

Got a very hard question, if you are up to it. If you are reading this, you must figure your brain is up to it, so here goes:

If you were diagnosed with a fatal disease and a doctor told you she had a cure if you took the medicine she prescribed exactly as prescribed that it would not only save your life but improve your life, what would you do?

If you say you would do as she recommended, would you wait until next week to start it, if you were still alive, or would you start taking it immediately?

But there is a stipulation, you must take the medicine exactly as she prescribes, not how your family tells you to, or your friends, co-students, co-workers, what you hear in a meeting, etc.

Now, let us say the disease you have is alcoholism, does that change anything? Isn't the principle the same? The prescription is in the Big Book starting on page xi up to and including Chapter 11. You see that is where the instructions for the 12 Steps are.

If you are really serious, e-mail me nightly, without missing a night, the answers which are asked below. Just the answers. And if you are too tired, or don't feel good, or have to study or some other off the wall excuse, don't even start because if you don't think you life is worth that much, don't waste my time.

Again, only do this with me if you are really serious and consistent. If not, God bless you and the people around you and lots of luck because it usually doesn't work unless you take this seriously.

A 25 DAY BIG BOOK READING PLAN & ASSOCIATED QUESTIONS  
(pages are from the 4<sup>th</sup> edition Big Book)

One way to study the Big Book is to do it in small portions at a time following the suggestions below without missing a day. This is the only way to get the full benefit out of this.

1 - Read the section designated through once by study it. In other words, highlight, take notes, mark or underline whatever in the reading you find of interest or can relate to in your own experience, and/or what you don't understand. Have a dictionary with you and if you don't know the meaning of some words please look them up so you fully understand what it says.

2 - Read the section through a second time without stopping to become more familiar with material.

3 - As soon as you can, discuss the section you just read with another recovering alcoholic who is knowledgeable and/or interested in the Big Book.

Questions and fill in statements have been included below. The answers to each may be found on the page noted at the end of the question or statement.

When you read the book make it personal, make it about you. Here is an example of how to do so using an important line found at the very bottom of page 14. It reads: "For if an alcoholic fails to perfect and enlarge his spiritual life through work and self-sacrifice for others he could not survive the certain trials and low spots ahead."

Change it in your mind so as to make it more personal for you by reading as such: "For if I fail to perfect and enlarge my spiritual life through work and self-sacrifice for others I will not survive the certain trials and low spots ahead."

DAY 1  
PAGE XI TO PAGE XXII  
HISTORY

1 The A.A. recovery program is described where? pg xi

2 The main purpose of the Big Book is \_\_. pg xiii

3 Many do not comprehend that we are \_\_. pg xiii

4 How did the broker (Bill W.) keep sober prior to his journey to Akron? pg xvi

5 Bill suddenly realized he must \_\_ to save himself? pg xvi

6 Dr. Bob began to pursue the \_\_. pg xvi

7 \_\_ is vital to permanent recovery. pg xvii

8 It was found out that if A.A.'s did not what together, what would happen? pg xix

9 The hope for the ones who have not found an answer is \_\_.

pg xxi

10 The Twelve Steps summarize \_\_. pg xxii

11 Recovery begins \_\_. pg xxii

DAY 2  
PAGE XXIII TO PAGE XXXII  
THE ILLNESS OF ALCOHOLISM

1 Where is the plan of recovery found? pg xxv

2 We who have suffered alcoholic torture must believe \_\_.

pg xxvi

3 We work our solution on what two planes? pg xxvi

4 What pulls us back from the gates of where? pg xxvii

5 When can these allergic types use alcohol? pg xxviii

6 What must our ideas always be grounded in if they are to do what? pg xxviii

7 We drink because \_\_. pg xxviii

- 8 When does the phenomenon of craving develop? pg xxix
- 9 There is very little hope of recovery unless \_\_. pg xxix
- 10 One feels that something more than what is needed to produce what? pg xxix
- 11 When we start drinking the \_\_ develops. pg xxx
- 12 The only relief is \_\_. pg xxx

DAY 3  
PAGE 1 TO PAGE 8 PARAGRAPH 4  
PROGRESSION OF THE ILLNESS

- 1 Bill took a drink because he was \_\_. pg 1
- 2 Liquor stopped being what and became what to Bill? pg 5
- 3 What type of fight did Bill put up after he said he meant business? pg 5
- 4 Did his high resolve not to drink keep him sober? pg 5
- 5 Bill was told besides being selfish and foolish he was \_\_.  
pg 7
- 6 Our will when it comes to combating liquor is \_\_. pg 7
- 7 Alcohol was what to Bill? pg 8
- 8 What preceded Bill's first drink after fear sobered him up for a bit? pg 8
- 9 Bill was catapulted into what and came to know what three things? pg 8
- 10 What happens to these three things? pg 8

DAY 4  
PAGE 8 PARAGRAPH 8 TO PAGE 17  
A TWELVE STEP CALL, RECOVERY

- 1 Bill's friend made the point-blank declaration that \_\_.  
pg 11
- 2 What novel idea was Bill given by his friend concerning God? pg 12
- 3 What is needed to begin to grow? pg 12
- 4 Upon what foundation was Bill to build what he saw in his friend? pg 12
- 5 God is concerned with us \_\_. pg 12
- 6 When in doubt we should \_\_. pg 13
- 7 We shouldn't pray for \_\_ except \_\_. pg 13
- 8 Bill's friend made what promise to him? pg 13
- 9 The four essential requirements to establish and maintain the new order of things are \_\_. pg 13
- 10 Simple, but not easy, but what price had to be paid?  
pg 14
- 11 Bill's friend emphasized \_\_ to him? pg 14
- 12 The last sentence on page 14 tells us if we do not do what, how to do it, and what will happen?
- 13 Bill was plagued with \_\_ and it nearly drove him to \_\_.  
pg 15
- 14 He found when all other measures failed what would save the day? pg 15

