

## Arizona Step Study Step Twelve Assignments

*Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all areas of our lives.*

### Do these four assignments in Week One if you can:

- Define all the words in Step Twelve
- Read all the literature you have on Step Twelve, including the COSA Step Twelve booklet.
- Answer questions in COSA's Step Twelve booklet.
- Go to <http://www.cosa-recovery.org/> and investigate the "Be of Service" tab. Make a list of service that appeals to you.

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### Continue with your Step Twelve work ... for the rest of your life:

- Have you experienced a "spiritual awakening?" Write about what that is like for you, or why you think you may not have experienced it.
- A spiritual awakening is the result of the Step work you have done. What was most meaningful to you in the work you have done is Steps One through Twelve?
- What are the principles you have grasped in the Step work you have done? For example, in Step One you may have learned more about honesty, or surrender, or something else. See if you can identify one principle for each Step.
- Having worked through the Steps, what might it look like to you *"to practice these principles in all areas of our lives"*? Write about your experience regarding these areas in your life that you have applied or might apply the principles.
- Write a few paragraphs about your experience in completing the Steps. Share this with your group.
- Have you participated in carrying the message? What did that look and feel like?
- Are you sponsoring? If not, what is holding you back?

- If you are not currently doing service work, try at least one thing that's new to you. Sponsor, or chair a meeting, or join a Board Committee, or write for the Literature Committee.
- Consider submitting an article to the Balance. For more information, email [cosacopy@yahoo.com](mailto:cosacopy@yahoo.com)
- You may have heard "You can't keep what you don't give away." What does that mean to you?
- Focus on finding service opportunities. Nothing is too big- or too small.
- Celebrate! Completing the Twelve Steps is a very big deal. You have grown closer to your Higher Power and to the people in your life. Talk to your close friends or family and plan a celebration.

**Some tools to remember when working Step Twelve:**

- When you are thinking about taking on service work, answer two questions about the service work you are contemplating:
  - Will this service work further my individual recovery?
  - Will it bring me joy?
- Remember balance. Some COSAs may be tempted to overdo on Service. Make sure you are not neglecting the other things that are important and necessary for you.

It's been an honor and a pleasure to work with you in this endeavor. We'll be looking again at Sponsorship and asking your questions and helping you address your concerns.