

# **BIG BOOK WORKSHOP**

## PURPOSE OF THE BIG BOOK

pg.xi-¶2

Because this book has become the basic text for our Society and has helped such large numbers of alcoholic men and women to recovery, Therefore, the first portion of this volume, describing the A.A. recovery program, has been left untouched...

pg.xiii-¶1

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.

pg.xxi-top ¶

Upon therapy for the alcoholic himself, we surely have no monopoly. Yet it is our great hope that all those who have as yet found no answer may begin to find one in the pages of this book.

pg.xxix-¶2

He frankly admitted and believed that for him there was no hope. He accepted the plan outlined in this book. From a trembling, despairing, nervous wreck, had emerged a man brimming over with self-reliance and contentment. A long time has passed with no return to alcohol.

pg. xxx-last ¶

His alcoholic problem was so complex, and his depression so great, that we felt his only hope would be through what we then called "moral psychology", and we doubted if even that would have any effect. However, he did become "sold" on the ideas contained in this book. He has not had a drink for a great many years.

pg.17-last ¶

We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer from alcoholism.

pg.18-¶2

We hope this volume will inform and comfort those who are, or who may be affected.

pg.19-¶3

We have concluded to publish an anonymous volume setting forth the problem as we see it. We shall bring to the task our combined experience and knowledge. This should suggest a useful program for anyone concerned with a drinking problem.

pg.20-¶1

If you are an alcoholic who wants to get over it, you may already be asking - "What do I have to do?" It is the purpose of this book to answer such questions specifically. We shall tell you what we have done.

pg.29-¶1

Further on, clear-cut directions are given showing how we recovered.

pg.45-¶1

Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But where and how were we to find this Power? Well, That's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem. That means we have written a book which we believe to be spiritual as well as moral.

## Set Aside Prayer

“God please set aside everything I think I know about myself, the twelve steps, this book, the meetings, my disease, and you, God, so I may have an open mind and a new experience with all these things, please let me see the truth.”

Although the set aside prayer that we use is not found as we say it in the Big Book of “Alcoholics Anonymous” here are some references to it.

pg. 42-¶3

“It meant I would have to throw several lifelong conceptions out of the window.”

pg. 46-¶2

“We found that as soon as we were able to lay aside prejudice and express even a willingness to believe in a power greater than ourselves, we commenced to get results, even though it was impossible for any of us to fully define or comprehend that power, which is God.”

pg. 47-¶1

“Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you.”

pg. 48-¶1

“Besides a seeming inability to accept much on faith, we often found ourselves handicapped by obstinacy, sensitiveness, and unreasoning prejudice.” “It finally beat us into a state of reasonableness. Sometimes this was a tedious process; we hope no one else will be prejudiced for as long as some of us were.”

pg. 49-¶3

“We, who have traveled this dubious path, beg you to lay aside prejudice, even against organized religion.”

pg. 58-¶3

“Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.”

*General Information about A.A.*

# ALCOHOLICS ANONYMOUS

*The first promise of hope*

*The Story of*

**How Many Thousands of Men and Women**

**Have Recovered from Alcoholism**

**THE THIRD EDITION**

*An ancient spiritual symbol meaning*

*Mind, Body and Spirit, together as One.*

*Promise: If action in these three areas are taken,*

*I can become Whole.*

Unity

*Found in the Fellowship*

*Part of disease it treats*

Body

*Set of 12 spiritual principals*

12 Traditions



Service

*Found in caring the message*

*Part of disease it treats*

Spirit

*Set of 12 spiritual principals*

12 Concepts

Recovery

*Found in the first 164 pages of Big Book*

*Part of disease it treats*

Mind

*Set of 12 spiritual principals*

12 Steps

(Title Page of the Big Book of Alcoholics Anonymous)

*This is a text book. meant to be done in order.*

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(Contents page in the Big Book of Alcoholics Anonymous)

## **SECTION I**

**“TITLE PAGE” UP TO “DOCTORS OPINION”**

**LOOK AT SECTION ONE AS GENERAL INFORMATION**

**ABOUT THE PROGRAM OF A.A.**

**INCLUDES:**

- A) TITLE PAGE**
- B) TABLE OF CONTENTS**
- C) FORWARD TO THE 1ST EDITION**
- D) FORWARD TO THE 2ND EDITION**
- E) FORWARD TO THE 3RD EDITION**

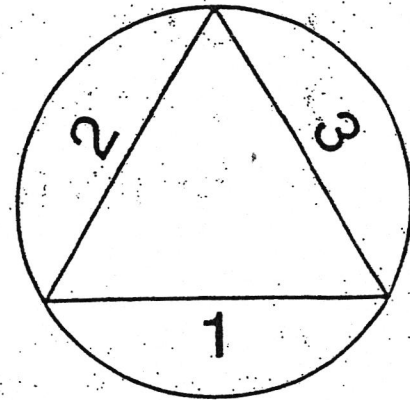
# THE ANCIENT RELIGIOUS SYMBOL

## THREE PARTS OF DISEASE

1 ~ MIND

2 ~ BODY

3 ~ SPIRIT



pg.139, par.2 - A.A. Comes of Age

"That we have chosen this particular symbol is perhaps no accident. The priests and seers of antiquity regarded the circle enclosing the triangle as a means of warding off spirits of evil, and A.A.'s circle and triangle of Recovery, Unity, and Service has certainly meant all of that to us and much more."

pg.64, par.4 - A.A. Big Book

"Resentment is the number one offender. It destroys more alcoholics than anything else.

