time and space, made my life unmanageable in the past hour.

#### Day 4: My emotional life

I choose to focus on my emotional life throughout the day, and once every hour I choose to write that down, which I was dissatisfied with in my emotional life in the past hour.

After that I choose to write down, which of those things I was dissatisfied with that I cannot do anything about today, and I choose to write down how I will let go of those areas immediately.

Then, I choose to write down, which of the things I was dissatisfied with that I can do something to change today, while at the same time I write down, how I want to change them and at what time.

In the end I write down, how my addiction to dissatisfaction with my emotional life, made my life unmanageable in the past hour.

#### Day 5: My thought life

I choose to focus on my thought life throughout the day, and once every hour I choose to write that down, which I was dissatisfied with in my thought life in the past hour.

After that I choose to write down, which of those things I was dissatisfied with that I cannot do anything about today, and I choose to write down how I will let go of those areas immediately.

Then, I choose to write down, which of the things I was dissatisfied with that I can do something to change today, while at the same time I write down, how I want to change them and at what time.

In the end I write down, how my addiction to dissatisfaction with my thought life, made my life unmanageable in the past hour.

#### Day 6: My social life

I choose to focus on my social life throughout the day, and once every hour I choose to write that down, which I was dissatisfied with in my social life in the past hour.

After that I choose to write down, which of those things I was dissatisfied with that I cannot do anything about today, and I choose to write down how I will let go of those areas immediately.



Then, I choose to write down, which of the things I was dissatisfied with that I can do something to change today, while at the same time I write down, how I want to change them and at what time.

In the end I write down, how my addiction to dissatisfaction with my social life, made my life unmanageable in the past hour.

#### Day 7: My spiritual life

I choose to focus on my spiritual life throughout the day, and once every hour I choose to write that down, which I was dissatisfied with in my spiritual life in the past hour.

After that I choose to write down, which of those things I was dissatisfied with that I cannot do anything about today, and I choose to write down how I will let go of those areas immediately.

Then, I choose to write down, which of the things I was dissatisfied with that I can do something to change today, while at the same time I write down, how I want to change them and at what time.

In the end I write down, how my addiction to dissatisfaction with my spiritual life, made my life unmanageable in the past hour.

#### Synopsis for Step One:

I choose to write that down, which I got out of working Step One, so I can use my synopsis in Step Five, Ten and Twelve, and I share my First Step work with my sponsor or recovery buddy or both, if I have both, and in an AcAdAn meeting.

## STEP TWO

### WE CAME TO BELIEVE THAT A POWER GREATER THAN US COULD LEAD US TO CONTENTMENT.

Dear AcAdAn Member, CONGRATULATIONS!

You have begun your work on Step Two!

The Principle of Step Two is **open-mindedness**.

The Slogan of Step Two is: *To listen attentively and respectfully to another is the first expression of emotional sobriety.*

#### SUGGESTIONS

- 1) Read Step Two from the book *Active Addictions Anonymous – The Wild Life*.
- 2) Share your perception of what you read with your Sponsor or your Recovery Buddy and in an AcAdAn meeting.  
My perception of the text of Step 2 is:
- 3) Work the tasks of the Second Step as suggested below.
- 4) Share your experiences and conclusions about your work on Step Two with your Sponsor or your Recovery Buddy and in an AcAdAn Meeting.  
My perception of the work with Step 2 is:

Love and hugs to you from AcAdAn!

#### TASKS FOR WORKING STEP TWO

Task 1:

The Second Step is often called the Step of Hope as change brings about hope for something better. Is hope also my personal reason for being willing to change today?

Task 2:

What can I do to further this change?

Task 3:

How can the following help me to further my desire for change?

1. the AcAdAn Program
2. the Fellowship
3. my Sponsor
4. the World at large

Task 4:

Do I believe that I have a complete freedom, without traps, to believe in that which generates contentment within me in context with myself, others and my life? If so, why? If not, why not?

Task 5:

If I should be completely honest, what do I believe in concerning my:

1. material possessions
2. body
3. energy
4. time and space
5. emotions
6. thoughts
7. social life
8. spiritual life
9. actions
10. world around me

I choose to include as much as possible from my belief system in areas 1-10.

Task 6:

I ask myself whether what I described in each of my belief systems in areas 1-10 of task 5 brings addiction to dissatisfaction or contentment into my life.

If a belief brings addiction to dissatisfaction into my life, I ask myself if what I believe in is true or if the opposite could be just as true or maybe even truer.

I choose to give at least one reason as to why the opposite could be just as true or even truer.

Task 7:

In which of those areas I described in task five do I think it could be to my advantage to change my belief system?

Task 8:

If I should be totally honest about whom or what I believe in with complete trust, what would I answer?

Task 9:

What do I think could be the advantages of believing in someone or something?

Task 10:

We perceive that which we feel is running and controlling our lives today as a Power greater than us. What or who has a Power greater than me today?

Task 11:

Do I think that it could be to my advantage if I choose to include in my belief system a:

- 1) loving Higher Power
- 2) caring Higher Power
- 3) compassionate Higher Power
- 4) merciful Higher Power

Task 12:

If my choice of a Higher Power was completely without traps, with no strings attached, whom or what would I then choose to be my Higher Power, and why?

Task 13:

Why do I think that my chosen Higher Power has these qualities?

- 1) loving
- 2) caring
- 3) compassionate
- 4) merciful

Task 14:

Why do I think that my chosen Higher Power is greater than my human:

- 1) limitation
- 2) ignorance
- 3) powerlessness
- 4) mortality

Task 15:

Do I believe that it is healthy that my perception of my Higher Power develops all the time instead of being carved in stone once and for all? If so why, and if not, why not?

Task 16:

What problems do I have in believing that a Higher Power exists, from where or from whom I can draw hope, strength and courage?

Task 17:

I choose to write down at least one way in which my Higher Power expresses Himself/Herself/Itself, from within me.

Task 18:

I choose to write down at least one way in which my Higher Power expresses Himself/Herself/Itself, through someone or something outside of me.

Task 19:

I choose to write down at least four ways in which I can communicate with my Higher Power.

Task 20:

Why do I believe that I can cooperate with my chosen Higher Power about being led to contentment?

### APPLYING STEP TWO

Every day, for one week, I choose to write down at least one incident from my day where I felt dissatisfied, and describe how I was powerless over my dissatisfaction.

I describe how using my addiction to dissatisfaction made or could have made my life unmanageable.

Then, I describe how I chose to take my Higher Power into my life by opening my mind as to what could be my Higher Power's loving, caring, compassionate and merciful intention with the situation being exactly as it was.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

## STEP THREE

**WE MADE A DECISION TO TURN OUR WILL AND OUR LIFE OVER TO THE CARE OF OUR HIGHER POWER, *AS WE UNDERSTOOD THAT POWER.***

Dear AcAdAn Member, CONGRATULATIONS!

You have begun your work on Step Three!

The Principle of Step Three is **surrender**.

The Slogan of Step Three is: *Follow your heart.*

### SUGGESTIONS

- 1) Read Step Three from the book *Active Addictions Anonymous – The Wild Life*.
- 2) Share your perception of what you read with your Sponsor or your Recovery Buddy and in an AcAdAn meeting.  
My perception of the text of Step 3 is:
- 3) Work the tasks of the Third Step as suggested below.
- 4) Share your experiences and conclusions about your work on Step Three with your Sponsor or your Recovery Buddy and in an AcAdAn Meeting.

My perception of the work with Step 3 is:

Love and hugs to you from AcAdAn!

### TASKS FOR WORKING STEP THREE

Task 1:

What do each of these words mean to me?

1. love
2. care
3. compassion
4. mercy

### Task 2:

If I had to be completely honest, in which ways do I feel let down by my Higher Power from my childhood until now concerning care for my:

1. material possessions
2. body
3. energy
4. time and space
5. emotions
6. thoughts
7. social life
8. spiritual life
9. actions
10. world around me

I write down at least one example from each area.

### Task 3:

What do I feel my Higher Power needs to do for me if I should stop feeling let down in the areas described in task 2?

### Task 4:

In which ways can I cooperate and contribute to those areas in which I feel let down?

### Task 5:

From my childhood until now, in which ways do I think that my Higher Power has given me care for my:

1. material possessions
2. body
3. energy
4. time and space
5. emotions
6. thoughts
7. social life
8. spiritual life
9. actions
10. world around me

I write down minimum one example from each area.



Task 6:

If, for a moment, I choose to believe that my Higher Power's love, care, compassion and mercy for me is unconditional, how do I think this love, care, compassion and mercy would express itself?

Task 7:

What do I think it implies to surrender my will and my life to the care of my Higher Power?

Task 8:

What kind of fear and reluctance arise in me by the thought of surrendering?

Task 9:

How do I think I can build up my trust in my Higher Power sufficiently, to be able to surrender my will and my life to the care of my Higher Power?

Task 10:

Which advantages do I think there could be in deciding to surrender my will and my life to the care of my Higher Power?

Task 11:

For which reason/s did I reach the point where I made this decision for the first time, and what did I think and feel after having done it?

Task 12:

I choose to have a small box, which I call my God-box.

Every morning for a week, I choose to put a note in this box after writing on it: "(Name of my chosen Higher Power), I surrender my will and my life to your care today".

This I do to tell my subconscious mind in concrete action that I'm about to change course in my life.

### APPLYING STEP THREE

Every day for one week, I choose to write down a minimum of one example as to what I think was the advantage of surrendering my will and my life to the care of my Higher Power today in context with a situation from the day.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

## **STEP FOUR**

### **WE MADE A SEARCHING AND FEARLESS INVENTORY OF OUR SELF.**

Dear AcAdAn Member, CONGRATULATIONS!

You have begun your work on Step Four!

The Principle of Step Four is **courage**.

The Slogan of Step Four is: I accept both my virtues and my defects of character.

## SUGGESTIONS

- 1) Read Step Four from the book *Active Addictions Anonymous – The Wild Life*.
- 2) Share your perception of what you read with your Sponsor or your Recovery Buddy and in an AcAdAn meeting.

My perception of the text of Step 4 is:

- 3) Work the tasks of the Fourth Step as suggested below.
- 4) Share your experiences and conclusions about your work on Step Four with your Sponsor or your Recovery Buddy and in an AcAdAn Meeting.

My perception of the work with Step 4 is:

Love and hugs to you from AcAdAn!

## TASKS FOR WORKING STEP FOUR

### Task 1:

From each of the below four stages of my life, I choose to describe **minimum** one incident where the four attributes from the Ring of Emptiness (*emptiness, boredom, meaninglessness, loneliness*) were active in me, and similarly I choose to describe **minimum** one incident where the four attributes from the Ring of Fulfillment (*fulfilment, interest, meaningfulness, unity*) were active in me in my:

1. childhood (till 12 years of age)
2. youth (13 – 21 years)
3. adulthood (22 – 60 years of age)
4. old age (from 61 years of age till now)

When I describe each situation, at the same time, I place the four attributes of the relevant Ring where I think they belong in my description, and I write down how I felt in the Ring in question.

### Task 2:

From each of the below four stages of my life, I choose to describe **minimum** one incident where the four attributes from the Ring of Self-centeredness (*self-criticism, depression, self-praise, euphoria*) were active in me, and similarly I choose to describe **minimum** one incident where the four attributes from the Ring of God-centeredness (*open-mindedness, empowerment, gratitude, joy*) were active in me in my:

1. childhood (till 12 years of age)
2. youth (13 – 21 years)
3. adulthood (22 – 60 years of age)
4. old age (from 61 years of age till now)

When I describe a situation, at the same time, I place the four attributes of the relevant Ring where I think they belong in my description, and I write down how I felt in the Ring in question.

#### Task 3:

From each of the below four stages of my life, I choose to describe **minimum** one incident where the four attributes from the Ring of Codependency (*seducer, savior, victim, offender*) were active in me, and similarly I choose to describe **minimum** one incident where the four attributes from the Ring of Emotional Sobriety (*integrity, detachment, respect for self, respect for others*) were active in me in my:

1. childhood (till 12 years of age)
2. youth (13 – 21 years)
3. adulthood (22 – 60 years of age)
4. old age (from 61 years of age till now)

When I describe a situation, at the same time, I place the four attributes of the relevant Ring where I think they belong in my description, and I write down how I felt in the Ring in question.

#### Task 4:

From each of the below four stages of my life, I choose to describe **minimum** one incident where the four attributes from the Big Ring of Pain (*avarice, arrogance, envy, hatred*) were active in me, and similarly I choose to describe **minimum** one incident where the four attributes from the Big Ring of Joy (*faith, truth, hope, love*) were active in me in my:

1. childhood (till 12 years of age)
2. youth (13 – 21 years)
3. adulthood (22 – 60 years of age)
4. old age (from 61 years of age till now)

When I describe a situation, at the same time, I place the four attributes of the relevant Ring where I think they belong in my description, and I write down how I felt in the Ring in question.

## Task 5:

From each of the below four stages of my life, I choose to describe **minimum** one incident where the four attributes from the Small Ring of Avarice (*stinginess, greed, gluttony, poverty*) were active in me, and similarly I choose to describe **minimum** one incident where the four attributes from the Small Ring of Faith (*generosity, trust, accountability, prosperity*) were active in me in my:

1. childhood (till 12 years of age)
2. youth (13 – 21 years)
3. adulthood (22 – 60 years of age)
4. old age (from 61 years of age till now)

When I describe a situation, at the same time, I place the four attributes of the relevant Ring where I think they belong in my description, and I write down how I felt in the Ring in question.

## Task 6:

From each of the below four stages of my life, I choose to describe **minimum** one incident where the four attributes from the Small Ring of Envy (*disbelief, superstition, defiance, submission*) were active in me, and similarly I choose to describe **minimum** one incident where the four attributes from the Small Ring of Hope (*belief, enlightenment, serenity, discernment*) were active in me in my:

1. childhood (till 12 years of age)
2. youth (13 – 21 years)
3. adulthood (22 – 60 years of age)
4. old age (from 61 years of age till now)

When I describe a situation, at the same time, I place the four attributes of the relevant Ring where I think they belong in my description, and I write down how I felt in the Ring in question.

## Task 7:

From each of the below four stages of my life, I choose to describe **minimum** one incident where the four attributes from the Small Ring of Hatred (*denial, manipulation, insanity, illness*) were active in me, and similarly I choose to describe **minimum** one incident where the four attributes from the Small Ring of Love (*admission, self-acceptance, sanity, health*) were active in me in my:

1. childhood (till 12 years of age)
2. youth (13 – 21 years)

3. adulthood (22 – 60 years of age)
4. old age (from 61 years of age till now)

When I describe a situation, at the same time, I place the four attributes of the relevant Ring where I think they belong in my description, and I write down how I felt in the Ring in question.

#### Task 8:

From each of the below four stages of my life, I choose to describe **minimum** one incident where the four attributes from the Small Ring of Arrogance (*superiority, inferiority, over-population, isolation*) were active in me, and similarly I choose to describe **minimum** one incident where the four attributes from the Small Ring of Truth (*humility, honesty, individuality, fellowship*) were active in me in my:

1. childhood (till 12 years of age)
2. youth (13 – 21 years)
3. adulthood (22 – 60 years of age)
4. old age (from 61 years of age till now)

When I describe a situation, at the same time, I place the four attributes of the relevant Ring where I think they belong in my description, and I write down how I felt in the Ring in question

#### Task 9:

What does success or gain mean to me?

I choose to write down a minimum of four examples **either** from my childhood (till 12 years of age), youth (13-21 years), adulthood (22-60 years of age), and old age (from 61 years of age till now) or from a mix of these ages, and I describe how I thought, felt and acted when my success or gain **either** was:

1. Material (achievement of money or things)
2. Physical (achievement of good health, physical strength, accomplishments in sports etc.)
3. Time and space wise (freedom of movement, ample time and space for my activities etc.)
4. Emotional (achievement of a sense of safety and security, handling situations calmly, achieving the right to feel like I do etc.)
5. Mental (achievement of confidence in my power of discernment, freedom to think, intelligence etc.)
6. Love wise (achievement of good relationships with my parents, children, siblings, spouse or romantic partner, friends etc.)

7. Spiritual (achievement of faith in a Higher Power, gaining contact with someone or something more powerful/greater than me etc.)

or was from a mix of these areas.

Task 10:

What does failure or loss mean to me?

I choose to write down a minimum of four examples **either** from my childhood (till 12 years of age), youth (13-21 years), adulthood (22-60 years of age), and old age (from 61 years of age till now) or from a mix of these ages, and I describe how I thought, felt and acted when my failure or loss **either** was:

1. Material (loss of things, loss of money, experiencing poverty etc.)
2. Physical (loss of health/illness, lack of stamina, losing in competitive sport etc.)
3. Time and space wise (loss of free movement, loss of access and mobility, losing out on time, loss of time and space for my activities etc.)
4. Emotional (loss of a sense of safety or security, losing the right to feel like I do etc.)
5. Mental (loss of confidence in my power of discernment, loss of freedom to express my thoughts etc.)
6. Love wise (loss of connection or a working relationship with my parents, children, siblings, spouse or romantic partner, friends etc.)
8. Spiritual (loss of faith in a Higher Power, losing contact with someone or something more powerful/greater than me etc.)

or was from a mix of these areas.

Task 11:

I choose to write down **minimum** one incident from my past where I experienced a failure that was to my advantage, and similarly, a success that was to my disadvantage.

Task 12:

Do I believe it could be to my advantage to find the blessings both in incidents that I consider a success and in incidents that I consider a failure? If so why, and if not, why not?

Task 13:

When we think we have had a loss, we feel emotional pain, and this may make us react with sorrow.

The emotional pattern of sorrow expresses itself as follows: denial → anger → defiance → negotiation → grief → acceptance, in several waves, one after the other, in varying intensity and order.

I choose to investigate how I reacted in accordance with this pattern to four of the losses that I described in task 10, and I explore four other incidents from my past where I did not react with sorrow to the loss I thought I had incurred.

Task 14:

I write about **minimum** four men and four women, either living or passed away, whom I consider to be holy people and I describe how I think they behave in their daily life?

Task 15:

In which ways do I behave in the same way, and what do I feel when I do it?

Task 16:

What does the concepts the devil, Satan and 'evil impersonated' mean to me, and how do I think the devil, Satan and an evil person behave in his/her daily life?

Task 17:

At which times and in which ways do I behave in similar ways as I have attributed above to the devil, Satan and an evil person, and what feelings do I have when I behave in that way?

Task 18:

Which forms of fear does it createmanifest in me to have to admit to myself, God and another human being that I possess both virtues and defects of character, and why do I have this fear?

#### APPLYING STEP FOUR

Every day for one week, I choose to write down a minimum of one example as to which defects of character stood in my way today in surrendering my will and my life to my Higher Power's care and which virtues helped me to surrender.



Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

## STEP FIVE

**WE ADMITTED THE EXACT NATURE OF OUR CHARACTER  
TO OUR SELF, OUR HIGHER POWER, ANOTHER HUMAN BEING  
AND OUR ACADAN FELLOWSHIP.**

Dear AcAdAn Member, CONGRATULATIONS!

You have begun your work on Step Five!

The Principle of Step Five is **humility**.

The Slogan of Step Five is: I'm neither more nor less than any other creaturemanifestation.

### SUGGESTIONS

1) Read Step Five from the book *Active Addictions Anonymous – The Wild Life*.

2) Share your perception of what you read with your Sponsor or your Recovery Buddy and in an AcAdAn meeting.

My perception of the text of Step 5 is:

3) Work the tasks of the Fifth Step as suggested below.

4) Share your experiences and conclusions about your work on Step Five with your Sponsor or your Recovery Buddy and in an AcAdAn Meeting.

My perception of the work with Step 5 is:

Love and hugs to you from AcAdAn!

### TASKS FOR WORKING STEP FIVE

Task 1:

By writing my Fourth Step, I have shared the exact nature of my character with myself.

I choose to describe what I got out of writing my Fourth Step.

Task 2:

I read my Fourth Step to my Higher Power and thereby share my discoveries about the exact nature of my character with my Higher Power.

I choose to describe what I got out of sharing my Fourth Step with my Higher Power.

Task 3:

I read my Fourth Step to another human being and thereby share my discoveries about the exact nature of my character with another human being.

I choose to describe what I got out of sharing my Fourth Step with another human being.

Task 4:

Do I think that - in my childhood - I made some major decisions which I have faithfully tried to live up to since then?

I give a minimum of one example of a major decision I made as a child, which I still practice.

Task 5:

Do I think that I have more insight and experience today, and that it would be an advantage for me to alter or change my decision? If yes, why? and if no, why not?

## Task 6:

Do I think that - in my youth - I made some big decisions, which I have faithfully tried to live up to since then?

I give a minimum of one example of a major decision I made in youth, which I still practice.

## Task 7:

Do I think that I have more insight and experience today, and that it would be an advantage for me to alter or change my decision? If yes, why? and if no, why not?

## Task 8:

I choose to ask myself – once every hour, – what I think I could have reasons to be grateful for in the hour that passed, and write down a minimum of one blessing for each hour, and by the end of the day I read my list of gratitude.

APPLYING STEP FIVE

Every day for a week, I choose to write down a minimum of one example as to how I benefitted from sharing with myself, my Higher Power and another human being what I discovered by working Step One to Four on that day.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

## STEP SIX

### WE BECAME ENTIRELY READY FOR OUR HIGHER POWER TO LIBERATE US FROM OUR DEFECTS OF CHARACTER.

Dear AcAdAn Member, CONGRATULATIONS!

You have begun your work on Step Six!

The Principle of Step Six is **transformation**.

The Slogan of Step Six is: *I own my hurts*.

#### SUGGESTIONS

1) Read Step Six from the book *Active Addictions Anonymous – The Wild Life*.

2) Share your perception of what you read with your Sponsor or your Recovery Buddy and in an AcAdAn meeting.

My perception of the text of Step 6 is:

3) Work the tasks of the Sixth Step as suggested below.

4) Share your experiences and conclusions about your work on Step Six with your Sponsor or your Recovery Buddy and in an AcAdAn Meeting.

My perception of the work with Step 6 is:

Love and hugs to you from AcAdAn!

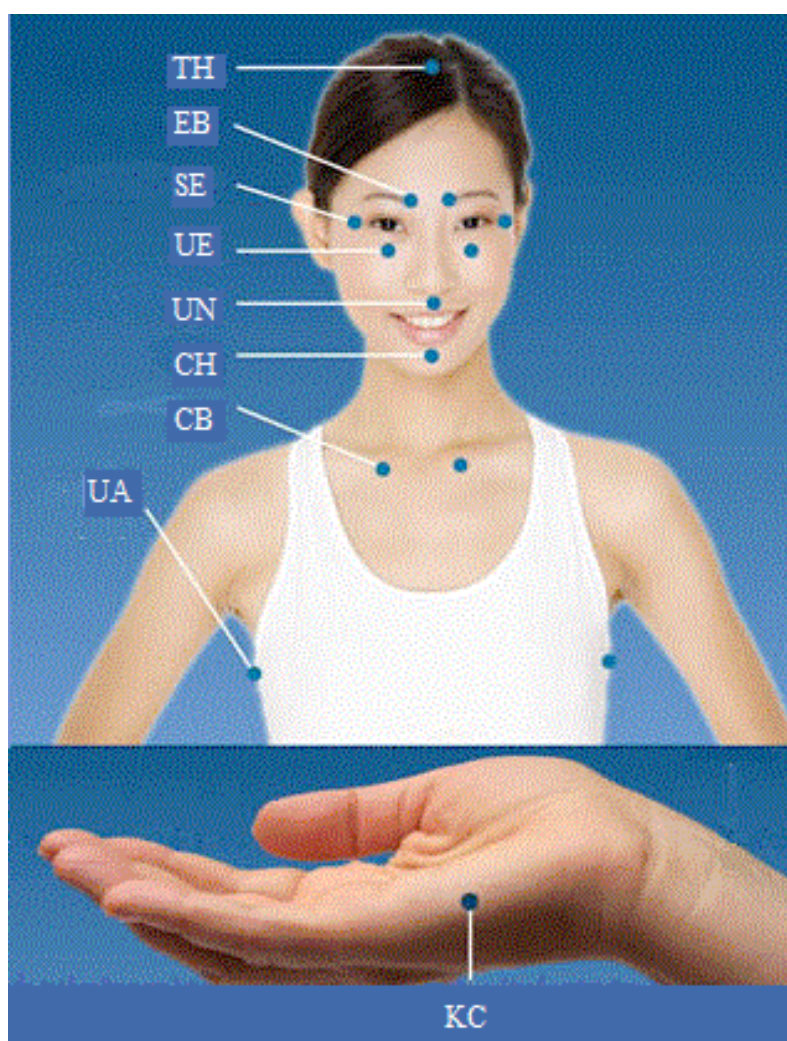
#### TASKS FOR WORKING STEP SIX

First we chose to begin making our self entirely ready to allow our Higher Power to liberate us from the pain in our defects of character by learning to consciously move from the Rings of Pain to the Rings of Joy.

