

"Reaching For Personal Freedom" - INDEX

A

Abandonment, 24, 84, 95, 96
Abundance, 7, 164
Abuse, 86, 110, 158
Acceptance, 3, 10, 11, 12, 16, 26, 32, 33, 38, 39, 47, 52, 56, 62, 63, 72, 73, 74, 77, 82, 91, 95, 97, 113, 114, 121, 124, 125, 129, 130, 132, 139, 151, 156, 157, 171
Accountability, 104, 106, 127, 128, 129, 130, 145, 146, 159, 164
Action / Actions, 11, 21, 37, 41, 43, 44, 47, 48, 49, 50, 52, 58, 59, 61, 63, 64, 68, 69, 70, 82, 84, 85, 88, 90, 107, 111, 112, 113, 116, 117, 119, 123, 125, 128, 130, 134, 149, 154, 156, 161, 162, 164, 168, 169
Admit / Admitting, 9, 10, 31, 32, 33, 39, 52, 54, 72, 99, 154
Adult Child of Alcoholics, 16, 25, 38, 42, 43, 71, 83, 91, 98, 103, 117, 126, 134, 136
Advice, 77, 90, 93, 105, 107, 109, 115, 130
Affairs, 7, 9, 61, 63, 64, 65, 78, 106, 107, 113, 124, 128, 163
Affiliation, 67, 77, 78
Afraid (see Fear)
AI-Anon - Fellowship, 3, 7, 14, 18, 65, 69, 99, 123, 127, 156, 168, 170
AI-Anon - World Services, 7, 123
AI-Anon/Alateen Service Manual (CAL), 156, 157
Alateen, 28, 131, 150, 156, 157, 162
Alateen's 4th Step Inventory (CAL), 28
Alcoholics Anonymous, 46, 67, 82, 87, 90, 91, 112, 115, 116
Alcoholism - a Disease, 3, 10, 11, 12, 13, 15, 16, 18, 19, 27, 31, 32, 33, 40, 41, 42, 47, 52, 61, 62, 65, 67, 87, 89, 90, 91, 95, 98, 103, 104, 108, 109, 116, 119, 124, 125, 126, 127, 132, 136, 139, 145, 149, 152, 156, 157, 159, 168
Alone, 13, 15, 18, 36, 42, 77, 79, 81, 85, 99, 127, 128, 130, 136, 141, 149, 153, 156, 164,
Amends, 9, 41, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 55, 58
Analyzing, 44, 137
Anger / Angry, 12, 13, 36, 38, 40, 41, 44, 52, 68, 72, 73, 77, 130, 139, 142, 144, 150, 164
Anonymity, 67, 112, 115, 116, 117, 118, 120, 121
Answers, 7, 15, 16, 19, 44, 59, 79, 101, 127, 130, 132, 134, 135, 161, 169, 170,
Anxiety, 17, 25, 39, 47, 49, 59, 83, 90, 91, 95, 96, 152, 159
Apologizing / Apologies, 58, 111
Appearances, 118
Area Assembly, 134
Area World Service Committee (AWSC), 138

Argue / Arguments, 70, 74, 107, 139, 167
Arrest, 115
As We Understood (CAL), 56
Asking for Help, 17, 22, 23, 36, 39, 41, 42, 43, 48, 52, 63, 99, 101, 102, 128, 137, 145, 146, 148, 152, 153, 154
Assets (See Character Assets/Defects)
Attitude, 3, 16, 19, 25, 46, 47, 52, 55, 58, 59, 62, 68, 70, 82, 87, 90, 98, 103, 107, 112, 135, 143, 156, 158
Attraction, 62, 67, 112, 113, 114
Authority, 31, 44, 67, 72, 75, 82, 109, 123, 124, 126, 127, 132, 133, 145, 149, 151, 152, 159, 160, 161, 163, 164, 165, 166, 168, 169, 170
Autonomy, 67, 82, 85, 86
Awakening, 9, 10, 18, 41, 61, 62, 63, 65, 157, 170
Awareness, 31, 32, 36, 40, 42, 43, 52, 53, 55, 57, 61, 63, 94, 103, 120, 126, 141, 166
Awareness, Acceptance, Action (3 A's), 52

B

Balance, 29, 47, 48, 68, 69, 77, 82, 84, 91, 98, 99, 100, 101, 103, 123, 124, 126, 145, 149, 151, 154, 159, 160, 164, 167, 168, 169, 170, 171
Beauty, 7, 57
Behavior, 10, 11, 12, 16, 19, 25, 31, 32, 33, 35, 36, 42, 43, 45, 47, 52, 53, 55, 58, 62, 69, 71, 82, 86, 88, 111, 113, 116, 119, 120, 127, 128, 144, 149, 156, 158, 162, 169
Believe / Beliefs, 3, 9, 10, 13, 15, 16, 17, 18, 20, 21, 24, 32, 37, 42, 43, 74, 82, 84, 93, 95, 99, 103, 105, 112, 115, 126, 127, 128, 129, 132, 133, 134, 135, 139, 141, 142, 144, 158
Belong, 23, 79, 80, 84, 89, 92, 124, 136, 156
Bill W., 157
Bitterness, 139
Black and White Thinking, 133
Blame / Blaming, 10, 13, 22, 25, 41, 46, 48, 49, 109, 125
Blueprint for Progress (CAL), 28, 31
Board of Trustees, 123, 152, 156
Boundaries, 28, 45, 82, 91, 92, 95, 96, 124, 129, 170
Brother (see Sibling)
Busy, 59, 89, 97, 126

