

# PROMISES

## Steps 4, 5 and 6-Four Different Perspectives

To coincide with the newsletter's 2<sup>nd</sup> Quarter, months, 4, 5 and 6, we decided to focus this issue's feature article on people's experiences with Steps 4, 5 and 6, with varying lengths of sobriety. Here are the questions that were asked:

- Q1: How long have you been sober?**
- Q2: What did you find was the hardest part of Steps 4/5/6?**
- Q3: What was the easiest?**
- Q4: How many times have you done them?**
- Q5: How long did it take you?**
- Q6: What, if anything, would you have done differently?**
- Q7: What advice would you give others just beginning Steps 4/5/6?**

### Interviewee #1, Judy M., Beginner

- A1:** "Four and a half months."
- A2:** "There were a number of things I found difficult. I had a couple of problems with Step 4. One, was knowing what types of things qualified to be in my inventory. Reading and re-reading guidance from the Big Book, talking to my sponsor, and reading the workbook, 'Ed and Charlie 12 Step Workshop' were helpful in directing my selections. Two, was knowing when I was "done". Once I realized that this was an ongoing process, it was easier to be satisfied that my list was as complete as it could be at that point in time and I could address other things that came up later. Step 5 was not difficult. I have a wonderful sponsor and her gentle approach made it easy to admit things I had done. Step 6, I had difficulty knowing what was actually required by "being willing". It seemed like a very passive exercise. Maybe it was hard for other people to reach that state."
- A3:** "Using 'Ed and Charlie 12 Step Workbook helped me understand things a lot better and coached me along the way with questions and additional exercises."
- A4:** "Once".
- A5:** "About a month and a half."
- A6:** "Not to over-analyze things."
- A7:** "Be honest, maybe for the first time in your life. It is so worth it."

### Interviewee #2, Connie L., Intermediate

- A1:** "Four years."
- A2:** "The inventory wasn't hard. Sharing my inventory wasn't hard. I guess I had trouble understanding what the results of Step 6 would be."
- A3:** Connie understood certain things about herself, but she didn't see them as "defects". She saw them as "strengths". She said "I didn't see myself as selfish, I saw myself as 'selfless'. What I didn't understand was that I was trying to control others' lives."
- A4:** "I'm not even sure I did them that formally. My sponsor does the program as a very loose garment. I look forward to doing it again. But, I know every single one of my defects. I see my own defects in others. It's annoying. But, it allows me to be more forgiving and loving."
- A5:** "I did a step a month, so it took me a year."
- A6:** "I would have approached it in a more student-like way, with tasks and deliverables. But, that's what's natural to me and my sponsor got me out of my comfort zone, by doing it differently."
- A7:** "If the chart in the book confuses you, find another way to do it. I did, and it worked for me. My sponsor was very gentle."

### *Editors Note*

Hi, My name is Barbara Z. I am the editor of the Promises Newsletter.

The focus of this newsletter is on the Steps and Traditions 4, 5 and 6.

I would like to give a special thanks to Judy M for her help in getting stories from local AA's for the newsletter. She interviewed people with different lengths of sobriety to get their perspective on steps four, five and six. I would also like to thank all the people who participated.

This newsletter will be published four times a year. January, April, July and October.

If I do not have any stories from local groups, I will add stories from the Grapevine focusing on the Steps, Traditions and Promises. I will also include any upcoming events.

Please submit all AA related content to:  
PromisesFlagler@gmail.com.  
Deadline for all submissions for the July issue is June 15 2019.

I am responsible... When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible

Helpline: 386-445-4357

## Steps 4, 5 and 6 -Four Different Perspectives -Continued

**Q1: How long have you been sober?**

**Q2: What did you find was the hardest part of Steps 4/5/6?**

**Q3: What was the easiest?**

**Q4: How many times have you done them?**

**Q5: How long did it take you?**

**Q6: What, if anything, would you have done differently?**

**Q7: What advice would you give others just beginning Steps 4/5/6?**

### Interviewee #3, Barb M., Advanced

**A1:** “12 ½ years sober”.

**A2:** “Step 4, finding my part. My whole life, I relied on blaming others and self-justification. This was unfamiliar and new. Step 5 and 6 were no problem. I didn’t have a whole list of defects. I knew I just needed to continue to look at myself. It’s hard to continue to be aware and easy to fall back into blame. I have to keep the door open and the light on. It’s not a once and done thing. I don’t like to continue to work on things.”

