

Big Book Goals*

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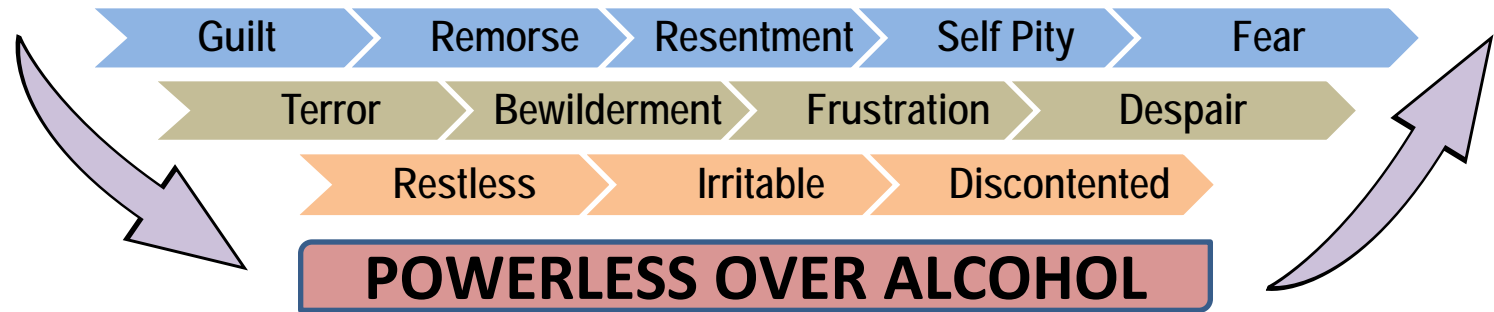
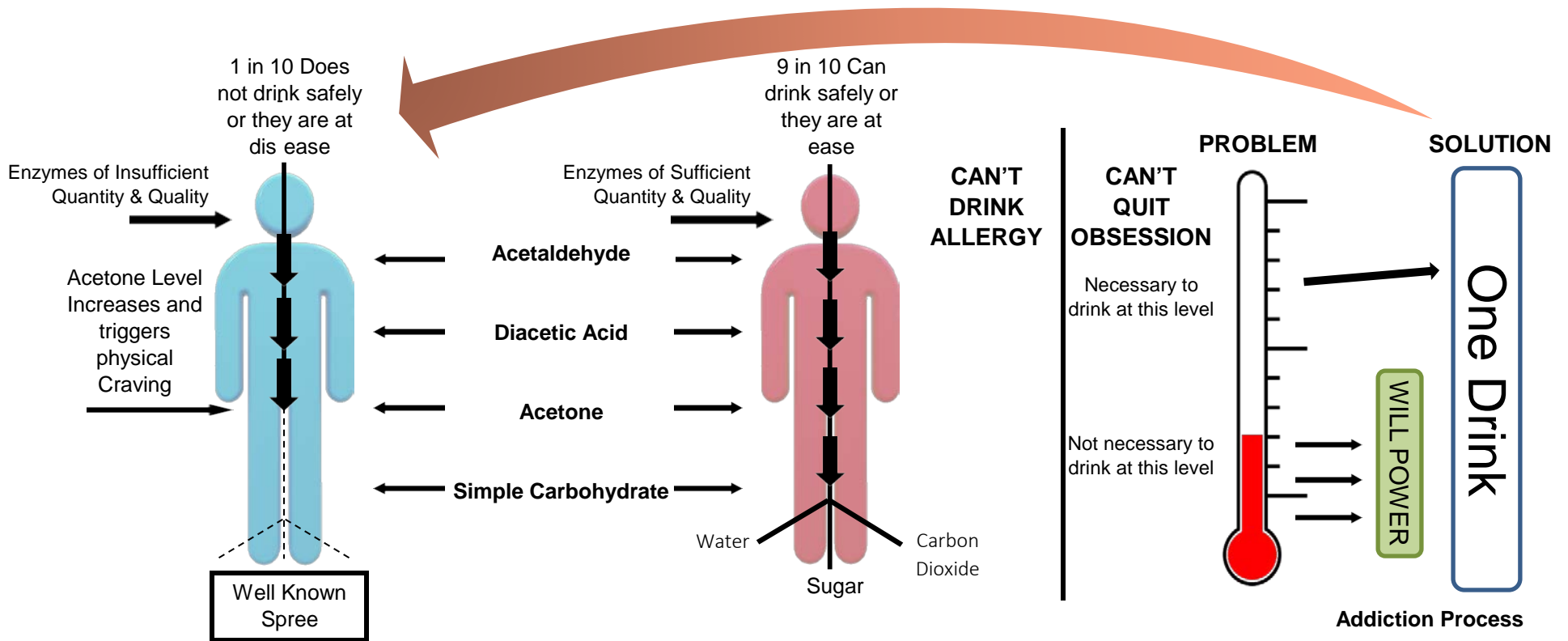
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*(4TH Edition)