"Reaching For Personal Freedom" - INDEX

C

Calm, 87, 126, 149
Carrying the Message, 9, 61, 63, 64, 65, 156, 170
Celebrate, 128, 153
Change, 3, 7, 10, 11, 12, 13, 16, 17, 22, 24, 26, 27, 30, 31, 33, 35, 36, 37, 38, 39, 40, 41, 46, 51, 53, 55, 56, 59, 60, 61, 62, 63, 64, 69, 70, 72, 73, 74, 75, 79, 86, 87, 88, 90, 101, 107, 112, 114, 118, 119, 126, 130, 133, 140, 144, 155, 156, 167, 168
Chaos, 19, 71, 83, 125, 159, 163
Character Assets/Defects, 9, 25, 26, 27, 28, 29, 30, 33, 35, 36, 37, 38, 39, 40, 41, 42, 44, 52, 53, 55, 91, 103, 120, 143, 153
Child / Children, 17, 31, 36, 38, 45, 46, 60, 75, 84, 85, 96, 101, 104, 109, 110, 111, 116, 117, 118, 124, 126, 128, 130, 131, 132, 134, 149, 150, 151, 155, 167, 170
Choices / Choose, 7, 10, 14, 19, 22, 37, 41, 42, 43, 44, 56, 70, 74, 82, 84, 85, 91, 92, 96, 97, 101, 119, 120, 124, 139, 145, 148, 149, 150, 154, 166, 167, 169, 170
Clarity, 13, 54, 56, 57, 60, 92, 117, 119, 149, 159, 160
Clear, 24, 28, 30, 38, 43, 44, 48, 60, 75, 98, 141, 147, 150, 154, 157, 159, 162, 170
Commitment, 7, 14, 37, 38, 77, 84, 104, 115, 145, 155
Committees, 67, 103, 123, 138, 145, 152, 164, 165, 167
Common Welfare, 67, 68, 71, 77
Communication, 56, 73, 84, 86, 99, 111, 112, 118, 137, 143, 144, 147, 148, 150
Community, 63, 129, 136, 149, 155
Compassion, 33, 42, 44, 62, 87, 96, 97, 112
Compliance, 103, 148, 158
Concepts (see Twelve Concepts)
Conference (see World Service Conference)
Conference Approved Literature (CAL), 21, 61, 90, 156
Conference Charter, 123, 168
Confidence, 20, 33, 43, 52, 63, 133, 151, 153
Conflict, 46, 48, 92, 95, 107, 108, 117, 149, 158, 159
Confrontation, 143
Confusion, 22, 33, 38, 43, 77, 98, 124, 149, 159
Conscious Contact, 9, 56, 117, 129
Consensus, 86
Consequences, 11, 43, 61, 104, 130, 132
Consider / Consideration, 43, 47, 51, 55, 68, 72, 75, 79, 82, 83, 84, 85, 91, 99, 101, 117, 119, 136, 139, 149, 155, 168, 170, 171
Consistency, 77

Control, 10, 11, 13, 15, 19, 20, 24, 26, 28, 30, 35, 36, 39, 40, 45, 49, 72, 75, 76, 82, 84, 87, 91, 93, 103, 104, 110, 112, 124, 126, 127, 130, 132, 134, 135, 137, 139, 144, 152, 154, 158, 162, 164, 165
Controversy, 3, 67, 107, 108, 109, 111, 123, 168, 170
Cooperation, 67, 75, 77, 80, 91, 92, 93, 133, 151, 152, 164
Courage, 3, 12, 18, 22, 40, 43, 47, 50, 52, 56, 57, 62, 90, 106, 112, 136, 141, 144, 168
Courtesy, 77, 114
Crisis / Crises, 35, 144
Criticism, 33, 44, 72, 77, 118, 137, 141, 150, 156, 158

D

Daughter (see Child)
Death, 117, 132, 170
Decisions, 9, 19, 20, 21, 22, 23, 29, 37, 43, 47, 48, 49, 54, 62, 72, 74, 83, 84, 85, 86, 92, 95, 96, 98, 110, 111, 115, 117, 123, 125, 128, 130, 132, 133, 134, 135, 136, 138, 139, 140, 142, 144, 146, 149, 151, 156, 158, 165, 168, 169, 170, 171
Defects (See Character Assets/Defects)
Defensiveness, 143
Delegating, 103, 104, 123, 127, 128, 129, 130, 131, 132, 134, 135, 145, 146, 148, 152, 153, 154, 155, 159, 164, 167
Denial, 11, 29, 35, 54
Depend / Dependency, 45, 67, 93, 94, 95, 96, 97, 124, 137, 152, 164
Despair, 19, 35
Desperate, 13, 19, 112
Detachment, 11, 15, 98, 107, 108, 114, 117, 126, 136, 138, 154, 161, 166
Dignity, 80, 87, 91, 93, 95, 96, 98, 103, 111, 119, 126, 132, 164
Direction, 19, 23, 58, 77, 91, 99, 104, 132, 134, 156
Disappointment, 45
Discipline, 47
Discover, 7, 41, 49, 52, 56, 57, 59, 127, 132, 136, 138, 146, 149, 153, 169, 171
Diversity, 77, 164
Divorce, 16, 45, 126
Dominance, 45, 77, 132, 139, 152, 167
Double-headed Management, 123, 159, 161, 162, 163, 164

