

Come Join the
Palmyra Group
For our
**30th Anniversary
Celebration**

Monday, June 13, 2022
Food & Fellowship 6:30pm
Speaker Meeting 7pm

Epworth United Methodist
Church, 501 Morgan Ave
Palmyra, NJ 08065

South Jersey Intergroup's "Road Show" will be selling literature at this event:

DISTRICT 26, 5 & 10

**AA WORKSHOP:
9TH STEP &
SPONSORSHIP**

Learn how to approach your toughest amends
with the help of a sponsor

JUNE 4, 2022 11 AM - 1 PM
BROOKLAWN SENIOR CENTER
Lunch, Coffee & Refreshments Provided

- Door prizes
- AA Speaker
- Ask It Basket (anonymous Q&A)
- 9th Step Skits
- And more!



Fellowship Things to Do

- Sat. May 21 – BINGO**, 400 CLUB, 3:00-6:30pm, 42 Berlin Rd., Clementon Lake Plaza, Clementon, NJ
- Sat. May 21 - Swedesboro Anniv.**, Spkr 7:00am, food to follow. Local 1433 Kings Hwy, Swedesboro
- Sat & Sun May 21-22 Delaware Area Convention**, Rehoboth Beach Convention, to register: conventionchair@delawareaa.org, thebreakershotel.com
- Mon. May 23rd - Masonville 32nd Anniversary**, Food/Fun/Fellowship at 6, speaker at 7
- Thur. May 26 - West Deptford A New Day meeting** will celebrate their 10th anniversary at 7:30am located at 11 Griscom Ln, West Deptford
- Thur. June 9 - Pennsville "Big Book Step Study Group"** 16th anniversary - Church of Nazarene 172 Churchtown Rd. Pennsville. FFF beginning at 6:30pm - speakers begin at 7:30pm.
Dr. Bob was said to have personally helped more than 5000 alcoholics.
- Sat. June 11 District 3 Founders day Archives presentation**, 3:00 PM 5:00 PM, St. Mary's, 145 West Broad Street, Burlington, NJ, 08016
- Wed. June 15 Intergroup Meeting** 8:00 pm - 9:00 pm St. Bartholomew's Episcopal Church (St. Bart's) 1989 Rte. 70 E (Marlton Pike East), Cherry Hill, NJ
- Join Zoom Meeting ID: 424-122-113 Meeting Password: 276748 Join
URL: <https://zoom.us/j/424122113?pwd=UHVXVmZyVjFSbTU5M0Y0M2RUUm1dz09>
- Sat. June 19– BINGO**, 400 CLUB, 3:00-6:30pm, 42 Berlin Rd., Clementon Lake Plaza, Clementon, NJ

INSIDE OUR JUNE ISSUE

- 1-Announcements 2) Flyers 3) Anniversary Thoughts 4-5) Replacing Willfulness w/God's Will for Us 6-7) Seeking Advanced Recovery 8) Stories Needed 9) Poetry Corner /Trivia 10) Editorial Policy 11-12) Step 6 Worksheets (removable) 13-14) Daily Inventory Worksheets (removable)**

MAYS LANDING SERENITY GROUP ANNIVERSARY PARTY-48 YEARS!



The Presbyterian Church in Mays Landing

Come Celebrate with us!

12 to 1pm: Food, Fun and Fellowship! See old friends, meet new ones, and of course-EAT!

1 to 2pm: Hear a short history about our group, and then hear our guest speaker. She has a great story of her experience, strength and hope!

Saturday, May 21 at 12:00p
Mays Landing Presbyterian Church
6001 Main St. Mays Landing, NJ

Speaker 1 - 2 PM Kathy L Northfield NJ

Join Us for the Cape Atlantic Intergroup 2022 Unity Picnic at the Zoo

Saturday June 4th

11am to 5pm

Cape May County Park & Zoo

Pavilion #3

\$10 Donation Includes

**Water, Soda, Burgers, Veggie Burgers,
Hot Dogs, Baked Beans and
Corn on the Cob**

BYO Desserts to Share

Meetings, Covered Pavilion,
Playground for the Kids,
Music, Fun and Fellowship
Call Mike F. for more info

732-998-9660



Central Jersey Intergroup Social Committee

Presents

Celebrate
AA's Birthday!

