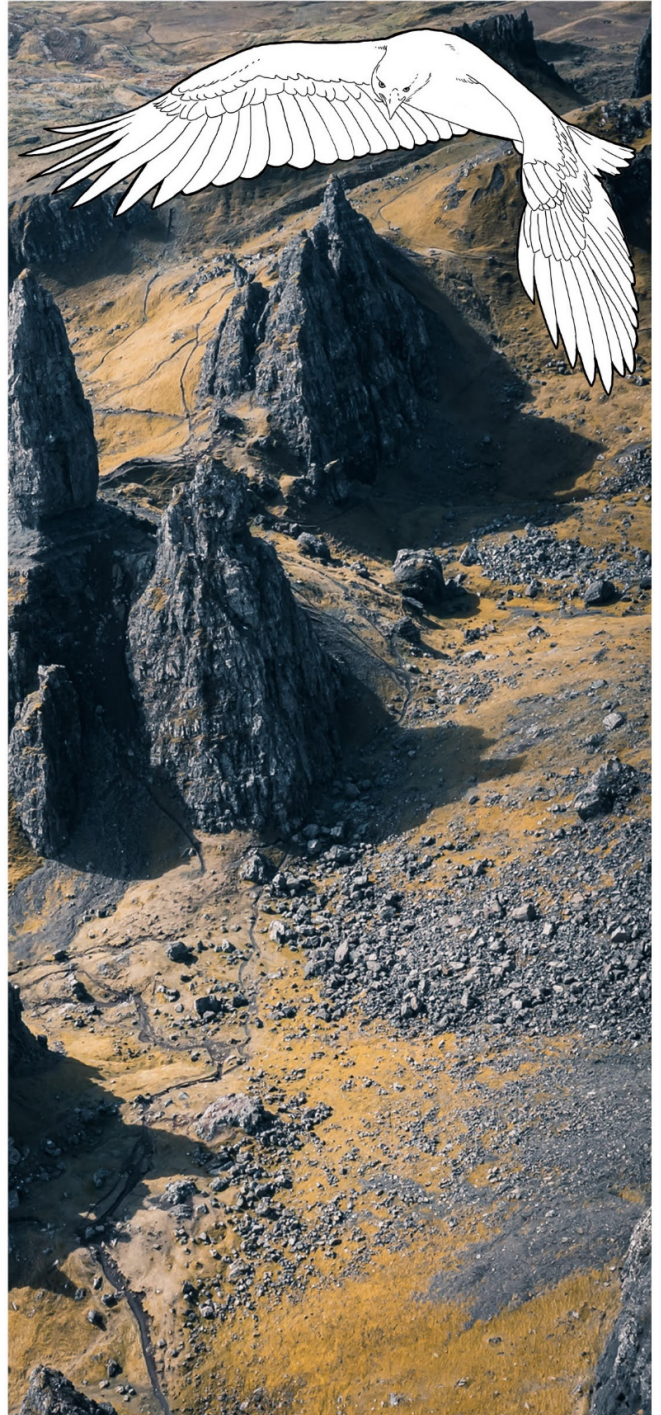


SIKHI
12
STEPS



Recovery Journal



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SIKH
RECOVERY
NETWORK

Recovery Journal

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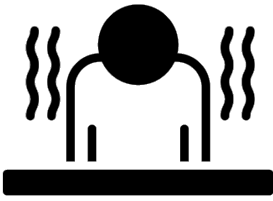
SIKH
RECOVERY
NETWORK

Recovery Journal

The Sikhi 12 Steps, originated by Alcoholics Anonymous (AA), is a spiritual foundation for personal recovery from the effects of alcoholism, both for the person using alcohol as well as their friends and family. The Sikhi 12 steps can also be used in recovery programmes for addictions other than alcohol, such as drug or prescription drug addiction.

This journal is an aid to help with the programme, to not merely help overcome addiction, but a guide toward a new way of life, inspired by Sikhi.

STEP 1



I am powerless

We admit that we are powerless over our addiction, that our lives have become unmanageable.

Drinking the wine, his intelligence departs, and madness enters his mind; he cannot distinguish between his own and others, and he receives pain from his Lord and Master. Drinking it, he forgets his Lord and Master, and he is punished in the Court of the Lord.

Guru Nanak Dev Jee

How much do I consume per week?

