

S	O	B	E	R
Honesty (Rigorous Honesty)	Act As If	Acceptance	Compassion	Freedom from Bondage
Emotional Balance (from Step 10)	Boredom with the Program	Happy Joyous and Free	Feelings and Emotions	Adversity
Forgiving Ourselves	Growth through Pain	FREE	Humility	Anger
Fear	Discipline	Guilt	Big Book (Using the Big Book)	Don't Drink and Go To Meetings
God as I Understand Him	Dry Dunks	Fixing Me Not You	Growth	Easy Does It

S	O	B	E	R
Greed Gluttony Having Enough	Forgiving Others	Dealing with Difficult People	Guilt	Discipline
Cravings	Expectations	Don't Drink and Go To Meetings	Courage	Anniversaries
Attitude	Fake It Till You Make It	FREE	Emotional Hangover (from Step 10)	Ego (ego-smashing Easing God Out)
Amends Making Hard Amends	Asking for Help	Friendship	Disappointment	Anger
Do the Next Right Thing	Happy Joyous and Free	Adversity	Humility	Handling Success

S	O	B	E	R
Action	Fear	Freedom from Bondage	Expect a Miracle	Amends Making Hard Amends
Do the Next Right Thing	Faith	Handling Failure	Don't Quit Before the Miracle	Emotional Hangover (from Step 10)
Breaking My Anonymity	Complacency	FREE	First Things First	I Am Responsible
Fun	Forgiving Ourselves	Fellowship	Gossip	Anger
Balance	First Thought Wrong	Forgiveness	Expectations	Experience Strength and Hope