

BIG BOOK GOALS

Table of Contents

GOAL 1

Identify the Problem

GOAL 2

Define the Solution

GOAL 3

Action Necessary for Recovery

<p>Doctor's Opinion Chapter 1 - Bill's Story</p>	<p>Chapter 2 - There is A Solution Chapter 3 - More About Alcoholism Chapter 4 - We Agnostics</p>	<p>Chapter 5 - How It Works Chapter 6 - Into Action Chapter 7 - Working With Others</p>
<p>STEP 1</p> <p>POWERLESS</p>	<p>STEP 2</p> <p>POWER</p>	<p>STEP 3</p> <p>4 5 6 7 8 9 10 11 12</p> <p>HOW TO FIND POWER</p>

DISEASE CONCEPT OF ALCOHOLISM

PHYSICAL

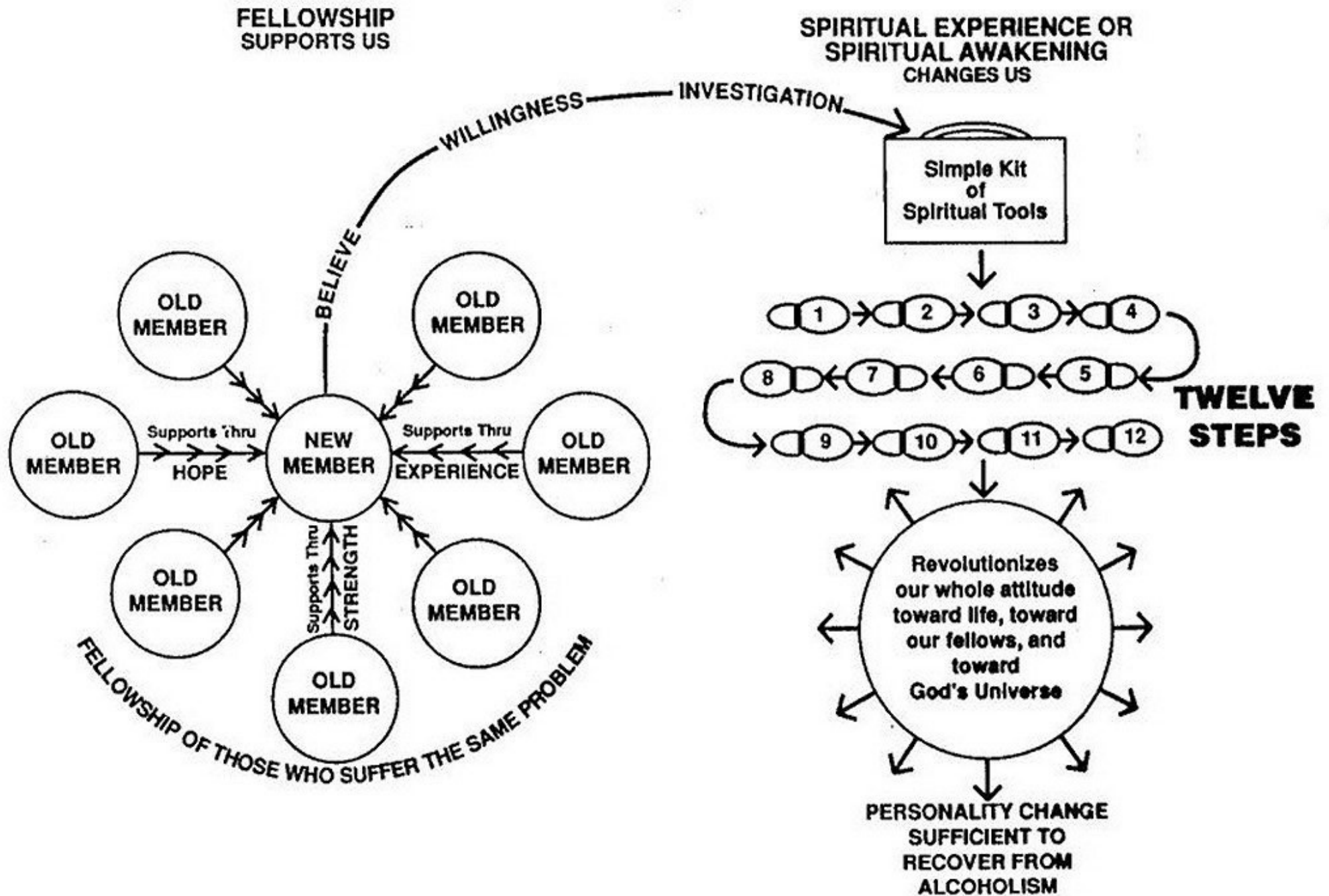
MENTAL

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

NINE DRINK SAFELY THEY ARE AT EASE



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	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 to be accepted</p> <p>PRESTIGE - Wanting to be recognized or to be accepted as a leader</p> <p>SELF-ESTEEM - What we think of ourselves high or low</p> <p>PRIDE - An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate).</p> <p>PERSONAL RELATIONSHIPS - Our relations with other human beings and the 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 dependant on others.</p> <p>AMBITIONS - Our plans to gain material wealth, or to dominate, or to depend upon others.</p>	<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>
	<p>SELF</p> <p>WRONGS</p> <p>FEAR</p>	<p>RESENTMENTS</p> <p>HARMS OR HURTS</p>
<p>Feelings of bitter hurt or indignation which comes from rightly or wrongly held feelings or being injured or offended.</p>	<p>Feelings of anxiety, agitation, uneasiness, apprehension, etc.</p>	<p>Wrong acts which result in pain, hurt feelings, 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 TO OTHERS

Five Column 4th Step Review Guides

(Refer to pages 64 & 65 of the book "Alcoholics Anonymous" for use of these sheets)

4th. Step Prayer

