

The Footwork We Do in Recovery Fills up Our “Sanity Bank”

- 1) **Attending Meetings:** Go early, stay late, and make sober friends.
- 2) **Working the Steps with a Sponsor:** Meet regularly to take the steps.
- 3) **Reading A.A. Literature and Other Readings,** e.g., Hazelden.
- 4) **Daily Prayer & Meditation:** Quiet time, read, pray, & meditate.
- 5) **Service:** Help with Home Group tasks, share at meetings, & sponsor others.

Insanity Bank (Alcoholic Self) (The 12 Steps Reduce this)	Sanity Bank (Healthy Self) (The 12 Steps Increase this)
<ul style="list-style-type: none"> • Using Drugs & Alcohol & Sex • Denial • EGO=Ease God Out • ISM=I Shall Manage • Fear: Victim Mentality • Instincts: “I must have more of...” <ul style="list-style-type: none"> • Material & Emotional Security • Prestige & Power • Romance & sex • Self-Centered; Self-Seeking 	<ul style="list-style-type: none"> • Sobriety • Honesty, Openness, Willingness • Trust God’s Care & Direction • Turn it Over • Love: Trust God’s Perfect Order • “My Higher Power gives me...” <ul style="list-style-type: none"> • Material & Emotional Security • Prestige & Power • Romance & sex • Interest in our Fellows