From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick.

When the spiritual malady is overcome, we straighten out mentally and physically."

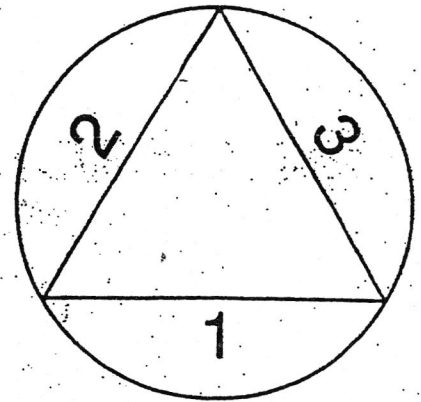
# THE THREE LEGACIES OF ALCOHOLICS ANONYMOUS

## THIRTY SIX SPIRITUAL PRINCIPLES

**1 ~ RECOVERY**

**2 ~ UNITY**

**3 ~ SERVICE**



pg.139, par.1 - A.A. Comes of Age

"Above us floats a banner on which is inscribed the new symbol for A.A., a circle enclosing a triangle.

The circle stands for the whole world of A.A., and the triangle stands for A.A.'s Three Legacies of Recovery, Unity and Service."

pg.49, par.1 - A.A. Comes of Age

"The chief inheritances of the first twenty years of Alcoholics Anonymous are the Legacies of Recovery, of Unity and of Service.

By the first we recover from alcoholism; by the second we stay together in unity; and by the third our society functions and serves its primary purpose of carrying the A.A. message to all who need it and want it."

pg.139, par.2 - A.A. Comes of Age... \*July 1955, 20th anniversary convention at St. Louis.

"On our first evening together here in St. Louis\*, we looked at the base of our triangle, A.A.'s First Legacy of Recovery, on which everything rests and depends.

On the second evening we contemplated Unity, A.A.'s Second Legacy, and all its vast meaning for our future.

Now we want to think about the third side of our triangle, A.A.'s Third Legacy of Service, which in this afternoon's closing hour will be delivered into your hands for all time to come.

Then our symbol will be complete, and may Recovery, Unity and Service, the means by which, under God, our fellowship has been created be ever at His command for so long as He may use this society."



# STEP ONE

## SECTION II

### THE PHYSICAL CRAVING - THE BODY AFTER THE FIRST DRINK.

-DOCTORS OPINION THROUGH TOP OF PAGE 23, PARAGRAPH 1. STOP HERE BECAUSE THIS IS WHERE THE BOOK SHIFTS FROM THE PHYSICAL CRAVING TO THE MENTAL OBSESSION.

PERTINENT QUESTION FOR THIS ENTIRE SECTION.....

"WHY AM I POWERLESS OVER ALCOHOL PHYSICALLY, AFTER I TAKE THE 1ST DRINK?"

#### A) DOCTORS OPINION -

TURN STATEMENTS TO QUESTION, MARK THEM IN BOOK AND CONSIDER THEM.

#### B) BILL'S STORY

1) CONTINUE TURNING STATEMENTS TO QUESTIONS, MARKING THEM IN BOOK AND CONSIDERING THEM.

2) PAGES 1-8 OF BILLS STORY LOOK FOR SIMILARITIES, PUT ASIDE THE DIFFERENCES. UNDERLINE EVERYTHING YOU RELATE TO, HOW HE THOUGHT, FELT OR DRANK.

3) QUESTION - "WAS I AS HOPELESS AS BILL"?, (REFERRED TO ON PG. 17).

C) PAGE 9 -16 OF BILL'S STORY - UNDERLINE WHAT YOU'RE NOT WILLING TO DO TO RECOVER?

#### D) THERE IS A SOLUTION

1) TURN TO HOW IT WORKS PAGE 59, LOOK AT THE TWELVE STEPS.

AFTER EACH ASK " IS THIS WHAT I WANT TO DO"?

AND "AM I WILLING TO GO TO ANY LENGTH TO DO THIS"?

(SEE REFERENCE PAGE 58, PP.2)

2) PAGE 17 - 23 - CONTINUE TO TURN STATEMENTS TO QUESTION, MARK THEM IN BOOK AND CONSIDER THEM.

-QUESTIONS TAKEN FROM STATEMENTS IN BOOK ARE PRESENTED AS "ALCOHOL AND DRUGS": FOR THOSE WHO MAY BE CONFUSED ABOUT WHAT THEY ARE, ALCOHOLIC, DRUG ADDICT OR BOTH. GIVE THE PEOPLE YOU WORK WITH THE DIGNITY AND THE CHANCE TO FIND THERE OWN TRUTH WITH THE FIRST HALF OF STEP ONE.

## **SECTION III**

### **MENTAL OBSESSION**

THIS IS THE MIND BEFORE THE FIRST DRINK.

FROM THE TOP OF PAGE 23 THROUGH BOTTOM OF PAGE 43.

PERTINENT QUESTION FOR THIS ENTIRE SECTION....

