[WAABSHKI-MIIGWAN PHASE 2 WORKBOOK]

You've made good progress in your treatment. Now, let's get busy living the good life in recovery! You, no doubt, can see the possibilities that your recovery has presented. Phase Two is the accepting level and it focuses on stabilization and treatment. You will learn much about yourself and your potential. Emphasis will be put on Step Work and Sponsorship. Also, you will see how much love and support is offered all around you.

I told him that I hoped one day the Creator would make it known to him that it would be time to pass the feather on to another who needs it more than he does.
-Rita Gasco-Shepard
Tribal Elder

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Week 9 – Step Two Part One

"Came to believe that a power greater than ourselves could restore us to sanity"

Week-to-Week Workbook Assignments

- Read pgs. 567-568 and Ch.4 in the **AA Big Book**
- Read Step 2 in **AA 12&12**
- Complete "**Reading Essays**" exercise.
- Complete **Weekly Counseling Journal**.
- Complete **Weekly Sit Spot Journal.**

Reading Essays

How did you relate to the following readings?

1. Pgs. 567-568 and Ch. 4 in the AA Big Book

Answer the following questions.

2. Discuss what makes you believe that your Higher Power can take away your addiction.

3. Discuss any reservations that you have, regarding your Higher Power's ability to take away your addiction.

4. Do you have any objections to trusting your Higher Power fully with your addictions and your life? If so, what are they?

What new insight did you gain from the following readings?

5. Pgs. 567-568 and Ch. 4 in the AA Big Book

Weekly Counseling Journal Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 10 – Step Two Part Two

"Came to believe that a power greater than ourselves could restore us to sanity"

Week-to-Week Workbook Assignments

- Watch "**Thought Process for Step Two**" on **Wellbriety DVD#4** and answer questions on "**Red Road to Wellbriety**" section.
- Read **Ch. 3-5 in RRWB**.
- Complete **Weekly Counseling Journal.**
- Complete **Weekly Sit Spot Journal.**

Red Road to Wellbriety

Watch "Thought Process for Step Two" on DVD#4 and answer the following questions.

1. Did you enjoy "Thought Process for Step Two" on DVD#4? Why? Why not?

2. Do you think your life would be different if it was completely run by the Creator?

Reading Essays

How did you relate to the following readings?

1. Ch. 3-5 in RRWB

2. Discuss the attributes and characteristics of your Higher Power.

3. How have I avoided acceptance of my Higher Power's power over my life?

What new insight did you gain from the following readings?

4. Ch. 3-5 in RRWB

Weekly Counseling Journal Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 11 – Step Two Part Three

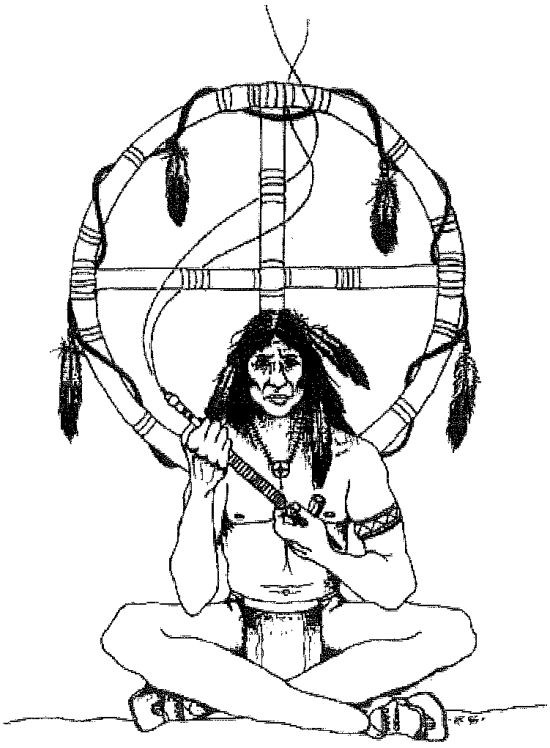
"Came to believe that a power greater than ourselves could restore us to sanity"

Week-to-Week Workbook Assignments

- Complete the "**Step Two – Mind Mapping**" exercise.
- Complete **Weekly Counseling Journal**
- Complete **Weekly Sit Spot Journal**

STEP TWO

We came to believe that a power greater than ourselves could help us regain control.



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STEP TWO

Facing the East

"FINDING THE CREATOR"

(Mind Mapping)

We came to believe that a power greater than ourselves could help us regain control.

Principle: Hope

Reading:
Big Book: Chapter 4, pps. 44 - 57
RRWB: Chpt 3-5, pps. 25-44

Key Area	From Step One: What does my life look like now?	For Step Two: What would I be like if my life were run by the Creator?
Personal Relationships		
Emotional Nature		
Misery		
Depression		
Making a living		
Uselessness		
Fear		
Unhappiness		
Help to Others		

