

PURPOSE

SOBRIETY -- Freedom from alcohol through the teaching and practice of the Twelve Steps is the sole purpose of an A.A. Group.

By Bill Wilson

PREAMBLE

Alcoholics Anonymous is a fellowship of men and women who share their experience strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership, we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution, does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

SINGLENES OF PURPOSE OF A.A.

This is an open meeting of Alcoholics Anonymous. We are glad you all are here -- especially newcomers. In keeping with our singleness of purpose and our Third Tradition which states that the only requirement for A.A. membership is a desire to stop drinking, we ask that all who participate confine their discussion to their problems with alcohol.

SERENITY PRAYER

GOD, grant me
The Serenity to accept the things I cannot change,
The Courage to change the things I can,
And the Wisdom to know the difference.

BIG BOOK GOALS

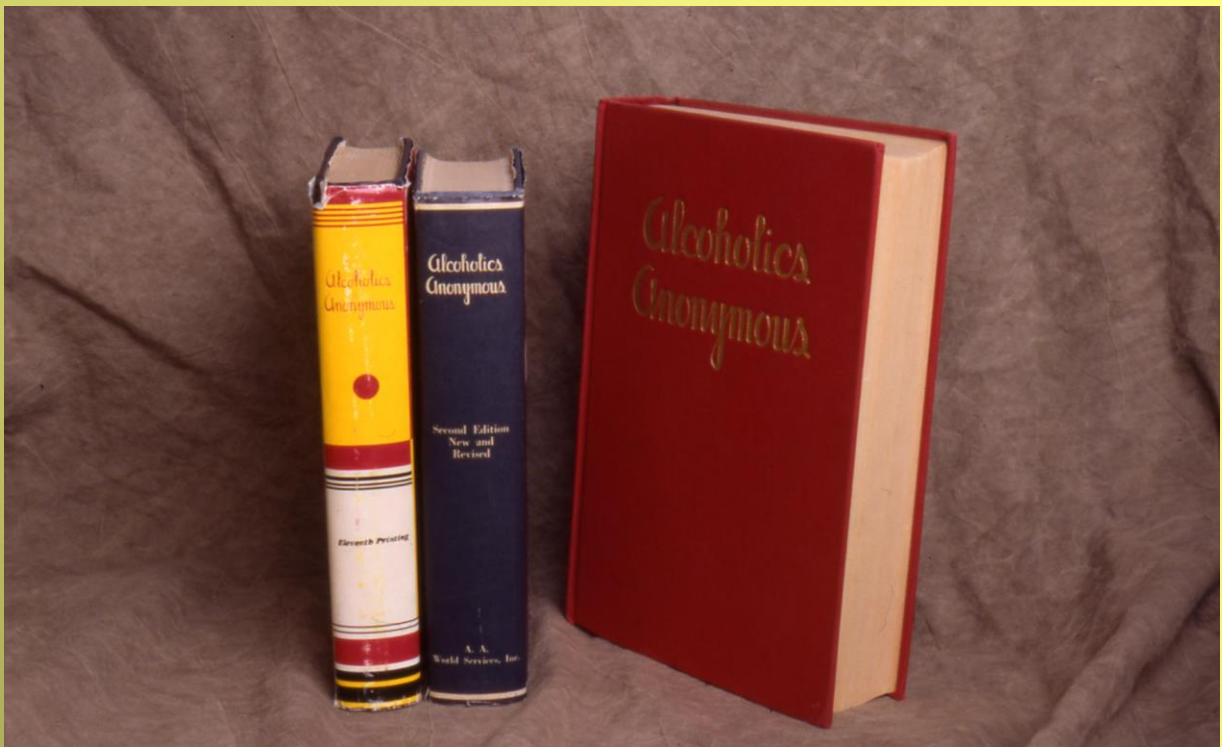
TABLE OF CONTENTS

GOAL 1
Problem

GOAL 2
Solution

GOAL 3
Action Necessary For Recovery

<p>DOCTOR'S OPINION Chapter 1 – Bill's Story</p>	<p>Chapter 2 – There Is A Solution Chapter 3 – More About Alcoholism Chapter 4 – We Agnostics</p>	<p>Chapter 5 – How It Works Chapter 6 – Intro Action Chapter 7 – Working With Others</p>
<p>STEP 1 POWERLESS</p>	<p>STEP 2 POWER</p>	<p>STEP 3 4 5 6 HOW TO 7 FIND POWER 8 9 10 11 12</p>