DAY 5  
PAGE 17 TO PAGE 25 PARAGRAPH 1  
POWERLESSNESS

- 1 What is the great news the Big Book carries to us? pg 17
- 2 Elimination of our drinking is but what? pg 19
- 3 What makes us more useful to others? pg 19
- 4 Our very lives as ex-problem drinkers depend upon \_\_.  
pg 20
- 5 We have recovered from a hopeless condition of what two things? pg 20
- 6 The purpose of the Big Book is to answer questions about recovery how? pg 20
- 7 What happens to us when we start to drink? pg 21
- 8 Once any alcohol whatever is taken into our bodies, what happens, where and makes what virtually impossible? pg 22
- 9 The terrible cycle is set in motion by \_\_. pg 23
- 10 Our main problem lies \_\_. pg 23
- 11 As alcoholics, our obsession is \_\_. pg 23
- 12 We have lost what? pg 23
- 13 The most what desire to do what is of absolutely no avail to us? pg 24
- 14 The fact is that we have lost \_\_. pg 24
- 15 We are unable, at certain times, to bring what into our consciousness? pg 24

- 16 We are without defense against \_\_. pg 24
- 17 What certain consequences don't enter our minds and if they do, what happens with them? pg 24
- 18 We have placed ourselves beyond \_\_. pg 24

DAY 6  
PAGE 25 PARAGRAPH 1 TO PAGE 30  
THE SOLUTION TO ALCOHOLISM

- 1 What is the solution? pg 25
- 2 We must pick up \_\_ laid at our feet? pg 25
- 3 A spiritual experience will revolutionize our what three things? pg 25
- 4 What two alternatives do we have? pg 25
- 5 Spiritual experiences appear to be in the nature of \_\_ and do what? pg 27
- 6 What once used to be the guiding forces of our lives and what happens to them and they are replaced by what? pg 27
- 7 What terms are needed to form a relationship with this living Creator and what is needed to do so? pg 28

DAY 7  
PAGE 567 TO PAGE 569  
SPIRITUAL EXPERIENCE

- 1 We have tapped what? pg 568
- 2 Any alcoholic can recover if he or she is capable of \_\_.  
pg 568
- 3 We must not close their minds to what? pg 568
- 4 \_\_ is the only thing that can defeat us? pg 568
- 5 What are the three indispensable essentials of recovery?  
pg 568
- 6 The principle which is bar against all information, proof against all arguments and which cannot fail to keep us in ever lasting ignorance is \_\_.pg 568

DAY 8  
PAGE 30 TO PAGE 35 PARAGRAPH 1  
MORE ABOUT THE ILLNESS

- 1 Most of us were unwilling to admit we were \_\_. pg 30
- 2 Why? pg 30
- 3 \_\_ is the great obsession of every abnormal drinker? pg 30
- 4 We had to fully concede \_\_ to ourselves? pg 30
- 5 The first step in recovery is \_\_. pg 30
- 6 \_\_ has to be smashed? pg 30
- 7 We have lost our ability to do what? pg 30
- 8 No alcoholic ever recovers what? pg 30
- 9 We are in the grip of what type of illness which gets how over any considerable period? pg 30
- 10 Once a \_\_, always an \_\_. pg 33
- 11 Once we commence to drink after a period of sobriety, we are in how long as bad as ever? pg 33
- 12 There must be what of any kind, nor what notion we someday will be immune to what? pg 33
- 13 To be bravely affected by alcohol, how much and how long must one drink? pg 33
- 14 The baffling feature of alcoholism is \_\_. pg 34
- 15 What is the crux of our problem? pg 35

DAY 9  
PAGE 35 PARAGRAPH 1 TO PAGE 44  
INSANITY, THE FIRST DRINK

- 1 What did Jim not do after things were going well for him and what happened to him? pg 35
- 2 What is insanity? pg 37
- 3 Name five feelings that will make us feel justified to get drunk? pg 37
- 4 We will be absolutely unable to stop drinking on the basis of \_\_. pg 39
- 5 Since Fred would not admit he was an alcoholic, he would not accept what answer for his problem? pg 39
- 6 Insanity precedes \_\_. pg 40
- 7 What kind of defense do we have at certain times against the first drink? pg 43
- 8 Our defense against the first drink must come from \_\_.  
pg 43

DAY 10

PAGE 44 TO PAGE 48 PARAGRAPH 1  
OPEN MINDEDNESS

- 1 Two questions to determine if we are alcoholic are \_\_\_.  
pg 44
- 2 The only solution to the illness of alcoholism is \_\_\_.  
pg 44
- 3 What are the two alternatives we face? pg 44
- 4 What is our dilemma? pg 45
- 5 The main object of the Big Book \_\_\_. pg 45
- 6 What is needed to set be aside and what needs to be expressed to get results. pg 46
- 7 Whose conception of God should we use? pg 46
- 8 What did we have to admit to begin to be possessed by a new sense of power and direction provided we did what? pg 46
- 9 God does not make too hard terms with whom? pg 46
- 10 The Big Book speaks of whose conception of God? pg 47
- 11 The one short question we need to ask ourselves is \_\_\_.  
pg 47
- 12 When are we emphatically assured he or she is on there way? pg 47

DAY 11  
PAGE 48 PARAGRAPH 1 TO PAGE 58  
THE SOLUTION

- 1 In the face of collapse and despair, in the face of the total failure of their human resources, these people found what new four things? pg 50
- 2 List eight items that describe our lives as being unmanageable? pg 52
- 3 What choice do have make about God? pg 53
- 4 God is found where and only where? pg 55
- 5 We are restored to our right minds by \_\_\_. pg 57
- 6 We must \_\_\_ for God to disclose Himself to us? pg 57

