

## PREAMBLE

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There is a yearning in our heart that is always longing to be expressed. It is the expression of who we really are. Who we really are is sometimes stifled by the ways that we think and live. Addiction and obsession come from not knowing or living as who we are. No matter how stuck or ingrained our way of life may appear, this voice in our heart ceaselessly calls out.

Sometimes we hear it through pain, sometimes in our own discomfort. Sometimes it is a beautiful spark which shows up as inspiration to try something better. The Step Group Form can nurture that spark into a passionate flame.

We have found freedom from the powerful holds of addiction and habitual behavior through this form of self-survey. There is a distinct possibility that you will wind up with a completely different personality through this work. The Step Group Form begins with a daily writing practice that is a thorough but simple look at our past and current point of view. To bring out the very best that we can be, we compare the moments of our life with the personal ideals inscribed in our heart. This is a comprehensive self-survey of our life and character.

Our problems fall into two categories. The first group are the kinds of problems that life itself presents. These problems are the opportunities life brings to us to work through. The second group are the useless problems we make for ourselves. Problems that we make for ourselves do not have to exist at all. This type of problem stems from not knowing who we are.

The most fundamental question in life is "Who am I?" The event writing provides the groundwork to understand the answer to this question. The writing prepares us for the Character Discussions in the next step. If we know who we are, we can recognize our point of view. We have a choice. We can express ourselves kindly out of the goodness of our heart. Our behavior comes from our point of view. It is the point of view that subtly generates the emotions and attitudes that make up our personalities, our outward expression. Sometimes our habitual point of view is incredibly painful and is unrecognized by us. When this point of view is generated from inappropriate habitual and histrionic thoughts we make problems for ourselves.

Those of us who share this work sincerely appreciate the freedom we are experiencing. We have found the freedom in life to be and do what our dreams offer. We are enjoying life in a new way. We intentionally nurture those who come in contact with us. This possibility exists for you too. It exists without the constraint of what you now think, or the limitations of what others think. This is real freedom. To be free from what limits you in life, you must be free from what you think limits you.

We support this process. We believe in it and we wish to share it with you because we know this Form offers a way out to those still trapped in suffering.