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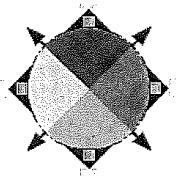
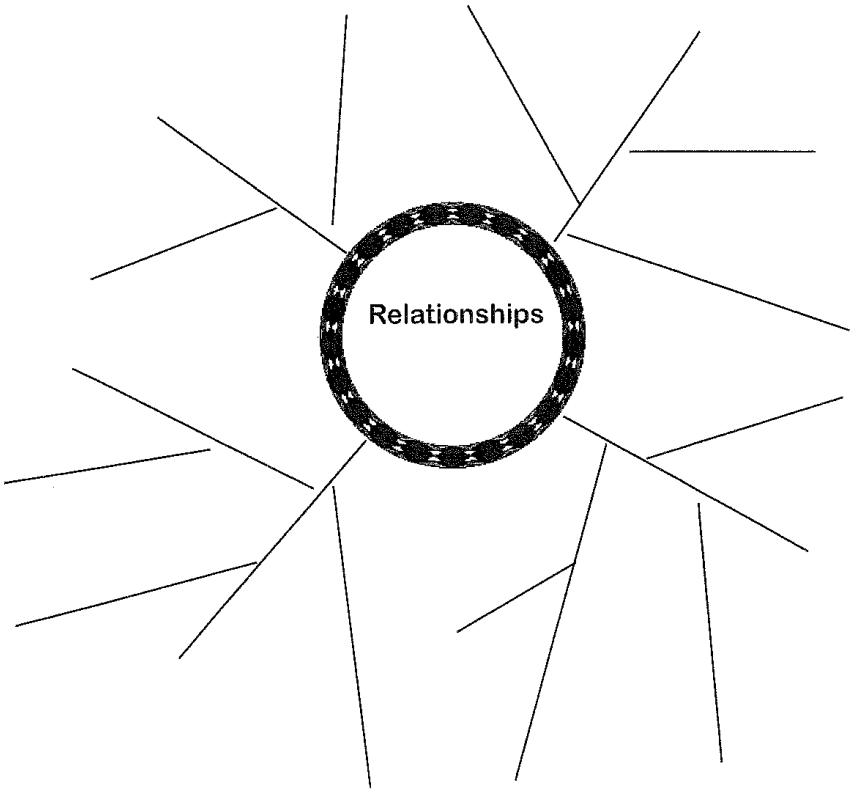


STEP TWO

Facing the East

"FINDING THE CREATOR"

(Mind Mapping)



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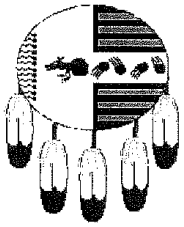

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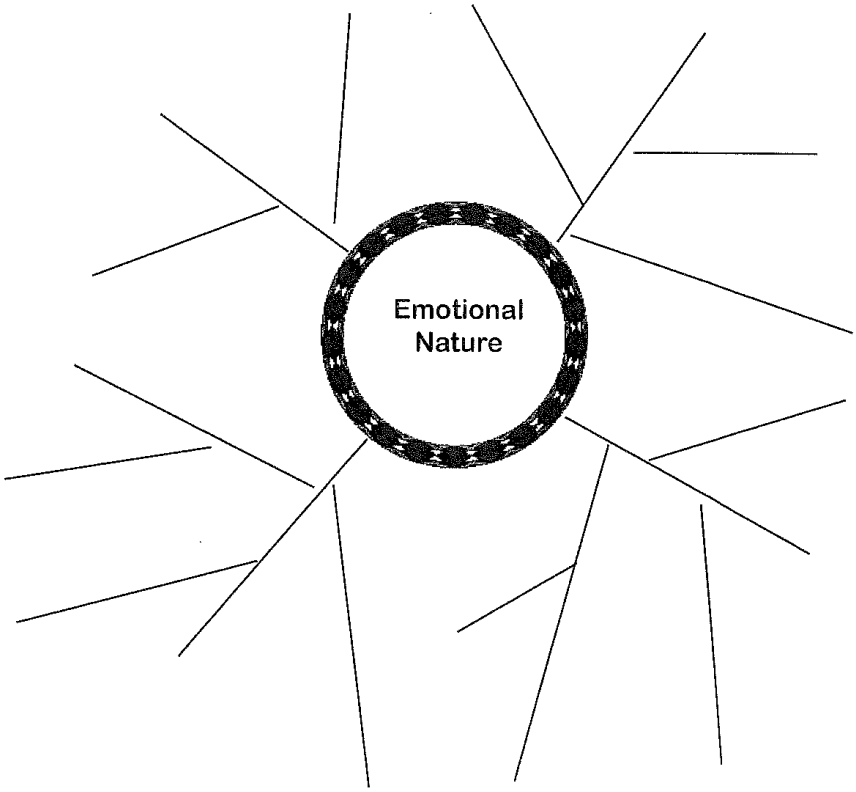

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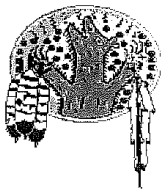