DAY 12  
PAGE 58 TO PAGE 63 PARAGRAPH 4  
STEP THREE

- 1 Rarely does who fail? pg 58
- 2 What must be decided before taking certain steps? pg 58
- 3 List three things we need to remember about alcohol. pg 58
- 4 Who has all power? pg 59
- 5 We must ask \_\_\_ of God? pg 59
- 6 What is suggested as a program of recovery? pg 59
- 7 The point is are to grow along what lines? pg 60
- 8 The three pertinent ideas are \_\_\_. pg 60
- 9 The first requirement for Step Three is \_\_\_. pg 60
- 10 \_\_\_ is root of our troubles. pg 62
- 11 We must get rid of what and if we do not, what does it do to us and who gets rid of it? pg 62
- 12 We are less interested in \_\_\_ now and more interested in \_\_\_. pg 63
- 13 In the Step Three prayer, we ask God to relieve us of the bondage of self for what reason? pg 63
- 14 In the Step Three prayer, why do we ask Go d to remove our difficulties? pg 63
- 15 We think how before taking Step Three? pg 63

DAY 13  
PAGE 63 PARAGRAPH 4 TO PAGE 67 PARAGRAPH 3  
STEP FOUR, RESENTMENTS

- 1 Though the decision (Step three) is \_\_\_, it will have little permanent effect unless what? pg 64
- 2 What defeated us? pg 64
- 3 We are to consider the common manifestations of \_\_\_. pg 64
- 4 The number one offender of alcoholics is \_\_\_. pg 64
- 5 Why? pg 64
- 6 From it stems \_\_\_. pg 64
- 7 We have been suffering from what three illness's? pg 64
- 8 We put resentments where? pg 64
- 9 We ask ourselves what about them? pg 64
- 10 We find out \_\_\_ was hurt or threatened. pg 64

- 11 We put opposite each name what? pg 65
- 12 We go where with our lives? pg 65
- 13 A live which includes deep resentments leads only to \_\_\_\_.  
pg 66
- 14 Our hope as alcoholics is \_\_\_\_ pg 66
- 15 This business of resentment is what? pg 66
- 16 What happens when we harbor resentments and what returns?  
pg 66
- 17 We have to be free of what? pg 66
- 18 The Step Four list is \_\_\_\_ to our future? pg 66
- 19 We ask God to show us what to whom? pg 67
- 20 We avoid \_\_\_\_ pg 67
- 21 We put what out of our minds? pg 67
- 22 We look for our mistakes. List four of them. pg 67
- 23 What do we do with our faults that we see? pg 67

DAY 14  
PAGE 67 PARAGRAPH 3 TO PAGE 68 PARAGRAPH 4  
STEP FOUR, FEAR

- 1 A short word that touches about every aspect of our lives is \_\_\_\_ pg 67
- 2 We do what with these fears? pg 68
- 3 We ask what question about them? pg 68
- 4 The answer we found was \_\_\_\_ pg 68
- 5 A better basis is \_\_\_\_ pg 68
- 6 We are in the world to play what role? pg 68
- 7 Calamity can be matched with serenity how? pg 68
- 8 What do we do with our fears? pg 68
- 9 When do we start out growing fear? pg 68

DAY 15  
PAGE 68 PARAGRAPH 4 TO PAGE 72  
STEP FOUR, SEX CONDUCT

- 1 We do what with our sex conduct over the years? pg 69
- 2 What questions do we ask ourselves and do what with the answers? pg 69
- 3 We want to do what for our future what life? pg 69
- 4 We subject each relation to what test? pg 69
- 5 We ask God to do what and help us do what? pg 69
- 6 We must be willing to do what? pg 69
- 7 \_\_\_\_ alone can judge our sex situation. pg 69
- 8 If we are not sorry and continue to harm others, what promise is made? pg 70

DAY 16  
PAGE 72 TO PAGE 75  
STEP FIVE

- 1 We have been trying to get what and discover what? pg 72
- 2 A solitary self-appraisal is \_\_\_\_ pg 72
- 3 If we skip Step Five, what happens? pg 72
- 4 Why do many people drink again? pg 73
- 5 Some people hold on to what? pg 73
- 6 We must tell someone how much of our life story? pg 73
- 7 We must be what with somebody if we expect what? pg 73
- 8 How do we think about who is to hear this intimate and personal step? pg 74
- 9 What is the rule about being hard on whom and considerate of whom? pg 74
- 10 When do we talk to this person? pg 75
- 11 When does a spiritual experience start? pg 75

DAY 17  
PAGE 76 PARAGRAPHS 1-2  
STEPS SIX AND SEVEN

- 1 What has been emphasized as being indispensable? pg 76
- 2 What two questions must we now answer before the Step Six prayer? pg 76

- 3 If we cling to what, what do we do? pg 76
- 4 What defects of character are we asking God to remove in Sep Seven? pg 76
- 5 We ask for strength to do what? pg 76

DAY 18  
PAGE 76 PARAGRAPH 3 TO PAGE 84 PARAGRAPH 2  
STEPS EIGHT AND NINE

- 1 Where did we get the list of persons we have harmed and to whom are we willing to make amends to? pg 76
- 2 We are to go to our fellows and do what? pg 76
- 3 We have not the will to do this, we \_\_. pg 76
- 4 What is our real purpose in making amends? pg 77
- 5 It is seldom wise to approach individuals who are \_\_. pg 77
- 6 What will impress people more than talk? pg 77
- 7 We never get over drinking until we do what? pg 77
- 8 We must lose our \_\_ of creditors because if we don't, we are liable to do what? pg 78
- 9 We at times ask for what to do the right thing? pg 79
- 10 Each morning in meditation with our Creator we ask for what four things? pg 83
- 11 The spiritual life is not a theory so we must do what with it? pg 83
- 12 What do we do with wrongs we can never fully right? pg 83