We did this by first moving socially, mentally and emotionally and then we moved energy wise or energetically by the help of EFT - Emotional Freedom Technique, popularly known as tapping – that has sprung from acupressure which is a milder form of acupuncture, which is a 3-4,000 year old Chinese technique used to prevent illnesses or to treat illnesses that are erupting whether these illnesses are of a physically, energetically, emotionally, mentally, socially or spiritually nature, by working with the body's energy pathways called meridians.

There are many meridians, and therefore there are many tapping points in different Tapping Protocols that I can choose to research on the internet anytime I want to, but at this time I choose to use the following meridian points for my tapping.

#### EFT TAPPING POINTS



1. Karate Chop Point KC (the KC meridian is related to the small intestine and the heart)

*Lack of energy flow in the small intestine/heart meridian results in:*

Psychological reversal (resistance to healing), to feel loss, to feel stuck, to feel frozen, inability to let go, resistance to change, sorrow, feeling vulnerable, worry, obsession, compulsive behaviour.

*Creating energy flow by tapping on the small intestine meridian allows:*

Ability to move forward with ease, ability to let go of the old, healing from grief, connecting to and finding happiness in the now.

2. Eyebrows Beginning EB (the EB meridian is related to the bladder)

*Lack of energy flow in the bladder meridian results in:*

Trauma, hurt, sadness, restlessness, frustration, impatience, fear

*Creating energy flow by tapping on the bladder meridian allows:*

Peace, emotional healing.

3. Sides of eyes SE (the SE meridian is related to the gall bladder)

*Lack of energy flow in the gall bladder meridian results in:*

Rage, anger, resentment, fear of change, muddled thinking

*Creating energy flow by tapping on the gall bladder meridian allows:*

Clarity, compassion.

4. Under eyes UE (the UE meridian is related to the stomach)

*Lack of energy flow in the stomach meridian results in:*

Fear, anxiety, nausea, longing/craving, emptiness, worry, nervousness, disappointment.

*Creating energy flow by tapping on the stomach meridian allows:*

Contentment, calmness, feeling safe, feeling "All is well".

5. UN Under Nose UN (the UN meridian is related to all of the back)

*Lack of energy flow in the governor of the back meridian results in:*

Embarrassment, powerlessness, shame, guilt, grief, fear of ridicule, fear of failure, psychological reversals (resistance to healing).

*Creating energy flow by tapping on the governor of the back meridian allows:*

Self-acceptance, self-empowerment, compassion for self and others

6. Chin CH (the CH meridian is related to the central brain)

*Lack of energy flow in the brain meridian results in:*

Confusion, uncertainty, shame, embarrassment, second guessing one's decisions

*Creating energy flow by tapping on the brain meridian allows:*

Clarity, certainty, confidence, self-acceptance.

7. Collar Bone CB (the CB meridian is related to the kidneys and adrenal gland)

*Lack of energy flow in the kidney and adrenal gland meridian results in:*

Psychological reversal (resistance to healing), feeling stuck, indecision, worry, general stress.

*Creating energy flow by tapping on the kidney and adrenal gland meridian allows:*

Ease in moving forward, confidence, clarity.

8. Under arm UA (meridian is related to the spleen, solar plexus and the heart)  
*Lack of energy flow in the spleen meridian results in:*  
 Guilt, worry, obsessing, hopelessness, insecurity, poor self esteem.  
*Creating energy flow by tapping on the spleen meridian allows:*  
 Clarity, confidence, relaxation, and compassion for self and others
  
9. Top of the head TH (meridian is related to the liver)  
 This area wakes up the entire energy system and encourages the body-mind to pay attention to what we are about to address.  
*Lack of energy flow in the top of the head meridian results in:*  
 Inner critic, obsessive thinking, lack of focus, complaining, feeling unhappy.  
*Creating energy flow by tapping on the top of the head meridian allows:*  
 Spiritual connection, insight, intuition, focus, wisdom, spiritual discernment, clarity, compassion, happiness, feeling safe, accept, transformation, peace.

#### Task 1:

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.

The Ring of Emptiness – The Ring of Fulfillment.

I describe a situation from the day, where I used

**The Ring of Emptiness** with its:

- a. Emptiness
- b. Boredom
- c. Meaninglessness
- d. Loneliness

Today I used **The Ring of Emptiness**, because

I write down how making use of **The Ring of Emptiness** made me think, feel, act and relate to others in about the situation.

**Emptiness:**

1. I thought that
2. I felt that
3. I acted by
4. I related to others in the situation by

**Boredom:**

1. I thought that
2. I felt that
3. I acted by
4. I related to others in the situation by

**Meaninglessness:**

1. I thought that
2. I felt that
3. I acted by
4. I related to others in the situation by

**Loneliness:**

1. I thought that
2. I felt that
3. I acted by
4. I related to others in the situation by

Furthermore, I write down what it was that I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that

Then, I describe how I **believe** the situation could have transpired if instead I had used

**The Ring of Fulfillment** with its

- a. Fulfillment
- b. Interest
- c. Meaningfulness
- d. Oneness

I believe that if instead I had used **The Ring of Fulfillment** on , then , because

Furthermore, I write down how I **believe** that my use of **The Ring of Fulfillment** would have made me think, feel, act and relate to others in the situation.

**Fulfillment:**

1. I believe that I would think that
2. I believe that I would feel that
3. I believe that I would act by
4. I believe that I would relate to the other/others in the situation by



**Interest:**

1. I believe that I would think that
2. I believe that I would feel that
3. I believe that I would act by
4. I believe that I would relate to the other/others in the situation by

**Meaningfulness:**

1. I believe that I would think that
2. I believe that I would feel that
3. I believe that I would act by
4. I believe that I would relate to the other/others in the situation by

**Oneness:**

1. I believe that I would think that
2. I believe that I would feel that
3. I believe that I would act by
4. I believe that I would relate to the other/others in the situation by

Furthermore, I write down, if I **believe** it would be easier for me to achieve what I want by using this Ring and why.

I believe that if instead I had used **The Ring of Fulfillment** on , then , because

After having moved mentally and emotionally from **The Ring of Emptiness** to **The Ring of Fulfillment** in this way, I choose to move energetically between the two Rings as described below by first inserting my answers in the tapping protocol and then I finish my Six Step analyses by tapping through the protocol that I have written.

I begin with:

**The Ring of Emptiness** with its:

- a. Emptiness
- b. Boredom
- c. Meaninglessness
- d. Loneliness

First I take a deep breath and then I feel how the intensity of my pain is by being in **The Ring of Emptiness** on a scale from 0-10.

The pain is at

I then choose to tap as suggested below on the topic that I have used **The Ring of Emptiness** on today.

The four setup statements for the two tapping rounds below:

1. KC

- a. KC left: Even though I chose to use **The Ring of Emptiness** today by using **emptiness** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Ring of Emptiness** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- b. KC right: Even though I chose to use **The Ring of Emptiness** today by using **boredom** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Ring of Emptiness** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- c. KC left: Even though I chose to use **The Ring of Emptiness** today by using **meaninglessness** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Ring of Emptiness** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- d. KC right: Even though I chose to use **The Ring of Emptiness** today by using **arrogance** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Ring of Emptiness** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

The two times eight reminder statements for the two tapping rounds below:

2. EB: My **emptiness** makes me think that
3. SE: My **boredom** makes me feel that
4. UE: My **meaninglessness** makes me think of that
5. UN: My **arrogance** makes me feel that

6. CH: My **emptiness** makes me feel that
7. CB: My **boredom** makes me think that
8. UA: My **meaninglessness** makes me feel that
9. TH: My **loneliness** makes me think that

Then I take a deep breath and feel how the intensity of my pain is on a scale of 0-10.

The pain is

Then I choose to continue to tap as suggested below.

1. EB: Maybe I could open up to let go of my **emptiness** if
2. SE: Then I could also let go of my **boredom** by
3. UE: If I did that I might no longer need to hold on to my **meaninglessness**, which
4. UN: Then I could also let go of my **loneliness** by
5. CH: I believe that now I can recover from both my **emptiness** and **boredom**, because
6. CB: Yes, actually, I begin to believe that I can let go of both my **meaninglessness** and my **loneliness**, because
7. UA: Now, I open myself completely to let go of using **The Ring of Emptiness** in context with , because
8. TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Ring of Emptiness** and thereby from using **emptiness, boredom, meaninglessness** and **loneliness** in relation to , because

Then I take a deep breath and feel how the intensity of my pain is now on a scale of 0-10.

The pain is at

I continue my tapping rounds until my pain of being in **The Ring of Emptiness** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on the corresponding Ring of Joy, which is:

**The Ring of Fulfillment** with its

- a. **Fulfillment**

- b. Interest
- c. Meaningfulness
- d. Oneness

The four setup statements for the two tapping rounds below:

1. KC
  - a. KC left : I hereby choose to give myself permission to use **The Ring of Fulfillment** by using **fulfilment** consciously to , because
  - b. KC right: I hereby choose to give myself permission to use **The Ring of Fulfillment** by using hope consciously to , because
  - c. KC left: I hereby choose to give myself permission to use **The Ring of Fulfillment** by using love consciously to , because
  - d. KC right: I hereby choose to give myself permission to use **The Ring of Fulfillment** by using truth consciously to , because

Two times eight reminder statements for the two tapping rounds below:

2. EB: I hereby choose to give myself permission to use **fulfilment** consciously by
3. SE: I hereby choose to give myself permission to use **interest** consciously by
4. UE: I hereby choose to give myself permission to use **meaningfulness** consciously by
5. UN: I hereby choose to give myself permission to use **oneness** consciously by
6. CH: I hereby choose to give myself permission to use **fulfilment** consciously, because
7. CB: I hereby choose to give myself permission to use **interest** consciously, because
8. UA: I hereby choose to give myself permission to use **meaningfulness** consciously, because
9. TH: I hereby choose to give myself permission to use **oneness** consciously, because

Then I take a deep breath and feel how the intensity of my joy is on a scale of 0-10.

The joy is at

Then I choose to continue to tap as suggested below.

1. EB: I hereby choose to give myself permission to use **The Ring of Fulfillment** consciously in all my affairs, because
2. SE: I hereby choose to give myself permission to use **fulfilment** consciously, because I think that
3. UE: I hereby choose to give myself permission to use **interest** consciously, because I think that
4. UN: I hereby choose to give myself permission to use **meaningfulness** consciously, because I think that
5. CH: I hereby choose to give myself permission to use **oneness** consciously, because I think that
6. CB: I really feel that I bring joy to myself, when I choose to use **fulfilment** and **interest** consciously, because
7. UA: I really feel that I bring joy to myself, when I choose to use **meaningfulness** and **oneness** consciously, because
8. TH: I hereby choose to give myself permission to use **The Ring of Fulfillment** by using **fulfilment, interest, meaningfulness** and **oneness** consciously in relation to myself and others, because

Then I take a deep breath and feel how the intensity of my joy is now on a scale from 0-10.

The joy is at

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

Task 2.

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.

The Ring of Self-centeredness – The Ring of Godcenteredness.

After I have completed task 1, I describe a situation from the day where I used:

**The Ring of Self-centeredness** with its:

- a. Euphoria
- b. Depression

- c. Self-criticism
- d. Self-praise

Today I used The Ring of Self-centeredness, because

I write down how making use of **The Ring of Self-centeredness** made me think, feel, act and relate to others in the situation.

**Euphoria:**

1. I thought that
2. I felt that
3. I acted by
4. I related to others in the situation by

**Depression:**

1. I thought that
2. I felt that
3. I acted by
4. I related to others in the situation by

**Self-criticism:**

1. I thought that
2. I felt that
3. I acted by
4. I related to others in the situation by

**Self-praise:**

1. I thought that
2. I felt that
3. I acted by
4. I related to others in the situation by

Furthermore, I write down what it was that I hoped to achieve by using this Ring, and if I achieved it.

**I hoped to achieve that**

Then, I describe how I **believe** the situation could have transpired if instead I had used the corresponding Ring of Joy, which is:

**The Ring of God-centeredness** with its

- e. Joy
- f. Empowerment
- g. Open-mindedness

## h. Gratitude

I believe that if instead I had used the Ring of God-centeredness, then

Besides that, I write down how I **believe** that my use of **The Ring of God-centeredness** would have made me think, feel, act and relate to others in the situation.

### Joy:

1. I believe that I would think that
2. I believe that I would feel that
3. I believe that I would act by
4. I believe that I would relate to the other/others in the situation by

### Empowerment:

1. I believe that I would think that
2. I believe that I would feel that
3. I believe that I would act by
4. I believe that I would relate to the other/others in the situation by

### Open-mindedness:

1. I believe that I would think that
2. I believe that I would feel that
3. I believe that I would act by
4. I believe that I would relate to the other/others in the situation by

### Gratitude:

1. I believe that I would think that
2. I believe that I would feel that
3. I believe that I would act by
4. I believe that I would relate to the other/others in the situation by

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using this Ring and why.

I believe that if instead I had used **The Ring of God-centeredness**, then , because

After having moved mentally and emotionally between **The Ring of Self-centeredness and the Ring of God-centeredness** in this way, I choose to move energetically between the two Rings as described below by first inserting my answers in the tapping protocol and then I finish my Six Step analyses by tapping through the protocol that I have written.

I begin with:

**The Ring of Self-centeredness** with its:

## a. Euphoria

- b. Depression
- c. Self-criticism
- d. Self-praise

First, I take a deep breath and I sense how the intensity of my pain is by being in **The Ring of Self-centeredness** on a scale from 0-10.

The pain is at

I then choose to tap as suggested below on the topic that I have used **The Ring of Self-centeredness** on today.

The four setup statements for the two tapping rounds below:

#### 10. KC

- a. KC left: Even though I chose to use **The Ring of Self-centeredness** today by using **euphoria** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Ring of Self-centeredness** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- b. KC right: Even though I chose to use **The Ring of Self-centeredness** today by using **depression** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Ring of Self-centeredness** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- c. KC left: Even though I chose to use **The Ring of Self-centeredness** today by using **self-criticism** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Ring of Self-centeredness** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- d. KC right: Even though I chose to use **The Ring of Self-centeredness** today by using **self-praise** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Ring of Self-centeredness** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

The two times eight reminder statements for the two tapping rounds below:



11. EB: My **euphoria** makes me think that
12. SE: My **depression** makes me feel that
13. UE: My **self-criticism** makes me think of that
14. UN: My **self-praise** makes me feel that
15. CH: My **euphoria** makes me feel that
16. CB: My **depression** makes think that
17. UA: My **self-criticism** makes me feel that
18. TH: My **self-praise** makes me think that

Then I take a deep breath and sense how the intensity of my pain is on a scale of 0-10.

The pain is at

And I choose to continue to tap as suggested below.

9. EB: Maybe I could open up to let go of my **euphoria** if
10. SE: Then I could also let go of my **depression** by
11. UE: If I did that I might no longer need to hold on to my **self-criticism**, which
12. UN: Then I could also let go of my **self-praise** by
13. CH: I believe that now I can recover from both my **euphoria** and my **depression**, because
14. CB: Yes, actually, I begin to believe that I can let go of both my **self-criticism** and my **seducer role**, because
15. UA: Now, I open myself completely to let go of **The Ring of Self-centeredness** because
16. TH: I now feel entirely ready to allow my Higher Power to liberate me from **The Ring of Self-centeredness** and thereby from using **euphoria, depression, self-criticism** and **self-praise** in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at

I continue my tapping rounds until my pain of being in **The Ring of Self-centeredness** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on the corresponding Ring of Joy, which is:

**The Ring of God-centeredness** with its:

- a. Joy
- b. Empowerment
- c. Openmindedness
- d. Gratitude

The four setup statements for the two tapping rounds below:

1. KC

- a. KC left : I hereby choose to give myself permission to use **The Ring of God-centeredness** by using **joy** consciously to , because
- b. KC right: I hereby choose to give myself permission to use **The Ring of God-centeredness** by using **empowerment** consciously to , because
- c. KC left: I hereby choose to give myself permission to use **The Ring of God-centeredness** by using **open-mindedness** consciously to , because
- d. KC right: I hereby choose to give myself permission to use **The Ring of God-centeredness** by using **gratitude** consciously to , because

The eight reminder statements for the two tapping rounds below:

- 2. EB: I hereby choose to give myself permission to use **joy** consciously by
- 3. SE: I hereby choose to give myself permission to use **empowerment** consciously by
- 4. UE: I hereby choose to give myself permission to use **open-mindedness** consciously by
- 5. UN: I hereby choose to give myself permission to use **gratitude** consciously by
- 6. CH: I hereby choose to give myself permission to use **joy** consciously, because
- 7. CB: I hereby choose to give myself permission to use **empowerment** consciously, because

8. UA: I hereby choose to give myself permission to use **open-mindedness** consciously, because

9. TH: I hereby choose to give myself permission to use **gratitude** consciously, because

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at

Then I choose to continue to tap as suggested below.

1. EB: I hereby choose to give myself permission to use **The Ring of God-centeredness** consciously in all my affairs, because

2. SE: I hereby choose to give myself permission to use **joy** consciously, because I think that

3. UE: I hereby choose to give myself permission to use **empowerment** consciously, because I think that

4. UN: I hereby choose to give myself permission to use **open-mindedness** consciously, because I think that

5. CH: I hereby choose to give myself permission to use **gratitude** consciously, because I think that

6. CB: I really feel that I bring joy to myself, when I choose to use **joy** and **empowerment** consciously, because

7. UA: I really feel that I bring joy to myself, when I choose to use **openmindedness** and **gratitude** consciously, because

8. TH: I hereby choose to give myself permission to use **The Ring of God-centeredness** by using **joy**, **empowerment**, **open-mindedness** and **gratitude** consciously in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

### Task 3:

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.

The Ring of Codependency – The Ring of Emotional Sobriety.

After I have completed task 2, I describe a situation from the day where I used

**The Ring of Codependency** with its:

- a. The Savior Role
- b. The Seducer Role
- c. The Victim Role
- d. The Offender Role

Today I used The Ring of Codependency, because

I write down how making use of **The Ring of Codependency** made me think, feel, act and relate to others in the situation.

#### **The Savior Role:**

I thought that

I felt that

I acted by

I related to others in the situation by

#### **The Seducer Role:**

I thought that

I felt that

I acted by

I related to others in the situation by

#### **The Victim Role:**

I thought that

I felt that

I acted by

I related to others in the situation by

#### **The Offender Role:**

I thought that

I felt that

I acted by

I related to others in the situation by

Furthermore, I write down what it was that I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that

Then, I describe how I **believe** the situation could have transpired if instead I had used the corresponding Ring of Joy, which is:

**The Ring of Emotional Sobriety** with its

- a. Detachment
- b. Integrity
- c. Respect for Self
- d. Respect for Others

I believe that if instead I had used **The Ring of Emotional Sobriety** on , then , because

Besides that, I write down how I **believe** that my use of **The Ring of Emotional Sobriety** would have made me think, feel, act and relate to others in the situation.

**Detachment:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Integrity:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Respect for Self:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Respect for Others:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using this Ring and why.

I believe that if instead I had used **The Ring of Emotional Sobriety** on , then , because

After having moved mentally and emotionally between **The Ring of Codependency** and the **Ring of Emotional Sobriety** in this way, I choose to move energetically between the two Rings as described below by first inserting my answers in the tapping protocol and then I finish my Six Step analyses by tapping through the protocol that I have written.

I begin with:

**The Ring of Codependency** with its:

- a. Savior Role
- b. Seducer Role
- c. Victim Role
- d. Offender Role

First, I take a deep breath and I sense how the intensity of my pain is by being in **The Ring of Codependency** on a scale from 0-10.

The pain is at

I then choose to tap as suggested below on the topic that I have used **The Ring of Codependency** on today.

The four setup statements for the two tapping rounds below:

# 1. KC

- a. KC left: Even though I chose to use **The Ring of Codependency** today by using **the savior role** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Ring of Codependency** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- b. KC right: Even though I chose to use **The Ring of Codependency** today by using **the seducer role** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Ring of Codependency** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- c. KC left: Even though I chose to use **The Ring of Codependency** today by using **the victim role** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love

and accept **The Ring of Codependency** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

- d. KC right: Even though I chose to use **The Ring of Codependency** today by using **the offender role** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Ring of Codependency** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

The two times eight reminder statements for the two tapping rounds below:

2. EB: My **savior role** makes me think that
3. SE: My **seducer role** makes me feel that
4. UE: My **victim role** makes me think of that
5. UN: My **offender role** makes me feel that
6. CH: My **savior role** makes me feel that
7. CB: My **seducer role** makes think that
8. UA: My **victim role** makes me feel that
9. TH: My **offender role** makes me think that

Then I take a deep breath and sense how the intensity of my pain is on a scale of 0-10.

The pain is at

And I choose to continue to tap as suggested below.

1. EB: Maybe I could open up to let go of my **savior role** if
2. SE: Then I could also let go of my **seducer role** by
3. UE: If I did that I might no longer need to hold on to my **victim role**, which
4. UN: Then I could also let go of my **offender role** by
5. CH: I believe that now I can recover from both my **savior role** and my **seducer role**, because

6. CB: Yes, actually, I begin to believe that I can let go of both my **victim role** and my **seducer role**, because
7. UA: Now, I open myself completely to let go of **The Ring of Codependency** because
8. TH: I now feel entirely ready to allow my Higher Power to liberate me from **The Ring of Codependency** and thereby from using **the savior role, the seducer role, the victim role** and **the offender role** in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at

I continue my tapping rounds until my pain of being in **The Ring of Codependency** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on the corresponding Ring of Joy, which is:

**The Ring of Emotional Sobriety** with its:

- a. **Detachment**
- b. **Integrity**
- c. **Respect for Self**
- d. **Respect for Others**

The four setup statements for the two tapping rounds below:

1. KC
  - a. KC left : I hereby choose to give myself permission to use **The Ring of Emotional Sobriety** by using **detachment** consciously to , because
  - b. KC right: I hereby choose to give myself permission to use **The Ring of Emotional Sobriety** by using **integrity** consciously to , because
  - c. KC left: I hereby choose to give myself permission to use **The Ring of Emotional Sobriety** by using **respect for self** consciously to , because
  - d. KC right: I hereby choose to give myself permission to use **The Ring of Emotional Sobriety** by using **respect for others** consciously to , because
2. The eight reminder statements for the two tapping rounds below:
3. EB: I hereby choose to give myself permission to use **detachment** consciously by



4. SE: I hereby choose to give myself permission to use **integrity** consciously by
5. UE: I hereby choose to give myself permission to use **respect for self** consciously by
6. UN: I hereby choose to give myself permission to use **respect for others** consciously by
7. CH: I hereby choose to give myself permission to use **detachment** consciously, because
8. CB: I hereby choose to give myself permission to use **integrity** consciously, because
9. UA: I hereby choose to give myself permission to use **respect for self** consciously, because
10. TH: I hereby choose to give myself permission to use **respect for others** consciously, because

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at

Then I choose to continue to tap as suggested below.

1. EB: I hereby choose to give myself permission to use **The Ring of Emotional Sobriety** consciously in all my affairs, because
2. SE: I hereby choose to give myself permission to use **detachment** consciously, because I think that
3. UE: I hereby choose to give myself permission to use **integrity** consciously, because I think that
4. UN: I hereby choose to give myself permission to use **respect for self** consciously, because I think that
5. CH: I hereby choose to give myself permission to use **respect for others** consciously, because I think that
6. CB: I really feel that I bring joy to myself, when I choose to use **detachment** and **integrity** consciously, because
7. UA: I really feel that I bring joy to myself, when I choose to use **respect for self** and **respect for others** consciously, because

8. TH: I hereby choose to give myself permission to use **The Ring of Emotional Sobriety** by using **detachment, integrity, respect for self** and **respect for others** consciously in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

Task 4:

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.

The Big Ring of Pain – The Big Ring of Joy.

When I have completed task 3, I describe a situation from the day where I used:

**The Big Ring of Pain** with its:

- a. Avarice
- b. Envy
- c. Hatred
- d. Arrogance

Today I used The Big Ring of Pain, because

I write down how making use of **The Big Ring of Pain** made me think, feel, act and relate to others in the situation.

**Avarice:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Envy:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Hatred:**

I thought that  
 I felt that  
 I acted by  
 I related to others in the situation by

**Arrogance:**

I thought that  
 I felt that  
 I acted by  
 I related to others in the situation by

Furthermore, I write down what it was that I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that

Then, I describe how I **believe** the situation could have transpired if instead I had used the corresponding Ring of Joy, which is:

**The Big Ring of Joy** with its

- a. Faith
- b. Hope
- c. Love
- d. Truth

I believe that if instead I had used **The Big Ring of Joy** on , then , because

Besides that, I write down how I **believe** that my use of **The Big Ring of Joy** would have made me think, feel, act and relate to others in the situation.