Sober Karaoke

Friday June 10, 2022

8 pm until 11 pm

1st Presbyterian Church
320 North Main Street
Hightstown, NJ

Your Chance to Be a Your Own Star!
Just For Today!

For more information contact:

Sam A: 609-529-2212

samadlerman@aol.com

Lisa Miracle: 973-388-3753

30miracles@gmail.com



YOU HAVE TO GIVE IT AWAY
TO KEEP IT



Central Jersey Intergroup Corrections
Committee is sponsoring an
Application Workshop

Date: May 21, 2022

Time: 1:30-3:30

Place: First Presbyterian Church

320 North Main Street
Highstown, NJ

After a short film and speakers
we will fill out applications.
Pizza and beverages

Anniversary Thoughts

Several hours from now I will attend my home-group meeting and collect my coin for 28 years of continuous sobriety. It's an absolutely lovely spring day and my heart is full of gratitude and joy. 28 years ago today I was on my knees in my living room certain that my life had reached its ending point and that I was beyond all hope of redemption.

Somehow, I found the rooms of AA and a second life was given to me.

More than ever I come to the realization that it truly is "one day at a time." I cannot live on yesterday's sobriety. Like the new Spring buds and growth outside my window today, my sobriety and my program must be watered each day by nourishing sunlight and rain.

So what is "sunlight and rain" for the alcoholic, for me? It is reading some AA literature. It is talking to my sponsor and to other alcoholics. It is going to a meeting. It is taking a commitment. It is sponsoring someone. It is prayer and meditation. It is trying to work the Steps to the best of my ability. It's also, taking a walk (which I'm about to do!). It's learning to see the little things around me with fresh eyes and without judgment. It's stopping every now and then to fall into the wonder of a child and understanding that I can do that only because I am sober.

At a meeting this past week, someone shares that his sponsor would question him after each meeting and wanted to know precisely what each speaker shared. Why such questioning? Because, his sponsor explains, unless you pay attention to everything that's said, you might miss something that will save your life!

So at yesterday's meeting I resolve to listen to everything said and not peak once at my cell phone. Lo and behold I hear saving words. They were these from a long-timer: have you gotten rid of any reservations about making AA your life-long commitment and way of life? Have you tried to stop doing things that take you further from a God of your understanding? Have you discussed these questions with your sponsor?

I'm off for my walk now on this lovely day and to think some more about these questions. After 28 years, my direction has never been clearer. Marty-by-Nature (Out of the Woods Group)

***REPLACING OUR WILLFULLNESS
WITH GOD'S WILL FOR US!***

Perhaps it isn't Steps 4/5 that need repeating but to take a closer
look at Steps 6/7

What Does "Drop the Rock" Mean, and How Does It Keep You Sober?

Drop the Rock is a story about a group of Twelve Step members who set sail on a ship named Recovery, sailing across the Sea of Life toward the Island of Serenity. As the story is told, soon after the boat pulls away from the dock, its passengers realize some of their friends from AA are missing.

Sure enough, their friend Mary comes running down the street and onto the dock, racing toward the boat. The people on board cheer her on. "You can do it!" they shout. Mary dives into the water and swims for the boat as fast as she can. But as she nears the boat, she slows and struggles to stay afloat. Everyone on board can see why: a heavy rock is hanging from a snarl of strings around Mary's neck. "Drop the rock!" they all shout. "Let go! Drop the rock!"

Treading water, Mary looks down at the rock. It contains all her fears, resentments, self-pity, anger and other character defects, and they're weighing her down. She also realizes that if she doesn't let go, she will likely drown.

She tears off the strings, pulls the rock away from her body, and lets it sink into the ocean. Freed of the dead weight, Mary swims the rest of the way toward the boat. And she climbs aboard, exhausted but safe in the good company of friends who are on the same journey as her.

How Can You Let Go of Resentment, Fear and Other Character Defects?

Character defects like resentment, fear, anger and self-pity will weigh us down in recovery. Much like the rock that Mary carried, we have to let go of these shortcomings to stay happy, healthy and focused on our program.

