

Big Book Goals

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

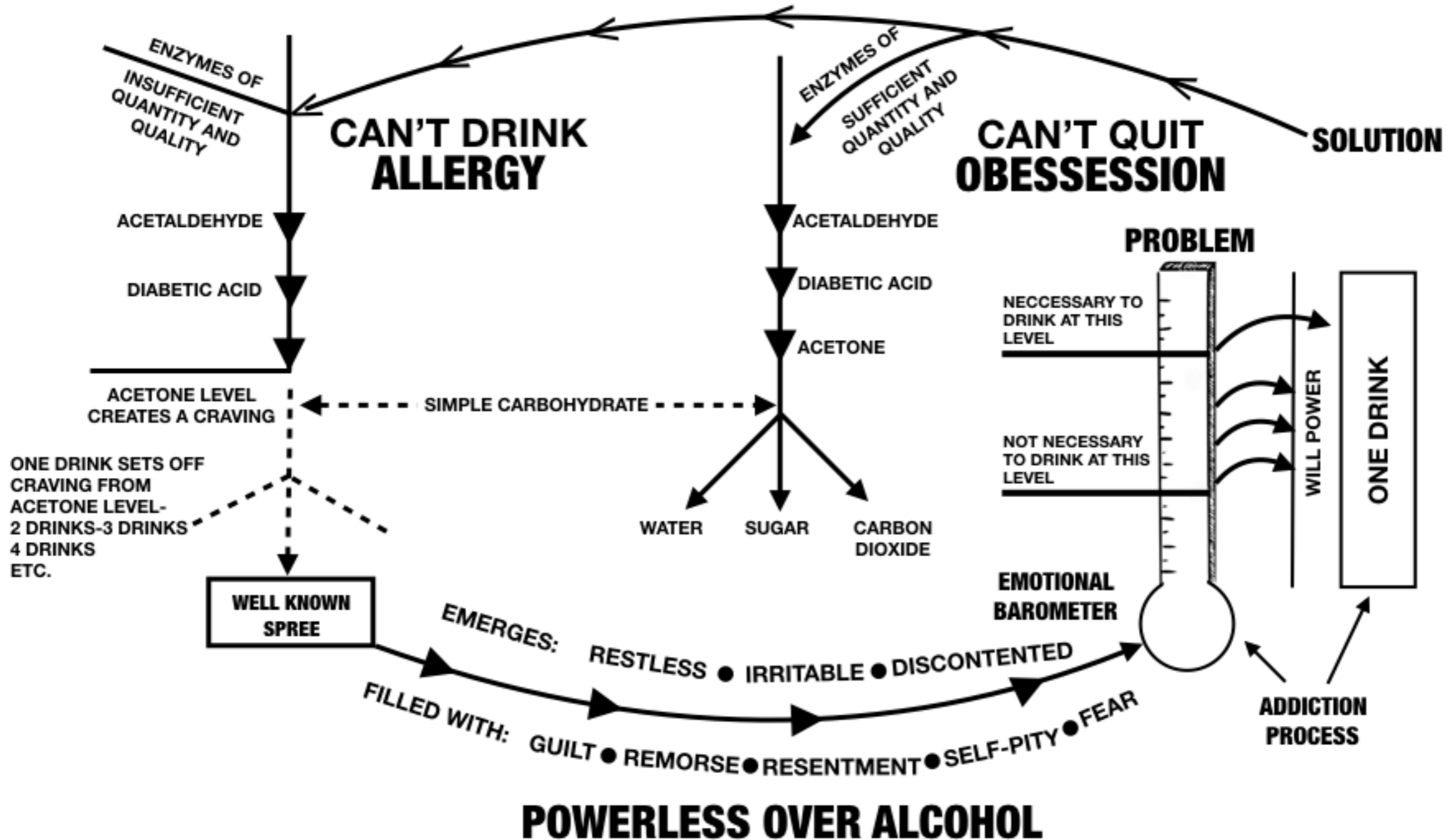
Disease Concept of Alcoholism

PHYSICAL