"Reaching For Personal Freedom" - INDEX

Doubt, 33
Drugs, 14, 115, 117, 149

E

Embarrassment, 116, 169
Emotions, 16, 33, 35, 36, 44, 52, 69, 84, 91, 93, 95, 96, 97, 98, 124, 132, 155, 158, 170
Enabling, 71, 93
Encourage / Encouragement, 3, 22, 24, 25, 43, 47, 52, 67, 69, 74, 80, 87, 88, 90, 91, 93, 95, 98, 103, 112, 120, 121, 130, 147, 149, 154, 155, 156, 157, 160, 169
Endorse, 3, 67, 91, 94
Enjoy, 17, 149, 155, 167
Equal / Equality, 70, 74, 76, 77, 99, 105, 119, 120, 150, 159, 168, 169, 170
Excuses, 10, 13
Expectations, 16, 16, 31, 72, 74, 90, 102, 103, 104, 114, 124, 125, 135, 142, 146, 153, 157, 159, 162, 163
Experience, 3, 11, 13, 15, 17, 22, 23, 24, 25, 26, 30, 31, 35, 38, 39, 40, 42, 43, 47, 56, 61, 62, 63, 64, 65, 69, 77, 82, 83, 88, 89, 98, 99, 101, 104, 106, 114, 117, 118, 121, 124, 126, 127, 128, 129, 130, 135, 136, 137, 145, 149, 152, 156, 157, 158, 164, 167, 168, 170

F

Failure, 13, 19, 93, 99, 108, 130, 135, 157, 159
Faith, 23, 40, 62, 97, 132, 137
Family, 3, 7, 11, 16, 31, 40, 44, 57, 62, 63, 67, 68, 69, 70, 72, 73, 75, 77, 78, 80, 81, 82, 84, 86, 87, 88, 89, 90, 91, 92, 93, 95, 103, 105, 107, 108, 109, 110, 111, 112, 114, 116, 119, 123, 124, 126, 127, 128, 129, 130, 132, 134, 136, 137, 138, 139, 141, 150, 151, 152, 157, 159, 160, 161, 164, 165, 166, 168, 169, 170, 171
Father (see Parent)
Faults, 13, 33, 92, 128
Fear, 10, 13, 17, 21, 25, 26, 28, 30, 32, 33, 35, 36, 38, 39, 40, 41, 45, 54, 60, 61, 77, 90, 91, 95, 96, 97, 107, 124, 127, 133, 135, 139, 141, 142, 144, 152, 153, 157, 169

Fearless, 9, 25, 26, 27, 29, 82
Feelings / Feeling, 10, 11, 13, 16, 17, 25, 26, 31, 33, 36, 39, 41, 43, 45, 46, 47, 48, 49, 51, 52, 53, 54, 55, 56, 58, 60, 61, 62, 63, 68, 71, 74, 79, 81, 84, 85, 86, 88, 93, 95, 96, 97, 98, 99, 101, 102, 103, 104, 105, 107, 108, 109, 110, 116, 117, 119, 124, 126, 127, 128, 130, 132, 133, 137, 138, 139, 140, 141, 143, 144, 145, 152, 154, 155, 156, 158, 159, 162, 167, 169, 170, 171
Fight / Fighting, 24, 25, 32, 44, 169, 171
Financial Problems, 91, 95
Flexibility, 103, 132, 156, 157, 158
Focus, 11, 19, 22, 36, 37, 40, 47, 50, 52, 57, 58, 62, 77, 78, 79, 87, 89, 90, 91, 92, 93, 94, 95, 97, 99, 100, 106, 107, 108, 111, 112, 113, 117, 118, 120, 124, 130, 152, 153, 155, 158, 162, 166
Forgiveness, 32, 33, 46, 47, 48, 49, 57, 91
Free / Freedom, 7, 10, 11, 19, 23, 24, 25, 26, 33, 44, 45, 47, 49, 52, 53, 56, 59, 77, 82, 84, 87, 93, 95, 99, 100, 101, 104, 105, 107, 108, 109, 113, 116, 120, 128, 130, 131, 132, 145, 148, 155
Friend / Friendship, 3, 14, 22, 31, 32, 37, 40, 46, 48, 49, 52, 58, 62, 63, 67, 68, 77, 79, 84, 87, 89, 92, 95, 96, 105, 107, 110, 112, 114, 115, 118, 119, 130, 132, 136, 139, 141, 148, 150, 160, 171
Frustration, 26, 41, 44, 109, 139, 147, 148, 150, 154, 159, 162, 163
Fun, 79, 144, 150, 167

G

Gentleness, 32, 38, 40, 44, 63, 64, 87, 133
Giving Up, 22, 24, 152
Goal, 71, 74, 76, 77, 91, 92, 93, 95, 99, 103, 127, 136, 137, 145, 154, 155, 156, 164
God of My Understanding, 9, 10, 15, 19, 20, 21, 22, 24, 26, 32, 41, 46, 56, 58, 60, 77, 98, 117, 163
Gossip, 68, 118, 119
Grandparenting, 110, 126
Gratitude / Grateful, 19, 25, 28, 48, 52, 57, 59, 63, 101, 102, 108, 110, 116, 128, 146
Grief, 23
Group Conscience, 67, 72, 74, 133, 139, 158, 167

"Reaching For Personal Freedom" - INDEX

Grow / Growth, 7, 20, 36, 42, 55, 61, 62, 63, 68, 72, 82, 93, 96, 97, 105, 111, 117, 120, 126, 128, 130, 137, 145, 147, 152, 155, 156, 158, 167

Growing Up, 16, 25, 38, 42, 43, 70, 71, 77, 91, 98, 117, 124, 126, 134, 136, 142

Guidance, 7, 15, 19, 21, 25, 28, 31, 33, 44, 47, 48, 58, 59, 72, 74, 79, 98, 99, 101, 103, 126, 130, 135, 149, 151, 156