Sometimes we might experience these emotions in small doses and as ordinary reactions to life challenges. And that's okay. But when we carry these emotions around with us for longer than necessary, or when they become habit, we gamble with our sobriety.

A big part of AA and Twelve Step recovery is learning to recognize and let go of the character defects, shortcomings and attitudes that would otherwise sink us. And when we learn to finally drop those "rocks," we can become who we want to be, and our acts of humility, willingness and courage will have a healing ripple effect on one another.

And that's where the Steps come in: Step 6, Step 7 and Step 10 are designed to help you manage your shortcomings with grace and humility.

How Do You Work Steps Six and Seven?

To remove our shortcomings or defects of character, we're instructed to use Step 6 and Step 7:

Step 6: Were entirely ready to have God remove all our defects of character.

Step 7: Humbly asked God to remove our shortcomings.

But Steps Six and Seven are only briefly discussed in the book *Alcoholics Anonymous*—commonly called the *Big Book*. And the Steps themselves are confusingly simple. We become ready, and we ask for the defects to be removed. Now what?

Continually Practice Steps Six and Seven to Unlock Permanent Change.

At first, these Steps may seem underwhelming. We become ready, we humbly ask a Higher Power to help us with our defects of character, and then we wait. Our shortcomings may disappear temporarily—we feel our resentment, anger and self-pity slip away—but then it all comes rushing back, and we fall victim to old habits and patterns of thought.

So what are we doing wrong? Why aren't we changed completely once we humbly ask for spiritual help?

Well, that would be nearly impossible because change doesn't happen all at once. We have to intentionally work at changing our thoughts, habits and behaviors, and we have to examine our daily actions: where or how do we pick up the "rock" of shortcomings, and how quickly can we drop it?

We ask repeatedly and whenever our defects of character arise for them to be removed. Eventually, and only with the help of Step 10, do we actually begin to change. But we have to patiently work at it.

Using the Tenth Step to Ward against Your Character Defects; Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

In recovery, we must remain watchful of our thoughts and behaviors, regardless of how much sober time we have. Our character defects and shortcomings can become equally as damaging as alcohol or other drugs once were—both to us and to the people we care about.

And when we stop using alcohol, our flaws don't simply disappear. Recovery is the process of actually getting sober, yes. But more than that, recovery is the process of recognizing, confronting and neutralizing those character defects. And with the help of others, a Higher Power and Step 10, we can carefully approach each day, one day at a time, from a progress-based mindset.

Just think: How much tension have your defects created? What would your life be like without selfishness, resentment, self-pity or fear? That is what you're working toward when you continue to take personal inventory, admit fault and slowly loosen your grip on your "rock."

The Takeaway: Using Steps Six, Seven and Ten to Control Your Recovery and Grow
On any given day, most of us make hundreds of small and large decisions, act in hundreds of different ways and say hundreds of different things to a wide range of people. Each interaction and conversation has its own ripple effect, and we can't control them all. But we can use Step 6, Step 7 and Step 10 to work to face each day and moment with openness and serenity.

In this way, the Steps are our touchstones for continued spiritual growth and transformation. We are no longer learning how to work the program. We are learning how to make the program a way of life, moment by moment and day by day as we shift from a focus on self to a focus on growth and service.

STEP SIX

SEEKING ADVANCED RECOVERY

Stopping drinking is quite an accomplishment for us Alcoholics. And remaining sober is most important in anyone's fact recovery. However, experience makes it clear that our ability to stay sober for a length of time remains unsafe unless we find a way to rid ourselves of our grosser handicaps.

If we have done the first five steps of our program, then we have conquered a lot:

1. **Admitting we were powerless over alcohol and that our lives were unmanageable;**
2. **Coming to believe in a Higher Power of our own understanding;**
3. **Making a decision to hand our will and our lives over to that Higher Power;**
4. **Making that fearless (and sometimes fearful!) moral inventory;**
5. **Admitting everything to myself aloud & that Higher Power & another person.**

If we stop there, we may not stay sober. We've admitted, believed, decided, written, & spoken, but we **HAVEN'T CHANGED ANYTHING YET!**

Willingness is the key, and becoming willing to change means beginning the process of change. We must drop our burdens and move forward.