**A3:** “Step 4 was easy. It was easy to find fault in others and identify resentments.”

**A4:** “I was a member of a group that did all the steps in one day, except Step 12, of course. My sponsor had a list of 21 questions, designed to pull out the same things as the charts in the Big Book. There was something that I had forgotten until I had been in sobriety for three years. I did Step 4 again, just on that particular issue. I found this step to be the most pivotal, life-changing process. I don’t know how it works or why it works, but it does. It relieved me of the burden. But, then, I had the gift of desperation. I was ready to do the work. I wanted a revolution in my soul. I needed to clean my side of the street. To let somebody else suggest something and then do it, was big for me. I need to learn to be teachable.”

**A5:** “Various.”

**A6:** “Nothing.”

**A7:** “Don’t be afraid. Trust.”

### Interviewee #4, Greg M., Veteran

**A1:** “28 years, 9 months”.

**A2:** “My ruminating over the inventory and baring my soul to another. I was nervous about doing it. I dragged my feet on the 4<sup>th</sup> Step because I wanted to do it perfectly. My sponsor finally told me I was done. I needed good, orderly direction. I was afraid of the outcome.”

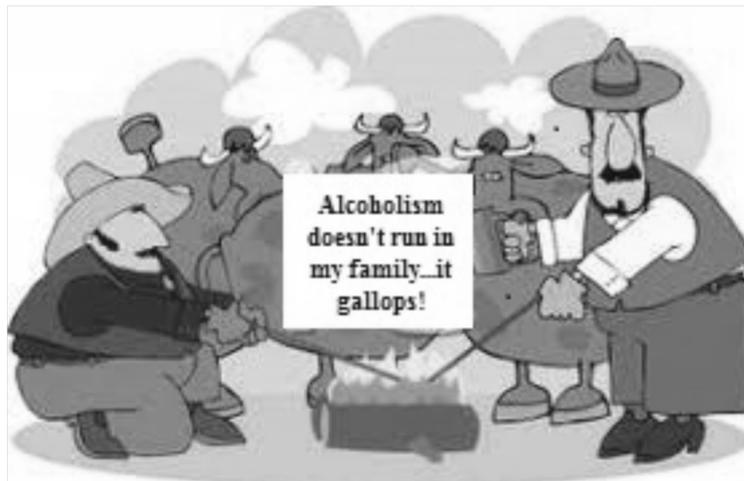
**A3:** “There was great relief after doing Step 5 with my sponsor. Once I was done, it was very freeing. Today, I have clarity with a higher power. I am blessed that I had the sponsor I did.”

**A4:** “Once.”

**A5:** “The 4<sup>th</sup> Step took me a couple of months, 5 & 6 took me a couple of hours.”

**A6:** “If I had realized I would feel such freedom from the past, I would have done it sooner.”

**A7:** “Be honest, open-minded and willing. Make sure you have the right person to go through it with. Have a sponsor you can trust.”