DAY 19  
PAGE 84 PARAGRAPH 2 TO PAGE 85 PARAGRAPH 3  
STEP 10

- 1 We have entered the world of the Spirit, our next function is \_\_ which will take how long? pg 84
- 2 We are to continue to watch for what four things? pg 84
- 3 When any of the four crop up, what four things do we do?  
pg 84
- 4 How do we react to alcohol if we keep in what type of condition? pg 85
- 5 It is easy to do what and if we do, where are we headed?  
pg 85
- 6 We have a daily reprieve contingent on what? pg 85
- 7 We must carry \_\_ every day in what of our activities?  
pg 85

DAY 20  
PAGE 85 PARAGRAPH 3 TO PAGE 89  
STEP ELEVEN

- 1 Step Eleven suggests what? pg 85
- 2 Prayer and mediation works if we have what toward it and do what? pg 86
- 3 When we retire at night, what do we do with the day? pg 86
- 4 List seven questions to take at this time? pg 86
- 5 We must be careful not to drift into \_\_. pg 86
- 6 After reviewing our day, we \_\_. pg 86
- 7 On awakening we do what? pg 86
- 8 What do we ask God to do? pg 86
- 9 When we face indecision, we \_\_. pg 86
- 10 We ask God especially for freedom from \_\_. pg 87
- 11 We are careful not to pray for what? pg 87
- 12 What do we do when agitated or doubtful? pg 87
- 13 We remind ourselves of what? pg 87
- 14 By doing this we are in less danger of what 6 things?  
pg 88

DAY 21  
PAGE 89 TO PAGE 104  
STEP TWELVE, HOW TO MAKE A TWELVE STEP CALL

- 1 Practical experience shows what about drinking? pg 89
- 2 We should express what freely? pg 93
- 3 To be vital, faith must be accompanied by what three things? pg 93
- 4 What do we tell the new person about why we are trying to help him or her? pg 94
- 5 We offer what two things to a new person? pg 95

- 6 For a person to find God, the desire must come from \_\_\_\_.  
pg 95
- 7 \_\_\_\_ is the foundation stone of our recovery? pg 97
- 8 How often must we act the Good Samaritan? pg 97
- 9 We do not stop drinking so long as we place dependence upon what instead of on whom? pg 98
- 10 What are the two conditions to recovery? pg 98
- 11 Recovery is not dependent upon what? pg 99
- 12 Recovery is dependent upon \_\_\_\_ pg 100
- 13 We must walk day by day in the path of \_\_\_\_ pg 100
- 14 No matter what our present circumstances, what will let us live in a new and wonderful world? pg 100
- 15 The rule about avoiding places where liquor is served is \_\_\_\_ pg 101
- 16 When should we go to a place where alcohol is served?  
pg 102
- 17 If we are not on solid spiritual ground, what we should \_\_\_\_ pg 102
- 18 Now that we are sober, our job is \_\_\_\_ pg 102

DAY 22

PAGE 104 TO PAGE 122

THE WAY WE WERE, THINGS WE DID, PEOPLE WE HURT

- 1 What situation is too difficult or unhappiness too great to be overcome? pg 104
- 2 Resentment is what to an us? pg 117
- 3 Why should we work with other alcoholics? pg 119
- 4 Why is a relapse not always such a bad thing? pg 120

DAY 23

PAGE 122 TO PAGE 136

now that we are sober

- 1 What makes us grow? pg 124
- 2 We have barely scratched a limitless lode which will pay dividends only if we do what with it? pg 129
- 3 God wants us to keep our heads where and our feet where?  
pg 130
- 4 We must spend much time with other alcoholics but this activity should be \_\_\_\_ pg 131
- 5 We absolutely insist on doing what with life? pg 132
6. We have been the power to do what now we have recovered?  
pg 132
- 7 God wants us to be \_\_\_\_ pg 133

DAY 24

PAGE 136 TO PAGE 151

SOME PRINCIPLES THAT CAN BE USED  
WHEN WORKING WITH OTHERS

- 1 To get over drinking will require \_\_\_\_ pg 143
- 2 What are our five greatest enemies? pg 145

DAY 25

PAGE 151 TO PAGE 164

HISTORY AND FUTURE

- 1 We must remember our real reliance is upon \_\_\_\_ pg 164
- 2 If your relationship with God is right, what will come for us and countless others? pg 164

ADDITIONAL QUESTIONS

PAGES xi-xxii  
HISTORY

- xi When did the first edition Big Book appear?  
What is the Big Book to our society?  
Why is there a sentiment against any radical changes being made to it?
- xii What was the purpose of changes over the years to the Big Book?
- xiii What is the main purpose of this book?  
Our way of living has advantages for who?

- xiv How much are our fees or dues?  
What is the membership requirement?  
We are allied with whom or what?  
What is our wish?
- xv What was the spark that flared into the first A.A. group?  
What relieved the broker's drink obsession?
- xvi List five tenets of the Oxford Group.  
What did the broker recall he must do to save himself?  
What did the broker give the physician? (two things)
- xvii What is vital to permanent recovery?  
When was the Big Book first published?
- xix It was found out that if A.A.'s did not what together, what would happen?  
Who can be excluded from our fellowship?  
What may our leaders do, not do?
- xx What was the recovery rate for early A.A.'s?  
What particular medical point of view does A.A. take?  
Alcohol respects whom?
- xxi What is the hope for the ones who have not found an answer?
- xxii What do the Twelve Steps do?  
What do the Twelve Steps blaze?  
When does recovery begin?