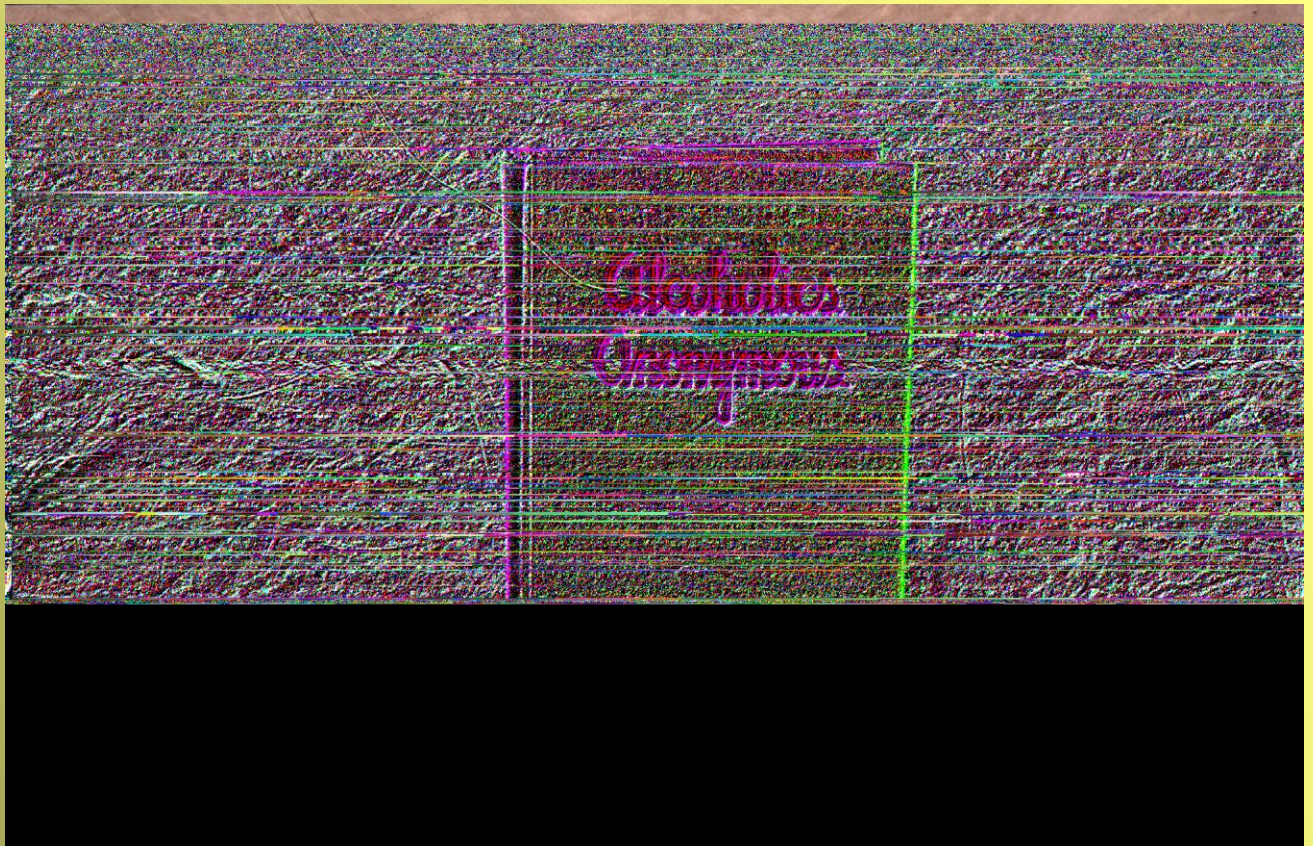


PREFACE

Big Book Pages xi -xii

(Third Edition page numbers in Italics)

- 1) What has this book become and why has it not changed?
(Pxi L7-10) Pxi L9-12**
- 2) What portion of this volume describes the AA recovery program?
Pxi L11**
- 3) What has been added in the second edition? *(Pxi L18-20)*
Pxi L20-22**
- 4) Why was the history section changed? *(Pxii L9-13)* Pxii L20-24**
- 5) What hasn't changed? *(Pxii L20-22)* Pxii L21-23**
- 6) What is the purpose of the personal stories? *(Pxii L11-13)*
Pxii L22-24**



FORWARD TO THE FIRST EDITION

Big Book Pages xiii -xiv

This is the Forward as it appeared in the first printing of the first edition in 1939.

1. 1) Is this book one man's opinion? Pxiii L1
1. 2) What is the main purpose of this book? Pxiii L4-5
1. 3) Why did the first 100 remain anonymous? Pxiii L13-16
1. 4) Is A.A. a conventional organization? Pxiii L27
1. 5) Who are we trying to help? Pxiv L5
1. 6) Who are we interested in hearing from? Pxiv L7-9

FOREWORD

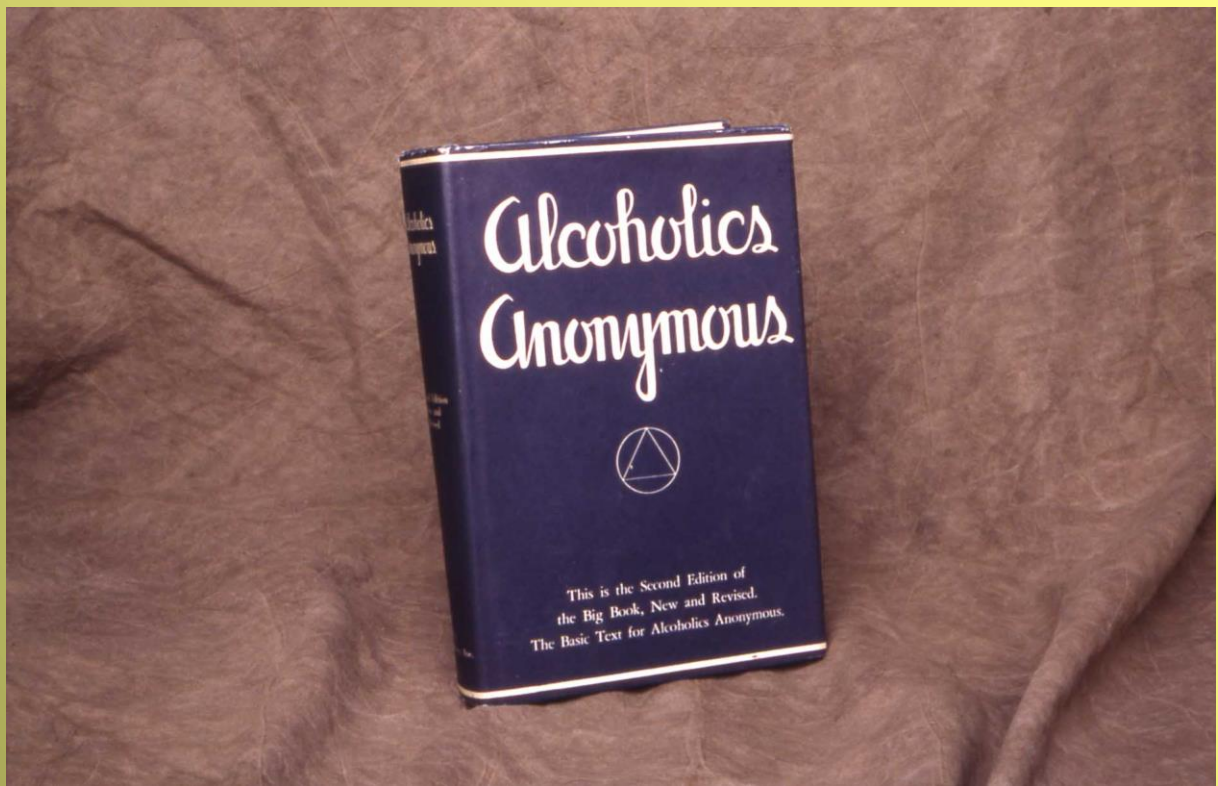
*W*E, of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics **PRECISELY HOW WE HAVE RECOVERED** is the main purpose of this book. For them, we hope these pages will prove so convincing that no further authentication will be necessary. We think this account of our experiences will help everyone to better understand the alcoholic. Many do not comprehend that the alcoholic is a very sick person. And besides, we are sure that our way of living has its advantages for all.

