BIG BOOK GOALS

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Pro	ble	em

GOAL 2 Solution

GOAL 3 Action Necessary for Recovery

Problem	Solution	Action Necessary for Recovery			
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STEP 1	STEP 2	STEP			
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POWERLESS	POWER	12 HOW TO FIND POWER			

DISEASE CONCEPT OF ALCOHOLISM

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PHYSICAL

ONE DOES NOT DRINK SAFELY OR HE IS AT DIS-EASE

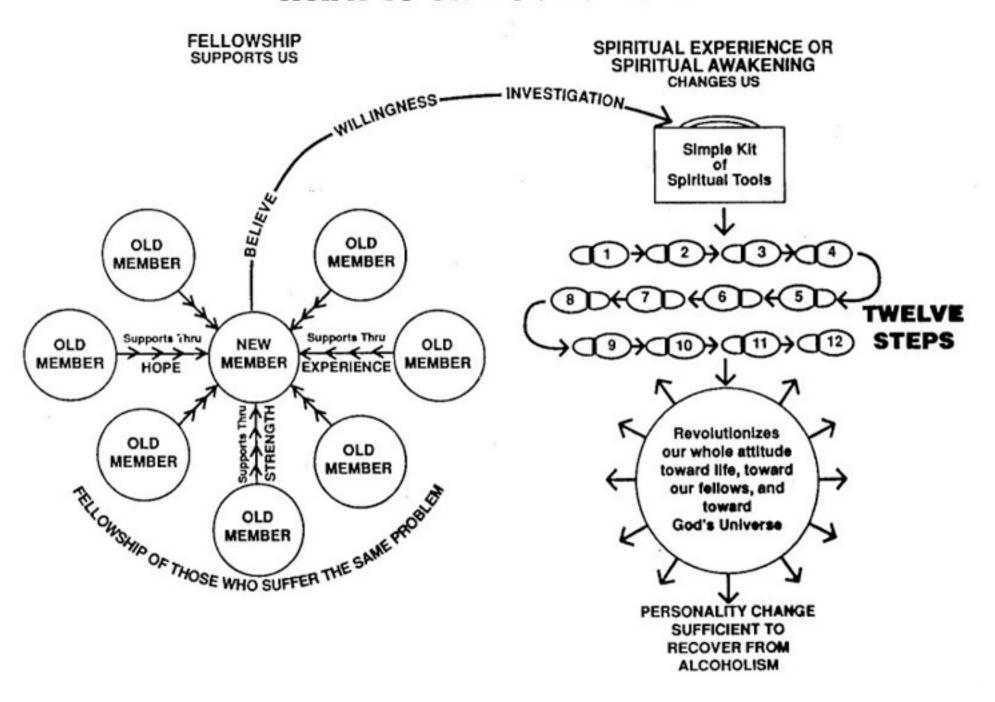
NINE DRINK SAFELY THEY ARE AT EASE MENTAL



POWERLESS OVER ALCOHOL



WHAT IS THE SOLUTION?



GLOSSARY OF WORDS USED IN STEPS FOUR AND FIVE

EXACT

Very accurate, methodical, correct

NATURE

- The essential characteristic of a thing

WRONG

- Acting, judging, or believing incorrectly

FAULT

- Something done wrongly, an error or mistake

MISTAKE

To understand or perceive wrongly

DEFECT

Lack of something necessary for completeness -- Same as shortcoming

SHORTCOMING

- Falling short of what is expected or required -- Same as defect

SELF-CENTERED - Occupied or concerned only with one's own affairs -- Same as selfish

SELFISH

- Too much concern with one's own welfare or interests and having little or no concern for others -- Same as self-centered

SELF-SEEKER

- A person who seeks only or mainly to further his own interests

DISHONEST

- The act or practice of telling a lie, or of cheating, deceiving, stealing, etc.

FEAR

- A feeling of anxiety, agitation, uneasiness, apprehension, etc.

