

# THE PRIMARY PURPOSE GROUP BIG BOOK STUDY GUIDE

A Study of the Basic Text for Alcoholics Anonymous

## PREFACE

There is evidence that alcoholism has been around since the beginning of recorded history. Noah gave good signs of possibly having a problem with alcohol after the Great Flood. He reportedly drank of the wine and passed out naked in his tent. But only twice in the history of mankind has there been a group of serious drinkers who figured a way to stay physically sober.

The first of these were the Washingtonians. They stayed away from drink by having meetings and telling their stories. They had no program to live by nor did they have a set of guidelines for the conduct of their Fellowship. As the result of these deficiencies, they lasted only a very short time. The life span of that Fellowship was approximately ten years -- from 1840 to somewhere around 1850.

The other group of alcoholics, successful in sobriety, is known as Alcoholics Anonymous. By God's grace and mercy, the Founders of this Fellowship were given a very practical Program of action which assures permanent emotional sobriety. They also learned, through success and failure, how to preserve the Fellowship which is vital to those suffering alcoholics not yet reached.

Our Founders learned from the mistakes of the Washingtonians and the alcoholics who had died, ignoring the mistakes of others who had failed. This book, *Alcoholics Anonymous*, was written to provide each of us with an opportunity to learn how to live and enjoy life and how we may protect the future of this Fellowship.

In this Text Book for permanent sobriety, we find the Twelve Steps of Alcoholics Anonymous, which assure a method of escaping death by drinking or permanent insanity for chronic alcoholics. We also are given the Twelve Traditions of Alcoholics Anonymous, which assure the unity, survival and growth of the Fellowship, so necessary for most alcoholics seeking a solution for their problems.

## FOREWARD TO THIS STUDY GUIDE

The purpose of this Study Guide is to enable the student to understand the information the authors of the book, *Alcoholics Anonymous*, intended to impart to each of us based on their experience and knowledge of alcoholism and their Program of Recovery. It can be used by an individual or by a group. This Guide is intended to examine the content of virtually every sentence in the basic text of the Big Book.

The beginning of a paragraph is identified by the letter (P) preceding the number of the first question of that paragraph. Some sentences contain more than one important piece of information that we will want to consider. To indicate these sentences, the questions will be indented with the number of the question followed by a lower case letter (i.e. 8-a, 8-b, 8-c, etc.). The number of the question is repeated to indicate that we are still in that one sentence.

The study begins with the "dust jacket." The "dust jacket" is reversible. On one side is the title of the book and the other side is blank so persons wishing to maintain their anonymity can simply turn it over and re-cover the book in "plain white paper."

The titled side also tells us what the book *Alcoholics Anonymous* is to members of the Alcoholics Anonymous Fellowship. In the lower right-hand corner it reads, "This is the Third Edition of the Big Book, the Basic Text for Alcoholics Anonymous." A similar statement is made in the middle of the Fourth Edition dust cover. The "Basic Text" for any subject contains the experience and knowledge of the authors so that the student can establish a foundation of understanding in and of the subject. The authors of this Basic Text Book, *Alcoholics Anonymous*, present their experience and knowledge of the Problem - Alcoholism, the Solution - God, *as we understand Him*, and the Practical Program of Action they followed that will produce recovery from alcoholism (The Twelve Steps of Alcoholics Anonymous). They did such a perfect job that members of the Fellowship of Alcoholics Anonymous have been unable to improve the effectiveness of this book in the Second and Third Editions -- a remarkable truth considering that the first principal author had only four years of sobriety. The second principal author had three and one-half years. The rest of the authors had even less.

This book also contains the Twelve Traditions so very vital to the survival of the Fellowship. So long as our individual groups stay within the boundaries of the Twelve Traditions, the Fellowship of Alcoholics Anonymous will flourish.

Since the students and practitioners of this Text Book rarely, if ever, return to drinking, its true authorship must have been derived from a Higher Power. It has proved to provide a Solution to all our problems. This fact is demonstrated by the large number of Fellowships that have borrowed and adapted our Twelve Steps and Twelve Traditions to find a solution to their particular problems which have nothing to do with drinking.

It isn't enough to just have faith. We must also do good works to prove we have faith. Faith that doesn't show itself by good works is no faith at all; it is dead and useless. This Book provides clear-cut directions on what we must do to have that faith. It does not fail.

Since Bill W. was so precise in the use of the English language in his authorship of this Book, it is a good idea to keep a dictionary nearby. For example, the real problem of the chronic alcoholic is the "insidious insanity" that leads to the first drink. According to Webster, circa 1936:

**insidious** - awaiting a chance to ensnare.  
**ensnare** - to lure, entice or capture.  
**insanity** - state of being insane, unsoundness of mind, derangement of mind esp. without recognition of one's illness.

## ACKNOWLEDGEMENTS

Credit for this Study Guide must begin with Bill W. and Dr. Bob. Their determination to stay sober led them to search for and go to alcoholics who were suffering from alcoholism. From their efforts, and the efforts of those they had helped, came the First One Hundred sober men and women. From that Fellowship came a Program which would be known as "Alcoholics Anonymous."

Because of the two "Arkansas Travelers," Joe McQ. and Charlie P., their "The Big Book Comes Alive" meetings and their four day "Big Book Seminars" at which they shared their knowledge and experience of our Program, came our first understanding of the material in the Basic Text for Alcoholics Anonymous. This created a thirst for an even greater knowledge of the vital information contained in the Big Book. This desire gave birth to The Primary Purpose Group of Alcoholics Anonymous of Dallas, Texas, in January, 1988. So, to all the present and past members of this Group goes thanks for their interest and participation.

We also must give thanks to a great lady, Londa, who took time from her job and family to correct some errors that were made by the alcoholics who prepared this Study Guide.

But most of all, we give our thanks to our Heavenly Father for revealing to the First One Hundred the secret of this Program which promises alcoholics and many others how to have a primary purpose and learn how to enjoy a life that is happy, joyous and free!

## PREFACE TO FOURTH EDITION

(Page xi)

- (P) 1. Which Edition is this one?
- 2-a. When was it first published?  
2-b. How many copies went into circulation between the First and Second Editions?
- 4-a. When was the Second Edition published?  
4-b. How many copies of the Second Edition were sold or distributed?
- 6-a. When was the Third Edition published?  
6-b. How many copies went were put into circulation?
- (P) 8-a. What has this book become?  
8-b. Why?  
8-c. Has there been a desire to make any changes in it?
11. Have there been any significant changes in the first 164 pages?
- 12-a. What has been kept totally intact?  
12-b. Dr. Silkworth was what to our society?
- (P) 14. What three things were added to the Second Edition?
- 15-a. What was the chief change to the Second Edition?  
15-b. Why were these changes made?
17. What else is said about the Second Edition? (rest of paragraph)

(Page xii)

- (P) 1. What part of the Big Book was left unchanged in the Third Edition?
2. What changes were made? (2 sentences)

- (P) 3-a. What has been added to the Fourth Edition?
- 3-b. What has been revised?
  - 5. How have the “Story Sections” been revised? (rest of paragraph)
- (P) 6-a. What is the nickname for the Basic Text, *Alcoholics Anonymous*?
- 6-b. Why have changes been made in the Big Book?
- 6-c. And, hopefully, to accomplish what?
- 9. What is our hope for a person with a drinking problem as he reads this book?

FOREWARD TO FIRST EDITION

(Page xiii)

- (P) 1-a. Who authored this book?
- 1-b. How many were there?
- 1-c. What had happened to them?
- 4. Why did they go to the trouble to write this book?
- 5. If we have a drinking problem and study this book, what else will we need?
- 6. What do we think can be accomplished by reading this book?
- 7. What is it that many do not comprehend?
- 8. Do we believe this book is for alcoholics only?
- (P) 9. Why was it important for the authors of this book to remain anonymous?
- 10. Were the authors of this book “bums”?
- 11. What is our alcoholic work?
- (P) 12-a. What are we told to do if we write or speak publicly?
- 12-b. We are told to identify ourselves as what?
- (P) 14. Are we serious about anonymity at the level of the press?
- (P) 15. Are we an organization?

(Page xiv)

- 1. How much does it cost for membership in A.A.?
- 2. What is the only requirement for membership?
- 3-a. With whom are we affiliated?
- 3-b. Who or what are we against?
- 5. What is our single simple wish?
- (P) 6. For those who read this book, who do we want to hear from?
- 7. What is it we really want to do?

- (P) 8. Who else would we like to hear from?

#### FOREWAORD TO SECOND EDITION

The "Foreword to Second Edition" provides a brief history of the first 20 years of the creation of Alcoholics Anonymous. In this Foreword, Bill W. tells how, through Dr. Silkworth and the Oxford Group, he found a solution to his alcoholism. He tells how he was able to stay sober by trying to help other alcoholics. He recounts how his business venture in Akron failed and why he so desperately felt the need to find another alcoholic to talk with. This need led to his meeting with Dr. Bob, who had tried to find a way to stay sober but had failed completely. Their meeting led to the two of them believing they could stay sober if they worked together. From their combined efforts to protect their sobriety, by searching out and going to suffering alcoholics, came a fellowship of sober alcoholics from whom came the lifesaving Program of Alcoholics Anonymous, which is the content of this book.

They tell how they found the acceptance and endorsement of some of the leading citizens of our country. We learn of some of the favorable publicity this little group of sober alcoholics received from some very influential news sources which led to a rapid growth of the Fellowship.

We are given a glance at the recognition of some of the problems our Founders faced and how they successfully developed a set of guidelines for our conduct within our respective groups and within the Fellowship itself -- the Twelve Traditions of Alcoholics Anonymous.

We learn how successful those seeking help were when the only guide we had was this Big Book, the Basic Text for our Fellowship. It is very obvious that we are not doing nearly as well today because of the emphasis on "meetings" rather than the "Program"- (These are the steps we took, which are suggested as a program of recovery).

It concludes by telling us of the hope behind the writing of this Book.

(Page xv)

- (P) 1. From the First Edition to the publication of this Edition, what had taken place?
2. What was the hope of the earliest printing?
3. Had this hope become a reality by 1955?
- (P) 4. How many years passed before the Second Edition was published?
- 5-a. During that period of time, how many A.A. groups had formed?
- 5-b. How many alcoholics had recovered?
7. How far had A.A. spread during these sixteen years? (3 sentences)
8. What did many of our friends see ahead for our Fellowship?
- (P) 9-a. Where was the first group formed?
- 9-b. When was the first group formed?
- 9-c. Who were the principals of the first group?

*(Comment: The stockbroker was Bill W. and the physician was Dr. Bob S.)*

- 12-a. How long had Bill W. been recovered?
- 12-b. How had Bill W. been relieved of his drinking problem?

(Page xvi)

- 1-c. What had preceded Bill's recovery?
- 1-d. With whom had the friend (Ebby T.) been in contact?
- 3-a. Who else had been very helpful to the Bill's recovery?
- 3-b. What was Dr. Silkworth's specialty?
- 3-c. How do we, as a Fellowship, feel about Dr. Silkworth?
- 3-d. Where do we find his story?
7. What vital piece of information did Bill W. learn from the doctor?
- 8-a. Could Bill accept the tenets of the Oxford Group?
- 8-b. What tenets could he accept?

Comment: Refer to page 292 Third Edition and page 263 Fourth Edition

- (P) 10-a. What had Bill done before going to Akron?  
10-b. On what theory had he done this?  
10-c. What were the results of his efforts?
- 13-a. What had happened to his business venture in Akron?  
13-b. How did it affect him?
15. What did he realize?
16. Who did he find as the result of his efforts?
- (P) 17-a. What had the doctor done to try to whip his drinking problem?  
17-b. Had it worked?
- 19-a. What did Bill tell Dr. Bob?  
19-b. Did that information prove helpful to Dr. Bob?
21. How successful was Dr. Bob doing what Bill told him he had done?
22. What did this prove?

(Page xvii)

1. What other important fact did it prove?
- (P) 2. What did the two men then do?
3. What happened with their first case? (2 sentences)
4. Did they quit with that success?
5. Were they extremely successful with others?
- 6-a. When did Bill return home?  
6-b. What had happened that he and Dr. Bob were unaware of?

*(Comment: In some copies of the Big Book, the following paragraph is broken into two paragraphs. Where that is the case, the first paragraph begins as follows*

“By late 1937, the number of members having substantial sobriety time behind them was sufficient to convince the membership that a new light had entered the dark world of the alcoholic.”

*The second paragraph reads:*

“A second small group had promptly taken shape at New York. And besides, there were scattered alcoholics who had picked up the basic ideas in Akron or New York and were trying to form A.A. groups in other cities.”

- (P) 8-a. Where was the second A.A. group formed?  
8-b. When and where was the third group formed?
10. Were groups being formed elsewhere?
11. When did the sober alcoholics realize they had something really worthwhile?
- (P) 12. What did they believe it was time to do?
13. What did their determination produce?
14. How many sober alcoholics were there at that time?

15. Where did the name for the Fellowship come from?

16. Did they realize they had a new road ahead?

(P) 17. What happened when this Book appeared?

18-a. What noted clergyman reviewed the Book?

(Page xviii)

1-b. What did the noted clergyman think of this Book?

2. What happened in the Fall of 1939?

3-a. What results did that produce?

3-b. Where had Alcoholics Anonymous established an office?

5-a. How many inquiries were answered?

5-b. How were they answered?

7. How else were the inquiries handled?

8. What were the A.A.'s surprised to learn?

9. How many alcoholics were on their way to recovery by the end of 1939?

(P) 10. What happened in the spring of 1940?

11. What was the result of this dinner?

12. What was the estimated membership in March, 1941?

13-a. Who wrote an article about A.A. in March, 1941?

13-b. What were the results of this article?

15. By the end of 1941, how many members were there?

16. Was Alcoholics Anonymous now a recognized entity? (2 sentences)

(P) 17. What period did we then enter?

18. What test did we face?

19. What was the second question?

20. What was the third question?

(Page xix)

1. What was the fourth question?

2. Were these concerns valid?

3. What conviction came from this period?

4. What did they realize they must do?

(P) 5. What did the principles, for which they were searching, produce?  
*(The answer to this question includes the entire paragraph.)*

(P) 6. Where in this book do we find these lifesaving principles?

- 7-a. Did these prove to be laws?
- 7-b. Did the Fellowship approve of them?

9. What is one of our greatest assets?

(P) 10-a. What was happening as we were learning how to overcome our internal difficulties?

(Page xx)

1-b. Did the public come to accept A.A.?

2. What were the two main reasons for public acceptance?

3. Were people impressed?

4. As a general statement, what percentage of alcoholics who were willing to try the Program found sobriety?

*Question: Are we seeing that level of success today? Why not?*

5. What did thousands of alcoholics do?

6. What did great numbers of these folks finally do?

(P) 7. What was another reason for the acceptance of A.A.?

8. Was this support important to the early growth of A.A.?

9. Where can we find some of the recommendations made by early supporters of A.A.?

(P) 10. Is Alcoholics Anonymous a religious movement?

11-a. Does A.A. have a particular point of view?

11-b. With which two professional fields does A.A. cooperate?

(P) 13. Is alcoholism more prevalent in particular segments of society, origins, cultures, etc.?

14. What religious affiliations find A.A. acceptable?

15. Do women make up a reasonable percentage of the A.A. membership?

(P) 16. At what rate is A.A. growing?

*(Comment: Here, we will find discrepancies ranging from 7 - 20%)*

(Page xxi)

1. Has A.A. made a significant impact on the many alcoholics in our world?

2. Does A.A. hope, someday, to completely solve the alcoholic problem?

3. Does A.A. claim to have the only solution for alcoholism?

4-a. What is the "great hope" of Alcoholics Anonymous?

4-b. Where is this hope to be found?

4-c. They will then do what?

## FOREWORD TO THIRD EDITION

(Page xxii)

(P) 1-a. When was the Third Edition first printed?

- 1-b. How many members were estimated?
- 1-c. How many groups were estimated?

- (P) 4. Was A.A. reaching more and a wider range of alcoholics?
- 5. Was the number of women members increasing?
- 6. Was A.A. reaching younger alcoholics?
- (P) 7. Was A.A. finding that the Program was effective for all alcoholics, regardless of anything and everything?
- 8. Was the Program of A.A. finding its way into distant lands and being translated into different languages?
- (P) 9. Has the growth of the Fellowship changed the simplicity of the Program?
- 10. What is the Program of Alcoholics Anonymous really about?

#### FOREWORD TO FOURTH EDITION

(Page xxiii)

- (P) 1. When was the Fourth Edition first published?
- 2-a. When was the Third Edition first published?
- 2-b. What happened to the membership?
- 2-c. What was the membership estimated to be in 2001?
- 2-d. How many groups were there?
- 2-e. In how many countries could AA be found?
- (P) 7-a. What has played a major role in our growth/
- 7-b. What striking phenomenon had occurred over that 25 year period?
- 9. When an AA seed was planted, what happened?
- 10. How many translations of the Big Book were there in 2001?
- (P) 11. What has been the result of reaching a greater number of people?
- 12. In 1939, who did the phrase, “We are people who normally would not mix” refer to?
- 13. Like so much of our Basic Text, what have those words proved to be?
- 14. What do the stories added to this Edition represent?

(Page xxiv)

- (P) 1-a. What has our literature accomplished?
- 1-b. How are the sweeping changes in our society reflected?
- 3. How are some of us taking advantage of technological advances?
- 4. What is the difference between on-line meetings and home group meetings?
- 5. In any meeting, anywhere, what are we responsible to do?
- 6-a. In any meeting, anywhere, what language are we to use?
- 6-b. What is the advantage of the language of the heart?

## THE DOCTOR'S OPINION

The "Doctor's Opinion" was written by William D. Silkworth, M.D. To many recovered alcoholics, this section of the Big Book is considered to be the most important as it describes alcoholism in terms that make sense to the real alcoholic. From this description, the alcoholic learns the exact nature of the disease of alcoholism and how hopeless this condition of mind and body seems to be. We are told why we are unable to control the amount we drink once we have taken the first few drinks. But more important, we are told why it is that we cannot manage our decision to not take the first drink once we have made a firm decision, pledge, vow, promise, etc. to never drink again.

He also expresses his belief, based on his observations, in the effectiveness of the Program of Alcoholics Anonymous as a method of assuring the essential entire psychic change which he believed to be the only solution for the seemingly hopeless state of mind and body.