It is important that we remain anonymous because we are too few, at present, to handle the overwhelming number of personal appeals which may result from this publication. Being mostly business or professional folk we could not well carry on our occupations in such an event. We would like it understood that our alcoholic work is an avocation.

When writing or speaking publicly about alcoholism, we urge each of our Fellowship to omit his personal name, designating himself instead as "A Member of Alcoholics Anonymous."

Very earnestly we ask the press also, to observe this request, for otherwise we shall be greatly handicapped.

We are not an organization in the conventional sense



FORWARD TO THE SECOND EDITION

Big Book Pages xv-xviii

Figures given in this forward describe the Fellowship as it was in 1955.

- 1) What has happened since the original Forward to this book was written in 1939? P xv L1**
- 2) Where can A.A. Groups be found? P xv L13**
- 3) Where and when was the A.A. spark struck? P xv L23**
- 4) What relieved the broker's drink obsession? P xv L26**

5) Who is Dr. William D. Silkworth and what did Bill W. learn from him? Pxvi L3-9



Dr. William D. Silkworth
“He had also been greatly helped”

6) What did Bill W. learn from the Oxford Group? Pxvi L11-14



Frank Buckman
Founder
Oxford Groups

“Though he could not accept all the tenants of the Oxford Groups”
Pxvi L9-14

CONTENTS	
THE OXFORD GROUP	I
SIN	17
SHARING FOR CONFESSION AND WITNESS	25
SURRENDER	39
RESTITUTION	53
GUIDANCE	65
THE FOUR ABSOLUTES:	73
1. ABSOLUTE HONESTY	73
2. ABSOLUTE PURITY	85
3. ABSOLUTE UNSELFISHNESS	95
4. ABSOLUTE LOVE	107
THE WORLD	119
YOU	127



Sam Shoemaker, Oxford Group
Mentor to Bill W.

**7) Why did Bill W. meet with the Akron physician?
L15-24**

Pxvi



**The Akron physician (Dr. Bob) New York Stock Broker (Bill W.)
Pxvi L23**

**8) How did Bill W. change the Akron physician's life? Pxvi
L25**

9) What did they learn from their meeting? Pxvi L32

**10) How did Bill W. and the Akron physician react to their first
meeting? Pxvii L4**

11) What was A.A. like in 1937? Pxvii L14

12) When and Why was the Big Book written? Pxvii L23

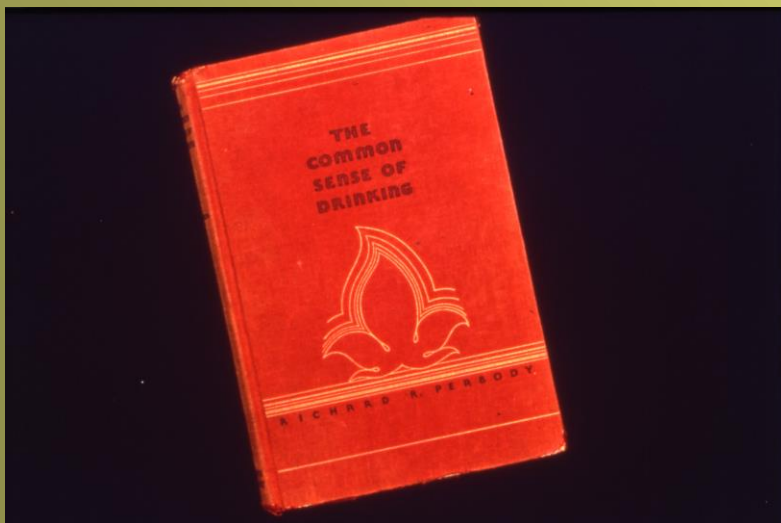
13) Where did Alcoholics Anonymous get its name? Pxvii L28

**14) In 1940, Who hosted a dinner where AA members told their
stories? Pxviii L15-17**

15) Who wrote a compelling article in a nationally distributed magazine that carried the AA message? (He later became a non-alcoholic trustee) P xviii L20-24



- 16) How did our Fellowship learn the importance of A.A. Unity?
Pxviii L28
- 17) What are the Principles by which A.A. groups and A.A. as a whole can survive and live? Pxix L8
- 18) How do they relate to the Steps?
- 19) When, Where, How & Why were the A.A. Traditions formally adopted? Pxix L5
- 20) How does the recovery rate in A.A. adolescence period compare with today? Pxx L5
- 21) Is A.A. a Religious Organization or a Medical Organization?
Pxx L21
- 22) What class or category of person does alcohol respect and which class or category comprises A.A.? Pxx L25
- 23) Is A.A. the ONLY therapy for Alcoholics? Explain. Pxxi L5



*The Common Sense of
Drinking*
Emmanuel Movement

“We surely have no
monopoly”
Pxxi L5

FORWARD TO THE THIRD EDITION

Big Book Pages xxii

- 1) How has the A.A. Fellowship grown and changed since the last edition? Pxxii L1
- 2) What does the growth and change to the Fellowship confirm about the basic principles of the A.A. Program? Pxxii L14

THE DOCTOR'S OPINION

Big Book Pages *xiii-xxx* (xxv-xxxii 4th Edition)

(Third Edition page numbers in Italics)

- 1) Why did AA ask Doctor Silkworth to write the “Doctor’s Opinion?”
(Pxxiii L1) Pxxv L1



Towns Hospital

“Chief physician at a nationally known hospital”