Lord, I humbly ask your help to search out the flaws in my makeup which cause(d) my failures. Please reveal the various manifestations of self which have defeated me. Help me to be thorough, searching and fearless, and guide me into truth. Let me become and remain open to the sunlight of the Spirit.

Amen

**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	<input type="checkbox"/>	<input type="checkbox"/> INTEREST IN OTHERS
DISHONESTY	<input type="checkbox"/>	<input type="checkbox"/> HONESTY
FRIGHTENED	<input type="checkbox"/>	<input type="checkbox"/> COURAGE
INCONSIDERATE	<input type="checkbox"/>	<input type="checkbox"/> CONSIDERATE
PRIDE	<input type="checkbox"/>	<input type="checkbox"/> HUMILITY-SEEKING GOD'S WILL
GREEDY	<input type="checkbox"/>	<input type="checkbox"/> GIVING OR SHARING
LUSTFUL	<input type="checkbox"/>	<input type="checkbox"/> WHAT CAN WE DO FOR OTHERS
ANGER	<input type="checkbox"/>	<input type="checkbox"/> CALM
ENVY	<input type="checkbox"/>	<input type="checkbox"/> GRATEFUL
SLOTH	<input type="checkbox"/>	<input type="checkbox"/> TAKE ACTION
GLUTTONY	<input type="checkbox"/>	<input type="checkbox"/> MODERATION
IMPATIENT	<input type="checkbox"/>	<input type="checkbox"/> PATIENCE
INTOLERANT	<input type="checkbox"/>	<input type="checkbox"/> TOLERANCE
RESENTMENT	<input type="checkbox"/>	<input type="checkbox"/> FORGIVENESS
HATE	<input type="checkbox"/>	<input type="checkbox"/> LOVE-CONCERN FOR OTHERS
HARMFUL ACTS	<input type="checkbox"/>	<input type="checkbox"/> GOOD DEEDS
SELF-PITY	<input type="checkbox"/>	<input type="checkbox"/> SELF FORGETFULNESS
SELF-JUSTIFICATION	<input type="checkbox"/>	<input type="checkbox"/> HUMILITY-SEEK GOD'S WILL
SELF-IMPORTANCE	<input type="checkbox"/>	<input type="checkbox"/> MODESTY
SELF-CONDEMNATION	<input type="checkbox"/>	<input type="checkbox"/> SELF-FORGIVENESS
SUSPICION	<input type="checkbox"/>	<input type="checkbox"/> TRUST
DOUBT	<input type="checkbox"/>	<input type="checkbox"/> FAITH