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

MENTAL

NINE DRINK SAFELY
THEY ARE AT EASE



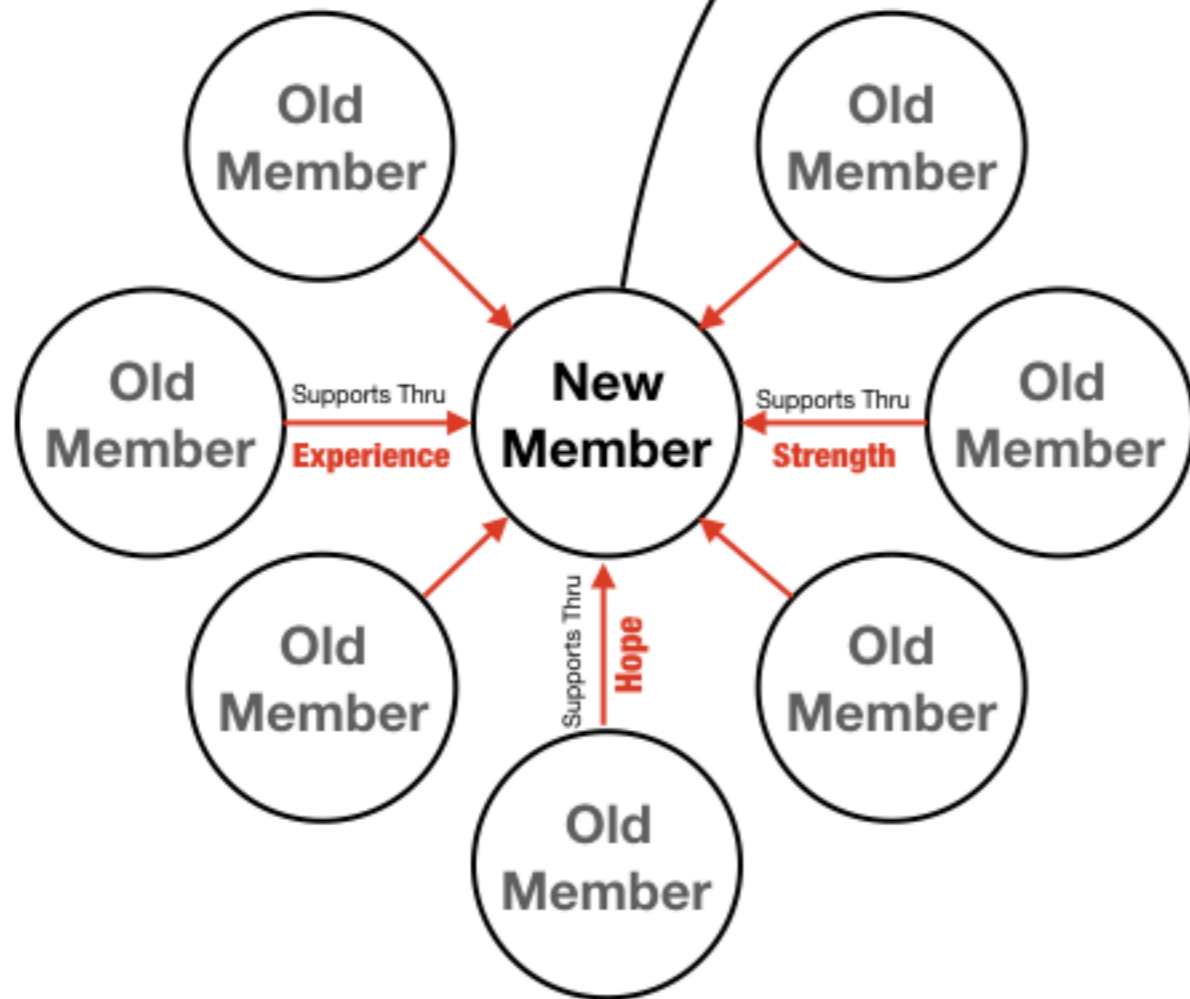
WHAT IS THE SOLUTION?