£

How much does it cost me per week?



Spirits

.....
bottles



Beer/lager

.....
pints/cans



Wine

.....
glasses



Drugs

.....
quantity



Prescriptions

.....
quantity

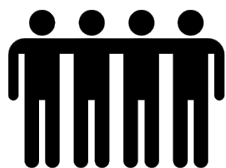
How do I react after drinking alcohol or taking drugs?

What triggers me to drink alcohol or take drugs?

How has my addiction affected those around me?



Family



Friends



Work life

What painful experiences have I had in life?

What feelings am I trying to block out or ignore?

When did I recognise that I lost control of my addiction?

How has my disease been active recently?

What parts of life am I truly in control of?

How considerate have I been about how others feel?

What will a life without addiction give me?

STEP 2



My belief in Vaheguru

We came to believe that the power of Vaheguru is greater than ours and through the process of truth could restore us back to sanity.

O my Dear Lord, everything is in Your power. I have no power to do anything at all. As it pleases You, You forgive us.

Guru Raam Daas Jee

How is Vaheguru more powerful than me?

What are the characteristics of Vaheguru?

What are my grievances against Vaheguru?

What evidence is there that Vaheguru is working in my life?

Is there anything Vaheguru cannot do?

Restored to sanity

What does sanity mean to me?

Where in my life do I need sanity now?

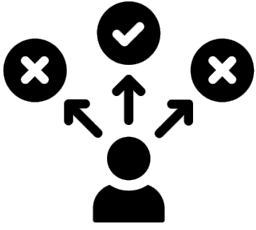
How have I sought help from Vaheguru today?

Do I know anyone who gave a similar addiction and is recovering well?

Have I taken my recovery seriously and gone to all meetings etc?

Have I tried talking to Sikh Sangat to get support?

STEP 3



Decisions I've made

We made a decision to turn our will and lives over to the care of Vaheguru by opening our minds to the path of Sikhi

Mind and body are Yours; all wealth is Yours. You are my God, my Lord and Master. Body and soul and all riches are yours. Yours is the Power, O Lord of the World.

Guru Arjan Dev Jee

What or who made me make my decisions while drinking or doing drugs?

What actions will I take to turn my life over to Vaheguru?

How can I bring Vaheguru into my life?

How will Gurbani help me make my decisions in recovery?

How is Vaheguru working in my life today?

How do Vaheguru and I communicate?

What do I do in order to be open to Vaheguru?

STEP 4



My grudge list

With the support of Vaheguru we made a searching and fearless inventory of ourselves.

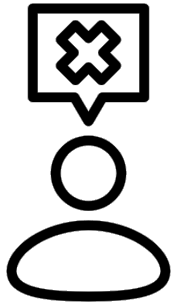
Hate, conflict, sexual desire, anger, emotional attachment, falsehood, corruption, immense greed and deceit: So many lifetimes are wasted in these ways. Nanak: uplift them, and redeem them, O Lord - show Your Mercy!

Guru Arjan Dev Jee

Who am I angry, bitter or resentful towards and why?

Who have I been dishonest to and why?

STEP 5



The wrongs
I have done

We now admit to Vaheguru that resides in us the exact nature of our wrongs.

My demerits are so many and numerous. I have sinned so many times, over and over again. O Lord, they cannot be counted. You, Lord, are the Merciful Treasure of Virtue. When it pleases You, Lord, You forgive me.

Guru Raam Daas Jee

These are all the wrongs that I have done

A large rectangular area with a thin blue border, containing 25 horizontal blue lines for writing. The lines are evenly spaced and extend across the width of the page.

A large rectangular area with horizontal blue lines, resembling a writing template or a form for text entry. The lines are evenly spaced and extend across the width of the page.

STEP 6



Remove my defects

Were entirely ready to have God remove all these defects of character.

My demerits are so many and numerous. I have sinned so many times, over and over again. O Lord, they cannot be counted. You, Lord, are the Merciful Treasure of Virtue. When it pleases You, Lord, You forgive me.

Guru Raam Daas Jee

Review the list of character defects that you wrote about in Step 4. List each defect, and give a definition of it. Write about how you act on your character defects, and what effect it has on you and others. Ask yourself what feelings you are trying to suppress or change when you act out on the defect? What would your life be like without this behaviour? Which spiritual principle may you apply instead?