Pxxiii L7

THE DOCTOR'S OPINION

Big Book Pages (*xiii-xxx*) xxv-xxxii (*Third Edition page numbers in Italics*)

- 2) What did the Doctor confirm that alcoholics must believe?
(*Pxxiv L12*) Pxxvi L12
- 3) What did the doctor suggest for a jittery or befogged alcoholic prior to working with him/her? (*Pxxiv L29*) Pxxvi L29
- 4) What happens to an alcoholic that doesn't happen to the temperate drinker? (*Pxxvi L4*) Pxxviii L4
- 5) What must happen if we are to recreate our lives? (*Pxxvi L16*)
Pxxviii L16
- 6) Why do men and women drink? (*Pxxvi L30*) Pxxviii L30
- 7) What happens after they have succumbed to the desire again?
(*Pxxvii L3*) Pxxix L3
- 8) What is needed to produce the essential psychic change?
(*Pxxvii L7-22*) Pxxix L7-22
- 9) What are the five classifications of alcoholics described by Doctor Silkworth? (*Pxviii L7-23*) Pxxx L7-23
- 10) What do all classes have in common? (*Pxxviii L24*) Pxxx L24
- 11) What is the only relief from the alcoholic allergy? (*Pxxviii L30*)
Pxxx L30
- 12) Where does the Doctor suggest we look for the solution?
Why? (*Pxxx L5*) Pxxxii L5

BILL'S STORY

Big Book Pages 1-16



“ I visited Winchester Cathedral” “Here lies a Hampshire Grenadier”

P1 L12

P1 L14

- 1) What did Bill want to prove to the world? P2 L3
- 2) What was drink taking in Bill's life? P3 L17
- 3) What did Bill's drinking assume? P3 L22
- 4) As Bill drank, what came back? P4 L19
- 5) What did liquor cease to be in Bill's life and what did it become? P5 L3

- 6) What did the kind doctor explain to Bill? P7 L11
- 7) Was self-knowledge the answer? P7 L21
- 8) When did Bill admit complete defeat? P8 L8



Bill W. & Ebby Thatcher “An old school friend”
P8 L33



Cebra Graves



Rowland Hazard (left) with his family
“Two men appeared before the court”
P9 L27

- 9) What did Bill's old school friend tell him? P9 L27-32
- 10) What did Bill's friend suggest to him? P12 L13-23
- 11) What did Bill's friend, Ebby, emphasize to Bill? P14 L28

BILL'S STORY

Big Book Pages 1-16

Bill's Story was written in 1937 and the story and the Chapter, "There Is A Solution" were mimeographed and used as part of the fund raising crusade that failed. In Bill's Story, we see the basis for the Twelve Steps, which were written for the book in December 1938, according to our History Books. If we look closely we can see the "seeds" for the 12 Steps were already in Bill's mind and had been there since his Spiritual Experience in December 1934 in Towns Hospital in New York City!

Step #1	P8 L8
Step #2	P12 L13
Step #3	P13 L6
Step #4	P13 L10
Step #5	P13 L14
Step #6 & #7	P13 L11
Step #8	P13 L15
Step #9	P13 L19
Step #10	P13 L21
Step #11	P13 L23
Step #12	P13 L29

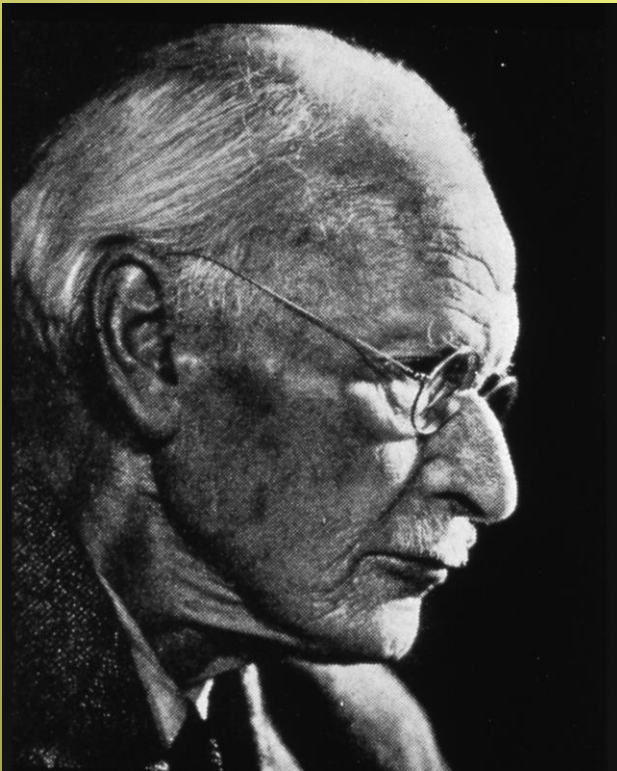
So the essence of the Recovery Program was in the mind of Bill W. from the time he has his "Experience" in the hospital. He finally put it in writing in December 1938, four years later!

THERE IS A SOLUTION

Big Book Pages 17-29

- 1) What are the two common bonds that recovering alcoholics have that transcend political, economic, social or religious backgrounds? P17 2nd & 3rd paragraphs
- 2) What can a recovered alcoholic do for an alcoholic that those who do not have the problem can't do? P18 L20
- 3) All we have to do is "don't drink and go to meetings" -- Right? P19 L3
- 4) When one asks, "What do I have to do?" What is the answer given by the book? P20 L4-14
- 5) Moderate drinker, heavy drinker and a real alcoholic. What is the difference? P20 L29 - P21 L12
- 6) "The main problem of the alcoholic centers in his mind, rather than the body." What is the MIND? P23 L3
- 7) Can you identify with the top of page 24 as the "invisible line" you crossed over?
- 8) What is the *fact*? P24 L6
- 9) What is the *solution*? P25 L4-24
- 10) Surely, there is a "middle of the road solution? P25 L25