PAGE XXIII TO PAGE XXXII  
THE ILLNESS OF ALCOHOLISM

- xxv Where is the medical estimate of the plan of recovery found?  
What did a patient who acquired certain ideas concerning recovery do with them and what did he impress upon them?  
What is the basis of our growth?
- xxvi We who have suffered alcoholic torture must believe what?  
Any picture that leaves what out is what?  
What is the doctors theory?  
We work our solution on what two planes?  
When and why is hospitalization favored for some?
- xxvii An alcoholic ought to freed from what before what can be of maximum benefit?
- xxviii The phenomenon of craving is limited to whom and never occurs in whom?  
When can these allergic types use alcoholic?  
What type appeal never suffices?  
The message that can interest and hold the alcoholic must have what?  
What must an alcoholic's ideas always be grounded in if they are to do what?  
What has been found to contribute most to he rehabilitation of alcoholic men and women?  
Why do men and women drink?  
After a time, alcoholics can not differentiate what from the what?  
What life seems normal to alcoholics?  
What gives them ease and comfort to alcoholics from being restless, irritable and discontentment?
- xxiv When does the phenomenon of craving develop? (mentioned two times)  
Unless what happens is there very little hope of recovery?  
The very person who seemed doomed, who had so many problems he despaired of ever solving them, suddenly finds what with only what effort necessary?  
What develops when we start drinking?
- xxx What is the only relief?
- xxxi A alcoholic who believed there was no hope for him, accepted what found where? What happened to him?
- xxxii A alcoholic became sold on what and what happened to him?  
What advise is every alcoholic given and asked to do?

PAGE 1 TO THE BOTTOM OF PAGE 8  
PROGRESSION OF THE ILLNESS

- 1 What did Bill forget concerning drink?  
Why did Bill take the first drink?
- 2 Why did Bill nearly fail his law course?  
What disturbed his wife?  
What was going to turn in its flight like a boomerang and all but cut Bill to ribbons?



- 3 What was taking and important and exhilarating part of Bill's life?  
Bill's drinking assumed what and continued for almost what times?
- 4 As Bill drank, what came back to him?  
Why did Bill's friend in Canada let him go?
- 5 Liquor stopped being what and became what to Bill?
- 6 What happens to the will in an alcoholic when it comes to combating liquor? What about in other respects?
- 7 What does the first paragraph mean to you?  
What preceded Bill's first drink after fear sobered him up for a bit?  
Bill was catapulted into what and came to know what?

BOTTOM OF PAGE 8 TO THE BOTTOM OF PAGE 17  
A TWELVE STEP CALL, RECOVERY

- 9 What did his friend not do? What did his friend do?  
His friend was told of what two things by two men?  
Why did Bill's friend come to him?
- 10-11 Observe for Bill's prejudice to religion.
- 11 Bill's friend made what point-blank declaration?  
What did Bill's friend bring and give to Bill?
- 12 What novel idea was Bill given by his friend concerning God?  
What is needed to begin to grow?  
What was the foundation did Bill need to grow on?  
When is God concerned with us?
- 13 Look for the idea of the following Steps: Three to Eleven  
What should you do when in doubt?  
What should you not pray for?  
What promise did Bill's friend make to him?  
What are the four essential requirements to establish and maintain the new order of things?
- 14 Simple, but not easy. What price needs to be paid?  
What things must be turned over to whom?  
How soon after Bill accepted these revolutionary and drastic proposals did what happen?  
Bill's friend emphasized what to him?  
The last sentence on this page tells us if we do not do what, and how to do, what will happen? (a great promise)
- 15 What plagued Bill and what did they sometimes nearly drove him to do?  
When all other measures failed, what would save the day?
- 16 Faith has to work how many hours a day in and through us or what happens?

PAGE 17 TO THE TOP OF PAGE 25  
POWERLESSNESS

- 17 Who are we?  
What are the two elements that bind us?  
We have all discovered what?  
What is the great news the Big Book carries to those who suffer from alcoholism?
- 18 An ex-problem drinker who has found what and who is properly armed with what can generally win what in how long?  
Until the above is done, what can be accomplished?  
List nine conditions that have found to be most effective in working with a new person.
- 19 Elimination of our drinking is but what for us?  
What lies ahead for us?  
Why did the authors publish the Big Book and what did they put in it?  
What makes us more useful to others?
- 20 Our very lives as ex-problem drinkers depend upon what?  
A bunch of questions are listed here that are commonplace observations on drinkers. What is back of them all?
- 21 What happens to an alcoholic when he or she starts to drink?  
How does an alcoholic react if he or she keeps away from drink for months or years?  
Once any alcohol whatever is taken into the body of an alcoholic, what happens and where?
- 23 Where does the main problem of an alcoholic lie?  
What is the obsession of an alcoholic?  
What has the alcoholic lost?  
The most what desire to do what is of absolutely no avail to an alcoholic?  
This tragic situation has arrived when?  
The fact is that alcoholics have lost what?  
They are unable, at certain times, to bring what into their consciousness what?

We are without defense against what?  
What certain consequences don't enter our minds and if they do, what happens with them?  
An alcoholic had placed him or herself beyond what aid?

TOP OF PAGE 25 TO PAGE 29  
THE SOLUTION TO ALCOHOLISM

- 25 What is the solution?  
We must pick up what at our feet?  
We will find we will be rocketed where?  
A spiritual experience will revolutionize our what?  
The central facts of our lives needs to be what?  
What are the two alternative we have?
- 26 A certain American business man acquired a profound knowledge of the inner workings of his mind and its hidden springs.  
What did this knowledge do for him?
- 27 Spiritual experiences appear to be in the nature of what and do what?  
Do religious convictions spell the necessary vital spiritual experience need to overcome alcoholism?
- 28 Who are children of a living Creator?  
What terms are needed to form a relationship with this living creator and what is needed to do so?
- 29 What is the hope of the authors of the Big Book?