This is the partial transcript of

"DROP THE ROCK"

talk given by Sandy B. at a Palm Desert, California:

"If there is anybody new here tonight—and I hope there are some new people—there's one last thing that I think you have to do in order to have the miracle of AA take place. All you have to do if you're new is don't drink, turn your life over to God, and get rid of all of your old ideas. That's all we ask, that's all we ask that you do. When I heard about turning over all my old ideas, I realized that all of my old ideas was my whole game plan for living, my whole plan— everything, every conviction,

every attitude, every prejudice—everything that I had about the world are my ideas, and it was like carrying around a 150- pound rock.”

“But it was my rock. It was mine. I put this thing together, this was the real me—I was this rock. And I came in here and it was like I was in the ocean of alcoholism and AA threw me a life-preserver, but I am hanging on to that rock—this is my rock and they’re yelling out to me ‘DROP THE ROCK!’

“No, man, I can’t drop the rock.” I’m hanging on to the life preserver and the boat full of AA members is coming along and I am going under with the rock and hanging on and I got the thing and they are going, ‘Hey, drop the rock out there.’ I’m going down under and everybody’s yelling, ‘It’s great up here! Come on over!’ And I said, ‘How do I get up there?’ ‘Drop the rock and you’ll make it!’ But I don’t want to drop the rock—it’s mine.

“And so finally one day, I don’t know, something terrible happened ’cause it took my attention away and I dropped it and I was terrified. There goes my rock! And while I was looking down there, I was like a water-skier. I came up out of the top of the water and I’m going along and I’m going, ‘What the hell? Why did I want that rock anyway?’ That’s why we want to hold on to those old ideas with a death grip. I’ll never understand it, but it’s one of the paradoxes in AA.

“And so, if you are new, I hope this happens to you and I want to be sitting out there next year or the year after that, whenever it takes place, because this is how I’ll know about God even more. I want to be out there when some new person out there is standing up here and you’ve got that sparkle in your eye and you’ve got that whole vitality going about Alcoholics Anonymous and you’re looking at some new

person and you’re saying, ‘Drop the rock—it’s the greatest!’”

As the saying goes, “If nothing changes, NOTHING CHANGES!”. Step 6 is where real change begins, where we find the courage to be willing to change our behaviors and our reactions—as the second part of the Serenity Prayer says: “The Courage to Change the Things We Can”. We practice doing the opposite of what didn’t work for us in the past. We try to walk through our fears. We try to change.

And when we can’t, that’s when Step 7 comes in and we humbly ask for help, from our fellowship, from our sponsors and from our Higher Powers. And I don’t know about you, but asking for help was pretty damn difficult for me for most of my life—the simple act of asking for help with my fears, my procrastination, my selfishness, or which ever of my character defects that I had a hard time letting go of—that was change too.

At any time I felt I was stagnating in my program, it was usually because I wasn’t willing to let go of the burden of my rock—it was MY rock, after all—it helped define me!

Now I ask for help. I gladly lay down a burden I no longer have to carry alone. Sometimes I even have a sparkle in my eye, especially when I’m saying to someone; “DROP THE ROCK, IT’S THE GREATEST!

my dog got a haircut and now it looks like he gave up drinking.



Stories Needed

Archives is looking to continue collecting information and stories about our South Jersey groups and individuals. archives@aasj.org.

Personal Histories, Homegroup Histories, COVID Adaptation Stories

GSO is seeking Stories for the Next **Big Books!**

[Announcement 5th Edition BB EN \(aa.org\)](#)

[Recovery story solicitation for the Fourth Edition of the Big Book Alcohólicos Anónimos \(aa.org\)](#)

[Announcement AA Black African American EN](#)

The next Bookers Meeting will be held on Thursday, August 4, 2022 at 8 PM at St. Bart's, 1989 Route 70, Cherry Hill, NJ.

H&I continues to provide facilities with a message of experience, strength, and hope.

The meeting will be held on May 31st this month due to the Memorial Day Holiday. Again it will be held TUESDAY May 31st at 7pm instead of the usual Monday. Multiple email reminders will be sent out in the two weeks prior to the meeting. I can be reached at Handl@aasj.org

John S H&I Chair

DON'T BE
ashamed of
your story
IT WILL
INSPIRE OTHERS

**The first thing you
put ahead of your
sobriety will be the
second thing
you lose.**



THE PAUSE PRAYER

BB pg 87-88

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.