FRIGHTENED

- A temporary or continual state of tear

INCONSIDERATE

Without though or consideration of others

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BASIC INSTINCTS OF LIFE WHICH CREATE SELF



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

INVENTORY COMPARISON

BUS	INESS
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PERSONAL

FACT-FINDING <-> SEARCHING

FACT-FACING

<-> FEARLESS

TRUTH

<-> MORAL

STOCK-IN-TRADE <-> OURSELVES

OBJECT:

DISCLOSE

FIND FLAWED

DAMAGED OR <-> THINKING

UNSALABLE

PROCESSES

GOODS

GET RID OF THEM PROMPTLY <-> THEM PROMPTLY WITHOUT REGRET!

GET RID OF WITHOUT REGRET!

STOCK IN TRADE

1. RESENTMENT

THAT IS

<-> 2. FEAR

DAMAGED

3. HARMS DONE TO OTHERS

REVIEW OF RESENTMENTS

INSTRUCTIONS FOR COMPLETION "SELF" Instruction 1 In dealing with resentments we set them on paper. We listed people, institutions or principles with whom we were engry. (Complete Column 1 from top to bottom. Do nothing on Columns 2, 3 or 4 until Column 1 is complete.)

Instruction 2 We asked ourselves why we were angry. (Complete Column 2 from top to bottom. Do nothing on Columns 3 or 4 **COLUMN 4** COLUMN 3 AFFECTS MY What is the exact On our grudge list we set opposite each name our injuries. Was it our sett-esteem, our security, our ambitions, our personal or sex retations which had been interfered with? (Complete each column within Column 3 going from top to bottom. Starting with the Sett-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on Column 4 until Column 3 is complete.) (Which part of self is affected?) nature of my Instruction 3 wrongs, faults, Security Sex Social mistakes, defects, Ambitions Instinct Instinct Instinct Instruction 4
Federring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been sellish, dishonest, sell-seeking and trightened and inconsiderate? (Asking our selves the above questions we complete each column within Column 4.) shortcomings: Reading from left to right we now see the resentment (Column 1), the cause (Column 2), the part of self that had been affected (Column 3), and the exact nature of the defect within us that allowed the resentment to surface and block us off from God's will (Column 4). Acceptable Sex Relations Hidden Sex Relations Inconsiderate Personal Relationships Self-Seeking Self-Esteem Frightened Emotional Material Security Selfish **COLUMN 2** COLUMN 1 The cause: I'm resentful at: 2 3

REVIEW OF OUR OWN SEX CONDUCT

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	INSTRUCTIONS FOR COMPLETION truction 1 We listed all people we harmed. (Complete Column 1 from top to bottom. Do nothing on Columns 2, 3 or 4 until Column 1 is complete.) truction 2 We asked ourselves what we did. (Complete Column 2 from top to bottom. Do nothing on Columns 3 or 4 until Column 2 is complete.)		"SELF" COLUNN 3 AFFECTS MY												
									What is the exact						
Instruction	3 Was if our self-esteem, our security, our ambilio	ns, our sex instinct, which caused the harm? (Complete each n. Starting with the Self-Esteem Column and linishing with the	(Which part of self caused				the harm?)			nature of my wrongs, faults,					
	column within Column 3 going from top to bottom. Starting with the Self-Esteem Column and finishing with the Sexual Ambitions Column. On nothing on Column 4 until Column 3 is complete.) truction 4 Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own		So	Social S		Security		ex	Ar	Ambitions		mistakes, defects			
Instruction	mistakes. Where had we been sellish, dishoner	i, self-seeking and frightened and inconsiderate? (Asking our- olumn within Column 4.)		matinica		et matmet			-		_	Sho	ncom	ings	_
Instruction		Column 1), what we did (Column 2), the part of self which caused a defect within us that caused the harm, and block us off from	-	8	l		3	Hidden Sex Relations						60	9
	God's will (Column 4).		Self-Esteem	Personal Relationships		8	Acceptable Sex Relations	atio					ast a	Self-Seeking Frightened	der
		COLUMN 2	Est	Personal	Material	Emotional	P P	Pel.	75	Security	Te n	5	Dishonest	Se	
	COLUMN 1		1 1	ers	late /	l E	8 8	ě š	Social	8	Sexual	Selfish	Dist	in Sel	Inconsiderate
	Who did I harm?	What did I do?	· s	a.a	2	w w	4 0	100	0,	\"	- ·	- v	-	0,4	_
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REVIEW F FEARS