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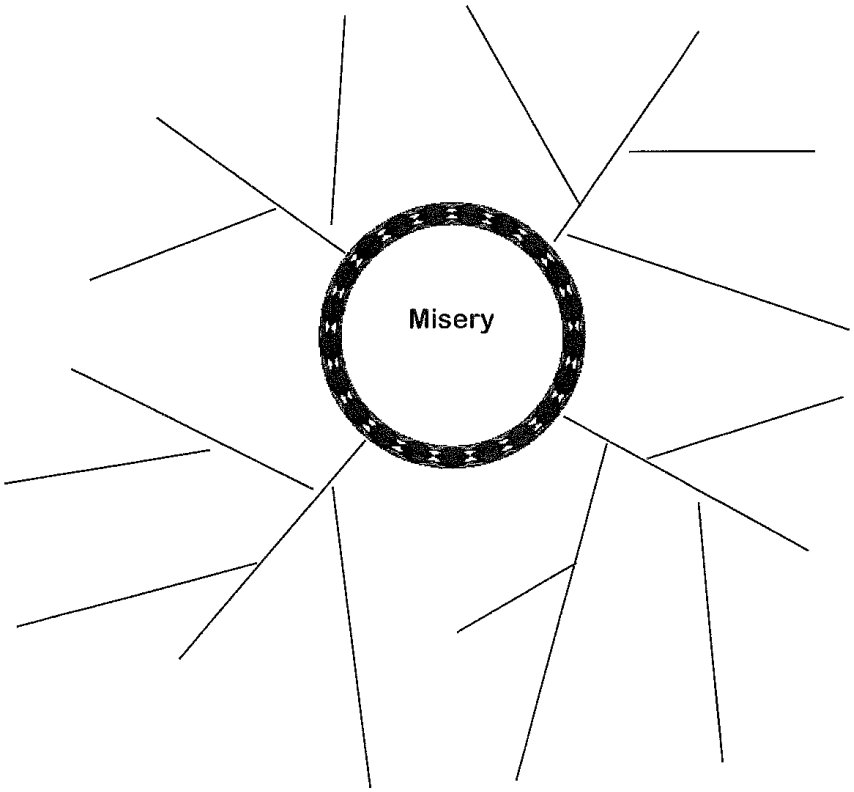

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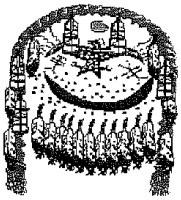

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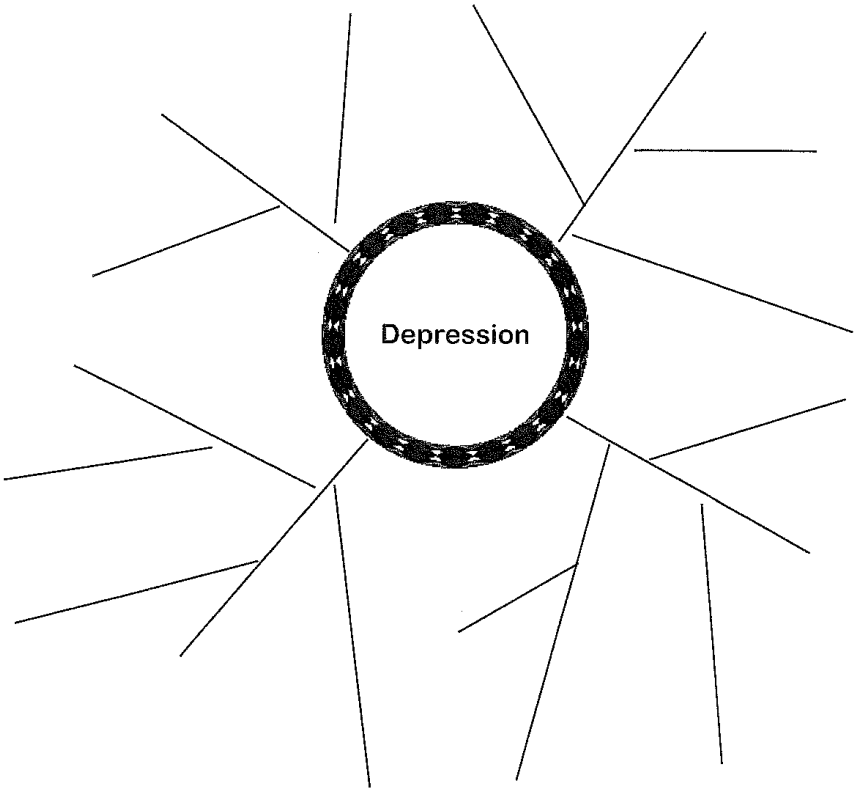

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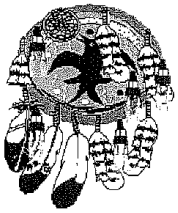

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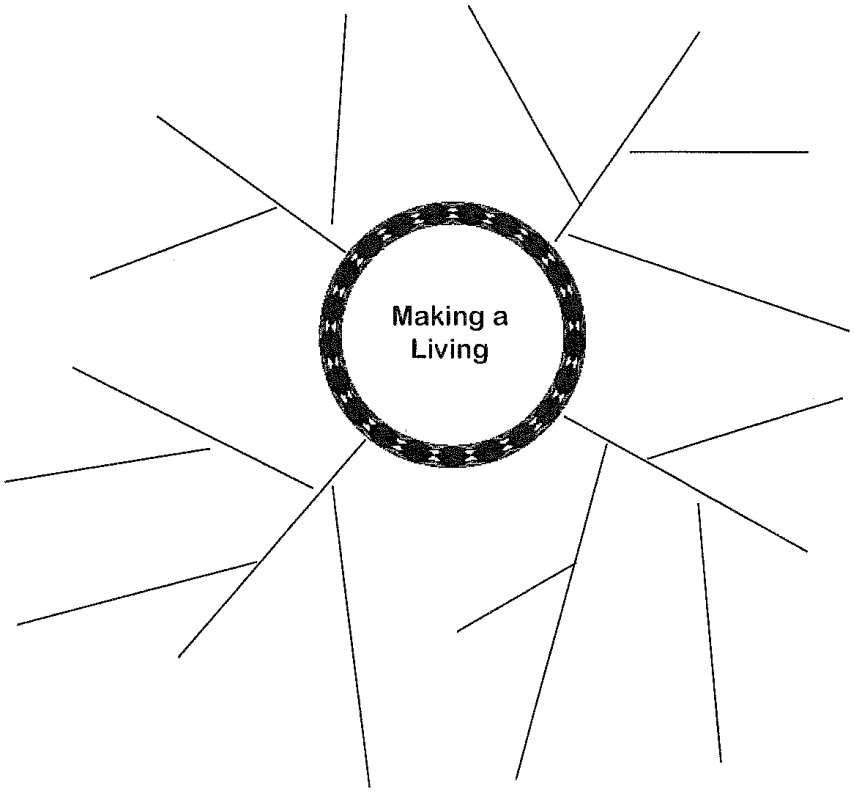