Dr. Silkworth was trained in Neurology and lost his practice as the result of the stock market "crash" of 1929. He met Charlie Towns who was in search of a physician to direct his hospital, Towns Hospital, which specialized in the treatment of alcoholics and drug addicts. Dr. Silkworth accepted the position for a stipend of \$40.00 a week. His plans were to re-enter private practice when he could afford to do so, but the time never came. He devoted his entire career to a practice of helping alcoholics. Many thousands of alcoholics were directed to Alcoholics Anonymous because of his faith in our way of life.

Without Dr. Silkworth's opinion of alcoholism, Alcoholics Anonymous would not have happened. It is only when we clearly understand a problem that we may be able to find a solution. Bill W. understood the hopelessness of his alcoholism from Dr. Silkworth's opinion. Dr. Bob understood the hopelessness of his alcoholism after Bill W. explained Dr. Silkworth's opinion to him.

If an alcoholic really wants to stop drinking for good and all, he must fully concede to his innermost self that he has a hopeless condition of mind, body and spirit. This is the first step in recovery and the "Doctor's Opinion" gives us the knowledge necessary to surrender to that truth.

Very simply, from this section of the Big Book, we learn why it is that the real alcoholic has a body that can never get enough alcohol and a mind that will not let the alcoholic leave it alone.

Note: The FOREWORD TO FOURTH EDITION advanced the page numbers for THE DOCTOR'S OPINION by two (2) and will be so noted.

Third (Page xxiii) - Fourth (Page xxv)

- (P) 1. What do we of Alcoholics Anonymous believe about this book?
2. What is the source of the convincing testimony in this book?
- 3-a. Who gave Alcoholics Anonymous this "opinion" of alcoholism?
- 3-b. What was his position?
- (P) 5. What was Dr. Silkworth's specialty?
- (P) 6. How did Dr. Silkworth describe the patient (Bill W.) he attended in 1934?
- (P) 7. What happened during Bill's third course of treatment?
8. As part of Bill's recovery, what did he try to impress upon other alcoholics?
9. His work was the basis for what?
10. How many did Dr. Silkworth say had recovered by 1939?
- (P) 11. How many did Dr. Silkworth know from his personal experience?

*(Comment: In the original draft of the Big Book, Dr. Silkworth said, "I personally know of 30 of these cases who were of the type with whom other methods had failed completely." He was willing to stake his reputation on these 30 hopeless cases that he saw recover, as Bill did, in Towns Hospital. The other 60 plus recovered alcoholics were in Akron or Cleveland.)*

- (P) 12. Why do these facts seem to be of extreme medical importance?

Third (Page xxiv) - Fourth (Page xxvi)

1. Did Dr. Silkworth believe this Program would work for many others?

- (P) 2. Did Dr. Silkworth have complete confidence in recovered alcoholics?
- (P) 3. What did the authors of this Book request of Dr. Silkworth?
4. In Dr. Silkworth's enlarged statement, what fact does he confirm that suffering alcoholics must believe?
5. What didn't satisfy us?
6. Was there any truth in them?
7. Of what are we sure?
8. What must be included to make the picture of alcoholism a complete one?
- (P) 9. Which part of the doctor's theory is of interest to alcoholics?
10. Is our opinion considered valuable?
11. As ex-problem drinkers, what of his theory interests us?
12. What does it do for us?
- (P) 13. Do we favor hospitalization for the very sick alcoholics?
14. What is often necessary before we can begin to work with a person?

Third (Page xxv) – Fourth (Page xxvii)

- (P) 1. Who should be interested in what is contained in this book?
- (P) 2-a. What was Dr. Silkworth's position?  
2-b. His hospital specialized in what?
- (P) 4. Did Dr. Silkworth believe the material in this book was of sufficient substance to warrant his contribution?
- (P) 5. What did Dr. Silkworth say that doctors believed to be of importance to alcoholics?  
6. With everything the medical profession had going for them, what were the doctors not equipped to do?

Question - Did he believe that the medical profession had the ability to really help the alcoholic?

*(Comment: Your observation from the preceding 2 sentences.)*

- (P) 7. What was it that one of the leading contributors (Bill W.) of this book wanted to do with the ideas he had acquired?
- (P) 8-a. What privilege did Bill request of Dr. Silkworth?  
8-b. Was Dr. Silkworth really supportive of the idea?
10. How did he feel about the cases that he reviewed after Bill W. did his thing?
11. How did Dr. Silkworth view recovered alcoholics?
12. What do recovered alcoholics believe in?

*(Comment: On this page, Dr. Silkworth mentions "moral psychology," followed by "powers of good" and finally "Power". He recognized our need for a Higher Power and expressed his acceptance of this fact in the foregoing fashion.)*

- (P) 13. Did Dr. Silkworth believe that hospitalization for the sick alcoholic is appropriate?

Third (Page xxvi) – Fourth (Page xxviii)

- (P) 1-a. What did Dr. Silkworth believe to be the cause of the alcoholic's out-of-control drinking (**powerlessness**)?  
1-b. Does this phenomenon exist with normal drinkers?
- 3-a. How much alcohol can a real alcoholic safely use?

3-b. Once the alcoholic has passed into the hopeless state, what happens?

- (P) 5. Can emotional pleading help an alcoholic see the truth?  
6. What type of message **can** help an alcoholic?

7-a. In what must the alcoholic's ideals be grounded?

7-b. Since alcoholism destroys lives, what can happen if our ideals are grounded in a Higher Power?

- (P) 9. What would cause psychiatrists to accept and recommend the A.A. Program?  
10. What did Dr. Silkworth believe could do a more effective job in helping alcoholics?

- (P) 11. Why do alcoholic men and women drink?

*(Comment: If you will go to pages 83 & 84, and put the words, "When I had a few drinks" in front of the Ninth Step Promises, you may be able to recognize the effect the alcoholic gets from the first few drinks.)*

12-a. Does the alcoholic understand why he drinks?

12-b. Does drinking cause problems or injuries as Dr. Silkworth terms them?

12-c. What is the real problem with the alcoholic?

15. What is normal to the alcoholic?

16-a. In the absence of a few drinks, what does the alcoholic feel?

16-b. What can they experience from taking a few drinks?

Third (Page xxvii) – Fourth (Page xxix)

1-c. What effect do alcoholics see others experience when they drink?

2-a. What happens after the alcoholic succumbs to that desire for a few drinks?

2-b. What is the result of the first few drinks?

2-c. How does the alcoholic feel afterward?

2-d. What is the national anthem (resolution) of every alcoholic?

6-a. How well does the alcoholic manage the resolution to never take another drink (**unmanageability**)?

6-b. To be successful in sobriety, what must the alcoholic experience?

- (P) 8-a. Once an alcoholic has experienced an "entire psychic change," what happens?

8-b. What is necessary for this to happen?

*(Note: Could the "few simple rules" be the Twelve Steps of Alcoholics Anonymous?)*

- (P) 10. What did the men who cried out to Dr. Silkworth plead for?

- (P) 11. Do doctors, if they are honest with themselves, feel adequate in dealing with alcoholics?

12. What is it when the doctor gives all that is in him?

13. What can human power **not** do?

14-a. Can psychiatric efforts help a serious hard drinker?

14-b. Have medicine and psychiatry made much progress in treating chronic alcoholics?

16. Do real (chronic) alcoholics respond to ordinary psychological treatment?

Third (Page xxvii – continued) – Fourth (Page xxix - continued)

- (P) 17. Did Dr. Silkworth believe that a real alcoholic could recover by mental control?

*(Note: This is followed by the "unmanageability" and the "powerlessness.")*

18. In his example, was the alcoholic having a bad time?

19-a. What insane act did he carry out?

*(Note: Does this demonstrate "unmanageability?")*

19-b. As the result of taking the drink, what happened?  
(Note: Does this demonstrate the "powerlessness?")

Third (Page xxviii) – Fourth (Page xxx)

1. Do real alcoholics drink to escape?

(P) 2. What do many alcoholics do to stop drinking?

(P) 3. Is it easy to classify alcoholics?

Question - How many types does Dr. Silkworth mention? Identify them.

4. Type One?

(P) 5. Type Two?

6. Type Three?

7. Type Four?

(P) 8. Type Five?  
(Note: Isn't this the most common type of alcoholic?)

(P) 9-a. Are there even more types?

9-b. What is the common denominator of each and every type?

11. What is the one thing that sets alcoholic men and women apart from all other people?

12. Which treatment program has been successful in treating alcoholics?

13. What is the only relief from alcoholism?

(Note: If the alcoholic never takes the first drink, he can never crave the second, then the third, then the fourth, then the fifth, the next fifth, and the next fifth...)

14. In spite of all the attention paid to alcoholism, what is the general consensus of physicians regarding alcoholics? (2sentences)

Third (xxix) – Fourth (Page xxxi)

(P) 1. How does Dr. Silkworth demonstrate the Solution to chronic alcoholism? (2 sentences)

2. What was the Solution to the first alcoholic's dilemma?

(Note: Please read the entire paragraph.)

3. What was the solution to the second alcoholic's dilemma?

(Note: Please read both paragraphs and look for the answer on Page xxx.)

(Comment: The alcoholic described in this paragraph wrote Chapter Ten, "To Employers.")

Third (xxx) – Fourth (Page xxxii)

(P) 1. What was the solution to the second man's alcoholism?

2. Did it work for him? (2 sentences)

(P) 3-a. What does Dr. Silkworth advise every alcoholic to do?

3-b. If an alcoholic carefully studies this book, what may he wind up doing?

## BILL'S STORY

### Overview

(Pages 1 through 16)

The main purpose of “Bill’s Story” is for identification, as are the other stories in this textbook. In “The Doctor’s Opinion”, we learned the exact nature of alcoholism. We learned that we are powerless because of the allergic reaction the alcoholic has to alcohol (craving that comes with the first few drinks) and of the unmanageability resulting from a mind that cannot remember the allergic reaction (we start drinking again, even though we sincerely promised to never do it again.)

In “Bill’s Story” we will be “12th Stepped” by Bill W. himself. We will see the progression of the disease in his life. As we study his story, we should look for the effect of drinking on Bill that you, too, have experienced. We can look at what happened to him and say to ourselves, “Yes, that happened to me, too” or “No, that hasn’t happened to me YET.”

As we study his story, ignore the differences; such as, he was from Vermont, he was a stockbroker, he was in a World War, etc.. Look only for the similarities of experience resulting from drinking. Some of these will be noted as we progress in our study of Chapter One.

We will also learn how Bill found hope as the result of a visit from his long-time friend, Ebby T., who became Bill’s sponsor. While in Towns Hospital, Ebby visited Bill and helped him take the actions of our Twelve Steps -- which resulted in Bill having a spiritual experience. Bill tells us what his life was like after taking the action and lived 36 years without ever taking another drink.

If we do what Bill did, we will get what Bill got!

(Page 1)

(P) 1-a. Where was Bill when he had his first experience with alcohol?  
1-b. What flattered these young officers?

3. What did he find in these homes?

4. What was his mood?

5. What did he forget?

6. What was his mood when he again returned to drinking?

7. When Bill was lonely and drank, did he do so to change the way he thought and the way he felt?

8. When Bill visited Winchester Cathedral, what doggerel caught his attention? (the entire paragraph)

(P) 9. How did it affect him?

(P) 10. How old was Bill at the end of the War?

11-a. Did Bill appear to think well of himself?

11-b. What gave him that idea?

13. Were his ideas a little grandiose? (2 sentences)

(Page 2)

(P) 1. Was Bill willing to pay the price to be successful? (2 sentences)

2. What did he want to prove?

3. What did he become interested in?

**Skip the next two sentences.**

4. Besides law, what did Bill study?

5. Did his drinking interfere with his education? (2 sentences)

6. What did his wife, Lois, think of his drinking?  
(Note: Did anyone ever fuss at you about your drinking?)

7. What did he tell Lois?  
(Note: Did you believe you thought more clearly after a few drinks?)

(P) 8. Although he studied law, what really interested him?  
(2 sentences)

9. Who were his heroes?

10. What did the alloy of drink and speculation do for Bill?

**Skip the next three sentences.**

11-a. Were Bill's broker friends willing to help him?

11-b. Was Bill hard-headed, strong self-willed and determined?

13. What was Bill's theory? (2 sentences)

(P) 14. What did he and Lois do that seemed crazy?

(Page 3)

1. What did their friends think of their idea?

**Skip the next three sentences.**

2. How long did Bill and Lois stick with the motorbike episode?

3. Did their investigation of companies on the East Coast prove productive?

4. How were their finances at the end of the year?

(P) 5. Did this adventure lead to great success for Bill? (2 sentences)

6. Were people impressed with Bill's judgement?

7. What period does this cover?

8. How was drinking fitting into Bill's life?

**Skip the next three sentences.**

9. Was Bill successful in making friends?

(P) 10. How often was Bill drinking?  
(Note: Did you drink that way?)

11. What did Bill's friends think of his drinking?  
(Note: Did you lose friends because of your drinking?)

12. Was Bill's relationship with Lois going well?  
(Note: Did your drinking cause some discontent in your family?)

13. Was Bill faithful to Lois?

(P) 14. What sporting activity did Bill become interested in?

(2 sentences)

15. Did he prove to do better at golf or at drinking?

16. How did Bill feel in the morning?

*(Note: Did you ever feel that way?)*

(Page 4)

1. Had Bill become financially successful ? (2 sentences)

2. Did it appear that Bill had the ability to make things happen in his life?

(P) 3. What happened in 1929 that had a great impact on the lives of many people?

**Skip the next five sentences.**

4. Did it have an impact on Bill?

5. How were some reacting to their great losses?

6. What did Bill think about what they had done?

7. What was his solution to his losses? (2 sentences)

*(Note: What did you do after your great losses?)*

8. What was his attitude about the great tragedy? (2 sentences)

9. As he drank, did it change the way he thought and the way he felt?

(P) 10. Where did he go for another chance? (2 sentences)

11. Was he successful there?

12. Who was it he felt like? (2 sentences)

13. His first big failure was because of the stock market crash. What was the cause of his failure this time? (2 sentences)

(P) 14. Where did he and Lois go then?

15. How did he lose his job?

16-a. How long did he go without gainful employment?

16-b. How was he doing with his drinking?

18-a. Who supported the family financially?

18-b. What was Lois's reward for a hard day's work?

(Page 5)

1. Were Bill's business associates happy to see him?

(P) 2. What had liquor become to Bill?

*(Note: Do you suppose he hid his liquor? Maybe lied about his drinking? Sneaked drinks? Have you ever done any of those things? Do moderate drinkers do these kinds of things?)*

3-a. What was Bill drinking?

3-b. How much was Bill drinking?

**Skip the next sentence.**

5. How did Bill awaken?

*(Note: Did you ever wake up this way?)*

6. What did Bill have to do?

*(Note: Did you ever have to do this?)*

7-a. At this point, did Bill think he had a problem?

*(Note: Did you have a run of bad luck and think it was  
else's fault?)*

*someone*

7-b. What gave Lois hope?

(P) 9. Did things get better for Bill? (2 sentences)  
*(Note: Did things get better for you?)*

(P) 10. Did Bill have another chance in the business world?

11. What kind of deal did Bill put together?

12. What was his motivation for this deal?

13. Why did it not prove successful?

(Page 5 - continued)

(P) 14. As the result of this episode, what did Bill come to realize? (4 sentences)

15-a. What had he done prior to this time?

15-b. Was Bill really serious this time? (2 sentences)

*(Note: Have you been really serious about staying stopped?)*

(P) 17. How well did he manage his decision? (4 sentences)  
*(Note: How well did you manage your decision?)*

18. Did he make a conscious decision to take the drink?

*(Note: Have you ever found yourself drunk and couldn't  
first drink?)*

*remember taking the*

19. What did his appalling lack of perspective make him wonder?

*(Rest of paragraph)*

(P) 20. What was his next decision?

(Page 6)

(P) 1. What happened to Bill when he became confident? (3 sentences)

2. Why did Bill enter the cafe?

3. Was he conscious of taking the first drink?

4. As he felt the effect of the whisky, what did he tell himself?

(2 sentences)

*(Note: Is this something you have experienced?)*

- (P) 5. How did he feel the next morning?  
*(Note: Have you ever felt this way the next morning?)*
6. Was he able to fight?  
*(Note: Have you ever felt defeated?)*
7. What was his brain doing?  
*(Note: Have you ever experienced this?)*
8. Why was he afraid to cross the street?  
*(Note: Have you ever felt this way?)*
9. What did it take to still his nerves? (2 sentences)  
*(Note: Have you ever had to still your nerves in a similar manner?)*
10. What did Bill realize when he read of another market crash?  
(4 sentences)  
*(Note: Have you had such a hard thought?)*
11. For a brief spell, what did Bill consider doing ? (2 sentences)  
*(Note: During your drinking, did this thought pass through your mind?)*
12. What did Bill do to quiet the thought? (3 sentences)  
*(Note: Have you ever sought oblivion as Bill did?)*

(Page 6 - continued)

- (P) 13. How much longer did Bill suffer the agony of alcoholism?
14. Did Bill steal money to drink?  
*(Note: Have you ever stolen money to buy alcohol?)*
15. Did Bill consider suicide?  
*(Note: Have you ever considered suicide?)*
16. Did Bill go from one place to another hoping?  
*(Note: Did you ever believe you would be better off some other place?)*
17. Did Bill come to fear for his life?  
*(Note: Did you ever really fear for your life?)*
18. What did Bill do with his mattress and why?  
*(Note: Have you experienced such desperation?)*
19. What did a doctor bring Bill?  
*(Note: Have doctors had to prescribe sedatives for you?)*

(Page 7)

1. What was Bill doing the next day?

(Note: Have you ever drank and taken sedatives?)

2. What did they do for Bill?

3. What was the concern for and of Bill? (2 sentences)

(Note: Have folks ever feared for your sanity? Have you ever feared for your sanity?)

4. Had Bill's alcoholism progressed to where he could no longer

tolerate food?

(Note: Has your alcoholism progressed to where you could

not eat?)

(Comment: Bill being 40 pounds underweight indicates he was suffering from malnutrition and in a very serious state of deteriorating health. He was literally dying at this point).

(P) 5. What did his brother-in-law and mother do for Bill?

(Comment: The hospital was Towns Hospital.)

6. What treatments did they give Bill? (2 sentences)

7-a. What was the best thing that happened to Bill at the

hospital?

(Comment: The doctor was Dr. Silkworth, author of "The Doctor's Opinion".)

7-b. What did the doctor explain to Bill?

(Note: Has your sponsor explained this to you?)

(P) 9. What did it relieve Bill to know?

(Note: Does it relieve you to know you are normal except for the effect alcohol has on you?)

