

WEEK-AT  
A-GLANCE

*Business  
Reminder*

1973

DEAR GOD,  
 I DON'T WANT TO  
 DRINK AGAIN, TO  
 SCREW UP MY MIND  
 ANY WORSE THAN IT  
 IS, TO BE AFRAID  
 TO START ALL OVER  
 AGAIN. TO BE DISMAYED,  
 TO SPIN MY WHEELS.  
 I WANT MY SELF-  
 RESPECT. TO BE  
 ABLE TO PULL,  
 STAGGER & MAKE  
 AN EFFORT. TO BE  
 A PART OF THE  
 WORLD.

PANK SZ 6-22-73

E 21



WEEK  
AT

ACGLANCE

1973 JULY 1973						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

173 Friday, June 22

GET MAS ✓

KEYS

5:30 GEORGE ✓  
 SON DINNER-

APOLOGIZE TO  
 TRACY FREEMAN O  
 KNEWT. O

DEAN GONE TO HANS  
 VERY ROUGH DAY  
 WANTED TO DRINK AND  
 WORK ON TAPE RECORDED.

DID SOMETHING GOOD  
 FOR MYSELF. CALLED

DIDN'T GIVE QUITE

A FULL DAY'S WORK

PRAYED FOR COURAGE

TO TELL GEORGE HOW I

FEEL. TONIGHT I

AM ALONE AND DON'T

FEEL LONELY. DID

WELL ON SNACKS

!!

20<sup>00</sup> IN BATH

174 Saturday, June 23

P 83

DRIPPED BY  
 WITH KIDS

GET MAD AT

ASKED

GODS FORGIVENESS

+ HELP. DECIDED

TO SLOW DOWN +

TAKE COFFEE BREAKS

APPROXIMATED TO

10th + 11th

175 Sunday, June 24

10th + 11th

from **JUNE 14**

WEEK  
GLANCE  
ATT

1973 JULY 1973						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

165 Thursday, June 14

FLAG DAY

4 2.00 SHEL CASH  
6.45 CARD

20.00

6.45

5.00

31.45

PAID

166 Friday, June 15

~~40.00~~  
DRUNK!

RESSED

2ND - 3ND

167 Saturday, June 16

SICK!

b6  
b7C

168 Sunday, June 17

FATHER'S DAY

DIDNT GO RIGHT  
TO SLEEP.

SICK!

1973 JUNE 1973  
 S M T W T F S  
 3 4 5 6 7 8 9  
 10 11 12 13 14 15 16  
 17 18 19 20 21 22 23  
 24 25 26 27 28 29 30

WEEK  
 AT  
 AG  
 LANCE



from

JUNE 25

Monday, June 25 176

HOT

LOOK DAILY  
 for beauty  
 AROUND ME

Tuesday, June 26 177

HOT  
 STUDY GROUP

BOUGHT PAN  
 1395

NAS INSPECTIONS

4<sup>30</sup> 10gal

I don't drink  
 because I  
 want something  
 out of life

Wednesday, June 27 178

PICK UP  
 7<sup>30</sup> NAS

5-30 115

GOING FOR  
 3 MONTHS

Clip For Current Week

9-49911 K12 LL

from **JUNE 28**

WEEK  
AT  
A  
GLANCE

1973 JULY 1973						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

179 Thursday, June 28

~~\$100 DUES~~  
TOTAL

SPEAKERS  
WANT

DIDNT BOY  
ANY

Do I feel  
I deserve more  
in life and  
someone should  
give it to me  
or

Do I feel too  
inadequate to  
do anything  
for myself

AGGRESSIVE  
DONE

180 Friday, June 29

WENT TO  
INDOOR  
THEN VALLEY

GOOD DAYS  
WORK

Give  
18.

825

181 Saturday, June 30

WITH NANA

b6  
b7C

182 Sunday, July 1

WITH NANA

1973 JUNE 1973  
S M T W T F S  
1 2  
3 4 5 6 7 8 9  
10 11 12 13 14 15 16  
17 18 19 20 21 22 23  
24 25 26 27 28 29 30

WEEK  
AT  
AGGANCE

from JUNE 18

Pray for

Monday, June 18 169

Tuesday, June 19 170

Wednesday, June 20 171

12p 6:30

READ # 83 - COFFEE.

