BIG BOOK GOALS

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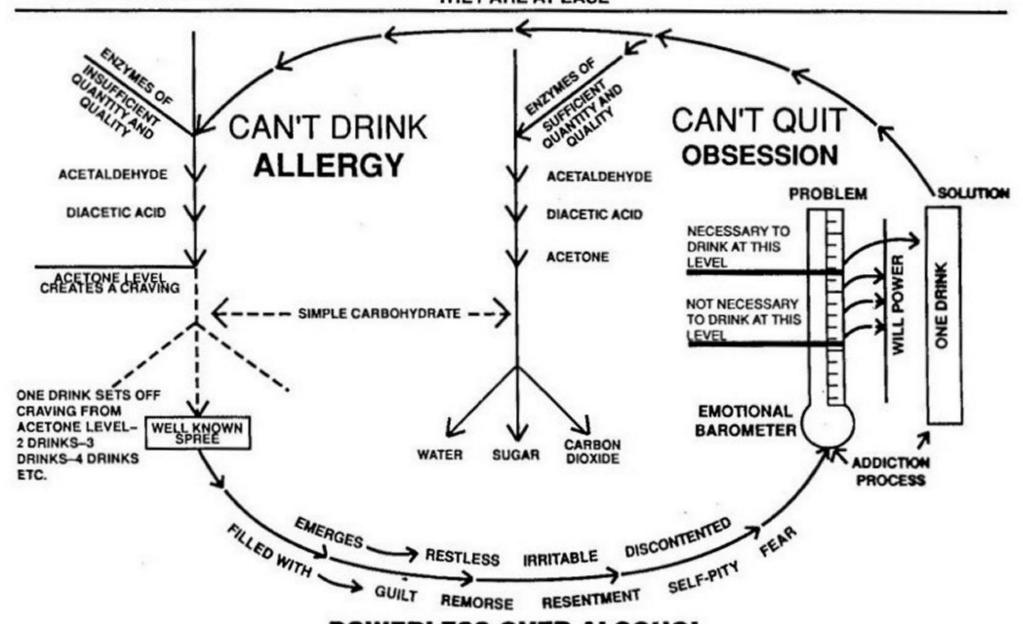
DISEASE CONCEPT OF ALCOHOLISM

PHYSICAL

MENTAL

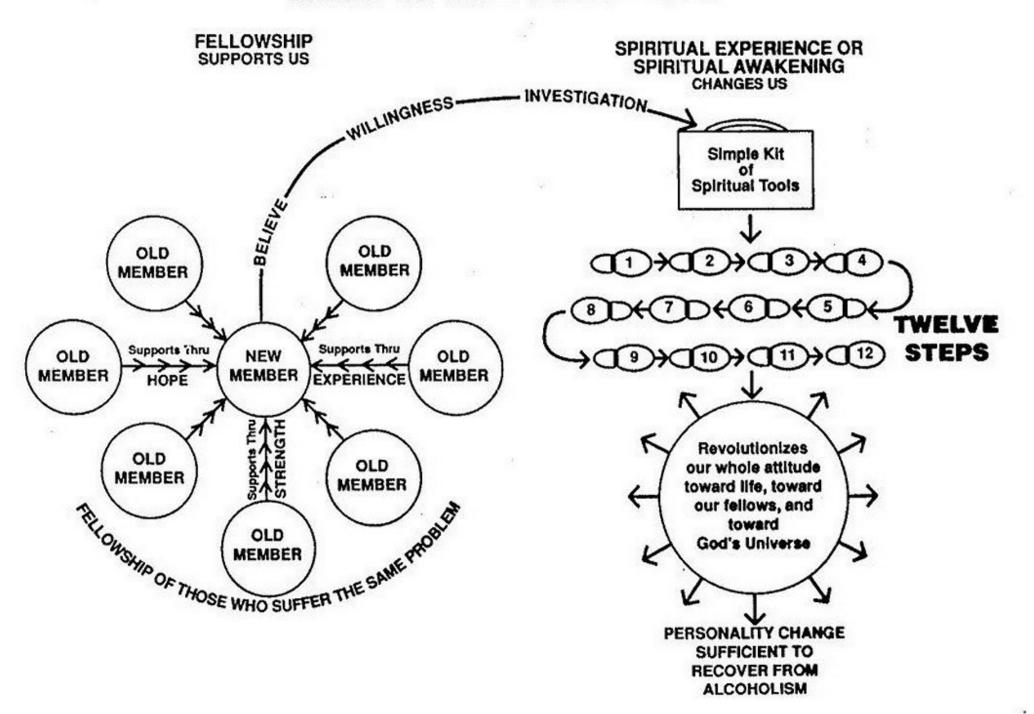
ONE DOES NOT DRINK SAFELY OR HE IS AT DIS-EASE

NINE DRINK SAFELY THEY ARE AT EASE



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 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
COMPANIONSHIP - Wanting to belong or to be accepted PRESTIGE - Wanting to be recognized or to be accepted as a leader SELF-ESTEEM - What we think of ourselves high or low PRIDE - An excessive and unjustified opinion of oneself, either positve (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, building, 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 dependant 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	HARMS OR HURTS
Feelings of bitter hurt or indignation which comes from rightly or wrongly held feelings or being injured or offended.	Feelings of anxiety, agitation, uneasiness, apprehension, etc.	Wrong acts which result in pain, hurt feelings, worry, financial loss, etc., for others and also self.