10. Did Dr. Silkworth help Bill understand why he had been unable to stay stopped?

(Page 7 - continued)

11. When Bill believed that he understood the problem, how did he feel?

12. How long did that knowledge keep him sober?

13. He was even able to do what?

14. Does knowing what is wrong with us keep us from beginning to drink?

(Comment: If a person knows they have cancer, does that keep the cancer from progressing?)

(P) 15. How well did self-knowledge work for Bill?

16. Was Bill's judgment and physical health in rapid deterioration?

17. What did Bill do?

18. What did Bill believe this trip to be?

19. What did Lois learn from Dr. Silkworth?

20. What did Dr. Silkworth tell Lois her two options were?

(P) 21. Did they have to tell Bill?

22. Was he almost looking forward to the end?

23. What did this fact do to his ego?

(Page 8)

1. Had Bill proved that he could make things happen in his life?

2. Could he see where he was headed?

3. Of whom did Bill think? (2 sentences)

4. What did he really want to do?

5. Did he have any hope left?

(P) 6. What did Bill feel?

*(Note: Have you felt this way?)*

*(Comment: This is where Bill took Step One, as we understand it today)*

7. What did Bill completely surrender to? (rest of paragraph)

*(Note: Have you made a complete surrender to alcohol?)*

(P) 8. How did Bill leave Towns Hospital the second time?

9. What kept him from taking the first drink?

10-a. What caused Bill to start drinking again?

*(Note: Do you recognize the **insidious insanity** of taking the first drink? This is what defines the "alcoholic mind" and is the source of the "unmanageability" of chronic alcoholism.)*

10-b. When did it fail him?

12. What was everyone's prognosis for Bill?

13. In reality, what was this last drunk to be for Bill? (2 sentences)

14. What was to soon happen to Bill?

15. What was it he would come to know?

*(Comment: Carefully study this paragraph. Look at how it begins -- hopeless. Look at how it ends -- happy, joyous and free. This paragraph exemplifies the simplicity of the Program; the Twelve Steps of Alcoholics Anonymous.*

(Page 8 - continued)

(P) 16. What was Bill doing around the end of November, 1934?

17. What caused the sense of satisfaction Bill was experiencing?

*(Note: Did you feel secure when you knew you had alcohol*

*hidden in secret places?)*

18. Where was Bill thinking of hiding a bottle? (2 sentences)

*(Note: Have you ever hidden alcohol near or under the bed? Do normal drinkers hide alcohol?)*

19. Why did he feel it necessary to have a bottle under his bed?

to, *(Note: Have you ever had to take a few drinks during the night hopefully, be able to go back to sleep?)*

(P) 20. What interrupted Bill's day dreaming?

21-a. Whose voice did Bill hear?

*(Comment: The voice was that of Ebby T., Bill's longtime friend who was known to have a serious drinking problem.)*

21-b. What did Ebby want to do?

(Page 9)

1. What condition was Ebby in? (2 sentences)

2. How did this affect Bill?

3. What rumor had Bill heard regarding Ebby?

4. What did Bill wonder?

5. What were Bill's plans?

**Skip to the next paragraph**

(P) 6. When Bill welcomed Ebby at the door, what did Bill see? (3 sentences)  
7. What did Bill wonder?

(P) 8. What did Bill do?

9. What did Ebby do?

10. How did this hit Bill? (2 sentences)

(P) 11. What did Bill ask Ebby?

(P) 12. What was Ebby's answer and in what manner did he give Bill the answer? (2 sentences)

(P) 13. How did that strike Bill?

14. What did Bill suspect about his old friend?

15. What did Bill notice about Ebby? (2 sentences)

16. What did Bill decide to do?

17. Why didn't he mind if Ebby wanted to do a little preaching?

(Page 9 - continued)

(P) 18. What did Ebby tell Bill? (2 sentences)

19. What had these two men told Ebby?

20. How long had Ebby been sober?

*(Comment: We must wonder where the idea came from that an alcoholic should be sober for a number of months or years before they make 12th Step Calls. It certainly is not supported by anything in the Big Book.)*

21. What did Ebby's two months prove to Bill?

*(Comment: If Bill had not known how bad Ebby's drinking problem had been, would Bill have given any serious thought to what Ebby had to say?)*

(P) 22. Why had Ebby called on Bill?

(Page 10)

1. Was Bill interested in what Ebby had to share? (2 sentences)

2. Why would Bill be interested?

(P) 3. Did Ebby have just a few words for Bill?

4. What did Ebby's sharing do to Bill?

*(Note: This question is answered by the rest of the paragraph.)*

*(Comment: Notice the word "denial" in this paragraph and how it is used. This is the only place this word is used in the Basic Text. You will, however, find "insanity" and "insidious insanity" used several times).*

(P) 5. Besides Bill's childhood, what else did Ebby's talking remind Bill of?

(P) 6. What had Bill always believed? (2 sentences)

7. Was Bill an atheist?

**Skip the next two sentences.**

8. Despite contrary indications, what did Bill believe?

9. What did he ask himself?

10. Was Bill an agnostic? (last 2 sentences)

*(Comment: An atheist is defined as a person who denies the existence of God. An agnostic is defined as a person who accepts the concept of God but denies His involvement in human affairs).*

(P) 11. Where did Bill draw the line when it came to religions?

12. What was Bill's attitude when someone wanted to talk of God?

(Page 11)

(P) 1. What was Bill's attitude regarding Christ?

2. How did he feel about Christ's teachings?

3. Was he a follower?

(P) 4. What made Bill skeptical (agnostic)?

5. What was Bill's attitude toward organized religions?

6. Judging from what he had seen, Bill believed what?

7. Who did Bill believe was Boss of the Universe?

(P) 8. What did Ebby declare to Bill?

9. How well had Ebby's willpower served him?

10. What hope had the doctors given Ebby?

11. What was about to happen to him?

12. What had they both done?

13. What had then happened to Ebby?

(P) 14. Had Ebby accomplished this miracle by his own willpower? (2 sentences)

15. Had Ebby shared the same level of powerlessness that Bill was experiencing?

(P) 16. How did that affect Bill?

17. What did it begin to look like to Bill? (2 sentences)

18. What was happening to Bill's ideas?

19. What did Ebby appear to be to Bill at that moment?

20. What did that tell Bill?

(P) 21. What did Bill see in Ebby?

(Page 12)

1. Did Bill see a real difference in Ebby? (2 sentences)

(P) 2. Did seeing this miracle change Bill's idea about God?

3. What word did Bill definitely dislike?

4. How did the idea of a personal God affect Bill? (2 sentences)

5. Did Bill continue to cling to the agnostic's views?

6. As time passed, did Bill find others who shared his ideas of God?

(P) 7. When Ebby realized Bill's predicament, what did Ebby suggest to Bill? (2 sentences)

(P) 8. How did that suggestion hit Bill?

9. What melted?

10. Bill then stood where?

(P) 11. What must we be willing to believe?

12. What more is required to make a beginning?

13. When does spiritual growth begin?

14. What is the foundation of success in the Program of Alcoholics Anonymous?

*(Note: Do you believe you have the complete willingness that is required to be successful in this Program?)*

15. Did Bill decide he would have it? (2 sentences)

(Page 12 - continued)

(P) 16. Of what was Bill then convinced?

17. What was Bill, at long last, able to do?

18. What fell from his eyes?

19. What was he then able to see?

*(Comment: Here is where Bill took Step Two, as we now understand it).*

(P) 20. What did Bill then realize about the "doggerel on the old Cathedral?

tombstone" at Winchester

21. For a brief moment, Bill had needed and wanted what?

22. When Bill was willing to call on God, what happened?

*(Note: Have you ever found yourself in deep trouble and tried to make a deal with the God **of your understanding**? Did God fail you? Did you keep your end of the bargain?)*

23. What ended Bill's feeling of the presence of God?

(Page 13)

1. How long and what kept Bill from being able to sense that presence again? (2 sentences)

(P) 2. What happened at Towns Hospital?

3. Why did Bill believe it was a good idea to go to Towns Hospital?

*(Comment: Bill entered the hospital on December 11, 1934, remembering that Dr. Silkworth predicted that Bill would die of a heart attack during DTs or become a wet-brain.)*

(P) 4. What was the first thing he reported doing at the hospital?  
(3 sentences)

*(Note: Step Three?)*

5. He ruthlessly faced what and became willing to have what happen?

*(Note: Steps Six & Seven?)*

*(Comment: Bill made this decision on the afternoon of December 14, 1934.)*

6. By taking the Steps, as we now understand them, was Bill successful in sobriety?

*(Comment: Bill lived another 36 years and never returned to drinking.)*

(P) 7. What did Bill share with Ebby?

*(Note: Step Five?)*

8. What list did Bill make, with Ebby's help?

*(Note: Steps Four and Eight?)*

9. Was Bill willing to make restitution?

*(Note: Step Eight?)*

10. Did Bill intend to make restitution? (2 sentences)

*(Note: Step Nine?)*

(Page 13 - continued)

(P) 11. What did Bill do to test his thinking?

*(Note: Step Ten?)*

12. As the result, what did Ebby tell Bill would happen to his thinking?

13. What was Bill to do when in doubt?

*(Note: Step Eleven?)*

14-a. How often did Ebby tell Bill he could pray for himself?

14-b. Is there an exception to the "never"?

16. Did Ebby tell Bill that prayer and meditation could be practical and productive? (2 sentences)

(P) 17. Ebby promised Bill that once he had taken the Steps, as we now know them, Bill would know two things. What were they?

18. What did Ebby tell Bill were the essential requirements for real success in sobriety?

(Page 14)

- (P) 1-a. Is the Program simple?  
1-b. Is the Program easy?  
1-c. Is this precious thing a “gift”?  
4. What must be destroyed?  
5. Who must I let handle all elements of my life?  
*(Note: Does this mean the He is going to manage everything in my life?)*

- (P) 6-a. Were these very common proposals?  
6-b. What happened to Bill once he accepted them?  
*(Please read the rest of the paragraph.)*  
*(Comment: This is how Bill describes his Spiritual Experience, or “hot flash”.)*

- (P) 8. After it passed, what was Bill’s concern?  
9. Did Dr. Silkworth really listen to Bill?

- (P) 10. What did the doctor say? *(3 sentences.)*  
11. Was Bill’s Spiritual Experience the only one that Dr. Silkworth witnessed?  
12. What was Dr. Silkworth’s view on spiritual experiences?

- (P) 13. What thought came to Bill as he lay in the hospital? *(The entire paragraph.)*

*(Comment: Where would we be if Bill had not had this thought and acted on it?)*

- (P) 14. What did Ebby tell Bill was absolutely necessary?  
15. What was particularly imperative?  
16. What was it Ebby told Bill must accompany faith?  
17. Is that especially true for the alcoholic?

18-a. How does an alcoholic develop his spiritual life?

(Page 15)

- 1-b. Why is it so important that a recovered alcoholic devote some of his time in trying to help others?  
2. If a recovered alcoholic doesn’t work with others, what will happen?  
3. Where would our faith be then?  
4. Is that really the way it is?

- P) 5. What did Bill and Lois do?  
6-a. Did it interfere with Bill’s business activities?  
6-b. How long did Bill go without work?  
8. What was Bill plagued with?

- 9-a. What almost drove Bill to drink?
- 9-b. What did Bill find to be the solution for this problem?

- 11-a. What did Bill do many times?
- 11-b. How was he feeling when he went?

- 13. What happened when he talked to another alcoholic?
- 14. What is the Program of Alcoholics Anonymous?

*(Comment: It's not as much about not drinking as it is the quality of life we are promised as we learn to take and live by the Steps).*

- (P) 15. What did Bill and Lois find happening to them?
- 16. What did they find to be true under pressure and difficulty?
- 17. What did they see happening to families?
- 18. What happened to some who came from asylums?
- 19. What happened to business and professional people?
- 20. What form of trouble and misery is not overcome when we

practice the Program?

**Skip the next sentence.**

- 21. Why did they have meetings?

(Page 16)

**Skip the first two sentences.**

- (P) 1. What is an alcoholic who is drinking?
- 2. How did Bill describe our struggles with the wet ones?
- 3. What did one alcoholic do in Bill & Lois's home?
- 4. Why did he do that?
- (P) 5. What is it we have?
- 6. Are some folks shocked at our attitude?
- 7. What is it that underlies our purpose?
  - 8-a. What must work in and through us?
  - 8-b. How long must it work?
  - 8-c. If we don't live on faith, what will happen to us?

- (P) 11. What do most of us feel?
- 12. When do we experience the real blessings of this Program?
- 13. What is the ongoing result of Ebby going to the trouble of locating Bill and then going to see him to tell him of his solution to alcoholism?

*(Comment: Where would you and I be if Ebby had not inconvenienced himself by locating Bill, going to visit with him and tell him about his message of hope?)*

THERE IS A SOLUTION

(Pages 17 through 29)

As we study Chapter 2, “THERE IS A SOLUTION”, we will learn what the Solution is to that seemingly hopeless state of mind and body. We will learn who gave us this information. We will learn where we will find the clear-cut directions for taking the actions we must take to be assured that we will join the first one hundred as recovered alcoholics.

We will learn the difference between the Fellowship and the Program. We will learn that, although we share a common problem, that, in itself, will not produce the Solution. We will learn some very real truths about alcoholism. We will learn that, although an alcoholic cannot control the amount he drinks once he has taken the first few drinks (because of the physical sensitivity to alcohol), that is not the real problem. The physical allergy is not what drives us to Alcoholics Anonymous for help. The real problem centers in the mind; because the real alcoholic is unable to manage his most earnest decision to never take another drink.

But drinking is not the main problem of the chronic alcoholic. Alcoholics drink -- and do so better than almost everybody else. Stopping is not the problem. Every alcoholic has stopped many times. The real problem of the chronic alcoholic is that we cannot *stay* stopped. The real alcoholic mind is one that does not have sufficient willpower to manage the decision to stay stopped; that produces the “insidious insanity” that leads to the first drink. Lacking willpower to manage a decision to not take the first drink mandates that the hopeless alcoholic find a Higher Power that will remove the need to try to manage a decision to never drink again.

We will also learn something of the three types of drinkers. There are the moderate drinkers who would never think about coming to Alcoholics Anonymous; they can take it or leave it alone. Then, there are the hard drinkers; they may need to come to Alcoholics Anonymous to learn that they are not alcoholics. Given a good reason, they can drink like moderate drinkers or abstain completely, if they so choose.

But the real or chronic alcoholic is totally powerless over alcohol. We can neither control the amount we drink, nor do we have the power to manage a decision to not ever drink again. Alcoholics Anonymous is for the real alcoholic only. We will learn more about that when we study the Twelve Traditions of Alcoholics Anonymous.

So, is there a Solution? Let’s find out.

(Page 17)

- (P) 1. What do we know?
- 2. What have they done? (2 sentences)
- (P) 3. Who are we, members of Alcoholics Anonymous? (2

sentences)

4. Without A.A., would we have known each other?
5. What do recovered alcoholics share?
6. Who are we like?
7. How are we unlike them?
8. What feeling have we shared?
9. Will the common problem keep us together?

(P) 10. What tremendous fact does keep us together?

- 11-a. On what can we absolutely agree?
- 11-b. We can join in what?

13. Where do we find this most important information?

(Page 18)

(P) 1. Is the effect of our illness limited to just the alcoholic?

2. What are our feelings for a cancer patient?

3. What goes with alcoholic illness?

4. Who does it affect?

5. What does it bring to all those affected by alcoholism?

*(Note: How does this compare to the way it was with you and yours?)*

(P) 6. What is our hope?

7. Is this for just a few?

8. Are we willing to discuss our situation with professionals or even those who are close to us? (the entire paragraph)

(P) 9. What can the recovered alcoholic do?

10. When can some progress be made with the suffering alcoholic?

11. What is it that the recovered alcoholic brings to the suffering  
*Comment: Would this describe the qualifications of a Sponsor?*

alcoholic? (a long, long, long sentence)

(Page 19)

1. What happens after the recovered alcoholic tells his story to the suffering alcoholic?
- (P) 2. How many of us earn our living 12th Stepping alcoholics?  
3. What is the elimination of drinking?  
4. What is much more important than just not drinking?  
5. How many of the authors worked with suffering alcoholics?  
6. What are some of us fortunate enough to do?
- (P) 7. Will AA bring an end to the ravages of alcoholism?  
8. With what are we overcome if we live in large cities like Dallas?  
9. Many alcoholics could recover if what?  
10. What question faced the First 100?
- (P) 11. To what conclusion did the First 100 arrive as an answer to that question?  
12. What is the content of the Big Book?  
  
13. Who could benefit from this accumulated experience and knowledge?
- (P) 14. What will it be necessary to discuss?  
  
15. The authors were aware of what?  
  
16. What would really please the authors?  
  
17. What did the authors of this Book try to achieve?

QUESTION: Were they successful in their attempt to avoid contention?

ANSWER: *The answer to this question is demonstrated by the wide acceptance of our Program.*

18. What do most of us sense?

(Page 20)

1. What is it that our very lives depend on?
- (P) 2. What may you have already asked?  
  
3. What are you probably curious about?  
  
4. If you are an alcoholic who wants to recover, what are you asking?
- (P) 5. What is the specific purpose of this Book?  
  
6. What will the First 100 tell us in this Book?  
  
7. Before answering these questions, what did the authors do?
- (P) 8. What have people said to the suffering alcoholic many times?

(the entire paragraph)

- (P) 9. Are these commonplace observations?
10. What is behind them?
11. Do such comments come from alcoholics?

- (P) 12. What is a moderate drinker?
13. What can they do that alcoholics cannot do?

- (P) 14. What is the next type of drinker mentioned?
15. Could his habit be serious?

(Page 21)

1. What could it do to him?
- 2-a. Can the hard drinker (a drunk) stop or moderate if given a good reason to do so?
- 2-b. Could he benefit from treatment?

- (P) 4. Do the hard drinker and the real alcoholic look similar on the surface? (entire paragraph)
- QUESTION What is the significant difference between the hard drinker (a drunk) and the real alcoholic?
- ANSWER *The drunk could quit drinking if he would. The alcoholic would quit if he could. A very significant difference.*

- (P) 5. What is especially puzzling about the real alcoholic?
6. What does he do while drinking?
7. Does the real alcoholic experience a change of personality when he drinks?

*Comment: Robert Louis Stevenson, the author of "Dr. Jekyll and Mr. Hyde" died of alcoholism. It is believed that this was his story.*

8. Is the real alcoholic usually only mildly intoxicated?
9. He is almost always in what condition?
10. Are many real alcoholics decent people when sober? (2 sentences)

11. What happens when they drink?

12. At what is he a genius?
- 13-a. Is the real alcoholic a normal person in every way but one?
- 13-b. What is that one?
- 13-c. In this one respect, they are incredibly what?