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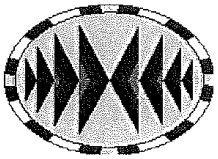

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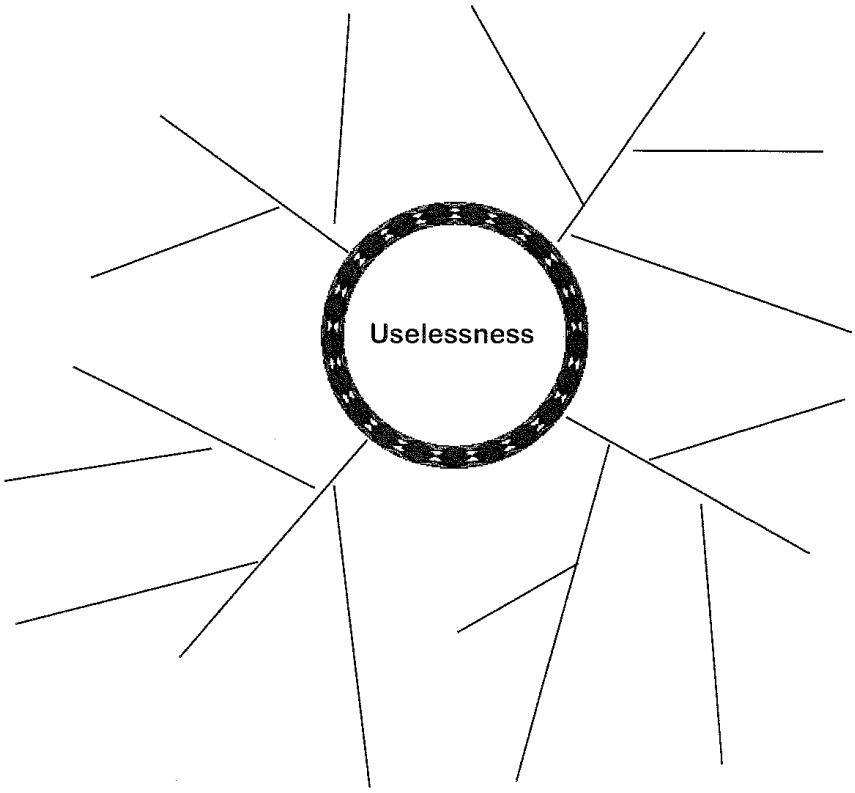
(Mind Mapping)



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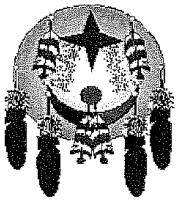

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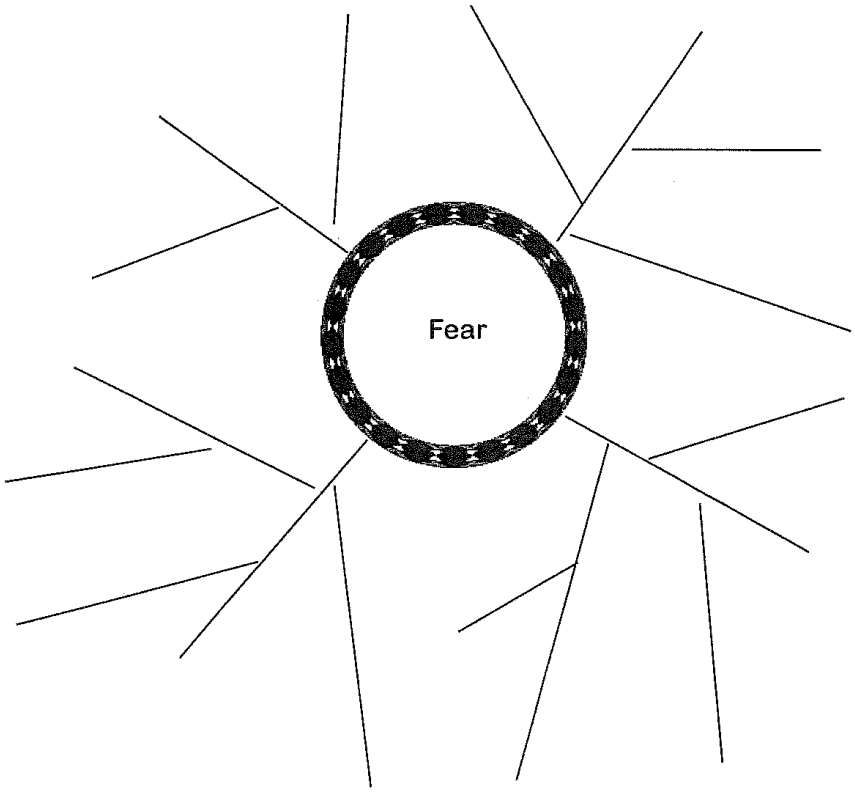

