

## **BONUS — Concept Two — OPTIONAL meditation and writings for conference registrants:**

Please read Concept Two in our “12, 12, and 12” book, then spend several minutes meditating on each of the questions below. We suggest answering every question we’ve posed; first in writing, then reading your answers aloud, sharing with a fellow BDAer or two. No long essays are necessary, just a paragraph or two in direct answer to a question. These questions are posed by the author and editors of the workshop materials based on our own experience, strength, and hope and a deep read of Concept Two. Most if not all of the questions below can be applied to our personal and business lives, as well as to our interactions with our fellow DAers.

*Concept Two: “The DA groups have delegated complete administrative and operational authority to the General Service Board. The groups have made the Conference the voice and conscience for the whole Fellowship, excepting for any change in the Twelve Steps, Twelve Traditions, and in Article 10, the General Warranties, of the Conference Charter.”*

- 1) Am I capable of trusting others? Am I trustworthy?
- 2) What does “trusted servant” mean to me?
- 3) Do I allow trusted servants freedom and flexibility in the way they execute their duties? Do I allow freedom and flexibility for my employees and / or co-workers?
- 4) Do I think rules and policies help or hinder Higher Power in being our ultimate authority? Do I think they help or hinder my employees, especially managers?
- 5) When I’m in a leadership position, do I spend more time talking or listening?
- 6) When I’m in a follower position, do I spend more time talking or listening?
- 7) What does the Higher Power have to do with Concept Two?

Concept Two builds on both Step Two and Tradition Two, expanding exponentially on one simple idea: As we come to believe in a power greater than ourselves, our burden of perceived control over our lives and the lives of the people around us lessens. As our burdens (*and our delusion of control*) lessen, our insanity decreases, and space for new sanity is created. Time and again, here in the Twos, we come back to delegation. Delegation to our Higher Power, delegation to our groups and service structure, delegation to our fellows in service, delegation to our family members and employees. Often to delegate, we don’t need to take any action; we simply need to get out of the way. We thought we were managing, when we’ve really been meddling, or even manipulating.

As we allow others to hold the responsibilities and authorities that are theirs — through group conscience, through family roles, or through job descriptions — and not ours, we find we have much more time and energy to take care of the responsibilities and authorities that have been delegated to us. As we develop boundaries between ourselves and others, the next actions we need to accomplish become clearer. Let’s call this the Concept Two equation:

Less meddling + less unnecessary oversight = more peace, more recovery, and better results