*Comment: Here, the Authors make a statement as to the truth about alcoholics. We are unbelievably selfish and dishonest. As we take and experience the Steps, this will become very clear.*

(Page 21 - continued)

17. Are most alcoholics talented and capable?
- 18-a. How does the real alcoholic use his gifts?
- 18-b. What does the alcoholic do to scuttle success?
20. Should a drunk alcoholic sleep all day and all night?
21. The alcoholic's sleep is interrupted for what reason?

(Page 22)

1-a. If an alcoholic has sufficient funds, what does he do?

1-b. Why would he do that?

3-a. When alcohol quits working, what do many alcoholics add to their drinking?

3-b. What do they hope to accomplish?

5. What follows this effort?

6. What is the next step to continue to be able to function?

7. Then where do the real alcoholics start winding up?

(P) 8. Is the foregoing a complete picture of the real alcoholic?

9. Does it come close?

(P) 10. If hundreds of drunken experiences have ended in a debacle, what are the questions? (read entire paragraph)

(P) 11. Do we have some understanding of this today? (3 sentences)

12. Can we answer the riddle?

(P) 13. Of what are we certain?

14-a. Of what are we equally positive?

14-b. Does the ingestion of alcohol affect both the body and

the mind?

14-c. What is the result of taking any alcohol into the body of an alcoholic?

(Page 23)

1. What makes the preceding statement exceedingly clear?

*Comment: From this point on in this Book, we will be dealing with the real problem of the chronic (real) alcoholic -- the problem of the mind: the inability of the alcoholic to manage the decision to not start drinking again based on self-knowledge, self-will or the alcoholic's willpower. We will be told of the need for a spiritual experience/awakening to survive alcoholism -- the reason the alcoholic must gain access to a Higher Power.*

- (P) 2. What sets the terrible cycle in motion?  
3. Where does the real problem of the real alcoholic rest?

QUESTION: Is the real problem physical (allergy) or mental (insanity)?

4. If you ask an alcoholic why he drinks, can he give you an honest answer? (2 sentences)

5. What analogy do the authors give us?  
6. If you point this out to him, what will be his reaction?

- (P) 7. Does the alcoholic ever tell the truth?  
8. What is the truth?  
9. Even with plausible excuses, do they know the answer?  
10. What is the *real* truth?  
11. Once they have crossed the line, what is their mental state?  
12. What is the obsession of every alcoholic?  
13. Do they normally suspect the truth?

(P) 14. Do most folks realize this?

15. What do family members and friends hope?

(P) 16. What is the tragic truth?

17. What has the alcoholic lost?

(Page 24)

1. What happens at a certain point in the alcoholic's drinking career?  
2. What is the tragic situation?

(P) 3. What is it that the alcoholic has lost?

*(Note: Do you believe you have the power to control your drinking once you have started? Do you believe you have the power to stop starting? Have you lost the power of choice as to how much you drink and, more importantly, have you lost the power to choose whether or not you will drink? Is your life unmanageable where it comes to drinking?)*

4. What happens to our willpower?  
5. How long can we rely on our minds to keep fresh the misery of our last drunk?

*(Note: How long were you able to stay stopped before coming to Alcoholics Anonymous for help? Why would we ask a newcomer to go to 90 meetings in 90 days if they have a real desire to stop drinking?)*

6. As the result of this phenomenon, what are we without?

QUESTION: If we, on our own, are without defense against taking the first drink, what then, must be our destiny?

ANSWER: Without the aid of a Power greater than ourselves (Step Two), death or permanent insanity (Step One).

(P) 7. With no more than a glass of beer, what does not enter our

mind?

8. If there is a slight suspicion, what does the mind do?

9. What analogy do they give us here regarding the loss of the power of choice?

(P) 10. What may the alcoholic say to himself?

11. Do alcoholics always give some thought to taking a drink?

(Page 24- continued)

12-a. Do some alcoholics start drinking without realizing what they are doing?

*(Note: Have you ever found yourself drinking and remember how you got started?)*

couldn't

12-b. When they realize they are drinking, what thought or they have? (rest of paragraph)

thoughts do

(P) 14-a. When an alcoholic reaches this stage of alcoholism, do they find themselves?

where

14-b. If not locked up, what will happen to them?

16. Is this fact or fiction?

(Page 25)

1. What has prevented many such demonstrations?

2. What are so many unable to do?

(P) 3. Is there a solution?

4-a. Does the alcoholic like the solution?

4-b. What do they not like?

4-c. Are these actions necessary for success in sobriety?

7-a. What gave us hope?

7-b. What were we faced with when confronted by recovered  
9. For those of us who have adopted the simple kit of spiritual  
tools as a way of life, what have we experienced? (2  
sentences)

alcoholics?

(P) 10. What is the great fact for us?

*Comment: Notice the asterisk (\*) after "spiritual experiences". Read footnote.*

11. What is the central fact in our lives today?

12. What has He commenced doing?

*(Note: Is this a self-help program?)*

(P) 13. Is there a middle-of-the-road solution for real alcoholics?

14. How were our lives?

15. What were the two alternatives?

*Comment: Do these two alternatives appear to be Step One and Step Two)*

*Comment: Before proceeding, let's go to Appendix II; Page 569 in Third Edition, Page 567 in Fourth Edition.*

## APPENDIX II

Third (Page 569) – Fourth (Page 567)

(P) 1. Upon careful reading, what do we learn is the product of a  
awakening?"

"spiritual experience" and "spiritual

*Comment: Please note the words, "careful reading". Some alcoholics will not recover because they will not "carefully read" this  
Basic Text for Alcoholics Anonymous.*

2. What impression did the readers of the First Printing of the  
First Edition get?

*Comment: The only significant change that has been made in the Basic Text (the first 164 pages plus "The Doctor's Opinion") of the  
Big Book is the one that produced the need for Appendix II. Step Twelve in the First Printing read, "Having had a spiritual  
experience as the result of this course of action..." In reading "Bill's Story," we read where he had a sudden spiritual experience as  
the result of these steps. Dr. Bob, on the other hand, had a very slowly developed "spiritual awakening." Many of those reading the  
First Printing of the Big Book were not experiencing Bill's "hot flash" and felt they were missing something. To correct that  
misconception, Bill re-worded Step Twelve to what it now reads and added "Appendix II" as an explanation.*

3. This conclusion is what?

(P) 4. In the stories in the first chapters, which spiritual event was

described?

5. Did most alcoholics believe that they, too, must have a spiritual

experience?

(P) 6. Are such transformations frequent?

7-a. What do most of our members experience?

7-b. Why did William James call them that?

9. Very often, who are the first to notice the change that has  
taken place?

10-a. What does the alcoholic finally realize?

10-b. Could he have accomplished this himself?

12. What could seldom have been accomplished by self  
discipline?

13-a. With few exceptions, what do we all tap into

## APPENDIX II

Third (Page 570) – Fourth (Page 568)

1-b. What do they identify this to be?

(P) 2. What do most of us think?

3. What do religious folks call it?

- (P) 4-a. What do we wish to say emphatically to any alcoholic?  
4-b. What is one condition the alcoholic must meet?

6. What will defeat an alcoholic?

- (P) 7. What is it that no one should have difficulty with?

8. What are the essentials of recovery?

9. How important are they?

- (P) 10. What will keep a person in everlasting ignorance?

(Page 26)

1. Why did they accept spiritual help?

- (P) 2. How is Rowland H., an American businessman, described?

3. Where had he sought help? (2 sentences)

4. Who did he finally go to?

5. Was he confident that he had been fixed?

6. How were his mental and physical condition after his treatment?

7. Above all, what did he believe?

8. Nevertheless, what happened?

9. How did he explain it?

- (P) 10-a. What did he do?  
10-b. Did he really respect the doctor?  
10-c. What did he ask the doctor?

13. What was his greatest wish?

14. Did he appear to be a very normal person?

15. What was it he had no control over?

16. What was his question?

- (P) 17. What did he want to know?

18-a. What was the truth?

18-b. What would he have to do to live?

20. Who said so?

- (P) 21. Did he die from drinking?

22. Did he need to be protected from himself?

23-a. Was he free to come and go as he pleased?

(Page 27)

1-b. What must he do to maintain his freedom from alcohol?

*Comment: Could this be to accept spiritual help?*

- (P) 2. Do some alcoholics believe they can do without spiritual help?

3. What will the authors tell us?

(P) 4. What did the Doctor tell Rowland was his problem?

5. How many alcoholics, like Rowland, had Dr. Jung seen recover?

6. How did Rowland feel after hearing the prognosis?

(P) 7. What was his question to the doctor?

(P) 8. What was the doctor's reply?

9. Was the doctor aware of exceptions?

10. Were they a common occurrence?

11. Did Dr. Jung understand these occurrences?

12. What did these vital spiritual experiences appear to be to Dr. Jung?

*Comment: Remember, Dr. Silkworth believed that the only hope for a chronic alcoholic was an entire psychic change -- a complete change in the way we think and the way we feel. Dr. Jung told Rowland the same thing. Our old ideas and beliefs must be replaced with new ideas and beliefs. Taking the Twelve Steps of Alcoholics Anonymous will produce that vital psychic change or "Spiritual Awakening/Experience", a complete change in the way we think and the way we feel.*

13. What was the product of these occurrences?

14. What had Dr. Jung been attempting to do with Rowland?

(Page 27 - continued)

15-a. Had Dr. Jung been successful with hard drinkers?

15-b. Had he ever had any success with a real alcoholic?

(P) 17-a. Was Rowland relieved to hear the Dr.'s suspected solution?

17-b. Why did he have hope?

19. What did Dr. Jung do to Rowland's hope?

*Comment: Again, we are requested to see "Appendix II." Since we have already done that, we will not take time to revisit that Section now.*

(Page 28)

(P) 1. What made Rowland a free man?

*Comment: Rowland continued his affiliation with the Oxford Group and the Calvary Church in New York City. He never became involved with Alcoholics Anonymous, but did live the rest of his life sober.*

(P) 2. What do we do that Rowland did?

3. What has the flimsy beginning proved to be?

4-a. What does the Program of Alcoholics Anonymous give the suffering alcoholic?

4-b. Or what is another way to view what we are given?

(P) 6. What contribution did William James make to A.A.?

7. What do we not want to do?

8-a. What does the experience of the First 100 mean?

8-b. When will this happen?

10. Will the Program, as described in the Big Book, disturb any religious views?

11. Do we argue religious views?

(P) 12. Do we care what religious group or groups a member belongs to?

13. How do we view that topic?

14-a. Do all of us join up with a religious group?

14-b. Do we favor such affiliation?

(P) 16-a. What will we learn in the next chapter?

16-b. What is the chapter following that one about?

18. Do we get a lot of agnostics in A.A.?

(Page 29)

1. Is being an agnostic a great handicap to recovery?

(P) 2. (Fill in the blanks)

Further on, \_\_\_\_\_(what) \_\_\_\_\_ are given showing \_\_\_\_\_(what)\_\_\_\_\_?

*Comment: This Big Book is the only place the directions for taking the Twelve Steps of Alcoholics Anonymous and the Recovery resulting therefrom can be found!*

3. What follows the clear-cut directions in the Basic Text?

*Comment: One story less in the Fourth Edition than in the Third*

(P) 4. What does each individual do in telling his story?

5. What do the stories accomplish?

(P) 6. What do we hope those who read the stories will not do?

7. What do we hope the stories will do for the suffering alcoholic?

## MORE ABOUT ALCOHOLISM

(Pages 30 through 43)

As we study Chapter 3, "MORE ABOUT ALCOHOLISM", we will, indeed, learn more about alcoholism. We will learn why it is so vital that we clearly understand the exact nature of the disease and that we know in our heart of hearts that we are victims of a condition of mind, body and spirit that will destroy us.

This Chapter includes four stories; three of them are real and one is fictitious. These stories demonstrate the two segments of Step One, "Powerless over alcohol" and "unmanageability". They will also demonstrate four more truths about this killer disease; that alcoholism is (1) a permanent condition, it is (2) a progressive disease, (3) it is a very patient disease; the "insidious insanity." and (4) without spiritual help it is fatal.

As we absorb the information and knowledge of this Chapter, we will begin to recognize that we are not dealing with such ideas as "denial" and/or "acceptance." We will begin to understand why it is absolutely necessary that we surrender, unconditionally, to the truth. To know, without any reservation, that we are alcoholics of the hopeless variety.

On pages 37 & 38, the First 100 clearly state how we may know if we have an alcoholic mind -- the mind which deprives us of the ability to manage a decision to never take another drink even after we have firmly made that vital decision. The mind that produces the insidious insanity that causes us to drink against our own will.

Beginning with the last paragraph on page 42, Fred tells us what this Program proved to be for him. It gives us good reason to try the Program and see if it will do for us what it did for him.

We paid a tremendous price to get here. Let's be willing to do what they did to stay here.

(Page 30)

(P) 1. What are most alcoholics unwilling to admit?

2. What would nobody like to think?

3. What do our drinking careers demonstrate?

4. What is the great obsession of every alcoholic?

5. What is astonishing in the life of an alcoholic?

6. Where does the obsession or the illusion take many of us, in fact, most of us?

(P) 7. What did we learn that is absolutely necessary for success in sobriety?

8. Why is this so important?

*Comment: Until the problem is completely understood, the solution will be out of reach.*

9. Like the obsession and illusion, what must happen to the

delusion?

(P) 10. One more time, what is the alcoholic's problem?

11. What do we know?

12-a. What have all of us believed on occasions?

12-b. Where did this lead us?

*Comment: When we speak of a "bottom," is it a set of external events or just a single emotional event within each of us?*

14. Of what are we convinced?

15. Will it get better?

(P) 16-a. Who are we compared to?  
16-b. Why?

(Page 31) 18. What treatment will let us become like other people where drinking is concerned?

1. How many remedies have we tried?

recovery? 2-a. Have some of us found what we believed to be

2-b. What always followed this newfound hope?

4. On what do knowledgeable physicians agree?

us? 5. Has science been able to come up with some pills that will fix

(P) 6. Despite all we can say, what is not going to happen?

7. What do we try to prove and how do we try to prove it?

8. What will we do to the alcoholic who learns how to drink responsibly?

9. What does heaven know?

(P) 10 a. What do alcoholics do to try to control their drinking?  
(Read the entire paragraph)  
*(Note: Make a list of the things you have done to try to change the results of your drinking. Post it where you can see it frequently.)*

10-b. Did the things mentioned in this paragraph cover all the ingenious ideas alcoholics have?

(P) 12-a. What do we not like to do?  
12-b. But what can a person do?

14. What is the first test that is suggested he try?

15. What do they mean by controlled drinking?

(Page 32) 16. How many times should he try the test?

1. How soon will the real alcoholic know if he is one of us?

2. What price may be paid to learn the truth?

(P) 3. What do most alcoholics believe, even though there is no way to prove it?

4. What do these alcoholics lack that is essential for success in sobriety?

5. Are some people successful in abstinence by their own willpower?

*Comment: Carefully read the story of the “man of thirty” and learn six important facts about this thing called alcoholism.*

(P) 6. What kind of a drinker was he?

7-a. In what condition was he in the morning?

7-b. What did he do to take care of that condition?

*(Note: Have you found it necessary to have a few drinks in the morning?)*

9-a. What was his goal?

9-b. What was defeating him?

11. Why was this so?

*Comment: If he had no control once he started, was he powerless over alcohol?*

*(Note: Do you find any similarity here?)*

12-a. What did he decide he really wanted to do?

12-b. What did he decide to not do?

*(Note: Have you ever decided you would not touch another drop?)*

(Page 32 - continued)

14-a. What kind of a man was he?

14-b. Why was he so exceptional?

*(Note: How long were you able to manage your decision to stay bone dry after you had decided to never drink again?)*

*Comment: Was his life unmanageable from age 30 to 55?*

14-c. Did his 25 year period of sobriety pay off for him?

17. Once he retired, what did he believe?

18. So, what did he do?

*Comment: Is chronic alcoholism a patient disease -- the “insidious insanity?”*

Question: Was alcoholism still present after a 25 year period of abstinence?

*Comment: We were told that alcoholism is a permanent disease.*

19. After two months of drinking, was his condition better or worse than it had been at age 30?

*Comment: We were told that alcoholism is a progressive disease, whether or not we continue to drink.*

20-a. Did he try to control his drinking?

20-b. How well did he do?

22-a. What measures did he take?

22-b. Did he again decide to do what had proved so successful at age 30?

22-c. Was he successful in managing that decision?

*Comment: Patient, permanent and progressive!!! It will always be there just waiting and it will always get worse, never better.*

25. How many ways did he really try to stop and stay stopped?

(Page 33)

1. How many attempts were successful?
  - 2-a. Was he in good condition at age 55?
  - 2-b. What did he do to stop drinking for good and all?

- (P) 4. Are there one or more lessons in this story?  
5. What do most of us believe that he also believed?

6. What did he find when he started drinking again?

7. What truth have we seen demonstrated repeatedly?

8. If we can manage to stay sober for a period, will it be better when we start again?

*(Note: If you were able to stay sober for a spell, was it better or worse when you started drinking again?)*

9. If we really want to stop drinking for good and all, what is a condition that must be met?

(P) 10. Are young people inclined to believe as he did when he was 30?

11-a. Will many of the young ones be successful in self-imposed sobriety?

11-b. Will young folks really want to stop for good and all?

11-c. Why will they be unable to stop even if they want to?

14. What did several young men discover?

(P) 15-a. Does how long a person drinks have much to do with the the disease? helplessness of

15-b. Does a person have to drink long and hard to become a

hopeless alcoholic?

17. Does alcoholism treat women differently?

18. What can be said for potential female alcoholics?

19. What are certain drinkers astonished to learn?

20. What will those of us who are familiar with the symptoms of

alcoholism see?

(Page 34)

**Skip the first sentence.**

(P) 1. As we look back, what do we believe?

2. What is the second test to learn the truth about alcoholism?

3. Will real alcoholics be successful?

4-a. Can we be successful in the early stages of the disease?

4-b. What happens to us later on?

6. Though a person is able to stop for a period, what may be the

case?

7. If a person fails the tests, will he probably be interested in the

content of this book?

8. Even though a real alcoholic may decide to quit for a year, how soon will most of them return to drinking?

(P) 9. If a person can't drink moderately, what is the question?

10. What are we assuming?

11. What will determine whether or not a person can quit, for good

and all, on a non-spiritual basis?

12. What do many of us feel we have?

13. What was our tremendous urge?

14. How successful were we?

15-a. What is the really baffling feature of chronic alcoholism?

15-b. No matter what?

