*24 Week Step Study Schedule*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Session** | **Date** | **Required reading in Yellow workbook to complete before meeting** | **Required written work to complete before meeting** | **Session Topic**  ***Spiritual Principle*** |
| 1 |  | P 1-17 | Underline any sections that speak strongly to you. | Introduction, objectives, expectations. |
| 2 |  | P 19 – 33 | Answer all the questions in Step One up to page 33 | Step 1 – Discuss and process exercises ***Powerlessness and Surrender*** |
| 3 |  | P 34 – 43 | Complete exercises;  **FIND A FELLOW TRAVELER** | Step 1 – continue discussion  ***Powerlessness and Surrender*** |
| 4 |  | P 44 - 55 | Complete exercises | Step 2 – Discuss and process  ***Openmindedness and Clarity*** |
| 5 |  | P 57- 69 | Answer all questions | Step 3 - Discuss and process  ***Willingness and Accepting Help*** |
| 6  **REST WEEK** |  | none | none | Virtual holiday party.  ***Play and have fun.*** |
| 7 |  | P 70 – 81  Ex. #1 and #2 | Answer all questions | Step 4 - Discuss and process  ***Self-Honesty and Courage*** |
| 8 |  | P 82 – 84  Ex. #3 and #4 | Answer all questions | Step 4 - Discuss and process  ***Self-Honesty and Courage*** |
| 9 |  | P 84 – 87  Ex. #5 and #6 | Answer all questions | Step 4 - Discuss and process  ***Self-Honesty and Courage*** |
| 10 |  | P 88 – 91  Ex. #7 and #8 | Answer all questions | Step 4 - Discuss and process  ***Self-Honesty and Courage*** |
| **11**  **REST WEEK NO**  **WEDNESDAY MEETING** |  | No new reading-catch up or review if you want. | No new questions. Catch up or review. Look ahead in schedule and plan a time with fellow traveler or therapist to complete Step 5 | Step 4 - Discuss and process  ***Self-Honesty and Courage*** |
| 12 |  | P 92 – 95  Ex. #9 | Answer all questions | Step 4 - Discuss and process  ***Self-Honesty and Courage*** |
| 13 |  | P 96 - 105 | PTSD; feelings; Praise | Step 4 - Discuss and process  ***Self-Honesty and Courage*** |
| 14  **NO WEDNESDAY**  **MEETING** |  | P 106 – 130 | Prior to next session, complete:   1. Face to Face 5th step with your sponsor/fellow traveler 2. Read step 6 & 7 within an hour or so after completing the 5th step. | Steps 5 – 7: Review and discuss experience with processing these steps  ***Honesty and Trust***  ***Step 6-Willingness***  ***Step 7-Humility*** |
| 15 |  | No new reading | Reflect on completion of steps 5-7 | Steps 5 – 7: Review and discuss experience with processing these steps ***Honesty and Trust***  ***Step 6-Willingness***  ***Step 7-Humility*** |
| 16 |  | P 131 – 136 | Complete a written list of individuals we harmed and those we need to forgive, including our inner child. | Step 8 – Review and process lists  ***Willingness and Self-forgiveness*** |
| 17 |  | P 137 – 146 |  | Step 9 – Discuss ideas about how to make amends to ourselves and others  ***Forgiveness and Courage*** |
| 18 |  | P 147 – 154 | Answer questions for integrating traits 1 – 5 | Step 10–Discuss and process integrating traits 1-5  ***Honesty and Discernment*** |
| 19 |  | P 155 – 156 | Answer questions for Traits 6 – 11 | Step 10–discuss/process integrating traits 6 – 11  ***Honesty and Discernment*** |
| 20  **REST WEEK-NO WEDNESDAY MEETING** |  |  |  |  |
| 21 |  | P 157 – 158 | Answer questions for Traits 12 – 14  Ex. #1 | Step 10 – discuss and process integrating traits 12 – 14. Review exercise #1  ***Honesty and Discernment*** |
| 22 |  | P 158 – 161 | Complete exercise #2–5. | Step 10 – review exercises #2 – 5.  ***Honesty and Discernment*** |
| 23 |  | P 162 – 172 | Create your own individual 11th step Prayer | Step 11 – discuss and process  ***Seeking and Listening*** |
| 24 |  | P 173 – 183 | Create a personal Vision Statement for Recovery | Step 12 – discuss and process.  ***Love and Self- love***  Group Closure |