11) What is the answer to alcoholism as given to us by Dr. Carl Jung? P27 L12

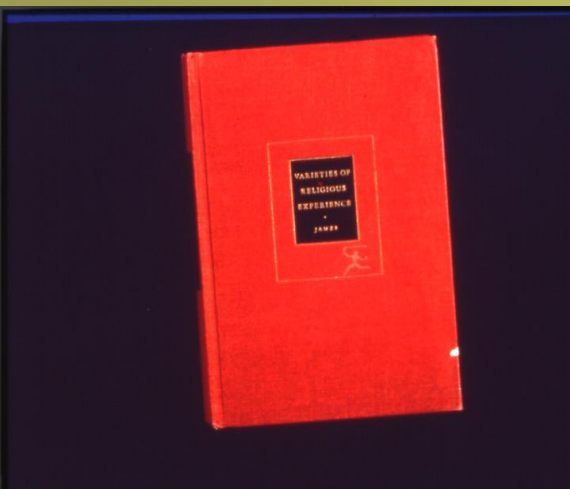


Dr. Carl Jung
A celebrated physician
(psychiatrist)
P26 L6

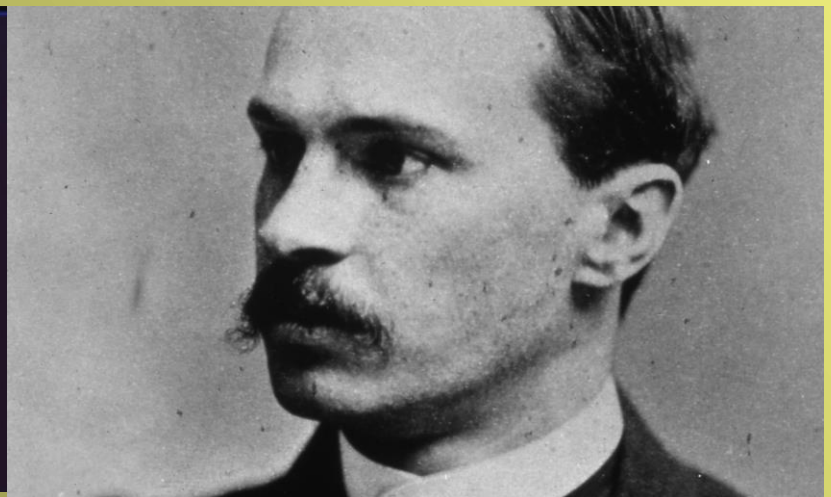
12) Is there more than one way to discover God? P28 L10

13) Clear-cut “suggestions” or clear-cut “directions”? P29 L3

14) What does the book say our stories should describe? P29 L6



Varieties of
Religious Experience
P28 L11



William James
The distinguished American Psychologist
P28 L11

MORE ABOUT ALCOHOLISM

Big Book Pages 30-43

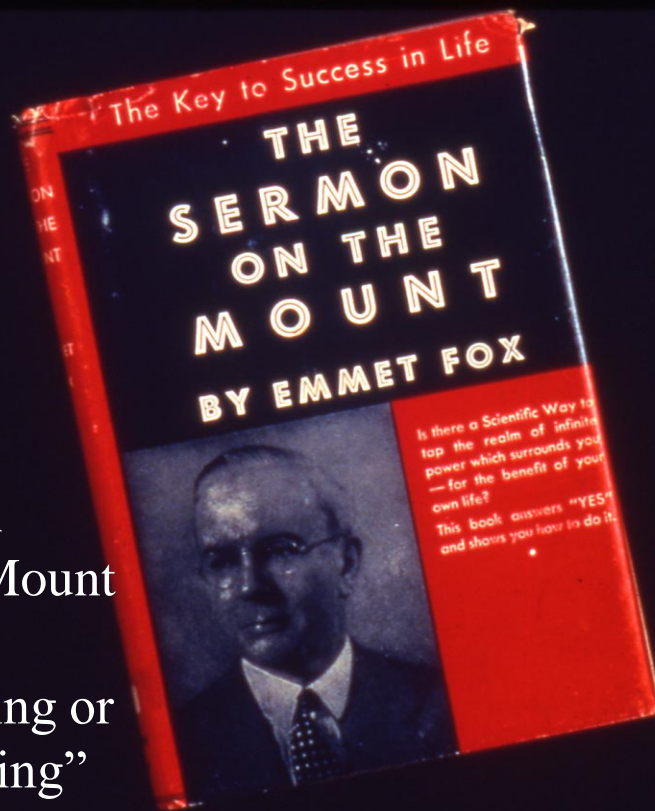
- 1) What is the great obsession of every abnormal drinker? P30 L6**
- 2) What is the first step in recovery? P30 L11**
- 3) Does an alcoholic ever recover control? P30 L15-24**
- 4) Based on your “own experience” without going into much detail, do you feel your drinking got progressively worse? P30 L21**
- 5) Can you identify with any of the methods we have tried to drink like other people? P31 L17-29**
- 6) If one is not sure he or she is an alcoholic, what does the book suggest we do to find out? P31 L30**
- 7) Does the story on pages 32-33 convince you that you cannot drink normally even after a long stretch of being sober? P32-33**
- 8) Does the length of time, or the quantity we drank have anything to do with becoming an alcoholic? P33 L24**
- 9) Assuming that one wishes to stop drinking, what determines whether we need spiritual help or not? P34 L18**
- 10) What is the baffling feature of alcoholism? P34 L24**

- 11) Do you agree the “mental state that proceeds a relapse into drinking” to be the crux of the problem?
P35 L1
- 12) Does the story of Jim on 35-37 give us a good illustration of the insane thinking that precedes a drink?
- 13) Does the story of the Jaywalker sound like anyone you know? P37 L28
- 14) Do you agree that although we may have been intelligent in other matters “When it came to alcohol we have been strangely insane?” P38 L22
- 15) Does your self-knowledge have anything to do with your ability to quit drinking? P39 L7
- 16) At certain times, does the alcoholic have any effective mental defense against that first drink?
P43 L26
- 17) Where does the defense come from? P43 L28
- 18) In the case of the man of thirty, or Jim or Fred, is their real problem that they have a physical allergy to alcohol or is it that they each had an obsession of the mind that tells them it’s OK to drink alcohol?