DEFECT:

DESCRIBE HOW IT MAKES YOU ACT, WHAT YOU FEEL WHEN IT HAPPENS, AND WHAT YOU CAN DO INSTEAD

DEFECT:

DESCRIPTION:

DEFECT:

DESCRIPTION:

DEFECT:

DESCRIPTION:

DEFECT:

DESCRIPTION:

DEFECT:

DESCRIPTION:

STEP 7



Daily Evaluation

With humility we ask Vaheguru to remove our shortcomings.

I am nothing, I have nothing, and nothing belongs to me. Now, protect my honour; Sadhana is Your humble servant.

Bhagat Sadhnaa Jee

Review your day and write down the positives and negatives. You can record your actions over a few weeks and see if you are making progress.

DAY	MY SHORTCOMINGS	MY SPIRITUAL/POSITIVE ACTIONS
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

DAY	MY SHORTCOMINGS	MY SPIRITUAL/POSITIVE ACTIONS
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

DAY	MY SHORTCOMINGS	MY SPIRITUAL/POSITIVE ACTIONS
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

STEP 8



Prepare to make amends

Made a list of all persons we had harmed, and became willing to make amends to them all.

Become the dust of the feet of others, and so merge with the Lord.

Do not cause any being to suffer, and you shall go to your true home with honour.

Guru Arjan Dev Jee

Make a list of all the people that you have harmed and whether or not you feel that you can make amends with them

PERSON	MY RELATIONSHIP WITH THEM	WHEN I WILL MAKE AMENDS

All persons I have harmed

- Where had I been at fault?
- How may I be clear to myself about my responsibility in the wrongs I have done?
- How may I accept my responsibility to other people, yet not accept responsibility for other people?
- May I let go of the feeling of responsibility for the way certain people treated me?
- Do I owe amends to people who have also harmed me?

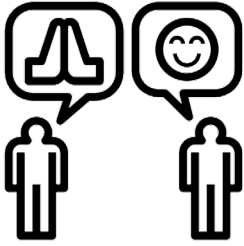
What harms have I committed against the people on my list?

- Did I earn an honest living?
- Have I gossiped or been emotionally unavailable?
- Have I stolen from them? Have I failed to keep in contact?
- Have I harmed, wished ill-will or spoken badly about those I hate?
- Do I owe money to anyone?
- Have I committed any crimes?
- Have I treated my family badly?
- Have I physically or emotionally abused my spouse, children or others?
- Have I done any or all of the above to those I cannot locate or who have died?

Am I willing to make amends to them all

- What have I done to become willing to make these amends?
- Why am I not willing to make amends with some of the people on my list?
- Do I have fear of making direct amends?
- Do I have persistent resentment toward some?
- Am I unable to see the harm I have caused?
- In making amends, am I still trying to please, or control, or punish, or behave in some other way that interferes with an honest relationship?
- Will it help to revisit Steps 4 and 5, and Steps 6 and 7 about these issues?
- What would my life be like if I had already made these amends?

STEP 9



Making amends

We made direct amends to such people wherever possible, except when to do so would injure them or others.

I am not good; no one is bad. Prays Nanak, God alone saves us!

Guru Nanak Dev Jee

Make a list of all the people that you cannot make amends with. This could be because doing so may harm them or others. It could be that they are no longer here.

Ensure that you talk to your sponsor or group members and get advice on whether or not you should approach the people in your life.

PERSON	MY RELATIONSHIP WITH THEM	WHY I CANNOT MAKE AMENDS

You may also find that the timing is not right for you to make amends with everyone. Take your time and work this through patiently.

For those that you can make amends with, fill out the details in the following pages about how it made you feel now that you have made amends.

NAME OF PERSON :

HOW I FEEL NOW HAVING MADE AMENDS:

NAME OF PERSON :

HOW I FEEL NOW HAVING MADE AMENDS:

NAME OF PERSON :

HOW I FEEL NOW HAVING MADE AMENDS:

NAME OF PERSON :

HOW I FEEL NOW HAVING MADE AMENDS:

NAME OF PERSON :

HOW I FEEL NOW HAVING MADE AMENDS:

NAME OF PERSON :

HOW I FEEL NOW HAVING MADE AMENDS:

NAME OF PERSON :

HOW I FEEL NOW HAVING MADE AMENDS:

NAME OF PERSON :

HOW I FEEL NOW HAVING MADE AMENDS:

NAME OF PERSON :

HOW I FEEL NOW HAVING MADE AMENDS:

NAME OF PERSON :

HOW I FEEL NOW HAVING MADE AMENDS:

NAME OF PERSON :

HOW I FEEL NOW HAVING MADE AMENDS:

NAME OF PERSON :

HOW I FEEL NOW HAVING MADE AMENDS:

STEP 10



Daily Inventory

We continued to take Personal Inventory on a daily basis and when we were wrong we promptly admitted it.