“WHY AM I POWERLESS OVER ALCOHOL MENTALLY BEFORE I TAKE  
THE FIRST DRINK” ?

CONTINUE TO TURN STATEMENTS TO QUESTION, MARK THEM IN BOOK  
AND CONSIDER THEM.

-QUESTIONS TAKEN FROM STATEMENTS IN BOOK ARE PRESENTED AS  
“ALCOHOL AND DRUGS” FOR THOSE WHO MAY BE CONFUSED ABOUT WHAT  
THEY ARE, ALCOHOLIC, DRUG ADDICT OR BOTH. GIVE THE PEOPLE YOU  
WORK WITH THE DIGNITY AND THE CHANCE TO FIND THERE OWN TRUTH  
WITH THE FIRST HALF OF STEP ONE.

## **SECTION IV**

### **THE SPIRIT ~ THE SECOND HALF OF STEP ONE**

**UNMANAGEABILITY ~ SPIRITUAL MALADY ~ UNTREATED ALCOHOLISM**

**THE CONDITION THAT TAKES PLACE BEFORE AND AFTER THE FIRST DRINK (EXCEPT WHEN ALCOHOL IS WORKING).**

**A) READ PAGES 44, 45 & 52.**

**B) CONTINUE TO TURN STATEMENTS TO QUESTION, MARK THEM IN BOOK AND CONSIDER THEM.**

**C) THREE WAYS OF LOOKING AT MIDDLE PARAGRAPH ON PAGE 52:**

**1) ON MY OWN POWER HOW WELL DO I DO WITH.....?**

**2) IF EACH OF THESE AREAS WAS EXACTLY THE WAY I WANTED THEM TO BE WOULD THAT BE ENOUGH TO KEEP ME SOBER?**

**3) WITH THE POWER AND GRACE OF GOD I'VE BEEN GIVEN UP TO THIS POINT HOW WELL DO I DO IN EACH OF THESE AREAS? (WHAT I DO WITH THE POWER)?**

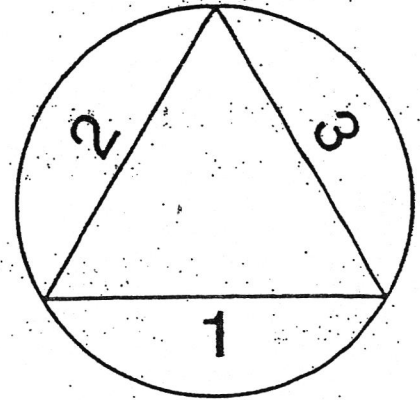
# THE PRINCIPLES OF ALCOHOLICS ANONYMOUS

## THREE PARTS OF THE PROGRAM

1 ~ 12 STEPS

2 ~ 12 TRADITIONS

3 ~ 12 CONCEPTS



pg.3, par.2-3 - A.A. Tradition - How It Developed

"When an alcoholic applies the Twelve Steps of our recovery program to his personal life, his disintegration stops and his unification begins.

This Power which now holds him together in one piece overcomes those forces which had rent him apart.

Exactly the same principle applies to each A.A. group and to Alcoholics Anonymous as a whole.

So long as the ties which bind us together prove far stronger than those forces which would divide us if they could, all will be well.

We shall be secure as a movement; our essential unity will remain a certainty."

pg.3 - Twelve Concepts For World Service (by Bill W.)

"The Twelve Concepts for World Service ... are an interpretation of A.A.'s world service structure.

They reveal the evolution by which it has arrived in its present form, and they detail the experience and reasoning on which our operation stands today.

These Concepts therefore aim to record the 'why' of our service structure in such a fashion that the highly valuable experience of the past, and the lessons we have drawn from that experience, can never be forgotten or lost."

## STEP TWO

### SECTION V

THIS IS ABOUT YOU AND YOUR NEED FOR POWER. - "CAME TO BELIEVE."

~~A)~~ READ PAGES 44 - 57 (ENTIRE CHAPTER).

~~B)~~ CONTINUE TO TURN STATEMENTS TO QUESTION, MARK THEM IN BOOK AND CONSIDER THEM.

~~C)~~ ONCE FAMILIAR WITH CHAPTER AND QUESTIONS HAVE BEEN MARKED AND CONSIDERED LOOK AT THE FIRST HALF OF STEP 2, PAGE 47 "DO I NOW BELIEVE, OR AM I EVEN WILLING TO BELIEVE THAT THERE IS A POWER GREATER THAN MYSELF"? [(THAT CAN TAKE ME BEYOND WHERE I AM ?) NOTE: NOT FOR NEW COMERS].

TO MAKE THIS CONSIDERATION LOOK THROUGH THE ENTIRE CHAPTER, AND MARK IN COLOR WORDS OR STATEMENTS IN CHAPTER THAT...  
HELPS YOU SEE WHERE YOU DON'T BELIEVE. IE: HONEST DOUBT, PREJUDICE, SKEPTICISM, SENSITIVENESS ETC.

AFTER MARKING, CONSIDER IN PRAYER EACH WORD OR STATEMENT THAT WAS MARKED TO HONESTLY ADMIT CURRENT AGNOSTICISM.

