

**NOTES FROM 6-TAPE BIG BOOK SET, by MARK H., recorded in Hunt, TX., in 1994**  
(Step 1 ONLY – Tapes 1 & 2)

**TAPE #1: General info., Step 1: Doc's Op. & Bill's Story**

- Knowledge / Information vs. Experience
- Set-aside Prayer
- Circle-n-Triangle
- Table of Contents
- Preface: page xi, ¶2 - "text book"
- Forward to 1st Ed.: page xiii, ¶1 - "recovered", "precisely"... importance of "squiggly writing"
- Forward to 2nd Ed.: page xvi, ¶2 - a) talks about when Bill 12-stepped Dr. Bob b) importance of telling drunks about the description of alcoholism -- **my** 1st step
- page xx, ¶0, lines 5-12 - 75% recovery rate

**1ST STEP - 3 PARTS**

- 1) **powerlessness** -     a) body - Dr.'s Op. - pg. 23  
                                      b) mind - pg. 23 - 43

- 2) **unmanageability** - c) spiritual malady - pgs. 44, 45, 52 (NOTE: I will add some hook-backs to this later on)

\*From this point forward, begin to turn statements into questions

**DOCTOR'S OPINION: body / allergy / craving**

- page xxiv, ¶2: "The physician who..."; ¶3: "The doctor's theory..."
- page xxvi, ¶1: "We believe..." - use lines 5 - 10 to ask someone in the audience the questions (\*must be alkie); ¶2: "Frothy..."; ¶4: "Men and woman drink..."  
PERSONALIZE (use "restless, irritable, and discontented for "spiritual malady")
- page xxviii, ¶2 - 4: **different types of alcoholics** - 1) psychopaths who are emotionally unstable 2) those who are unwilling to admit that they can drink [safely] 3) those who think they can drink again after a period of abstinence 4) manic-depressive type 5) types entirely normal in every respect except in the effect alcohol has upon them. They are often able, intelligent, friendly people ☺; ¶5 & 6
- Dr.'s Op. wrap-up: \*stress craving -- **Main idea to look at in the Dr.'s Op.**:  
***"When I put alcohol in me, do I break out in craving for more alcohol?"***  
If your answer is "yes", you are powerless over alcohol physically and that will never change.

**BILL'S STORY**

- B.W. Exercise: write these words in your book: "think, drink, feel". Read pages 1 - 8 and highlight every way you can identify with been in the way he thought, drank, and felt.
- page 8, ¶1 - "No words..." -- have I felt like this? Drunk and/or sober?
- pages 9 - 16 - highlight everything you're not willing to do that Bill did to recover from alcoholism. \*When you get to the end of page 43, ask yourself if you are **now** willing to do those things which you highlighted on pages 9 - 16. (see if a *shift* took place.)

[END of TAPE 1]

TAPE #2: Step 1 continued: **There is a Solution, More About Alcoholism, & pages 44, 45, 52**

### **THERE IS A SOLUTION**

- page 17, ¶1: "We..."; ¶2, 13 lines down: "The feeling of having shared..." 1 part common problem, 1 part common solution; ¶3: "The tremendous fact..."
  - page 18, ¶1: "An illness..." (continue turning statements into questions)... this is also a description of the "spiritual malady"; ¶4: "But the ex-problem drinker..."; ¶5: "That the man..."... what to look for in a sponsor
  - page 19, ¶1, lines 3 & 4: "We feel that..."; ¶2: "If we keep..."
- \*Remember tool: go from Doc's Op. – page 43 and answer questions
- page 20, ¶1: "You may already..."; ¶2: "It is the purpose... specifically...";
  - ¶3&4: (possibly skip)
  - **3 different types of drinkers** –
    - page 20, ¶5: 1) Moderate drinker
    - page 20, ¶6: 2) Hard drinker
    - page 21, ¶1: 3) Real Alcoholic(these can be hooked back to the 4 types of alkie described on pgs. 108-110)
  - page 22, ¶4: "We know..."
  - **DESCRIPTION OF POWERLESSNESS OF THE BODY TO ALCOHOL ENDS**
  - **POWERLESSNESS OF THE MIND**: pages 23-43
  - Page 23, ¶1, lines 1-5
  - From pages 23-43 we look at: **Why am I powerless over alcohol mentally BEFORE the first drink?**
    - Make a list of the 10 most insane things you've done in your life... (Mark's trying to get us to see that **the** most insane thing we've ever done is to pick up a drink... while we were stone-cold sober, at our very best)
    - The next 20 pages describes that we have lost:
      - 1) power 2) choice and 3) control over alcohol
    - page 23, ¶1, lines 5-7: make a list of all the reasons you have to not take a drink (i.e.: wife, family, children, job, etc.)
    - page 23, ¶2: "Once in a while..."
      - **OBSESSION = LIE** (pages 30-31: **ILLUSION, DELUSION, and SELF-DECEPTION**)
    - page 23, ¶3 & 4: "How true..."
    - page 24, ¶1: "The fact..." (mentions: "lost the power of choice")
    - page 24, ¶2 & 3: "The almost certain consequences..." (Hot stove example.)
    - page 24, ¶4: "When this sort of thinking..."
    - page 25, ¶1: "There is a solution..."
    - page 25, ¶2: "The great fact..."
    - page 25, ¶3: "If you are as seriously..." (talks about and gives examples of "middle-of-the-road" solutions.)
    - talk about "human aids". Make a list of all the human powers you have in your life (i.e.: children, husband, wife, job, career, etc.) ASK YOURSELF: "Will these things keep me away from a drink?"
    - pages 26 – 27: The story of Roland Hazard (Mark just paraphrased and briefly talked about Roland's experience with Dr. Carl Jung.)

