

# Big Book Goals

<b>GOAL 1</b> Identify the Problem	<b>GOAL 2</b> Define the Solution	<b>GOAL 3</b> Action Necessary for Recovery
<p style="text-align: center;"><b>Doctor's Opinion</b></p> <p style="text-align: center;">Chapter 1 <b>Bill's Story</b></p>	<p>Chapter 2 <b>There Is A Solution</b></p> <p>Chapter 3 <b>More About Alcoholism</b></p> <p>Chapter 4 <b>We Agnostics</b></p>	<p>Chapter 5 <b>How It Works</b></p> <p>Chapter 6 <b>Into Action</b></p> <p>Chapter 7 <b>Working With Others</b></p>
<p style="text-align: center;"><b>Step 1</b></p>	<p style="text-align: center;"><b>Step 2</b></p>	<p style="text-align: center;"><b>Step 3</b></p> <p style="text-align: center;">4 5 6 7 8 9 10 11 12</p>
<p style="text-align: center;"><b>POWERLESS</b></p>	<p style="text-align: center;"><b>POWER</b></p>	<p style="text-align: center;"><b>HOW TO FIND POWER</b></p>

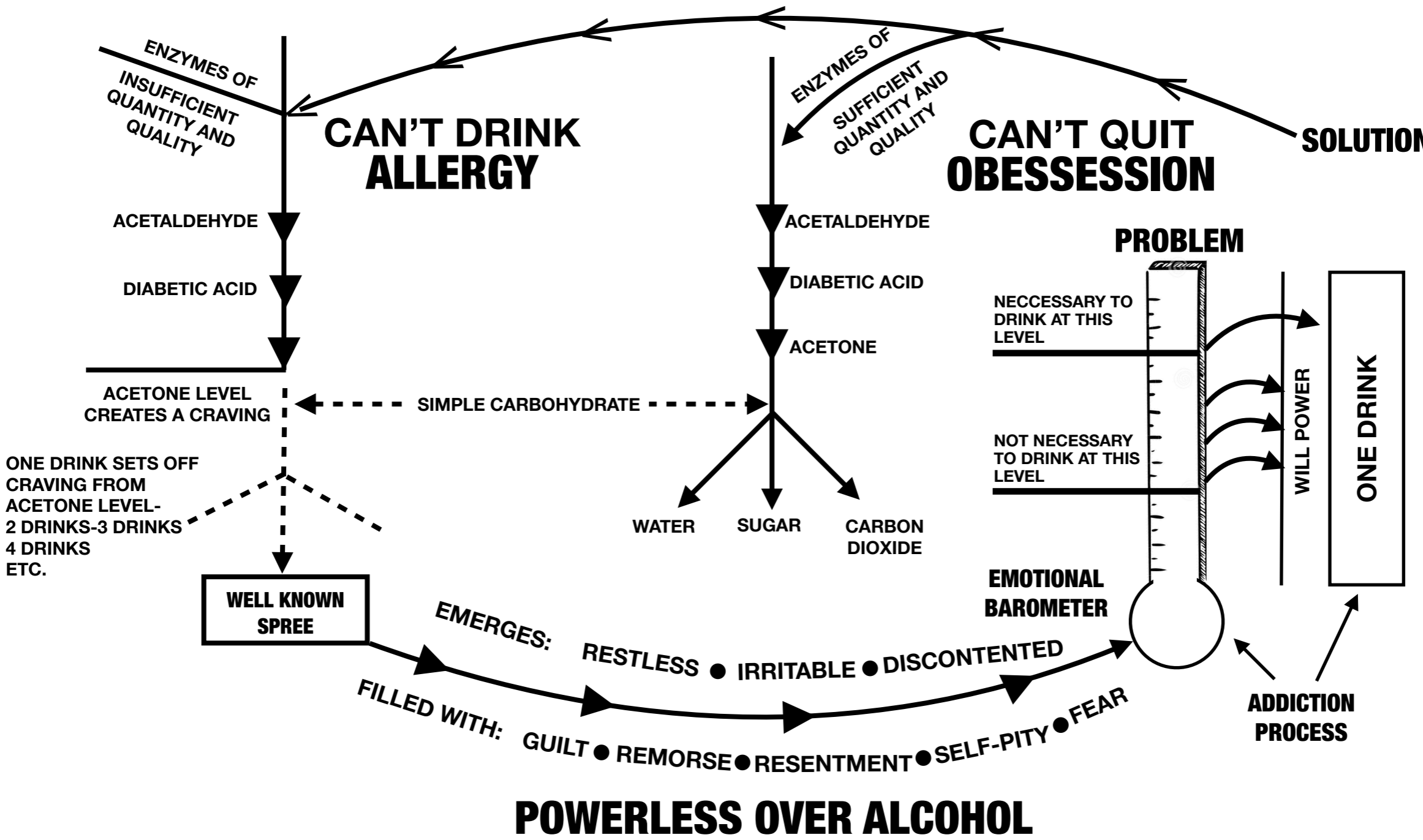
# Disease Concept of Alcoholism

## PHYSICAL

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

## MENTAL

NINE DRINK SAFELY  
THEY ARE AT EASE



# WHAT IS THE SOLUTION?

## THE FELLOWSHIP

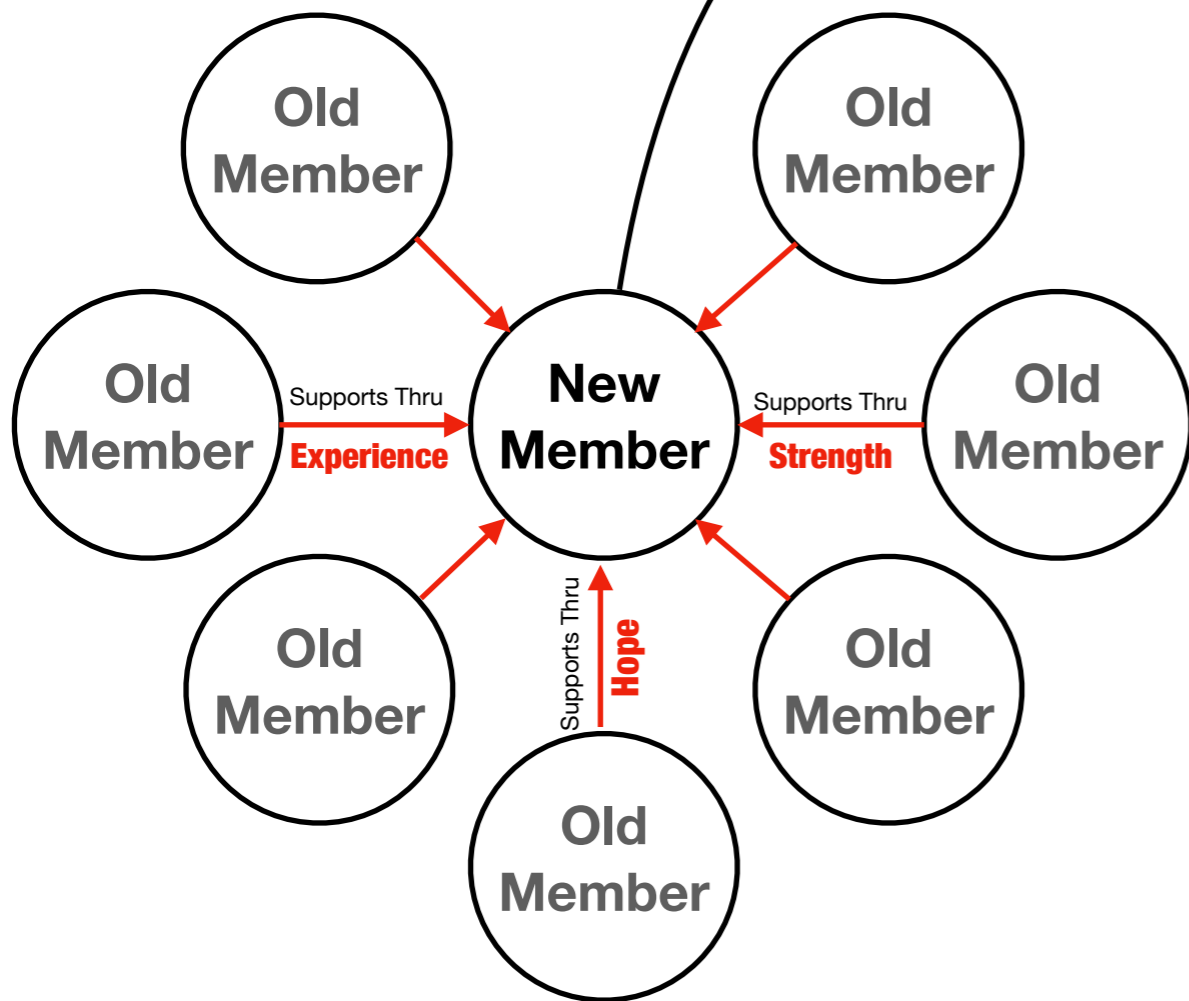
SUPPORTS US

WILLINGNESS

BELIEVE

INVESTIGATION

CHANGES US

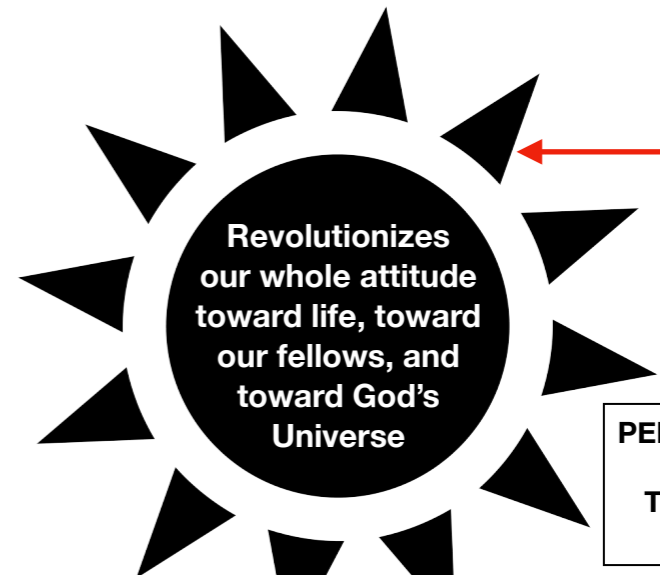


FELLOWSHIP OF THOSE WHO SUFFER THE SAME PROBLEM

## A SPIRITUAL AWAKENING



12 STEPS



PERSONALITY CHANGE SUFFICIENT TO RECOVER FROM ALCOHOLISM

