

Step 12 Workbook v2: Having Had a Spiritual Awakening as the Result of These Steps

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

This is the step of service and integration. Recovery is not just about what we get—it's about what we give. We become carriers of the message, examples of the spiritual life, and practitioners of honesty, humility, and love. Step 12 is not graduation. It's a beginning.

Reflection Questions

1. What does 'spiritual awakening' mean to you—and how have you experienced it so far?
2. How have the 12 Steps changed your thinking, actions, or relationships?
3. In what ways do you carry the message of recovery, both directly and indirectly?
4. What fears or doubts still come up when you think about sponsoring others?
5. How do you share your experience without trying to fix or control others?
6. What spiritual principles do you return to daily—and how do they guide your choices?
7. Where do you still struggle to apply recovery in your personal or professional life?
8. What are the signs that you're spiritually fit—and what are the signs that you're not?
9. What does 'being of service' mean to you, and how does it help keep you sober?
10. Who helped you most in your recovery—and what did they do that mattered?
11. How do you practice attraction rather than promotion when carrying the message?
12. What kind of legacy do you want to leave in your recovery community?

Quotes from AA Literature

Big Book (4th Edition)

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics." — Big Book, p. 89

"Freely you have received, freely give." — Big Book, p. 89

"We are sure God wants us to be happy, joyous, and free." — Big Book, p. 133

Twelve Steps and Twelve Traditions

"Working with others is not only good for them—it's good for us." — 12 & 12, Step 12

"We have entered the world of the spirit. Our job is to grow in understanding and effectiveness." — 12 & 12, Step 12

"True ambition is not what we thought it was. True ambition is the deep desire to live usefully and walk humbly under the grace of God." — 12 & 12, Step 12

Plain Language Big Book

"You don't have to be perfect to be useful—you just have to be honest." — Plain Language Big Book

"The 12th Step is where we give back what was freely given to us." — Plain Language Big Book

"Carrying the message helps us stay connected, humble, and spiritually grounded." — Plain Language Big Book

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Affirmations

Write affirmations that reflect your spiritual growth, your willingness to serve, and your commitment to living the Steps.

Examples: 'I am willing to accept help.' 'Surrender is the start of freedom.'

Prayer Reflections

Write a prayer of gratitude for your recovery, and ask for guidance to carry the message with love, humility, and truth.