

“The How and the Why of It!”

This Twelve Step study combines the “how-to” work the Steps from Alcoholics Anonymous with “why-to” work the Steps from AA’s Twelve Steps & Twelve Traditions.

July 12. Steps One, Two and Three:

“We asked His protection and care with complete abandon.” (p. 59)

July 19. Steps Four, Five and Six:

“... to discover the obstacles in our path.” (p. 72)

July 26. Steps Seven, Eight and Nine:

“Grant me strength, as I go out from here, to do your bidding.” (p. 76)

August 2. Steps Ten, Eleven and Twelve:

“... carry the vision of God’s will into all of our activities.” (p. 85)

A Big Book - 12x12 Study of Spiritual Recovery from Alcoholism
in a Twelve-Step Workshop at 10 am ct. Fridays, July 12 through August 2, 2024.
Facilitator: Bill H., St. Louis, MO USA
(All page numbers from Alcoholics Anonymous, Fourth Edition, unless otherwise noted)

This Twelve Step study combines the “how-to” work the Steps from Alcoholics Anonymous with “why-to” work the Steps from AA’s Twelve Steps & Twelve Traditions.

“The How and the Why of It!” Steps One, Two and Three:

“We asked His protection and care with complete abandon.” (p. 59)

Step One. “We admitted we were powerless over alcohol—that our lives had become unmanageable.” (p. 59)

“How to” admit “we were powerless over alcohol”:

“Men and women drink ... because they like the effect produced by alcohol.” (xxviii)

“... they cannot start drinking without developing the phenomenon of craving.” (p. xxx)

“The only relief we have to suggest is complete abstinence.” “

“... *lost the power of choice in drink ... without defense against the first drink* “ (p. 24)

“The delusion that we are like other people ... has to be smashed.” (p. 30)

“The alcoholic ... has no effective mental defense against the first drink.” (p. 43)

The “how-to”: Admit “we were alcoholic ...” (p. 60)

“How to” admit “that our lives had become unmanageable”:

“... the main problem of the alcoholic centers in his mind ...” (p. 23)

“There is the obsession that somehow, someday, they will beat the game.” “

“... lurking notion that someday we will be immune to alcohol.” (p. 33)

“I saw that will power and self-knowledge would not help ...” (p. 42)

“We were having trouble with personal relationships ...” (the “bedevilments”) (p. 52)

“... extreme example of self-will run riot, though he usually doesn’t think so.” (p. 62)

The “how-to”: Admit “could not manage our own lives ... no human power could ...” (p. 60)

“Why to” admit “we were powerless over alcohol”: (Page numbers in AA 12x12)

“... instinct cries out against the idea of personal powerlessness.” (p. 21)

“... only through utter defeat ... take our first steps toward liberation ...” “

“... little good can come ... unless ... accepted his devastating weakness ...” “

The “why-to”: “... difficulty in realizing how hopeless they actually are ...” (p. 22)

“Why to” admit “that our lives had become unmanageable”: (Page numbers in AA 12x12)

“... bleeds us of all self-sufficiency and all will to resist its demands.” (p. 21)

“... they could not make the admission of hopelessness.” (p. 23)

“... few people ... will sincerely try ... unless they have hit bottom.” (p. 24)

The “why-to”: “... discover the fatal nature of our situation.” (p. 24)

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Step Two: “Came to believe that a Power greater than ourselves could restore us to sanity.” (p. 59)

“How to” come to believe:

“... insanely trivial excuse for taking the first drink ... the insane idea won out.” (p. 37)

“... justification for a spree was insanely insufficient ...” “

“To be doomed to an alcoholic death or to live on a spiritual basis ...” (p. 44)

“Lack of power, that was our dilemma.” (p. 45)

“... we saw others solve their problems by a simple reliance upon the Spirit ...” (p. 52)

“... we had to stop doubting the power of God.” “

“For faith in a Power greater than ourselves ... facts as old as man himself.” (p. 55)

The “how to”: “That God could and would if He were sought.” (p. 60)

“Why to” come to believe: (Page numbers in AA 12x12)

“... convinced us ... we are alcoholics ... unmanageable ... helpless ...” (p. 25)

“Some of us *won’t* believe ... others can’t ... still others have no faith ...” “

“... all you need is an open mind.” (p. 26)

“I simply won’t consider such nonsense. Then I woke up.” (p. 27)

“... I had only to stop fighting ...” “

“... they showed us that humility and intellect could be compatible ...” (p. 30)

“... defiance is the outstanding characteristic of many an alcoholic.” (p. 31)

“... we remained self-deceived, and so incapable of receiving ...” (p. 32)

The “why-to”: “True humility and an open mind can lead us to faith ...” (p. 33)

(Note: “... humility, a desire to seek and do God’s will ...”) (p. 72)

Step Three: “Made a decision to turn our will and our lives over to the care of God as we understood Him.” (p. 59)

“How to” make a decision to “ask His protection and care with complete abandon”:

“... we be convinced that any life run on self-will can hardly be a success.” (p. 60)

“... a victim ... delusion ... satisfaction and happiness ... if he ...manages well.” (p. 61)

“Selfishness—self-centeredness! That, we think, is the root of our troubles.” (p. 62)

“... we alcoholics must be rid of this selfishness. We must, or It kills us.” “

“God makes that possible.” “

“First of all, we had to quit playing God.” “

“... we had a new Employer.” (p. 63)

The “how-to”: “God, I offer myself to Thee ...” (p. 63)

“Why to” make a decision to “ask His protection and care with complete abandon”:

(Page numbers in AA 12x12)

“There is only one key, and it is called willingness.” (p. 34)

“... it is only by action that we can cut away the self-will ... blocked ... God ...” “

“... depend upon a Higher Power ... gaining true independence of the spirit.” (p. 36)

“... we try to make our will conform with God’s [will] that we ... use it rightly.” (p. 40)

The “why-to”: “... to bring [our will] into agreement with God’s intention for us.” (p. 40)

Next Time, Steps Four, Five and Six: “... to discover the obstacles in our path.”