Making the effort, my mind has become pure. Walking on the Lord's Path, my doubts have all been cast out. The True Guru has inspired me to hear the Treasure of the Naam; all my illness has been dispelled.

Guru Arjan Dev Jee

Keep a diary of your daily activities, actions, and feelings. Below are some questions to think about when you are writing your inventory items daily.

When I was wrong, I promptly admitted it.

- Have I been resentful, selfish, dishonest, or afraid today?
- Today have I allowed myself to become too Hungry, Angry, Lonely, or Tired?
- Have I kept something to myself that I should have discussed with my sponsor?
- Was there fear in my life today?
- Have I harmed others, directly, or indirectly, today? How?
- Do I owe any apologies or amends? Where was I wrong [twisted]?
- Was I out of bounds? Did I make mistakes; miss the mark?
- If I could do it over again, what would I do differently?
- How might I do better next time?

We have entered the world of the spirit or Atma.

- Do I watch for my selfishness, dishonesty, resentment, and fear as I go through the day?
- Do I ask Vaheguru to remove these at once, because I am now watching and I am starting to be awake?
- Do I turn that force of my houmai (ego) toward good for others?

My promises

- Have I stopped fighting with people and situations in my life.
- Do I feel like I have truly given up my addiction?
- Have I been restored to sanity? Is this the sanity I described in Step 2?
- Has my spiritual sickness been overcome; have I straightened out mentally (meaning the obsession of the mind that takes me to a drink)?
- Am I recovered?

Being cured of alcoholism and drug addiction is more than stopping the habit

- Is it enough for me just to stay sober or off the drug? What more should I be doing?
- Have I been lazy or slack on my spiritual programme of action?

STEP 11



Daily Prayers

Sought through prayer and meditation to improve our conscious contact with Vaheguru, praying only for knowledge of His will for us and the power to carry that out.

O Sikhs of the Guru, O friends, walk on the Guru's Path. Whatever the Guru says, accept that as good; the sermon of the Lord, Har, Har, is unique and wonderful.

Guru Raam Daas Jee

Build your relationship with Vaheguru daily. Include the details of your spiritual progress in your daily inventory. Below are some questions to help you reflect on your spiritual day.

Prayer and Simran

- Have I given time to contemplate the Guru's Shabad?
- Do I sit in silence and lovingly say Vaheguru's Name?

Conscious contact

- Before sleeping am I doing my prayers?
- At the end of the day, am I reviewing my day to see if I felt resentful, selfish, dishonest, or afraid?
- Have I spent the day thinking of others or have I been selfish?
- Have I asked Vaheguru to give me understanding and forgive me?
- Have I used the Guru's message to take corrective measures?

Things that are going to help you connect with Vaheguru

Daily routine

- Remember Vaheguru when you wake up
- Do some Paat daily (even if for a few minutes)
- Listen to Keertan
- Try to do a few minutes before breakfast
- Continue in the evening, then before you go to sleep

How I speak to others

- Be aware of the language and tone that you use
- Do not swear and use foul language
- Be humble and use sweet speech
- Don't talk about others or listen to slander

Controlling my senses

- Do not watch violent, lustful, or depressing programmes
- Stay away from environments where alcohol or drugs are present

The Sangat I keep

- Sit with those who will encourage your spirituality
- Talk to those who have recovered and feel positive about your journey
- Remember that what you read, watch and listen to is your Sangat too.

Sikhi in my life

- How has Sikhi changed my life?
- By committing to Sikhi, how will it prevent me from going back to my old ways?
- How has Sangat helped me now, and how will it help me in the future?
- Why is the Guru important in my life?

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“ Recovery is a journey and not a destination. That is why I’ll be on this journey till I breathe my last breath ”

Jaz Rai OBE
CEO Sikh Recovery Network

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