

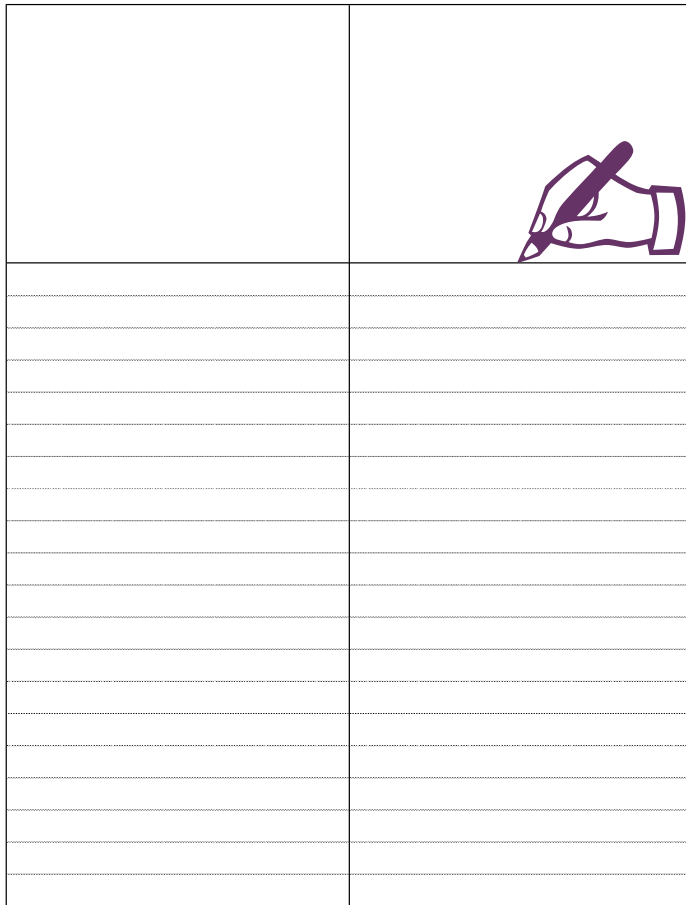
**What would I do if I
knew I could not fail?**

A thought experiment

+ What would I do if I knew I could not fail?

- The format for this workshop will be a series of five exercises; for each...
 - We'll talk a bit, and share on the exercise
 - We'll do some writing
 - We'll share what we have written in breakout rooms
- For sharing with the group, please raise your hand using the Zoom menu, or press *9 if you are on a phone (this is not necessary in the breakout rooms)
- If you have a printer, you can print out the template on the web site; otherwise, a pen and a pad of writing paper is all you need

- + Take a sheet of paper, draw a line down the middle and then a line across the top...






On the top left hand side, write...

<p>What would I do if I knew I could not fail?</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>




+ Now, let's write some things down in that column, drawing a line across the page after each...

<p>What would I do if I knew I could do it?</p> 	<ul style="list-style-type: none">■ Actions I would take—things I would do, rather than things I would be■ No limits, other than the laws of the land and physics

+ Breakout Session - Actions

- Everyone will be divided into breakout rooms of 4-5 people each, for five minutes
- In Round Robin fashion, each person in the room should read one action from their list, then pass to the next person
- Go around and around the room, until everyone has read out all their actions
- Reminder, if you have written something you don't want to share at this time, that's perfectly fine
- And if you don't feel ready to share at all, you can pass

+ On the top right hand side of the sheet, write...

<p>What would I do if I knew I could not fail?</p>	 <p>What am I afraid of that is holding me back from doing this?</p>
<p>~~~~~</p>	
<p>~~~~~</p>	
<p>~~~~~</p>	
<p>~~~~~</p>	

+ Now, let's write down what is holding us back from each action...

- Without shame and without blame
- Honest appraisal of the things inside us holding us back

What would I do if I knew I could not fail?