- page 28, ¶1: “We, in our turn...” (Seek recovery with the desperation of a drowning man.)
- page 29, ¶1: “Further on, clear-cut directions...” (FWT1st: “precisely”, page 20: “specifically”, page 29: “clear-cut directions”)

### **MORE ABOUT ALCOHOLISM**

- page 30, ¶1, 2, & 3 (pages 30 & 31 mention “*illusion*, *delusion*, and *self-deception*” which all mean “LIE”.) also (the words “*power*”, “*choice*”, and “*control*” can be used interchangeably.)
- page 31, ¶1: “Despite all we can say...”
- page 31, ¶3: a TEST for the PYHSICAL ALERGY
- page 32, ¶1 & 2: Skimmed through “Man of 30”.
- page 33, ¶1: “This case contains...” THERE MUST BE NO RESERVATION OF ANY KIND... Gives an example of a reservation and why my ego will take me back to drinking long before that...
- page 33, ¶2 & 3: just mentions that the 2<sup>nd</sup> ¶ talks about young people and the 3<sup>rd</sup> ¶ talks about women. The book shows me that alcohol doesn’t care if I’m young, old, mal, female, black, white, etc... in regards to me drinking it again.
- page 34, ¶2: “For those who are unable...” QUESTION: “Can I quit on a non-spiritual basis?”
- page 35, line 1: So we shall describe some of the mental states...”
- page 35, ¶1: “What sort of thinking...”

**NOTE:** Mark paraphrases the examples in this chapter to save time.

**Quite often Mark read only the first sentence or two of a paragraph to save time.**

- page 35, ¶2 & 3: **JIM**
- page 36, ¶1, 2, & 3
- page 37, ¶1: definition of INSANITY regarding my mental just BEFORE the first drink
- page 37, ¶4: **THE JAYWALKER** Replace references to “jaywalker” with my name. Replace “jaywalking” with drinking.
- page 38, ¶1, 2, & 3
- page 39, ¶1 -- *ITALICS*
- page 39, ¶2: **FRED** (a high bottom drunk)
- page 40, ¶1, 2, & 3
- page 41, ¶1 & 2
- page 42, ¶1, 2, & 3
- page 43, ¶1
- page 43, ¶3: “Once more: The alcoholic at certain times...”

## **WE AGNOSTICS**

- page 44, ¶1: “In the preceding chapters...”
- WRITE DOWN THESE WORDS: **NEED, WANT, CHOICE, RIGHT, NECCESARY**, and **DESIRE**. Then ASK THESE 2 QUESTIONS:
  - 1) “Once I take a drink and it’s in my body, can I stop drinking based on: NEED, WANT, CHOICE, what’s RIGHT, what’s NECCESARY, or my DESIRE? (That’s a test for physical craving)
  - 2) “Once I’m stopped, can I stay stopped based on: NEED, WANT, CHOICE, what’s RIGHT, what’s NECCESARY, or my DESIRE? (That’s a test for the mental obsession)
- page 44, ¶2
- **DESCRIPTION OF MENTAL OBSESSION ENDS**
- SPIRITUAL MALADY: pages 45 and 52 (and I’d like to add pages 8, 151, and 152)
- page 44, ¶4: “If a mere code...”
- page 45, ¶1: “Lack of power...” HIGHLIGHT “where” and “how”
- page 52, ¶2, lines 3-8: “We were having trouble with...”
- 8 traits of “untreated alcoholism” (the “bedevilments”... “spiritual malady”)
  - 1) trouble personal relationships
  - 2) can’t control my emotional nature
  - 3) prey to misery and depression
  - 4) can’t make a living (a happy and successful life)
  - 5) feelings of uselessness
  - 6) full of fear
  - 7) unhappy
  - 8) can’t help other people

[END OF TAPE 2]

**END OF STEP 1**