

# **BIG BOOK<sup>®</sup> STUDY**

The sole purpose of this material is to help you extract as much information as possible from each page of our text **ALCOHOLICS ANONYMOUS**<sup>®</sup>. This material was developed by a small group of dedicated members of AA who, over a period of years, frequently met for fellowship and study of the Big Book.

The Twelve Steps are adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to adapt the Twelve Steps does not mean that Alcoholics Anonymous has reviewed or approved the contents of this material nor that AA agrees with views expressed herein.

# BIG BOOK GOALS

## TABLE OF CONTENTS

**GOAL 1  
PROBLEM**

**GOAL 2  
SOLUTION**

**GOAL 3  
ACTION NECESSARY FOR RECOVERY**

**DR.'S OPINION**  
Chapter 1 – Bill's Story

Chapter 2 – There is a Solution  
Chapter 3 – More About Alcoholism  
Chapter 4 – We Agnostics

Chapter 5 – How It Works  
Chapter 6 – Into Action  
Chapter 7 – Working With Others

**STEP 1**

**STEP 2**

**STEP**  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12

**POWERLESS**

**POWER**

**HOW TO  
FIND POWER**

# BASIC INSTINCTS OF LIFE WHICH CREATE SELF

SOCIAL INSTINCT	SECURITY INSTINCT	SEX INSTINCT
<p><b>COMPANIONSHIP</b> — Wanting to belong or to be accepted</p> <p><b>PRESTIGE</b> — Wanting to be recognized, or to be accepted as a leader.</p> <p><b>SELF-ESTEEM</b> — What we think of ourselves, high or low.</p> <p><b>PRIDE</b> — An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate).</p> <p><b>PERSONAL RELATIONSHIP</b> — Our relations with other human beings and the world around us.</p> <p><b>AMBITIONS</b> — Our plans to gain acceptance, power, recognition, prestige, etc.</p>	<p><b>MATERIAL</b> — Wanting money, buildings, property, clothing, etc., in order to be secure in the future.</p> <p><b>EMOTIONAL</b> — Based upon our needs for another person or persons. Some tend to dominate, some are overly dependent on others.</p> <p><b>AMBITIONS</b> — Our plans to gain material wealth, or to dominate, or to depend upon others.</p>	<p><b>ACCEPTABLE</b> — Our sex lives as accepted by Society, God's principles or our own principles.</p> <p><b>HIDDEN</b> — Our sex lives that are contrary to either Society, God's principles or our own principles.</p> <p><b>AMBITION</b> — Our plans regarding our sex lives either acceptable or hidden.</p>
<b>RESENTMENTS</b>	<b>FEAR</b>	<b>HARM OR HURTS</b>
<p>Feelings of bitter hurt or indignation which comes from rightly or wrongly held feelings of being injured or offended.</p>	<p>Feelings of anxiety, agitation, uneasiness, apprehension, etc.</p>	<p>Wrong acts which result in pain, hurt feelings, worry, financial loss, etc., for others and also self.</p>