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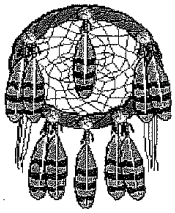

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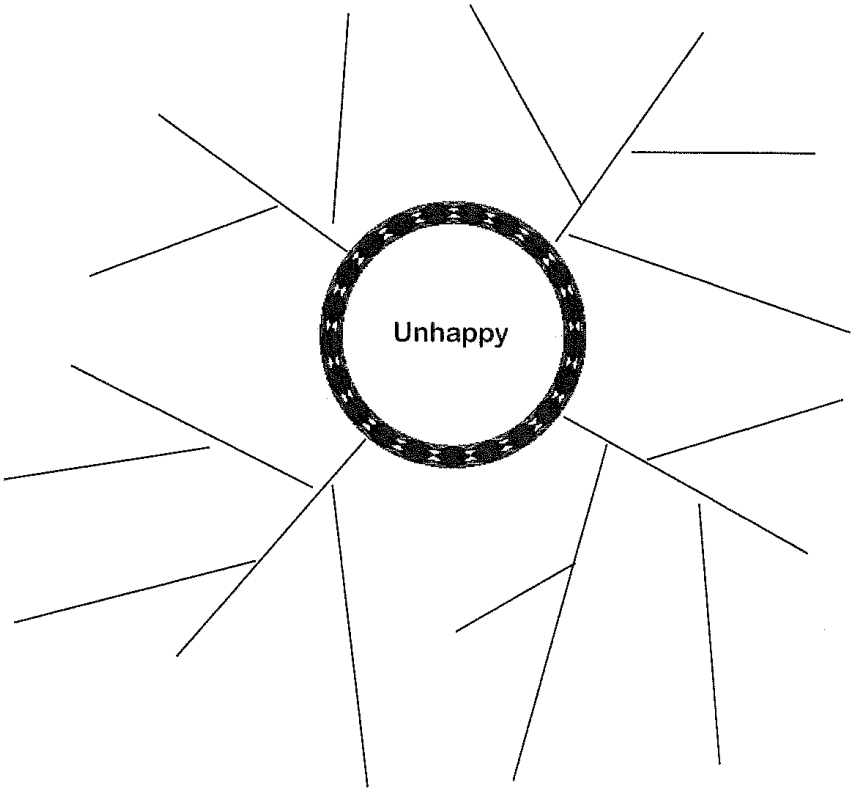

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STEP TWO

Facing the East

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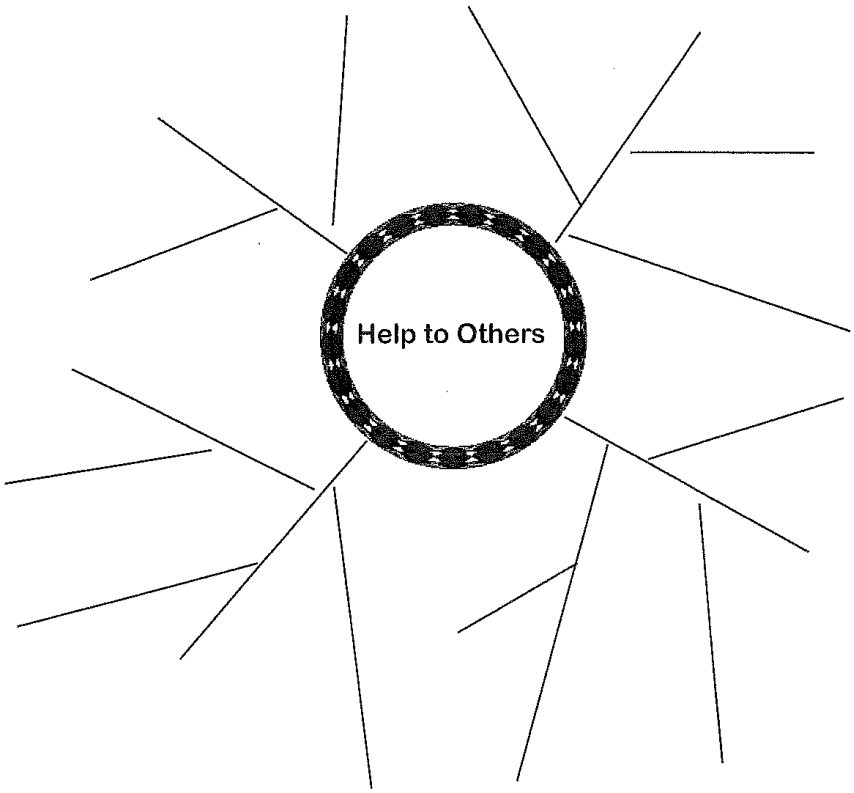

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Weekly Counseling Journal Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 12 – Presentation on Step 2 Accomplishment

"Came to believe that a power greater than ourselves could restore us to sanity"

Week-to-Week Workbook Assignments

- Using the instructions on "**Step Two Presentation**", prepare and present **Step 2 Mind Mapping** exercise.
- Start thinking about who will be your "**Permanent Sponsor**" and make your decision by **week 15**.
- Complete **Weekly Counseling Journal.**
- Complete **Weekly Sit Spot Journal.**

Step Two Presentation

Instructions

1. Reflect on your step two mind mapping exercise and choose one key area in your life to use for your presentation.
2. Explain how this area of your life will change if your Higher Power is in charge. Use the corresponding 1st step Mind Map as a comparison.
3. Draw your chosen 1st and 2nd step Mind Maps on poster board for the presentation.