BREAKFAST

HONEST DAYS DOWN

DIAMOND

GROUP

EVENING MEDITATION

PASS before

10:20am

CALL

DON'T DOUBT

ON DESIRES.

IT'S OK TO

EXPERIENCE.

ISLAND NOON

DO SOMETHING

GOOD FOR MYSELF.

(MANIQUE.)

NO COFFEE

AFTER 6:00pm

NO SNACKS

TAKE BREAKS

SOCIETY IS

A PEACE OF

MIND+

FEEL ITS GOING

TO TAKE THIS TIME

THANK YOU FOR

my decisions

SELF RESPECT

needs.

LOSS OF COMPULSION

TO DRINK.

ABILITY TO THINK

OF OTHERS.

DID GOOD AT WORK

GOT ON MY KNEES

FOOD DENIAL

HEALTH

TUNING IT OVER

- THE ONLY WAY

TO HAVE PEACE

OF MIND -

BEING COMFORTABLE.

← Clip for Current Week

9-49911 K12 LL

1973 NOVEMBER 1973

S	M	T	W	T	F	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

WEEK  
AT  
A  
G  
L  
A  
N  
C  
E

10-31-73

from NOVEMBER 12

Monday, Nov. 12 316

Tuesday, Nov. 13 317

Wednesday, Nov. 14 318

AA is very anti drug. many speakers say that they have refused medication from their doctors saying they have addictive personalities. Many say AA is all the psycho therapy anyone needs. The book "Alcoholics Anonymous" doesn't say this though.

AA- 5th CHAPTER THOSE WHO FOLLOWED OUR PATH AND DO NOT RECOVER ARE INCAPABLE OF BEING HONEST WITH THEMSELVES.

p64 LIQUOR NOT A SYMPTOM

"SELF" DEFEATED US.

SO AS TO BE  
SELF DEFEATING.

12X12 - OUR INSTINCTS ARE OUT OF HAND

MY THERAPIST TELLS ME THAT MY SELF DEFENSE MECHANISMS MUST BE BROKEN DOWN.

BY THE TIME MOST PEOPLE GET TO AA THEY ARE READY TO GET OFF THE DOWN ELEVATOR BECAUSE THEY HAVE BEEN HURT OR SHOCKED ENOUGH. THE 12 STEPS TRY TO HELP A PERSON FROM HITTING THAT LOW. I HAVEN'T HIT THAT LOW. I'M GOING TO CONFRONTATION TO TRY TO SMASH MY EGO & SELF DEFENSE MECHANISMS.

← Clip For Current Week

9-49911 K12 LL

1973 JULY 1973  
S M T W T F S  
1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31

WEEK AT A GLANCE

from JULY 23

Monday, July 23 204

Tuesday, July 24 205

Wednesday, July 25 206

STATED UP - BREAKFAST  
DENIED EMOTIONAL FARTS  
MILAGE \$640

COPING MECHANISMS -  
SHOOTING.

INTELLECTUALIZING  
HEAD TRIPPING.

CONFRONTATION  
BREAKING DEFENCES.

Where to be hurt?  
- Follow through  
repressed emotions  
anger - threat  
hurt - plea.

SAYING THAT BECAUSE  
HE

GOT ANGRY AT  
[ ] FOR SAYING  
SHIT WHILE I WAS  
TALKING.

RECHANNELLING - DANGERS

YOU CANT TALK ABOUT SOMETHING  
UNTIL YOU ARE [ ] ON  
IT

b6  
b7C

← Clip for Current Week

9-49911 K12 LL



from **AUGUST 2**



WEEK  
A  
GLANCE  
AT

1973 AUGUST 1973						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

214 Thursday, Aug. 2

215 Friday, Aug. 3

216 Saturday, Aug. 4

SHIRKING

RESPONSIBILITY

I can see the  
self pity trip.  
but not enjoying  
punishment

NOT EXPRESSING  
ANGER (AFTER  
CONSIDERATION)

PUNISHING MYSELF

NOT WANTING TO  
ADMIT MY GOOD  
+ GOOD FEELINGS

ABOUT MYSELF  
feel I don't  
deserve them

NOT WANTING TO  
FORGIVE MYSELF

ACCEPT MYSELF  
NOT AS A  
PERFECTIONIST

IMAGE

PUT

ACCEPT THE PAST  
BUT NOT THAT IT  
HAS TO GO ON  
THAT WAY

FORGETTING WHAT  
I GET OUT OF THE  
PROGRAM.