(P) 17. What is the question posed at this point?

18-a. What will be helpful?

18-b. Do we think we can do better than that in helping the readers of this book determine if they are chronic alcoholics?

(Page 35)

1-a. What will we describe?

1-b. Why describe the mental condition?

(P) 3. What is the question at this point?

*Comment: Refer to the first paragraph on page 30 for the answer: "The idea that somehow, someday....."*

4. In what state are the alcoholic's friends and why? (rest of paragraph)

*Comment: For answers to the "why" and "what," again refer to the first paragraph on page 30, same as Question (P) 3.*

*Comment: As we study Jim's story, look for similarities between him and you.*

(P) 5. What kind of family did Jim have?

6. What had he inherited?

7. How was his war record?

8. Was he good at his profession?

9. Was he a likable cuss?

10-a. Was he a dummy?

10-b. Was he normal or abnormal?

10-c. Except for what?

13. When did he start drinking?

14. Did it take him very long to get into trouble with his drinking?

15. What happened to him when he left the mental institution?

(P) 16. What two things did the A.A.'s tell him?

17. What did he do?

*Comment: What could we assume from this statement: "to make a beginning"?*

(Page 35 - continued)

18. What happened as the result of that effort?

19. What did he not do?

*Comment: How do we develop our spiritual life in Alcoholics Anonymous?*

20. How many times did he wind up drunk?

21-a. How many times did the recovered alcoholics go see him?

21-b. What did the A.A.'s do?

23. On what did he agree with the A.A.'s?

24. What did he know would happen if he drank again?

25. Even more important, what else did he know would happen?

(Page 36)

(P) 1. Yet he did what?

2. What did the A.A.'s do?

3. How was Jim on Tuesday morning?

*Comment: Would you wonder where he was on Monday morning? A lot of alcoholics are bad about Mondays.*

4. What was the source of his irritation?

5. Did he speak to his boss?

6. What did he decide to do?

7-a. Along the way, what happened?

7-b. So, what did he do?

9. Did he stop for a drink?

10. What did he think he would do?

11-a. What else did he hope he might find?

11-b. Was this place unfamiliar to him?

13. Was he setting himself up for a slip by stopping there?

14. What did he do after he sat down?

15. Had the thought of drinking crossed his mind?

16. He apparently was still hungry, so what did he do?

(P) 17. What insane thought suddenly crossed his mind?

18. Did he act sanely on the insane thought?

*(Note: That's ONE!)*

19-a. What did he sense?

19-b. What thought preceded his decision to take the first drink?

(Page 36 - continued)

21. So, what did he do?

*(Note: That's TWO!!)*

22. And then what did he do?

*(Note: That's THREE!!!)*

*Comment: Did these three drinks produce the allergic reaction (craving for more drinks) that an alcoholic has to alcohol? Let's find out!!!*

(P) 23. Where did those three drinks take him?

24-a. What was placed at risk by taking those three drinks?

24-b. What else was he to experience as the result of this spree?

26. Did he know he was an alcoholic?

27. What happened to all the reasons he had for not taking the first drink?

(Page 37)

(P) 1. What would we or anyone else call this action?

2. What other term would be appropriate?

(P) 3. Is this kind of thing farfetched to us? (2 sentences)

4. Have some of us given more thought to the consequences than Jim did?

5-a. What is curious about the alcoholic's thinking?

5-b. What overrode our sound reasoning?

7. Will sound reasoning keep us from taking the first drink?

8. What always wins out?

9. What do we then earnestly and sincerely ask ourselves?

(P) 10-a. Do we occasionally decide to get drunk and then go do it?

10-b. What prompts us to do such a crazy thing?

12. What are we obliged to admit after such a binge?

13-a. What do we come to understand when we start drinking

deliberately?

13-b. At this stage of the disease, can we imagine what the  
when we start drinking?

consequences will be

*Comment: As we study the story of the jay-walker, look for the similarities between that crazy fool and us; the chronic alcoholic..*

(P) 15. To whom do the First 100 compare our behavior?

16. What really thrilled this guy?

17-a. Was he having fun?

17-b. Did his actions bother his friends?

*(Note: Did your drinking bother your friends?)*

19. How did folks label him?

(Page 38)

1. What happened to him when his luck ran out?

2. If he were normal, what would he have done at this point?

*(Note: If you were a normal person, what would you have done when your drinking started causing you problems?)*

3. But since he apparently was not normal, what happened to him next?

4. Within a week, what happened?

5-a. With that piece of bad luck, what did he decide to do?

*(Note: After some pretty tragic consequences resulting from your drinking, what did you decide to do?)*

5-b. What were the consequences of his inability to manage that decision to quit for good and all?

*(Note: What have been the consequences of your inability to manage your decision to quit for good and all?)*

(P) 7. Did he keep on trying to quit?

*(Note: Did you keep on trying to quit?)*

8-a. Did his problem cost him his job?

*(Note: Did your drinking cost you a job?)*

8-b. Did his problem cost him his wife?

*(Note: Did your drinking cost you some member(s) of your family?)*

8-c. Did it make a fool of him?

*(Note: Did your problem make a fool of you?)*

11. Did he try everything he could think of to quit?

12. How far did he go in trying to find a way to quit jay-walking?

*(Note: How far have you gone to try to stay dry?)*

(Page 38 - continued)

13. What happened the day he left the security of lock up?

*(Note: Does this parallel any experience you might have had?)*

14. What label would you and everyone else put on this guy?

*(Note: What label would people who know you place on you?)*

- (P) 15. Is this illustration ridiculous? (2 sentences)
16. What will we real alcoholics admit?
17. As intelligent and as smart as we are, what do we honestly admit?
18. Is it true or false?
- (P) 19. What do some alcoholics think?
20. Since we have done a good job of explaining alcoholism and they are full of self-knowledge, are they confident they can manage a decision to stay sober? (rest of paragraph)

(Page 39)

- (P) 1. Who can stay sober based on self-knowledge?
2. How well can the actual or potential alcoholic stay away from drinking based on self-knowledge?
3. What point do we want to drive home to the alcoholic?

*Comment: As we study Fred's story, again, look for the similarities.*

- (P) 4. What was Fred's profession?
- 5-a. Was he in good shape materially?
- 5-b. How was his home life?
7. What kind of personality did he have?
8. How was his business life?
9. Did he appear to be a really normal person, doing well in every area of his life?
10. What was his one small problem?
- 11-a. When had the A.A.'s first seen Fred?
- 11-b. Where did they meet him?
- 11-c. Why did he say he was there?
- 14-a. Had he experienced this before?
- 14-b. How did he feel about it?

- 16-a. Could he admit that he was an alcoholic?
- 16-b. What rationalization did he come up with?

18. What did the doctor try to impress on him?

19. How were his spirits?

20. What decision did he make?

(Page 39 - continued)

21-a. Did he have any doubt that he could manage that decision?

21-b. Was he apparently successful at every other area of his life?

*Comment: Was Bill W. successful in every other area of his life? Were you successful in every other area of your life?)*

23-a. What was it Fred would not do?

23-b. What would Fred not accept?

25. What did the A.A.'s tell him?

(Page 40)

1-a. Did he express any interest?

1-b. To what did he concede?

1-c. But he was a long way from what?

4. With the humiliation he had experienced and the knowledge the A.A.'s had given him, what was he certain he could do?

5. What did Fred believe would fix him?

(P) 6. A year later, what were the A.A.'s told? (2 sentences)

7. In what condition was he?

8. Who was it he indicated he wanted to see?

*Comment: Would this indicate he had paid the price of admission; that he had developed a desire to stop drinking?*

9. What was his excuse for drinking?

(P) 10-a. With what was he impressed?  
10-b. What did he not believe?

12-a. What ideas impressed him the most?

*Comment: Remember, the A.A.'s only told him about the disease of alcoholism and bore down on the subtle insanity that precedes the first drink; the alcoholic mind. They had made no mention of the Solution they had found.*

12-b. Of what was he confident?

14. What was his reasoning?

15. Why did he feel self-confident that he could manage his decision to never drink again?

(Page 40 - continued)

(P) 16-a. In that frame of mind, he did what?  
16-b. How was everything going?

18-a. What was it he was having no trouble with?

18-b. What did his alcoholic mind begin to wonder?

*Comment: This is the equivalent of a chronic alcoholic's mind believing that the owner of that mind can get by without taking the Steps. That just going to meetings is enough and then believing that even meetings are unnecessary. That is the moment we order the next drink; sometimes months or years before we decide to take a drink. Then the drink; then the drunk, etc.*

20. Where did he go on business?

(Page 41)

1. Was this a new experience for him?

2. How did he feel physically?

3. What problems or worries did he have?

4. How did his business in Washington go?

5. What kind of a day had it been?

(P) 6. What did he do after he completed his business for the day?

7. As he went into the dining room, what insane thought did he have? (3 sentences)

8. How did he act on that insane thought?

*(Note: That's ONE!)*

9. What did he do then?

*(Note: That's TWO!!)*

10. He had dinner and then what?

11. After he returned to the hotel, what did he do?

*(Note: That's THREE!!!)*

12. He remembered what after the third drink?

13-a. He then had a shadowy recollection of what?

13-b. Who did he hook up with at the landing field?

15. What did they do and for how long?

16. What did he remember of all this?

*(Note: Have you had similar experiences; blackouts?)*

17. Where did he wind up and with what?

*(Note: Have you suffered unbearably after drinking?)*

(Page 41 - continued)

(P) 18. As soon as his mind cleared, what did he do?

19. Had he resisted the first drink?

20. Was he conscious of the fact he had taken a drink?

*(Note: Have you ever found yourself drinking and couldn't  
you were doing when you  
took the first drink?)*

*remember where you were or what*

21. How was he drinking?

22. What did he remember his A.A. friends had prophesied?

QUESTION: Were they correct in their prophesy?

(Page 42)

1. What did they say would happen in spite of his determination to not drink?
2. How well did his self-knowledge serve him?
3. From this experience, what did he come to know?
4. What did he learn about self-knowledge and willpower?
5. What else did he come to understand?
6. How did the newly acquired knowledge affect him? (2 sentences)

(P)

7. Who came to see him?
  - 8-a. What was the first thing they did?
  - 8-b. What did Fred think of what they did?
  - 8-c. What two questions did they ask Fred?
11. To what did he concede?

12. What did they pile on him? (2 sentences)

13. What did this do for him?

(P)

14. Once he admitted defeat, what did they tell him?
15. Did he have difficulty accepting the concept of the program?
16. How did he feel about putting the concepts into action?
17. What would he have to do?
18. Was it going to be easy?
19. What happened to Fred as soon as he made up his mind to adopt the program?

(P)

(Page 43)

20. What else, of a very important nature, did he discover?
  1. What kind of life did his decision bring him into?
    - 2-a. What was his old life like?
    - 2-b. What would he not trade for?
  4. Would he have liked to return to his old way of living?

- (P) 5. What does Fred's story do?
6. What are our hopes?
7. Had he severely suffered from alcoholism?
8. Do most alcoholics get off so easy?
- (P) 9. How do many doctors and psychiatrists feel about our conclusions?
10. What did one such professional say? (the rest of the paragraph)
- (P) 11. Once more, what?
12. Can human beings provide the alcoholic a defense from the next drink?
13. What is an alcoholic's only certain defense?

## WE AGNOSTICS

(Pages 44 through 57)

Chapter 4, "WE AGNOSTICS," is truly a remarkable piece of writing. Four short years before writing this Chapter, the principal author, Bill W., was an agnostic, yet he demonstrates the depth of understanding a hopeless, agnostic alcoholic may receive in spirituality as we become students and practitioners of this Textbook.

This Chapter begins with some of the most important information this Book contains. In this Chapter, we learn the truth about the fatal malady -- alcoholism. The Authors then give us a test that, if answered honestly, will tell us if we really need what this Program has to offer. Once he has helped us determine if we are alcoholics of the hopeless variety, the Text restates our problem, and then the true answer -- a Higher Power, *as we understand Him*, who will solve all our problems.

Once that Promise is stated, the Book begins to erase some of our objections, ease some of our resistance, question some of our unreasonableness, open the door to the willingness to explore the possibilities promised by this Program. It states where most of us find ourselves as the result of trying to run the show ourselves.

We then are told that we have all the elements necessary to have a successful relationship with our Creator. That we have worshipped something or somebody, loved something or somebody and that we live on faith and little else.

And then, we are told that we need not go in search of our Higher Power. He knew we would not know where to look for Him, so He planted Himself deep within each of us. We need only to learn to follow the clear-cut directions in this Book to see if that is so with us.

(Page 44)

1. What have we learned in our study of "The Doctor's Opinion," "Bill's Story," "There Is A Solution" and "More About Alcoholism?"

2. What do we want to make clear?

*Comment: Now take the "two question test" to determine the severity of your alcoholism.*

3-a. How do you know if your life is unmanageable?

3-b. How do you know if you are powerless over alcohol?

*Comment: Does this appear to be Step One in reverse order?*

3-c. If you cannot quit entirely and have little control over the drink, what are you?

amount you

6. What is the only known solution for such an illness?

*Comment: Does this appear to be Step Two?*

(P) 7-a. Will this present problems to an atheist or an agnostic?  
7-b. What will happen if they do not accept our Solution?  
7-c. Especially if they are what type of alcoholic?

10-a. If you are powerless over alcohol and cannot manage a not take the first drink, what is your destiny?

decision to

*Comment: Is this the destiny for those who stop at Step One?*

10-b. What is the alternative?

*Comment: Is "to live on a spiritual basis" the essence of Step Two?*

10-c. Are these alternatives easy for real alcoholics?

(P) 13. When we can see the truth, is it really so difficult to hope that there just might be a Higher Power?

14. How many of the First 100 came as atheists or agnostics?

(Page 44 - continued)

15-a. What do some of us try to do with the truth?

15-b. What are we hoping?

17. Ultimately, we must do what?

18. Is it possible that this could apply to you as well?

19. If so, why should you not be discouraged?

20. What does our experience demonstrate to the atheist or agnostic?

(P) 21. Will a code of morals or a good philosophy of living save the real

alcoholic?

(Page 45)

1. If we really apply ourselves, can we resist the first drink?
2. When we use all our might to put our moral and best philosophy to work, what is still needed?
3. When we sincerely apply self-will to our human resources, how successful can we be?

- (P)
4. What is lack of power?
    - 5-a. To live, what did we have to do?
    - 5-b. What did it have to be?
  7. If that is what we must have to survive, what is the question?

- (P)
8. Well, where do we find the answer to that most important question?
    - 9-a. What is its main object?
    - 9-b. This Power will do what?

*Comment: Notice that the promise is not "will show us how," "help us," "enable us," etc.; the promise is that IT WILL SOLVE OUR PROBLEM!! What problem? Every one of them as we grow in understanding and effectiveness in applying our Program.*

11. This Book is written to be what?

*Comment: The word "moral" in this Text Book means "truthful, honest."*

12. We are going to talk about who?
13. Who will have difficulty with this topic?
14. What will give the newcomer hope?

- 15-a. What will dampen his hope?
  - 15-b. Why will this topic disturb him?

(Page 45 - continued)

- (P)
17. Do we understand?
  18. What of his have we shared? (2 sentences)
  19. The word "God" does what to others?
  20. Why did we reject a particular conception?
  21. Once we rejected all ideas, what did we believe?
  22. What was it that bothered us?

(Page 46)

1. What gave us cause to believe this?
2. Why did we distrust some folks?
3. With all the evil, what two questions were posed? (2 sentences)
4. Yet, in other moments, what did we wonder? (2 sentences)

- (P)
5. What have we shared with those of agnostic temperament?
  6. What do we want to hurry and do?

7-a. What happens when we are able to lay aside our prejudices and become willing?

7-b. This happens even though what?

- (P)
9. What were we relieved to learn?

10. If we are only able to pretend there is a Higher Power, what is promised?

11-a. What two things will we possess as soon as we are able to admit there just might be a Higher Power?

11-b. Provided we do what?

Comment: What are these other simple steps we must take?

13. What have we found?
14. We have found the “Realm of the Spirit” to be what?
15. Who may benefit by it?

(Page 47)

- (P)
1. When we speak of God, what do we mean?
  2. How about other spiritual ideas in this Book?

3. What should we not do?
4. At the start, what else do we need?
5. What will happen later?
6. What do we call that?

7. What do we use?

(P) 8. What question do we need to ask ourselves? (2 sentences)

*Comment: A very wise man once said, "I believe I would rather try to live my life thinking there is a God and find out I am wrong than try to live my life thinking there is no God and find out I am wrong."*

9. As soon as we can say "yes" to that question, where are we?

10. What has been proven?

*Comment: Note the "\*" and Bill's plea for us to read "Appendix II." He told us to do it on page 25 and again on page 27, but he knew we were not good about following instructions, so now he says "please." It's hard to say "no" to a begging alcoholic. But we have been there and done it, so we'll move on.*

(P) 11. Why was this great news for us?

12. When recovered alcoholics presented spiritual approaches to our problem, what did we say? (3 sentences)

*Comment: Is this one of the main things we should look for in a sponsor?*

13. What was it comforting to learn?

(P) 14-a. What were we unable to do?

(Page 48)

1-b. What was our handicap?

2. How do many of us react to the mention of spiritual things?

3. Is this sort of thinking OK?

4. Even though some of us resisted the idea, what happened?

5-a. Faced with what?

*Comment: Does this sound like Step One?*

5-b. We became what?

*Comment: Does this sound like Step Two?*

7. What persuaded us?

8. It did what?

9-a. Did this happen easily?

9-b. What is one of our hopes?

(P) 11. What may the reader still ask?

12. What kind of reasons are there?

13. What are we going to do?

(P) 14. Who likes facts and results?

- 15-a. At this point in history, what are we willing to accept?
- 15-b. They must be based on what?

17. What theory does Bill use as an example?

18. Who doubts this power?

19. Why? (2 sentences)

(Page 48 - continued)

- (P) 20-a. Everybody now believes what?
- 20-b. But what is lacking?

22. What has science demonstrated?

23. What is constantly being revealed?

- (P) 24. What is a steel girder?

(Page 49)

1. Do we doubt this theory? (3 sentences)
2. What happens when someone wants to talk about God?
3. What thinking are we trying to support when we read books and engage in arguments?
4. If we were right, what would be true?

- (P) 5-a. How should we consider ourselves?

5-b. How do some of us consider ourselves?

7. Is that rather egotistical of us?

*Comment: If we are so damn smart, why can't we stay sober?*

(P) 8-a. Those of us who have been there and done it, what do we  
reader?

beg of the

8-b. Even against what?

