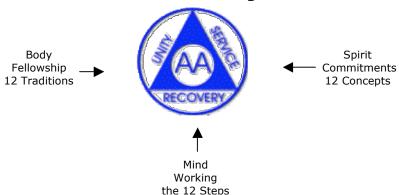
The Circle & Triangle



The circle & triangle represents the Alcoholics Anonymous solution to alcoholism. It is an overview of our three-part answer (unity, recovery, & service) to our three-part disease (physical, mental & spiritual).

I get relief from Unity and Service. I get freedom from Recovery.

<u>Pg v. contents</u>: Doctor's Opinion – Ch 3 = Step 1. The Problem Ch 4 = Step 2. The Solution Ch 5 – 7 = Steps 3-12 Direction & Treatment

<u>Pg xxvi</u>: Men and women drink.... Break down paragraph sentence by sentence, explain how it applies to you as to both drinking and thinking.

- Pg 1: Read first 8 pages of Bill's Story.

 Check dictionary for words not known or understood
 In writing, Identify with how he thinks, drinks, feels
 Step 1 on pg 8 Quicksand.
- Pg 9: Finish Bill's Story, look for and mark Steps 2-12. Write out your story.
- Pg 17 Ch 2: Go through, look up words not known, and write down identification notes.
- Pg 27: "...ideas, emotions and attitude" write out "Am I ready for this revolutionary change?
- Pg 28: "if what we have learned and felt and seen..." This is the Solution: Am I willing for this to happen in my life?" Write out answer
- Pg 31: "here are some of the methods we have tried..." Add to list with both drinking and thinking and about methods used to think or live like other people; how they apply to you re: drinking and thinking.

Pg 34: _____ = example of person who thinks they can control their own life. Give 10-20 examples of your own.

Go through all 4 stories, describe thought that led them to drink – give examples of doing same.