D) REFERRING BACK TO THE QUESTION "A POWER THAT CAN TAKE ME BEYOND WHERE I AM" CONSIDER THAT USING PAGE 52 AS A GUIDE, LOOK AT THIS QUESTION IN RELATION TO EACH AREA OF YOUR LIFE.

E) REVIEW IN PRAYER ALL MARKED CONSIDERATIONS AND ANSWER QUESTION, "DO I NOW BELIEVE, OR AM I EVEN WILLING TO BELIEVE THAT THERE IS A POWER GREATER THAN MYSELF"?

F) TO CONSIDER THE SECOND HALF OF STEP 2, THE SECOND STEP CHOICE / PROPOSITION PAGE 53, "GOD IS EITHER EVERYTHING OR HE'S NOTHING, GOD EITHER IS OR HE ISN'T".

TO MAKE THAT CONSIDERATION LOOK THROUGH THE ENTIRE CHAPTER AND MARK IN COLOR EVERYTHING YOU CAN FIND THAT...

"TAKES YOU FROM YOUR WILLINGNESS TO BELIEVE TO CHOOSING GOD AS BEING EVERYTHING OR NOTHING."  
MAKE THESE CONSIDERATIONS IN A PRAYERFUL WAY.

G) 1) USING PAGE 52 AS A GUIDE, LOOK AT EACH AREA OF YOUR LIFE, CONSIDER BASED ON ALL YOU'VE SEEN WITH THE FIRST AND SECOND STEP, "WHAT IF GOD IS NOTHING?"

2) THEN DOING THE ENTIRE PRAYERFUL REVIEW AGAIN CONSIDER "WHAT IF GOD IS EVERYTHING?"

3) NOW MAKE A CHOICE.

**SECTION VI - "MADE A DECISION" - FIRST HALF OF STEP 3**

- ~~A) READ PAGE 58 TO BOTTOM OF PAGE 62.~~
- ~~B) CONTINUE TO TURN STATEMENTS TO QUESTIONS, MARK THEM IN BOOK AND CONSIDER THEM.~~
- ~~C) QUESTION FOR FIRST PARAGRAPH, PAGE 58, "IS THIS ME?" THEN CONSIDER PARAGRAPH 2, PAGE 58.~~
- 1) "HAVE I DECIDED I WANT WHAT THEY HAVE?"
  - 2) "AM I WILLING TO GO TO ANY LENGTH TO GET IT?"
  - 3) "AM I WILLING TO TAKE CERTAIN STEPS?"
- ~~D) CONSIDER ALL OF PARAGRAPH 2, PAGE 60.~~
- 1) THE A,B,C 'S. (DO A PRAYERFUL REVIEW OF ALL CONSIDERATION QUESTIONS FROM DOCTORS OPINION TO THE A,B,C'S).
  - 2) FIRST QUESTION - "AM I CONVINCED OF THESE THREE PERTINENT IDEAS?"
- ~~E) CONSIDER THE FIRST REQUIREMENT OF THE THIRD STEP, PAGE 60-64 THRU 62 (NOT INCLUDING THE LAST PARAGRAPH). TO CONSIDER THIS REQUIREMENT READ STATEMENTS IN FIRST PERSON.~~
- ~~F) BEING CONVINCED OF THIS REQUIREMENT (MY LIFE RUN ON SELF WILL COULD HARDLY BE A SUCCESS), CONSIDER WHAT THIS THIRD STEP DECISION MEANS TO YOU, PAGE 62, BOTTOM PARAGRAPH.~~
- SIX TERMS TO CONSIDER, INDIVIDUALLY THEN TOGETHER
- |           |   |          |           |        |
|-----------|---|----------|-----------|--------|
| ABOUT GOD | - | DIRECTOR | PRINCIPAL | FATHER |
| ABOUT ME  | - | ACTOR    | AGENT     | CHILD  |
- ~~G) HAVING CONSIDERED THESE TERMS AND WHAT THEY MEAN TO YOU, GET QUIET AND MAKE A DECISION THAT FROM HERE AFTER IN THE DRAMA OF LIFE, GOD WAS GOING TO BE MY DIRECTOR. HE IS THE PRINCIPAL, I AM HIS AGENTS. HE IS THE FATHER, AND I AM HIS CHILD.~~
- H) DO PRAYER

# STEP FOUR

## SECTION VII

### RESENTMENT INVENTORY

A) READ BOOK TO PG.64, ¶.3, SECOND COLUMN "WITH WHOM WE WERE ANGRY" THEN STOP.

B) STOP SET ASIDE PRAYER.

C) USE THIRD STEP PRAYER AND ASK FOR HELP WITH INVENTORY AND TRUTH IN THE MORNING, NIGHT AND BEFORE WRITING.

EXAMPLE PRAYER~

"GOD HELP ME TO SEE WHAT I NEED TO SEE THAT BLOCKS ME FROM YOU, OTHER PEOPLE AND MYSELF".

D) COLUMN ONE

"WE LISTED PEOPLE, INSTITUTIONS AND PRINCIPALS WITH WHOM WE WERE ANGRY".

DON'T GO ON TILL LIST IS FINISHED. YOU'LL KNOW WHEN IT'S DONE WHEN YOU KNOW IT'S DONE.