THE FELLOWSHIP

SUPPORTS US

WILLINGNESS

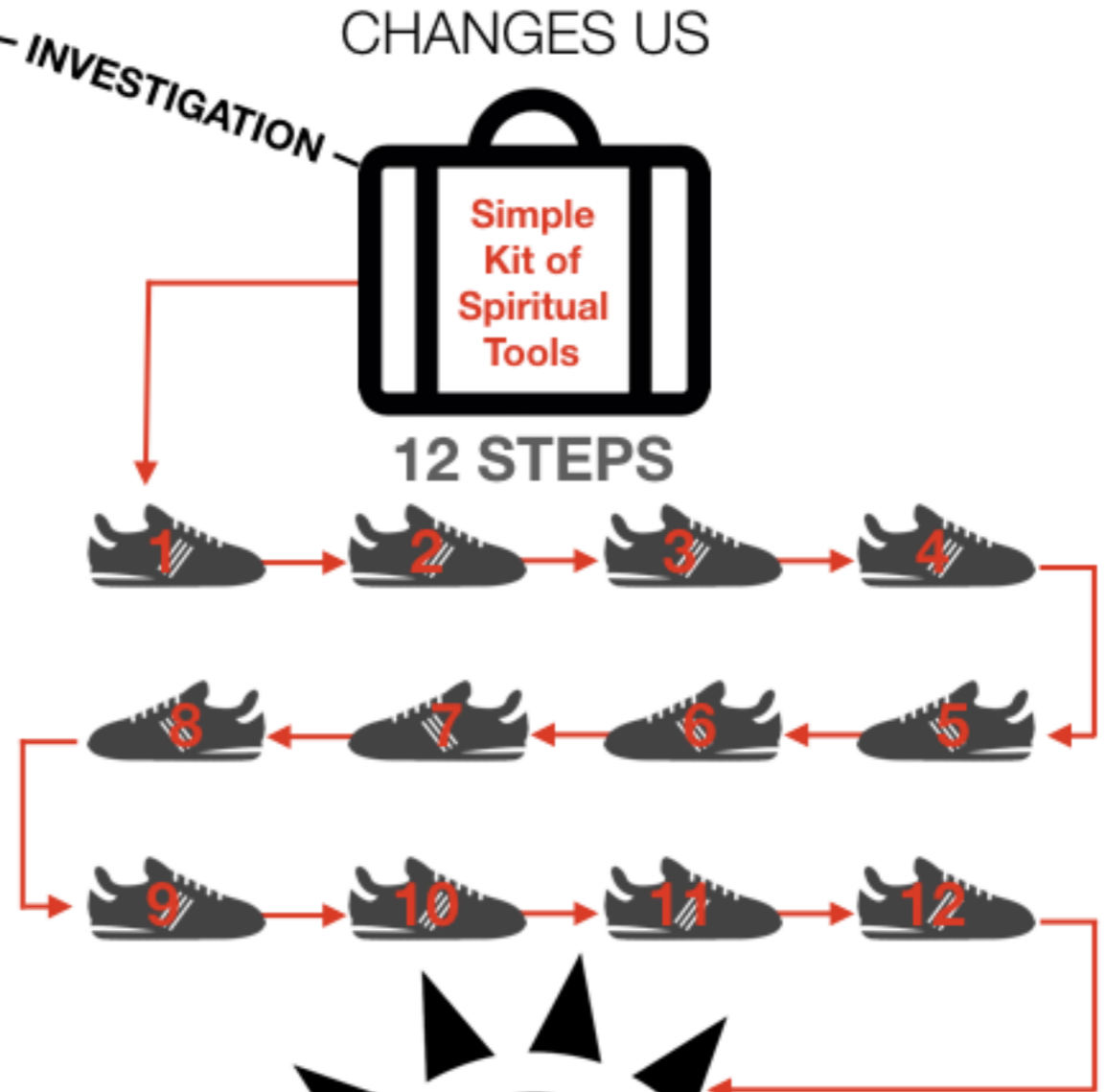
BELIEVE



FELLOWSHIP OF THOSE WHO SUFFER THE SAME PROBLEM

A SPIRITUAL AWAKENING

CHANGES US



12 STEPS

Revolutionizes our whole attitude toward life, toward our fellows, and toward God's Universe

PERSONALITY CHANGE SUFFICIENT TO RECOVER FROM ALCOHOLISM

Glossary of Words Used in Steps 4 & 5

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 other - 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	Feeling of anxiety, agitation, uneasiness, apprehension, etc.
FRIGHTENED	A temporary or continual state of fear
INCONSIDERATE	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="1256 1009 1832 1508" 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>
Resentments	Fear	Harms or Hurts
<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
OBJECT		
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	< .>	1. RESENTMENTS 2. FEARS 3. HARMS DONE OTHERS