PAGE 30 TO THE TOP OF PAGE 35  
MORE ABOUT THE ILLNESS

- 30 Most of us were unwilling to admit we were what? Why?  
What is the great obsession of every abnormal drinker?  
Many pursue it where?  
We had to fully concede what to ourselves?  
What is the first step in recovery?  
What has to be smashed?  
We have lost our ability to do what?  
No alcoholic ever recovers what?  
We are in the grip of what type of illness which gets how over any considerable period?
- 31 How will some try to prove they are not alcoholics?  
We do not ever pronounce any individual as what?  
How can you quickly diagnose yourself as an alcoholic if you really must?
- 32 Once he started drinking, he had no what?  
What belief did the man of thirty fall to?
- 33 Finish this statement: "Once an \_\_\_\_\_, always an \_\_\_\_\_.  
Once we commence to drink after a period of sobriety, we are in how long as bad as ever?  
There must be what of any kind, nor what notion we someday will be immune to what?  
Why will many young people be encouraged because of this man's experience but will find they can not win out?  
To be bravely affected by alcohol, how much and how long must one drink?
- 34 Whatever a person can quit upon a nonspiritual basis depends upon what?  
What is the baffling feature of alcoholism?
- 35 What is the crux of our problem?

TOP OF PAGE 35 TO PAGE 43  
INSANITY, THE FIRST DRINK

- 35 Describe Jim  
Those that came in contact with Jim, told him what?  
What did Jim not do after things were going well for him and what happened to him?
- 36 How long did Jim think about drinking before drinking?  
What did the knowledge Jim have about himself being an alcoholic do for him?
- 37 What is insanity?  
What are some feelings that will make us feel justified to get drunk?
- 37-38 Can you relate your past behavior to the jay-walker?
- 39 An alcoholic will be absolutely unable to stop drinking on the basis of what?  
Why did Fred say he was in the hospital?  
Since Fred would not admit he was an alcoholic, he would not accept what answer for his problem?
- 40 Insanity precedes what?
- 41 Relate Fred's feelings before his first drink to Jim's.  
How much time did Fred think about drinking before he drank?

42 Fred found out since he had an alcoholic mind, what would not help in strange mental blank spots?

An alcoholic mentality is what type of condition?

What did the two men who visited Fred outline to him?

The moment Fred made up his mind to go through with the progress (took Step Three), he had what curious feeling?

43 It takes what for most alcoholics before the really commence to solve their problems?

A doctor at a renowned hospital stated he was not a religious person but had a profound respect for what and said what about any other solutions?

The alcoholic at certain times has what kind of defense against the first drink?

Our defense against the first drink must come from where?

#### PAGE 44 TO THE TOP OF PAGE 48

##### OPEN MINDEDNESS

44 What are the two questions to determine if you are an alcoholic?

What is the only solution to alcoholism?

What are the two alternatives we face?

45 What is our dilemma?

What is the main object of the Big Book?

46 What is needed to set be aside and what needs to be expressed to get results and when do we get them?

Whose conception of God should we use?

What did we have to admit to begin to be possessed by a new sense of power and direction provided we did what?

God does not make too hard terms with whom?

The Realm of the Spirit is open to who?

47 Whose conception of God does the Big Book speak of?

What is the one short question we need to ask ourselves?

When is a person emphatically assured he or she is on the way?

48 Alcohol is what kind of persuader? It beat us into what?

#### TOP OF PAGE 48 TO PAGE 57

##### THE SOLUTION

49 The authors of the Big Book beg us to lay aside what?

50 What questions should each individual settle for him or herself?

What are the three things necessary for a revolutionary change to take place in our way of living and thinking?

In the face of collapse and despair, in the face of the total failure of their human resources, these people found what four things? When did these things happen and what was needed for it to happen?

51 What is the important fact in the lives of those above?

52 List eight items that describe our lives being unmanageable?

Whose ideas did not work? Whose did?

53 What choice do have make about God?

55 Where is the fundamental idea of God found?

This idea of God can be obscured by what?

God is found where and only where?

What must be done to join others on the Broad Highway?

With what can we not fail?

57 Who restored this man's sanity?

What made this man willing to believe?

Who has restored us to our right minds?

What must we do for God to disclose Himself to us?

#### PAGE 58 TO THE BOTTOM OF PAGE 63

##### STEP THREE

58 Who fails this program?

What must be decided before taking certain steps?

We must me what from the start to succeed?

We must let go of what unless the results are nil?

List three things alcohol is.

59 Who has all power?

Half measures availed us what?

Where did we stand?

We must ask what of God?

What is suggested as a program of recovery?

What Steps are multi-part?

60 We claim what rather than what?  
 What are the three pertinent ideas?  
 What is the first requirement for Step Three?  
 We are always in what with whom or what?  
 We live by what?  
 We are compared to whom?

61 What is our basic trouble?  
 We are what?

62 What is root of our troubles?  
 We are driven by what?  
 Our troubles are made by whom?  
 We must get rid of what and if we do not, what does it do to us and who gets rid of it?  
 We have to quit playing what?  
 What do we do to let God be in our lives?  
 Most good ideas are what?

63 What did God provide and what did we need to be provided?  
 We are less interested in what now and more interested in what?  
 We begin to lose our fear of what?  
 In the Step Three prayer, we ask God to relieve us of the bondage of self for what reason?  
 In the Step Three prayer, why do we ask God to remove our difficulties?  
 When do we take Step Three? What is the criteria for taking it?  
 It is desirable to take this Step with whom?  
 What kind of effect is sometimes felt and when?

PAGE 63 TO THE BOTTOM OF PAGE 71  
 STEP FOUR

63 We launch out on what?

64 What was the decision we made and what type of effect will it have?  
 Liquor was what?  
 What defeated us?  
 What are we to consider the common manifestations of?  
 What is the number one offender of alcoholics? Why?  
 From it stems what?  
 What three illnesses have we been suffering from?  
 Where do we put resentments?  
 What do we ask ourselves about them?  
 We find out what was hurt or threatened?