10. What have we learned?

11. What do people of faith have?

12. Did we have a clue as to what it was about?

13-a. How did we spend some of our leisure hours?

13-b. What could we have observed?

13-c. What should we have done?

(Page 50)

(P) 1-a. Instead, what did we do?

1-b. We sometimes do what?

3. When we accused others of being intolerant, what were we?

4. Why did we miss the beauty of life?

5. What have some of us never done?

(P) 6. What will the reader find in our stories?

7. Do we have to agree with their approach?

8. What has experience taught us?

9. Who must answer these questions?

(P) 10. Do we agree on anything?

11. What is the one thing all recovered alcoholics agree on?

12. What produced this phenomenal agreement?

13. What are we going to do now?

(P) 14. Whose record are we going to look at?

15-a. What do they declare?

15-b. What besides "believing in" and having a "certain attitude" is  
necessary?

15-c. There has been a revolutionary change in what?

18. No matter how bad it got, what happened?

19. When did these remarkable promises take place?

*Comment: Do you suppose that the "few simple requirements" are taking the Steps by the directions in this Book?*  
(Page 51)

1. Once confused and baffled, we come to understand the reasons for what?
2. Ignoring the problems caused by our drinking, what did they come to see clearly ?
3. What do they demonstrate?
  - 4-a. What is it that many recovered alcoholics are able to say?
  - 4-b. What do they present?

- (P)
6. What type of progress has our society made during this century?
  7. Does everyone know why?
  8. Are we more intelligent than our ancestors?
  9. Why has material progress been so slow in previous centuries?  
(2 sentences)
  10. What controlled the minds of men in the past?

11. How did some folks feel about Columbus' idea that the world is round?

*Comment: Could Christopher Columbus have been an alcoholic? He sailed West to go East. When he left, he didn't know where he was going. When he got there, he didn't know where he was. When got back home, he didn't know where he had been. And he went back and did it all over again and still didn't know – wound up in jail and a woman financed the whole thing!*

12. Why were folks angry with Galileo?

- (P)
13. With these facts in mind, we ask ourselves what?
  14. What was it that American newsmen were afraid to report?
  15. What produced that fear? (2 sentences)
  16. Was there mathematical proof to refute the truth?
  17. People believed what?

(Page 52)

1. But what did happen in a very few years?

(P) 2. What is true in most fields today?

**Skip the next sentence.**

3-a. What is one thing that will characterize our present generation?

3-b. We are completely ready to do what?

(P) 5. What question did we have to ask ourselves?

6-a. With what were we having trouble?

*(Note: How were your personal relationships? Did you have control of your emotions? Were you miserable and depressed? Were you rolling in money? Did you have a real purpose except to get another drink? Did you know fear? Were you really happy? How helpful to others were you?)*

6-b. Looking at the quality of our lives, what seemed to be most important?

- (P) 8. When we saw others solve these problems, we had to do what?
9. How good are our ideas?
10. What did work?

- (P) 11. What made it possible for the Wright brothers to be successful?
12. What would have happened without it?
13. What were the agnostics and atheists doing?
14. What did the recovered alcoholics show everyone?

(Page 53)

- (P) 1. What is logic?
2. How do we feel about it? (2 sentences)
3. What have we been given?
4. Is it an asset or a liability?
5. What would an agnostic not be satisfied with?
6. What do we have difficulty in telling?

- (P) 7. As hopeless alcoholics, what proposition must we face?
8. What choice must we make? (2 sentences)

- (P) 9. With what are we now confronted?
10. Could we ignore it?
11. What have some of us already done?

12. What had given us fresh courage?

*(Note: Did coming to A.A. from a state of hopelessness and seeing alcoholics tell their stories give you some hope?)*

*and hearing recovered*

13. How were we welcomed?

*(Note: Did you receive a warm welcome on your arrival at A.A.?)*

14. How did we feel about our sense of reason?

*(Note: Did going to meetings and not drinking make sense?)*

15. What could we not do?

*(Note: When someone said, "Take the Steps by the clear-cut directions in the Big Book," what did you do?)*

(Page 53 - continued)

16. What were we relying on?

*(Note: "Since I am going to meetings and not drinking why should I do this other stuff? I'm doing just fine and I am not going to humiliate myself by taking these Steps. I really don't need*

*them.”)*

- (P) 17. What do we need to do at this point?
18. What had happened without us being aware of it?

(Page 54)

1. What did we have confidence in?
2. That was a sort of what?
3. To what had we been faithful?
4. When was faith not a part of our daily lives?

- (P) 5. What was the next thing we found?
6. How did that affect us?
7. What had we worshipped?
8. What feeling did we sometimes feel when we observed some of God’s handiwork?
9. What was the next thing we learned?
10. What proved to be more powerful than our power of reasoning?  
(2 sentences)  
*(Note: When you found yourself in trouble based of decisions you made, were those decisions based on good*
- emotions?)*
11. On what were our lives constructed?
12. Did acting on our feelings really shape our existence?
13. After reviewing the truth, what could we not say?
14. On what have we and do we live by?

*judgment or*

- (P) 15. What would life be without faith? (2 sentences)
- 16. Do we believe in life?
- 17. Can we prove life in a purely scientific manner?
- 18. Can we say the details of our universe mean nothing?  
(rest of paragraph)

- (P) 19. So, is our reasoning the last word?
- 20. How dependable is reasoning, the way we use it?

(Page 55)

- 1. How reliable was the best reasoning regarding man's ability to fly?

- (P) 2. What kind of flight did we see in the Fellowship of Alcoholics Anonymous?
  - 3-a. What did they say made it possible?
  - 3-b. Did we feel a little pity for the poor misguided souls?
- 5. What did our sense of reasoning tell us?

- (P) 6. Why were we fooling ourselves?
- 7. How is that reality hidden sometimes?
- 8. What are the real facts which are older than the history of mankind?

- (P) 9. What do we finally come to see?

10. Must we search for Him?

11. What is as much a fact as we are?

12. Where, in the human life, may He be found?

*Comment: Is it possible that God knew we wouldn't know where to look for Him so He removed the need to search?*

13. Where is the only place we may come to know God? (2 sentences)

- (P) 14. We can only do a bit of what?

15. If you can believe our stories, you will be able to do what?

16. What promise comes with this attitude? (2 sentences)

- (P) 17. Is there a story of an atheist in this Book?

18. Why is it being mentioned at this point?

19. Could it be that he had a spiritual experience as the result of trying this Program?

(Page 56)

- (P) 1. What kind of a childhood did this man have?
- 2. How had he come to feel about religious matters?
- 3. Was his life one of happiness and peace of mind?

4-a. What things did he experience?

4-b. How did they affect him?

6-a. But that was not all. What else?

6-b. Where did he wind up?

- (P) 8. Who came to visit him?
- 9. How did the visit affect him?
- 10. But later, what did he ask?

11. How did he feel when he began to think maybe he had been wrong? (3 sentences)

(P) 12. What thought overwhelmed him?

(P) 13. What did he do?

14. What happened almost immediately?

15. How did it feel to him?

16. What happened to his sense of reason?

17. Where did he find himself?

18. Had he stepped into the “World of the Spirit?”

19. Of what was he now conscious?

(P) 20. Was he now on solid ground?

21. Had any drastic changes in his life altered his faith?

22. What happened to his drinking problem?

23. Did his Higher Power solve his problem?

(Page 57)

1-a. To what extent did the thought of drinking return to him?

1-b. How did he react to those brief moments?

3. Had he now joined the First 100 as being a recovered alcoholic?

4. Had the hope of Step Two become a reality in his life?

(P) 5. What do we call this type of event?

6. Are its elements complex?

7. What made it possible for him to come to believe?

8-a. What did he do?

8-b. Then he what?

(P) 10. For how many had God repeated this miracle?

*Comment: Is this the promise of our Twelve Steps? “Having had a spiritual awakening as the result of the steps...” Will it happen for all of us who are willing to take and live by the directions that came with the Steps? That seems to be the promise!*

11. Did this man have a spiritual awakening or a spiritual experience?

12. Then some of us must experience which?

13. What is the promise to all those who will become students and practitioners of this Basic Textbook?

(P) 14. If we try to apply these Steps to our lives, what will happen?

HOW IT WORKS

(Pages 58 through 71)



(P) 9. What are our stories supposed to do?

*Comment: Some folks have a little trouble with this one. They read it as "What it was like, what happened and what it is like now." It very clearly reads, "what WE were like, what happened and what WE are like now." It seems pretty obvious IT wasn't too good or we would never have come to this bunch of all-time losers.*

10. If you want what this program has to offer, what must you do?

(P) 11. Do we look forward to taking these Steps?

12. With our sound sense of reasoning, what do we try to do?

13. Could we find it?

*Comment: We recovered alcoholics can assure every chronic alcoholic that these Steps, when taken as directed, are the "easier, softer way!!!"*

14. What do we sincerely beg of you?

15-a. Which of our old ideas, beliefs or opinions are worth retaining?

15-b. What must we do with our old ideas?

(P) 17. What must we remember?

*Comment: If we have an alcoholic mind, must we also remember that alcoholism is permanent, progressive, patient and fatal?*

(Page 59)

1. Must we have help?

2. Who has all the Power?

3. When should we try to find Him?

(P) 4. If we are halfhearted in applying this program, how successful will we be?

5. If we understand that lack of power is our Problem and that a Power greater than ourselves is the Solution, where are we?

6. What do we ask?

*Comment: This is the first of several prayers we will find as we progress in recovery. Remember, this is a Spiritual Program. Therefore, we will find one or more prayers for each and every Step. We learn how to more and more involve God in our lives. We find this way of living to be extremely practical.*

(P) 7-a. Here are the Steps we what?

*Comment: The authors of this Book recovered by taking the Steps, not by just going to meetings. The material they give us is in the past tense. They report what they did, how they did it and what the results were. If we do what they did, we will get what they got.*

7-b. What are these Steps?

*Comment: Read the Steps and contemplate what they say. They tell us precisely what we must do to recover. We will then be given the information we need to understand the significance of the Steps and the clear-cut directions for taking them.*

Step 1. The Problem - alcoholism.

Step 2. The Solution - a Power greater than ourselves.

Step 3. A Decision to take the rest of the Steps to learn if that Power is available to us. greater than ourselves

*Comment: We will now begin to be at peace with the God of our understanding.*

(Page 59 - continued)

Step 4. An effort to learn the Truth about ourselves.

Step 5. The humility to honestly admit our character defects to our Higher Power,  
ourselves and another human being and to learn more of the Truth about the way we have treated

and harmed others.

Step 6. A commitment to our Higher Power that we will continue our study of the Big Book and follow the clear-cut directions to the best of our understanding.

Step 7. Now that we have told Him we will do our part, we humbly ask Him to do His part.

*Comment: We will now begin to be at peace with ourselves.*

Step 8. Take the list from Column One of our Fourth Step and add to it all the people we have neglected, used, abused or otherwise harmed.

Step 9. Make restitution to all those on our Step Eight list of people we have harmed.

*Comment: We will now begin to be at peace with the people and the world around us.*

*Comment: This action Step is vital to long-term emotional sobriety for this Step is where we forgive. If we have carefully followed directions, we will experience a great spiritual event, an awakening/experience, within us or, as Dr. Silkworth said, an entire psychic change.*

Step 10. Continue to apply Steps 4, 5, 6, 7, 8 and 9 moment by moment, day by day.

*Comment: This is how we stay free of our old ideas and begin spiritual growth.*

Step 11. This is how we learn to talk to God (pray) and listen to God (meditation).

(Page 60)

Step 12. This is the Promise of the Program, the statement of our Primary Purpose and how we are to apply these Steps to every area of our lives. This is where we live the Program.

*Comment: "We feel that elimination of our drinking is but a beginning. A much more important demonstration of our principles [Twelve Steps] lies before us in our respective homes, occupations and affairs." [p. 19]*

1-a. What is the promise of having taken the first eleven Steps?

1-b. What must we then try to do?

1-c. Where else must we apply these Steps?

(P) 4. What do many of us exclaim?

5. Should we just throw our hands up and quit?

6. How many of us are doing this *precisely*?

7. We certainly are not what?

8. If we really want to recover, we must be willing to do what?

9-a. What is the nature of these Twelve Steps?

*Comment: Principles are defined as basic truths or basic laws. God, in His creation, gave us two types of Principles; natural and spiritual. The natural laws we get for free, i.e. gravity, water freezes at 32 degrees Fahrenheit, etc.. The spiritual laws require a very precise course of action before we can be beneficiaries of them. In our case, the Spiritual Principles are the Twelve Steps.*

9-b. What are they designed to do?

11-a. What do we gain as the result of taking these Steps?

11-b. But we will never achieve what?

(P) 13-a. What two Sections of this Book describe the alcoholic?

13-b. What chapter describes the Agnostic?

13-c. Where do we find the adventures, before and after?

(Page 60 - continued)

13-d. What do these make clear?

- (a) Is this Step One?
- (b) Is this also Step One?
- (c) Is this Step Two?

*Comment: This is where Bill wrote in the Original Manuscript, "If you are not convinced of the A,B,C's, reread this Book or throw it away."*

(P) 17-a. If we are convinced of these vital issues, the (a), (b), (c)'s, where are we?

17-b. What have we decided to do?

19. Which two questions need to be answered at this point?

*Comment: The answer to the first question will be found beginning on this page and continuing through page 62. The answer to the second question begins on page 63 and ends at the bottom of page 164.*

(P) 20. What is the first requirement in answering the "first question?"

21. Why is that?

22. Everybody is like what? (2 sentences)

(Page 61)

1-a. What do we want regarding our plans and people's actions?

1-b. If everyone played his part, how would our life be?

3. How would everybody feel and how would life be? (2 sentences)

4. In writing the script for all the players, is the actor sometimes noble?

5. He might even be what?

6. But then he may be what?

7. If he is like most people, how will he be?

(P) 8. What usually happens? (2 sentences)

9. What does he begin to think?

10. What does he decide to do?

11. How does he change his approach?

12. Is he now pleased with the results?

13. Who gets the blame?

14. How does this make him feel?

(Note: Was this the way it was with you?)

15. What is his basic trouble? (2 sentences)
16. He is the victim of what illusion?
17. What should be evident to all the other people in his life?
18. How do his actions affect the other people in his life?
19. What is usually the product of his efforts?

(P) 20. What would people call our actor?

21. He can be compared to whom?

(Page 62)

1. With all our fussing and complaining, what are we really concerned with?

*Comment: We must remember that the authors of this Book are reporting what they did and what they learned about themselves. This Book is based on their experience and knowledge, not ideas or opinions.*

(P) 2. What is the root of our troubles? (2 sentences)

3-a. What manifestations of our selfishness drive us?

3-b. What do we do?

3-c. And they do what?

6. When people hurt us, seemingly without any provocation on our part, what do we usually find?

(P) 7. Who is really responsible for all our troubles?

8-a. Where do they come from?

8-b. What is the alcoholic an extreme example of?

8-c. Can the alcoholic see the truth?

11. Above everything, what must happen?

12. Why is that so important?

*Comment: There are no "musts" in the Program of Alcoholics Anonymous? Well, here are two of them!*

13. How is that possible?

14. What alternatives are there?

15-a. Do many of us have a high standard of values?

15-b. How well do we live up to our own values?

17. What can we not reduce through our own willpower?

18. We must have what?

(Page 62 - continued)

(P) 19. What is the first thing we must do? (first 2 sentences)

20. Why?

21. What did we then decide?

*Comment: A Director gives directions. That is precisely what is in this Book, the directions for recovery.*

22. If He is the Principal, what are we?

23. If He is the Father, what are we?

24-a. What are most good ideas?

24-b. What does this decision prove to be?

24-c. Through which we pass to what?

(Page 63)

(P) 1. What happens when we become serious about this Program?

2. What did we now have?

3-a. He is what?

3-b. What will our new Boss promise to do?

3-c. What must we do?

*Comment: That means to follow the directions He provided us through the First Hundred.*

6. Established on this footing, what is promised? (2 sentences)

7. As we feel the new Power flow in, what else is promised?

8. We are what?

*Comment: Remember that Dr. Silkworth stated that we could "re-create" our lives through the application of our Program.*

*Comment: This being our Basic Text, it will tell us WHEN to take a Step, HOW to take a Step, WHAT the results will be and, from time to time, remind us WHY we must take the Step.*

(P) 9. Is it now time to make a decision to really try the Program by taking the Steps?

*Comment: WHEN do we take Step Three? Is it after we are convinced of the (A), (B), (C)'s?*

*Comment: carefully examine this prayer to understand its meaning.*

10-a. I give myself to Whom?

*(Note: What had you given yourself to previously?)*

10-b. For what purpose?

*(Note: Had alcohol destroyed everything worthwhile in your life?)*

12-a. What do I want relief from?

12-b. Why would I want to be free of my selfishness?

(Page 63 - continued)

- 14-a. What else do I want to be free of?
- 14-b. Why do I pray that they will be removed?

16. How long do I really want to do His will?

17. What must we do before taking this Step?

(P) 18. HOW do we take this Step? (2 sentences)

- 19-a. Must we pray this prayer exactly as written?
- 19-b. If we reword it, can we leave out part of the meaning?

21-a. If every action begins with a decision, are we now ready to begin?

22-b. If honestly and humbly prayed, WHAT will be the results?

(P) 23-a. Now that we have decided to take the Steps, how do we go  
23-b. What is the first step in carrying out the decision?

about it?

(Page 64)

- 1-a. What was our Third Step decision?
- 1-b. What is necessary for the effect to be a lasting one?
- 1-c. When should we do Step Four?

4. Was alcohol our problem?

5. What did we have to determine?

(P) 6. What did we start? (2 sentences)

*Comment: The word "moral" in Step Four means truthful and honest.*

7. What happens to a business that takes no inventory?

8. What is a commercial inventory?

9. What is the purpose of an inventory?

10. What is the main object of an inventory?

11. If the owner is to be successful, what is it he must not do?

- (P) 12. What do we do?  
13. How do we take stock of ourselves?  
14. What are we looking for?

- 15-a. What had defeated us?  
15-b. What do we consider?

- (P) 17 What is the first manifestation of our character defects we look at?

Question - What is a resentment?

Answer – Remembering a previous situation that made us angry and re-feeling the anger that it produced.

18. What does it do to alcoholics?

(Page 64 - continued)

- 20-a. From it comes what?  
20-b. In how many ways are alcoholics ill or sick?