E) COLUMN TWO

NEXT TO EACH NAME WE LIST "WHY WE WERE ANGRY".

NUMBER AND LETTER EACH NAME AND RESENTMENT AND BE AS SPECIFIC AND BRIEF AS POSSIBLE, ITS ONLY NECESSARY TO WRITE ENOUGH SO YOU KNOW WHY YOU WERE ANGRY.

EXAMPLE:

COLUMN 1

COLUMN 2

- 1) MR. BROWN. A) HIS ATTENTION TO MY WIFE.  
B) TOLD MY WIFE OF MY MISTRESS.  
C) BROWN MAY GET MY JOB AT THE OFFICE  
(1-C HAS BEEN USED IN EXAMPLES FOLLOWING)
- 2) MRS. JONES A) SHE'S A NUT - SHE SNUBBED ME.  
B) SHE COMMITTED HER HUSBAND FOR DRINKING.  
HE'S MY FRIEND.  
C) SHE'S A GOSSIP.

# GUIDE SHEET WHEN DOING THE THIRD COLUMN

EXAMPLE:- WHEN I RESENTED COLUMN #1 FOR COLUMN #2  
DID IT HURT, THREATEN OR INTERFERE WITH MY.....

**SELF ESTEEM** HOW I SEE OR FEEL ABOUT MY SELF.  
START SENTENCE WITH: "I AM ....."

**PRIDE** HOW I THINK OTHERS SEE OR FEEL ABOUT ME.  
START SENTENCE WITH:  
"OTHERS CAN ...." OR "NO ONE SHOULD...."

**AMBITION** WHAT I WANT.  
START SENTENCE WITH: "I WANT ....."

**SECURITY** WHAT I NEED TO BE O.K.  
START SENTENCE WITH: "I NEED.....TO BE O.K"

**PERSONAL RELATIONS** HOW MY FAMILY OR FRIENDS SHOULD SEE, FEEL ABOUT OR TREAT ME. START SENTENCE WITH:  
"MY FRIENDS SHOULD.OR SHOULDN'T."

**SEX RELATIONS** PEOPLE I'VE BEEN INVOLVED WITH OR ATTRACTED TO SEXUALLY. START WITH:  
"WOMEN / MEN SHOULD....OR SHOULDN'T...."  
"WOMEN / MEN CAN....OR ARE...."

**POCKET BOOK** AFFECTS MY FINANCES.OR ABOUT PAYING THE PRICE  
START SENTENCE WITH: "NO ONE SHOULD...."

- HELPS TO FIND KEY WORDS IN SECOND COLUMN SENTENCES.
- NO "I THINK" OR "I FEEL'S" IN 3RD COLUMN.
- WRITE (FEAR) NEXT TO 3RD COLUMN SENTENCES WHERE YOU SEE IT AS YOUR WRITING.



## THIRD COLUMN

### BEFORE BEGINNING THIRD COLUMN

-READ BOOK TO PAGE 66, 3 RD PARAGRAPH (WE TURNED).

### WRITING THIRD COLUMN

A) PUT ONE NUMBER (COLUMN 1), ONE LETTER (COLUMN 2), ONE NAME AND ONE RESENTMENT ON EACH PAGE (SEE EXAMPLE BELOW).

B) START PAGE WITH PRAYER LIKE "GOD PLEASE HELP ME SEE THE TRUTH".

C) THEN LIST WHAT IT EFFECTED AND....."WE CONSIDERED IT CAREFULLY" (REFERENCE TO THIS IS ON PG.65-13).

### Example of Columns 1,2 & 3

1) Mr. Brown C) may get my job at the office.

Self Esteem - I am the best, most important employee there.

Pride - No one should see that I'm not important. (fear)

Ambition - I want others to respect me.

Security - I need others to like me to be o.k. (fear)

Personal Relations - My friends should trust me.

Sex Relations - Men are responsible.

Money - No one should threaten my income (fear)

## WE REVIEWED OUR FEARS THOROUGHLY

- 1-A) READ BIG BOOK PG.67, ¶3 ("NOTICE THE WORD FEAR")  
THRU PG.68, ¶4 (NOW ABOUT SEX).
- B) LOOK THROUGH ENTIRE 3RD & 4TH COLUMN AND LIST FEARS ON A  
NEW PAGE - NO REPEATS, LIST EACH FEAR ONLY ONCE.
- C) CONSIDER OPPOSITES OF EACH FEAR AND DECIDE IF IT IS RELEVANT  
TO YOU, IF SO, ADD IT TO THE LIST.
- D) PRAY AND ASK GOD TO SHOW YOU ANY OTHER FEARS THAT WEREN'T  
IN YOUR RESENTMENT INVENTORY (IE: SNAKES, MICE, BUGS).  
PRAY TILL YOU KNOW FEAR LIST IS DONE.
- E) TAKE FIRST FEAR OFF LIST, DO 2ND COLUMN (WHY AM I AFRAID OF  
THIS) DO THIS FOR ENTIRE LIST. THEN READ 2ND COLUMN TO MAKE  
NEW LIST WITH NO REPEATS. EXAMPLE: 80 BECOMES 40, 40 BECOMES  
20. REDO SAME PROCESS LISTING THOSE FEARS. CONTINUE UNTIL  
YOUR DOWN TO 20 FEARS. (SEE FEAR LIST EXAMPLE PAGE)
- F) INVENTORY THE FINAL 20 FEARS LIKE YOU DID YOUR RESENTMENTS  
WITH FOUR COLUMNS. SEE 3RD AND 4TH COLUMN INSTRUCTIONS.  
(ALSO SEE EXAMPLE FEAR INVENTORY)
- 2-A) GO BACK THROUGH 4TH COLUMN FEARS. IN MARGIN WRITE ABOUT  
FEAR AS HARM. "WHAT DO I DO THAT CAUSES HARM WHEN I'M IN THIS  
FEAR(SPECIFIC BEHAVIOR)"? AND "WHO GOT HURT (SPECIFIC PEOPLE)"?
- B) WHEN DONE GO THROUGH ENTIRE 4TH COLUMN AND ALL 20 FEARS  
AND WRITE ANYMORE SPECIFIC HARMS AND LOOK FOR SPECIFIC  
NAMES OF ANYONE ELSE THAT MIGHT HAVE BEEN HARMED.