**Faith:**

I believe that I would think that  
 I believe that I would feel that  
 I believe that I would act by  
 I believe that I would relate to the other/others in the situation by

**Hope:**

I believe that I would think that  
 I believe that I would feel that  
 I believe that I would act by  
 I believe that I would relate to the other/others in the situation by

**Love:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Truth:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using this Ring and why.

I believe that if instead I had used **The Big Ring of Joy** on , then , because

After having moved mentally and emotionally between **The Big Ring of Pain** and **the Big Ring of Joy** in this way, I choose to move energetically between the two Rings as described below by first inserting my answers in the tapping protocol and then I finish my Six Step analyses by tapping through the protocol that I have written.

I begin with:

**The Big Ring of Pain** with its:

- a. Avarice
- b. Envy
- c. Hatred
- d. Arrogance

First, I take a deep breath and I sense how the intensity of my pain is by being in **The Big Ring of Pain** on a scale from 0-10.

The pain is at

I then choose to tap as suggested below on the topic that I have used **The Big Ring of Pain** on today.

The four setup statements for the two tapping rounds below:

1. KC

- a. KC left: Even though I chose to use **The Big Ring of Pain** today by using **avarice** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The**

**Big Ring of Pain** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

- b. KC right: Even though I chose to use **The Big Ring of Pain** today by using **envy** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Big Ring of Pain** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- c. KC left: Even though I chose to use **The Big Ring of Pain** today by using **hatred** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Big Ring of Pain** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- d. KC right: Even though I chose to use **The Big Ring of Pain** today by using **arrogance** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Big Ring of Pain** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

The two times eight reminder statements for the two tapping rounds below:

- 2. EB: My **avarice** makes me think that
- 3. SE: My **envy** makes me feel that
- 4. UE: My **hatred** makes me think of that
- 5. UN: My **arrogance** makes me feel that
- 6. CH: My **avarice** makes me feel that
- 7. CB: My **envy** makes think that
- 8. UA: My **hatred** makes me feel that
- 9. TH: My **arrogance** makes me think that

Then I take a deep breath and sense how the intensity of my pain is on a scale of 0-10.

The pain is at

And I choose to continue to tap as suggested below.

1. EB: Maybe I could open up to let go of my **avarice** if
2. SE: Then I could also let go of my **envy** by
3. UE: If I did that I might no longer need to hold on to my **hatred**, which
4. UN: Then I could also let go of my **arrogance** by
5. CH: I believe that now I can recover from both my **avarice** and **envy**, because
6. CB: Yes, actually, I begin to believe that I can let go of both my **hatred** and my **envy**, because
7. UA: Now, I open myself completely to let go of **The Big Ring of Pain** because
8. TH: I now feel entirely ready to allow my Higher Power to liberate me from **The Big Ring of Pain** and thereby from using **avarice**, **envy**, **hatred** and **arrogance** in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at

I continue my tapping rounds until my pain of being in **The Big Ring of Pain** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on the corresponding Ring of Joy, which is:

**The Big Ring of Joy** with its:

- a. Faith
- b. Hope
- c. Love
- d. Truth

The four setup statements for the two tapping rounds below:

1. KC
  - a. KC left : I hereby choose to give myself permission to use **The Big Ring of Joy** by using **faith** consciously to , because

- b. KC right: I hereby choose to give myself permission to use **The Big Ring of Joy** by using **hope** consciously to , because
- c. KC left: I hereby choose to give myself permission to use **The Big Ring of Joy** by using **love** consciously to , because
- d. KC right: I hereby choose to give myself permission to use **The Big Ring of Joy** by using **truth** consciously to , because

The eight reminder statements for the two tapping rounds below:

- 2. EB: I hereby choose to give myself permission to use **faith** consciously by
- 3. SE: I hereby choose to give myself permission to use **hope** consciously by
- 4. UE: I hereby choose to give myself permission to use **love** consciously by
- 5. UN: I hereby choose to give myself permission to use **truth** consciously by
- 6. CH: I hereby choose to give myself permission to use **faith** consciously, because
- 7. CB: I hereby choose to give myself permission to use **hope** consciously, because
- 8. UA: I hereby choose to give myself permission to use **love** consciously, because
- 9. TH: I hereby choose to give myself permission to use **truth** consciously, because

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at

Then I choose to continue to tap as suggested below.

- 1. EB: I hereby choose to give myself permission to use **The Big Ring of Joy** consciously in all my affairs, because
- 2. SE: I hereby choose to give myself permission to use **faith** consciously, because I think that
- 3. UE: I hereby choose to give myself permission to use **hope** consciously, because I think that
- 4. UN: I hereby choose to give myself permission to use **love** consciously, because I think that

5. CH: I hereby choose to give myself permission to use **truth** consciously, because I think that
6. CB: I really feel that I bring joy to myself, when I choose to use **faith** and **hope** consciously, because
7. UA: I really feel that I bring joy to myself, when I choose to use **love** and **truth** consciously, because
8. TH: I hereby choose to give myself permission to use **The Big Ring of Joy** by using **faith, light-heartedness, love** and **truth** consciously in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

Task 5:

I choose to carry out **minimum** one inventory with one set of The Four Small Rings.

Task 5a:

If I choose to move from the **Small Ring of Avarice** to the **Small Ring of Faith** I choose to use the format below for my analyses.

The Small Ring of Avarice – The Small Ring of Faith.

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.

When I have completed task 4, I describe a situation from the day where I used **The Small Ring of Avarice** with its:

- a. **Stinginess**
- b. **Greed**
- c. **Poverty**
- d. **Gluttony**

Today I used The Small Ring of Avarice, because



I write down how making use of **The Small Ring of Avarice** made me think, feel, act and relate to others in the situation.

**Stinginess:**

I thought that  
I felt that  
I acted by  
I related to others in the situation by

**Greed:**

I thought that  
I felt that  
I acted by  
I related to others in the situation by

**Poverty:**

I thought that  
I felt that  
I acted by  
I related to others in the situation by

**Gluttony:**

I thought that  
I felt that  
I acted by  
I related to others in the situation by

Furthermore, I write down what it was that I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that

Then, I describe how I **believe** the situation could have transpired if instead I had used the corresponding Ring of Joy, which is:

**The Small Ring of Faith** with its

- a. Generosity
- b. Trust
- c. Prosperity
- d. Accountability

I believe that if instead I had used **The Small Ring of Faith** on , then, because

Besides that, I write down how I **believe** that my use of **The Small Ring of Faith** would have made me think, feel, act and relate to others in the situation.

**Generosity:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Trust:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Prosperity:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Accountability:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using this Ring and why.

I believe that if instead I had used **The Small Ring of Faith** on , then , because

After having moved mentally and emotionally between **The Small Ring of Avarice** and **the Small Ring of Faith** in this way, I choose to move energetically between the two Rings as described below by first inserting my answers in the tapping protocol and then I finish my Six Step analyses by tapping through the protocol that I have written.

I begin with:

**The Small Ring of Avarice** with its:

- a. **Stinginess**
- b. **Greed**
- c. **Poverty**
- d. **Gluttony**

First, I take a deep breath and I sense how the intensity of my pain is by being in **The Small Ring of Avarice** on a scale from 0-10.

The pain is at

I then choose to tap as suggested below on the topic that I have used **The Small Ring of Avarice** on today.

The four setup statements for the two tapping rounds below:

1. KC

- a. KC left: Even though I chose to use **The Small Ring of Avarice** today by using **stinginess** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Small Ring of Avarice** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- b. KC right: Even though I chose to use **The Small Ring of Avarice** today by using **greed** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Small Ring of Avarice** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- c. KC left: Even though I chose to use **The Small Ring of Avarice** today by using **poverty** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Small Ring of Avarice** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- d. KC right: Even though I chose to use **The Small Ring of Avarice** today by using **gluttony** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Small Ring of Avarice** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

The two times eight reminder statements for the two tapping rounds below:

2. EB: My **stinginess** makes me think that
3. SE: My **greed** makes me feel that
4. UE: My **poverty** makes me think of that

5. UN: My **gluttony** makes me feel that
6. CH: My **stinginess** makes me feel that
7. CB: My **greed** makes think that
8. UA: My **poverty** makes me feel that
9. TH: My **gluttony** makes me think that

Then I take a deep breath and sense how the intensity of my pain is on a scale of 0-10.

The pain is at

And I choose to continue to tap as suggested below.

1. EB: Maybe I could open up to let go of my **stinginess** if
2. SE: Then I could also let go of my **greed** by
3. UE: If I did that I might no longer need to hold on to my **poverty**, which
4. UN: Then I could also let go of my **gluttony** by
5. CH: I believe that now I can recover from both my **stinginess** and **greed**, because
6. CB: Yes, actually, I begin to believe that I can let go of both my **poverty** and my **greed**, because
7. UA: Now, I open myself completely to let go of **The Small Ring of Avarice** because
8. TH: I now feel entirely ready to allow my Higher Power to liberate me from **The Small Ring of Avarice** and thereby from using **stinginess, greed, poverty** and **gluttony** in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at

I continue my tapping rounds until my pain of being in **The Small Ring of Avarice** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on the corresponding Ring of Joy, which is:

**The Small Ring of Faith** with its:

- a. Generosity
- b. Trust
- c. Prosperity
- d. Accountability

The four setup statements for the two tapping rounds below:

1. KC

- a. KC left : I hereby choose to give myself permission to use **The Small Ring of Faith** by using **generosity** consciously to , because
- b. KC right: I hereby choose to give myself permission to use **The Small Ring of Faith** by using **trust** consciously to , because
- c. KC left: I hereby choose to give myself permission to use **The Small Ring of Faith** by using **prosperity** consciously to , because
- d. KC right: I hereby choose to give myself permission to use **The Small Ring of Faith** by using **accountability** consciously to , because

The eight reminder statements for the two tapping rounds below:

- 2. EB: I hereby choose to give myself permission to use **generosity** consciously by
- 3. SE: I hereby choose to give myself permission to use **trust** consciously by
- 4. UE: I hereby choose to give myself permission to use **prosperity** consciously by
- 5. UN: I hereby choose to give myself permission to use **accountability** consciously by
- 6. CH: I hereby choose to give myself permission to use **generosity** consciously, because
- 7. CB: I hereby choose to give myself permission to use **trust** consciously, because
- 8. UA: I hereby choose to give myself permission to use **prosperity** consciously, because
- 9. TH: I hereby choose to give myself permission to use **accountability** consciously, because

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at

Then I choose to continue to tap as suggested below.

1. EB: I hereby choose to give myself permission to use **The Small Ring of Faith** consciously in all my affairs, because
2. SE: I hereby choose to give myself permission to use **generosity** consciously, because I think that
3. UE: I hereby choose to give myself permission to use **trust** consciously, because I think that
4. UN: I hereby choose to give myself permission to use **prosperity** consciously, because I think that
5. CH: I hereby choose to give myself permission to use **accountability** consciously, because I think that
6. CB: I really feel that I bring joy to myself, when I choose to use **generosity** and **trust** consciously, because
7. UA: I really feel that I bring joy to myself, when I choose to use **prosperity** and **accountability** consciously, because
8. TH: I hereby choose to give myself permission to use **The Small Ring of Faith** by using **generosity**, **light-heartedness**, **prosperity** and **accountability** consciously in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

I choose to do task 5 **minimum** once.

Task 5b:

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.

If I choose to move from the **Small Ring of Envy** to the **Small Ring of Hope** I choose to use the format below for my analyses.

The Small Ring of Envy – The Small Ring of Hope.

When I have completed task 5, I describe a situation from the day where I used **The Small Ring of Envy** with its:

- a. Disbelief
- b. Superstition
- c. Submission
- d. Defiance

Today I used The Small Ring of Envy, because

I write down how making use of **The Small Ring of Envy** made me think, feel, act and relate to others in the situation.

**Disbelief:**

I thought that  
I felt that  
I acted by  
I related to others in the situation by

**Superstition:**

I thought that  
I felt that  
I acted by  
I related to others in the situation by

**Submission:**

I thought that  
I felt that  
I acted by  
I related to others in the situation by

**Defiance:**

I thought that  
I felt that  
I acted by  
I related to others in the situation by

Furthermore, I write down what it was that I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that

Then, I describe how I **believe** the situation could have transpired if instead I had used the corresponding Ring of Joy, which is:

**The Small Ring of Hope** with its

- a. Credence
- b. Information
- c. Discernment
- d. Serenity

I believe that if instead I had used **The Small Ring of Hope** on , then , because

Besides that, I write down how I **believe** that my use of **The Small Ring of Hope** would have made me think, feel, act and relate to others in the situation.

**Credence:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Information:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Discernment:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Serenity:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using this Ring and why.

I believe that if instead I had used **The Small Ring of Hope** on , then , because

After having moved mentally and emotionally between **The Small Ring of Envy** and the **Small Ring of Hope** in this way, I choose to move energetically between the two Rings as described below by first inserting my answers in the tapping protocol and then I finish my Six Step analyses by tapping through the protocol that I have written.



I begin with:

**The Small Ring of Envy** with its:

- a. Disbelief
- b. Superstition
- c. Submission
- d. Defiance

First, I take a deep breath and I sense how the intensity of my pain is by being in **The Small Ring of Envy** on a scale from 0-10.

The pain is at

I then choose to tap as suggested below on the topic that I have used **The Small Ring of Envy** on today.

The four setup statements for the two tapping rounds below:

1. KC

- a. KC left: Even though I chose to use **The Small Ring of Envy** today by using **disbelief** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Small Ring of Envy** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- b. KC right: Even though I chose to use **The Small Ring of Envy** today by using **superstition** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Small Ring of Envy** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- c. KC left: Even though I chose to use **The Small Ring of Envy** today by using **submission** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Small Ring of Envy** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- d. KC right: Even though I chose to use **The Small Ring of Envy** today by using **defiance** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The**

**Small Ring of Envy** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

The two times eight reminder statements for the two tapping rounds below:

2. EB: My **disbelief** makes me think that
3. SE: My **superstition** makes me feel that
4. UE: My **submission** makes me think of that
5. UN: My **defiance** makes me feel that
6. CH: My **disbelief** makes me feel that
7. CB: My **superstition** makes think that
8. UA: My **submission** makes me feel that
9. TH: My **defiance** makes me think that

Then I take a deep breath and sense how the intensity of my pain is on a scale of 0-10.

The pain is at

And I choose to continue to tap as suggested below.

1. EB: Maybe I could open up to let go of my **disbelief** if
2. SE: Then I could also let go of my **superstition** by
3. UE: If I did that I might no longer need to hold on to my **submission**, which
4. UN: Then I could also let go of my **defiance** by
5. CH: I believe that now I can recover from both my **disbelief** and **superstition**, because
6. CB: Yes, actually, I begin to believe that I can let go of both my **submission** and my **superstition**, because
7. UA: Now, I open myself completely to let go of **The Small Ring of Envy** because

8. TH: I now feel entirely ready to allow my Higher Power to liberate me from **The Small Ring of Envy** and thereby from using **disbelief, superstition, submission** and **defiance** in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at

I continue my tapping rounds until my pain of being in **The Small Ring of Envy** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on the corresponding Ring of Joy, which is:

**The Small Ring of Hope** with its:

- a. **Credence**
- b. **Information**
- c. **Discernment**
- d. **Serenity**

The four setup statements for the two tapping rounds below:

1. KC
  - a. KC left : I hereby choose to give myself permission to use **The Small Ring of Hope** by using **credence** consciously to , because
  - b. KC right: I hereby choose to give myself permission to use **The Small Ring of Hope** by using **information** consciously to , because
  - c. KC left: I hereby choose to give myself permission to use **The Small Ring of Hope** by using **discernment** consciously to , because
  - d. KC right: I hereby choose to give myself permission to use **The Small Ring of Hope** by using **serenity** consciously to , because

The eight reminder statements for the two tapping rounds below:

2. EB: I hereby choose to give myself permission to use **credence** consciously by
3. SE: I hereby choose to give myself permission to use **information** consciously by
4. UE: I hereby choose to give myself permission to use **discernment** consciously by
5. UN: I hereby choose to give myself permission to use **serenity** consciously by

6. CH: I hereby choose to give myself permission to use **credence** consciously, because
7. CB: I hereby choose to give myself permission to use **information** consciously, because
8. UA: I hereby choose to give myself permission to use **discernment** consciously, because
9. TH: I hereby choose to give myself permission to use **serenity** consciously, because

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at

Then I choose to continue to tap as suggested below.

1. EB: I hereby choose to give myself permission to use **The Small Ring of Hope** consciously in all my affairs, because
2. SE: I hereby choose to give myself permission to use **credence** consciously, because I think that
3. UE: I hereby choose to give myself permission to use **information** consciously, because I think that
4. UN: I hereby choose to give myself permission to use **discernment** consciously, because I think that
5. CH: I hereby choose to give myself permission to use **serenity** consciously, because I think that
6. CB: I really feel that I bring joy to myself, when I choose to use **credence** and **information** consciously, because
7. UA: I really feel that I bring joy to myself, when I choose to use **discernment** and **serenity** consciously, because
8. TH: I hereby choose to give myself permission to use **The Small Ring of Hope** by using **credence, light-heartedness, discernment** and **serenity** consciously in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

I choose to do task 6 **minimum** once.

Task 5c:

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.

If I choose to move from the **Small Ring of Hatred** to the **Small Ring of Love** I choose to use the format below for my analyses.

The Small Ring of Hatred – The Small Ring of Love.

When I have completed task 6, I describe a situation from the day where I used **The Small Ring of Hatred** with its:

- a. Denial
- b. Manipulation
- c. Disease
- d. Madness

Today I used The Small Ring of Hatred, because

I write down how making use of **The Small Ring of Hatred** made me think, feel, act and relate to others in the situation.

**Denial:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Manipulation:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Disease:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Madness:**

I thought that

I felt that

I acted by

I related to others in the situation by

Furthermore, I write down what it was that I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that

Then, I describe how I **believe** the situation could have transpired if instead I had used the corresponding Ring of Joy, which is:

**The Small Ring of Love** with its

- a. Admitting
- b. Self- acceptance
- c. Health
- d. Sanity

I believe that if instead I had used **The Small Ring of Love** on, then , because

Besides that, I write down how I **believe** that my use of **The Small Ring of Love** would have made me think, feel, act and relate to others in the situation.

**Admitting:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Self-acceptance:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Health:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Sanity:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using this Ring and why.

I believe that if instead I had used **The Small Ring of Love** on , then , because

After having moved mentally and emotionally between **The Small Ring of Hatred** and **the Small Ring of Love** in this way, I choose to move energetically between the two Rings as described below by first inserting my answers in the tapping protocol and then I finish my Six Step analyses by tapping through the protocol that I have written.

I begin with:

**The Small Ring of Hatred** with its:

- a. Denial
- b. Manipulation
- c. Disease
- d. Madness

First, I take a deep breath and I sense how the intensity of my pain is by being in **The Small Ring of Hatred** on a scale from 0-10.

The pain is at

I then choose to tap as suggested below on the topic that I have used **The Small Ring of Hatred** on today.

The four setup statements for the two tapping rounds below:

1. KC

- a. KC left: Even though I chose to use **The Small Ring of Hatred** today by using **denial** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Small Ring of Hatred** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- b. KC right: Even though I chose to use **The Small Ring of Hatred** today by using **manipulation** to , I completely and totally love and accept myself for

being exactly the way I am, because , and I also completely and totally love and accept **The Small Ring of Hatred** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

- c. KC left: Even though I chose to use **The Small Ring of Hatred** today by using **disease** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Small Ring of Hatred** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- d. KC right: Even though I chose to use **The Small Ring of Hatred** today by using **madness** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Small Ring of Hatred** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

The two times eight reminder statements for the two tapping rounds below:

- 2. EB: My **denial** makes me think that
- 3. SE: My **manipulation** makes me feel that
- 4. UE: My **disease** makes me think of that
- 5. UN: My **madness** makes me feel that
- 6. CH: My **denial** makes me feel that
- 7. CB: My **manipulation** makes think that
- 8. UA: My **disease** makes me feel that
- 9. TH: My **madness** makes me think that

Then I take a deep breath and sense how the intensity of my pain is on a scale of 0-10.

The pain is at

And I choose to continue to tap as suggested below.

- 1. EB: Maybe I could open up to let go of my **denial** if



2. SE: Then I could also let go of my **manipulation** by
3. UE: If I did that I might no longer need to hold on to my **disease**, which
4. UN: Then I could also let go of my **madness** by
5. CH: I believe that now I can recover from both my **denial** and **manipulation**, because
6. CB: Yes, actually, I begin to believe that I can let go of both my **disease** and my **madness**, because
7. UA: Now, I open myself completely to let go of **The Small Ring of Hatred** because
8. TH: I now feel entirely ready to allow my Higher Power to liberate me from **The Small Ring of Hatred** and thereby from using **denial, manipulation, disease** and **madness** in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at

I continue my tapping rounds until my pain of being in **The Small Ring of Hatred** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on the corresponding Ring of Joy, which is:

**The Small Ring of Love** with its:

- e. **Admitting**
- f. **Self- acceptance**
- g. **Health**
- h. **Sanity**

The four setup statements for the two tapping rounds below:

1. KC
  - a. KC left : I hereby choose to give myself permission to use **The Small Ring of Love** by using **admitting** consciously to , because
  - b. KC right: I hereby choose to give myself permission to use **The Small Ring of Love** by using **self-acceptance** consciously to , because
  - c. KC left: I hereby choose to give myself permission to use **The Small Ring of Love** by using **health** consciously to , because

- d. KC right: I hereby choose to give myself permission to use **The Small Ring of Love** by using **sanity** consciously to , because

The eight reminder statements for the two tapping rounds below:

2. EB: I hereby choose to give myself permission to use **admitting** consciously by
3. SE: I hereby choose to give myself permission to use **self-acceptance** consciously by
4. UE: I hereby choose to give myself permission to use **health** consciously by
5. UN: I hereby choose to give myself permission to use **sanity** consciously by
6. CH: I hereby choose to give myself permission to use **admitting** consciously, because
7. CB: I hereby choose to give myself permission to use **self-acceptance** consciously, because
8. UA: I hereby choose to give myself permission to use **health** consciously, because
9. TH: I hereby choose to give myself permission to use **sanity** consciously, because

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at

Then I choose to continue to tap as suggested below.

1. EB: I hereby choose to give myself permission to use **The Small Ring of Love** consciously in all my affairs, because
2. SE: I hereby choose to give myself permission to use **admitting** consciously, because I think that
3. UE: I hereby choose to give myself permission to use **self-acceptance** consciously, because I think that
4. UN: I hereby choose to give myself permission to use **health** consciously, because I think that
5. CH: I hereby choose to give myself permission to use **sanity** consciously, because I think that
6. CB: I really feel that I bring joy to myself, when I choose to use **admitting** and **self-acceptance** consciously, because

7. UA: I really feel that I bring joy to myself, when I choose to use **health** and **sanity** consciously, because
8. TH: I hereby choose to give myself permission to use **The Small Ring of Love** by using **admitting, light-heartedness, health** and **sanity** consciously in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

Task 5d:

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.

If I choose to move from the **Small Ring of Arrogance** to the **Small Ring of Truth** I choose to use the format below for my analyses.

The Small Ring of Arrogance – The Small Ring of Truth.

When I have completed task 7, I describe a situation from the day where I used **The Small Ring of Arrogance** with its:

- a. **Superiority**
- b. **Inferiority**
- c. **Overcrowding**
- d. **Isolation**

Today I used The Small Ring of Arrogance, because

I write down how making use of **The Small Ring of Arrogance** made me think, feel, act and relate to others in the situation.

**Superiority:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Inferiority:**

I thought that  
 I felt that  
 I acted by  
 I related to others in the situation by

**Overcrowding:**

I thought that  
 I felt that  
 I acted by  
 I related to others in the situation by

**Isolation:**

I thought that  
 I felt that  
 I acted by  
 I related to others in the situation by

Furthermore, I write down what it was that I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that

Then, I describe how I **believe** the situation could have transpired if instead I had used the corresponding Ring of Joy, which is:

**The Small Ring of Truth** with its

- a. Humility
- b. Honesty
- c. Individuality
- d. Fellowship

I believe that if instead I had used **The Small Ring of Truth** on , then , because

Besides that, I write down how I **believe** that my use of **The Small Ring of Truth** would have made me think, feel, act and relate to others in the situation.

**Humility:**

I believe that I would think that  
 I believe that I would feel that  
 I believe that I would act by  
 I believe that I would relate to the other/others in the situation by

**Honesty:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Individuality:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Fellowship:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using this Ring and why.

I believe that if instead I had used **The Small Ring of Truth** on , then , because

After having moved mentally and emotionally between **The Small Ring of Arrogance** and **the Small Ring of Truth** in this way, I choose to move energetically between the two Rings as described below by first inserting my answers in the tapping protocol and then I finish my Six Step analyses by tapping through the protocol that I have written.