65 What did we put opposite each name?  
 We go where with our lives?  
 What is the only thing that counts?

66 A life that includes deep resentment leads where?  
 What do we squander by permitting these?  
 What is the hope of an alcoholic?  
 This business of resentment is what?  
 What happens when we harbor resentments and what returns?  
 We have to be free of what?  
 The Step Four list is what to the future?  
 How are we going to look at it?

66-67 We ask God to show us what to whom?

67 We avoid what?  
 What do we put out of our minds?  
 We look for our mistakes. List four of them.  
 Whose inventory are we taking?  
 What do we do with the faults we find and are willing to do what with them?  
 What short word touches about every aspect of our lives?  
 It sets in motion what and who set the ball rolling?

68 What do we do with fears?  
 What question do we ask about them?  
 What did we find the answer was?  
 What is the better basis?  
 What role in the world are we to play?

How can we match calamity with serenity?  
 We never apologize for what?  
 We can laugh at who?  
 What is the way of faith?  
 What do we do with our fears?  
 When do we start out growing fear?  
 Many of needed an overhauling in what area?  
 69 We are told to stay out of what controversy?  
 We all have what type of problems?  
 What do we do with our sex conduct over the years?  
 What questions do ask ourselves and do what with the answers?  
 We want to do what for our future what live?  
 We subject each relation to what test?  
 We ask God to do what and help us do what?  
 We must be willing to do what?  
 How do we treat sex and any problem?  
 Who only can judge our sex situation?  
 69-70 Who is to be the final judge?  
 70 If we continue to harm others, what promise is made?  
 If sex is very troublesome, what do we do?  
 What have done what with our resentments?  
 We comprehend there what and see what?  
 We begin to learn what to whom?  
 71 God can remove what that did what?  
 We have to this point swallowed and digested what?

PAGE 72 TO PAGE 75  
STEP FIVE

72 What have we been trying to do?  
 We have admitted what and have done what?  
 A solitary self-appraisal is what?  
 What happens if we skip Step Five?  
 72-73 Why do many people drink again?  
 Some people hold on to what?  
 We must tell someone how much about our life story?  
 More then most people, the alcoholic leads what?  
 We push far inside us what causing us what which makes for more?  
 Why do psychologists have a low opinion of alcoholics?  
 73-74 We must be what with somebody if we expect what?  
 74 How do we think about who is to hear this intimate and personal?  
 What is the rule about being hard on whom and considerate of whom?  
 The person we talk to must be able to what three things?  
 75 When do we talk to this person?  
 What do we do with our pride?  
 How do we feel after taking this Step?  
 When does a spiritual experience start?  
 After taking this Step what do we do next?  
 We thank God from the bottom of our hearts for what?  
 We look in the Big Book how, for what?  
 We ask ourselves what four questions?

PAGE 76 PARAGRAPHS 1 AND 2  
STEPS SIX AND SEVEN

76 What has been emphasized as being indispensable?  
 What two questions must we now answer before the Step Six prayer?  
 If we cling to something, what do we do?  
 What defects of character are asking God to remove in Step Seven?  
 We ask for strength to do what?

PAGE 76 PARAGRAPH 3 TO PAGE 84 PARAGRAPH 2  
STEPS EIGHT AND NINE

76 Faith without what is what?

Where did we get the list of persons we have harmed and to whom we are willing to make amends to?  
 We are to go to our fellows and do what?  
 We attempt to sweep away what?  
 We have not the will to do this, we do what?  
 We agreed to what in the beginning?

77 What is our real purpose in making amends?  
 It is seldom wise to approach individuals who are what?  
 What will impress people more than talk?  
 People will be interested in more of what than what?  
 It is harder to go to whom than to who and which is more beneficial  
 In what manner do we go to people?  
 Under no condition do we not do what?  
 We tell people what about ourselves?

78 What do we do with the faults of others?  
 What do we do with our faults?  
 In nine times out of ten what happens?  
 What happens when our amends are not accepted?  
 How do we approach our creditors?  
 We must lose our what of creditors because if we don't, we are liable to do what?

79 We at times must remind ourselves of what?  
 We ask for what when we are in doubt?  
 We can shrink at what?

80 Before taking drastic action which might implicate others we do what four things?

82 An alcoholic is like what?

83 Reconstruction will take how long?  
 We ought sit down with our families and do what?  
 We must be careful not to do what with our families?  
 Each morning in meditation with our Creator we ask for what four things?  
 What must we do with our spiritual life?  
 What will convince others more than our words?  
 What do we do with wrongs we can never fully right?  
 We must be what about this phase of our development and will be what before we are how much through?

PAGES 83-84  
 THE TWELVE PROMISES

84 These promises will happen when?  
 They will materialize if we do what?

PAGE 84 PARAGRAPH 2 TO PAGE 85 PARAGRAPH 3  
 STEP 10

84 We are to continue to do what?  
 When did we commence this way of living?  
 We have entered the world of the Spirit, what is our next function?  
 This will take how long?  
 We continue to look for what four things?  
 When any of the four crop up, what four things do we do?  
 We have ceased fighting what by this time?  
 We if are tempted to liquor we do what?

85 How do we react to alcohol if we keep in what type of condition?  
 It is easy to do what and if we do, where are we headed?  
 Why  
 We have a daily reprieve contingent on what?  
 We must carry what every day in what of our activities?  
 What is the proper use of our will power?

PAGE 85 PARAGRAPH 3 TO PAGE 88  
 STEP ELEVEN

85 Step Eleven suggests what?  
 Pray and mediation works if we have what toward it and do what?  
 When we retire at night, what do we do with the day?  
 List seven questions to take at this time?