INSTRUCTIONS FOR COMPLETION "SELF" Instruction 1 In dealing with fears we put them on paper. We listed people, institutions or principles with whom we were fearful. (Complete Column 1 from top to bottom. Do nothing on Columns 2, 3 or 4 until Column 1 is complete.) Instruction 2 We asked ourselves why do I have the fear. (Complete Column 2 from top to bottom. Do nothing on Columns COLUMN 3 COLUMN 4 3, or 4 until Column 2 is complete.)
Which part of sell caused the lear. Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? (Complete each column within Column 3 going from top to bottom. Starting with the Self-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on Column 4 AFFECTS MY What is the exact (Which part of self caused the Fear? nature of my Instruction 3 wrongs, faults, Security Social Sex mistakes, defects, Ambitions until Column 3 is complete.) Instinct Instinct Instinct Instruction 4 Referring to our first again. Putting out of our minds the wrongs others had done, we resolutely tooked for our own mistakes. Where had we been selfish, dishonest, self-seeking and trightened and inconsiderate? (Asking our selves the above questions we complete each column within Column 4.) shortcomings: Acceptable Sex Relations Hidden Sex Relations Reading from left to right we now see the fear (Column 1), why do I have the fear (Column 2), the part of self that caused the fear (Column 3), and the exact nature of the defect within us that allowed the lear to surface Personal Relationships Self-Seeking Prightened Inconsiderate Instruction 5 Self-Esteem Dishonest Emotional and block us off from God's will (Column 4). Security Material Sellish Sexual **COLUMN 2** COLUMN 1 Why do I have the fear? I'm fearful of: 3 5 6

REVIEW OF HARMS OTHER THAN SEXUAL



COLUMNS COLUMN 4 COLUMNS COLUMN₂ COLUMN 1 WHERE HAD I BEEN: WHAT FEELINGS DID I CREATE IN AFFECTS MY: WHAT DID I DO? "Settish" WHO DID I HURT: OTHERS? Which part of self caused me to do what I Did I arouse jezfourry, suspicion, bitterness, *Dishonest* did? Was it caused by the social instinct. "Self-Seeking and frightened" anger, desire to retaliate, fear, etc.? What the security instinct, or the sex instinct? "Inponsiderate"? should I have done instead? Which of the above character defects caused me to do what I do 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	٥	•	INTEREST IN OTHERS	
DISHONESTY			HONESTY	
FRIGHTENED			COURAGE	
INCONSIDERATE			CONSIDERATE	
PRIDE			HUMILITY-SEEKING GOD'S WILL	
GREEDY			GIVING OR SHARING	
LUSTFUL	a		WHAT CAN WE DO FOR OTHERS	
ANGER			CALM	
ENVY	a		GRATEFUL	
SLOTH			TAKE ACTION	
GLUTTONY			MODERATION	
IMPATIENT			PATIENCE	
INTOLERANT			TOLERANCE	
RESENTMENT			FORGIVENESS	
HATE			LOVE-CONCERN FOR OTHERS	
HARMFUL ACTS			GOOD DEEDS	
SELF-PITY		0	SELF-FORGETFULNESS	
SELF-JUSTIFICATION			HUMILITY-SEEK GOD'S WILL	
SELF-IMPORTANCE			MODESTY	
SELF-CONDEMNATION			SELF-FORGIVENESS	
SUSPICION			TRUST	8
DOUBT	۵		FAITH	oager
				6