# Glossary of Words Used in Steps 4 & 5

<b>EXACT</b>	Very accurate, methodical, correct
<b>NATURE</b>	The essential characteristic of a thing
<b>WRONG</b>	Acting, judging or believing incorrectly
<b>FAULT</b>	Something done wrongly, an error or mistake
<b>MISTAKE</b>	To understand or perceive wrongly
<b>DEFECT</b>	Lack of something necessary for completeness - same as shortcoming
<b>SHORTCOMING</b>	Falling short of what is expected or required - same as defect
<b>SELF-CENTERED</b>	Occupied or concerned only with one's own affairs - same as selfish
<b>SELFISH</b>	Too much concern with one's own welfare or interests and having little or no concern for other - same as self-centered
<b>SELF-SEEKER</b>	A person who seeks only or mainly to further his own interests
<b>DISHONEST</b>	The act or practice of telling a lie, or of cheating, deceiving, stealing, etc.
<b>FEAR</b>	Feeling of anxiety, agitation, uneasiness, apprehension, etc.
<b>FRIGHTENED</b>	A temporary or continual state of fear
<b>INCONSIDERATE</b>	Without thought or consideration of others

# Basic Instincts of Life Which Create Self

Social Instinct	Security Instinct	Sex Instinct
<p>COMPANIONSHIP - Wanting to belong or be accepted</p> <p>PRESTIGE - Wanting to be recognized or be accepted as a leader</p> <p>SELF-ESTEEM - What we think of ourselves high or low</p> <p>PRIDE - An excessive or unjustified opinion