Weekly Counseling Journal Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 13 – Step Three Part One

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

Week-to-Week Workbook Assignments

- Watch "**Step 3**", "**Preparing to Take Step 3**", and "**The Third Step – Two ways and the Welcome Song**" **on DVD#4** and answer questions on "**Red Road to Wellbriety**" exercise.
- Read stories on **pgs. 158-180 in RRWB.**
- Complete the "**Reading Essays**" exercise.
- Complete **Weekly Counseling Journal.**
- Complete **Weekly Sit Spot Journal.**

Red Road to Wellbriety

Watch "Step 3", "Preparing to Take Step 3", and "The Third Step – Two ways and the Welcome Song" on DVD#4 and answer the following questions.

1. Did you enjoy "Step 3", "Preparing to Take Step 3", and "The Third Step – Two ways and the Welcome Song" on DVD#4 Why? Why not?

2. What challenges do you foresee as you work on step 3?

3. What are your thoughts on the concept of "Two Ways" in DVD#4?

Reading Essays

How did you relate to the following readings?

1. Stories on pgs. 158-180 in RRWB

Answer the following questions.

2. Discuss what you do on a daily basis to turn your will, your life, and your addictions over to the care of God, as you understand God.

3. Discuss what you do *not* do, but *should* be doing, on a daily basis to turn your will, your life, and your addictions over to the care of God.

What new insight did you gain from the following readings?

4. Pgs. 567-568 and Ch. 4 in the AA Big Book

Weekly Counseling Journal Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 14 – Step Three Part Two

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

Week-to-Week Workbook Assignments

- ☐ Read **pgs. 60-63 in the AA Big Book**.
- ☐ Read **Step 3 in the AA 12&12**.
- ☐ Complete the "**Reading Essays**" exercise.
- ☐ Complete **Weekly Counseling Journal.**
- ☐ Complete **Weekly Sit Spot Journal.**

Reading Essays

How did you relate to the following readings?

1. Pgs. 60-63 in the AA Big Book

2. Step 3 in the AA 12&12

Answer the following questions.

3. Discuss examples of incidents in which you have turned your will, your life, and *other things* over to the care of God, and it has benefited you.

4. What in my life has taught me not to trust my Higher Power?

5. What have I done to cause others not to trust me?

6. What keeps me from surrendering to my Higher Power?

What new insight did you gain from the following readings?

7. Pgs. 60-63 in the AA Big Book

8. Step 3 in the AA 12&12

Weekly Counseling Journal Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 15 – Step Three Part Three

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

Week-to-Week Workbook Assignments

- Complete "**Step 3 assignment pt. 1**" and share with counselor.
- Identify your **permanent sponsor** and complete the "Sponsorship – We can't do it alone" exercise.
- Complete **Weekly Counseling Journal.**
- Complete **Weekly Sit Spot Journal.**

Step 3 Assignment pt. 1

Study what did the Big Book authors say?

1. Read Chapter 5, "How it Works" on pgs. 58- 64 and Step 3 in the 12&12

2. Write about your thoughts and reflections on this chapter and the focus questions.

3. Call your sponsor to discuss the reading and your reflections.
4. Continue daily prayer and meditation on step 3.

What does the Big Book say to me about my practice of Step 3?

The first part of Chapter 5 is frequently read at meetings. Have you ever thought about what "How it Works" means to you? While in group, ask one or more members of the group to share their experiences with working Step 3 **by** the Big Book. Share your written reflections in your Week-by-Week Workbook with the group.

Points of Focus and Reflection: The Problem of Self (Consider pgs. 60-63)

Each person is like an actor who wants to run the whole show. (pg. 60)

1. *Our actor is self-centered … Are not most of us concerned with our resentments, our self-pity, or ourselves*? (pg. 61) Write Thoughts.

2. How are you like an actor? (pg. 60) What roles, what masks, what characters do you play? Are these old worn out defenses? (pg. 73)

3. Are you *almost always in collision with something or somebody?* (pg. 60)

The show doesn't come off. (pg. 61)

4. Where do you think that life does not treat you right? (pg. 61)

5. Where do your actions make the other players wish to retaliate and snatch all they can get out of the show? (pg. 61)

6. In your own life, are you familiar with the progression: anger to indignation to self-pity? (pg. 61) Describe in detail.

7. In what ways does the following describe you? *Is he not a victim of the delusion that he can wrest satisfaction and happiness out of this world if he only manages well*? (pg. 61)

So our troubles, we think, are basically of our own making. (pg. 62)

8. Do you think your troubles are of your own making? What does this mean?

9. How do your reactions to life events make you suffer? Be specific.

10. *Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate*. (pg. 62) Write thoughts.

11. Where in the past have you made decisions based on self that later placed you in a position to be hurt? (pg. 62) Be specific and give details.

The Solution: The God Idea (pgs. 45&52)

12. *We alcoholics must be rid of this selfishness*. (62: 2) Write Thoughts.