217 Sunday, Aug. 5

KEEP CIGARETTES IN  
CAN.

1973 JULY 1973  
 S M T W T F S  
 1 2 3 4 5 6 7  
 8 9 10 11 12 13 14  
 15 16 17 18 19 20 21  
 22 23 24 25 26 27 28  
 29 30 31.

WEEK  
 AT  
 A GLANCE



from **JULY 30**

Monday, July 30 211

NEED RECOGNITION  
 FROM OTHER FOLKS?

SPOT CHECKS ON  
 FEELINGS

DID ENVELOPS

NO COFFEE AFTER  
 6 PM.

Tuesday, July 31 212

CHECK ON MIDS

Wednesday, Aug. 1 213

P. U.   CHECK

PRAY FOR GUIDANCE

b6  
 b7C

← Clip for Current Week

9-49911 K12 LL

1973 AUGUST 1973  
 S M T W T F S  
 5 6 7 8 9 10 11  
 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25  
 26 27 28 29 30 31

WEEK AT  
 A GLANCE



from **AUGUST 6**

**Monday, Aug. 6** 218

**Tuesday, Aug. 7** 219

**Wednesday, Aug. 8** 220

*RETAINING CALL*

*LISENCE PHONE*

*22*

← Clip for Current Week

9-49911 K12 LL

from **OCTOBER 25**

WEEK  
AT  
A GLANCE

1973 NOVEMBER 1973  
S M T W T F S  
4 5 6 7 8 9 10  
11 12 13 14 15 16 17  
18 19 20 21 22 23 24  
25 26 27 28 29 30

298 Thursday, Oct. 25

299 Friday, Oct. 26

300 Saturday, Oct. 27

SUNDAY OCT 28 NANA -

GO TOMORROW AND TELL NANA WHAT THEY SAID.  
MAYBE THERAPY + REST WOULD DO ME GOOD  
WHICH I MIGHT NEED. POISON HEMOLYSIS.

Do   DOCTOR BOOK POISON PANSLY.

COMMON SENSE MEDICAL ADVICE

ANODYNE RELIEVING PAIN.

2-6 DROPS 4-1 GRAIN.

PANACONIC

DEER TEA

MILK

PEACH LEAVE + DANK.

HOPS - ~~FOR~~ - DEER →

301 Sunday, Oct. 28

9-49911 K12 LL

Was 532-7743  
from JULY 19

WEEK  
AT  
A  
GLANCE

1973 AUGUST 1973						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

200 Thursday, July 19

201 Friday, July 20

202 Saturday, July 21

NAVANO

VINTUE

TS

ITS

OWN

REWARD

REPORTS

TRY TO FIND  
SLEEP CYCLE  
NOT INTERRUPT IT.  
GO TO BED AT  
FIRST DROWSINESS  
+ DON'T FIGHT IT.  
OR YOU WON'T BE  
ABLE TO SLEEP  
LATER

LIVERMORE

LEAVE 7:30

b6  
b7C

203 Sunday, July 22

9-49911 K12 LL

1973 JULY 1973  
 S M T W T F S  
 1 2 3 4 5 6 7  
 8 9 10 11 12 13 14  
 15 16 17 18 19 20 21  
 22 23 24 25 26 27 28  
 29 30 31

WEEK  
 AT  
 A GLANCE

*FICO*  
*YORKVILLE*  
*from* **JULY 16**  
*CLOVERDALE*  
*FORT BRAGG.*

Monday, July 16 197

Tuesday, July 17 198

Wednesday, July 18 199

*COFFEE FOR*  
*MEETING.*

[Redacted]

[Redacted]

[Redacted]

b6  
 b7C

(25)

*SHERIFF.*

← Clip for Current Week

9-49911 K12 LL

1973 JULY 1973  
 S M T W T F S  
 1 2 3 4 5 6 7  
 8 9 10 11 12 13 14  
 15 16 17 18 19 20 21  
 22 23 24 25 26 27 28  
 29 30 31

WEEK AT  
 A GLANCE

from JULY 23

Monday, July 23 204

Tuesday, July 24 205

Wednesday, July 25 206

STATED UP - BREAKFAST  
 DENIED EMOTIONAL PAIN  
 MILEAGE 5640

GOT ANGRY AT  
 [ ] FOR SAYING  
 SHIT WHILE I WAS  
 TALKING.