## STEP 4 INVENTORY COMPARISON

BUSINESS	PERSONAL
----------	----------

**FACT – FINDING**

< - >

**SEARCHING**

**FACT – FACING**

< - >

**FEARLESS**

**TRUTH**

< - >

**MORAL**

**STOCK – IN – TRADE**

< - >

**OURSELVES**

**OBJECT :**

**DISCLOSE DAMAGED OR  
UNSALEABLE GOODS**

< - >

**FIND FLAWED  
THINKING PROCESSES**

**GET RID OF THEM PROMPTLY  
WITHOUT REGRET !**

< - >

**GET RID OF THEM PROMPTLY  
WITHOUT REGRET !**

**STOCK – IN – TRADE**

**THAT IS DAMAGED**

< - >

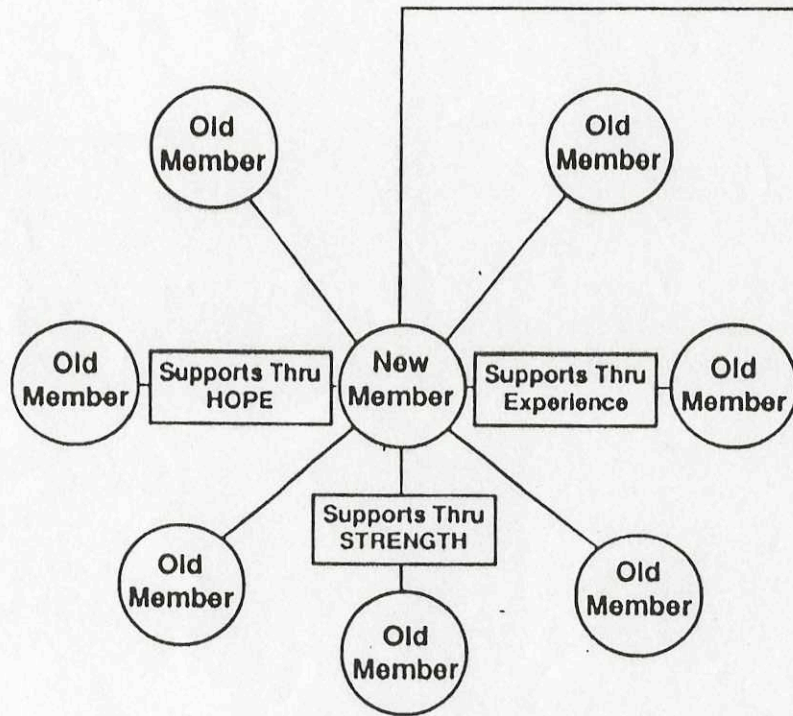
**1. RESENTMENT**

**2. FEAR**

**3. HARMS DONE TO OTHERS**

# WHAT IS THE SOLUTION?

Fellowship Supports Us



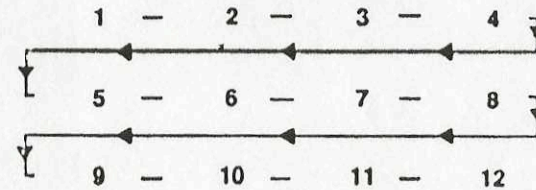
Fellowship of those who suffer the same problem

BELIEVE · WILLINGNESS · INVESTIGATION

Spiritual Experience or Spiritual awakening changes us.

Simple Kit of Spiritual Tools

TWELVE STEPS



Revolutionizes our whole attitude toward life, toward our fellows, and toward God's Universe

Personality change sufficient to recover from alcoholism

# REVIEW OF RESENTMENTS

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
<b>I AM RESENTFUL AT:</b>	<b>THE CAUSE:</b>	<b>AFFECTS MY:</b>	<b>WHAT DID I DO?</b>	<b>WHERE HAD I BEEN:</b>
<p>I list people, institutions or principles with whom I am angry.</p>	<p>I ask myself why I am angry, what did they do to me to cause the anger?</p>	<p>On my grudge list I set opposite each name my injuries. Was it my self-esteem, my security, my ambitions, my personal, or sex relations which had been interfered with?</p>	<p>Putting out of mind the wrongs others have done, I resolutely look for my own mistakes. What did I do, if anything, to set in motion trains of circumstances, which in turn caused people or institutions to hurt me and eventually led to my resentment of them for doing so?</p>	<p>"Selfish"            "Dishonest"            "Self-seeking and frightened"            "Inconsiderate"            Which of the above character defects caused me to do what I did, or cause me to want to hold on to the old resentment, even though I may have done nothing to cause it?</p>

# REVIEW OF FEARS

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
<p><b>WHO OR WHAT DO I FEAR:</b></p> <p>I list people, institutions or principles that I fear.</p>	<p><b>THE CAUSE:</b></p> <p>What are they going to do to me?            Am I perhaps going to jail? Am I going to lose something with material value?            Am I going to lose face?            Will it result in divorce?            Will it destroy a personal relationship?            Might I lose my job, etc.?</p>	<p><b>AFFECTS MY:</b></p> <p>On my fears list I set opposite each name, the part of self which is affected. Is it my self-esteem, my security, my ambitions, my personal, or sex relations that have been threatened?</p>	<p><b>WHAT DID I DO?</b></p> <p>What did I do, if anything, to set the ball rolling, and set in motion trains of circumstances, which have led to my being in the position to have the fear?</p>	<p><b>WHERE HAD I BEEN:</b></p> <p>"Selfish"            "Dishonest"            "Self-Seeking and frightened"            "Inconsiderate"</p> <p>Which of the above character defects caused me to do what I did, or cause me to want to hold on to the old fear, even though I may have done nothing to cause it?</p>



