**Step 10 Workshop**

**SPIRITUAL “PRESCRIPTIONS”**

Potential “Spiritual Prescriptions” May Include:

* **The Spiritual Principles** claimed as a result of answering “What would God have us be?” when completing the Fear Inventory.
* **“Sick Man [person]” excerpt & prayer:** “*We realized that those who wronged us were perhaps spiritually sick. Though we did not like their symptoms, and the way these disturbed us, they* ***like ourselves****, were sick too. We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended, we said to ourselves, ‘This is a sick man [person]. How can I be helpful to him. God, save me from being angry. Thy will be done.*’ ” (BB, pp. 66-67)
* **Serenity Prayer (r**eferenced in the BB, pp. 345, 401, and 419): *“God, grant me the serenity to accept the things I cannot change, change the things I can, and the wisdom to know the difference.”*
* **Fear Prayer** (BB, p. 68):*Dear God, please remove my fear and direct my attention to what you would have me be.*
* Read “*The first requirement is that we be convinced that* ***any life run on self-will can hardly be a success***…” (BB, pp. 60-63)
* Read “*And* ***acceptance is the answer to all of my problems***…” (BB, pp. 417 – 420)
* “**Expressing gratitude** when we discover that defects are removed and problems resolved.” (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd Edition, p. 72])
* **Other** (outside resources)