Disease Concept Of Alcoholism

PHYSICAL

MENTAL



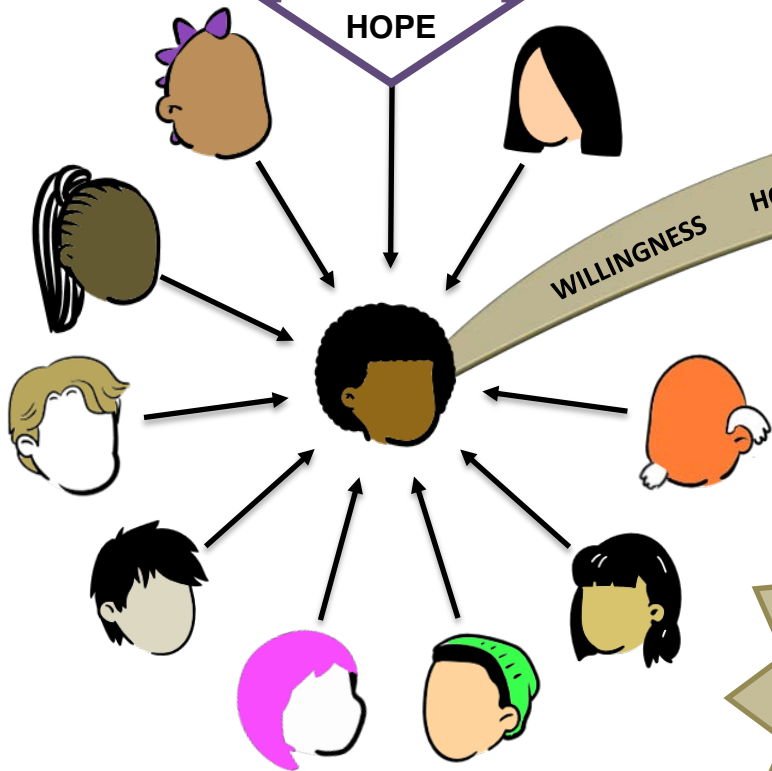
What Is The Solution?