WE AGNOSTICS
Big Book Pages 44-57

- 1) If you can't quit entirely, and you've lost control over the amount you drink, what are you? P44 L4-7
- 2) Is an atheist or an agnostic a rare thing in A.A.? P44 L22
- 3) What is the alcoholic's real dilemma? P45 L9
- 4) Where can we find the power that will solve our problem? P45 L13
- 5) According to the Big Book, when we speak of GOD, what do we mean? P47 L1
- 6) What happens to one who says, "I do believe or I am willing to believe that there is a Power greater than myself"? P47 L14
- 7) Do you see that the acquisition of faith can begin on very simple terms? P47 L29-30
- 8) What are the attitudes that are a handicap to obtaining a belief in a power greater than ourselves? P48 L1-2
- 9) What is another good argument for believing in a power greater than one's self? P48 L17 - P49 L14
- 10) Why should we not even have prejudice against organized religion? P49 L21-32
- 11) What is the one proposition that most recovering alcoholics seem to agree on? P50 L16-19
- 12) Even though the level of intelligence is about the same, why was ancient man so slow to make progress compared to the progress man has made in the last 50 years? P51 L10-22

- 13) What is your answer to the question asked in the Big Book on P51 L23?
- 14) What made us change our mind about the GOD idea working and our ideas not working? P52 L23
- 15) What do you say to this statement: “When we became alcoholics, crushed by a self imposed crises we could not postpone or evade, we had to fearlessly face the proposition that either GOD is everything or else HE is nothing. GOD either is, or HE isn’t. What was our choice to be?” P53 L15-19
(This answer has to come from the heart, it isn’t in the book.)



Emmet Fox

Sermon on the Mount

“God is everything or
else He is nothing”

P53 L17

- 16) Are we now confronted with the question of faith? P53 L20**
- 17) How have we been practicing faith without even knowing it? P53 L30 - P54 L21**
- 18) Where does the fundamental idea of GOD come from? P55 L9-18**
- 19) Where did we find the Great Reality and what is it? P55 L19**
- 20) When does GOD disclose Himself to us? P57 L14**

Chapter Five

HOW IT WORKS

Rarely have we seen a person fail who has thoroughly followed our directions. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a way of life which demands rigorous honesty. Their chances are less than average. There are those too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it -- then you are ready to follow directions.

At some of these you may balk. You may think you can find an easier, softer way. We doubt if you can. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that you are dealing with alcohol -- cunning, baffling, powerful ! Without help it is too much for you. But there is One who has all power -- That One is God. You must find Him now !

Half measures will avail you nothing. You stand at the turning point. Throw yourself under His protection and care with complete abandon.

Now we think you can take it! Here are the steps we took, which are suggested as your Program of Recovery:

1. Admitted we were powerless over alcohol -- that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care and direction of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely willing that God remove all these defects of character.
7. Humbly, on our knees, asked Him to remove our shortcomings -- holding nothing back.
8. Made a list of all persons we had harmed, and became willing to make complete amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our contact with God, praying only for knowledge of His will for us and the power to carry that out.

12. Having had a spiritual experience, as the result of this course of action, we tried to carry this message to others, especially alcoholics, and to practice these principles in all our affairs.

You may exclaim, “What an order! I can’t go through with it.” Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after, have been designed to sell you three pertinent ideas:

- (a) That you are alcoholic and cannot manage your own life.
- (b) That probably no human power can relieve your alcoholism.
- (c) That God can and will.

If you are not convinced on these vital issues, you ought to re-read the book to this point or else throw it away!

HOW IT WORKS
Big Book Pages 58-62

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

- 1) Is your chance of success very good if you thoroughly follow the path? P58 L1**
- 2) Who is apt to fail? P58 L2**
- 3) If you decide you want what we have and are willing to go to any length to get it -- i.e. what then? P58 L16**
- 4) Is there an easier, softer way? P58 L19**
- 5) What if I go at it half-heartedly? P59 L4**
- 6) After we review the description of the alcoholic and the chapter to the agnostic, and we reflect on our relationship with alcohol what are the conclusions or pertinent ideas? P60 L16-20**
- 7) If we are convinced of the pertinent ideas, what do we do then? P60 L21**
- 8) Why is life run on self-will a failure? P60 L25-28**
- 9) What is the root of our trouble? P62 L6**
- 10) Who makes it possible for us to rid ourselves of selfishness? P62 L16-20**
- 11) How does this work? P62 L26-33**

HOW IT WORKS

Big Book Pages 58-62

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

**12) What happens when we take this vital step?
P63 L1-12**

13) Read the third step prayer so we can all see the simplicity of the step. P63 L13-20

**14) Should we take this step with someone or alone? Explain.
P63 L23-30**

BASIC INSTINCTS OF LIFE WHICH CREATE SELF

SOCIAL INSTINCT	SECURITY INSTINCT	SEX INSTINCT
<p>COMPANIONSHIP – Wanting to belong or to be accepted</p> <p>PRESTIGE – Wanting to be recognized, or to be accepted as a leader.</p> <p>SELF-ESTEEM – What we think of ourselves, high or low</p> <p>PRIDE – An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate)</p> <p>PERSONAL RELATIONSHIPS – Our relations with other human beings and the world around us.</p> <p>AMBITIONS – Our plans to gain acceptance, power, recognition, prestige, etc.</p>	<p>MATERIAL – Wanting money, buildings, property, clothing, etc. in order to be secure in the future.</p> <p>EMOTIONAL – Based upon our needs for another person or persons. Some tend to dominate, some are overly dependent on others.</p> <p>AMBITIONS – Our plans to gain material wealth, or to dominate, or to depend upon others.</p> <div data-bbox="428 946 956 1342" style="text-align: center;"> </div>	<p>ACCEPTABLE – Our sex lives as accepted by Society, God’s principles or Our own principles.</p> <p>HIDDEN – Our sex lives that are contrary to either Society, God’s principles, or Our own principles.</p> <p>AMBITION – Our plans regarding our sex lives either acceptable or hidden.</p>
<p>RESENTMENT</p>	<p>FEAR</p>	<p>HARMS OR HURTS</p>
<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

FIND FLAWED

DAMAGED OR



THINKING

UNSALEABLE

PROCESSES

GOODS

GET RID OF

GET RID OF

THEM PROMPTLY



THEM PROMPTLY

WITHOUT REGRET!

