

The Framework Course

12 Steps to Embracing Common Sense and Rejecting Stupidity

A Self-Paced Program drafted from Twelve Step Recovery

COURSE OVERVIEW

What Is This Course?

A self-paced journey through the 12 Steps that helped Vincent transform from a life of chaos to one founded on principles of Stoicism, courage, and personal responsibility.

This isn't a theory. It's the exact framework Vincent used to climb out of addiction, toxic relationships, and decades of self-destruction.

How It Works

- Self-Paced: Work through the material at your own pace
- Video Lessons: Watch Vince explain each step
- Workbook Exercises: Reflect and apply each lesson
- Community: Connect with others on the same journey
- Monthly Group Calls: Live Q&A with Vince

12 Steps at a Glance

Step	Title/Description
1	We admitted we were powerless over dysfunction
2	Believed that a power greater than ourselves could restore us to sanity
3	Turned our will over to the Care of God as we understood him
4	Made a searching and Moral Inventory
5	Admitted to our Higher Power and another human being the exact nature of our wrongs
6	We are ready to have our defects of character removed
7	Humbly asked for these defects to be removed
8	Made a list of all the people we had harmed
9	Made direct amends whenever possible, except when doing so would injure them or others (living amends)

The Framework Course

- 10 Continue to take personal inventory, and when we were wrong, promptly admit it
- 11 Sought through prayer and meditation to continually improve and become a good virtuous human being
- 12 Having had a spiritual awakening as a result of these steps, we continue to practice these principles in all our affairs.

The Framework Course

MODULE 1: THE FOUNDATION

Before You Begin

Understanding the Journey

This course is not for everyone. It's for men (and women) who:

- Are tired of running from their problems
- Are you ready to take radical responsibility
- Want to break free from patterns of self-destruction
- Are willing to feel discomfort to achieve growth

The Warning

"Coaching is for people who are already basically well-adjusted and emotionally healthy. This course does not treat mental disorders, chemical dependency, or addiction. It is not psychotherapy and is not a substitute for counseling or therapy."

What You'll Need

- The book: "Simpin' Ain't Easy" (recommended)
- A journal
- 30 minutes daily
- Courage

The Framework Course

MODULE 2: STEPS 1-3 — ADMIT, BELIEVE, SURRENDER

Step 1: We Admitted We Were Powerless

The Truth

"Most people I've encountered in my life aren't self-reflective and typically run around oblivious to the world."

What This Means

Powerlessness isn't weakness. It's the first step to freedom.

- You are powerless over:
- Other people's choices
- The past
- Circumstances you cannot change
- Other people's opinions of you

The Exercise

Write down:

1. What have you been trying to control that you can't?
2. What pattern keeps repeating no matter how hard you try to stop it?
3. Where has your "willpower" actually failed you?

Vincent's Story

Two DUIs. A divorce. Countless toxic relationships. Vincent tried everything to fix himself through his own will—and failed every time. The moment he admitted powerlessness was the moment real change began.

The Framework Course

Step 2: Believed Something Greater Could Restore Us

The Truth

"I already know how to sedate myself. I am good at it. What I need is to get to the root of the issue."

What This Means

You can't solve a problem with the same thinking that created it.

"Something greater" doesn't have to be God. It can be:

- The universe
- A higher version of yourself
- The wisdom of ancient philosophy
- A community of people who have been where you are

The Exercise

1. What have you tried to solve on your own that hasn't worked?
2. What would it mean to trust in something larger than yourself?
3. What resource have you been refusing to ask for help from?

The Framework Course

Step 3: Turned Our Will Over

The Truth

"Stop blaming your parents... Stop blaming the current political regime... Stop making excuses. Take fucking responsibility."

What This Means

Surrender isn't giving up. It's letting go of control and choosing to act intentionally instead of reactively.

The Exercise

Write a "Surrender Letter":

"I surrender my need to control [_____]. I choose to trust that [_____]. My next action will be [_____]."

The Framework Course

MODULE 3: STEPS 4-6 — INVENTORY, ADMIT, READY

Step 4: Made a Searching Inventory

The Truth

"I firmly believe that most people suffer from one addiction or another. I am also of the opinion that once aware of their addictions, they gladly choose to ignore them because the alternative would mean looking in the mirror."

What This Means

Self-awareness is the foundation of change. You can't fix what you won't look at.

The Four Categories

- Anger/Resentment — Who pisses you off? Why? What's your part?
- Fear — What are you afraid of? What would happen if it came true?
- Sexual/Relationships — Where have you been selfish? Dishonest? Using others?
- Harms Done — What have you done that you've never admitted?

The Exercise

Create a "Fourth Step Inventory":

Personal/Situation	My Resentments	My Fear	My Selfishness	Harm Done

The Framework Course

Step 5: Admitted the Exact Nature of Our Wrongs

The Truth

"We verbally vomit our most intimate details because we want our potential partner to accept us."

What This Means

Secrets keep us sick. Confession brings healing.