COPING MECHANISMS -  
 SHOUTING.

RECHANNELLING - DRUGS

INTELLECTUALIZING  
 HEAD TRIPPING.

YOU CANT TALK ABOUT SOMETHING  
 UNTIL YOU ARE COMING ON  
 ITS

CONFRONTATION  
 BREAKING DEFENCES.

Where to be hurt?

- Follow through.  
 repressed emotions

anger - threat  
 hurt - plea.

SAYING THAT BECAUSE  
 HE

← Clip for Current Week

9-49911 K12 LL

1973 JUNE 1973  
 S M T W T F S  
 3 4 5 6 7 8 9  
 10 11 12 13 14 15 16  
 17 18 19 20 21 22 23  
 24 25 26 27 28 29 30

WEEK AT A GLANCE



from

JUNE 25

Monday, June 25 176

HOT

LOOK DAILY  
 for beauty  
 AROUND ME

Tuesday, June 26 177

HOT  
 STUDY GROUP

BOUGHT FAL  
 1395

NAS INSPECTIONS

4<sup>30</sup> 10gal

I don't drink  
 because I  
 want something  
 out of life

Wednesday, June 27 178

PICK UP  
 7<sup>30</sup> NAS

5-30 115

GOING FOR  
 3 MONTHS

← Clip for Current Week

9-49911 K12 LL



60

from

**JULY 5**



WEEK  
AT  
AGLANCE

1973 AUGUST 1973						
S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

186 Thursday, July 5

187 Friday, July 6

188 Saturday, July 7

TAKE  TO  
DISNEY ON PARADE?

LETTERS   
PARADES  
NEWSPAPER.

PRESENT BEING  
SHORT HANDED AT  
WORK.

5TH FLOOR  
1515 CLAY ST

422-2010

YOUNG PEOPLE  
S.F.

189 Sunday, July 8

9-49911 K12 LL

1973 JULY 1973  
 S M T W T F S  
 1 2 3 4 5 6 7  
 8 9 10 11 12 13 14  
 15 16 17 18 19 20 21  
 22 23 24 25 26 27 28  
 29 30 31

WEEK  
 AT  
 A GLANCE



from **JULY 2**

Monday, July 2 183

Tuesday, July 3 184

Wednesday, July 4 185

INDEPENDENCE DAY

ATA

GROOP / THERRY

HAVING MONEY  
 WITH ME ALL  
 THE TIME MAKES  
 NO BIG THING  
 OUT OF PAYDAY.

HOUSE WARMING.

NOON!!

EAT-

NANA KIDS

VALERO PINEWOODS

b6  
 b7C

UP 6:30

DONT GET  
 EXCITED ABOUT  
 WEEKEND. PLAN  
 ACTIVITIES.

CAVE TV TO KIDS

BED 11:00  
 NO T.V.

701 16<sup>2</sup>

CALLED

GAS FUND!

16<sup>2</sup> 7.40

8.89

4.30

5.30

8.25

7.40

24.14

-14 PAN

20.00

← Clip For Current Week

9-49911 K12 LL

from **JULY 12**

WEEK  
AT

AG  
LANCE

1973 AUGUST 1973  
S M T W T F S  
5 6 7 8 9 10 11  
12 13 14 15 16 17 18  
19 20 21 22 23 24 25  
26 27 28 29 30 31

193 Thursday, July 12

NOON

3RD FLOOR

ADMIN BLDG

OAK ADD

194 Friday, July 13

MENLO PARK Division of VA Hosp

FROM BLDG 101

TH

ON OAK TRD.