# REVIEW OF OUR OWN SEX CONDUCT

COLUMN 1

COLUMN 2

COLUMN 3

COLUMN 4

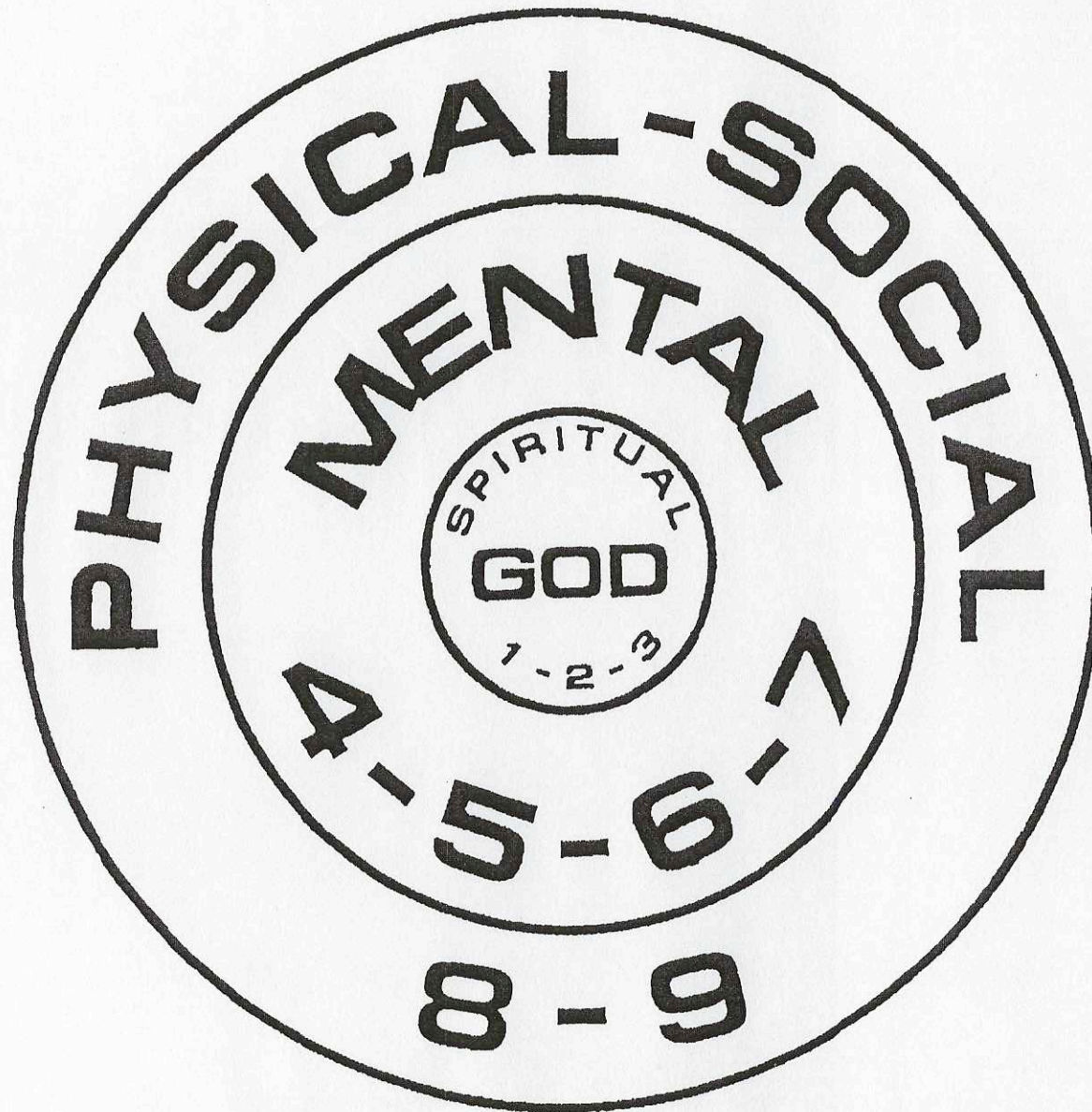
COLUMN 5

WHO DID I HURT?	WHAT DID I DO?	AFFECTS MY:	WHAT FEELINGS DID I CREATE IN OTHERS?	WHERE HAD I BEEN:
		<p>Which part of self caused me to do what I did? Was it caused by the social instinct, the security instinct or the sex instinct?</p>	<p>Did I unjustifiably arouse jealousy, suspicion, bitterness, anger, desire to retaliate, fear, etc.? What should I have done instead?</p>	<p>"Selfish" "Dishonest" "Self-Seeking and frightened" "Inconsiderate"? Which of the above character defects caused me to do what I did to harm another?</p>

# REVIEW OF HARMS OTHER THAN SEXUAL

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
<b>WHO DID I HURT?</b>	<b>WHAT DID I DO?</b>	<b>AFFECTS MY:</b>  Which part of self caused me to do what I did? Was it caused by the social instinct, the security instinct, or the sex instinct?	<b>WHAT FEELINGS DID I CREATE IN OTHERS?</b>  Did I unjustifiably arouse jealousy, suspicion, bitterness, anger, desire to retaliate, fear, etc.? What should I have done instead?	<b>WHERE HAD I BEEN:</b>  "Selfish" "Dishonest" "Self-Seeking and frightened" "Inconsiderate"? Which of the above character defects caused me to do what I did to harm another?

# THE THREE DIMENSIONS OF LIFE STEPS 1 THRU 9



**DAILY INVENTORY**

When we retire at night, we constructively review our day.  
 Were we resentful, selfish, dishonest or afraid?

PERSONALITY CHARACTERISTICS OF SELF—WILL		PERSONALITY CHARACTERISTICS OF GOD'S WILL	
