1st: It was not so much WHO offended me, Or HOW they did that... [Column 1 & 2] (65: 2)

...but WHAT part of myself I Re-Acted to. Instincts: Security? Self-esteem? Sex? [Column 3] (65: 2)

2nd: WHY work on this? So I won’t drink again. (65: 3)

3rd: WHEN I am ready I turn back to the list: (66: 3)
“Avoid Retaliation” (67: 1)
They are as sick and suffering as me.

4th: WHERE were my own MOTIVES: (67: 2)
Selfish? Dishonest? Self-centered? Fearful?

Am I WILLING to set this straight? (67: 2)

STEPS 5, 6, 7 & 8
Clean House

STEPS 9, 10, 11 & 12
Practice these Principles daily