FROM

ON WILLOW TRD

3RD. BLDG ON TRIGHT

195 Saturday, July 14

196 Sunday, July 15

9-49911 K12 LL

1973 JULY 1973  
 S M T W T F S  
 1 2 3 4 5 6 7  
 8 9 10 11 12 13 14  
 15 16 17 18 19 20 21  
 22 23 24 25 26 27 28  
 29 30 31

WEEK  
 AT  
 A GLANCE

*from* **JULY 9**

**Monday, July 9 190**

**Tuesday, July 10 191**

**Wednesday, July 11 192**

**3:00 PM**

b6  
 b7C

← Clip for Current Week

9-49911 K12 LL

No 532-7743  
 from JULY 19

WEEK  
 AT  
 A GLANCE

1973 AUGUST 1973						
S	M	T	W	T	F	S
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

200 Thursday, July 19

NAUMMO

VINTUE

IS

ITS

OWN

REWARD

201 Friday, July 20

REPORTS

TRY TO FIND  
 SLEEP CYCLE &  
 NOT INTERRUPT IT.  
 GO TO BED AT  
 FIRST DROWSINESS  
 + DON'T FIGHT IT.  
 OR YOU WON'T BE  
 ABLE TO SLEEP  
 LATER



202 Saturday, July 21

LIVERMORSE

LEAVE 7:30

b6  
 b7C

203 Sunday, July 22

9-49911 K12 LL

from **OCTOBER 25**



WEEK  
AT  
AGLANCE

1973 NOVEMBER 1973						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

298 Thursday, Oct. 25

299 Friday, Oct. 26

300 Saturday, Oct. 27

SUNDAY OCT 28 NANA -

GO TOMAMOS AND TELL NANA WHAT THERY SAID  
MADE THERAPY + BEST WOULD DO ME GOOD  
WHICH I MIGHT NEED. POISON HEMOLOGIC. -

DOCTOR BOOK POISON PANSLEY.

COMM SENCE MEDICAL ADVISON

ANDYNE RELIEVING PAIN.

2-6 DROPS 4-1 GRAIN.

PANACOLIC

DEER TEA

MILK

PEACH LEAVE + DAMIL

HOPS - ~~322~~ - DEER →

301 Sunday, Oct. 28

9-49911 K12 LL

SEE AUGUST 29

from NOVEMBER 1

(2)

(3)

5 MIN AT A TIME

WEEK

AGGLAUCHE

1973 NOVEMBER 1973  
S M T W T F S  
4 5 6 7 8 9 10  
11 12 13 14 15 16 17  
18 19 20 21 22 23 24  
25 26 27 28 29 30

305 Thursday, Nov. 1

306 Friday, Nov. 2

307 Saturday, Nov. 3

1. DRINKING: working the AA program as well as I could and trying to resist the urge to drink. Sometimes I used everything I could think of. I would feel a kind of stupor. I called people for help. There are two things that would keep me from drinking and I don't believe they are available to me. Antabuse or efetimin.

MOTIVATION

2. Determination in efforts. This good and morning + evening meditation. Carrying diary with me for spot checks during the day. RECOGNIZING ASSETS + ACCOMPLISHMENTS

3. Humility: Trying to find a higher power or meaning to life. Praying on my knees morning and night. Accepting what I have - conflicts with my need for goals. Love without return. APOLOGIES - BLOOD -

4. GOALS: FAMILY TOGETHER - AA. DEEDEE. AA PROGRAM, RELATING TO PEOPLE IN A MATURE WAY. STOP DRINKING, END OF + OTHER CHARACTER DEFECTS.

308 Sunday, Nov. 4

(5)

5. SELF CONCEPT. STOP TRYING TO PLEASE OTHERS SO MUCH. DOING NICE THINGS FOR MYSELF. SELECTING WOMEN. THINGS I ENJOY THAT AREN'T SELF DEFEATING

(A) →

1973. OCTOBER 1973  
S M T W T F S  
1 2 3 4 5 6  
7 8 9 10 11 12 13  
14 15 16 17 18 19 20  
21 22 23 24 25 26 27  
28 29 30 31

WEEK  
AT  
A GLANCE



from **OCTOBER 29**

Monday, Oct. 29 302

Tuesday, Oct. 30 303

Wednesday, Oct. 31 304

I had been in A.A. actively and seriously for several months before I started this diary on January 1st.