Guilt, 13, 32, 43, 47, 49, 52, 96, 128

H

HALT (Hungry, Angry, Lonely, Tired), 36, 142

Happy, 16, 22, 36, 45, 62, 70, 97, 98, 113, 120, 126, 138, 146

Harm, 9, 40, 41, 43, 44, 45, 48, 51, 54, 68, 82, 85, 93, 94, 141, 162

Harmony, 65, 69, 85, 123, 136, 137, 138, 139, 166, 170

Hate, 45, 50, 125

Heal / Healing, 7, 47, 95

Health / Healthy, 24, 28, 32, 37, 40, 42, 59, 68, 74, 82, 85, 87, 89, 92, 93, 95, 98, 101, 126, 130, 137, 156, 158, 168

Heart, 19, 20, 43, 58

Help / Helping, 3, 11, 12, 13, 16, 17, 18, 19, 20, 21, 22, 23, 25, 26, 28, 30, 32, 33, 34, 35, 36, 37, 39, 40, 41, 42, 43, 44, 45, 47, 48, 52, 54, 55, 56, 59, 61, 62, 63, 65, 67, 69, 70, 71, 72, 73, 74, 75, 76, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 116, 117, 119, 120, 121, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 137, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 158, 162, 163, 164, 165, 166, 167, 169, 170, 171

Hiding, 28, 33, 118, 119, 125

Higher Power, 12, 15, 17, 19, 20, 21, 22, 23, 24, 25, 28, 30, 31, 35, 36, 39, 40, 43, 44, 45, 46, 47, 48, 56, 57, 58, 59, 60, 61, 62, 63, 65, 70, 72, 73, 74, 79, 89, 91, 103, 104, 117, 119, 120, 129, 130, 134, 135, 157, 158, 161, 163, 169, 170

Holidays, 114

Home Group, 29

Honesty, 25, 28, 31, 32, 33, 36, 40, 42, 44, 45, 47, 48, 50, 52, 95, 99, 112, 118, 121, 130, 141, 142, 158

Hope, 3, 7, 15, 16, 18, 61, 62, 63, 65, 69, 98, 99, 116, 118, 119, 121, 158, 168

Hopelessness, 10, 18, 61, 62, 63

Humble, 9, 18, 39, 40, 41, 42, 55, 85, 120, 170

Humiliation, 33

Humility, 40, 41, 47, 65, 85, 99, 103, 117, 154, 168, 170

Hurt, 10, 33, 37, 40, 44, 48, 52, 60, 61, 68, 82, 109, 112, 116, 118, 138, 169

Husband (see Spouse)

I

Illness - Physical, 14, 37, 59, 79, 105, 130

Illusion, 10, 11, 13, 83

Improvement, 43, 50, 52, 55, 56, 60, 63, 91, 98, 104, 120, 130, 143, 144, 147

Independence, 84, 85, 91, 97, 99, 101, 137

Individual, 7, 63, 84, 85, 92, 99, 124, 145

Insanity, 16, 38, 41

Insight, 61, 63, 94, 109, 112, 117

Inspiration, 33, 99, 115, 127

Integrity, 82, 150

Intentions, 57, 84, 94, 111, 125, 134, 141, 148

Intimacy, 95, 98

Inventory, 9, 25, 26, 27, 28, 29, 30, 31, 48, 50, 52, 53, 54, 55, 82, 135

Isolation, 13, 37, 38, 71, 136

J

Jail, 10, 149

Journey, 11, 20, 59, 61, 95

Joy, 30, 57, 59, 113, 117, 126, 127, 158

Judgment, 32, 33, 47, 53, 63, 101, 107, 109, 119, 135, 136, 139, 153, 154, 157, 158, 170

Justice, 43

Justify / Justification, 44, 117, 119, 139

K

Kindness, 46, 51, 69, 88, 118, 158

"Reaching For Personal Freedom" - INDEX

L

Laugh, 31, 49, 154
Lead / Leadership, 10, 15, 36, 37, 43, 49, 57, 59, 67, 72, 85, 89, 94, 95, 117, 123, 132, 133, 134, 139, 143, 154, 156, 157, 158, 159, 163
Learn, 7, 11, 12, 15, 16, 19, 20, 22, 25, 26, 31, 33, 39, 43, 62, 63, 70, 71, 72, 73, 75, 76, 82, 83, 84, 88, 90, 95, 96, 97, 98, 99, 101, 103, 104, 105, 107, 109, 112, 117, 121, 126, 127, 128, 129, 130, 132, 133, 135, 136, 137, 139, 140, 141, 143, 144, 145, 146, 148, 150, 153, 154, 155, 156, 158, 160, 161, 162, 164, 165, 166, 167, 168, 169
Legacies, 7, 110, 134, 149, 170
Legal Rights, 123, 149, 150
Lessons, 85, 111, 121, 126, 164
Letting Go, 11, 13, 15, 31, 33, 35, 37, 40, 56, 63, 70, 72, 74, 85, 99, 102, 103, 106, 109, 124, 126, 128, 130, 131, 135, 137, 139, 144, 145, 152, 155, 162, 166, 170
Listening, 10, 15, 19, 30, 31, 32, 33, 48, 53, 56, 59, 65, 73, 83, 86, 98, 101, 107, 109, 117, 119, 127, 136, 137, 138, 139, 141, 142, 143, 144
Literature, 14, 28, 45, 59, 65, 112
Loneliness, 36, 82, 142
Loss, 39, 45, 99, 107, 111, 117
Love, 11, 17, 18, 21, 25, 28, 33, 37, 38, 39, 42, 57, 58, 59, 63, 65, 67, 72, 73, 74, 76, 77, 84, 87, 89, 90, 91, 96, 97, 98, 99, 101, 109, 110, 112, 116, 118, 125, 126, 127, 129, 130, 136, 137, 151, 158, 169, 170