I begin with:

**The Small Ring of Arrogance** with its:

- a. Superiority
- b. Inferiority
- c. Overcrowding
- d. Isolation

First, I take a deep breath and I sense how the intensity of my pain is by being in **The Small Ring of Arrogance** on a scale from 0-10.

The pain is at

I then choose to tap as suggested below on the topic that I have used **The Small Ring of Arrogance** on today.

The four setup statements for the two tapping rounds below:

## 1. KC

- a. KC left: Even though I chose to use **The Small Ring of Arrogance** today by using **superiority** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Small Ring of Arrogance** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- b. KC right: Even though I chose to use **The Small Ring of Arrogance** today by using **inferiority** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Small Ring of Arrogance** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- c. KC left: Even though I chose to use **The Small Ring of Arrogance** today by using **overcrowding** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Small Ring of Arrogance** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- d. KC right: Even though I chose to use **The Small Ring of Arrogance** today by using **isolation** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Small Ring of Arrogance** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

The two times eight reminder statements for the two tapping rounds below:

- 2. EB: My **superiority** makes me think that
- 3. SE: My **inferiority** makes me feel that
- 4. UE: My **overcrowding** makes me think of that
- 5. UN: My **isolation** makes me feel that
- 6. CH: My **superiority** makes me feel that
- 7. CB: My **inferiority** makes think that

8. UA: My **overcrowding** makes me feel that

9. TH: My **isolation** makes me think that

Then I take a deep breath and sense how the intensity of my pain is on a scale of 0-10.

The pain is at

And I choose to continue to tap as suggested below.

1. EB: Maybe I could open up to let go of my **superiority** if
2. SE: Then I could also let go of my **inferiority** by
3. UE: If I did that I might no longer need to hold on to my **overcrowding**, which
4. UN: Then I could also let go of my **isolation** by
5. CH: I believe that now I can recover from both my **superiority** and **inferiority**, because
6. CB: Yes, actually, I begin to believe that I can let go of both my **overcrowding** and my **inferiority**, because
7. UA: Now, I open myself completely to let go of **The Small Ring of Arrogance** because
8. TH: I now feel entirely ready to allow my Higher Power to liberate me from **The Small Ring of Arrogance** and thereby from using **superiority**, **inferiority**, **overcrowding** and **isolation** in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at

I continue my tapping rounds until my pain of being in **The Small Ring of Arrogance** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on the corresponding Ring of Joy, which is:

**The Small Ring of Truth** with its:

- a. **Humility**
- b. **Honesty**
- c. **Individuality**

#### d. Serenity

The four setup statements for the two tapping rounds below:

##### 1. KC

- a. KC left : I hereby choose to give myself permission to use **The Small Ring of Truth** by using **humility** consciously to , because
- b. KC right: I hereby choose to give myself permission to use **The Small Ring of Truth** by using **honesty** consciously to , because
- c. KC left: I hereby choose to give myself permission to use **The Small Ring of Truth** by using **individuality** consciously to , because
- d. KC right: I hereby choose to give myself permission to use **The Small Ring of Truth** by using **fellowship** consciously to , because

The eight reminder statements for the two tapping rounds below:

2. EB: I hereby choose to give myself permission to use **humility** consciously by
3. SE: I hereby choose to give myself permission to use **honesty** consciously by
4. UE: I hereby choose to give myself permission to use **individuality** consciously by
5. UN: I hereby choose to give myself permission to use **fellowship** consciously by
6. CH: I hereby choose to give myself permission to use **humility** consciously, because
7. CB: I hereby choose to give myself permission to use **honesty** consciously, because
8. UA: I hereby choose to give myself permission to use **individuality** consciously, because
9. TH: I hereby choose to give myself permission to use **fellowship** consciously, because

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at

Then I choose to continue to tap as suggested below.



1. EB: I hereby choose to give myself permission to use **The Small Ring of Truth** consciously in all my affairs, because
2. SE: I hereby choose to give myself permission to use **humility** consciously, because I think that
3. UE: I hereby choose to give myself permission to use **honesty** consciously, because I think that
4. UN: I hereby choose to give myself permission to use **individuality** consciously, because I think that
5. CH: I hereby choose to give myself permission to use **fellowship** consciously, because I think that
6. CB: I really feel that I bring joy to myself, when I choose to use **humility** and **honesty** consciously, because
7. UA: I really feel that I bring joy to myself, when I choose to use **individuality** and **fellowship** consciously, because
8. TH: I hereby choose to give myself permission to use **The Small Ring of Truth** by using **humility, honesty, individuality** and **fellowship** consciously in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

I choose to do task 5d **minimum** once.

Task 6:

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.

When I have completed task 5, I describe a situation from the day where I used my **addiction to chronic dissatisfaction** and how I can move to **contentment** in a similar situation

in the future:

1. From **addiction to chronic dissatisfaction** to **contentment** on my limitation, ignorance, powerlessness and mortality/changeability.

I used my:

**Addiction to chronic dissatisfaction** on my:

- a. Limitation
- b. Ignorance
- c. Powerlessness
- d. Mortality/Changeability

Today I used my **addiction to chronic dissatisfaction** on my humanness, because....

I write down, how making use of my **addiction to chronic dissatisfaction** on my humanness made me think, feel, act and relate to others in the situation.

**Limitation:**

- 1. My use of my **addiction to chronic dissatisfaction** on my **limitation** made me think that....
- 2. My use of my **addiction to chronic dissatisfaction** on my **limitation** made me feel that....
- 3. My use of my **addiction to chronic dissatisfaction** on my **limitation** made me act by....
- 4. My use of my **addiction to chronic dissatisfaction** on my **limitation** made me relate to the other/the others by....

**Ignorance:**

- 1. My use of my **addiction to chronic dissatisfaction** on my **ignorance** made me think that....
- 2. My use of my **addiction to chronic dissatisfaction** on my **ignorance** made me feel that....
- 3. My use of my **addiction to chronic dissatisfaction** on my **ignorance** made me act by....
- 4. My use of my **addiction to chronic dissatisfaction** on my **ignorance** made me relate to the other/the others by....

**Powerlessness:**

- 1. My use of my **addiction to chronic dissatisfaction** on my **powerlessness** made me think that....

2. My use of my **addiction to chronic dissatisfaction** on my **powerlessness** made me feel that....

3. My use of my **addiction to chronic dissatisfaction** on my **powerlessness** made me act by....

4. My use of my **addiction to chronic dissatisfaction** on my **powerlessness** made me relate to the other/the others by....

### **Mortality/Changeability:**

1. My use of my **addiction to chronic dissatisfaction** on my **mortality/changeability** made me think that....

2. My use of my **addiction to chronic dissatisfaction** on my **mortality/changeability** made me feel that....

3. My use of my **addiction to chronic dissatisfaction** on my **mortality/changeability** made me act by....

4. My use of my **addiction to chronic dissatisfaction** on my **mortality/changeability** made me relate to the other/the others by....

Furthermore, I write down what I hoped to achieve by using my **addiction to chronic dissatisfaction**, and if I achieved it.

I hoped to achieve that....

Then, I describe how I **believe** the situation could have transpired if instead I had used:

**Contentment** on my:

- a. **Limitation**
- b. **Ignorance**
- c. **Powerlessness**
- d. **Mortality/Changeability**

I choose to write down how I **believe** my use of **contentment** would have made me think, feel, act and relate to others in the situation.

I **believe** that if instead I had used **contentment** on my **limitation, ignorance, powerlessness** and **mortality/changeability**, then.... because....

Furthermore I write down, how I **believe** that my use of **contentment** could have made me think, feel, act and relate to the other/the others in the situation.

**Limitation:**

1. I **believe** I would think that....
2. I **believe** I would feel that....
3. I **believe** I would act by....
4. I **believe** I would relate to others in the situation by....

**Ignorance:**

1. I **believe** I would think that....
2. I **believe** I would feel that....
3. I **believe** I would act by....
4. I **believe** I would relate to others in the situation by....

**Powerlessness:**

1. I **believe** I would think that....
2. I **believe** I would feel that....
3. I **believe** I would act by....
4. I **believe** I would relate to others in the situation by....

**Mortality/Changeability:**

1. I **believe** I would think that....
2. I **believe** I would feel that....
3. I **believe** I would act by....
4. I **believe** I would relate to others in the situation by....

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted in the situation by using **contentment** instead and why.

If yes, why? If no, why not?

I **believe** that if instead I had used **contentment** on.... then.... because....

After having moved socially, mentally and emotionally from my **addiction to chronic dissatisfaction** to **contentment** in this way, I choose to move energetically from my **addiction to chronic dissatisfaction** to **contentment** as described below by first inserting my answers in the tapping protocol and then I finish my Sixth Step analyses by tapping through the protocol that I have written.

I begin with my:

**Addiction to chronic dissatisfaction** with my:

- a. Limitation
- b. Ignorance
- c. Powerlessness
- d. Mortality/Changeability

First, I take a deep breath and I sense how the intensity of my pain was in Step One by using my **addiction to chronic dissatisfaction** on my humanness on a scale from 0-10.

The pain is at....

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use my **addiction to chronic dissatisfaction** on my **limitation** today, because.... I completely and totally love and accept myself for being exactly the way I am, because.... and I also completely and totally love and accept **the addiction to chronic dissatisfaction** for being exactly the way it is, because.... and I also completely and totally love and accept the pain for being exactly the way it is, because....

KC right: Even though I chose to use my **addiction to chronic dissatisfaction** on my **ignorance** today, because.... I completely and totally love and accept myself for being exactly the way I am, because.... and I also completely and totally love and accept **the addiction to chronic dissatisfaction** for being exactly the way it is, because.... and I also completely and totally love and accept the pain for being exactly the way it is, because....

KC left: Even though I chose to use my **addiction to chronic dissatisfaction** on my **powerlessness** today, because.... I completely and totally love and accept myself for being exactly the way I am, because.... and I also completely and totally love and accept **the addiction to chronic dissatisfaction** for being exactly the way it is, because.... and I also completely and totally love and accept the pain for being exactly the way it is, because....

KC right: Even though I chose to use my **addiction to chronic dissatisfaction** on my **mortality/changeability** today, because.... I completely and totally love and accept myself for being exactly the way I am, because.... and I also completely and totally love and accept **the addiction to chronic dissatisfaction** for being exactly the way it is, because.... and I also

completely and totally love and accept the pain for being exactly the way it is, because....

The two times eight reminder statements for the two tapping rounds below:

EB: My use of my **addiction to chronic dissatisfaction** on my **limitation** made me think that....

SE: My use of my **addiction to chronic dissatisfaction** on my **limitation** made me feel that....

UE: My use of my **addiction to chronic dissatisfaction** on my **ignorance** made me think that....

UN: My use of my **addiction to chronic dissatisfaction** on my **ignorance** made me feel that....

CH: My use of my **addiction to chronic dissatisfaction** on my **powerlessness** made me think that....

CB: My use of my **addiction to chronic dissatisfaction** on my **powerlessness** made me feel that....

UA: My use of my **addiction to chronic dissatisfaction** on my **mortality/changeability** made me think that....

TH: My use of my **addiction to chronic dissatisfaction** on my **mortality/changeability** made me feel that....

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at....

Then I choose to continue to tap as suggested below.

EB: Maybe I could open up to let go of using my **addiction to chronic dissatisfaction** on my **limitation** if....

SE: Then I could also let go of using my **addiction to chronic dissatisfaction** on my **ignorance** by....

UE: Then I could also let go of using my **addiction to chronic dissatisfaction** on my **powerlessness** by....

UN: Then I could also let go of using my **addiction to chronic dissatisfaction** on my **mortality/changeability** by....

CH: I believe that now I can recover from using my **addiction to chronic dissatisfaction** on my **limitation** and on my **ignorance**, because....

CB: Yes, actually, I begin to believe that I can let go of using my **addiction to chronic dissatisfaction** on both my human **powerlessness** and **mortality/changeability**, because....

UA: I open myself up completely to let go of using my **addiction to chronic dissatisfaction** on my humanness, because....

TH: I now feel entirely ready to allow my Higher Power to liberate me from using my **addiction to chronic dissatisfaction** on my own and others' human **limitation, ignorance, powerlessness** and **mortality/changeability** in a similar situation in the future, because....

Then I take a deep breath and sense how the intensity of my pain is now on a scale from 0-10.

The pain is at....

I continue my tapping rounds until my pain of using my **addiction to chronic dissatisfaction** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

**Contentment** with my:

- a. Limitation
- b. Ignorance
- c. Powerlessness
- d. Mortality/Changeability

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to consciously use **contentment** on my **limitation** in a similar situation in the future, because.... by....

KC right: I hereby choose to give myself permission to consciously use **contentment** on my **ignorance** in a similar situation in the future, because.... by....

KC left: I hereby choose to give myself permission to consciously use **contentment** on my **powerlessness** in a similar situation in the future, because.... by....

KC right: I hereby choose to give myself permission to consciously use **contentment** on my **mortality/changeability** in a similar situation in the future, because.... by....

The two times eight reminder statements for the two tapping rounds below:

EB: I hereby choose to give myself permission to consciously use **contentment** on my **limitation** in a similar situation in the future, because....

SE: I hereby choose to give myself permission to consciously use **contentment** on my **ignorance** in a similar situation in the future, because....

UE: I hereby choose to give myself permission to consciously use **contentment** on my **powerlessness** in a similar situation in the future, because....

UN: I hereby choose to give myself permission to consciously use **contentment** on my **mortality/changeability** in a similar situation in the future, because....

CH: I hereby choose to give myself permission to consciously use **contentment** on my **limitation** in a similar situation in the future by....

CB: I hereby choose to give myself permission to consciously use **contentment** on my **ignorance** in a similar situation in the future by....

UA: I hereby choose to give myself permission to consciously use **contentment** on my **powerlessness** in a similar situation in the future by....

TH: I hereby choose to give myself permission to consciously use **contentment** on my **mortality/changeability** in a similar situation in the future by....

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at....

Then I choose to continue to tap as suggested below.

EB: I hereby choose to give myself permission to use **contentment** consciously on my **limitation** in a similar situation in the future by....

SE: I hereby choose to give myself permission to use **contentment** consciously on my **ignorance** in a similar situation in the future by....

UE: I hereby choose to give myself permission to use **contentment** consciously on my **powerlessness** in a similar situation in the future by....

UN: I hereby choose to give myself permission to use **contentment** consciously on my **mortality/changeability** in a similar situation in the future by....

CH: I hereby choose to give myself permission to use **contentment** consciously on my **limitation** in a similar situation in the future, because....



CB: I hereby choose to give myself permission to use **contentment** on my **ignorance** in a similar situation in the future, because....

UA: I hereby choose to give myself permission to use **contentment** on my **powerlessness** in a similar situation in the future, because....

TH: I hereby choose to give myself permission to consciously use **contentment** on my **mortality/changeability**, because....

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at....

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

Task 7:

I choose to carry out **minimum** one inventory with one set of The Four Minirings.

Task 7a:

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.

If I choose to move from the **Miniring of Avarice** to the **Miniring of Faith** I choose to use the format below for my analyses.

The Mini-Ring of Avarice – The Mini-Ring of Faith.

**The Mini-ring of Avarice** with its:

- a. Pettiness
- b. Clinging
- c. Malaise
- d. Hoarding

Today I used The Mini-ring of Avarice, because

I write down how making use of **The Mini-ring of Avarice** made me think, feel, act and relate to others in the situation.

**Pettiness:**

I thought that  
 I felt that  
 I acted by  
 I related to others in the situation by

**Clinging:**

I thought that  
 I felt that  
 I acted by  
 I related to others in the situation by

**Malaise:**

I thought that  
 I felt that  
 I acted by  
 I related to others in the situation by

**Hoarding:**

I thought that  
 I felt that  
 I acted by  
 I related to others in the situation by

Furthermore, I write down what it was that I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that

Then, I describe how I **believe** the situation could have transpired if instead I had used the corresponding Ring of Joy, which is:

**The Mini-ring of Faith** with its

- a. Largesse
- b. Letting go
- c. Wellbeing
- d. Sharing

I believe that if instead I had used **the Mini-ring of Faith** on , then, because

Besides that, I write down how I **believe** that my use of **The Mini-ring of Faith** would have made me think, feel, act and relate to others in the situation.

**Largesse:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Letting go:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Wellbeing:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Sharing:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using this Ring and why.

I believe that if instead I had used **The Mini-ring of Faith** on, then , because

After having moved mentally and emotionally between **The Mini-ring of Avarice** and **the Mini-ring of Faith** in this way, I choose to move energetically between the two Rings as described below by first inserting my answers in the tapping protocol and then I finish my Six Step analyses by tapping through the protocol that I have written.

I begin with:

**The Mini-ring of Avarice** with its:

- a. Pettiness
- b. Clinging
- c. Malaise
- d. Hoarding

First, I take a deep breath and I sense how the intensity of my pain is by being in **The Mini-ring of Avarice** on a scale from 0-10.

The pain is at

I then choose to tap as suggested below on the topic that I have used **The Mini-ring of Avarice** on today.

The four setup statements for the two tapping rounds below:

1. KC

- a. KC left: Even though I chose to use **The Miniring of Avarice** today by using **pettiness** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Miniring of Avarice** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- b. KC right: Even though I chose to use **The Miniring of Avarice** today by using **clinging** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Miniring of Avarice** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- c. KC left: Even though I chose to use **The Miniring of Avarice** today by using **malaise** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Miniring of Avarice** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- d. KC right: Even though I chose to use **The Miniring of Avarice** today by using **hoarding** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Miniring of Avarice** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

The two times eight reminder statements for the two tapping rounds below:

2. EB: My **pettiness** makes me think that
3. SE: My **clinging** makes me feel that

4. UE: My **malaise** makes me think of that
5. UN: My **hoarding** makes me feel that
6. CH: My **pettiness** makes me feel that
7. CB: My **clinging** makes think that
8. UA: My **malaise** makes me feel that
9. TH: My **hoarding** makes me think that

Then I take a deep breath and sense how the intensity of my pain is on a scale of 0-10.

The pain is at

And I choose to continue to tap as suggested below.

1. EB: Maybe I could open up to let go of my **pettiness** if
2. SE: Then I could also let go of my **clinging** by
3. UE: If I did that I might no longer need to hold on to my **malaise**, which
4. UN: Then I could also let go of my **hoarding** by
5. CH: I believe that now I can recover from both my **pettiness** and **clinging**, because
6. CB: Yes, actually, I begin to believe that I can let go of both my **malaise** and my **clinging**, because
7. UA: Now, I open myself completely to let go of **The Miniring of Avarice** because
8. TH: I now feel entirely ready to allow my Higher Power to liberate me from **The Miniring of Avarice** and thereby from using **pettiness, clinging, malaise and hoarding** in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at

I continue my tapping rounds until my pain of being in **The Miniring of Avarice** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on the corresponding Ring of Joy, which is:

**The Miniring of Faith** with its:

- i. **Largesse**
- j. **Letting go**
- k. **Wellbeing**
- l. **Sharing**

The four setup statements for the two tapping rounds below:

1. KC

- a. KC left : I hereby choose to give myself permission to use **The Miniring of Faith** by using **largesse** consciously to , because
- b. KC right: I hereby choose to give myself permission to use **The Miniring of Faith** by using **letting go** consciously to , because
- c. KC left: I hereby choose to give myself permission to use **The Miniring of Faith** by using **wellbeing** consciously to , because
- d. KC right: I hereby choose to give myself permission to use **The Miniring of Faith** by using **sharing** consciously to , because

The eight reminder statements for the two tapping rounds below:

- 2. EB: I hereby choose to give myself permission to use **largesse** consciously by
- 3. SE: I hereby choose to give myself permission to use **letting go** consciously by
- 4. UE: I hereby choose to give myself permission to use **wellbeing** consciously by
- 5. UN: I hereby choose to give myself permission to use **sharing** consciously by
- 6. CH: I hereby choose to give myself permission to use **largesse** consciously, because
- 7. CB: I hereby choose to give myself permission to use **letting go** consciously, because
- 8. UA: I hereby choose to give myself permission to use **wellbeing** consciously, because
- 9. TH: I hereby choose to give myself permission to use **sharing** consciously, because

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at

Then I choose to continue to tap as suggested below.

1. EB: I hereby choose to give myself permission to use **The Miniring of Faith** consciously in all my affairs, because
2. SE: I hereby choose to give myself permission to use **largesse** consciously, because I think that
3. UE: I hereby choose to give myself permission to use **letting go** consciously, because I think that
4. UN: I hereby choose to give myself permission to use **wellbeing** consciously, because I think that
5. CH: I hereby choose to give myself permission to use **sharing** consciously, because I think that
6. CB: I really feel that I bring joy to myself, when I choose to use **largesse** and **letting go** consciously, because
7. UA: I really feel that I bring joy to myself, when I choose to use **wellbeing** and **sharing** consciously, because
8. TH: I hereby choose to give myself permission to use **The Miniring of Faith** by using **largesse, light-heartedness, wellbeing** and **sharing** consciously in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

Task 7b:

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.

If I choose to move from the **Miniring of Envy** to the **Miniring of Hope** I choose to use the format below for my analyses.

The Miniring of Envy – The Miniring of Hope.

When I have completed task 10, I describe a situation from the day, where I used

**The Miniring of Envy** with its:

- a. Insecurity
- b. Confusion
- c. Unclarity
- d. Wretchedness

Today I used The Miniring of Envy, because

I write down how making use of **The Miniring of Envy** made me think, feel, act and relate to others in the situation.

**Insecurity:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Confusion:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Unclarity:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Wretchedness:**

I thought that

I felt that

I acted by

I related to others in the situation by

Furthermore, I write down what it was that I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that

Then, I describe how I **believe** the situation could have transpired if instead I had used the corresponding Ring of Joy, which is:



The Miniring of Hope with its

- a. Safety
- b. Well-informedness
- c. Clarity
- d. Nobleness

I believe that if instead I had used The Miniring of Hope on , then , because

Besides that, I write down how I **believe** that my use of The Miniring of Hope would have made me think, feel, act and relate to others in the situation.

#### Safety:

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

#### Well-informedness:

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

#### Clarity:

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

#### Nobleness:

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using this Ring and why.

I believe that if instead I had used The Miniring of Hope on , then , because

After having moved mentally and emotionally between The Miniring of Envy and the Miniring of Hope in this way, I choose to move energetically between the two Rings as described below by first inserting my answers in the tapping protocol and then I finish my Six Step analyses by tapping through the protocol that I have written.

I begin with:

**The Miniring of Envy** with its:

- a. Insecurity
- b. Confusion
- c. Unclarity
- d. Wretchedness

First, I take a deep breath and I sense how the intensity of my pain is by being in **The Miniring of Envy** on a scale from 0-10.

The pain is at

I then choose to tap as suggested below on the topic that I have used **The Miniring of Envy** on today.

The four setup statements for the two tapping rounds below:

1. KC

- a. KC left: Even though I chose to use **The Miniring of Envy** today by using **insecurity** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Miniring of Envy** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- b. KC right: Even though I chose to use **The Miniring of Envy** today by using **confusion** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Miniring of Envy** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- c. KC left: Even though I chose to use **The Miniring of Envy** today by using **unclarity** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Miniring of Envy** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- d. KC right: Even though I chose to use **The Miniring of Envy** today by using **wretchedness** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Miniring of Envy** for being exactly the way it is, because , and I

also completely and totally love and accept the pain for being exactly the way it is, because

The two times eight reminder statements for the two tapping rounds below:

2. EB: My **insecurity** makes me think that
3. SE: My **confusion** makes me feel that
4. UE: My **unclarity** makes me think of that
5. UN: My **wretchedness** makes me feel that
6. CH: My **insecurity** makes me feel that
7. CB: My **confusion** makes think that
8. UA: My **unclarity** makes me feel that
9. TH: My **wretchedness** makes me think that

Then I take a deep breath and sense how the intensity of my pain is on a scale of 0-10.

The pain is at

And I choose to continue to tap as suggested below.