Its purpose is to help me plan my days towards a meaningful life.

I was going to A.A. meetings ~~so~~ nightly and I believe I was starting to take my therapy seriously.

I seem to be coming across to everyone that I am not serious.

That I only went to therapy during a crisis - my whole life has been a crisis. Before Mr Smith

therapy was unrewarding and painful.

In this book are some rewards

I have received from <sup>Mr Smith</sup> A.A. and Group Therapy. I got alot from A.A. even though I didn't relate with

the people in A.A. too well. I think I recently started to relate with the

therapists & clients in our group. Following is a condensation of my diary - problems and what I was doing about them.

← Clip For Current Week

9-49911 K12 LL



from **NOVEMBER 8**

WEEK  
AT  
AGLANCE

1973 DECEMBER 1973  
S M T W T F S  
2 3 4 5 6 7 8  
9 10 11 12 13 14 15  
16 17 18 19 20 21 22  
23 24 25 26 27 28 29

312 Thursday, Nov. 8

313 Friday, Nov. 9

314 Saturday, Nov. 10

~~NEED FOR SELF RESPECT~~  
(NEW NEED) → to be able to sell myself  
to others and be able to deliver the  
goods.

I didn't try to sell myself to  
the psychiatrists at Nepa the or  
probation officer in Fairfield. I don't  
know if "sell myself" is the right  
phrase. Anyway it went badly.

I think I was mind tripping + I told them so. They  
→ HONEST = MILEAGE OF CAR wanted me to answer  
anyway.  
DAYS 2015

(A) I WAS STARTING TO GET COMPLIMENTS  
FROM MY BOSS ABOUT WORK + COOPERATION.

HOW ABOUT SHOWING SOME OF THE OTHER  
SIDE?

MAIN THINGS THEY DISAGREED ON

① SCHIZOPHRENIC? PARANOID?

② MD 50 I have never had a  
hang up for kids that I knew of. When I  
am sober kids are repulsive to me mainly a somewhat  
disorienting sexually. Such ideas I  
have had briefly but without desire.

28<sup>th</sup> Sunday, Nov. 11

I love children and am very ashamed  
+ sorry I hurt Carolyn. I saw my children  
naked alot and it didn't excite me.

1973 NOVEMBER 1973

S M T W T F S

4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

WEEK  
AT  
A GLANCE

from

NOVEMBER 5

Monday, Nov. 5 309

Tuesday, Nov. 6 310

Wednesday, Nov. 7 311

⑦ SELF DISCIPLINE

MONEY MANAGEMENT

SELF DEFEATING THINKING (5 MIN AT A TIME)

HATRED

WOUND SEX PANTISIES

RESENTMENT OF AUTHORITY

RATIONALIZING THE PAST

PUNISHING MYSELF

FOOD

APOLOGIZE

SLEEP

DISHONESTY

SELF PITY

TRYING TO LISTEN TO OTHERS

LESSEN ESCAPE MECHANISMS - ELECTRONICS

TAKE INTERESTS IN PEOPLE + NATURE

⑧ MIND TRIPPING - NO REPLACEMENT FOR  
PHYSICAL ACTION (WHAT HAVE I  
DONE ABOUT THE PROBLEM?)

⑨ THINK OF MY NEEDS + TAKING CARE  
OF MYSELF WHILE EXTENDING MYSELF  
OUTWARD - VISITING SICK PEOPLE  
PRAYING FOR OTHERS INCLUDING  
THOSE I RESENT  
ENCOURAGING OTHER ALCOHOLICS  
GAVE BLOOD

← Clip for Current Week

9-49911 K12 LL

from **NOVEMBER 15**



WEEK  
AT

AG  
LANCE

1973 DECEMBER 1973						
S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 <sub>30</sub>	24 <sub>31</sub>	25	26	27	28	29

319 Thursday, Nov. 15

320 Friday, Nov. 16

321 Saturday, Nov. 17

I give to my best shot  
and then I screw it up after  
people have helped me.

322 Sunday, Nov. 18

9-49911 K12 LL