STEP FOUR

Inventory Comparison

BUSINESS	PERSONAL
FACT-FINDING	< -> INTEREST IN OTHERS
FACT FACING	< -> FEARLESS
TRUTH	< -> MORAL
STOCK-IN-TRADE	< -> OURSELVES
DISCLOSE DAMAGED OR UNSALEABLE GOODS	OBJECT < -> 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

Feelings of bitter hurt or indignation that come from rightly or wrongly held feelings of being injured or offended

I AM RESENTFUL AT:	THE CAUSE:				AFF	ECTS	MY:				WHAT DID I DO?	WH	IERE	HAD	IBE	EN:	
List people, institutions, or principles with whom I am angry.			On my grudge list I set opposite each name my injuries. Was it my selfesteem, my security, my ambitions, my personal or sex relations that had been interfered with? Social Security Sex Instinct Instin										Which of these character defects caused me to do what did, or caused me to want to hold on to the old resentment, even though I may have done nothing to cause it?				
		Sef-Esteem	Peronal Relationships	Material	Emotional	Acceptable Sex Relationships	Hidden Sex Relationships	Social	Security	Sexual	caused people or institutions to hurt me and eventually led to my resentment of them for doing so?	Selfish	Dishonest	Self-Seeking	Frightened	Inconsiderate	

Feelings of anxiety, agitation, uneasiness, apprehension, impending doom, etc.

WHO OR WHAT DO I		T certify of anxiety.							y, agitation, uneasiness, apprenension, impending t				200111, Ctt						
WHO OR WHAT DO I FEAR?	THE CAUSE:		AFFECTS MY: WHAT DID I DO?									WHERE HAD I BEEN:							
List people, institutions, or principles with whom I am fearful.	_			of sel em, n al or s	f which ny se sex re		affectory, my	ted. V ambit at hat	Vas i tions,	t my , my een	What did I do, if anything, to set the ball rolling, and set in motion trains of circumstances, which have led to my being in the	Which of these character defects caused me to do wh did, or caused me want to hold on to to ld fear, even though may have done noth to cause it?							
	divorce? Will it destroy as personal relationship? Might I lose my job, etc?	Sef-Esteem	Peronal Relationships	Material	Emotional	Acceptable Sex Relationships	Hidden Sex Relationships	Social	Security	Sexual	have led to my being in the position to have the fear?		Dishonest	Self-Seeking	Frightened	Inconsiderate			

WHO DID I HURT?	WHAT DID I DO?		AFFFUI SIVIT								WHAT FEELINGS DID I CREATE IN OTHERS?	WH	ERE	HAD	IBE	EN:		
		di th	d? W	as it ocurity Sec	cause	ed by nct, o	the s	e to do what I ocial instinct, sex instinct? Ambitions			Did I arouse jealousy, anger, suspicion, bitterness, desire to retaliate? What should I have done instead?	Which of these character defects caused me to do what did to harm another?						
		Sef-Esteem	Peronal Relationships	Material	Emotional	Acceptable Sex Relationships	Hidden Sex Relationships	Social	Security	Sexual	inotedu.	Selfish	Dishonest	Self-Seeking	Frightened	Inconsiderate		

Wrong acts that result in pain, hurt feelings, worry, financial loss, etc. for others and also self

WHO DID I HURT?	WHAT DID I DO?		AFFECTS MA.								WHAT FEELINGS DID I CREATE IN OTHERS?	WHERE HAD I BEE!							
		di th	d? W		cause	ed by nct, o	the s	ocial sex ir	instir	nct, ct?	Did I arouse jealousy, anger, suspicion, bitterness, desire to retaliate? What should I have done	c caus did	hara sed n	ch of t cter d ne to arm a	defect	ts hat I			
		Sef-Esteem	Peronal Relationships	Material	Emotional	Acceptable Sex Relationships	Hidden Sex Relationships	Social	Security	Sexual	instead?	Selfish	Dishonest	Self-Seeking	Frightened	Inconsiderate			

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 CHARACTERISTIC OF SELF-WILL	s	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-SEEK GOD'S WILL
SELF-IMPORTANCE		☐ MODESTY
SELF-CONDEMNATION		☐ SELF-FORGIVENESS
SUSPICION		☐ TRUST
DOUBT		☐ FAITH