This doesn't mean telling everyone everything. It means finding one person (a sponsor, therapist, or trusted friend) and telling them your truth.

The Exercise

Share your Fourth Step inventory with someone you trust. Not to get their approval—just to release the shame of carrying it alone.

The Framework Course

Step 6: Ready to Have Defects Removed

The Truth

"Embrace the suck and make friends with the pain."

What This Means

You're not trying to become perfect. You're trying to become aware—and willing to let go of the patterns that no longer serve you.

The Exercise

From your inventory, identify the 3 defects that have caused the most harm. Write:

1. Defect: _____
 - 1.1. How it protects me
 - 1.2. How it hurts me
 - 1.3. Why I'm ready to release it
2. Defect: _____
 - 2.1. How it protects me
 - 2.2. How it hurts me
 - 2.3. Why I'm ready to release it
3. Defect: _____
 - 3.1. How it protects me
 - 3.2. How it hurts me
 - 3.3. Why I'm ready to release it

The Framework Course

MODULE 4: STEPS 7-9 — HUMBLE, LIST, AMENDS

Step 7: Humbly ask Him to remove these Defects.

The Truth

"Why not you?"

What This Means

Humility isn't weakness. It's the strength to acknowledge you don't have all the answers.

The Exercise

Write a daily "Humble Request":

"Today I ask for help to release [defect]. I acknowledge that I am not perfect, and that I am trying. I am willing to feel uncomfortable in the service of You and my growth."

The Framework Course

Step 8: Made a List of All Persons Harmed

The Truth

"The juice wasn't worth the squeeze. I invested too much time, energy, and money into the wrong people."

What This Means

We make lists not to wallow in guilt, but to prepare for restoration.

The Exercise

Create your "Amends List":

Person	How I Harmed Them	When	My Current Relationship

The Framework Course

Step 9: Made Direct Amends

The Truth

"When conversations, specifically tough conversations, end in hang-ups or getting nowhere, you should move on."

What This Means

Amends aren't about getting forgiveness. They're about taking responsibility.

Some amends will be accepted. Some won't. That's not the point.

The Three Types of Amends

1. Direct — Go to the person, apologize specifically
2. Indirect — When direct contact would cause more harm
3. Living Amends — Changed behavior is the apology

The Exercise

Choose one person from your list. Make the call today. If you can't, write a letter you'll never send or identify what "living amends" looks like.

The Framework Course

MODULE 5: STEPS 10-12 — MAINTAIN, GROW, SERVE

Step 10: Continued Personal Inventory

The Truth

"Most university programs offered today are garbage degrees designed to fleece you of your money and waste your time."

What This Means

Growth is a daily practice, not a one-time event.

The Daily Check-In

1. Each day, ask yourself:
2. Where was I selfish today?
3. Where was I dishonest?
4. Where did I fear?
5. What can I do differently tomorrow?

The Exercise

Start a daily journal. 5 minutes each night before bed. Answer these four questions.

The Framework Course

Step 11: Sought Improvement

The Truth

"I already know how to sedate myself. I am good at it. What I need is to get to the root of the issue."

What This Means

Learning to meditate—or at least sit with yourself—is the opposite of every distraction our culture offers.

The Exercise

Start with 5 minutes of silence each day. No phone. No music. No podcasts. Just you.

If you can't sit still, that's data. That's where you need to work.

The Framework Course

Step 12: Carried the Message

The Truth

"Fuck everyone else's perception of you and do you."

What This Means

The best way to maintain your own growth is to help others.

The Exercise

Find one person who is where you were. Share your experience. Not as advice—as testimony.

The Framework Course

COURSE COMPLETION

Your Commitment

By completing this course, you are committing to:

1. Radical honesty with yourself
2. Daily practice of self-reflection
3. Taking responsibility for your choices
4. Being of service to others
5. Continuous growth, not perfection

The Promise

"Become comfortable in your skin, and don't let outside influences fuck with you and your potential."

What's Next

1. Join the community group
2. Schedule your monthly call with Vince
3. Consider 1:1 coaching for deeper work
4. Keep reading, keep growing, keep doing the work

The Framework Course

APPENDIX: RESOURCES

Quotes From the Book

"It takes an enormous amount of courage to face the demons inside, where all demons live."

"You should be a monster. An absolute monster. And then you should learn to control it." — Dr. Jordan B. Peterson

"Improvise, adapt, and overcome."

"Children will unintentionally inherit those traits and values."

"The Prince Charming myth is bullshit. He doesn't exist."

Recommended Reading

1. "Simpin' Ain't Easy" by Vincent Gervasi
2. "12 Rules for Life" by Jordan B. Peterson
3. "Meditations" by Marcus Aurelius
4. "The Art of War" by Sun Tzu
5. Any 12-step program literature

Community

Join the private community group for ongoing support. [FaceBook @Smpn8Ez](https://www.facebook.com/groups/smpn8ez)
<https://www.facebook.com/groups/smpn8ez>

Contact

Vincent Gervasi
SelfReflectionCoach.com
bookings@smpn8ez.com