GRAVY

No other word will do. For that's what it was. Gravy. Gravy these past ten years.

Alive, sober, working, loving and being loved by a good woman. Eleven years ago he was told he had six months to live at the rate he was going. And he was going nowhere but down. So he changed his ways somehow. He quit drinking! And the rest? After that it was *all* gravy, every minute of it, up to and including when he was told about, well, some things that were breaking down and building up inside his head. "Don't weep for me," he said to his friends. "I'm a lucky man. I've had ten years longer than I or anyone expected. Pure gravy. And don't forget it."

—RAYMOND CARVER
(1938-1988)

ALCOHOLICS ANONYMOUS SLOGANS

- Don't compare your insides to other people's outsides.
- You're as sick as your secrets.
- Humility is not thinking less of yourself, it's thinking of yourself less.
- Serenity isn't freedom from the storm; it is peace within the storm.
- Isolation is the dark room where we develop our "negatives."
- If you do what you always did, you'll get what you always got.
- You don't need to "find God"; He isn't lost.
- You can be just as crazy sober as you were drunk, you'll just remember it the next day.
- Expectations are preconceived resentments.
- If nothing changes, nothing changes.

Trivia Question:

Dr. Bob was said to have personally helped more than how many alcoholics?

(Answer is in this issue)



THE 124 CLUB SUMMER PICNIC

Join us for the return of the Annual The 124 Club Summer Picnic!

Food, Fellowship, and Games
CNJ Intergroup Lit-on-Wheels
12 PM - 5 PM

Beginners Meeting at 1:30 PM
Speaker Meeting at 3:00 PM
Speakers are Andy J and Mariva T

Tickets \$10 - Kids under 12 are free



**SATURDAY
JUNE 11TH**

ROSEDALE PARK PERMIT PICNIC AREA
424 FEDERAL CITY ROAD
PENNINGTON, NJ

Editorial Policy

Anonymous South Jersey is a monthly newsletter published by and for members of South Jersey. Opinions expressed herein are NOT to be attributed to AA as a whole, nor does publication of information imply any endorsement by either AA or South Jersey Intergroup. Quotations and artwork from AA literature are printed with permission from AA World Services, Inc., and/or the AA Grapevine, Inc.

Contributions from readers are encouraged—you can write about your experience, strength and hope in general, or you can focus on one of the steps or traditions. You can also write about something that touched you at a meeting, something that bothered you at a meeting, or some service commitment you especially enjoy. Submissions are edited for space and clarity. Contact information is required and anonymity is respected.

Due to space limitations, we are unable to publish flyers for events in this newsletter. However, we are happy to include your gathering in the general list of fellowship announcements.

Please send your submissions to newsletter@asj.org.

CONTACT INFORMATION FOR SJ INTERGROUP:

South Jersey Intergroup Association, Inc. PO Box 2514 Cherry Hill, NJ 08035

Office/Literature Sales: 1-856-486-4446

Email: Info@asj.org Website: www.asj.org 24-Hour Hotline 1-856-486-4444

SJIG holds its monthly meetings on the third Wednesday of the month at 8 pm at St. Bartholomew's Episcopal Church 1989 Route 70 East, Cherry Hill, NJ