M

Maintenance, 42, 52, 65, 68, 85, 89, 98, 103, 112, 114, 127, 149, 158
Management, 10, 22, 28, 65, 72, 74, 123, 134, 145, 152, 154, 155, 159, 160, 161, 162, 163, 164
Manipulation / Manipulating, 87, 127, 155, 160
Marriage, 38, 43, 49, 69, 96, 109, 110, 124, 126, 158, 162, 167
Martyrdom, 119
Maturity, 76, 82, 126, 136
Meditation / Meditate, 9, 24, 31, 56, 57, 58, 59, 60, 75, 89, 124
Meetings, 12, 14, 15, 16, 29, 33, 45, 46, 48, 53, 61, 63, 65, 77, 80, 81, 82, 86, 88, 90, 99, 101, 108, 112, 114, 117, 121, 126, 130, 138, 141, 150, 153, 156, 158, 162, 166

Membership - Requirements, 67, 77
Minding My Own Business, 108, 112, 131,
Minority Viewpoint, 139, 142
Miracles, 18, 22
Mistakes, 11, 16, 22, 38, 52, 88, 111, 130, 133
Money, 44, 67, 91, 94, 169, 170, 171
Moral Inventory (See Inventory)
Mother (see Parent)
Motives, 51, 119, 137
Mutual Aid, 67, 77, 79, 80

N

Nature, 9, 23, 31, 32, 85
Need / Needs, 14, 19, 21, 25, 26, 28, 29, 31, 35, 36, 39, 40, 41, 42, 47, 50, 51, 53, 55, 56, 58, 59, 60, 68, 70, 75, 76, 78, 81, 83, 85, 87, 88, 92, 93, 95, 96, 97, 98, 99, 100, 101, 105, 106, 109, 110, 112, 116, 117, 118, 119, 120, 124, 125, 129, 131, 134, 136, 137, 138, 143, 146, 147, 148, 151, 152, 154, 155, 156, 157, 159, 160, 161, 167, 169, 171
Negative, 32, 40, 45, 53, 69, 72, 142, 143
Newcomer, 29, 48, 61, 63, 64
Nurturing, 151

O

Obsession / Obsessive, 12, 35, 36, 37, 40, 45, 72, 91
One Day at a Time (CAL), 57
Open-Mindedness, 13, 33, 47, 56, 138, 139, 143, 158
Openness, 7, 40, 59, 60, 71, 77, 84, 90, 112, 117, 138, 139, 141, 158
Operating Funds, 123, 168, 169
Opinion, 67, 68, 70, 72, 73, 74, 75, 76, 83, 84, 92, 93, 105, 107, 108, 109, 110, 111, 136, 137, 138, 139, 140, 141, 142, 144, 158, 165, 166
Opportunity, 7, 25, 40, 42, 43, 46, 57, 63, 68, 71, 77, 82, 86, 87, 95, 96, 104, 112, 113, 126, 128, 130, 132, 133, 138, 139, 148, 152, 154, 155, 156, 158, 164, 167, 168
Organization, 3, 94, 103, 105, 106, 164
Outside Contributions, 67, 95
Outside Issues, 67, 107, 109, 110, 111

"Reaching For Personal Freedom" - INDEX

P

Pain, 33, 35, 37, 41, 42, 59, 76, 116, 158
Parent, 28, 44, 45, 83, 101, 102, 114, 118, 124, 125, 126, 130, 131, 132, 134, 136, 149, 150, 151, 162
Participation, 7, 40, 47, 61, 68, 70, 79, 86, 103, 104, 105, 123, 129, 134, 136, 137, 138, 139, 144, 145, 147, 149, 151, 152, 156, 169
Past, 15, 19, 28, 29, 31, 33, 35, 43, 44, 45, 82, 97, 99, 101, 114, 117, 119, 127, 135, 145, 149, 150, 168, 171
Paths to Recovery (CAL), 59, 166
Patience, 18, 33, 45, 73, 90
Patterns, 31, 55, 71, 91, 144, 159
Peace, 12, 16, 17, 18, 19, 22, 47, 56, 58, 63, 65, 69, 83, 107, 112, 113, 117, 126, 135
People-pleasing, 92, 126
Perceptions, 7, 19, 25, 43, 70
Perfection / Perfectionism, 23, 30, 31, 32, 41, 57, 103, 106, 133, 153, 157
Personal Story, 7, 115, 126
Perspective, 11, 61, 77, 132, 137, 143, 157, 169
Power, 7, 9, 10, 11, 12, 15, 16, 17, 18, 19, 21, 26, 36, 39, 40, 52, 56, 60, 104, 112, 113, 124, 133, 158
Power Greater than Ourselves, 9, 15, 16, 17, 19, 20, 22, 39, 56, 132, 149, 168
Powerlessness, 9, 10, 11, 12, 14, 16, 39, 61, 107, 112
Practice / Practicing, 9, 17, 21, 23, 50, 56, 57, 59, 61, 63, 64, 65, 67, 72, 75, 86, 87, 88, 90, 91, 94, 95, 103, 106, 108, 110, 114, 115, 116, 117, 118, 126, 128, 143, 145, 148, 150, 152, 153, 154, 156, 157, 158, 168, 171
Pray / Prayer, 9, 10, 12, 13, 14, 19, 21, 24, 31, 40, 48, 54, 56, 57, 58, 59, 60, 63, 74, 89, 96, 104, 130, 135
Present, 21, 29, 36, 37
Pretending, 116
Primary Spiritual Aim, 67, 91, 92, 94
Principles, 7, 9, 31, 59, 61, 63, 64, 65, 67, 68, 72, 73, 79, 80, 90, 91, 92, 94, 95, 99, 102, 104, 105, 106, 108, 109, 110, 111, 112, 113, 114, 117, 118, 119, 120, 121, 123, 126, 127, 128, 130, 131, 132, 133, 135, 137, 139, 141, 143, 145, 146, 148, 149, 151, 152, 153, 154, 155, 156, 158, 159, 164, 165, 166, 167, 168, 169, 170
Priorities, 69, 89, 152, 153
Problem, 3, 7, 11, 13, 15, 19, 22, 23, 26, 31, 36, 37, 38, 41, 43, 52, 54, 59, 61, 63, 67, 69, 73, 77, 81, 83, 91, 96, 99, 101, 110, 111, 116, 126, 136, 137, 141, 152, 154, 156, 159, 162, 167