13. How has your playing God worked, or not worked, to give you serenity?

14. *We had to quit playing God. It didn't work*. (62: 3) Write Thoughts.

15. When did you stop playing God?

The Program of Action

16. Can you make a decision to turn your life and will over to a higher power, just for today?

17. In what ways are you taking action on Step 3 when you abstain from alcohol and work the remaining Steps?

18. After reading the Step 3 Promises, do you think it possible that you could enjoy *peace of mind*, *face life successfully*, and *lose* your *fear*? (pg. 63) How?

Daily Practice of Step 3 Principles

1. How does Step 3 allow you to build on the surrender you have developed in Step 1 and Step 2?

2. Are you fighting anything in recovery? What do you think would happen if you became willing to let recovery prevail in that area of your life?

3. How may you reaffirm your decision on a daily basis and continue to take the action of working the rest of the Steps?

4. How may you decide to let go today, and surrender to being in unison with life?

Sponsorship – We can't do it alone

1. Who will be your permanent sponsor?

2. How did you meet your permanent sponsor?

3. What makes this person a good fit for you?

4. What are some potential barriers that you and your sponsor may have to overcome?

5. How often will you contact your sponsor?

Weekly Counseling Journal Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 16 – Take Step Three

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

Week-to-Week Workbook Assignments

- ☐ Complete "**Step 3 assignment pt. 2**" and share with sponsor.
- ☐ Start your **Sunset Fire** and take **Step 3** with sponsor.
- ☐ Complete **Sunset Fire Reflections** exercise.
- ☐ Complete **Weekly Counseling Journal.**
- ☐ Complete **Weekly Sit Spot Journal.**

STEP THREE

We made a decision to ask for help from a higher power and others who understand

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STEP THREE

Facing the East

"FINDING THE CREATOR"

(Preparing to take Step Three)

We made a decision to ask for help from a higher power and others who understand.

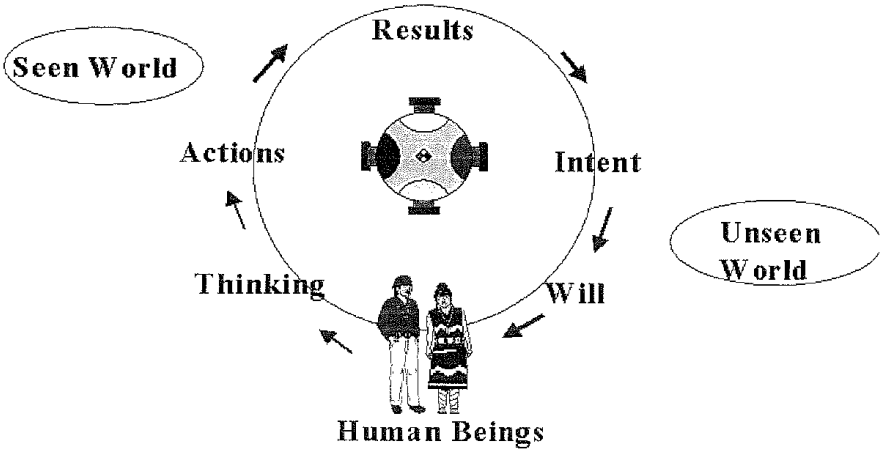
Principle: Faith

Reading
Big Book: 60 - 63
RRWB: Chapter 9, pps. 97-113; Stories, pps. 158-180

When you are ready to take the third step, find a friend, Medicine man (Woman), spiritual leader or pipe carrier to help you take this step. Turning your life over to the Creator is the most important thing you can do.

Commitment to change

Align Your Spirit and Intent



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Instructions on Sunset Fire

1. Make an appointment with an elder to sit with you during your meditation. Offer him/her tobacco when you request his/her help.
2. Choose a private spot to have your meditation.
3. Start Fire with the tools that you earned (Flint, Steel, Birch bark).
4. Use the time to reflect on your experience in the WMDCP.
5. When questions arise, offer tobacco to the elder for advice.

Sunset Fire Reflections

6. Who will help you maintain your fire? How will they help you?

7. How will you maintain the fire of recovery and a healthy lifestyle?

8. What makes your fire burn?

9. When the fire is hot and we are warm what will we do to remember that the fire will go out if we don't maintain it?

10. After 16 weeks in the WMDCP, How do you think the Fire Metaphor pertains to your life?

Step 3 assignment, pt. 2

STEP 3 Written Inventory

Consider these questions, which are borrowed from meetings and recovery literature, and ones of your own. Consider responding in detail with specific examples.

1. Who or what made your **decisions** for you while you were drinking?

2. Can you make a decision to turn your will and your life over to the care of a higher power of your understanding – just for today? What fears or reservations do you have about turning your life over?

3. What actions will you take to follow through on your decision to turn your life over to a higher power?

To work Step 3 we need to identify the ways we have acted on **self-will**.

> [Willful: (from ON wella- well of boiling heat) Headstrong, obstinate, rigid. Gaining power over people and situations.] [Willing: Being receptive to new possibilities. Using our will in harmony with life, not against it.]

4. How have you been self-centered? How have you been defiant?

5. Which problems have you tried to resolve through willpower? What were the results?

6. In what ways are your troubles of my own making? (pg. 62)

7. How do your reactions to life events make you suffer? Be specific.

8. In what ways are you an extreme example of *self-will run riot*? (pg. 62) How have you acted on self-will?

9. How has your self-will affected others?

10. Have there been times in your recovery when you have found yourself subtly taking back your will and your life? What alerted you? What have you done to recommit yourself to the Third Step?