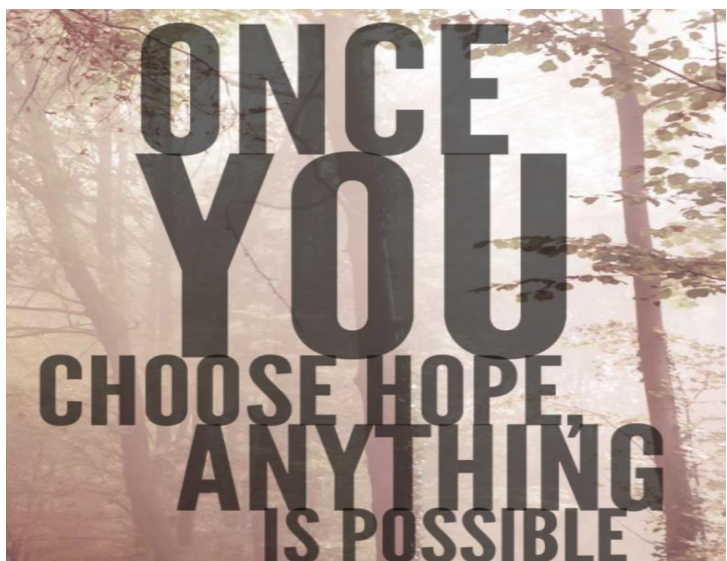
InterGroup Steering Committee: consists of the panel of elected InterGroup Officers, InterGroup Committee Chairpersons/Co-Chairpersons, and a Representative from the Board of Trustees. Our monthly meeting is held on the second Wednesday of each month at the InterGroup Office in Pennsauken and is open to all members of the A.A. Fellowship.

AASJ Officers

chairperson@asj.org, vchairperson@asj.org, treasurer@asj.org, secretary@asj.org, asecretary@asj.org

AASJ Committee Chairs

answeringservice@asj.org, archives@asj.org, bookers@asj.org, budget@asj.org, handi@asj.org, literature@asj.org, meetinglist@asj.org, newsletter@asj.org, publicinfo@asj.org, socialevents@asj.org, tech@asj.org, unity@asj.org



**I GOT 99
PROBLEMS
BUT A
HANGOVER
AIN'T ONE.**

STEP 6 WORKSHEET

Step 6 - We become entirely ready to have God remove all of these defects of character

Before going any further read the last paragraph on page 75 of the Big Book:

"Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done. We thank God from the bottom of our heart that we know Him better. Taking this book down from our shelf we turn to the page which contains the twelve steps. Carefully reading the first five proposals we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last.

Is our work solid so far? Are the stones properly in place? Have we skimped on the cement put into the foundation? Have we tried to make mortar with out sand?

If we can answer to our satisfaction, we then look at Step Six. We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all – every one? If we still cling to something we will not let go, we ask God to help us be willing."

When doing the 6th step it is important to be honest with yourself as you answer these questions. All too often when people skimp or hide their inner feelings of resentment. This only leads them to an excuse for relapsing. The more honest we are about ourself the better chance we will have for success.

Using your 4th Step Inventory, take some time to review the character defects that you wrote while doing your inventories. Is there one thing that stands out more than another?

Again ask yourself was I totally honest when I was doing the inventory or was I in a hurry just to get it done. Are your inventories thorough and complete? If not, then go back and finish that which is missing and review them with your sponsor now.

If you feel certain that you have not left anything out and if your answers to the two earlier questions are yes, you are ready to for Step Six.

In this box, list your character defects starting with the most relevant to the least:

The Big Book says that alcoholics don't always want to give up their defects. Sometimes it's easier to sit in today's pain than take a chance on something different. You know what your pain is like and you've learned to deal with it.

But you don't know what the future will be like with out that pain in your life unless you let it go

1	
2	
3	
4	
5	
6	
7	
8	

completely.

Another reason why it may be hard to give up a defect is that some character defects are fun just to hang onto. They may cause other people trouble and lead to restlessness and discontent for alcoholics or addicts, but they're fun and you are unwilling to let go of them. Some people worry that if a Higher Power removes all their defects, they won't have any personality left at all.

What really happens is that **character strengths** rush in to take their place. But some people don't understand or believe that this will happen, so some cling to the old defects they've come to know and rely on to get them through a stressful situation.

At this time, list as many defects as you can that you have been clinging to and why:

1	
2	
3	
4	
5	
6	
7	
8	

Let's take a closer look at one of the reasons why some want to hang on to their character defects: **FEAR**, Their **fear** that they will end up with a "hole" in their personality. They feel they will become boring or useless, people won't like the "new me".


This simply won't happen. **Character Defects** will be replaced by **Character Strengths**.

This means that where the defects used to be, you'll find **love, compassion, and the will of a Higher Power. You'll also start to know peace, serenity, and happiness.**

In this next exercise write down the following sentence using the words above and then say them out loud. "I am filled with _____" Note how just saying this makes you feel, and why.