## EXAMPLE OF FEAR INVENTORY:

- 1) being alone      A) because it's painful.
  - Self Esteem      -I am in control of pain.
  - Pride      -No one should see me in pain.
  - Security      -I need to be free of pain to be ok.
  - Ambitions      -I want no pain or to be able to control it.
  - Personal Relations -No friend should see me in pain.
  - Sex Relations      -Men / Women can control pain.
  - Pocket book      -No pain should interfere with my money.
- 

Selfish /  
Self Seeking      -I would do anything necessary to not be alone  
even at the cost of others so I don't have to  
experience the pain.  
-I use women, men, sex, food.

Dishonest      -I lie about my pain.  
-I don't talk about it.  
-Delusion I can control it.

Afraid      -I have no control  
                            ~I'll stay in pain  
  ~I'll drink  
  ~I'll die.

(harm)

I promised my wife if she would stay I would stop drinking knowing I  
didn't mean what I told her. I continued drinking.

## EXAMPLE OF FIRST PART OF FEAR INVENTORY

Example fears taken from example fourth column. Actual First Fears List should include fears taken from all of the pages of the resentment inventories, not just from one page of inventory as in this example. It's not necessary to duplicate the fears on these fear lists, but it is ok to duplicate fears when we consider "why we had them".

\*Underlined fears show one of each fear to bring across to next list.

### EXAMPLE:

<u>First Fears List</u>	<u>"Why we had them"</u>	<u>Second Fears List</u>	<u>"Why we had them"</u>	<u>Third Fears</u>
unimportant.....	- <u>unwanted</u> ->	-unwanted.....	- <u>being alone</u> ->	being alone
not good enough.....	- <u>unliked</u> ->	-unliked.....	-being alone	-painful
not needed.....	-unwanted	-being alone.....	- <u>painful</u> ->	
un-respected.....	-unwanted	-not good enough.....	-painful	
unliked.....	.- <u>being alone</u> ->			
untrusted.....	-unwanted			
irresponsible.....	-unliked			
financial insecurity...	- <u>not good enough</u> ->			
judged badly.....	-unliked			

## FOURTH COLUMN

**-WRITE ON EACH RESENTMENT**

**SELFISH OR SELF SEEKING:**

- WHAT DID I DO BEFORE, DURING, AFTER THE RESENTMENT ?
- THE THINGS I DO TO HOLD ON TO WHAT I HAVE.
- THE THINGS I DO TO PROTECT MYSELF AND HOW I LOOK.  
I LIE, I GOSSIP, I YELL, I WITHDRAW, I SHUN.

**DISHONEST:**

**LOOK FOR THREE TYPES OF DISHONESTY:**

- LIES
- LIES OF OMISSION
- SELF DELUSIONS.

**AFRAID:**

**LOOK BACK THROUGH 3RD AND 4TH COLUMN AND LIST FEARS.**

**AS I GO THROUGH THE FOURTH COLUMN WRITE HARM WHERE I SEE I MAY HAVE CAUSED THAT.**

1) Mr. Brown C) may get my job at the office.

(Fear of being:)

- Self Esteem -I am the best, (not good enough)  
-I am the most important employee there. (unimportant)
- Pride -No one should see that I'm not important. (not needed)
- Ambition -I want others to respect me. (un-respected)
- Security -I need others to like me to be o.k. (unliked)
- Personal Relations -My friends should trust me. (not trusted)
- Sex Relations -Men are responsible. (irresponsible)
- Money -No one should threaten my income. (broke)
- 

Selfish /  
Self Seeking - I would drink at work and cause  
problems for others.  
- I blamed Brown for my problems  
when he was trying to help.

Dishonest - Lied about my drinking. (judged badly)  
- Told untruths to hide my mistakes.  
- Delusion that I wasn't hurting anyone but myself.

Afraid - Afraid of being ~ unimportant, not good enough,  
not needed, un-respected, unliked, untrusted,  
irresponsible, financial insecurity, judged badly.

(harm)

I pushed Brown and yelled at him when he tried to help and talk to me about my drinking and how I was hurting my wife and threatening my job.