*Comment: Dr. Silkworth believed that the chronic alcoholic's problems were physical [the allergy] and mental [the obsession] but we now learn that another part of our being is also affected; the spiritual element of our existence is deeply affected. "Lack of Spiritual Power, that was our dilemma. We had to find a Higher Power by which we could live and which would solve our problems." That is why this Book is so very important. It gives us clear-cut directions on how to make that Power effective in our lives.*

22. When we have a spiritual awakening or spiritual experience, what is promised?

*Comment: We are now given the clear-cut directions for taking the Fourth Step of Alcoholics Anonymous. As we study the directions, refer to the illustration on page 65.*

23. Do we need a pad of paper and a pencil or pen?  
24. What is the first thing we list on the pad of paper?  
(Column one: *I'm resentful at:*)  
25. What is the next thing we ask of ourselves?  
(Column two: *The Cause*)  
26. What did we find to be true in most cases?

(Page 65)

1. So, what were we? (2 sentences)

- (P) 2. What do we then set down opposite the ones we resent?  
(Column three: *Affects my:*)

3. What do we list in Column three?

(P) 4. How definite should we be?

*Comment: We will be referring to this list again as we study Page 67.*

(P) 5. How far back do we go in listing those we resent?

6. Only what counts in doing our inventory?

7. When we are finished, what do we do?

8. What is the first thing that becomes apparent as we study what we have done?

(Page 66)

1. Is that where most of us stop?

2. What continues to happen?

3. What was it sometimes and then who were we mad at?

4. The harder we tried to have our way, what happened?

5. Did we win some battles and lose the war? (2 sentences)

(P) 6. What becomes plain?

7. What is the result of thinking about what they did to us and how we are going to get even with them?

8-a. What is the hope of the alcoholic who is trying this program?

8-b. Are resentments a serious matter to alcoholics?

10. How serious are they?

11. What do we give up by replaying our resentments?

12. What happens then?

13. Does the alcoholic quit drinking then?

(P) 14. If we are going to live, what must happen?

15. Is thinking about the way we can get even OK for alcoholics?

16-a. How about for non-alcoholics?

16-b. But for alcoholics, they are what?

- (P) 18-a. What do we go back to?  
18-b. What does it hold for us?  
20. What are we now prepared to do?

21. What do we begin to see?

(Page 66 - continued)

22. Does it make any difference whether or not the event that caused the resentment actually happened? (2 sentences)

23. What did we see?

24. Can we carry out a decision to drop all our resentments and forget them?

- (P) 25. What will be our course?

(Page 67)

1. What did we see about the ones who offended us?

*Comment: The following is the Fourth Step "Resentment Prayer".*

2. What do we ask God?

3. When a person hurts us, what do we pray? (rest of paragraph)

*Comment: Do we pray for the ones who offend us or do we pray for ourselves?*

- (P) 4. What do we avoid?

5. Why do we avoid that?

6. What might happen if we do?

7-a. Can we help everyone?

7-b. What is the promise of the "Resentment Prayer?"

(P) 9. What do we do next?

10-a. As we begin, what do we disregard?

10-b. Whose mistakes do we look at?

12. What, specifically, are we looking for?

*Comment: These are the character defects, shortcomings, exact nature of our wrongs, etc.*

13. Though the situation had not been entirely our fault, what do we try to do regarding the other person?

14. Is it all right to place some of the blame on them?  
(Repeat the last sentence . . . One more time!)

15. We are looking for what?

16. Whose inventory is this?

17. What do we do as soon as we see our faults? (2 sentences)

(Page 67 - continued)

18. What is promised as the result of closely following the directions?

*Comment: Remember this promise of becoming WILLING. You will thank God for it when you arrive at Step Eight.*

*Comment: Now for the second part of our inventory. This manifestation of our character defects is FEAR.*

(P) 19. What part of our lives does fear touch? (2 sentences)

20. Is it a part of our existence?

21. What does it set in motion?

22. Who is responsible for the fear we experience?

(Page 68)

1. How can we classify fear?

2. Why?

(P) 3. What do we do with our fears?

*Comment: We do exactly the same thing with our fears that we did with our resentments. List everybody and everything that we fear. Once they are all listed, we ask ourselves why we have them. After that review, we see how segments of our lives have been affected. And finally, are they the result of our selfishness, dishonesty, self-seeking or frightened way of treating those we have listed?*

4. Do we write them down?

5. What do we ask ourselves?

6. Does self-reliance have anything to do with it?

7. How good is self-reliance?

8-a. What did some of us once have?

8-b. What did it solve?

10. What made it worse?

(P) 11. What do we think about this matter?

12. What different basis are we now on, having started carrying out our Third Step decision?

13. Who do we now trust?

14. What is our role in life now?

15-a. Just to the extent we do what?

15-b. If we really let Him direct our life, what is promised?

(P) 17. When and to whom do we apologize for our new way of life?

18. We can laugh at who? (2 sentences)

(Page 68 - continued)

18. What does faith produce?

19. What do all men of faith possess?

20. In Whom do they place their trust?

21. When do we apologize for our dependence upon our Higher Power?

22. What do we let Him do?

*Comment: The following is the Fourth Step "Fear Prayer".*

23. What do we ask of Him when we experience fear?

24. What are we promised will, at once, begin to happen?

*Comment: Now for the third part of our Inventory. Sexual misconduct is another manifestation of our character defects.*

(P) 25. What do many of us need when it comes to our sex conduct?

26. Above all, we try to do what?

27. Is it easy to mess up here?

28. What kind of opinions do we encounter when it comes to this topic?

29. One side of the debate looks at sex as what?

(Page 69)

1. What is the other side of the debate?
2. What do they think?
3. What do they see?
  - 4-a. One side would allow what?
  - 4-b. The other side would allow what?
6. Do we want to set these people straight?
7. Do we want to be the judge of anyone's sex conduct?
8. Who has sex problems?
9. What would we be if we didn't?
10. So now, what is the question?

*Comment: We treat our sex inventory just as we did for our resentments and for our fears. We examine it by using the four column approach, just as we have learned to do.*

- (P)
11. We begin this part of our inventory by doing what?
  12. What are we looking for?
  13. Of whom do we make a list?
  14. Do we add those to our list who have been hurt by some more subtle actions on our part?
    - 15-a. Whose wrong do we examine?
    - 15-b. What do we ask ourselves?
  17. Do we put all this on paper just as we did the manifestations of our other personality defects?

- (P)
18. By doing this, what are we really trying to do?

(Page 69 - continued)

19. What test do we apply?

*Comment: The following is the first of three prayers we are given to help shape our sex conduct.*

20. What do we ask of God?

- 21-a. What must we remember about the source of our sex powers?
- 21-b. They are therefore what?
- 21-c. They are not to be used how?

- (P)
- 24-a. Are we to determine our ideals regarding our sex conduct?

*Comment: It is not uncommon to write down what our ideals are.*

24-b. Again, what is the key to success in this area of our lives?

26-a. We must also be willing to do what?

26-b. Provided that in doing so, we do not do what?

28. How do we treat sex in our program?

*Comment: The following is the second prayer for our sex conduct.*

29. What do we ask of God?

30. What is the promise of that prayer?

(P) 31. Who can judge our sex situation?

32-a. What may be desirable?

(Page 70)

1-b. Who will be our final judge?

2. What have we come to realize?

3. What do we avoid?

*Comment: It has been a long-standing practice in our Fellowship to avoid giving advice unless we are that person's sponsor. What we are directed to do is share our experience and knowledge of our program and how God does for us that which we cannot do for ourselves.*

(P) 4. If we fail, are we doomed to start drinking? (2 sentences)

5. What do some folks think?

6. But is that true?

7. On what does it depend?

8. If we have a slip in our sex conduct, what attitude had we better have?

9. If we are not remorseful, and we continue to do what we want rather than what we know we should, what will happen?

10. Is this someone's theory?

11. How can we be so sure?

*Comment: We must continue to remember that this Text is based on the experience and knowledge of its authors -- not their ideas or opinions.*

*Comment: The following is the third prayer for our sex conduct.*

(P) 12. We earnestly pray for what?

13. If sex continues to be a problem, what are we told to do?

*Comment: Please note that we are in the process of taking the first action Step to recovery and the First Hundred tell us it is not too soon to start trying to help a newcomer.*

(Page 70 - continued)

14. What do we try to think of?

15. What does this do?

16-a. It will quiet what?

16-b. If we yield, what will it mean?

(P) 18. If we have been thorough, what have we done?

19. What have we listed?

20. What have we begun to understand?

21. We have commenced to see what?

22. We are promised that we will begin to learn what?

23-a. We have a list of who?

23-b. And we are promised that we will be willing to do what?

*Comment: Again, we are promised that the WILLINGNESS we need for Step Eight begins as we follow the directions for Step Four.*

(P) 25. What do we read in this Book, over and over?

(Page 71)

QUESTION: Is this a self-help program or a God-help Program?

2. Of what should we now become convinced?

3. If you have taken the Third Step and the Fourth Step, where are you?

4. What, then, have you learned?

*Comment: The truth will set us free. But until it does, it will beat our brains out!!!*

INTO ACTION

(Pages 72 through 88)

Now that we have taken Steps Three and Four and have decided to put the Program of Alcoholics Anonymous to the test, we are ready to go into action. That just happens to be the title of Chapter 6, "INTO ACTION". In this Chapter, we are given the directions, the prayers and the Promises for Steps Five, Six, Seven, Eight, Nine, Ten and Eleven.

What seems to be so amazing about this Program is its simplicity. We are told how to make our decision to begin recovery on page 63. From page 64 through page 83, we are told what we must do to be assured of a spiritual awakening or a spiritual experience. Once we have taken the action outlined in these pages, we are told we are now **recovered** alcoholics.

To maintain that miracle and to grow spiritually, we are told how we can take care of the moment by applying Step Ten and how to gain the Power and Knowledge of His will for us by practicing Step Eleven. That precious information is contained in just 5 pages (Pages 84 through 88).

Having followed the clear-cut directions presented in these 24 pages of this Basic Text, we are promised that we will have a spiritual awakening and thereby have a Solution for all our problems. Not just the problem of alcoholism, but ALL our problems.

The only way to see if that will prove true for us, as it did the authors of this Book, is to do what they report they did. With Step Four, we have taken only the first action Step. Now it is time for action and more action.

**We recover by the Steps we take, not the meetings we make.**

(Page 72)

- (P) 1. Having completed our Fourth Step, what is the question?
- 2-a. What have we been trying to do?
  - 2-b. And what else?
  - 2-c. And discover what?
  
  - 5-a. What have we admitted?
  - 5-b. What have we ascertained?
  - 5-c. We have put our finger on what?
8. What is about to happen to these defects of character?
- 9-a. What is required?
  - 9-b. When completed, we will have admitted to whom?
  - 9-c. And what will we have admitted?
12. Where are we at this point?
- (P) 13. What is difficult about Step Five?
14. Do some of us feel that Step Four was enough truth?
15. What do we find in actual practice? (2 sentences)
16. Do many of us believe that we must do more?
17. Will some good reasons help us to be more willing to take this Step?
18. What is the very best reason for doing so?
19. Do many try to keep a secret or two?
20. Do they try to find an easier, softer way?
21. What almost invariably happens to them?

(Page 73)

1. Since they took Step Four, what did they wonder when they found themselves drunk?
2. What do we think the reason is?

3. Even though they made an attempt at Step Four, what had they done?

4. What *thoughts* did they hang onto?

5-a. What had they not learned?

5-b. What do they need to do?

(P) 7. How many lives do alcoholics live?

8. What are we good at?

9. Do we put on a good front for the people in our lives?  
(2 sentences)

10-a. If we are good at it, what do we enjoy?

10-b. Do we deserve it?

(P) 12. What makes things worse?

13. When he comes out of a blackout, what happens?

14. What are these memories to him?

15. What really scares him?

16. What does he do with these memories?

17. What is his hope?

18-a. What does this do to him constantly?

18-b. This leads to what?

Page 73 - continued)

(P) 20. Do psychologists believe we are liars?

21. Do we pay them well to tell them half- truths and ignore their advice? (3 sentences)

*Comment: Would this maybe qualify as another form of insanity?*

22. Who were we willing to be honest with?

23. Is this one of the reasons members of the medical profession have such a low opinion of us?

*Comment: Could another reason be that we are not too good about paying our bills?*

(P) 24-a. What must we do?

(Page 74)

- 1-b. Why must we be entirely honest with someone?
- 2. Should we be careful about who we take Step Five with?

3. If our religious convictions require a confession, should we adhere to that?

4. If we have no religious connections, is it all right to go to a member of the clergy?

5. Do we sometimes find those who come to understand what we are trying to do?

6. On the other hand, do we sometimes find folks who want to change our Program?

(P) 7. If we don't want to go to a member of the clergy, what can we do?

8. What professionals might be acceptable?

9-a. What about a family member?

9-b. What can we not do if we use a family member or close friend?

11. What is it that we have no right to do?

12. How do we handle some parts of our story?

13. What rule do we follow?

(P) 14. What situation could exist?

15-a. What do we do if there is no one we can share with?

15-b. But we must be ready to do what?

17. Why do we say this?

18-a. What is important about the person who will hear our Fifth

Step?

18-b. What must the person hearing our Fifth Step understand?

18-c. And they must not do what?

(Page 75)

1. Can we use this as an excuse to postpone?

(P) 2. WHEN do we do our Fifth Step?

3-a. What do we have?

3-b. We are prepared for what?

5. What do we explain to the person who is to hear us?

6. What must that person realize?

7. How will most people feel about doing this for us?

(P) 8. HOW do we take our Fifth Step?

9. If we are completely honest and thorough, WHAT is the first promise?

10. WHAT is the second promise?

11. WHAT is the third promise?

12. WHAT is the fourth promise?

13. WHAT is the fifth promise?

14. WHAT is the sixth promise?

15. WHAT is the seventh promise?

16. WHAT is the eighth promise?

(P) 17-a. Returning home, what do we do and for how long?  
17-b. We very carefully do what?

(Page 75 - continued)

*Comment: The following prayer is the first "Fifth Step Prayer".*

19. Why do we thank God?

20-a. What do we do then?

20-b. We turn to what page?

22-a. What do we do then?

*Comment: The following is the second "Fifth Step Prayer."*

22-b. What do we ask for?

22-c. What are we in the process of building?

25. Is it really important that we do this thoroughly? (4 sentences)

(Page 76)

(P) 1. If we know we have done the very best we can, have held back no look at what? (The WHEN)

2. What have the First Hundred emphasized as absolutely necessary? (The HOW)

secrets in Steps Four & Five, we can

*Comment: To be successful in this Program, we must be completely willing to follow the clear-cut directions the First Hundred laid down for us in this Book. They are just reminding us of that fact at this point in our recovery.*

3. Are we really ready to have God do what?
4. What question is running through our mind at this point?  
(The WHAT)

*Comment: The following is the "Sixth Step Prayer."*

5. If we have one or more character defects we are unwilling to part \_\_\_\_\_ with, what do we do?

*Comment: If we truly have the willingness to continue our study of the Steps and apply them to our lives, then we are ready.*

- (P)
6. WHEN we are ready, what do we do? (The HOW)
  7. What parts of our lives are we willing to let Him take?
  8. What do we ask Him to remove?
  9. We ask Him to grant us what?
  10. How do we know we have completed this prayer?

*Comment: Review the formal prayer on page 63 and notice that it was not concluded. There was no "Amen". Notice that the Seventh Step Prayer is concluded. These may be considered as a single prayer, separated by Steps Four and Five to learn what it is we must be willing to have Him remove and promise Him that we have the willingness to do our part. We can then ask Him to do His part.  
[The WHAT]*

(Page 76 - continued)

11. What more do we do with Step Seven?
- (P)
- 12-a. What do we now need? (The WHEN)
  - 12-b. Why do we need it?

*Comment: Again, we are reminded that this is a Program of action, not just going to meetings.*

14. What Steps will we look at now?
15. What do we have?
16. Where did it come from?
17. What do we now do?
18. Why do we go to see our family, friends, and neighbors?  
(The HOW)
19. What do we really try to do? (The WHAT)

*Comment: The following is the Eighth Step Prayer. Remember that we were promised we would be given some willingness as we did Step Four.*

20. What do we pray for?
  21. What must we remember? (The WHY)
- (P)
22. What is probably true?
    - 23-a. As we review the list, how do we feel about some of them?
    - 23-b. Why might we feel that way?

25. Can we be assured?

26. Should we try to impress everyone of our spiritual way of life?

(Page 77)

1. If we get heavy on spirituality, how might that affect them?

2. What are we really trying to do?

3. Is that just what this program is all about?

4. What is the real purpose of the Twelve Steps of Alcoholics

Anonymous?

*Comment: Can this be achieved by just not drinking and going to meetings?*

5. What wouldn't be a very smart thing to do?

6. To do so would be like doing what?

7. If we do, what may they think of us?

8. What is a far more important reason?

9. What will the person be impressed by?

*Comment: A condition which must exist before making amends is a "sincere desire to set right the wrongs." [The WHEN]*

10. What will the person be interested in?

*Comment: Again, the message is what we **do** - not what we **say**.*

(P) 11. We don't use this as an excuse for shying away from what?

12. If it can help, what are we willing to do?

13. What question will arise?

14. What if he has hurt me more than I have hurt him?

15. Nevertheless, what do we do?

16. Even though it is difficult going to an enemy, what are the results?

(Page 77 - continued)

17-a. In what frame of mind do we go to him? (The WHEN)

*Comment: Could this be termed "love?" -- to want to help and forgive?*

17-b. What do we confess? (The HOW)

*Comment: Step Nine is the Step that lets us forgive those we have hated, feared, wished bad times toward, etc.. Who, on your Fourth Step lists, did you not have ill feelings toward? If we want to be forgiven, we must forgive and then we are free!!!*

*Comment: From this point in Chapter 6 to the last paragraph on page 83, we will be told WHEN & HOW to "make direct amends to those we have harmed, except when to do so would hurt them or someone else" for specific situations and WHAT the results will be. Watch for them.*

(P) 19. When can we criticize someone?

20. Very simply, what do we tell them?

21-a. Why are we trying to make restitution?

(Page 78)

1-b. Do we then tell them what they should do?

2. Whose faults are to be discussed? (2 sentences)

3. If we do this in an unemotional and honest manner, what will happen?

(P) 4. What happens most of the time?

5. What happens sometimes?

6. What rarely fails to happen?

7. Sometimes, what do our enemies do?

8. Occasionally, they will do what?

9. But, does it really make any difference what their reactions are?

10. What counts? (2 sentences)

*Comment: Again the message is the demonstration of what we do -- not what we say.*

(P) 11. Most of us owe what?

12. Do we shy away from those we owe?

13-a. Are we honest with them?

13-b. What do they usually know?

