

Worksheet:12 step integration with Awakening factors

Awakening	12 step tool	Example	Your example
Mindfulness	Remember when	How does overthinking affect you- how developing spiritual life decreased the negativity of this thinking trap	
Investigation	Inter dependence	Talks with fellows about their own family journeys- eg a memory of how his parents come from Europe in 1930s to North America to escape Nazism	
Energy	Surrender	Nature as a Higher Power	
Joy	Resonance	In sharing stories	
Tranquility	Serenity Prayer	List points of powerlessness- eg- a fellow shares his resentment journey, and how he did the Serenity prayer, 12 step work and developed spiritual life	
Concentration	Amends list	Shifting perspectives, dropping one's side of the tug of war rope	
Equipoise	Balance	Eg-The elements of 12 step work, the elements in nature and the	

		components of hindrances and awakening factors.	
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