Process, 7, 25, 28, 30, 37, 38, 40, 44, 45, 48, 54, 61, 65, 90, 130, 132, 134, 138, 155, 158
Progress, 29, 35, 38, 61, 67, 68, 69, 71, 86, 103, 127, 130, 137
Promises, 18, 33, 92
Promotion, 67, 112, 113, 114, 158
Protect, 91, 110, 115, 116, 123, 139, 150
Prudence, 123, 168, 170
Public Relations Policy, 67, 112
Punish, 43, 59, 169
Purpose, 3, 32, 47, 60, 67, 71, 77, 79, 87, 90, 91, 92, 97, 111, 131, 166

R

Rationalization, 85
Reaching Out, 81, 99, 100, 112, 128, 132
Reacting / Reactions, 10, 36, 47, 55, 109, 117, 119, 141, 142, 143, 162, 165, 169
Readiness, 9, 27, 29, 30, 33, 35, 36, 37, 38, 40, 41, 47, 61
Reality, 10, 13, 18, 39, 70, 72
Realize, 7, 10, 12, 16, 19, 22, 25, 26, 29, 30, 31, 32, 34, 36, 37, 39, 40, 43, 45, 53, 54, 55, 62, 63, 76, 79, 82, 84, 87, 93, 109, 110, 117, 125, 130, 131, 134, 135, 141, 148, 153, 157, 159, 163, 165, 169
Recovery, 3, 7, 17, 18, 22, 25, 28, 33, 34, 37, 38, 48, 50, 55, 56, 60, 61, 62, 63, 65, 77, 84, 87, 89, 90, 99, 103, 107, 108, 110, 111, 112, 113, 116, 118, 119, 125, 157, 171
Reflect, 45, 60, 65, 78, 82, 128, 130, 156, 169
Regret, 85
Rejection, 32, 95
Relationships, 11, 24, 28, 36, 39, 40, 42, 43, 44, 45, 47, 48, 51, 52, 54, 56, 58, 59, 60, 61, 63, 65, 68, 69, 71, 72, 73, 74, 77, 78, 82, 84, 85, 86, 87, 89, 91, 92, 93, 94, 95, 96, 97, 98, 99, 104, 105, 109, 114, 117, 124, 125, 126, 130, 132, 135, 136, 139, 145, 150, 156, 157, 158, 159, 168, 169
Relaxing, 17, 24, 31, 104, 105, 167
Relief, 15, 22, 30, 31, 32, 35, 49, 109, 155, 159
Remind, 12, 15, 47, 52, 53, 67, 71, 72, 74, 83, 89, 90, 95, 96, 99, 103, 104, 107, 112, 117, 118, 119, 124, 126, 127, 133, 136, 144, 150, 152, 154, 156, 164, 166
Resentment, 40, 44, 45, 54, 91, 96, 119, 137, 154, 161, 164, 167

"Reaching For Personal Freedom" - INDEX

Respect, 25, 62, 72, 73, 76, 77, 80, 83, 84, 85, 86, 87, 91, 96, 103, 114, 116, 119, 121, 136, 137, 139, 150, 151, 154, 160, 164, 165, 168, 169
Responsible / Responsibility, 11, 13, 26, 43, 44, 47, 48, 49, 50, 52, 68, 70, 75, 82, 83, 84, 91, 93, 97, 99, 102, 103, 104, 105, 106, 107, 114, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 134, 135, 137, 138, 145, 146, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 162, 163, 164, 165, 166, 167, 168
Rest, 17, 23, 77, 81, 112, 124, 139, 155, 156
Result, 9, 15, 16, 22, 25, 31, 34, 36, 41, 45, 46, 60, 61, 62, 63, 69, 70, 71, 75, 77, 83, 84, 87, 91, 92, 101, 103, 107, 109, 111, 121, 129, 132, 134, 135, 136, 137, 138, 139, 145, 149, 152, 153, 154, 155, 156, 157, 159, 167, 171
Right of Appeal, 123, 139
Right of Decision, 123, 132, 134
Right of Petition, 139,
Rigidity, 105, 106, 156
Risk, 31, 33, 98
Roles, 18, 21, 27, 40, 45, 48, 70, 77, 105, 124, 132, 149, 150, 151, 156, 157, 158, 160, 164, 165, 166

S

Sadness, 110, 119
Safe / Safety, 26, 31, 86, 103, 104, 105, 109, 111, 116, 117, 125, 151, 152
Sane, 16, 98
Sanity, 9, 15, 16, 17, 18, 25, 89
Saying No, 129, 162
Search, 9, 25, 29, 61, 82
Secrets, 28, 32, 33
Seek / Sought, 9, 24, 28, 31, 46, 56, 58, 60, 62, 65, 68, 72, 74, 84, 91, 112, 113, 115, 117, 130, 147, 149
Self-acceptance, 25, 156, 157
Self-confidence, 153
Self-esteem, 89, 91, 95, 98, 117, 128, 139, 158, 167
Self-image, 32, 38
Self-knowledge, 153
Self-respect, 95, 96, 136, 137
Self-righteousness, 32, 36, 45, 72
Self-supporting, 3, 67, 95, 96, 97, 98
Self-will, 38, 57, 63, 72, 77
Self-worth, 97, 117