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																
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6																
7																
8																
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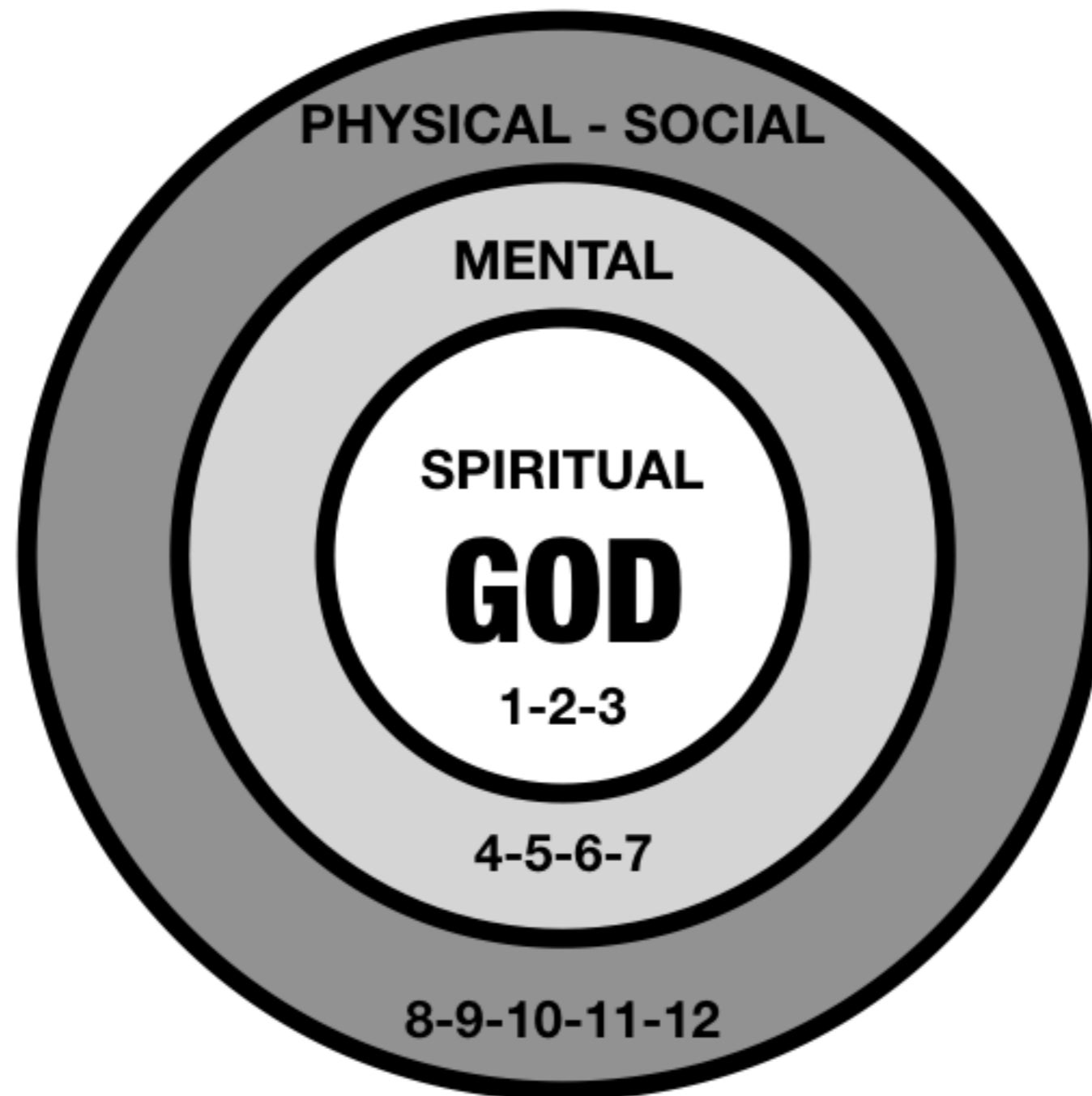
REVIEW OF HARMS OTHER THAN SEXUAL

SELF

COLUMN 1		COLUMN 2		COLUMN 3				COLUMN 4			
Who did I hurt?		What did I do?		AFFECTS MY (what part of self caused the hurt)				What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?			
				Social Instinct	Security Instinct	Sex Instinct	Ambitions				
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