- We must be careful not to drift into what?
- After reviewing our day, we do what?
- On awakening we do what?
- What do we ask God to do?
- When we face indecision, we do what?
- 87 We conclude our period of meditation how?
- We ask God especially for freedom from what?
- We are careful not to pray for what?
- What do we do when agitated or doubtful?
- We remind ourselves of what?
- 88 By doing the above, we are in less danger of what 6 things?
- We are undisciplined so we do what?

PAGE 89 TO PAGE 103

STEP TWELVE, HOW TO MAKE A TWELVE STEP CALL

- 89 Practical experience shows what about drinking?
- What is the experience we must not miss?
- What is the bright spot of our lives?
- What is our only aim to others?
- 90 What do you do if a person does not want to stop drinking?
- Why do you do this?
- What do you do with a person who is very drunk?
- 91 What do you talk to a new person about at first?
- 92 What prevents normal functioning of the will power concerning the first drink?
- 93 You should express what freely?
- What is the main thing a new person be willing to believe?
- What type of language should you use when describing spiritual principles to a new person?
- To be vital, faith must be accompanied by what 3 things?
- How do you deal with someone who's religious education and training is far greater than yours?
- 93-94 We represent what particular faith or denomination?
- 94 What do you outline to the new person?
- What do you tell the new person about why you are trying to help him or her?
- What obligation is the new person under to you?
- The new comer should put what ahead of what?
- Why is better for the new person to feel hopeless?
- What do you do when a new person gives reasons why he or she not follow all the program?
- 95 You should never what to a new person?
- Offer what 2 things to a new person?
- If a new person wants you to act as a banker or a nurse, you should do what, until when?
- For a person to find God, the desire must come from where?
- 96 We find it what to keep chasing a person who cannot or will not with you?
- 97 What is the foundation stone of your recovery?
- How often must you act the Good Samaritan?
- We let an alcoholic live in our homes for how long?
- 98 The person who cry's for money and shelter before conquering alcohol is where?
- What is the question about giving?
- The minute we put our work on a service plane, what happens to the new person?
- We do not stop drinking so long as we place dependence upon what instead of on God?
- What are the two conditions to recovery?
- What is to be avoided like the plague?
- 99 When should a person who is divorced or separated get back with his or her family?
- When will the time for living together be known?
- 99-100 Recovery is not dependent upon what, upon what?
- 100 We must walk day by day in the path of what?
- No matter what our present circumstances, what will let live in a new and wonderful world?
- What is the wrong with an alcoholic who still has an alcoholic mind?
- Any scheme of combating alcoholism which proposes to shield the sick man from temptation is doomed to what?
- What is the rule about avoiding places where liquor is served?
- 102 Where should you be if you go to a place where alcoholic is served?
- If you are not on solid spiritual ground, what should you do?
- What is your job now you are sober?

Who will keep you unharmed if you have good motives?  
103 What spirit might repel alcoholics?  
Who made our problems?  
What were bottles?  
We have stopped doing what to whom and what?

PAGE 104 TO PAGE 121

THE WAY WE WERE, THINGS WE DID, PEOPLE WE HURT

104 What situation is too difficult or unhappiness too great to be overcome?  
108 An alcoholic lives in what type of world?  
116 Calamity and often be what? Why?  
117 Resentment is what to an alcoholic?  
119 Why should an alcoholic work with other alcoholics?  
120 Is a relapse always such a bad thing? Why?

PAGE 122 TO PAGE 135

NOW THAT WE ARE SOBER

122 Cessation of drinking is but what from where?  
124 What makes us grow?  
What makes live seem so worth while to us now?  
What is the key to happiness for others?  
We can avert death and misery for others with what?  
125 We should invariably temper our talks about others how?  
When do we relate intimate experiences of others?  
127 Who is mainly to blame for what befell the house?  
Material well-being always followed what?  
Where should a recovering person exert him or herself?  
129 We have barely scratched a limitless lode which will pay dividends only if we do what with it?  
130 God wants us to keep our heads where and our feet where?  
Why?  
131 Drinking does what to homes?  
We must spend much time with other alcoholics but this activity should be what?  
132 We absolutely insist on doing what with life?  
We should not indulge in what over the state of the nations and what do we do with the world's troubles?  
What 2 things do we do for the person sinking in the mire of alcoholism?  
Why do we recount and almost relive the horrors of our past?  
What 2 things do we think makes for usefulness?  
We have been the power to do what now we have recovered?  
133 God wants us to be what?  
Who made our past misery?  
If trouble comes, what should we do with it?  
What is a powerful health restorative?  
We should take our health problems to whom?  
135 A alcoholic must go on what?

PAGE 136 TO PAGE 150

SOME PRINCIPLES THAT CAN BE USED WHEN WORKING WITH OTHERS

142 What are you wasting by working with someone who does not want to stop drinking?  
143 To get over drinking will require what?  
145 What are the greatest enemies of alcoholics?

PAGE 151 TO PAGE 164

HISTORY AND FUTURE

151 What are the hideous Four Horsemen?  
152 What happens to us if we are not happy in sobriety?  
We can find release from care, boredom and worry where?  
What about our years of existence that lie ahead?  
153 How are we to become happy, respected, and useful once again?  
154 What is the first drink?  
159 Besides staying sober, what else do you get from helping others?  
160 Aside from fellowship and sociability, what was the reason for these people meeting once a week?



164 What should you ask God for in the morning?

Answers will come if what is in order?

If your relationship with God is right, what will come for you and countless others?

PAGES 567-568

569 How many times is the word change or a word meaning change used on this page?

What words are used to mean change?

567 Our members have tapped what?

568 Any alcoholic can recover if he or she is capable of what?

He or she must not close their minds to what?

What is the only thing that can defeat us?

What are the three indispensable, essentials of recovery?

What is the principle which is bar against all information, proof against all arguments and which cannot fail to keep you in ever lasting ignorance?