Handwriting practice lines consisting of four rows of dashed lines between solid top and bottom lines.

What am I afraid of that is holding me back from doing this?



Handwriting practice lines consisting of four rows of dashed lines between solid top and bottom lines.


+ Breakout Session - Fears

- Again, everyone will be divided into breakout rooms of 4-5 people each, for five minutes
- In Round Robin fashion, each person in the room should read the next fear from their list—what you would do, and what is holding you back from that—then pass to the next person
- Go around and around the room, until everyone has read out all their fears
- Reminder, if you have written something you don't want to share at this time, that's perfectly fine, and if you don't feel ready to share at all, you can pass

+ Let's think for a moment how these fears have hurt us


- They have affected our self-esteem
- They have damaged our relationships, both professional and personal
- They have damaged our sexual relationships
- They have affected our material well-being
- They have affected our emotional well-being

+ Take a new sheet of paper, line it up to the first, and draw a matching line across the top...

	<p>What am I afraid of that is holding me back from doing this?</p>	
<p>What would I do if I knew you could not fail?</p>		
<p>.....</p>	<p>.....</p>	
<p>.....</p>	<p>.....</p>	
<p>.....</p>	<p>.....</p>	
<p>.....</p>	<p>.....</p>	
<p>.....</p>	<p>.....</p>	
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<p>.....</p>	<p>.....</p>	
<p>.....</p>	<p>.....</p>	

+ Draw another line, more or less down the middle, maybe a little closer to the left...

	What am I afraid of that is holding me back from doing this?
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+ At the very top left hand side of the second sheet, write...



This fear affects my:	
----- ----- ----- -----	----- ----- ----- -----

+ Now draw four lines to divide the left-hand side into five columns...

This fear affects my:



+ Breakout Session - Effects

- Again, everyone will be divided into breakout rooms of 4-5 people each, for five minutes
- In Round Robin fashion, each person in the room should read out an action and what has been affected by your not taking the action, then pass to the next person
- Go around and around the room, until everyone has read out their whole list
- Reminder, if you have written something you don't want to share at this time, that's perfectly fine, and if you don't feel ready to share at all, you can pass

+ Lets talk about some natural human drives & instincts

- Attraction to other people
- Hunger and thirst
- Taking care of our needs
- Efficiency
- Need for justice
- Social awareness
- Self-confidence
- Avoidance of danger

+ As Bill W. says, for us, these drives can go into excess and become character defects

- Attraction to other people
 - Hunger and thirst
 - Taking care of our needs
 - Efficiency
 - Need for justice
 - Social awareness
 - Self-confidence
 - Avoidance of danger
 - Lust
 - Gluttony
 - Greed
 - Sloth
 - Wrath (unwarranted anger)
 - Envy
 - Pride
 - Terror (groundless fears)
- 

+ But those are loaded words...

- That list—the so-called Seven Deadly Sins (plus one)—has often been used to shame and blame people, so let's switch those words for something less charged:




- Dishonesty/manipulation
- Selfishness/self-seeking
- Thoughtlessness/intolerance
- Laziness
- Unwarranted anger
- Jealousy
- Trying to be in control (playing God)
- Groundless fears

+ So, at the top right side of the second sheet, write...



This fear affects my:	This fear comes from:
Self-esteem	
Professional/personal relationships	
Sexual relationships	
Material well-being	
Emotional well-being	

+ Now, draw seven lines to divide the right-hand side into eight columns...

This fear affects my:	This fear comes from:
<p>Self-esteem</p> <p>Professional/personal relationships</p> <p>Sexual relationships</p> <p>Material well-being</p> <p>Emotional well-being</p>	



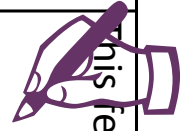
And label the new columns...

Sexual relationships

my:

Material well-being

Emotional well-being



this fear comes from:

Dishonesty/manipulation

Selfishness/self-seeking

Thoughtlessness/intolerance

Laziness

Unwarranted anger

Jealousy

Being in control/playing God

Groundless fears

+ Now, for each fear, check off each of the character defect(s) behind it...