1. EB: Maybe I could open up to let go of my **insecurity** if
2. SE: Then I could also let go of my **confusion** by
3. UE: If I did that I might no longer need to hold on to my **unclarity**, which
4. UN: Then I could also let go of my **wretchedness** by
5. CH: I believe that now I can recover from both my **insecurity** and **confusion**, because
6. CB: Yes, actually, I begin to believe that I can let go of both my **unclarity** and my **confusion**, because
7. UA: Now, I open myself completely to let go of **The Miniring of Envy** because
8. TH: I now feel entirely ready to allow my Higher Power to liberate me from **The Miniring of Envy** and thereby from using **insecurity, confusion, unclarity** and **wretchedness** in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at

I continue my tapping rounds until my pain of being in **The Miniring of Envy** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on the corresponding Ring of Joy, which is:

**The Miniring of Hope** with its:

- a. Safety
- b. Well-informedness
- c. Clarity
- d. Nobleness

The four setup statements for the two tapping rounds below:

1. KC
  - a. KC left : I hereby choose to give myself permission to use **The Miniring of Hope** by using **safety** consciously to , because
  - b. KC right: I hereby choose to give myself permission to use **The Miniring of Hope** by using **well-informedness** consciously to , because
  - c. KC left: I hereby choose to give myself permission to use **The Miniring of Hope** by using **clarity** consciously to , because
  - d. KC right: I hereby choose to give myself permission to use **The Miniring of Hope** by using **nobleness** consciously to , because

The eight reminder statements for the two tapping rounds below:

2. EB: I hereby choose to give myself permission to use **safety** consciously by
3. SE: I hereby choose to give myself permission to use **well-informedness** consciously by
4. UE: I hereby choose to give myself permission to use **clarity** consciously by
5. UN: I hereby choose to give myself permission to use **nobleness** consciously by
6. CH: I hereby choose to give myself permission to use **safety** consciously, because

7. CB: I hereby choose to give myself permission to use **well-informedness** consciously, because
8. UA: I hereby choose to give myself permission to use **clarity** consciously, because
9. TH: I hereby choose to give myself permission to use **nobleness** consciously, because

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at

Then I choose to continue to tap as suggested below.

1. EB: I hereby choose to give myself permission to use **The Miniring of Hope** consciously in all my affairs, because
2. SE: I hereby choose to give myself permission to use **safety** consciously, because I think that
3. UE: I hereby choose to give myself permission to use **well-informedness** consciously, because I think that
4. UN: I hereby choose to give myself permission to use **clarity** consciously, because I think that
5. CH: I hereby choose to give myself permission to use **nobleness** consciously, because I think that
6. CB: I really feel that I bring joy to myself, when I choose to use **safety** and **well-informedness** consciously, because
7. UA: I really feel that I bring joy to myself, when I choose to use **clarity** and **nobleness** consciously, because
8. TH: I hereby choose to give myself permission to use **The Miniring of Hope** by using **safety, light-heartedness, clarity** and **nobleness** consciously in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

## Task 7c:

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.

If I choose to move from the **Miniring of Hatred** to the **Miniring of Love** I choose to use the format below for my analyses.

The Mini-Ring of Hatred – The Mini-Ring of Love.

When I have completed task 11, I describe a situation from the day, where I used **The Mini-ring of Hatred** with its:

- a. **Ill will**
- b. **Unkindness**
- c. **Irritation**
- d. **Impatience**

Today I used The Mini-ring of Hatred, because

I write down how making use of **The Mini-ring of Hatred** made me think, feel, act and relate to others in the situation.

**Ill will:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Unkindness:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Irritation:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Impatience:**

I thought that

I felt that

I acted by  
I related to others in the situation by

Furthermore, I write down what it was that I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that

Then, I describe how I **believe** the situation could have transpired if instead I had used the corresponding Ring of Joy, which is:

**The Mini-ring of Love** with its

- a. Goodwill
- b. Kindness
- c. Calmness
- d. Patience

I believe that if instead I had used **The Mini-ring of Love** on , then , because

Besides that, I write down how I **believe** that my use of **The Mini-ring of Love** would have made me think, feel, act and relate to others in the situation.

#### **Goodwill:**

I believe that I would think that  
I believe that I would feel that  
I believe that I would act by  
I believe that I would relate to the other/others in the situation by

#### **Kindness:**

I believe that I would think that  
I believe that I would feel that  
I believe that I would act by  
I believe that I would relate to the other/others in the situation by

#### **Calmness:**

I believe that I would think that  
I believe that I would feel that  
I believe that I would act by  
I believe that I would relate to the other/others in the situation by

#### **Patience:**

I believe that I would think that  
I believe that I would feel that  
I believe that I would act by  
I believe that I would relate to the other/others in the situation by

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using this Ring and why.

I believe that if instead I had used **The Mini-ring of Love** on , then , because

After having moved mentally and emotionally between **The Mini-ring of Hatred** and **the Mini-ring of Love** in this way, I choose to move energetically between the two Rings as described below by first inserting my answers in the tapping protocol and then I finish my Six Step analyses by tapping through the protocol that I have written.

I begin with:

**The Mini-ring of Hatred** with its:

- a. Ill will
- b. Unkindness
- c. Irritation
- d. Impatience

First, I take a deep breath and I sense how the intensity of my pain is by being in **The Mini-ring of Hatred** on a scale from 0-10.

The pain is at

I then choose to tap as suggested below on the topic that I have used **The Mini-ring of Hatred** on today.

The four setup statements for the two tapping rounds below:

1. KC

- a. KC left: Even though I chose to use **The Mini-ring of Hatred** today by using **ill will** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Mini-ring of Hatred** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- b. KC right: Even though I chose to use **The Mini-ring of Hatred** today by using **unkindness** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Mini-ring of Hatred** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because



- c. KC left: Even though I chose to use **The Mini-ring of Hatred** today by using **irritation** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Mini-ring of Hatred** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- d. KC right: Even though I chose to use **The Mini-ring of Hatred** today by using **impatience** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Mini-ring of Hatred** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

The two times eight reminder statements for the two tapping rounds below:

- 2. EB: My **ill will** makes me think that
- 3. SE: My **unkindness** makes me feel that
- 4. UE: My **irritation** makes me think of that
- 5. UN: My **impatience** makes me feel that
- 6. CH: My **ill will** makes me feel that
- 7. CB: My **unkindness** makes think that
- 8. UA: My **irritation** makes me feel that
- 9. TH: My **impatience** makes me think that

Then I take a deep breath and sense how the intensity of my pain is on a scale of 0-10.

The pain is at

And I choose to continue to tap as suggested below.

- 1. EB: Maybe I could open up to let go of my **ill will** if
- 2. SE: Then I could also let go of my **unkindness** by
- 3. UE: If I did that I might no longer need to hold on to my **irritation**, which
- 4. UN: Then I could also let go of my **impatience** by

5. CH: I believe that now I can recover from both my **ill will** and **unkindness**, because
6. CB: Yes, actually, I begin to believe that I can let go of both my **irritation** and my **unkindness**, because
7. UA: Now, I open myself completely to let go of **The Mini-ring of Hatred** because
8. TH: I now feel entirely ready to allow my Higher Power to liberate me from **The Mini-ring of Hatred** and thereby from using **ill will, unkindness, irritation** and **impatience** in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at

I continue my tapping rounds until my pain of being in **The Mini-ring of Hatred** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on the corresponding Ring of Joy, which is:

**The Mini-ring of Love** with its:

- a. **Goodwill**
- b. **Kindness**
- c. **Calmness**
- d. **Patience**

The four setup statements for the two tapping rounds below:

1. KC
  - a. KC left : I hereby choose to give myself permission to use **The Mini-ring of Love** by using **goodwill** consciously to , because
  - b. KC right: I hereby choose to give myself permission to use **The Mini-ring of Love** by using **kindness** consciously to , because
  - c. KC left: I hereby choose to give myself permission to use **The Mini-ring of Love** by using **calmness** consciously to , because
  - d. KC right: I hereby choose to give myself permission to use **The Mini-ring of Love** by using **patience** consciously to , because

The eight reminder statements for the two tapping rounds below:

2. EB: I hereby choose to give myself permission to use **goodwill** consciously by
3. SE: I hereby choose to give myself permission to use **kindness** consciously by
4. UE: I hereby choose to give myself permission to use **calmness** consciously by
5. UN: I hereby choose to give myself permission to use **patience** consciously by
6. CH: I hereby choose to give myself permission to use **goodwill** consciously, because
7. CB: I hereby choose to give myself permission to use **kindness** consciously, because
8. UA: I hereby choose to give myself permission to use **calmness** consciously, because
9. TH: I hereby choose to give myself permission to use **patience** consciously, because

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at

Then I choose to continue to tap as suggested below.

1. EB: I hereby choose to give myself permission to use **The Mini-ring of Love** consciously in all my affairs, because
2. SE: I hereby choose to give myself permission to use **goodwill** consciously, because I think that
3. UE: I hereby choose to give myself permission to use **kindness** consciously, because I think that
4. UN: I hereby choose to give myself permission to use **calmness** consciously, because I think that
5. CH: I hereby choose to give myself permission to use **patience** consciously, because I think that
6. CB: I really feel that I bring joy to myself, when I choose to use **goodwill** and **kindness** consciously, because
7. UA: I really feel that I bring joy to myself, when I choose to use **calmness** and **patience** consciously, because
8. TH: I hereby choose to give myself permission to use **The Mini-ring of Love** by using **goodwill**, **light-heartedness**, **calmness** and **patience** consciously in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

Task 7d:

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.

If I choose to move from the **Miniring of Arrogance** to the **Miniring of Truth** I choose to use the format below for my analyses.

The Mini-Ring of Arrogance – The Mini-Ring of Truth.

When I have completed task 12, I describe a situation from the day, where I used **The Miniring of Arrogance** with its:

- e. **Condescension**
- f. **Intolerance**
- g. **Exaggeration**
- h. **Seclusion**

Today I used The Miniring of Arrogance, because

I write down how making use of **The Miniring of Arrogance** made me think, feel, act and relate to others in the situation.

**Condescension:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Intolerance:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Exaggeration:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Seclusion:**

I thought that

I felt that

I acted by

I related to others in the situation by

Furthermore, I write down what it was that I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that

Then, I describe how I **believe** the situation could have transpired if instead I had used the corresponding Ring of Joy, which is:

**The Miniring of Truth** with its

- i. Equality
- j. Tolerance
- k. Accuracy
- l. Belongingness

I believe that if instead I had used **The Miniring of Truth** on , then , because

Besides that, I write down how I **believe** that my use of **The Miniring of Truth** would have made me think, feel, act and relate to others in the situation.

**Equality:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Tolerance:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Accuracy:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Belongingness:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using this Ring and why.

I believe that if instead I had used **The Miniring of Truth** on , then , because

After having moved mentally and emotionally between **The Miniring of Arrogance** and **the Miniring of Truth** in this way, I choose to move energetically between the two Rings as described below by first inserting my answers in the tapping protocol and then I finish my Six Step analyses by tapping through the protocol that I have written.

I begin with:

**The Miniring of Arrogance** with its:

- e. **Condescension**
- f. **Intolerance**
- g. **Exaggeration**
- h. **Seclusion**

First, I take a deep breath and I sense how the intensity of my pain is by being in **The Miniring of Arrogance** on a scale from 0-10.

The pain is at

I then choose to tap as suggested below on the topic that I have used **The Miniring of Arrogance** on today.

The four setup statements for the two tapping rounds below:

1. KC

- a. KC left: Even though I chose to use **The Miniring of Arrogance** today by using **condescension** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love

and accept **The Miniring of Arrogance** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

- b. KC right: Even though I chose to use **The Miniring of Arrogance** today by using **intolerance** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Miniring of Arrogance** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- c. KC left: Even though I chose to use **The Miniring of Arrogance** today by using **exaggeration** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Miniring of Arrogance** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- d. KC right: Even though I chose to use **The Miniring of Arrogance** today by using **seclusion** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Miniring of Arrogance** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

The two times eight reminder statements for the two tapping rounds below:

- 2. EB: My **condescension** makes me think that
- 3. SE: My **intolerance** makes me feel that
- 4. UE: My **exaggeration** makes me think of that
- 5. UN: My **seclusion** makes me feel that
- 6. CH: My **condescension** makes me feel that
- 7. CB: My **intolerance** makes think that
- 8. UA: My **exaggeration** makes me feel that
- 9. TH: My **seclusion** makes me think that

Then I take a deep breath and sense how the intensity of my pain is on a scale of 0-10.

The pain is at

And I choose to continue to tap as suggested below.

1. EB: Maybe I could open up to let go of my **condescension** if
2. SE: Then I could also let go of my **intolerance** by
3. UE: If I did that I might no longer need to hold on to my **exaggeration**, which
4. UN: Then I could also let go of my **seclusion** by
5. CH: I believe that now I can recover from both my **condescension** and **intolerance**, because
6. CB: Yes, actually, I begin to believe that I can let go of both my **exaggeration** and my **intolerance**, because
7. UA: Now, I open myself completely to let go of **The Miniring of Arrogance** because
8. TH: I now feel entirely ready to allow my Higher Power to liberate me from **The Miniring of Arrogance** and thereby from using **condescension, intolerance, exaggeration** and **seclusion** in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at

I continue my tapping rounds until my pain of being in **The Miniring of Arrogance** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on the corresponding Ring of Joy, which is:

**The Miniring of Truth** with its:

- e. Equality
- f. Tolerance
- g. Accuracy
- h. Belongingness

The four setup statements for the two tapping rounds below:

1. KC
  - a. KC left : I hereby choose to give myself permission to use **The Miniring of Truth** by using **equality** consciously to , because



- b. KC right: I hereby choose to give myself permission to use **The Mining of Truth** by using **tolerance** consciously to , because
- c. KC left: I hereby choose to give myself permission to use **The Mining of Truth** by using **accuracy** consciously to , because
- d. KC right: I hereby choose to give myself permission to use **The Mining of Truth** by using **belongingness** consciously to , because

The eight reminder statements for the two tapping rounds below:

- 2. EB: I hereby choose to give myself permission to use **equality** consciously by
- 3. SE: I hereby choose to give myself permission to use **tolerance** consciously by
- 4. UE: I hereby choose to give myself permission to use **accuracy** consciously by
- 5. UN: I hereby choose to give myself permission to use **belongingness** consciously by
- 6. CH: I hereby choose to give myself permission to use **equality** consciously, because
- 7. CB: I hereby choose to give myself permission to use **tolerance** consciously, because
- 8. UA: I hereby choose to give myself permission to use **accuracy** consciously, because
- 9. TH: I hereby choose to give myself permission to use **belongingness** consciously, because

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at

Then I choose to continue to tap as suggested below.

- 1. EB: I hereby choose to give myself permission to use **The Mining of Truth** consciously in all my affairs, because
- 2. SE: I hereby choose to give myself permission to use **equality** consciously, because I think that
- 3. UE: I hereby choose to give myself permission to use **tolerance** consciously, because I think that
- 4. UN: I hereby choose to give myself permission to use **accuracy** consciously, because I think that

5. CH: I hereby choose to give myself permission to use **belongingness** consciously, because I think that
6. CB: I really feel that I bring joy to myself, when I choose to use **equality** and **tolerance** consciously, because
7. UA: I really feel that I bring joy to myself, when I choose to use **accuracy** and **belongingness** consciously, because
8. TH: I hereby choose to give myself permission to use **The Microring of Truth** by using **equality, light-heartedness, accuracy** and **belongingness** consciously in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

Task 8:

I choose to carry out **minimum** one inventory with one set of The Four Microrings.

Task 8a:

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.

If I choose to move from the **Microring of Avarice** to the **Microring of Faith** I choose to use the format below for my analyses.

The Microring of Avarice – The Microring of Faith.

Today I used:

**The Microring of Avarice** with its:

- a. Selfishness
- b. Hardness
- c. Unfreedom
- d. Negligence

Today I used The Microring of Avarice, because

I write down how making use of **The Microring of Avarice** made me think, feel, act and relate to others in the situation.

**Selfishness:**

I thought that  
I felt that  
I acted by  
I related to others in the situation by

**Hardness:**

I thought that  
I felt that  
I acted by  
I related to others in the situation by

**Unfreedom:**

I thought that  
I felt that  
I acted by  
I related to others in the situation by

**Negligence:**

I thought that  
I felt that  
I acted by  
I related to others in the situation by

Furthermore, I write down what it was that I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that

Then, I describe how I **believe** the situation could have transpired if instead I had used the corresponding Ring of Joy, which is:

**The Microring of Faith** with its

- a. Consideration
- b. Equanimity
- c. Action-freedom
- d. Contributing

I believe that if instead I had used **The Microring of Faith** on , then , because

Besides that, I write down how I **believe** that my use of **The Microring of Faith** would have made me think, feel, act and relate to others in the situation.

**Consideration:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Equanimity:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Action-freedom:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Contributing:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using this Ring and why.

I believe that if instead I had used **The Microring of Faith** on , then , because

After having moved mentally and emotionally between **The Microring of Avarice** and **the Microring of Faith** in this way, I choose to move energetically between the two Rings as described below by first inserting my answers in the tapping protocol and then I finish my Six Step analyses by tapping through the protocol that I have written.

I begin with:

**The Microring of Avarice** with its:

- a. Selfishness
- b. Hardness
- c. Unfreedom
- d. Negligence

First, I take a deep breath and I sense how the intensity of my pain is by being in **The Microring of Avarice** on a scale from 0-10.

The pain is at

I then choose to tap as suggested below on the topic that I have used **The Microring of Avarice** on today.

The four setup statements for the two tapping rounds below:

1. KC

- a. KC left: Even though I chose to use **The Microring of Avarice** today by using **selfishness** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Microring of Avarice** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- b. KC right: Even though I chose to use **The Microring of Avarice** today by using **hardness** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Microring of Avarice** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- c. KC left: Even though I chose to use **The Microring of Avarice** today by using **unfreedom** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Microring of Avarice** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- d. KC right: Even though I chose to use **The Microring of Avarice** today by using **negligence** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Microring of Avarice** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

The two times eight reminder statements for the two tapping rounds below:

2. EB: My **selfishness** makes me think that
3. SE: My **hardness** makes me feel that

4. UE: My **unfreedom** makes me think of that
5. UN: My **negligence** makes me feel that
6. CH: My **selfishness** makes me feel that
7. CB: My **hardness** makes think that
8. UA: My **unfreedom** makes me feel that
9. TH: My **negligence** makes me think that

Then I take a deep breath and sense how the intensity of my pain is on a scale of 0-10.

The pain is at

And I choose to continue to tap as suggested below.

1. EB: Maybe I could open up to let go of my **selfishness** if
2. SE: Then I could also let go of my **hardness** by
3. UE: If I did that I might no longer need to hold on to my **unfreedom**, which
4. UN: Then I could also let go of my **negligence** by
5. CH: I believe that now I can recover from both my **selfishness** and **hardness**, because
6. CB: Yes, actually, I begin to believe that I can let go of both my **unfreedom** and my **hardness**, because
7. UA: Now, I open myself completely to let go of **The Microring of Avarice** because
8. TH: I now feel entirely ready to allow my Higher Power to liberate me from **The Microring of Avarice** and thereby from using **selfishness, hardness, unfreedom** and **negligence** in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at

I continue my tapping rounds until my pain of being in **The Microring of Avarice** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on the corresponding Ring of Joy, which is:

The Microring of Faith with its:

- a. Consideration
- b. Equanimity
- c. Action-freedom
- d. Contributing

The four setup statements for the two tapping rounds below:

1. KC

- a. KC left : I hereby choose to give myself permission to use The Microring of Faith by using consideration consciously to , because
- b. KC right: I hereby choose to give myself permission to use The Microring of Faith by using equanimity consciously to , because
- c. KC left: I hereby choose to give myself permission to use The Microring of Faith by using action-freedom consciously to , because
- d. KC right: I hereby choose to give myself permission to use The Microring of Faith by using contributing consciously to , because

The eight reminder statements for the two tapping rounds below:

- 2. EB: I hereby choose to give myself permission to use consideration consciously by
- 3. SE: I hereby choose to give myself permission to use equanimity consciously by
- 4. UE: I hereby choose to give myself permission to use action-freedom consciously by
- 5. UN: I hereby choose to give myself permission to use contributing consciously by
- 6. CH: I hereby choose to give myself permission to use consideration consciously, because
- 7. CB: I hereby choose to give myself permission to use equanimity consciously, because
- 8. UA: I hereby choose to give myself permission to use action-freedom consciously, because
- 9. TH: I hereby choose to give myself permission to use contributing consciously, because

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at

Then I choose to continue to tap as suggested below.

1. EB: I hereby choose to give myself permission to use **The Microring of Faith** consciously in all my affairs, because
2. SE: I hereby choose to give myself permission to use **consideration** consciously, because I think that
3. UE: I hereby choose to give myself permission to use **equanimity** consciously, because I think that
4. UN: I hereby choose to give myself permission to use **action-freedom** consciously, because I think that
5. CH: I hereby choose to give myself permission to use **contributing** consciously, because I think that
6. CB: I really feel that I bring joy to myself, when I choose to use **consideration** and **equanimity** consciously, because
7. UA: I really feel that I bring joy to myself, when I choose to use **action-freedom** and **contributing** consciously, because
8. TH: I hereby choose to give myself permission to use **The Microring of Faith** by using **consideration**, **light-heartedness**, **action-freedom** and **contributing** consciously in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

Task 8b:

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.



If I choose to move from the **Microring of Envy** to the **Microring of Hope** I choose to use the format below for my analyses.

The Micro-Ring of Envy– The Micro-Ring of Hope.

Today I used:

**The Microring of Envy** with its:

- a. Denigration
- b. Insusceptibility
- c. Narrowmindedness
- d. Unworthiness

Today I used The Microring of Envy, because

I write down how making use of **The Microring of Envy** made me think, feel, act and relate to others in the situation.

**Denigration:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Insusceptibility:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Narrowmindedness:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Unworthiness:**

I thought that

I felt that

I acted by

I related to others in the situation by

Furthermore, I write down what it was that I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that

Then, I describe how I **believe** the situation could have transpired if instead I had used the corresponding Ring of Joy, which is:

**The Microring of Hope** with its

- a. Appreciation
- b. Teachableness
- c. Openness
- d. Contributing

I believe that if instead I had used **The Microring of Hope** on , then , because

Besides that, I write down how I **believe** that my use of **The Microring of Hope** would have made me think, feel, act and relate to others in the situation.

**Appreciation:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Teachableness:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Openness:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Contributing:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using this Ring and why.

I believe that if instead I had used **The Microring of Hope** on , then , because

After having moved mentally and emotionally between **The Microring of Envy** and **the Microring of Hope** in this way, I choose to move energetically between the two Rings as described below by first inserting my answers in the tapping protocol and then I finish my Six Step analyses by tapping through the protocol that I have written.

I begin with:

**The Microring of Envy** with its:

- a. Denigration
- b. Insusceptibility
- c. Narrowmindedness
- d. Unworthiness

First, I take a deep breath and I sense how the intensity of my pain is by being in **The Microring of Envy** on a scale from 0-10.

The pain is at

I then choose to tap as suggested below on the topic that I have used **The Microring of Envy** on today.

The four setup statements for the two tapping rounds below:

#### 1. KC

- a. KC left: Even though I chose to use **The Microring of Envy** today by using **denigration** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Microring of Envy** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- b. KC right: Even though I chose to use **The Microring of Envy** today by using **insusceptibility** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Microring of Envy** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- c. KC left: Even though I chose to use **The Microring of Envy** today by using **narrowmindedness** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Microring of Envy** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the

way it is, because

- d. KC right: Even though I chose to use **The Microring of Envy** today by using **unworthiness** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Microring of Envy** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

The two times eight reminder statements for the two tapping rounds below:

2. EB: My **denigration** makes me think that
3. SE: My **insusceptibility** makes me feel that
4. UE: My **narrowmindedness** makes me think of that
5. UN: My **unworthiness** makes me feel that
6. CH: My **denigration** makes me feel that
7. CB: My **insusceptibility** makes think that
8. UA: My **narrowmindedness** makes me feel that
9. TH: My **unworthiness** makes me think that

Then I take a deep breath and sense how the intensity of my pain is on a scale of 0-10.

The pain is at

And I choose to continue to tap as suggested below.

1. EB: Maybe I could open up to let go of my **denigration** if
2. SE: Then I could also let go of my **insusceptibility** by
3. UE: If I did that I might no longer need to hold on to my **narrowmindedness**, which
4. UN: Then I could also let go of my **unworthiness** by
5. CH: I believe that now I can recover from both my **denigration** and **insusceptibility**, because

6. CB: Yes, actually, I begin to believe that I can let go of both my **narrowmindedness** and my **insusceptibility**, because
7. UA: Now, I open myself completely to let go of **The Microring of Envy** because
8. TH: I now feel entirely ready to allow my Higher Power to liberate me from **The Microring of Envy** and thereby from using **denigration, insusceptibility, narrowmindedness** and **unworthiness** in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at

I continue my tapping rounds until my pain of being in **The Microring of Envy** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on the corresponding Ring of Joy, which is:

**The Microring of Hope** with its:

- a. **Appreciation**
- b. **Teachableness**
- c. **Openness**
- d. **Contributing**

The four setup statements for the two tapping rounds below:

1. KC

- a. KC left : I hereby choose to give myself permission to use **The Microring of Hope** by using **appreciation** consciously to , because
- b. KC right: I hereby choose to give myself permission to use **The Microring of Hope** by using **teachableness** consciously to , because
- c. KC left: I hereby choose to give myself permission to use **The Microring of Hope** by using **openness** consciously to , because
- d. KC right: I hereby choose to give myself permission to use **The Microring of Hope** by using **worthiness** consciously to , because

The eight reminder statements for the two tapping rounds below:

2. EB: I hereby choose to give myself permission to use **appreciation** consciously by

3. SE: I hereby choose to give myself permission to use **teachableness** consciously by
4. UE: I hereby choose to give myself permission to use **openness** consciously by
5. UN: I hereby choose to give myself permission to use **worthiness** consciously by
6. CH: I hereby choose to give myself permission to use **appreciation** consciously,  
because
7. CB: I hereby choose to give myself permission to use **teachableness** consciously,  
because
8. UA: I hereby choose to give myself permission to use **openness** consciously, because
9. TH: I hereby choose to give myself permission to use **worthiness** consciously,  
because

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at

Then I choose to continue to tap as suggested below.