of oneself, either positive (self-love) or negative (self-hate)</p> <p>PERSONAL RELATIONSHIPS - Our relations with other human beings and their world around us</p> <p>AMBITIONS - Our plans to gain acceptance, power, recognition, prestige, etc.</p>	<p>MATERIAL - Wanting money, building, 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 on others</p> <div data-bbox="905 1001 1838 1492" style="text-align: center;"> <pre> graph TD     SELF((SELF))     WRONGS((WRONGS))     SELF --- WRONGS     WRONGS --&gt; SELF     WRONGS --&gt; Resentments     WRONGS --&gt; Fear     WRONGS --&gt; Harms     </pre> </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>
<b>Resentments</b>	<b>Fear</b>	<b>Harms 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 feeling, worry, financial loss, etc. for others and also self</p>

# STEP FOUR - Inventory Comparison

BUSINESS		PERSONAL
FACT-FINDING	< .>	INTEREST IN OTHERS
FACT-FACING	< .>	FEARLESS
TRUTH	< .>	MORAL
STOCK-IN-TRADE	< .>	OURSELVES
<b>OBJECT</b>		
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	< .>	<ol style="list-style-type: none"> <li>1. RESENTMENTS</li> <li>2. FEARS</li> <li>3. HARMS DONE OTHERS</li> </ol>

# REVIEW OF RESENTMENTS

Instructions for Completion

**Instruction 1:** In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry. 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 until Column 2 is complete.