SELFISH AND SELF SEEKING	<input type="checkbox"/>	<input type="checkbox"/>	INTEREST IN OTHERS
DISHONEST	<input type="checkbox"/>	<input type="checkbox"/>	HONESTY
FRIGHTENED	<input type="checkbox"/>	<input type="checkbox"/>	COURAGE
INCONSIDERATE	<input type="checkbox"/>	<input type="checkbox"/>	CONSIDERATE
PRIDE	<input type="checkbox"/>	<input type="checkbox"/>	HUMILITY — SEEKING GOD'S WILL
GREEDY	<input type="checkbox"/>	<input type="checkbox"/>	GIVING OR SHARING
LUSTFUL	<input type="checkbox"/>	<input type="checkbox"/>	WHAT CAN WE DO FOR OTHERS
ANGER	<input type="checkbox"/>	<input type="checkbox"/>	CALM
ENVY	<input type="checkbox"/>	<input type="checkbox"/>	GRATEFUL
SLOTH	<input type="checkbox"/>	<input type="checkbox"/>	TAKE ACTION
GLUTTONY	<input type="checkbox"/>	<input type="checkbox"/>	MODERATION
IMPATIENT	<input type="checkbox"/>	<input type="checkbox"/>	PATIENCE
INTOLERANT	<input type="checkbox"/>	<input type="checkbox"/>	TOLERANCE
RESENTMENT	<input type="checkbox"/>	<input type="checkbox"/>	FORGIVENESS
HATE	<input type="checkbox"/>	<input type="checkbox"/>	LOVE — CONCERN FOR OTHERS
HARMFUL ACTS	<input type="checkbox"/>	<input type="checkbox"/>	GOOD DEEDS
SELF — PITY	<input type="checkbox"/>	<input type="checkbox"/>	SELF — FORGETFULNESS
SELF — JUSTIFICATION	<input type="checkbox"/>	<input type="checkbox"/>	HUMILITY — SEEK GOD'S WILL
SELF — IMPORTANCE	<input type="checkbox"/>	<input type="checkbox"/>	MODESTY
SELF — CONDEMNATION	<input type="checkbox"/>	<input type="checkbox"/>	SELF — FORGIVENESS
SUSPICION	<input type="checkbox"/>	<input type="checkbox"/>	TRUST
DOUBT	<input type="checkbox"/>	<input type="checkbox"/>	FAITH