Selfish, 26
Separate, 45, 91, 129, 156, 167
Serene, 50, 54, 62, 88, 107, 134
Serenity, 3, 14, 15, 16, 18, 20, 25, 33, 41, 54, 56, 59, 91, 105, 112, 113, 114, 116, 117, 120, 124, 134, 136, 149
Serenity Prayer, 3, 12, 14, 56, 57, 79, 81
Serve / Service, 7, 21, 48, 59, 64, 65, 67, 88, 99, 101, 103, 104, 106, 117, 123, 124, 127, 130, 136, 146, 150, 152, 156, 158, 159, 165, 166, 167, 168, 169
Service Arms, 123, 127
Service Boards, 67, 103
Shame, 10, 13, 26, 32, 42, 43, 48, 52, 119, 130
Share, 3, 7, 15, 30, 31, 33, 48, 52, 54, 56, 61, 62, 63, 65, 72, 74, 77, 81, 92, 93, 95, 99, 105, 106, 107, 111, 114, 117, 118, 121, 124, 126, 127, 132, 138, 139, 140, 141, 143, 146, 150, 152, 154, 158, 164, 165, 166, 167
Shortcomings, 9, 25, 38, 39, 40, 41, 42, 44, 47
Sibling, 15, 44, 81, 114, 124, 142, 159, 162
Simple, 13, 31, 44, 47, 56, 60, 69, 99, 104, 107, 110, 114, 136, 138, 141, 151, 159, 161, 166
Sister (see Sibling)
Slips, 88
Slogans -- In General, 14
-- **Easy Does It**, 33, 34
-- **How Important Is It?**, 152
-- **Keep an Open Mind**, 139, 144
-- **Keep Coming Back**, 112
-- **Keep it Simple**, 159
-- **Let Go and Let God**, 35, 37, 75, 126, 144, 155, 166
-- **Listen and Learn**, 144
-- **One Day at a Time**, 12, 47, 90, 98, 120, 126
-- **Principles above Personalities**, 106, 117, 118, 119, 120, 121
-- **Take What You Like & Leave the Rest**, 77, 112, 139
Sobriety / Sober, 90, 115, 133, 134
Solutions, 11, 19, 68, 83, 117, 132, 148, 149, 162, 167, 170
Son (see Child)
Special Workers, 67
Spiritual, 7, 9, 12, 16, 17, 21, 22, 26, 50, 57, 58, 59, 60, 61, 62, 63, 64, 65, 67, 79, 86, 89, 91, 92, 93, 95, 96, 98, 105, 107, 108, 110, 111, 113, 117, 118, 120, 121, 123, 136, 139, 149, 156, 157, 158, 166, 168, 169, 170
Sponsor / Sponsorship, 10, 13, 14, 21, 25, 26, 27, 28, 32, 33, 35, 41, 48, 50, 52, 54, 61, 65, 69, 88, 89, 90, 96, 98, 103, 108, 110, 111, 112, 115, 117, 119, 120, 141, 150, 156, 167, 169

“Reaching For Personal Freedom” - INDEX

Spouse, 13, 14, 15, 16, 17, 36, 45, 46, 50, 62, 70, 74, 75, 82, 84, 88, 89, 96, 105, 109, 125, 128, 130, 132, 135, 137, 138, 145, 146, 158, 160, 162, 166, 167, 169, 170, 171

Steps (see Twelve Steps)

Strength, 3, 39, 42, 52, 57, 61, 62, 63, 96, 98, 99, 101, 103, 118, 121, 127, 128, 132, 137, 158, 167, 168

Stress, 18, 35, 91, 152, 159

Structure, 103, 164

Struggles, 12, 14, 18, 22, 25, 52, 60, 82, 87, 88, 96, 104, 108, 156, 158, 161, 162, 163

Suffer, 42, 63, 116, 156

Support, 21, 25, 68, 71, 77, 78, 79, 88, 91, 92, 93, 95, 96, 97, 98, 104, 112, 116, 119, 129, 130, 138, 155

Surrender, 13, 20, 22, 24, 41, 143

T

Taking Care of Ourselves, 21, 23, 37, 68, 87, 89, 96, 98, 121, 124, 142, 166, 169

Talents, 100, 102, 138, 164, 170

The Forum (CAL), 61, 167

Think / Thought, 10, 11, 13, 16, 17, 22, 24, 25, 26, 28, 32, 36, 37, 39, 40, 41, 43, 45, 49, 50, 52, 54, 55, 56, 58, 59, 79, 82, 83, 84, 85, 87, 94, 95, 98, 101, 108, 109, 111, 113, 117, 118, 120, 123, 125, 127, 128, 132, 133, 141, 142, 144, 147, 148, 152, 153, 155, 156, 158, 162, 163, 165, 166, 168, 169, 170, 171

Threats, 149

Three C's (Cause, Control, Cure), 13

Tolerance, 90, 130, 156, 157, 158

Tools, 14, 25, 28, 35, 36, 46, 62, 65, 68, 86, 98, 119, 130, 139, 144, 154, 157

Traditional Rights, 149, 150

Traditions (see Twelve Traditions)

True / Truth, 12, 20, 25, 28, 43, 48, 51, 52, 54, 92, 95, 99, 115, 117, 119, 120, 124, 127, 129, 130, 135, 137, 141, 164, 169