WITHOUT REGRET!

STOCK IN TRADE

1. RESENTMENT

THAT IS



2. FEAR

DAMAGED

3. HARMS DONE

TO OTHERS

REVIEW OF RESENTMENTS

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
<p>I AM RESENTFUL AT:</p> <p>I list people, institutions or principles with whom I am angry.</p>	<p>THE CAUSE:</p> <p>I ask myself why I am angry, what did they do to me to cause the anger?</p>	<p>AFFECTS MY:</p> <p>On my grudge list I set opposite each name my injuries. Was it my self-esteem, my securities, my ambitions, my personal, or sex relations which had been interfered with?</p>	<p>WHAT DID I DO?</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>WHERE HAD I BEEN:</p> <p>“Selfish”</p> <p>“Dishonest”</p> <p>“Self-Seeking and frightened”</p> <p>“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 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>WHO OR WHAT DO I FEAR: I list people, institutions or principles that I fear.</p>	<p>THE CAUSE: 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>AFFECTS MY: 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>WHAT DID I DO? 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>WHERE HAD I BEEN: “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 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
<p>WHO DID I HURT:</p>	<p>WHAT DID I DO?</p>	<p>AFFECTS MY:</p> <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>WHAT FEELINGS DID I CREATE IN OTHERS?</p> <p>Did I unjustifiably arouse jealousy, suspicion, or bitterness?</p> <p>What should I have done instead?</p>	<p>WHERE HAD I BEEN:</p> <p>“Selfish”</p> <p>“Dishonest”</p> <p>“Self-Seeking and frightened”</p> <p>“Inconsiderate”?</p> <p>Which of the above character defects caused me to do what I did, or cause me to do what I do to harm another?</p>

REVIEW OF HARMS OTHER THAN SEXUAL

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
<p>WHO DID I HURT:</p>	<p>WHAT DID I DO?</p>	<p>AFFECTS MY:</p> <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>WHAT FEELINGS DID I CREATE IN OTHERS?</p> <p>Did I arouse jealousy, suspicion, bitterness, anger, desire to retaliate, read, etc.?</p> <p>What should I have done instead?</p>	<p>WHERE HAD I BEEN:</p> <p>“Selfish”</p> <p>“Dishonest”</p> <p>“Self-Seeking and frightened”</p> <p>“Inconsiderate”?</p> <p>Which of the above character defects caused me to do what I do to harm another?</p>

HOW IT WORKS

Big Book Page 64-71

Step 4: Made a searching and fearless moral inventory of ourselves.

- 1) After we make our 3rd Step decision, what is “next”? P64 L1-7**
- 2) Explain the comparison between a commercial inventory and a personal inventory? P64 L8-16**
- 3) What, manifested in many ways, has defeated us? P64 L20**
- 4) What is the number one offender? P64 L23**
- 5) Where and how do we list resentments? P64 L27-29**
- 6) What do we do about our fears? P68 L3-26**
- 7) Should we or should we not judge other people’s sex lives?
P69 L9**
- 8) What test should we subject each sex relationship to? P69 L19**
- 9) How do we get the right answer to each specific matter in our sex lives? P69 L29-31**
- 10) If sex is very troublesome, what should we do? P70 L18**
- 11) What are some of the personality changes that we will undergo as we finish up on Step 4? P70 L26-29**

INTO ACTION
Big Book Page 72-75

Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

- 1) How is the personal inventory summarized in the first paragraph on P72?**
- 2) Is a solitary self-appraisal enough?**
- 3) What is the best reason for taking Step 5, according to the book? P72 L22**
- 4) If we are to live long and happily in this world, what must we do? P73 L33**
- 5) Once we decide who is to hear our story, what do we do? P75 L3**
- 6) What are the results of this step? P75 L12**
- 7) What do we do when we have completed Step 5? P75 L22**

INTO ACTION

Step 6 & 7 Big Book Page 76

Step 6: Were entirely ready to have God remove all these defects of character.

Step 7: Humbly asked Him to remove our shortcomings.

- 1) What is indispensable for doing Step 6? P76 L2**
- 2) Are we now ready to let God remove from us all the things, which we have admitted are objectionable? P76 L3**
- 3) Can HE now take them all - every one? P75 L5**
- 4) If we still cling to some thing we will not let go, will we ask God to help us be willing? P76 L6**
- 5) How do we know when we have completed Step 7? P76 L8**

INTO ACTION

Step 8 & 9 Big Book Page 76-83

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

Step 9: Made direct amends to such people wherever possible, except to do so would injure them or others.

- 1) What does the statement “*Faith without works is dead*” mean to you? P76 L15**
- 2) From where do we begin to get the list of people we have harmed? P76 L17**
- 3) What should our attitude be as we approach Step 8? P76 L19-27**
- 4) What is our real purpose at this time? P77 L3**
- 5) Is it wise to declare, “*we have gone religious*” when approaching those whom we have harmed? Explain. P77 L4**
- 6) How do we make our approach to the man we hated? P77 L18-25**
- 7) How often do we fail to make satisfactory progress? P78 L5-13**
- 8) What about money owed? P78 L14**
- 9) What about criminal offenses? P78 L26**
- 10) What about domestic troubles? P80 L32**

INTO ACTION (cont.)

Step 8 & 9 Big Book Page 83-84

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

Step 9: Made direct amends to such people wherever possible, except to do so would injure them or others.