1. EB: I hereby choose to give myself permission to use **The Microring of Hope** consciously in all my affairs, because
2. SE: I hereby choose to give myself permission to use **appreciation** consciously,  
because I think that
3. UE: I hereby choose to give myself permission to use **teachableness** consciously,  
because I think that
4. UN: I hereby choose to give myself permission to use **openness** consciously, because  
I think that
5. CH: I hereby choose to give myself permission to use **worthiness** consciously,  
because I think that
6. CB: I really feel that I bring joy to myself, when I choose to use **appreciation** and  
**teachableness** consciously, because
7. UA: I really feel that I bring joy to myself, when I choose to use **openness** and  
**worthiness** consciously, because

8. TH: I hereby choose to give myself permission to use **The Microring of Hope** by using **appreciation, light-heartedness, openness** and **worthiness** consciously in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

Task 8c:

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.

If I choose to move from the **Microring of Hatred** to the **Microring of Love** I choose to use the format below for my analyses.

The Micro-Ring of Hatred – The Micro-Ring of Love.

Today I used:

**The Microring of Hatred** with its:

- a. **Indignation**
- b. **Vindictiveness**
- c. **Belligerence**
- d. **Bitterness**

Today I used The Microring of Hatred, because

I write down how making use of **The Microring of Hatred** made me think, feel, act and relate to others in the situation.

**Indignation:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Vindictiveness:**

I thought that

I felt that

I acted by  
I related to others in the situation by

### Belligerence:

I thought that  
I felt that  
I acted by  
I related to others in the situation by

### Bitterness:

I thought that  
I felt that  
I acted by  
I related to others in the situation by

Furthermore, I write down what it was that I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that

Then, I describe how I **believe** the situation could have transpired if instead I had used the corresponding Ring of Joy, which is:

**The Microring of Love** with its

- a. Amiability
- b. Forgiveness
- c. Conciliatory
- d. Sweetness

I believe that if instead I had used **The Microring of Love** on , then , because

Besides that, I write down how I **believe** that my use of **The Microring of Love** would have made me think, feel, act and relate to others in the situation.

### Amiability:

I believe that I would think that  
I believe that I would feel that  
I believe that I would act by  
I believe that I would relate to the other/others in the situation by

### Forgiveness:

I believe that I would think that  
I believe that I would feel that  
I believe that I would act by  
I believe that I would relate to the other/others in the situation by



**Conciliatory:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Sweetness:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using this Ring and why.

I believe that if instead I had used **The Microring of Love** on , then , because

After having moved mentally and emotionally between **The Microring of Hatred** and **the Microring of Love** in this way, I choose to move energetically between the two Rings as described below by first inserting my answers in the tapping protocol and then I finish my Six Step analyses by tapping through the protocol that I have written.

I begin with:

**The Microring of Hatred** with its:

- a. Indignation
- b. Vindictiveness
- c. Belligerence
- d. Bitterness

First, I take a deep breath and I sense how the intensity of my pain is by being in **The Microring of Hatred** on a scale from 0-10.

The pain is at

I then choose to tap as suggested below on the topic that I have used **The Microring of Hatred** on today.

The four setup statements for the two tapping rounds below:

1. KC

- a. KC left: Even though I chose to use **The Microring of Hatred** today by using **indignation** to , I completely and totally love and accept myself for being

exactly the way I am, because , and I also completely and totally love and accept **The Microring of Hatred** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

- b. KC right: Even though I chose to use **The Microring of Hatred** today by using **vindictiveness** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Microring of Hatred** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
  - c. KC left: Even though I chose to use **The Microring of Hatred** today by using **belligerence** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Microring of Hatred** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
  - d. KC right: Even though I chose to use **The Microring of Hatred** today by using **bitterness** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Microring of Hatred** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
2. The two times eight reminder statements for the two tapping rounds below:
  3. EB: My **indignation** makes me think that
  4. SE: My **vindictiveness** makes me feel that
  5. UE: My **belligerence** makes me think of that
  6. UN: My **bitterness** makes me feel that
  7. CH: My **indignation** makes me feel that
  8. CB: My **vindictiveness** makes think that
  9. UA: My **belligerence** makes me feel that
  10. TH: My **bitterness** makes me think that

Then I take a deep breath and sense how the intensity of my pain is on a scale of 0-10.

The pain is at

And I choose to continue to tap as suggested below.

1. EB: Maybe I could open up to let go of my **indignation** if
2. SE: Then I could also let go of my **vindictiveness** by
3. UE: If I did that I might no longer need to hold on to my **belligerence**, which
4. UN: Then I could also let go of my **bitterness** by
5. CH: I believe that now I can recover from both my **indignation** and **vindictiveness**, because
6. CB: Yes, actually, I begin to believe that I can let go of both my **belligerence** and my **vindictiveness**, because
7. UA: Now, I open myself completely to let go of **The Microring of Hatred** because
8. TH: I now feel entirely ready to allow my Higher Power to liberate me from **The Microring of Hatred** and thereby from using **indignation, vindictiveness, belligerence** and **bitterness** in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at

I continue my tapping rounds until my pain of being in **The Microring of Hatred** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on the corresponding Ring of Joy, which is:

**The Microring of Love** with its:

- a. **Amiability**
- b. **Forgiveness**
- c. **Conciliatory**
- d. **Sweetness**

The four setup statements for the two tapping rounds below:

1. KC

- a. KC left : I hereby choose to give myself permission to use **The Microring of Love** by using **amiability** consciously to , because
- b. KC right: I hereby choose to give myself permission to use **The Microring of Love** by using **forgiveness** consciously to , because
- c. KC left: I hereby choose to give myself permission to use **The Microring of Love** by using **conciliatory** consciously to , because
- d. KC right: I hereby choose to give myself permission to use **The Microring of Love** by using **sweetness** consciously to , because

The eight reminder statements for the two tapping rounds below:

2. EB: I hereby choose to give myself permission to use **amiability** consciously by
3. SE: I hereby choose to give myself permission to use **forgiveness** consciously by
4. UE: I hereby choose to give myself permission to use **conciliatory** consciously by
5. UN: I hereby choose to give myself permission to use **sweetness** consciously by
6. CH: I hereby choose to give myself permission to use **amiability** consciously, because
7. CB: I hereby choose to give myself permission to use **forgiveness** consciously, because
8. UA: I hereby choose to give myself permission to use **conciliatory** consciously, because
9. TH: I hereby choose to give myself permission to use **sweetness** consciously, because

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at

Then I choose to continue to tap as suggested below.

1. EB: I hereby choose to give myself permission to use **The Microring of Love** consciously in all my affairs, because
2. SE: I hereby choose to give myself permission to use **amiability** consciously, because I think that

3. UE: I hereby choose to give myself permission to use **forgiveness** consciously, because I think that
4. UN: I hereby choose to give myself permission to use **conciliatory** consciously, because I think that
5. CH: I hereby choose to give myself permission to use **sweetness** consciously, because I think that
6. CB: I really feel that I bring joy to myself, when I choose to use **amiability** and **forgiveness** consciously, because
7. UA: I really feel that I bring joy to myself, when I choose to use **conciliatory** and **sweetness** consciously, because
8. TH: I hereby choose to give myself permission to use **The Microring of Love** by using **amiability, light-heartedness, conciliatory** and **sweetness** consciously in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

Task 8d:

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.

If I choose to move from the **Microring of Arrogance** to the **Microring of Truth** I choose to use the format below for my analyses  
The Micro-Ring of Arrogance – The Micro-Ring of Truth.

Today I used:

**The Microring of Arrogance** with its:

- a. Disrespect
- b. Craftiness
- c. Distortion
- d. Separateness

Today I used The Microring of Arrogance, because

I write down how making use of **The Microring of Arrogance** made me think, feel, act and relate to others in the situation.

**Disrespect:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Craftiness:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Distortion:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Separateness:**

I thought that

I felt that

I acted by

I related to others in the situation by

Furthermore, I write down what it was that I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that

Then, I describe how I **believe** the situation could have transpired if instead I had used the corresponding Ring of Joy, which is:

**The Microring of Truth** with its

- a. Respectfulness
- b. Straightforwardness
- c. Precision
- d. Togetherness

I believe that if instead I had used **The Microring of Truth** on , then , because

Besides that, I write down how I **believe** that my use of **The Microring of Truth** would have made me think, feel, act and relate to others in the situation.

#### **Respectfulness:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

#### **Straightforwardness:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

#### **Precision:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

#### **Togetherness:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using this Ring and why.

I believe that if instead I had used **The Microring of Truth** on , then , because

After having moved mentally and emotionally between **The Microring of Arrogance** and **the Microring of Truth** in this way, I choose to move energetically between the two Rings as described below by first inserting my answers in the tapping protocol and then I finish my Six Step analyses by tapping through the protocol that I have written.

I begin with:

**The Microring of Arrogance** with its:

- a. Disrespect
- b. Craftiness
- c. Distortion

#### d. Separateness

First, I take a deep breath and I sense how the intensity of my pain is by being in **The Microring of Arrogance** on a scale from 0-10.

The pain is at

I then choose to tap as suggested below on the topic that I have used **The Microring of Arrogance** on today.

The four setup statements for the two tapping rounds below:

##### 1. KC

- a. KC left: Even though I chose to use **The Microring of Arrogance** today by using **disrespect** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Microring of Arrogance** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- b. KC right: Even though I chose to use **The Microring of Arrogance** today by using **craftiness** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Microring of Arrogance** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- c. KC left: Even though I chose to use **The Microring of Arrogance** today by using **distortion** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Microring of Arrogance** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- d. KC right: Even though I chose to use **The Microring of Arrogance** today by using **separateness** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Microring of Arrogance** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

The two times eight reminder statements for the two tapping rounds below:

2. EB: My **disrespect** makes me think that



3. SE: My **craftiness** makes me feel that
4. UE: My **distortion** makes me think of that
5. UN: My **separateness** makes me feel that
6. CH: My **disrespect** makes me feel that
7. CB: My **craftiness** makes think that
8. UA: My **distortion** makes me feel that
9. TH: My **separateness** makes me think that

Then I take a deep breath and sense how the intensity of my pain is on a scale of 0-10.

The pain is at

And I choose to continue to tap as suggested below.

1. EB: Maybe I could open up to let go of my **disrespect** if
2. SE: Then I could also let go of my **craftiness** by
3. UE: If I did that I might no longer need to hold on to my **distortion**, which
4. UN: Then I could also let go of my **separateness** by
5. CH: I believe that now I can recover from both my **disrespect** and **craftiness**, because
6. CB: Yes, actually, I begin to believe that I can let go of both my **distortion** and my **craftiness**, because
7. UA: Now, I open myself completely to let go of **The Microring of Arrogance** because
8. TH: I now feel entirely ready to allow my Higher Power to liberate me from **The Microring of Arrogance** and thereby from using **disrespect, craftiness, distortion** and **separateness** in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at

I continue my tapping rounds until my pain of being in **The Microring of Arrogance** is tapped down to minimum half of the number, which I gave the intensity of the original pain,

and preferably a number that is even smaller, before I choose to go on tapping as suggested below on the corresponding Ring of Joy, which is:

**The Microring of Truth** with its:

- a. Respectfulness
- b. Straightforwardness
- c. Precision
- d. Togetherness

The four setup statements for the two tapping rounds below:

1. KC
  - a. KC left : I hereby choose to give myself permission to use **The Microring of Truth** by using **respectfulness** consciously to , because
  - b. KC right: I hereby choose to give myself permission to use **The Microring of Truth** by using **straightforwardness** consciously to , because
  - c. KC left: I hereby choose to give myself permission to use **The Microring of Truth** by using **precision** consciously to , because
  - d. KC right: I hereby choose to give myself permission to use **The Microring of Truth** by using **togetherness** consciously to , because

The eight reminder statements for the two tapping rounds below:

2. EB: I hereby choose to give myself permission to use **respectfulness** consciously by
3. SE: I hereby choose to give myself permission to use **straightforwardness** consciously by
4. UE: I hereby choose to give myself permission to use **precision** consciously by
5. UN: I hereby choose to give myself permission to use **togetherness** consciously by
6. CH: I hereby choose to give myself permission to use **respectfulness** consciously, because
7. CB: I hereby choose to give myself permission to use **straightforwardness** consciously, because
8. UA: I hereby choose to give myself permission to use **precision** consciously, because

9. TH: I hereby choose to give myself permission to use **togetherness** consciously, because

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at

Then I choose to continue to tap as suggested below.

1. EB: I hereby choose to give myself permission to use **The Microring of Truth** consciously in all my affairs, because
2. SE: I hereby choose to give myself permission to use **respectfulness** consciously, because I think that
3. UE: I hereby choose to give myself permission to use **straightforwardness** consciously, because I think that
4. UN: I hereby choose to give myself permission to use **precision** consciously, because I think that
5. CH: I hereby choose to give myself permission to use **togetherness** consciously, because I think that
6. CB: I really feel that I bring joy to myself, when I choose to use **respectfulness** and **straightforwardness** consciously, because
7. UA: I really feel that I bring joy to myself, when I choose to use **precision** and **togetherness** consciously, because
8. TH: I hereby choose to give myself permission to use **The Microring of Truth** by using **respectfulness**, **light-heartedness**, **precision** and **togetherness** consciously in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

Task 9:

I choose to carry out **minimum** one inventory with one set of The Four Nanorings.

Task 9a:

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.

If I choose to move from the **Nanoring of Avarice** to the **Nanoring of Faith** I choose to use the format below for my analyses.

The Nano-Ring of Avarice – The Nano-Ring of Faith.

Today I used:

**The Nanoring of Avarice** with its:

- a. Inhibition
- b. Nervousness
- c. Complaining
- d. Indifference

Today I used The Nanoring of Avarice, because

I write down how making use of **The Nanoring of Avarice** made me think, feel, act and relate to others in the situation.

**Inhibition:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Nervousness:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Complaining:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Indifference:**

I thought that

I felt that

I acted by  
I related to others in the situation by

Furthermore, I write down what it was that I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that

Then, I describe how I **believe** the situation could have transpired if instead I had used the corresponding Ring of Joy, which is:

**The Nanoring of Faith** with its

- a. Approachability
- b. Light-heartedness
- c. Validation
- d. Involvement

I believe that if instead I had used **The Nanoring of Faith** on , then , because

Besides that, I write down how I **believe** that my use of **The Nanoring of Faith** would have made me think, feel, act and relate to others in the situation.

#### **Approachability:**

I believe that I would think that  
I believe that I would feel that  
I believe that I would act by  
I believe that I would relate to the other/others in the situation by

#### **Light-heartedness:**

I believe that I would think that  
I believe that I would feel that  
I believe that I would act by  
I believe that I would relate to the other/others in the situation by

#### **Validation:**

I believe that I would think that  
I believe that I would feel that  
I believe that I would act by  
I believe that I would relate to the other/others in the situation by

#### **Involvement:**

I believe that I would think that  
I believe that I would feel that  
I believe that I would act by  
I believe that I would relate to the other/others in the situation by

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using this Ring and why.

I believe that if instead I had used **The Nanoring of Faith** on , then , because

After having moved mentally and emotionally between **The Nanoring of Avarice** and **the Nanoring of Faith** in this way, I choose to move energetically between the two Rings as described below by first inserting my answers in the tapping protocol and then I finish my Six Step analyses by tapping through the protocol that I have written.

I begin with:

**The Nanoring of Avarice** with its:

- a. Inhibition
- b. Nervousness
- c. Complaining
- d. Indifference

First, I take a deep breath and I sense how the intensity of my pain is by being in **The Nanoring of Avarice** on a scale from 0-10.

The pain is at

I then choose to tap as suggested below on the topic that I have used **The Nanoring of Avarice** on today.

The four setup statements for the two tapping rounds below:

#### 1. KC

- a. KC left: Even though I chose to use **The Nanoring of Avarice** today by using **inhibition** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Nanoring of Avarice** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- b. KC right: Even though I chose to use **The Nanoring of Avarice** today by using **nervousness** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Nanoring of Avarice** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

- c. KC left: Even though I chose to use **The Nanoring of Avarice** today by using **complaining** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Nanoring of Avarice** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- d. KC right: Even though I chose to use **The Nanoring of Avarice** today by using **indifference** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Nanoring of Avarice** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

The two times eight reminder statements for the two tapping rounds below:

- 2. EB: My **inhibition** makes me think that
- 3. SE: My **nervousness** makes me feel that
- 4. UE: My **complaining** makes me think of that
- 5. UN: My **indifference** makes me feel that
- 6. CH: My **inhibition** makes me feel that
- 7. CB: My **nervousness** makes think that
- 8. UA: My **complaining** makes me feel that
- 9. TH: My **indifference** makes me think that

Then I take a deep breath and sense how the intensity of my pain is on a scale of 0-10.

The pain is at

And I choose to continue to tap as suggested below.

- 1. EB: Maybe I could open up to let go of my **inhibition** if
- 2. SE: Then I could also let go of my **nervousness** by
- 3. UE: If I did that I might no longer need to hold on to my **complaining**, which
- 4. UN: Then I could also let go of my **indifference** by

5. CH: I believe that now I can recover from both my **inhibition** and **nervousness**, because
6. CB: Yes, actually, I begin to believe that I can let go of both my **complaining** and my **nervousness**, because
7. UA: Now, I open myself completely to let go of **The Nanoring of Avarice** because
8. TH: I now feel entirely ready to allow my Higher Power to liberate me from **The Nanoring of Avarice** and thereby from using **inhibition, nervousness, complaining** and **indifference** in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at

I continue my tapping rounds until my pain of being in **The Nanoring of Avarice** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on the corresponding Ring of Joy, which is:

**The Nanoring of Faith** with its:

- a. **Approachability**
- b. **Light-heartedness**
- c. **Validation**
- d. **Involvement**

The four setup statements for the two tapping rounds below:

1. KC
  - a. KC left : I hereby choose to give myself permission to use **The Nanoring of Faith** by using **approachability** consciously to , because
  - b. KC right: I hereby choose to give myself permission to use **The Nanoring of Faith** by using **light-heartedness** consciously to , because
  - c. KC left: I hereby choose to give myself permission to use **The Nanoring of Faith** by using **validation** consciously to , because
  - d. KC right: I hereby choose to give myself permission to use **The Nanoring of Faith** by using **involvement** consciously to , because

The eight reminder statements for the two tapping rounds below:



2. EB: I hereby choose to give myself permission to use **approachability** consciously by
3. SE: I hereby choose to give myself permission to use **light-heartedness** consciously by
4. UE: I hereby choose to give myself permission to use **validation** consciously by
5. UN: I hereby choose to give myself permission to use **involvement** consciously by
6. CH: I hereby choose to give myself permission to use **approachability** consciously, because
7. CB: I hereby choose to give myself permission to use **light-heartedness** consciously, because
8. UA: I hereby choose to give myself permission to use **validation** consciously, because
9. TH: I hereby choose to give myself permission to use **involvement** consciously, because

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at

Then I choose to continue to tap as suggested below.

1. EB: I hereby choose to give myself permission to use **The Nanoring of Faith** consciously in all my affairs, because
2. SE: I hereby choose to give myself permission to use **approachability** consciously, because I think that
3. UE: I hereby choose to give myself permission to use **light-heartedness** consciously, because I think that
4. UN: I hereby choose to give myself permission to use **validation** consciously, because I think that
5. CH: I hereby choose to give myself permission to use **involvement** consciously, because I think that
6. CB: I really feel that I bring joy to myself, when I choose to use **approachability** and **light-heartedness** consciously, because

7. UA: I really feel that I bring joy to myself, when I choose to use **validation** and **involvement** consciously, because
8. TH: I hereby choose to give myself permission to use **The Nanoring of Faith** by using **approachability**, **light-heartedness**, **validation** and **involvement** consciously in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

Task 9b:

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.

If I choose to move from the **Nanoring of Envy** to the **Nanoring of Hope** I choose to use the format below for my analyses.

The Nano-Ring of Envy – The Nano-Ring of Hope.

Today I used:

**The Nanoring of Envy** with its:

- a. **Uncertainty**
- b. **Uncultivatedness**
- c. **Indecision**
- d. **Rashness**

Today I used The Nanoring of Envy, because

I write down how making use of **The Nanoring of Envy** made me think, feel, act and relate to others in the situation.

**Uncertainty:**

I thought that

I felt that

I acted by

I related to others in the situation by

**Uncultivatedness:**

I thought that  
 I felt that  
 I acted by  
 I related to others in the situation by

**Indecision:**

I thought that  
 I felt that  
 I acted by  
 I related to others in the situation by

**Rashness:**

I thought that  
 I felt that  
 I acted by  
 I related to others in the situation by

Furthermore, I write down what it was that I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that

Then, I describe how I **believe** the situation could have transpired if instead I had used the corresponding Ring of Joy, which is:

**The Nanoring of Hope** with its

- a. Acceptance
- b. Willingness
- c. Quietness
- d. Flexibility

I believe that if instead I had used **The Nanoring of Hope** on , then , because

Besides that, I write down how I **believe** that my use of **The Nanoring of Hope** would have made me think, feel, act and relate to others in the situation.

**Acceptance:**

I believe that I would think that  
 I believe that I would feel that  
 I believe that I would act by  
 I believe that I would relate to the other/others in the situation by

**Willingness:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Quietness:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

**Flexibility:**

I believe that I would think that

I believe that I would feel that

I believe that I would act by

I believe that I would relate to the other/others in the situation by

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using this Ring and why.

I believe that if instead I had used **The Nanoring of Hope** on , then , because

After having moved mentally and emotionally between **The Nanoring of Envy** and **the Nanoring of Hope** in this way, I choose to move energetically between the two Rings as described below by first inserting my answers in the tapping protocol and then I finish my Six Step analyses by tapping through the protocol that I have written.

I begin with:

**The Nanoring of Envy** with its:

- a. **Uncertainty**
- b. **Uncultivatedness**
- c. **Indecision**
- d. **Rashness**

First, I take a deep breath and I sense how the intensity of my pain is by being in **The Nanoring of Envy** on a scale from 0-10.

The pain is at

I then choose to tap as suggested below on the topic that I have used **The Nanoring of Envy** on today.

The four setup statements for the two tapping rounds below:

## 1. KC

- a. KC left: Even though I chose to use **The Nanoring of Envy** today by using **uncertainty** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Nanoring of Envy** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- b. KC right: Even though I chose to use **The Nanoring of Envy** today by using **uncultivatedness** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Nanoring of Envy** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- c. KC left: Even though I chose to use **The Nanoring of Envy** today by using **indecision** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Nanoring of Envy** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- d. KC right: Even though I chose to use **The Nanoring of Envy** today by using **rashness** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Nanoring of Envy** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

The two times eight reminder statements for the two tapping rounds below:

- 2. EB: My **uncertainty** makes me think that
- 3. SE: My **uncultivatedness** makes me feel that
- 4. UE: My **indecision** makes me think of that
- 5. UN: My **rashness** makes me feel that
- 6. CH: My **uncertainty** makes me feel that
- 7. CB: My **uncultivatedness** makes think that

8. UA: My **indecision** makes me feel that

9. TH: My **rashness** makes me think that

Then I take a deep breath and sense how the intensity of my pain is on a scale of 0-10.

The pain is at

And I choose to continue to tap as suggested below.