Trust, 13, 15, 19, 20, 21, 22, 24, 31, 33, 34, 40, 48, 52, 56, 59, 67, 68, 71, 72, 73, 75, 77, 97, 98, 99, 102, 103, 104, 105, 106, 112, 115, 117, 124, 125, 127, 128, 130, 132, 133, 134, 135, 136, 137, 145, 148, 151, 152, 155, 156, 165, 166

Trusted Servants, 67, 72, 75, 156, 162, 166, 167

Twelve Concepts of Service -- In General, 7, 123, 133, 152, 157, 171

-- **Concept One**, 123, 124 - 126, 128

-- **Concept Two**, 123, 127 - 131, 132

-- **Concept Three**, 123, 132 - 135

-- **Concept Four**, 123, 136 - 138, 139

-- **Concept Five**, 123, 139 - 144

-- **Concept Six**, 123, 145 - 148

-- **Concept Seven**, 123, 149 - 151

-- **Concept Eight**, 123, 152 - 155

-- **Concept Nine**, 123, 156 - 158

-- **Concept Ten**, 123, 159 - 163

-- **Concept Eleven**, 123, 164 - 167

-- **Concept Twelve**, 123, 168 - 171

Twelve Steps -- In General, 3, 7, 9, 12, 16, 21, 24, 28, 29, 30, 38, 40, 43, 45, 48, 50, 55, 60, 61, 62, 63, 65, 67, 87, 88, 90, 98, 112, 117, 132

-- **Step One**, 9, 10 - 14, 26, 61

-- **Step Two**, 9, 15 - 18, 26

-- **Step Three**, 9, 19 - 24, 26

-- **Step Four**, 9, 25 - 30, 31, 41, 48, 91, 135

-- **Step Five**, 9, 31 - 34, 38, 41

-- **Step Six**, 9, 35 - 38, 40, 41

-- **Step Seven**, 9, 39 - 42

-- **Step Eight**, 9, 41, 43 - 46

-- **Step Nine**, 9, 47 - 51

-- **Step Ten**, 9, 28, 52 - 55

-- **Step Eleven**, 9, 56 - 60, 61

-- **Step Twelve**, 9, 61 - 65, 67, 99

Twelve Traditions -- In General, 7, 67, 70, 71, 74, 106, 108, 117, 123, 132, 133, 168

-- **Tradition One**, 67, 68 - 71

-- **Tradition Two**, 67, 72 - 76

-- **Tradition Three**, 67, 77 - 81

-- **Tradition Four**, 67, 82 - 86

-- **Tradition Five**, 67, 87 - 90

-- **Tradition Six**, 67, 91 - 94

-- **Tradition Seven**, 67, 95 - 98

-- **Tradition Eight**, 67, 99 - 102

-- **Tradition Nine**, 67, 103 - 106

-- **Tradition Ten**, 67, 107 - 111

-- **Tradition Eleven**, 67, 112 - 116

-- **Tradition Twelve**, 67, 117 - 121

U

Ultimate Authority, 123, 124, 126

Unanimity, 72, 123, 139, 168

“Reaching For Personal Freedom” - INDEX

Uncertainty, 40, 90

Understand / Understanding, 3, 7, 9, 10, 18, 19, 20, 21, 22, 23, 24, 26, 27, 31, 32, 33, 36, 38, 40, 41, 42, 44, 47, 56, 59, 60, 61, 62, 67, 68, 69, 70, 72, 78, 80, 81, 82, 83, 85, 87, 88, 90, 91, 94, 96, 97, 99, 101, 108, 112, 116, 118, 119, 120, 126, 127, 130, 132, 133, 139, 141, 143, 144, 147, 148, 149, 150, 151, 156, 159, 160, 164, 166, 169

Unity, 7, 67, 68, 69, 152, 156, 158

Unmanageability, 9, 10, 11, 12, 14, 16, 65, 111

Writing, 7, 17, 22, 26, 29, 31, 32, 40, 44, 48, 54, 59, 61, 115, 145, 159, 163, 166

Wrongs / Wrong, 9, 29, 31, 32, 35, 38, 41, 43, 52, 53, 54, 59, 79, 101, 133, 143

Y

Young, 36, 44, 45, 115, 164

V

Value / Values, 7, 39, 63, 68, 70, 71, 72, 76, 85, 99, 101, 128, 136, 138, 139, 145, 154, 167, 171

Victim Role, 16, 17, 25, 26, 43, 50

Violence, 38, 44, 149

Vision, 154, 156, 157, 158

Voice, 19, 70, 72, 74, 101, 108, 109, 111, 137, 139, 142, 159, 165

Vote, 123, 132, 133, 168

W

Warranties, 123, 168, 169, 170, 171,

Welcome / Welcoming, 36, 61, 67, 79, 87, 88, 136, 158

Wife (see Spouse)

Willingness, 7, 9, 12, 13, 21, 22, 26, 27, 29, 32, 35, 36, 37, 41, 43, 44, 46, 52, 59, 60, 72, 105, 112, 115, 119, 133, 139, 143, 145, 146, 148, 159

Wisdom, 3, 7, 12, 56, 58, 99, 139, 144, 149, 154, 164, 168, 169

Wise, 82, 85, 132

Workplace, 36, 37, 68, 71, 72, 74, 79, 103, 115, 124, 125, 134, 141, 146, 149, 159, 161, 164, 168

World, 7, 19, 43, 123

World Service Conference, 123, 127, 145, 149, 168

World Service Office, 123, 164, 167

Worry, 17, 22, 23, 36, 37, 40, 47, 91, 101, 154