THE FELLOWSHIP

SUPPORTS US

THROUGH

EXPERIENCE
STRENGTH
HOPE



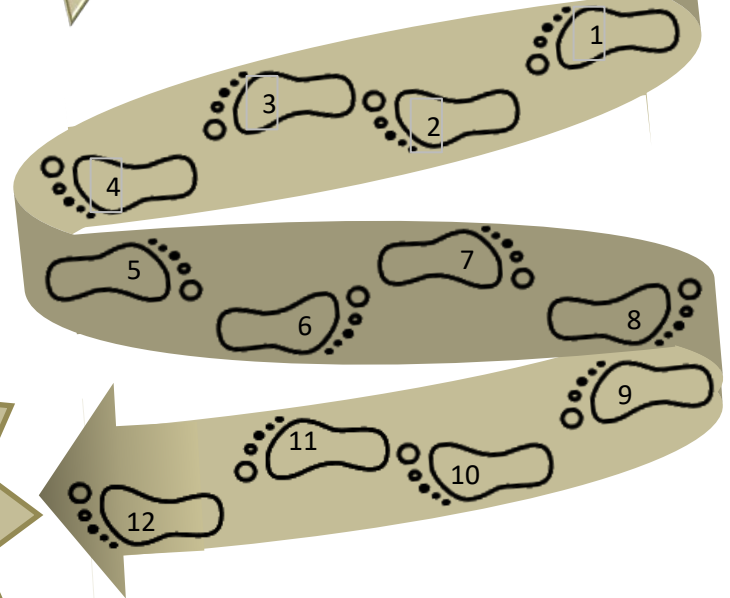
FELLOWSHIP OF
THOSE WHO SHARE
A COMMON PROBLEM

A SPIRITUAL AWAKENING

CHANGES US



12 STEPS



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

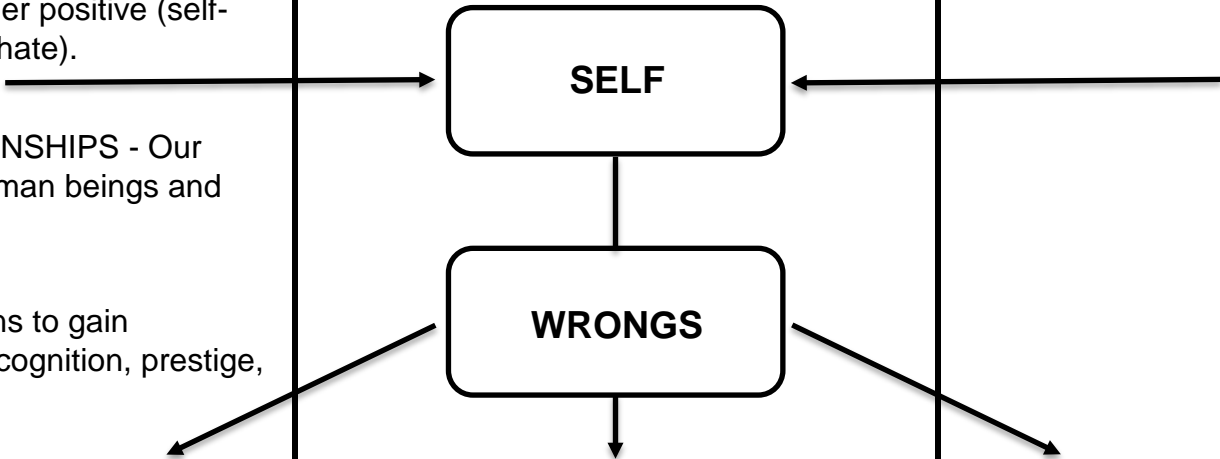
PERSONALITY CHANGE
SUFFICIENT TO RECOVER
FROM ALCOHOLISM

Glossary of Words Used in Steps 4 & 5

EXACT	Very accurate, methodical, correct
NATURE	The essential characteristic of a thing
WRONG	Acting, judging our 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>SLEF-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 there 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>	<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**

Here is a list of common people, institutions and principles that make many of our inventory lists.

People

Mother
Father
Brothers
Sisters
Aunts
Uncles
Cousins
Wife/Husband
Boy/Girl Friend
Sponsors
Fellowship Friends
Friends
Employers
Employees
Co-workers
Roommates
Best Friend
Childhood Friends
Clergy
Creditors
Doctors
In-Laws
Judges
Police Officers
Life-long Friends
Parole Officer
Probation Officer
Grade School Friends
Jr. High/Middle School Friends

People (continued)

High School Friends
Friends Parents
Neighbors
Teachers
Lawyers
Homosexuals
Heterosexuals

Institutions

Church
Bible
Child Protection
Correctional System
Education System
Government
The Law
Police Departments
Marriage
Health system
Mental Health System
Nationality
Philosophy
Races
Religion
Society
Driver's License Office
Clerk of the Court
I.R.S.