**Instruction 3:** On our grudge list we set opposite each name our injuries. 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 Self-esteem column and finishing with the Sexual Ambitions column. Do nothing on Column 4 until Column 3 is complete.

**Instruction 4:** Referring 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 selfish, dishonest, self-seeking and frightened and inconsiderate? (Asking ourselves the above questions, we complete each column within Column 4).

**Instruction 5:** 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).

**\*SELF\***

COLUMN 1		COLUMN 2		COLUMN 3								COLUMN 4				
I'm resentful at:		The cause:		AFFECTS MY (which part of self is affected)								What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?				
				Social Instinct		Security Instinct		Sex Instinct		Ambitions						
				Self-esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self-seeking & frightened	Inconsiderate
1																
2																
3																
4																
5																
6																
7																
8																
9																

# REVIEW OF OUR OWN SEX CONDUCT

Instructions for Completion

**Instruction 1:** We listed all people we had harmed. 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 what WE did. Complete Column 2 from top to bottom. Do nothing on Columns 3 or 4 until Column 2 is complete.

**Instruction 3:** Was it our self-esteem, our security, our ambitions, our sex instinct which had caused the harm? Complete each column within Column 3 going from top to bottom. Starting with Self-esteem column and finishing with the Sexual Ambitions column. Do nothing on Column 4 until Column 3 is complete.

**Instruction 4:** Referring 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 selfish, dishonest, self-seeking and frightened and inconsiderate? (Asking ourselves the above questions, we complete each column within Column 4).

**Instruction 5:** Reading from left to right, we now see the harm (Column 1), what we did (Column 2), the part of self which caused the harm (Column 3), and the exact nature of the defect within us that caused the harm and block us off from God's will (Column 4).

**\*SELF\***

COLUMN 1		COLUMN 2		COLUMN 3								COLUMN 4				
Who Did I Harm?		What Did I Do?		AFFECTS MY (which part of self caused the harm)								What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?				
				Social Instinct		Security Instinct		Sex Instinct		Ambitions						
				Self-esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self-seeking & frightened	Inconsiderate
1																
2																
3																
4																
5																
6																
7																
8																
9																



# REVIEW OF FEARS

Instructions for Completion

**Instruction 1:** In dealing with fears, we put them on paper. We listed people, institutions or principles with who 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 3 or 4 until Column 2 is complete.

**Instruction 3:** Which part of self caused the fear? Was it our self-esteem, our security, our ambitions, our sex instinct which had caused the harm? Complete each column within Column 3 going from top to bottom. Starting with Self-esteem column and finishing with the Sexual Ambitions column. Do nothing on Column 4 until Column 3 is complete.

**Instruction 4:** Referring 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 selfish, dishonest, self-seeking and frightened and inconsiderate? (Asking ourselves the above questions, we complete each column within Column 4).