*Anniversaries include Celebrants for the months of April, May and June of 2019*

**April**

**24 Hour Group**

Marty G-26yrs  
Coach-8yrs  
Richard T-37yrs

**Came To Believe**

Tony D-6yrs

**K.I.S.S**

Donna H-21yrs

**Lucky To Be Here**

Jerry-22yrs  
Pam H-26yrs

**Monday Night Live**

John H-4 yrs

**Steps to Serenity**

John S-12yrs  
Amanda R-10yrs  
Janice N-22yrs

**The DT's Group**

Tom B-43yrs  
Richard T-36yrs  
Mike S-31yrs  
Geri D-2yrs

**Woman's Acceptance**

Rosemary-29yrs  
Pam H-36yrs

**May**

**24 Hour Group**

Arlita G-1yr  
Florence F-12yrs  
Barbara W-16yrs  
Bruce C-19yrs  
Jeri S-30yrs

**Another Open Door**

Kerry M-4 yrs

**Came To Believe**

Ines C-1yr

**JumpStart**

Connie L-4yrs  
John D-37 yrs  
Laura R-7yrs  
Richard H-7yrs

**K.I.S.S**

Stephanie G-2yrs

**Lucky To Be Here**

Mike H-41yrs  
Jim K-28yrs  
Manny L-23yrs  
Judy D-39yrs

**New Beginning**

Mirella M-15 yrs  
Jim S-10 yrs

**Stepping Sisters**

Janet S-1yr  
Kathleen H-29yrs  
Mirella M-15yrs

**The DT's Group**

Arlita G-1yr

**Woman's Acceptance**

Sandy P-17yrs  
Mary KT-33yrs  
Sheila-1yr

**Women to Women**

Kathleen H May10th-29yrs  
Shannon M May 16th-10 yrs

**June**

**24 Hour Group**

Wayne E-14yrs  
John D-4yrs

**Another Open Door**

Kathy K-19yrs

**Came To Believe**

Jody K-40yrs  
Bill S-9yrs

**JumpStart**

Anna S-13yrs  
Lee H-6yrs

**K.I.S.S**

Meg P-7yrs  
Sandy C-33yrs

**Lucky To Be Here**

Deb A-  
Darren M-12yrs  
Leon S-24yrs

**Living Sober**

Greg M-29yrs

**Monday Night Live**

Mal F-34 yrs  
Patty S-2 yrs  
AJ B-1 yr  
Clint L-1 yr

**New Beginning**

Patty S-2yrs

**Stepping Sisters**

Patty S-2yrs  
Leslie-5yrs

**The DT's Group**

Wayne E-13yrs  
Anna H-13yrs

**Woman's Acceptance**

Lana R-33yrs  
Debbie A-2yrs

*We will know Peace*

*No matter how far down the scale we have gone, we will see how our experience can benefit others.*

*That feeling of uselessness and self pity will disappear*

## *Intergroup Meeting*

Where: Florida Flagler Hospital

When: First Monday of Each month @6:30pm

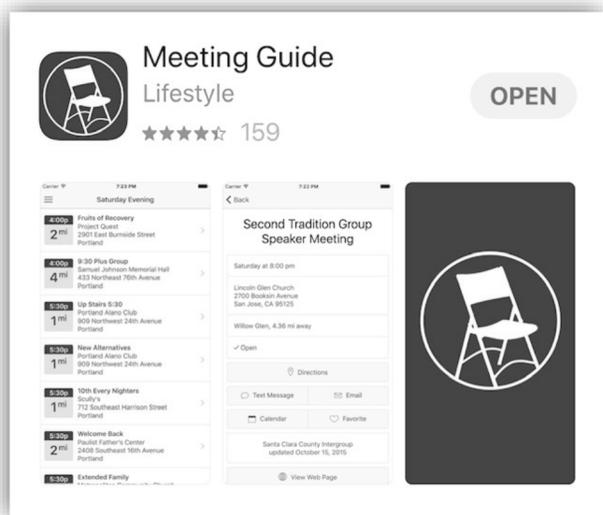


## *District 22 Meeting*

Where: Florida Flagler Hospital

When: Last Monday of each month @6:30pm

Check out this great App for your Smart Phone.  
Always find a meeting wherever you are!



"One of the first insights Dr. Bob and I shared was that all true communication must be founded on mutual need. Never could we talk down to anyone, certainly not to a fellow alcoholic. We saw that each sponsor would have to humbly admit his own needs as clearly as those of his prospect."

AA Co-Founder, Bill W., July 1960, "The Language of the Heart",  
The Language of the Heart

"We well know that our defects, as people and as a Society, have been and still are very great. And we hope that we shall never cease to rededicate ourselves to their correction."

AA Co-Founder, Bill W., March 1960, "After Twenty-Five Years", The Language of the Heart

## *District 22 Workshop*

When: June 8, 2019

Where: Trinity Presbyterian Church  
156 Florida Park Dr N,  
Palm Coast, FL 32137

Time: 1-3pm

Topic: Report on GSO Conference

Speaker: N Florida Delegate

Food will be supplied

Please bring a dessert

We will need volunteers to set up and clean up!  
Please attend the District 22 meeting or contact your group GSR or District representative to see how you can provide service! Thank you!

## CONTACT

PromisesFlagler@gmail.com

Helpline - 386-445-HELP  
(4357)

## SUPPORT

District 22

PO BOX 351814

Palm Coast FL 32135

## WRITE US

Flagler Intergroup

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