What would I do if I knew you could not fail?	What am I afraid of that is holding me back from doing this?	This fear affects my:					This fear comes from:						
		Self-esteem	Professional/personal relationships	Sexual relationships	Material well-being	Emotional well-being	Dishonesty/manipulation	Selfishness/self-seeking	Thoughtlessness/intolerance	Laziness	Unwarranted anger	Jealousy	Being in control/playing God
.....	X		X	X								
.....		X	X		X							
.....		X		X	X							
.....	X		X									
.....	X	X		X								
.....		X		X	X							
.....	X	X		X	X							
.....			X									
.....	X	X			X							
.....			X	X	X							
.....	X			X								
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.....	X			X								
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.....		X	X		X							
.....	X											
.....		X	X		X							
.....		X	X		X							
.....		X	X		X							
.....		X	X		X							
.....		X	X		X							



+ Breakout Session – Character Defects


- Again, everyone will be divided into breakout rooms of 4-5 people each, for five minutes
- In Round Robin fashion, each person in the room should read out a fear from their list, and what character defects are behind that fear, then pass to the next person
- Go around and around the room, until everyone has read out their whole list
- Reminder, if you have written something you don't want to share at this time, that's perfectly fine, and if you don't feel ready to share at all, you can pass

+ Now, what have we done so far?

- We have taken a searching and fearless moral inventory of our fears
- We have shared what we have written with God and another human being
- If you have worked the Steps before, you will recognize these as a Step 4 & 5 Fear Inventory
- So, let's move on to Steps 6 & 7, and humbly ask God to remove these defects of character
- We can structure each of these rows into a prayer

+ Take a third sheet of paper, line it up to the first two, and draw a matching line across the top...

This fear affects my:					This fear comes from:							
Self-esteem	Professional/personal relationships	Sexual relationships	Material well-being	Emotional well-being	Dishonesty/manipulation	Selfishness/self-seeking	Thoughtlessness/intolerance	Laziness	Unwarranted anger	Jealousy	Being in control/playing God	Groundless fears
X		X	X		X	X						
	X	X		X		X				X	X	
	X		X	X	X			X	X			
X		X								X		X
X	X		X		X			X		X		
	X		X	X		X		X				X
	X	X	X	X		X			X		X	X
X	X		X	X		X		X		X	X	
		X					X					
X	X		X	X	X				X			X
		X	X	X			X		X	X		
	X	X	X			X		X			X	
X			X		X				X			
	X	X		X		X			X		X	
	X	X	X			X			X	X		
X					X		X	X				
	Y	Y		Y		Y						Y



+ And label this new column...



Sixth Step Prayer:

+ Now, let's turn each action and each fear into a prayer...

- “(God/Higher Power/Universe), help me walk through (my fear from column 2) and (take action from column 1)”
- Or, more simply,
- “(God/Higher Power/Universe), help me (take action from column 1)”

Sixth Step Prayer:



Four horizontal dashed lines for writing a prayer.

+ Breakout Session - Prayers

- Again, everyone will be divided into breakout rooms of 4-5 people each, for five minutes
- In Round Robin fashion, each person in the room should read out the next prayer on their list, then pass to the next person
- Go around and around the room, until everyone has read out their whole list
- Reminder, if you have written something you don't want to share at this time, that's perfectly fine, and if you don't feel ready to share at all, you can pass

+ So, what have we done today?

- We have all now worked Steps 4, 5, 6 & 7, around a Fear Inventory
- In looking at the actions we want our Higher Power's help with, we have also started on the Tool of Vision and Goals
- By turning those actions over to other people, we have also started working on the Tools of Action Partners and Action Groups
- For further support, we can share our lists with our sponsors, action partners, action groups and/or program buddies