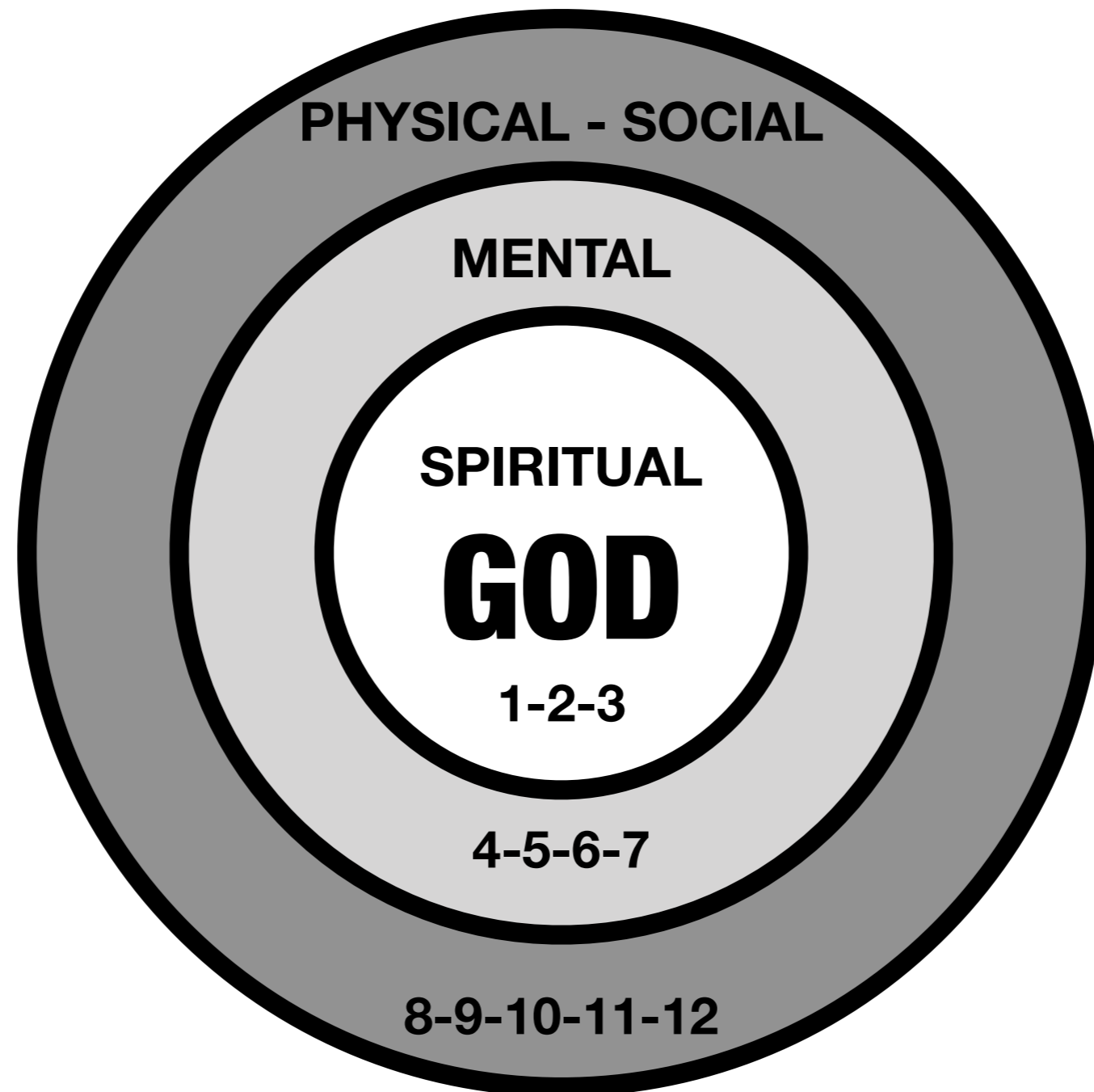
**Instruction 5:** Reading from left to right, we now see the fears (Column 1), why I have the fear (Column 2), the part of self which caused the fear (Column 3), and the exact nature of the defect within us that caused the fear to surface, and block us off from God's will (Column 4).

**\*SELF\***

COLUMN 1		COLUMN 2		COLUMN 3								COLUMN 4				
I'm fearful of:		Why I have the fear:		AFFECTS MY (which part of self caused the fear)								What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?				
				Social Instinct		Security Instinct		Sex Instinct		Ambitions						
				Self-esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self-seeking & frightened	Inconsiderate
1																
2																
3																
4																
5																
6																
7																
8																
9																

# THREE DIMENSIONS OF LIFE

## STEPS 1 THRU 9



# DAILY INVENTORY

When we retire at night, we constrictively 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			INTEREST IN OTHERS
DISHONESTY			HONESTY
FRIGHTENED			COURAGE
INCONSIDERATE			CONSIDERATE
PRIDE			HUMILITY-SEEKING GOD'S WILL
GREEDY			GIVING OR SHARING
LUSTFUL			WHAT CAN WE DO FOR OTHERS
ANGER			CALM
ENVY			GRATEFUL
SLOTH			TAKE ACTION
GLUTTONY			MODERATION
IMPATIENT			PATIENCE
INTOLERANT			TOLERANCE
RESENTMENT			FORGIVENESS
HATE			LOVE-CONCERN FOR OTHERS
HARMFUL ACTS			GOOD DEEDS
SELF-PITY			SELF-FORGETFULNESS
SELF-JUSTIFICATION			HUMILITY-SEEKING GOD'S WILL
SELF-IMPORTANCE			MODESTY
SELF-CONDEMNATION			SELF-FORGIVENESS
SUSPICION			TRUST
DOUBT			FAITH