1. EB: Maybe I could open up to let go of my **uncertainty** if

2. SE: Then I could also let go of my **uncultivatedness** by

3. UE: If I did that I might no longer need to hold on to my **indecision**, which

4. UN: Then I could also let go of my **rashness** by

5. CH: I believe that now I can recover from both my **uncertainty** and **uncultivatedness**, because

6. CB: Yes, actually, I begin to believe that I can let go of both my **indecision** and my **uncultivatedness**, because

7. UA: Now, I open myself completely to let go of **The Nanoring of Envy** because

8. TH: I now feel entirely ready to allow my Higher Power to liberate me from **The Nanoring of Envy** and thereby from using **uncertainty, uncultivatedness, indecision** and **rashness** in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at

I continue my tapping rounds until my pain of being in **The Nanoring of Envy** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on the corresponding Ring of Joy, which is:

**The Nanoring of Hope** with its:

- a. **Acceptance**
- b. **Willingness**
- c. **Quietness**
- d. **Flexibility**

The four setup statements for the two tapping rounds below:

1. KC

- a. KC left : I hereby choose to give myself permission to use **The Nanoring of Hope** by using **acceptance** consciously to , because
- b. KC right: I hereby choose to give myself permission to use **The Nanoring of Hope** by using **willingness** consciously to , because
- c. KC left: I hereby choose to give myself permission to use **The Nanoring of Hope** by using **quietness** consciously to , because
- d. KC right: I hereby choose to give myself permission to use **The Nanoring of Hope** by using **flexibility** consciously to , because

The eight reminder statements for the two tapping rounds below:

2. EB: I hereby choose to give myself permission to use **acceptance** consciously by
3. SE: I hereby choose to give myself permission to use **willingness** consciously by
4. UE: I hereby choose to give myself permission to use **quietness** consciously by
5. UN: I hereby choose to give myself permission to use **flexibility** consciously by
6. CH: I hereby choose to give myself permission to use **acceptance** consciously, because
7. CB: I hereby choose to give myself permission to use **willingness** consciously, because
8. UA: I hereby choose to give myself permission to use **quietness** consciously, because
9. TH: I hereby choose to give myself permission to use **flexibility** consciously, because

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at

Then I choose to continue to tap as suggested below.

1. EB: I hereby choose to give myself permission to use **The Nanoring of Hope** consciously in all my affairs, because

2. SE: I hereby choose to give myself permission to use **acceptance** consciously, because I think that
3. UE: I hereby choose to give myself permission to use **willingness** consciously, because I think that
4. UN: I hereby choose to give myself permission to use **quietness** consciously, because I think that
5. CH: I hereby choose to give myself permission to use **flexibility** consciously, because I think that
6. CB: I really feel that I bring joy to myself, when I choose to use **acceptance** and **willingness** consciously, because
7. UA: I really feel that I bring joy to myself, when I choose to use **quietness** and **flexibility** consciously, because
8. TH: I hereby choose to give myself permission to use **The Nanoring of Hope** by using **acceptance**, **willingness**, **quietness** and **flexibility** consciously in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

Task 9c:

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.

If I choose to move from the **Nanoring of Hatred** to the **Nanoring of Love** I choose to use the format below for my analyses.

The Nano-Ring of Hatred – The Nano-Ring of Love.

Today I used:

**The Nanoring of Hatred** with its:

- a. **Resentment**



- b. Unwillingness
- c. Vociferousness
- d. Stiff-neckedness

Today I used The Nanoring of Hatred, because

I write down how making use of **The Nanoring of Hatred** made me think, feel, act and relate to others in the situation.

**Resentment:**

1. I thought that
2. I felt that
3. I acted by
4. I related to others in the situation by

**Unwillingness:**

1. I thought that
2. I felt that
3. I acted by
4. I related to others in the situation by

**Vociferousness:**

1. I thought that
2. I felt that
3. I acted by
4. I related to others in the situation by

**Stiff-neckedness:**

1. I thought that
2. I felt that
3. I acted by
4. I related to others in the situation by

Furthermore, I write down what it was that I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that

Then, I describe how I **believe** the situation could have transpired if instead I had used the corresponding Ring of Joy, which is:

**The Nanoring of Love** with its

- a. Acceptance
- b. Willingness
- c. Quietness

#### d. Flexibility

I believe that if instead I had used **The Nanoring of Love** on , then , because

Besides that, I write down how I **believe** that my use of **The Nanoring of Love** would have made me think, feel, act and relate to others in the situation.

#### Acceptance:

1. I believe that I would think that
2. I believe that I would feel that
3. I believe that I would act by
4. I believe that I would relate to the other/others in the situation by

#### Willingness:

1. I believe that I would think that
2. I believe that I would feel that
3. I believe that I would act by
4. I believe that I would relate to the other/others in the situation by

#### Quietness:

1. I believe that I would think that
2. I believe that I would feel that
3. I believe that I would act by
4. I believe that I would relate to the other/others in the situation by

#### Flexibility:

1. I believe that I would think that
2. I believe that I would feel that
3. I believe that I would act by
4. I believe that I would relate to the other/others in the situation by

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using this Ring and why.

I believe that if instead I had used **The Nanoring of Love**, then , because

After having moved mentally and emotionally between **The Nanoring of Hatred** and **the Nanoring of Love** in this way, I choose to move energetically between the two Rings as described below by first inserting my answers in the tapping protocol and then I finish my Six Step analyses by tapping through the protocol that I have written.

I begin with:

**The Nanoring of Hatred** with its:

#### a. Resentment

- b. Unwillingness
- c. Vociferousness
- d. Stiff-neckedness

First, I take a deep breath and I sense how the intensity of my pain is by being in **The Nanoring of Hatred** on a scale from 0-10.

The pain is at

I then choose to tap as suggested below on the topic that I have used **The Nanoring of Hatred** on today.

The four setup statements for the two tapping rounds below:

1. KC

- a. KC left: Even though I chose to use **The Nanoring of Hatred** today by using **resentment** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Nanoring of Hatred** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- b. KC right: Even though I chose to use **The Nanoring of Hatred** today by using **unwillingness** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Nanoring of Hatred** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- c. KC left: Even though I chose to use **The Nanoring of Hatred** today by using **vociferousness** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Nanoring of Hatred** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- d. KC right: Even though I chose to use **The Nanoring of Hatred** today by using **stiff-neckedness** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Nanoring of Hatred** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

The two times eight reminder statements for the two tapping rounds below:

2. EB: My **resentment** makes me think that
3. SE: My **unwillingness** makes me feel that
4. UE: My **vociferousness** makes me think of that
5. UN: My **stiff-neckedness** makes me feel that
6. CH: My **resentment** makes me feel that
7. CB: My **unwillingness** makes think that
8. UA: My **vociferousness** makes me feel that
9. TH: My **stiff-neckedness** makes me think that

Then I take a deep breath and sense how the intensity of my pain is on a scale of 0-10.

The pain is at

And I choose to continue to tap as suggested below.

1. EB: Maybe I could open up to let go of my **resentment** if
2. SE: Then I could also let go of my **unwillingness** by
3. UE: If I did that I might no longer need to hold on to my **vociferousness**, which
4. UN: Then I could also let go of my **stiff-neckedness** by
5. CH: I believe that now I can recover from both my **resentment** and **unwillingness**, because
6. CB: Yes, actually, I begin to believe that I can let go of both my **vociferousness** and my **unwillingness**, because
7. UA: Now, I open myself completely to let go of **The Nanoring of Hatred** because
8. TH: I now feel entirely ready to allow my Higher Power to liberate me from **The Nanoring of Hatred** and thereby from using **resentment**, **unwillingness**, **vociferousness** and **stiff-neckedness** in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at

I continue my tapping rounds until my pain of being in **The Nanoring of Hatred** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on the corresponding Ring of Joy, which is:

**The Nanoring of Love** with its:

- a. Acceptance
- b. Willingness
- c. Quietness
- d. Flexibility

The four setup statements for the two tapping rounds below:

1. KC

- a. KC left : I hereby choose to give myself permission to use **The Nanoring of Love** by using **acceptance** consciously to , because
- b. KC right: I hereby choose to give myself permission to use **The Nanoring of Love** by using **willingness** consciously to , because
- c. KC left: I hereby choose to give myself permission to use **The Nanoring of Love** by using **quietness** consciously to , because
- d. KC right: I hereby choose to give myself permission to use **The Nanoring of Love** by using **flexibility** consciously to , because

The eight reminder statements for the two tapping rounds below:

- 2. EB: I hereby choose to give myself permission to use **acceptance** consciously by
- 3. SE: I hereby choose to give myself permission to use **willingness** consciously by
- 4. UE: I hereby choose to give myself permission to use **quietness** consciously by
- 5. UN: I hereby choose to give myself permission to use **flexibility** consciously by
- 6. CH: I hereby choose to give myself permission to use **acceptance** consciously, because
- 7. CB: I hereby choose to give myself permission to use **willingness** consciously, because
- 8. UA: I hereby choose to give myself permission to use **quietness** consciously, because

9. TH: I hereby choose to give myself permission to use **flexibility** consciously, because

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at

Then I choose to continue to tap as suggested below.

1. EB: I hereby choose to give myself permission to use **The Nanoring of Love** consciously in all my affairs, because
2. SE: I hereby choose to give myself permission to use **acceptance** consciously, because I think that
3. UE: I hereby choose to give myself permission to use **willingness** consciously, because I think that
4. UN: I hereby choose to give myself permission to use **quietness** consciously, because I think that
5. CH: I hereby choose to give myself permission to use **flexibility** consciously, because I think that
6. CB: I really feel that I bring joy to myself, when I choose to use **acceptance** and **willingness** consciously, because
7. UA: I really feel that I bring joy to myself, when I choose to use **quietness** and **flexibility** consciously, because
8. TH: I hereby choose to give myself permission to use **The Nanoring of Love** by using **acceptance**, **willingness**, **quietness** and **flexibility** consciously in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

Task 9d:

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.

If I choose to move from the **Nanoring of Arrogance** to the **Nanoring of Truth** I choose to use the format below for my analyses.

The Nano-Ring of Arrogance – The Nano-Ring of Truth.

Today I used:

**The Nanoring of Arrogance** with its:

- a. Insincerity
- b. Cunning
- c. Unreliability
- d. Alienation

Today I used The Nanoring of Arrogance, because

I write down how making use of **The Nanoring of Arrogance** made me think, feel, act and relate to others in the situation.

**Insincerity:**

- 1. I thought that
- 2. I felt that
- 3. I acted by
- 4. I related to others in the situation by

**Cunning:**

- 1. I thought that
- 2. I felt that
- 3. I acted by
- 4. I related to others in the situation by

**Unreliability:**

- 1. I thought that
- 2. I felt that
- 3. I acted by
- 4. I related to others in the situation by

**Alienation:**

- 1. I thought that
- 2. I felt that
- 3. I acted by
- 4. I related to others in the situation by

Furthermore, I write down what it was that I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that

Then, I describe how I **believe** the situation could have transpired if instead I had used the corresponding Ring of Joy, which is:

**The Nanoring of Truth** with its

- a. Sincerity
- b. Simplicity
- c. Reliability
- d. Familiarity

I believe that if instead I had used **The Nanoring of Truth** on , then , because

Besides that, I write down how I **believe** that my use of **The Nanoring of Truth** would have made me think, feel, act and relate to others in the situation.

**Sincerity:**

1. I believe that I would think that
2. I believe that I would feel that
3. I believe that I would act by
4. I believe that I would relate to the other/others in the situation by

**Simplicity:**

1. I believe that I would think that
2. I believe that I would feel that
3. I believe that I would act by
4. I believe that I would relate to the other/others in the situation by

**Reliability:**

1. I believe that I would think that
2. I believe that I would feel that
3. I believe that I would act by
4. I believe that I would relate to the other/others in the situation by

**Familiarity:**

1. I believe that I would think that
2. I believe that I would feel that
3. I believe that I would act by
4. I believe that I would relate to the other/others in the situation by



In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using this Ring and why.

I believe that if instead I had used **The Nanoring of Truth** on , then , because

After having moved mentally and emotionally between **The Nanoring of Arrogance** and **the Nanoring of Truth** in this way, I choose to move energetically between the two Rings as described below by first inserting my answers in the tapping protocol and then I finish my Six Step analyses by tapping through the protocol that I have written.

I begin with:

**The Nanoring of Arrogance** with its:

- a. Insincerity
- b. Cunning
- c. Unreliability
- d. Alienation

First, I take a deep breath and I sense how the intensity of my pain is by being in **The Nanoring of Arrogance** on a scale from 0-10.

The pain is at

I then choose to tap as suggested below on the topic that I have used **The Nanoring of Arrogance** on today.

The four setup statements for the two tapping rounds below:

#### 1. KC

- a. KC left: Even though I chose to use **The Nanoring of Arrogance** today by using **insincerity** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Nanoring of Arrogance** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- b. KC right: Even though I chose to use **The Nanoring of Arrogance** today by using **cunning** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Nanoring of Arrogance** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

- c. KC left: Even though I chose to use **The Nanoring of Arrogance** today by using **unreliability** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Nanoring of Arrogance** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because
- d. KC right: Even though I chose to use **The Nanoring of Arrogance** today by using **alienation** to , I completely and totally love and accept myself for being exactly the way I am, because , and I also completely and totally love and accept **The Nanoring of Arrogance** for being exactly the way it is, because , and I also completely and totally love and accept the pain for being exactly the way it is, because

The two times eight reminder statements for the two tapping rounds below:

- 2. EB: My **insincerity** makes me think that
- 3. SE: My **cunning** makes me feel that
- 4. UE: My **unreliability** makes me think of that
- 5. UN: My **alienation** makes me feel that
- 6. CH: My **insincerity** makes me feel that
- 7. CB: My **cunning** makes think that
- 8. UA: My **unreliability** makes me feel that
- 9. TH: My **alienation** makes me think that

Then I take a deep breath and sense how the intensity of my pain is on a scale of 0-10.

The pain is at

And I choose to continue to tap as suggested below.

- 1. EB: Maybe I could open up to let go of my **insincerity** if
- 2. SE: Then I could also let go of my **cunning** by
- 3. UE: If I did that I might no longer need to hold on to my **unreliability**, which
- 4. UN: Then I could also let go of my **alienation** by

5. CH: I believe that now I can recover from both my **insincerity** and **cunning**, because
6. CB: Yes, actually, I begin to believe that I can let go of both my **unreliability** and my **cunning**, because
7. UA: Now, I open myself completely to let go of **The Nanoring of Arrogance** because
8. TH: I now feel entirely ready to allow my Higher Power to liberate me from **The Nanoring of Arrogance** and thereby from using **insincerity**, **cunning**, **unreliability** and **alienation** in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at

I continue my tapping rounds until my pain of being in **The Nanoring of Arrogance** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on the corresponding Ring of Joy, which is:

**The Nanoring of Truth** with its:

- a. **Sincerity**
- b. **Simplicity**
- c. **Reliability**
- d. **Familiarity**

The four setup statements for the two tapping rounds below:

1. KC
  - a. KC left : I hereby choose to give myself permission to use **The Nanoring of Truth** by using **sincerity** consciously to , because
  - b. KC right: I hereby choose to give myself permission to use **The Nanoring of Truth** by using **simplicity** consciously to , because
  - c. KC left: I hereby choose to give myself permission to use **The Nanoring of Truth** by using **reliability** consciously to , because
  - d. KC right: I hereby choose to give myself permission to use **The Nanoring of Truth** by using **familiarity** consciously to , because

The eight reminder statements for the two tapping rounds below:

2. EB: I hereby choose to give myself permission to use **sincerity** consciously by
3. SE: I hereby choose to give myself permission to use **simplicity** consciously by
4. UE: I hereby choose to give myself permission to use **reliability** consciously by
5. UN: I hereby choose to give myself permission to use **familiarity** consciously by
6. CH: I hereby choose to give myself permission to use **sincerity** consciously, because
7. CB: I hereby choose to give myself permission to use **simplicity** consciously, because
8. UA: I hereby choose to give myself permission to use **reliability** consciously, because
9. TH: I hereby choose to give myself permission to use **familiarity** consciously, because

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at

Then I choose to continue to tap as suggested below.

1. EB: I hereby choose to give myself permission to use **The Nanoring of Truth** consciously in all my affairs, because
2. SE: I hereby choose to give myself permission to use **sincerity** consciously, because I think that
3. UE: I hereby choose to give myself permission to use **simplicity** consciously, because I think that
4. UN: I hereby choose to give myself permission to use **reliability** consciously, because I think that
5. CH: I hereby choose to give myself permission to use **familiarity** consciously, because I think that
6. CB: I really feel that I bring joy to myself, when I choose to use **sincerity** and **simplicity** consciously, because
7. UA: I really feel that I bring joy to myself, when I choose to use **reliability** and **familiarity** consciously, because

8. TH: I hereby choose to give myself permission to use **The Nanoring of Truth** by using **sincerity, simplicity, reliability** and **familiarity** consciously in relation to myself and others, because

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

Task 10:

Am I now entirely ready to have my Higher Power transform my defects of character?

### APPLYING STEP SIX

Every day for one week, I choose to write down a **minimum** of one example from my day as to how I applied my Sixth Step so as to become entirely ready to become liberated from one of my defects of character today.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

## STEP SEVEN

### WE HUMBLY ASKED OUR HIGHER POWER TO TRANSFORM OUR DEFECTS OF CHARACTER.

Dear AcAdAn Member, CONGRATULATIONS!

After having completed Step Six you have now become Lord/Lady of the Rings!

You have also now begun your work on Step Seven!

The Principle of Step Seven is **letting go**.

The Slogan of Step Seven is: *Let go and let God*.

### SUGGESTIONS

- 1) Read Step Seven from the book *Active Addictions Anonymous – The Wild Life*.
- 2) Share your perception of what you read with your Sponsor or your Recovery Buddy and in an AcAdAn meeting.  
My perception of the text of Step 7 is:
- 3) Work the tasks of the Seventh Step as suggested below.
- 4) Share your experiences and conclusions about your work on Step Seven with your Sponsor or your Recovery Buddy and in an AcAdAn Meeting.

My perception of the work with Step 7 is:

Hugs and love to you from AcAdAn!

### TASKS FOR WORKING STEP SEVEN

Task 1:

I choose to pray asking my Higher Power to liberate me from all my defects of character, either alone or together with my Sponsor, at home, in nature, in a place of worship of my choice or at any other place that is appealing to me to perform this task.

I can use any prayer I like for this purpose, or I can simply say or think: God, liberate me from all of my defects of character.

### Task 2:

Then I make a list of defects of character from the Ring of Emptiness, the Ring of Self-centeredness, the Ring of Co-dependency, the Big Ring of Pain the Minirings of Pain, the Microrings of Pain and the Nanorings of Pain, in total 80 defects of character from the Archetypical Rings and I choose to read the list slowly every day for one week, before I start my daily routines.

If I want, I can also add further some of the defects of character from the list provided at the end of this chapter, as well as any other defects that I have identified in my personal psychological landscape.

### Task 3:

When I spot one of these defects of character getting active within me in the course of the day, I pray to my Higher Power to liberate me from the defect/s of character active in the situation.

If needed, I stop my activities, step back for a moment, and focus on the prayer completely.

### Task 4:

I choose to write down one situation from the day where my Seventh Step worked for me.

### Task 5:

After I have prayed to my Higher Power for a maximum of four times to be liberated from my defect of character, if I still find my defect of character troubling me, I investigate the situation more closely by the help of Steps One to Six.

## APPLYING STEP SEVEN

Every day for one week, I choose to write down a **minimum** of one example as to how I applied my Seventh Step with success on a situation in the course of my day, and what happened as a result.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

### LIST OF DEFECTS OF CHARACTER

Below you'll find a list of defects of character.

Anger	Apathy	Attack	Betrayal
Blaming	Complacency	Controlling	Deceit
Defence	Delusion	Despair	Disappointment
Dishonesty	Distortion	Embarrassment	Expectation
Fear	Frustration	Guilt	Gorging
Grief	Grudge	Illusion	Inadequacy
Jealousy	Judging	Justification	Misery
Nervousness	Offending	Overpowering	Paranoia
Preconception	Panic	Procrastination	Projection
Rage	Rationalization	Recklessness	Resentment
Ridicule	Rigid	Self-absorption	Self-aggrandizing
Self-destructive	Self-pity	Self-righteousness	Self-seeking
Shame	Spite	Stagnating	Unwilling
Vanity	Vindictiveness	Willfulness	Worry

You can add more defects of character to this list as you spot them active in you while working Steps 4 - 7.

## **STEP EIGHT**

**WE MADE A LIST OF ALL THOSE WE HAD HARMED, BEGINNING WITH OUR SELF, AND BECAME WILLING TO MAKE AMENDS TO ALL.**



Dear AcAdAn Member, CONGRATULATIONS!

You have begun your work on Step Eight!

The principle of Step Eight is **forgiveness**.

The slogan of Step Eight: *Forgive me my wrongs and give me the capacity to forgive those who wrong me.*

### SUGGESTIONS

1) Read Step Eight from the book *Active Addictions Anonymous – The Wild Life*.

Share your perception of what you read with your Sponsor or your Recovery Buddy and in an AcAdAn meeting.

My perception of the text of Step 8 is:

3) Work the tasks of the Eighth Step as suggested below.

4) Share your experiences and conclusions about your work on Step Eight with your Sponsor or your Recovery Buddy and in an AcAdAn Meeting.

My perception of the work with Step 8 is:

Hugs and love to you from AcAdAn!

### TASKS FOR WORKING STEP EIGHT

Task 1:

I choose to make a list as to how I think I have harmed myself and others materially, physically, time-space wise, emotionally, thought wise, socially and spiritually by:

1. destroying my property/possessions and that of others.
2. not taking care of/harming myself and others physically.
3. not respecting my own and others' need for private time and space, and by not acknowledging my own and others' need to also share time and space with each other.
4. hurting myself and others emotionally, through struggling to control my own emotions and by either ignoring or disturbing another's emotions, or by using

abusive tones of voice and facial expressions, to show my irritation or disdain for the other person.

5. abusing myself and others mentally, through obsessing with my own negative thoughts and by putting down others' way of thinking by scorning, belittling or lecturing others, or through showing disrespect for their understanding of an issue.
6. applying my defects of character in my relationship with other people or by showing disrespect if their defects of character are active.
7. abusing or disrespecting my own and others' spiritual beliefs and convictions.

#### Task 2:

By the help of the Ring of Emptiness I work with those injuries that I have inflicted on myself and others due to my emptiness, boredom, meaningless and loneliness.

#### Task 3:

By the help of the Ring of Self-centeredness, I work with those injuries that I have inflicted on myself and others due to my self-criticism, my self-praise, my depression and my euphoria.

#### Task 4:

I also look at my codependency and find out how my attempts to save others from the consequences of their wrongs:

1. seduced myself and them into thinking that it was my job to bear the consequences of their mistakes,
2. thus saving them from the consequences of their mistakes, and at the same time, wasting what my Higher Power had bestowed on me by way of my money, time, energy and interest;
3. because by sacrificing my money, time, energy and personal interests for others and thus enabling them to not learn from their mistakes, I contributed to lead them to getting into more and more severe situations so as to be able to learn what they needed to learn;
4. and by simultaneously offending or hurting them either through thinking, feeling or expressing that they were not the way they ought to be as per my perception of how they should be, wrongly believing that it was my job to change them.

## Task 5:

By the help of the Big Ring of Pain, I work on the injuries I have caused to myself and others due to my avarice, envy, arrogance and hatred.

## Task 6:

By the help of the Rings of Social Interaction, I look into how I have hurt myself by hurting others.

## Task 7:

If I don't think I have harmed anybody or anything, I choose to think of those times where someone objected, got angry, hurt or embarrassed about my actions, words or thoughts; I look into these situations to see if there could be some truth in me having behaved in hurtful or harmful ways towards others and make my list accordingly.

## Task 8:

I make separate lists out of my list of amends based on four different criteria:

1. my list of amends that simply consists in me changing my behaviour.
2. another list of amends where the nature of my amends are about making a commitment to my Higher Power to not make a repetition of the wrong/s in question.
3. yet another list of amends would be the amends I owe to people who are either dead or unreachable, where I choose to make indirect amends, meaning, I make amends to someone who is in similar circumstances like the person I had harmed was in; another approach to indirect amends for some of us has been to go to the grave of a person who has passed away and make our amends by reading out what we wanted to say to this person if they were still alive.
4. the last category would be a list consisting of all those amends where I have to approach another person/group of people through a letter or face-to-face to make my amends.

## Task 9:

When I have finished making these lists, I go through them, while at the same time, I write

down how I think I can make amends to the best of my ability in each of the issues on the lists.

Task 10:

I read the lists to my Higher Power, and while doing this, I add/change my planned course of action for making amends wherever I sense a need to do so.

Task 11:

After this, I go through my lists with my Sponsor and receive his/her suggestions for improvement of my ideas for making amends.

Task 12:

I set a day, which I call the Grand Day of Sacred Forgiveness.

I begin this auspicious day praying to my Higher Power for the capacity and the strength to make the planned amends, both to myself and to others.

Then I pray to my Higher Power to give me the capacity to avoid making the same mistakes in the future.

After this, I go through my lists of amends point-by-point, seeking forgiveness from my Higher Power and also the capacity to forgive myself for the mistakes I had made in the past.

In the end, I forgive myself and others for being limited, ignorant, powerless and mortal.

### APPLYING STEP EIGHT

Every day for one week, I choose to write down a minimum of one example as to how I used my Eighth Step on that day.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

## **STEP NINE**

**WE MADE AMENDS TO OUR SELF AND OTHERS EXCEPT WHEN  
DOING SO WOULD CAUSE MORE HARM TO US OR OTHERS.**

Dear AcAdAn Member, CONGRATULATIONS!

