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 / alergy / 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 alkies 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, DELUSSION, 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.)

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 PHYSICAL ALEGY
• 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 2nd ¶ talks about young people and the 3rd ¶ 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