When you find yourself in a stressful situation, practice saying these sentences to yourself. Learn to feel the emotional and tension release as you say them in your mind.

Once we start to accept and understand fully that our character defects will be replaced by character strengths we are truly ready to have a Higher Power remove all of our old defects - You have taken Step 6 when you have asked that they be removed. Don't concern yourself with how to ask, simply ask and you shall be heard. Then practice using the Good Strengths in place of old habits, in time you'll start to see the natural changes being made.



NJYPAA
New Jersey Young People of Alcoholics Anonymous

Virtual Business Meeting
10:30 AM
3rd Sunday of the Month
ZOOM Meeting ID: 264-995-272



NJYPAA
New Jersey Young People of Alcoholics Anonymous

Every 3rd Sunday of the Month
10:30 AM
Bradley Beach Recreation Center
39, 1/2 Main Street
Bradley Beach, NJ 07720
Entrance is behind home plate of the softball field
For more information please go to
www.NJYPAA.org or contact NJYPAA@gmail.com

Are you
“ON THE BEAM”

ON THE BEAM

HONESTY
FAITH
COURAGE
CONSIDERATE
HUMILITY
GIVING
CALM
GRATEFUL
PATIENCE
TOLERANCE
FORGIVENESS
LOVE
SELF-FORGETFULNESS
HUMILITY
MODESTY
SELF-FORGIVENESS
TRUST
MODERATION
ACTION

OFF THE BEAM

DISHONEST
FEAR
FRIGHTENED
INCONSIDERATE
PRIDE
GREEDY
ANGER
ENVY
IMPATIENT
INTOLERANT
RESENTMENT
HATE
SELF-PITY
SELF-JUSTIFICATION
SELF-IMPORTANCE
SELF-CONDEMNATION
SUSPICION
GLUTTONY
SLOTH

Daily Inventory.

When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid?

PERSONALITY CHARACTERISTICS OF SELF -WILL

PERSONALITY CHARACTERISTICS OF GOD'S WILL

- | | | | |
|--------------------------|--------------------------|--------------------------|-----------------------------|
| Selfish and Self-Seeking | <input type="checkbox"/> | <input type="checkbox"/> | Interest In Others |
| Dishonesty | <input type="checkbox"/> | <input type="checkbox"/> | Honesty |
| Frightened | <input type="checkbox"/> | <input type="checkbox"/> | Courage |
| Inconsideration | <input type="checkbox"/> | <input type="checkbox"/> | Consideration |
| Pride | <input type="checkbox"/> | <input type="checkbox"/> | Humility-Seeking God's Will |
| Greed | <input type="checkbox"/> | <input type="checkbox"/> | Giving Or Sharing |
| Lust | <input type="checkbox"/> | <input type="checkbox"/> | What We Can Do For Others |
| Anger | <input type="checkbox"/> | <input type="checkbox"/> | Calmness |
| Envy | <input type="checkbox"/> | <input type="checkbox"/> | Gratitude |
| Sloth | <input type="checkbox"/> | <input type="checkbox"/> | Take Action |
| Gluttony | <input type="checkbox"/> | <input type="checkbox"/> | Moderation |
| Impatience | <input type="checkbox"/> | <input type="checkbox"/> | Patience |
| Intolerance | <input type="checkbox"/> | <input type="checkbox"/> | Tolerance |
| Resentment | <input type="checkbox"/> | <input type="checkbox"/> | Forgiveness |
| Hate | <input type="checkbox"/> | <input type="checkbox"/> | Love-Concern For Others |
| Harmful Acts | <input type="checkbox"/> | <input type="checkbox"/> | Good Deeds |
| Self-Pity | <input type="checkbox"/> | <input type="checkbox"/> | Self-Forgetfulness |
| Self-Justification | <input type="checkbox"/> | <input type="checkbox"/> | Humility-Seek God's Will |
| Self-Importance | <input type="checkbox"/> | <input type="checkbox"/> | Modesty |
| Self-Condernation | <input type="checkbox"/> | <input type="checkbox"/> | Self-Forgiveness |
| Suspicion | <input type="checkbox"/> | <input type="checkbox"/> | Trust |
| Doubt | <input type="checkbox"/> | <input type="checkbox"/> | Faith |