The God of My Understanding

11. Who or what makes your decisions for you in recovery?

12. How is your higher power working in your life today? How do you communicate with your Higher Power? What do you do in order to be open to your Higher Power?

13. Is your current concept of a higher power still working? How might you need to change your concept of a higher power?

Turning It Over

1. What are some personal examples of you turning your life and will over to your addictions?

2. How would your day look if you were to turn your will and your life over to the care of a higher power of your understanding?

3. What are your fears about making this decision?

4. Which thoughts and behaviors are you willing to turn over right now? Which are you holding on to?

5. How will you take action to turn your will and your life over to your higher power on a daily basis? Are there any practices you do regularly? What are they?

6. What have you done recently that demonstrates your surrender to recovery and to working a program?

Take Step 3

We take Step 3 in the second paragraph on page 63.

Have *we decided* that we are the *agents* of the higher power of our understanding? (62: 3) [See also 49: 1; 68: 3] Are we willing to decide to let go of our need to control, just for today?

According to the Big Book, and under the conditions of this day, we take Step 3.

Some groups acknowledge taking this Step by reciting the great Third Step Prayer. Some recite the "Prayer to the Great Spirit". Others will join hands and recite the Step. Feel free to do what is appropriate for you.

PRAYER TO THE GREAT SPIRIT

O Great Spirit,
Whose voice I hear in the winds,
and whose breath gives life to all the world, hear me!

I am small and weak.
I need your strength and wisdom.
Let me walk in beauty and make my eyes ever behold
the red and purple sunset.

Make my hands respect the things you have made
and my ears sharp to hear your voice.

Make me wise so that I may understand
the things you have taught my people.

Let me hear the lessons you have hidden
in every leaf and rock.

I need strength,
not to be greater than my brother,
but to fight my greatest enemy - myself.

Make me always ready
to come to you with clean hands and straight eyes.
So when life fades, as the fading sunset,
my spirit may come to you without shame.

A-hO

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The Third Step Prayer

from page 63 of the Big Book of Alcoholics Anonymous

God, I offer myself to Thee-
To build with me
and to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them may bear witness
to those I would help of Thy Power,
Thy Love, and Thy Way of life.
May I do Thy will always!

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Weekly Counseling Journal Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 17 – Sponsorship, pt. 1

Week-to-Week Workbook Assignments

- ☐ Read the AA pamphlet "**Questions & Answers on Sponsorship**".
- ☐ Complete the "**What is Sponsorship?**" exercise.
- ☐ Complete **Weekly Counseling Journal.**
- ☐ Complete **Weekly Sit Spot Journal.**

What is Sponsorship?

1. In your own words, what is sponsorship?

2. What does AA mean by "sponsorship"?

3. Essentially, what is the process of sponsorship?

4. Who was the first AA sponsor? Explain.

5. What should you expect from your sponsor?

6. Should a Sponsor intercede with your employer on your behalf?

7. How does sponsorship help?

8. Do you think a sponsor can be too firm? Explain.

9. If a person already has a period of sobriety, should they still find a sponsor? Explain.

10. How should you choose a sponsor?

11. Should you expect to agree with everything that a sponsor suggests?

12. What should you do if you have a temptation and you can't reach your sponsor?

13. Is it good to have more than one sponsor? Explain.

14. Do you have any concerns about "sponsorship"? If so, Explain.

Weekly Counseling Journal Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 18 – Sponsorship, pt. 2

Week-to-Week Workbook Assignments

- ☐ Be ready to **share about your sponsorship experience** during your Phase 2 graduation.
- ☐ Complete **Sponsor/Newcomer Activity**
- ☐ Complete **Weekly Counseling Journal.**
- ☐ Complete **Weekly Sit Spot Journal.**

Sponsor/Newcomer Activity

Instructions for your activity

1. Do something that you both enjoy doing (i.e. fishing, sports, walking, dining, coffee, etc.)
2. Ask questions and get to know your sponsor.
3. Discuss the topic of Step Five and gain insight into the process and benefits of twelve step work.
4. Try to open up a little about yourself and your life experiences.
5. Just have fun!

Weekly Counseling Journal Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Conclusion of Phase Two

Congratulations on your completion of Phase Two! You have made so much progress. Continue to work hard in your sobriety and you will be a success.

Please take time to meet with the WMDCP Coordinator and go over the following objectives. Discuss your progress in each of the areas.

In Phase Two the client will:

- Begin or strengthen his/her relationship with a higher power;
- Begin to see how his/her life could be enhanced rather than hindered in sobriety;
- Understand that his/her current situation is a result of his/her choices;
- Become willing to except help and advice;
- Continue meeting others in recovery; and seek out the fellowship of LTBB elders;
- Gain a deeper understanding of the culture of our ancestors;
- Begin to apply the principles of Alcoholics Anonymous (AA), Wellbriety, and the WMDCP;
- Complete an in-depth study on Step Two and Three of the AA/Wellbriety programs.
- Strengthen his/her new healthy routine with daily prayer and meditation and weekly physical activity.
- Become comfortable at the self-help meetings he/she attends;
- Choose a permanent sponsor; and
- Remain abstinent from drugs and alcohol.