# SEX INVENTORY

- 1) READ BIG BOOK PG.68 ( LAST PARAGRAPH) THRU PG.70 (PARAGRAPH 2)
- 2) TURN STATEMENTS TO QUESTIONS WITH REVIEW SHEET. MARK THEM IN BOOK AND CONSIDER THEM.
- 3) PRAY - MAKE A LIST, GO WITH WHAT COMES WITH RELATIONSHIPS THROUGH MY LIFE, MAJOR RELATIONSHIPS, NOT ONE NIGHT STANDS OR NAMES I CAN'T REMEMBER. WORK ON LIST TILL YOU KNOW IT'S DONE.
- 4) "WHAT CAN WE DO ABOUT THEM ?"
  - A) TAKE FIRST NAME FROM LIST AND WRITE IT ON TOP OF A PAGE.
  - B) WRITE BRIEF HISTORY OF RELATIONSHIP IN PARAGRAPH FORM.  
INCLUDE:
    - WRITE ABOUT MOTIVES FOR GETTING INVOLVED IN THE FIRST PLACE.
    - INCLUDE SPECIFIC SEX CONDUCT.
    - MAJOR POINTS THAT CAME UP IN RELATIONSHIP.
    - HOW DID IT END OR HOW IT IS NOW.
  - C) WE REVIEWED OUR OWN CONDUCT  
LOOK AT EACH RELATIONSHIP AND ANSWER THESE NINE QUESTIONS IN PARAGRAPH FORM WITH DETAILED EXPLANATIONS:
    - 1) WHERE HAD I BEEN SELFISH ?
    - 2) WHERE HAD I BEEN DISHONEST ?
    - 3) WHERE HAD I BEEN INCONSIDERATE ?
    - 4) WHOM DID I HURT?... (Look around the relationship, IE: parents, kids, brothers, sisters)
    - 5) DID I AROUSE JEALOUSY ?
    - 6) DID I AROUSE SUSPICION ?
    - 7) DID I AROUSE BITTERNESS ?
    - 8) WHERE WAS I AT FAULT ?
    - 9) WHAT SHOULD I HAVE DONE INSTEAD ?... (Mark #9 to easily refer back to)

## SEX IDEAL

- 1) USING QUESTION #9 IN YOUR SEX INVENTORY, "WHAT SHOULD I HAVE DONE INSTEAD?" ASK GOD TO MOLD YOUR IDEAL AND WRITE IT OUT.

**START WITH:**

**"IN THE FUTURE I WOULD LIKE TO BE....."**

- 2) MAKE A LIST OF EVERYTHING THAT'S NOT IN THE INVENTORY, ANY SECRETS. WRITE DOWN ONLY ENOUGH TO TALK ABOUT IT.
- 3) REVIEW THE THREE INVENTORIES (RESENTMENT INVENTORY 4TH COLUMN, FEAR INVENTORY 4TH COLUMN AND SEX INVENTORY QUESTION #9). MAKE NOTES ON EACH PAGE ON SPECIFIC HARMS. WHEN REVIEWING IF ANYBODY'S NAME COMES UP THAT YOU'VE HARMED THAT'S NOT ON THE INVENTORY TAKE NOTE OF IT.
- 4) AFTER YOU'RE SURE THAT THE INVENTORY IS AS THOROUGH AS POSSIBLE READ STEP FIVE IN BOOK, PAGE 70, ¶3 THRU PAGE 75, FIRST LINE OF ¶2.
- 5) READ IT (FIFTH STEP) TO THE PERSON CHOSEN.



## STEPS 8 & 9 - SECTION IX

PG. 76 - PARAGRAPH 3 THROUGH PG. 84 - PARAGRAPH 2.

DO EACH OF THESE EXERCISES IN ORDER, DON'T MOVE ON TO THE NEXT UNTIL THE PREVIOUS IS FINISHED.

- A) LOOK THROUGH YOUR INVENTORY AND MAKE SURE EVERY PERSON OR INSTITUTION IS ON YOUR AMENDS LIST THAT NEEDS TO BE. INCLUDE NAMES THAT COME TO YOU THAT AREN'T IN YOUR 4TH STEP.
- B) SPEND AT LEAST A WEEK OR SO TO SEE IF ANY OTHER AMENDS COME. PRAY FOR GOD TO SHOW YOU ANY OTHERS. GO THROUGH YOUR ADDRESS BOOKS AND ASK IN PRAYER "GOD PLEASE SHOW ME OF ANY AMENDS THAT I OWE."
- C) WHEN YOU KNOW THE LIST IS DONE, GO THROUGH AND PICTURE EACH PERSON AND INSTITUTION AND ASK; "AM I WILLING TO DO ANYTHING ASKED TO RIGHT THIS WRONG?" MARK IT + OR - (WILLING OR NOT WILLING), TRUST WHAT COMES.
- D) TAKE EACH NAME OFF LIST AND WRITE IT ON A 3 X 5 FILE CARD.
- 1) NAME, ADDRESS AND PHONE #, OR THE NAME AND THE WORD FIND.
  - 2) WILLING OR NOT IN UPPER RIGHT CORNER (+ OR -).
  - 3) HARM: WRITE EXACT NATURE OF HARM YOUR AWARE OF. IF YOUR NOT CLEAR ON THE HARM OR NOT SURE THERE WAS, WRITE ASK.
- E) WHEN YOUR CLEAR THAT EVERYTHING NEEDED TO BE CLEAR ON THE HARM IS ON THE CARDS AND YOUR FINISHED GET RID OF IT IN A MEANINGFUL WAY TO YOU...GIVE THE 4TH STEP TO GOD.
- F) PUT CARDS IN PILES:
- OUT OF STATE - WILLING / UNWILLING
  - NEED TO FIND - WILLING / UNWILLING
  - KNOW WHERE THEY ARE - WILLING / UNWILLING
- OBVIOUSLY START WITH THE ONES THAT YOU KNOW WHERE THEY ARE AND THAT YOUR WILLING TO DO. PRAY FOR DIRECTIONS AND WILLINGNESS TO FINISH ALL OF THEM.