Principles

Adultery
Death
God
The Golden Rule
Heaven
Hell
Homophobia
Jesus Christ
Afterlife
Original Sin
Retribution
Satan
Seven Deadly Sins
Sin
Ten Commandments
Do unto others...
If you lie down with dogs...
You Reap What You Sow
Twelve Steps
Karma

Note:

It might help to think of your life in compartments. Sometimes this might be each school you attended, and then each job you had. If you lived in different places think of each location and the events and people to help construct a list.

Instructions for completion - Resentments

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, 4 or 5 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, 4 or 5 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 Columns 4 or 5 until Column 3 is complete.

Instruction 4:

Putting out of my mind the wrongs others have done, I look for my own mistakes. What did I do, if anything, to set in motion trains of circumstances, which in turn caused people or institutions to hurt me and eventually led to my resentment of them for doing so? Do nothing on Columns 5 until Column 4 is complete.

Instruction 5:

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 5).

Instruction 6:

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), our own mistakes (Column 4), and the exact nature of the defect within us that allowed the resentment to surface and block us off from God's will (Column 5).

Instructions for completion - Fears

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, 4 or 5 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, 4 or 5 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 Columns 4 or 5 until Column 3 is complete.

Instruction 4:

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 position to have the fear? Do nothing on Columns 5 until Column 4 is complete.

Instruction 5:

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 5).

Instruction 6:

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), the part of self which caused the fear (Column 4), and the exact nature of the defect within us that caused the fear to surface, and block us off from God's will (Column 5).

Instructions for completion - Sex Conduct / Harms

Instruction 1:

We listed all people our sex conduct had harmed and also the people we had harmed. Complete column 1 from top to bottom. Do nothing on Columns 2, 3, 4 or 5 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, 4 or 5 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 Columns 4 or 5 until Column 3 is complete.

Instruction 4:

We asked ourselves did I unjustly arouse jealousy, anger, suspicion, bitterness, desire to retaliate? What should I have done instead?

Instruction 5:

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 5).

Instruction 6:

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

THREE DIMENSIONS OF LIFE

PHYSICAL - SOCIAL

MENTAL

SPIRITUAL

HIGHER POWER

STEPS 1 - 2 - 3 -

STEPS 4 - 5 - 6 -

STEPS 8 - 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 HIGHER POWER'S WILL
SELFISH AND SELF-SEEKING			INTEREST IN OTHERS
DISHONEST			HONEST
FRIGHTENED			COURAGEOUS
INCONSIDERATE			CONSIDERATE
PRIDEFUL			HUMILITY - SEEKING GOD'S WILL
GREEDY			GIVING OR SHARING
LUSTFUL			PURITY
ANGRY			CALM - SERENE
ENVIIOUS			GRATEFUL
SLOTHFUL			TAKE ACTION
GLUTTONOUS			MODERATION
IMPATIENT			PATIENT
INTOLERANT			TOLERANT
RESENTFUL			FORGIVING
HATEFUL			LOVING - CONCERN FOR OTHERS
HARMFUL ACTS			GOOD DEEDS
SELF-PITY			SELF-FORGETFULNESS
SELF-JUSTIFICATION			SELF-ACCEPTANCE
SELF-IMPORTANCE			MODEST
SELF-CONDEMNATION			SELF-FORGIVENESS
SUSPICIOUS			TRUSTING
DOUBTFUL			FAITHFUL
COVETOUSNESS			CHARITABLE - GENEROUS
DISRESPECTFUL			RESPECTFUL
NEED TO KNOW			HEALTHY CURIOSITY