You have begun your work on Step Nine!

The Principle of Step Nine is **liberation**.

The Slogan of Step Nine is: *The right action is the sweet fruit itself.*

### SUGGESTIONS

- 1) Read Step Nine from the book *Active Addictions Anonymous – The Wild Life*.
- 2) Share your perception of what you read with your Sponsor or your Recovery Buddy and in an AcAdAn meeting.  
My perception of the text of Step 9 is:
- 3) Work the tasks of the Ninth Step as suggested below.
- 4) Share your experiences and conclusions about your work on Step Nine with your Sponsor or your Recovery Buddy and in an AcAdAn Meeting.  
My perception of the work with Step 9 is:

Hugs and love to you from AcAdAn!

### TASKS FOR WORKING STEP NINE

Task 1:

Below are suggestions for two types of letters, which you can use in those cases where you have decided to make a written amends.

If you have decided to make your amends face-to-face with the one you feel you have harmed, you can choose to say something along the same lines.

#### Sample Letter 1:-

Dear \_\_\_\_\_

On one occasion, I said/did (*express the harm done*) to you, but since then I have searched myself, and I am dissatisfied with what I said/did on that occasion.

If I had known back then what I know today, I would not have said/done what I said/did.

Unfortunately, I cannot take back what I said or undo what I did back then, but I would like to make amends to you.

Version 1: I would like to offer you (*this compensation*), but maybe you think that something else would satisfy you more.

If so, I would like to hear your suggestion.

Version 2: I don't know if this letter is enough to satisfy you, but if not, I would like to hear your suggestion as to what would satisfy you.

With love from \_\_\_\_\_

Sample Letter 2:-

Dear \_\_\_\_\_

I think that you have deserved love and respect from my side, and therefore, I am dissatisfied with what I said/did (*express the harm done*).

Since then, I have searched myself to find out what made me say/do like I said/did, and if I had known back then what I know today, I would not have said/done what I said/did.

Unfortunately, I cannot take back what I said or undo what I did back then, but I would like to make amends to you.

Version 1: I would like to offer you (*this compensation*), but maybe you think that something else would satisfy you more.

If so, I would like to hear your suggestion.

Version 2: I don't know if this letter is enough to satisfy you, but if not, I would like to hear your suggestion as to what would satisfy you.

With love from \_\_\_\_\_

If I find the suggestion from the other person to be more than what I'm willing or able to do, I admit this, and if possible, I try my best to work out the possible ways in which I could make amends to the other person, to a point which is satisfactory to both of us.

If the other person cannot forgive me, I accept that I'm powerless over another's capacity to forgive, and I let go; I move on with my life, trying my best to not harm another in a similar way anymore.

## **STEP TEN**

### **WE CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.**

Dear AcAdAn Member, CONGRATULATIONS!

After having completed your work with Step Nine you have now achieved access to the source of wisdom in your Divine Self, your Soul and can thus use all your four aspects:

The God/The Goddess – the wisdom-giver.

The Father/The Mother – the care-giver.



The man/The woman – the love-giver.

The boy/The girl – the joy-giver.

You have also now begun your work with Step Ten!

The Principle of Step Ten is **willingness**.

The Slogan of Step Ten is: Guide me through my desires and liberate me from my wrongs.

### SUGGESTIONS

1) Read Step Ten from the book *Active Addictions Anonymous – The Wild Life*.

2) Share your perception of what you read with your Sponsor or your Recovery Buddy and in an AcAdAn meeting.

My perception of the text of Step 10 is:

3) Work the tasks of the Tenth Step as suggested below.

4) Share your experiences and conclusions about your work on Step Ten with your Sponsor or your Recovery Buddy and in an AcAdAn Meeting.

My perception of the work with Step 10 is:

Hugs and love to you from AcAdAn!

### TASKS FOR WORKING STEP TEN

Task 1:

For **minimum** seven days and **maximum** thirty days I choose to take a daily inventory according to the suggested format below, before I move on to Step Eleven:

#### **Day (number):**

Today I used my Seventh Step on , and it worked by (I choose to write down, how my Seventh Step worked for me/but it didn't work, because (I choose to write down, why it did not work for me and move on to apply Step Six)

Next I used my Sixth Step on , and it worked by (I choose to write down, how it worked for me/but it didn't work either, because (I choose to write down, why it did not work for me either and move on to write a Tenth Step like suggested below).

**Step 1:** I choose to write an example down from my day, where my powerlessness over my addiction to chronic dissatisfaction with my humaneness expressed itself, and how that made my life unmanageable.

**Step 2:** I choose to write down what I believe could be the loving, caring, compassionate and merciful intention of my Higher Power behind the situation I described in Step One.

**Step 3:** I choose to write down how I surrendered to what I believe could be the loving, caring, compassionate and merciful intention of my Higher Power.

**Step 4:** I choose to write down those of my defects of character that I became aware of in this inventory that stood in the way of my surrender in Step Three, and which virtues helped me to surrender.

**Step 5:** I choose to read my inventory from Steps 1-4 to my Higher Power, and I choose to share it with another human being.

I choose to make a gratitude list where I write down **minimum** ten blessings that I could be grateful for in the course of my day.

**Step 6:** I choose to make use of a Sixth Step Analyses and an energetic move to become entirely ready to allow my Higher Power to liberate me from using the energies in that Pain Ring, which pained me the most, or by working with all those Rings of Pain that I identified in this inventory by working with them, one at a time.

**Step 7:** I choose to write down minimum one example of how I applied Step Seven on that/those defects of character that I spotted in a situation while it was happening by praying to my Higher Power to liberate me from my defect/s of character, and I also write down what came out of applying Step Seven.

**Step 8:** I choose to write down how I harmed myself or another/others in the situation and the amends I decided to make to myself and the other/s.

I choose to write down how I forgave myself for my wrong/s and let go of it all, and how I forgave others for the wrongs they did towards me.

**Step 9:** I choose to write down how I made my amends.

**Step 10:** Did I admit my wrong promptly and made my amends without any excuses and explanations?

If I did not admit my wrong immediately, how long did I take before I was able to own my mistake, make amends for it, forgive myself and the other and let go of it?

How did I apply a virtue today, and how did that make me think and feel?

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Day 8:

Day 9:

Day 10:

Day 11:

Day 12:

Day 13:

Day 14:

Day 15:

Day 16:

Day 17:

Day 18:

Day 19:

Day 20:

Day 20:

Day 21:

Day 22:

Day 23:

Day 24:

Day 25:

Day 26:

Day 27:

Day 28:

Day 29:

Day 30:

#### APPLYING STEP TEN

After having applied Step Ten every day for **minimum** seven days and **maximum** thirty days t I choose to take a daily inventory according to the suggested format below, before I move on to Step Eleven.

### STEP ELEVEN

**THROUGH PRAYER AND MEDITATION, WE SOUGHT TO IMPROVE OUR  
CONSCIOUS CONTACT WITH OUR HIGHER POWER, *AS WE UNDERSTOOD***

***THAT POWER, PRAYING ONLY FOR THE KNOWLEDGE OF OUR HIGHER POWER'S WILL FOR US AND THE POWER TO CARRY THAT OUT.***

Dear AcAdAn Member, CONGRATULATIONS!

You have begun your work on Step Eleven!

The Principle of Step Eleven is **Expansion of Consciousness**.

The Slogan of Step Eleven is: *God, Your Will be done.*

SUGGESTIONS

1) Read Step Eleven from the book *Active Addictions Anonymous – The Wild Life*.

2) Share your perception of what you read with your Sponsor or your Recovery Buddy and in an AcAdAn meeting.

My perception of the text of Step 11 is:

3) Work the tasks of the Eleventh Step as suggested below.

4) Share your experiences and conclusions about your work on Step Eleven with your Sponsor or your Recovery Buddy and in an AcAdAn Meeting.

My perception of the work with Step 11 is:

Love and hugs to you from AcAdAn!

TASKS FOR WORKING STEP ELEVEN

Task 1:

In the Eleventh Step, I choose to explore various spiritual systems and their methods of meditation to find a form some prayers and some forms of meditation that works for me.

Task 2:

When I have found a method that works for me, I choose to practice my chosen form of meditation for **minimum** seven days and **maximum** thirty days, before I move on to Step Twelve.

Simultaneously, write down **minimum** one benefit that I gained by the help of my meditation every day.

## Task 3:

Furthermore I choose to carry out the below analyses minimum once in the course of those days I choose to work my daily Eleventh Step:

If I want a more detailed description of how I can solve this task, I choose to use the suggestion from the book *Sixth Step Analyzed for members of Active Addictions Anonymous – The Wild Life*.

From **absence of my true Self, my Spirit** to **presence of my true Self, my Spirit**.

Today I used:

**Absence of my true Self, my Spirit** and that made me be:

- a. Unloving
- b. Uncaring
- c. Hardhearted
- d. Merciless

Today I used absence of my true Self, my Spirit, because....

I choose to write down how my use of **absence of my true Self, my Spirit** made me think, feel, act and relate to others in the situation.

**Unloving:**

1. I thought that....
2. I felt that....
3. I acted by....
4. I related to others in the situation by....

**Uncaring:**

1. I thought that....
2. I felt that....
3. I acted by....
4. I related to others in the situation by....

**Hardhearted:**

1. I thought that....
2. I felt that....
3. I acted by....
4. I related to others in the situation by....

#### **Merciless:**

1. I thought that....
2. I felt that....
3. I acted by....
4. I related to others in the situation by....

Furthermore, I write down what it was that I hoped to achieve by using **absence of my true Self, being Spirit**, and if I achieved it.

I hoped to achieve that....

Then, I describe how I **believe** the situation could have transpired if instead I had used **presence of my true Self, my Spirit**.

**Presence of my true Self, my Spirit** and thereby unconditional:

- a. Love
- b. Care
- c. Compassion
- d. Mercy

I choose to write down, how I **believe** that my use of **presence of my true Self, my Spirit** with my true Self's, my Spirit's unconditional love, care, compassion and mercy could have made me think, feel, act and relate to others in the situation.

#### **Love:**

1. I **believe** I would think that....
2. I **believe** I would feel that....
3. I **believe** I would act by....
4. I **believe** I would relate to others in the situation by....

**Care:**

1. I **believe** I would think that....
2. I **believe** I would feel that....
3. I **believe** I would act by....
4. I **believe** I would relate to others in the situation by....

**Compassion:**

1. I **believe** I would think that....
2. I **believe** I would feel that....
3. I **believe** I would act by....
4. I **believe** I would relate to others in the situation by....

**Mercy:**

1. I **believe** I would think that....
2. I **believe** I would feel that....
3. I **believe** I would act by....
4. I **believe** I would relate to others in the situation by....

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **presence of my true Self, my Spirit** instead of **absence of my true Self, my Spirit**.

If yes, why, if no why would I choose to use **presence of my true Self, my Spirit** anyway instead of **absence of my true Self, my Spirit**.

I **believe** that if instead I had used **presence of my true Self, my Spirit** on.... then.... because....

After having moved socially, mentally and emotionally from **absence of my true Self, my Spirit** to **presence of my true Self, my Spirit** in this way, I choose to move energetically between **absence of my true Self, my Spirit** and **presence of my true Self, my Spirit** as described below by first inserting my answers in the tapping protocol and then I finish my Sixth Step analyses by tapping through the protocol that I have written.



I begin with:

Absence of my true Self, my Spirit that made me be:

- a. Unloving
- b. Uncaring
- c. Hardhearted
- d. Merciless

First, I take a deep breath and I sense how the intensity of my pain was in Step One by using absence of my true Self, my Spirit on a scale from 0-10.

The pain is at....

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use absence of my true Self, my Spirit today by using an unloving way of being to.... I completely and totally love and accept myself for being exactly the way I am, because.... and I also completely and totally love and accept the absence of my true Self, my Spirit for being exactly the way it is, because.... and I also completely and totally love and accept the pain for being exactly the way it is, because....

KC right: Even though I chose to use absence of my true Self, my Spirit today by using an uncaring way of being to.... I completely and totally love and accept myself for being exactly the way I am, because.... and I also completely and totally love and accept the absence of my true Self, my Spirit for being exactly the way it is, because.... and I also completely and totally love and accept the pain for being exactly the way it is, because....

KC left: Even though I chose to use absence of my true Self, my Spirit today by using a hardhearted way of being to.... I completely and totally love and accept myself for being exactly the way I am, because.... and I also completely and totally love and accept the absence of my true Self, my Spirit for being exactly the way it is, because.... and I also completely and totally love and accept the pain for being exactly the way it is, because....

KC right: Even though I chose to use absence of my true Self, my Spirit today by using a merciless way of being to.... I completely and totally love and accept myself for being exactly the way I am, because.... and I also completely and totally love and accept the absence of my true Self, my Spirit for being exactly the way it is, because.... and I also completely and totally love and accept the pain for being exactly the way it is, because....

The two times eight reminder statements for the two tapping rounds below:

EB: My unloving way of being made me think that....

SE: My unloving way of being made me feel that

UE: My **uncaring** way of being made me think that....

UN: My **uncaring** way of being made me feel that....

CH: My **hardhearted** way of being made me think that....

CB: My **hardhearted** way of being made me feel that....

UA: My **merciless** way of being made me think that....

TH: My **merciless** way of being made me feel that....

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at....

Then I choose to continue to tap as suggested below.

EB: Maybe I could open up to let go of being **unloving** if....

SE: Then I could also let go of being **uncaring** by....

UE: Then I could also let go of being **hardhearted** by....

UN: Then I could also let go of being **merciless**, because....

CH: I believe that now I can recover from being **unloving** and **uncaring**, because....

CB: Yes, actually, I begin to believe that I can let go of being **hardhearted** and **merciless**, because....

UA: Now, I open myself up completely to let go of using **absence of my true Self, my Spirit** and thereby from being **unloving, uncaring, hardhearted** and **merciless** in a similar situation in the future, because....

TH: I now feel entirely ready to allow being Higher Power to liberate me from using **absence of my true Self, my Spirit** and thereby from being **unloving, uncaring, hardhearted** and **merciless** in a similar situation in the future, because....

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at....

I continue my tapping rounds until the pain of using **absence of my true Self, my Spirit** is tapped down to minimum half of the number, which I gave the intensity of the original pain,

and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

Presence of my true Self, my Spirit that makes me be unconditionally:

- a. Loving
- b. Caring
- c. Compassionate
- d. Merciful

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use the presence of my true Self, my Spirit to be consciously loving in a similar situation in the future by.... because....

KC right: I hereby choose to give myself permission to use the presence of my true Self, my Spirit to be consciously caring in a similar situation in the future by.... because....

KC left: I hereby choose to give myself permission to use the presence of my true Self, my Spirit to be consciously compassionate in a similar situation in the future by.... because....

KC right: I hereby choose to give myself permission to use the presence of my true Self, my Spirit to be consciously merciful in a similar situation in the future by.... because....

The eight reminder statements for the two tapping rounds below:

EB: I hereby choose to give myself permission to use the presence of my true Self, my Spirit to be consciously loving a similar situation in the future by....

SE: I hereby choose to give myself permission to use the presence of my true Self, my Spirit to be consciously caring a similar situation in the future by....

UE: I hereby choose to give myself permission to use the presence of my true Self, my Spirit to be consciously compassionate a similar situation in the future by....

UN: I hereby choose to give myself permission to use the presence of my true Self, my Spirit to be consciously merciful a similar situation in the future by....

CH: I hereby choose to give myself permission to use the presence of my true Self, my Spirit to be consciously loving a similar situation in the future, because....

CB: I hereby choose to give myself permission to use the presence of my true Self, my Spirit to be consciously caring a similar situation in the future, because....

UA: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **compassionate** a similar situation in the future, because....

TH: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **merciful** a similar situation in the future, because....

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at....

Then I choose to continue to tap as suggested below.

EB: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **loving** a similar situation in the future, because....

SE: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **caring** in a similar situation in the future, because....

UE: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **compassionate** in a similar situation in the future, because....

UN: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **merciful** in a similar situation in the future, because....

CH: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **loving** in a similar situation in the future by....

CB: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **caring** in a similar situation in the future by....

UA: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **compassionate** in a similar situation in the future by....

TH: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **merciful** in a similar situation in the future by....

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at....

I continue being tapping rounds until being joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive being tapping to be completed.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Day 8:

Day 9:

Day 10:

Day 11:

Day 12:

Day 13:

Day 14:

Day 15:

Day 16:

Day 17:

Day 18:

Day 19:

Day 20:

Day 20:

Day 21:

Day 22:

Day 23:

Day 24:

Day 25:

Day 26:

Day 27:

Day 28:

Day 29:

Day 30:

APPLYING STEP ELEVEN

After having applied Step Eleven for minimum seven days and maximum thirty days, before I move on to Step Twelve, I choose to use Step Eleven to pray and meditate on a daily basis, so as to maintain my Program by living it.

## **STEP TWELVE**

**HAVING HAD A SPIRITUAL AWAKENING AS A RESULT OF THESE STEPS,  
WE PRACTICED THESE PRINCIPLES IN ALL OUR AFFAIRS AND CARRIED  
THIS MESSAGE TO OTHERS SUFFERING FROM CHRONIC  
DISSATISFACTION.**

Dear AcAdAn Member, CONGRATULATIONS!

You have begun your work on Step Twelve!

The Principle of Step Twelve is **mercy**.

The Slogan of Step Twelve is: *We do not ask how your pain arose but what you want to do about it and how we can help.*

### SUGGESTIONS

- 1) Read Step Twelve from the book *Active Addictions Anonymous – The Wild Life*.
- 2) Share your perception of what you read with your Sponsor or your Recovery Buddy and in an AcAdAn meeting.

My perception of the text of Step 12 is:

- 3) Work the tasks of the Twelfth Step as suggested below.
- 4) Share your experiences and conclusions about your work on Step Twelve with your Sponsor or your Recovery Buddy and in an AcAdAn Meeting.

My perception of the work with Step 12 is:

Love and hugs to you from AcAdAn!

### TASKS FOR WORKING STEP TWELVE

Task 1:

Just for today, I choose to describe the plan I have of practising the principles of my AcAdAn Program in everything I do, and furthermore I choose to describe how it worked out to follow my plan as best as I could.

Task 2:

I choose to describe what time I want to set aside on my day to practice my Eleventh Step, and how long time I want to invest in my Eleventh Step work on a daily basis.



## Task 3:

I choose to describe minimum four examples of how I chose to practice my Seventh Step, when I observed that one of my defects of character was active in a situation in the course of my day, and besides I pray to my Higher Power to liberate me from my self-important seriousness at appropriate moments.

## Task 4:

I choose to describe what point in time I want to set aside to practice my Tenth Step, and how long time I want to invest daily on my Tenth Step.

## Task 5:

I try to carry the message by passing on the message of AcAdAn in various ways, for example:

1. Through one on one talks.
2. By sharing in meetings.
3. By spending time with newcomers.
4. By agreeing to sponsor someone
5. By practising the principles in everything I do

And I choose to describe that or those forms that suits me the best, while at the same time I remember that the Program work by attraction rather than promotion.

## APPLYING STEP TWELVE

## Task 1:

For **minimum** seven days and **maximum** thirty days I choose every day to describe how I shared my AcAdAn Program with others.

Furthermore, I choose to read through the below principles for **minimum** seven days and **maximum** thirty days and I also choose to describe how I practiced **minimum** one of these principles in the course of my day:

### THE PRINCIPLES OF THE STEPS:-

- 1) The principle of Step One is Honesty.  
Slogan: *Truth always triumphs in the end!*

2) The principle of Step Two is Open-mindedness.

Slogan: *To listen attentively and respectfully to another is the first expression of emotional sobriety.*

3) The principle of Step Three is Surrender.

Slogan: *Follow your heart.*

4) The principle of Step Four is Courage.

Slogan: *I accept both my virtues and my defects of character.*

The first four Steps put together represent the first meeting with the Big Ring of Joy, which consists of Faith, Hope, Love and Truth.

5) The principle of Step Five is Humility.

Slogan: *I'm neither more nor less than any other creature manifestation.*

6) The principle of Step Six is Transformation.

Slogan: *I own my hurts.*

7) The principle of Step Seven is Letting Go.

Slogan: *Let go and let God.*

8) The principle of Step Eight is Forgiveness.

Slogan: *Forgive me my wrongs and give me the capacity to forgive those who wrong me.*

Steps Five to Eight put together represent the second meeting with the Big Ring of Joy.

9) The principle of Step Nine is Liberation.

Slogan: *The right action is the sweet fruit itself.*

10) The principle of Step Ten is Willingness.

Slogan: *Guide me through my desires and liberate me from my wrongs.*

11) The principle of Step Eleven is Expansion of Consciousness.

Slogan: *God, Your Will be done.*

12) The principle of Step Twelve is Mercy.

Slogan: *We do not ask how your pain arose but what you want to do about it and how we can help.*

The last four Steps put together represent the third meeting with the Big Ring of Joy.

DID I THANK MY HIGHER POWER AND EVERYBODY FOR THE HELP AND GUIDANCE I RECEIVED IN THE COURSE OF THE DAY IN ALL MY AFFAIRS?

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Day 8:

Day 9:

Day 10:

Day 11:

Day 12:

Day 13:

Day 14:

Day 15:

Day 16:

Day 17:

Day 18:

Day 19:

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Day 22:

Day 23:

Day 24:

Day 25:

Day 26:

Day 27:

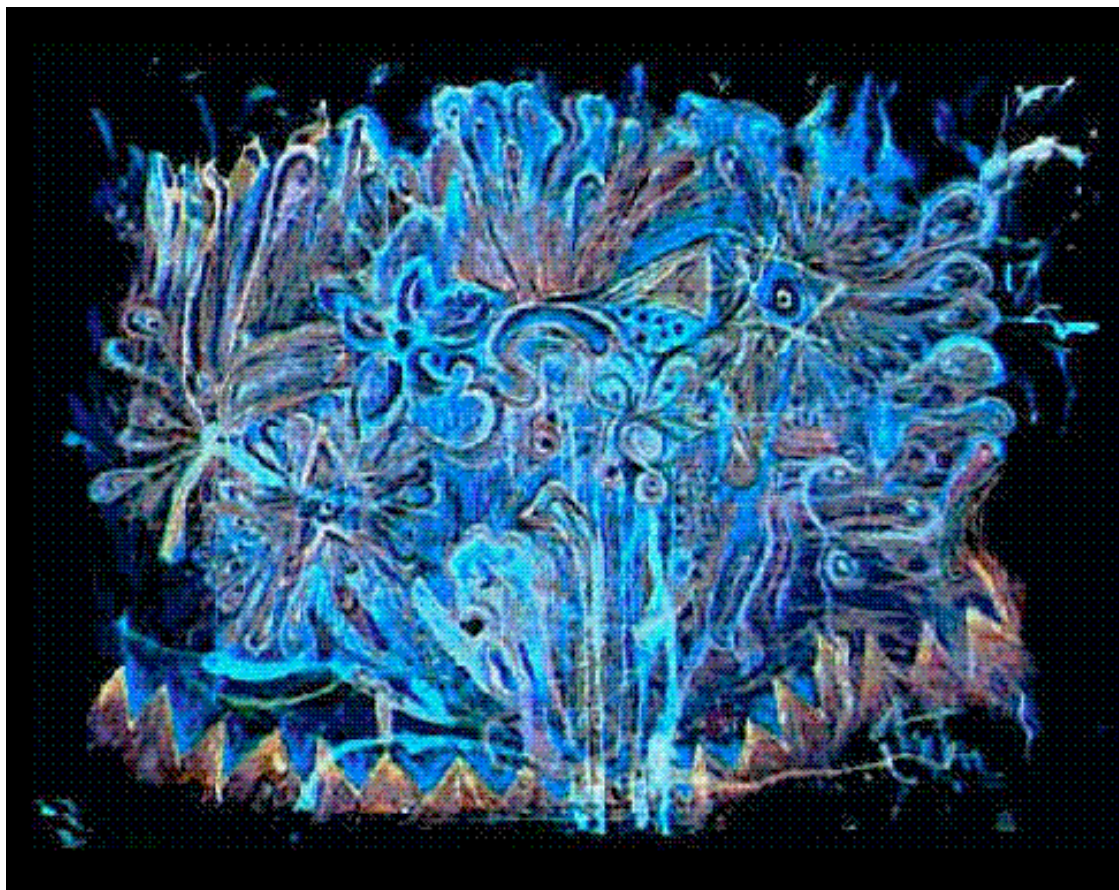
Day 28:

Day 29:

Day 30:

After having applied Step Twelve every day for minimum seven days and maximum thirty days I choose to continue to use the principles of the Program daily in everything I do so as to maintain my Program by living it.

# ACTIVE ADDICTIONS ANONYMOUS



## THE WILD LIFE