## AMENDS

### EXAMPLE OF 3x5 AMENDS CARD

<u>NAME</u> of person or institution.	+ or - (Willing or Unwilling)
<u>ADDRESS</u> or the word <u>FIND</u>	
<u>PHONE #</u>	
<u>HARM:</u> What is the exact nature of <del>harm</del> that I'm aware of? or if I'm not clear on the harm I write <u>ASK</u> .	

### MAKING THE APPROACH

Whenever possible it's always face to face or grave site. If that's not possible then phone call or letter.

### SAY TO THE PERSON:

- 1) This is why I'm here.
- 2) This is the harm I'm clear on.
- 3) Is there any other harm I'm not aware of that you need to tell me about?
- 4) Do you need to tell me how any of this hurt you, personally or your company?
- 5) Is there anything I can do to make this right?

\*If financial, arrange the best deal you can.

**START MAKING THEM**

## AFTER READING 5TH STEP - SECTION VIII

### RETURNING HOME...

- WORK ON PAGE 75, PAR.3, UNTIL YOU'RE SATISFIED IT'S FINISHED.
- CONSIDER ALL QUESTIONS AT LEAST TWO TIMES. (TODAY AND TOMORROW).

### STEP 6

A) AS A REVIEW READ BACK OVER PAGE 64, PAR. 3 THRU PG. 76, TOP PAR. STEP 6.

B) LOOK AT STEP 6, PG.76, PAR.1. CONSIDER THREE QUESTIONS A FEW TIMES.

1) AM I NOW READY TO HAVE GOD REMOVE FROM ME ALL THE THINGS WHICH I HAVE ADMITTED ARE OBJECTIONABLE?

2) CAN GOD NOW TAKE THEM ALL - EVERY ONE?

3) WILL GOD TAKE THEM ALL FOR ME, WILL HE TAKE ME AS I AM?

C) LOOK AT LAST SENTENCE IN PARAGRAPH FOR STEP 6.

-GO THROUGH ENTIRE INVENTORY LISTING ANYTHING I'M NOT WILLING TO LET GO OF. ANY BELIEFS, DEFECTS OR SPECIFIC BEHAVIORS AND ASK GOD TO HELP YOU BECOME WILLING.

### DON'T MOVE ON UNTIL YOU ARE READY

"IF WE STILL CLING TO SOMETHING WE WILL NOT LET GO, WE ASK GOD TO HELP US BE WILLING" (PG.76,¶1).

WHEN YOU ARE ENTIRELY WILLING TO LET GO OF ALL THESE THINGS.

### STEP 7

- LOOK AT PRAYER AS A SET OF QUESTIONS AND CONSIDER IF YOU'RE READY TO DO THIS, THEN DO THE PRAYER ALONE ON YOUR KNEES.
- DO SEVENTH STEP PRAYER EVERY MORNING AND NIGHT WITH THE 3RD STEP PRAYER ON YOUR KNEES.

# STEPS 10 & 11

## SECTION X

PAGE 84 THROUGH PAGE 88.

- 1) CONTINUE TO TURN STATEMENTS INTO QUESTIONS, MARKING THEM IN BOOK AND CONSIDERING THEM.
- 2) **STEP 10** - PAGES 84-85.

LOOK AT THIS AS INSTRUCTIONS TO DO THROUGH OUT THE DAY.

- 3) **STEP 11** - PAGE 86-88.

IN THE MORNING READ "ON AWAKENING" TO END OF CHAPTER AND DO MEDITATION.

AT NIGHT READ TOP PARAGRAPH, PAGE 86 "WHEN WE RETIRE..." AND ANSWER THE QUESTIONS.

WRITE OUT ANY CORRECTIVE MEASURES FOR PLANS FOR TOMORROW TO CLEAN UP. (CORRECTIVE MEASURES IE: APOLOGIES, AMENDS, SOMETHING TO DISCUSS WITH SOMEONE, ETC.). DO MEDITATION.

# STEP 12

## SECTION XI

PAGE 89 THROUGH PAGE 164.

- A) HAVING HAD A SPIRITUAL AWAKENING IS THE RESULT OF THE WORK WE'VE DONE UP TO HERE.
- B) CARRYING THE MESSAGE TO ALCOHOLICS, SEE CHAPTER 7, PAGE 89 - PAGE 104, "WORKING WITH OTHERS".
- C) PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS, SEE CHAPTERS 8-11, PAGES 104 - 164.