- 11) Why does the book say, “We feel a man is unthinking when he says that sobriety is enough”? P82 L29
- 12) How do we take the lead in the long period of reconstruction that lies ahead? P83 L10
- 13) Is the spiritual life just a theory? Explain. P83 L11-18
- 14) What about certain wrongs that we can never fully right? P83 L21
- 15) Do we now act servile, scraping, or crawl before anyone? P83 L28
- 16) What happens if we are painstaking about this phase of our development? P84 L9
- 17) What do we finally realize? P84 L10
- 18) Are the 9th Step promises extravagant? P84 L12
- 19) What do we have to do to make them materialize? P84 L14

INTO ACTION

Step 10 Big Book Page 84-85

Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

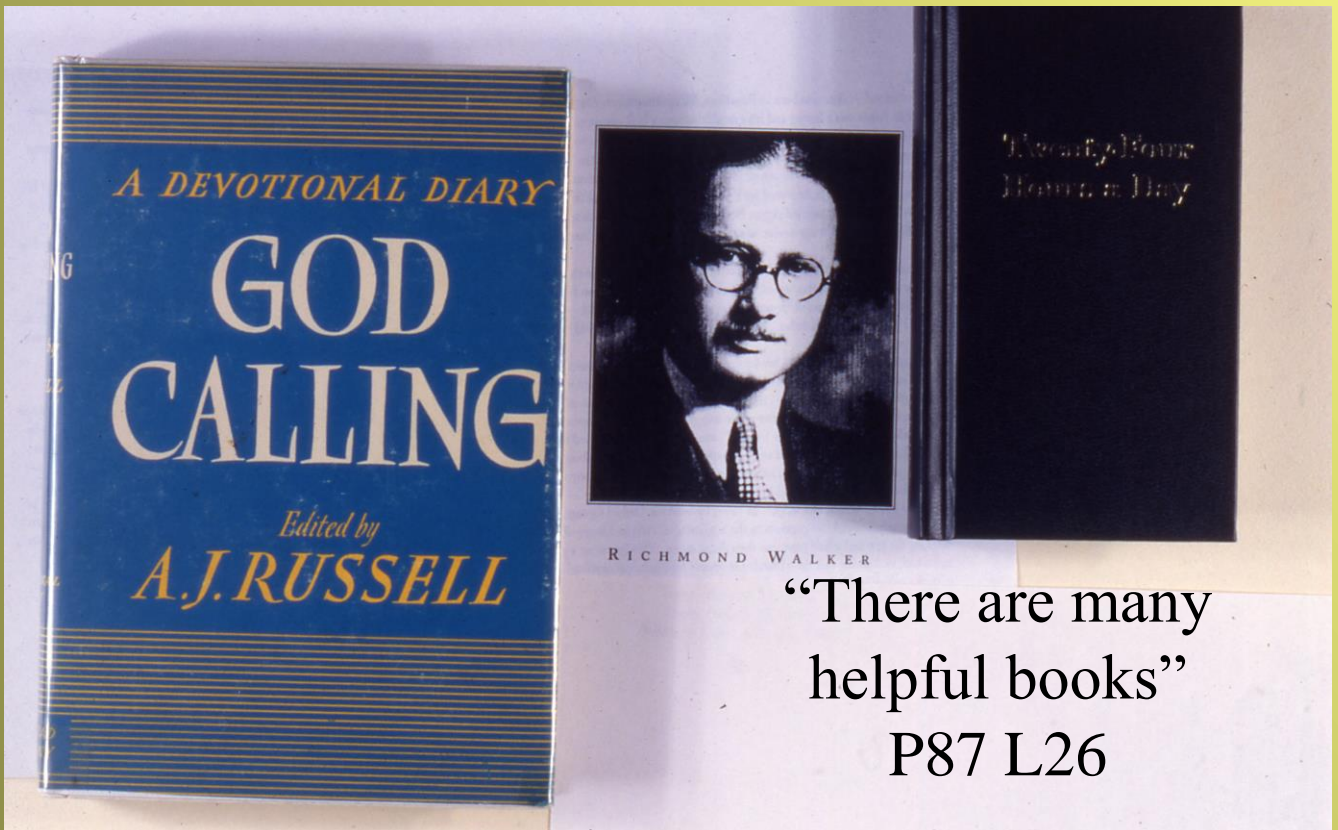
- 1) When did we start what this step is asking us to continue? P84 L18**
- 2) What is our next function? P84 L21**
- 3) Can you spot Steps 4 through 9 on Page 84 Lines 23-28?**
- 4) What is our code? P84 L29**
- 5) What is the clue that recovery has taken place after reading Page 84 Lines 30-33?**
- 6) What about the rest of the promises on the top of Page 85?**
- 7) Are we cured of Alcoholism? P85 L15**
- 8) What is the proper use of the will now that we have it back? P85 L19-23**
- 9) What have we followed if we have begun to sense the flow of His Spirit into us? P85 L26**

INTO ACTION

Step 11 Big Book Page 85-88

Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

- 1) What is the vital sixth sense of direction? P85 L29
- 2) What should we do when we retire at night? P86 L5-18
- 3) What about when we awaken? P86 L19-27
- 4) What do we do when we face indecision? P86 L28-33
- 5) How do you conclude a period of meditation? P87 L10
- 6) Is it okay to seek outside help in spiritual matters? P87 L20-30



- 7) What should we do when agitated or doubtful? P87 L31
- 8) What six things are listed as danger? P88 L3
- 9) If we alcoholics are undisciplined - who disciplines us?
P88 L9

WORKING WITH OTHERS

Step 12 Big Book Page 89-103

Step 12: Having had a spiritual awakening as THE result of these steps, we tried to carry this message to alcoholics and to practice these principles in all of our affairs.

- 1) What will working with other alcoholics bring about? P89 L1
- 2) What is the first thing we should do when talking to a new prospect? P92 L1-23
- 3) What is the second thing we should do when talking to new prospect? P93 L3-10
- 4) What is the third thing we should do when talking to a new prospect? P94 L4-24
- 5) Do you understand that those who have recovered can in fact give good “advice” to those who do not know? P96 L15-22
- 6) Does the information given on Page 97 Lines 3-19 give us reason to understand that we must put helping others as a top priority?
- 7) What should we burn into the consciousness of everyone we work with that is new to sobriety? P98 L20

- 8) Are there legitimate conditions for not being able to get sober? P99 L30**
- 9) What is the outcome of good 12 Step work? P100 L5**
- 10) Last paragraph of the chapter -- your thoughts?**