15. Are we afraid to talk about our alcoholism?

16. If we are open and honest with them, what often happens?

17. How do we go about settling our financial amends?

18. What caused the need for these amends?

19-a. What must we lose?

19-b. Why is this so important?

(Page 78 - continued)

(P) 21. Have some of us committed criminal offenses?

22. Have some of us "borrowed" money from our employers?

23-a. Have we told our sponsors about these things?

23-b. Yet, we are fearful of what?

25. Have some of us cheated on our expense accounts?

26. Do only a few of us do that sort of thing?

(Page 79)

1. Have some of us skipped payments on alimony or child support?
2. If so, may this have put us in trouble with the law? (2 sentences)

(P) 3. Although these amends take on many forms, what will we be given?

4-a. What must we remember?

*Comment: The following is the first "Ninth Step Prayer."*

4-b. What do we pray for?

4-c. May our efforts to make restitution produce some inconveniences?

7-a. What might be the consequences?

7-b. But we must be what?

9. Is this optional? (2 sentences)

(P) 10. If other people might be involved, what are we not to do?  
(2 sentences)

11. Why was he behind in alimony? (2 sentences)

12. How did she feel about it and what did she do? (2 sentences)

13-a. Was he applying the Twelve Steps of Alcoholics Anonymous

to his life?

13-b. Was his life improving?

15. What could he have done?

(P) 16-a. How did we feel about him going to jail?

16-b. What would be the problem with that, so far as making restitution?

18. His sponsor suggested that he do what?

19-a. Did he do what his sponsor told him to do?

19-b. What else did he do?

(Page 79 - continued)

21. What did he promise?

22. What did he tell her he was willing to do?

23. What was the outcome?

(Page 80)

(P) 1. If other people might be affected, what do we do?

2-a. If they give permission, what is the first thing we do?

2-b. After talking with our sponsor, what is the next step?

*Comment: Since the consequences of this type of amend might be severe, we are given the second "Ninth Step Prayer" and it is buried in the preceding sentence --ask Who?*

2-c. If it needs to be done, what do we not do?

(P) 5. What was the wrong that had to be righted?  
(the entire paragraph)

(P) 6. Did he believe there was any way he could make amends?

7. If he made it known, for whom did he fear? (2 sentences)

8. What was the question facing him?

- (P) 9-a. Who did he talk to about this problem?  
 9-b. After talking with them, what conclusion did he arrive at?
- 11-a. What did he see he had to do?  
 11-b. What did he know would happen if he didn't make the amend?
13. How did he make this amend? (2 sentences)
14. What were the results? (2 sentences)
- (P) 15. What is the next type of problem to be examined?
16. What would we, perhaps, not like to have generally known?

(Page 81)

1. Are alcoholics the only ones that do this sort of thing?
  2. What does drinking do to our sex life at home?
  3. Living with a drinking alcoholic does what to a wife?
  4. Can she help it?
  5. As she withdraws, what goes on with him?
  6. He starts doing what?
  7. What may he have going, hopefully unknown to interested parties? (2 sentences)
  8. What does a man doing this sort of thing normally feel?
- (P) 9. Whatever the situation, we normally do what?
10. If the wife doesn't know, what do we generally do? (2 sentences)
  11. If she does know in a general way, what should we do?  
(2 sentences)
  12. If she wants to know all the details, what do we do? (3 sentences)
  13. How do we feel about what we have done?
  14. What else can we do?
    - 15-a. May there be exceptions?
    - 15-b. Do we consider the foregoing a rule?
    - 15-c. Is the preceding suggestion based on opinions or on experience?
- (P) 18. Is our Program just for the alcoholic?
19. Who else can profit by it?
  20. If we can forget, what about her?
- (Page 82)
1. What is the best thing to do?
- (P) 2. Some cases may demand what?  
 3. Who, besides the couple, can decide?

4. What may happen?

*Comment: The following is the third Ninth Step Prayer. It deals with infidelity.*

5. What might each do?

6. We must remember we are dealing with what emotion?

7. Good generalship may do what?

(P) 8. If infidelity is not an issue, are we home free?

9. What really stupid thing do we all too often hear from an alcoholic? (2 sentences)

10. Where is he with regard to his amends to his family?

11. What passes all understanding?

12. Had it not been for our families, where would many of us be?

(P) 13. The alcoholic is like what?

14. What are some of the results? (3 sentences)

15. What has caused disharmony in the home?

16. An alcoholic is really unthinking when he says what?

17. What analogy do the First Hundred give us to help us see the  
caused?

havoc we have

18. What did the farmer say to his wife that got him in big trouble?  
(2 sentences)

(Page 83)

(P) 1. What lies ahead?

2. Who must lead the way?

3. Is an apology sufficient?

4-a. What should we do?

4-b. What should we not do?

6. If they are messed up emotionally, who may be partly to blame?

7-a. So what do we do?

*Comment: The following is the fourth Ninth Step Prayer. It deals with our family.*

7-b. WHEN do we ask?

7-c. For WHAT do we ask?

(P) 10. What is not a theory?

11. What must we do?

12. What if the family doesn't care for our program?

13. What should we not do?

14. Is there hope for them?

15. What will make an impression on them?

*Comment: Again and again, we are reminded that this is a Program of Action!*

16. What must we remember?

(P) 17. Can we right all wrongs?

18. We don't worry about the wrongs we can't make right if what?

19. How do we make amends to those we cannot see?

*Comment: Is it all right to make amends by telephone?*

(Page 83 - continued)

20. Can we postpone in some cases?

21. If a delay can be avoided, do we wait?

22. In making our amends, we should be what?

23-a. As God's kids, we do what?

23-b. What do we not do?

(P) 25. If we have carefully followed the clear-cut directions to this point of our recovery, we will be what?

*Comment: This is the First Promise resulting from taking the First Nine Steps. A big WHAT.*

*Comment: See if the following promises would indicate a complete change in the way we think and the way we feel. If so, would this be considered an entire psychic change? How about a spiritual awakening or a spiritual experience?*

26. WHAT is the second promise?

27. WHAT is the third promise?

28. WHAT is the fourth promise?

(Page 84)

1. WHAT is the fifth promise?

2. WHAT is the sixth promise?

3. WHAT is the seventh promise?

4. WHAT is the eighth promise?

5. WHAT is the ninth promise?

6. WHAT is the tenth promise?

7. WHAT is the eleventh promise?

8. WHAT is the twelfth promise?

(P) 9. Are these promises overstated? (2 sentences)

10. WHAT is the thirteenth promise?

11-a. If they come quickly, what do we call them?

*Comment: Bill W. had a sudden spiritual experience.*

11-b. If they come slowly, what do we call them?

*Comment: Dr. Bob had a slowly developed spiritual awakening.*

13. WHAT is the fourteenth promise?

*Comment: Now that we have had this complete change in the way we think and the way we feel [as the result of learning the truth about ourselves], and we are in the process of making restitution [Steps Four through Nine], our past is something we no longer want to hide. How are we going to take care of the present and no longer worry about the future? That is **precisely** what Steps Ten, Eleven and Twelve are for. Let's learn how the First Hundred did them.*

(Page 84 - continued)

(P) 14-a. With this thought, where are we?

14-b. Which says we continue to do what?

16. Is this something we do in a lackadaisical manner?

17. What New World have we now become a part of?

*Comment: This is our Destination; to have the spiritual part of our being brought to life and begin to be aware of His Presence in our daily activities. He is our Father. We are His children.*

18. What is the next thing we do?

*Comment: On page 45, we are promised that this Book will show us how to find a Power, **greater than ourselves**, which will solve all our problems. We are now to grow spiritually by recognizing that we can truly rely on that Promise. We will grow in understanding that our Twelve Steps really can be a Solution to all our problems. We will grow in effectiveness in applying the Twelve Steps to every area of our lives.*

19. Will this happen suddenly?

20. How long must we continue to apply these Steps to our lives?

21. WHAT do we watch for?

*Comment: Isn't this what we did in Step Four?*

22. When these are detected, WHAT do we do and WHEN?

*Comment: Isn't this what we did in Steps Six and Seven?*

23-a. WHAT is the next thing we do and WHEN?

*Comment: Isn't this what we did in Step Five?*

23-b. And then we do WHAT and WHEN do we do it?

*Comment: Isn't this what we do in Steps Eight and Nine?*

25. Then we resolutely do WHAT?

*Comment: Isn't this WHY we learn to take these Steps --"to fit ourselves to be of maximum service to God and the people about us?"? [p. 77]*

(Page 84 - further continued)

26. As we learn to apply Step Ten, WHAT is the first promise?

*Comment: If we learn how to love and tolerate all people, will this make it possible to gain more willingness to make the more difficult amends? Will it make life more livable on a day-to-day basis? We begin to understand that what people think of us is not nearly as important as what we think of them and how we may help meet their needs.*

*Comment: Let's take a close look at the rest of the Tenth Step promises.*

(P) 27. What is the second promise? And we have ceased doing WHAT?

28. The third promise? WHAT are we promised at this point?

*Comment: What was the hope of Step Two? By taking the actions the First Hundred did through the first Ten Steps, we are now sane where alcohol is concerned. Have we now become **recovered** alcoholics?*

29. What is the fourth promise? WHAT will we no longer care about?

30. What is the fifth promise? If tempted, HOW do we react?

(Page 85)

1. What is the sixth promise? HOW do we react around alcohol?

2. What is the seventh promise? HOW did we get such freedom?

3. What is the eighth promise? Do we send off for it? (2 sentences)

4. The ninth promise? Are we either fighting temptation or hiding from where alcohol is served?

5. The tenth promise? HOW do we feel?

6. The eleventh promise? Have we taken the pledge?

7. The twelfth promise? Instead, WHAT has happened?

*Comment: WHAT was the promise on page 45?*

8. The thirteenth promise? WHAT happened to it?

9. The fourteenth promise? We are neither WHAT?

10. Are these promises based on someone's ideas or opinions?

11. The fifteenth promise? WHAT is required to keep these promises alive and well?

(P) 12. What is so easy for an alcoholic to do?

13-a. What lies ahead?

13-b. Why?

15. We are not what of alcoholism?

*Comment: Recovered but not cured? That presents a conflict to some alcoholics. If we were cured, we would be able to drink responsibly. No, we are not cured. The allergic reaction to alcohol will remain with us for our lifetime. But we have been restored to sanity. That was where the problem existed. "The main problem of the alcoholic centers in his mind, rather than in the body." [p. 23] We are now sane where alcohol is concerned. Consequently, we have **RECOVERED**.)*

(Page 85 - continued)

16-a. What do we have?

16-b. What is it contingent on?

18. What must we carry every day?

*Comment: The following is the Tenth Step Prayer.*

19-a. Who do we want to serve?

19-b. Whose will?

21. Are these thoughts optional?

*Comment: And there are those who continue to say, "There are no "musts" in Alcoholics Anonymous" but here are two more of them.*

22. What can we now do?

23. Why are we now able to do that?

*Comment: If we are now sane when it comes to alcohol, it becomes pretty obvious that we would do well to decide to apply these Steps to our lives through willingness, which can be forced by self-will. Thank God, sanity was returned before we were given the opportunity to apply self-will again.*

(P) 24-a. What do we receive?

24-b. Where does this come from?

26. WHAT are we promised if we carefully follow the directions in this Book?

27. WHAT have we begun to be?

28. WHAT have we started to develop?

29-a. Now that we have recovered, can we stop?

29-b. What must we do now?

(P) 31. What is Step Eleven?

32. Why shouldn't we be shy about prayer? (2 sentences)

(Page 86)

1. What is required to make prayer work?

2. What would be easy?

3. How did the First Hundred believe they could help us here?

*Comment: "Sought through prayer and meditation to improve our conscious contact with God, as we understand Him, praying ONLY for the KNOWLEDGE of HIS WILL for us and the POWER to carry that out." Prayer is talking to God and meditation is trying to listen to His still voice. He gave us two ears and one mouth. From that may be a clue as to how important it is to try to follow the directions we were given in this Book for learning how to communicate with our Heavenly Father.*

(P) 4. What do we do at bedtime?

*Comment: Here, we begin to receive directions for meditation.*

5. What is the first question we must answer? (What four things do we continue to look for? Step Four?)

6. What is the second question we must answer?

(Steps Eight & Nine?)

7. What is the third question we must answer? (Step Five?)

8. What is the fourth question we must answer?

(Love & Service to God and the people about us?)

9. What is the fifth question we must answer?

10. What is the sixth question we must answer?

(Selfishness/self-centeredness?)

11-a. What is the seventh question we must answer?

11-b. What is the eighth question we must answer?

13-a. What must we be careful not to do?

13-b. Why?

15. After meditating on these questions, what do we pray?

(Page 86 - continued)

(P) 16. What is the first thing we should do when we wake up in the morning?

17. What do we consider?

18. What prayer do we apply before we begin?

19-a. What can we do under these conditions?

19-b. Why did God give us brains in the first place?

21. Where will we now find our thought-life?

*Comment: Does this appear to be a Promise?*

(P) 22. Considering the day ahead, what may we face?

23. What may we not be able to do?

24. What do we pray?

25. How do we begin to learn to practice quiet meditation?

(2 sentences)

26. What will surprise us after we practice, practice, practice these directions?

*Comment: Does this appear to be another Promise?*

(Page 87)

1. What do hunches and inspirations become for us?

*Comment: Does this appear to be another Promise?*

2. Why will we not be inspired all the time?

3. If we presume the contrary, what will happen?

*Comment: It is always a good practice to check out our great ideas with our sponsors.*

4. What do we find?

*Comment: Does this appear to be another Promise?*

5. Does it become important to us?

*Comment: Does this appear to be another Promise?*

(P) 6-a. How do we conclude our period of quiet meditation?

6-b. What do we pray for?

8-a. We especially pray for what?

8-b. What are we careful not to pray for?

10. What may we conditionally pray for?

11. How do some of us waste our time?

12. Why?

*Comment: What was it we prayed for in the Third and Seventh Step Prayers?*

(P) 13. If we have family or friends close by, what might we do?

14. If our religion places requirements on us, what do we do?

15. If we have no religious affiliation, what can we do?

16. What may we refer to?

(Page 87 - continued)

17. Where might we find some good suggestions for other reading material?

18. What should we be quick to do?

19. Should we take advantage of their generosity?

(P) 20. When we are upset or confused, what do we pray?

21-a. What must we remember all the time?

(Page 88)

1-b. What else do we humbly pray?

2. By doing so, what are we promised?

3. Will we be able to get more done?

4. Why will that be so?

(P) 5. What is the next promise?

(P) 6. We alcoholics are what?

7. How do we let God discipline us?

*Comment: What has just been outlined is the program of recovery through the first Eleven Steps of Alcoholics Anonymous. We need only to continue to follow this outline of action to grow spiritually. To confirm that, read the last sentence on page 14.*

(P) 8. Is learning to take the first Eleven Steps the end of our actions?

9. What is there more of?

10. What is dead?

11. What is Chapter Seven about?

## WORKING WITH OTHERS

(Pages 89 through 103)

*Now comes our Primary Purpose!*

We have ended our debate as to whether or not there really is a God, *as we understand Him*, through Steps One, Two and Three.

We put an end to the debates and confusion that goes on in our heads through Steps Four, Five, Six and Seven.

We have put an end to the disputes and disharmony with those about us through Steps Eight and Nine.

We learned how to clear our minds of resentments, fear, selfishness, dishonesty, etc., through Step Ten.

We learned how to talk to God (prayer) and try to listen to God (meditation) through Step Eleven.

We are ready to go to work. Having done our work as directed, we have been blessed with a spiritual awakening/experience. We have had a personality change sufficient to recover from alcoholism. Now we go to work with our Program.

If we truly appreciate what God has done for us, we will show him our gratitude by the way we begin to repay our debt to Him and all those who have made it possible for us to live a life filled with peace of mind and a real purpose. Chapters Seven, Eight, Nine, Ten and Eleven give us the information we need to begin to learn how to do that.

Our first responsibility is to the alcoholic who is still suffering from alcoholism -- the newcomer. Chapter Seven gives us clear-cut directions on where to find the sick ones, how to qualify them, how to help the serious drinkers understand what alcoholism is and determine if they, in fact, might be an alcoholic. We are then given directions on how to

“sponsor” them into sobriety. Those of us who are willing to apply the experience and knowledge revealed in this Chapter will be blessed with many friends and realize the true joy of living. It is an experience we must not miss. If we do, we will very likely return to drinking and may never have another chance at sobriety.

Notice a rather significant change in the wording of this Chapter. Through the first Six Chapters, the word “we” is used extensively. He now begins using the word “you.” He points his finger at each of us to make it clear as to whose responsibility it is to try to “Carry this message to other alcoholics!” It is the responsibility of each of us to protect our sobriety by searching out the still-suffering alcoholic and go to them with an attitude of love and service.

It is easier to stay sober than it is to sober up! Working with others is our insurance against returning to drink.

(Page 89)

(P) 1. What does practical experience show us?

*Comment: Why did we come to Alcoholics Anonymous in the first place?*

2. If all else fails, do what?

3-a. Carry what?

3-b. To whom?

5. Who else is able to help the suffering alcoholic?

6. Why are you able to do this?

7. Why is it so important from their viewpoint?

(P) 8. What will happen to your life?

9. What happens as the result of us doing what we must do to assure our sobriety?

10. Are you willing to take a risk on missing what this is really all about?

11. What is the bright spot of our lives?

(P) 12. It is hard to believe, but it may be that some of us are not what?

13. Where do the First 100 suggest you start?

*Comment: Can you think of other possibilities?*

14. Why would you think they might be glad to help you with your search?

15. Better not do what?

16. What two reasons are given? (2 sentences)

17-a. Who can we learn something from?

17-b. What can you do that they can't?

19. So we do what?

20. What is our real purpose?

*Comment: Remember our real purpose stated on page 77?*

(Page 90)

*Comment: We are going to learn how to qualify a serious drinker for a 12th Step call.*

(P) 1. When you learn of a prospect, do what first?

2. When do we not bother to talk to him?
3. Why?
4. Who else should know this?
5. What position should the family take?
- (P) 6. If they indicate they have a desire to stop drinking, what is a good first thing to do?
7. Why would we want to do this?
8. How can this help you?
- (P) 9. Sometimes it is a good idea to do what?
10. Who is going to resist this idea?
  - 11-a. Don't do what?
  - 11-b. Unless what?
13. When is a good time to ask a prospect a very important question?
14. What question should the serious drinker be asked?
15. If the prospect says "yes" to the question, what should the family do then?
  - 16-a. How should you be described to the prospect?
  - 16-b. What condition should be met by the prospect?

(Page 90 - continued)

- (P) 18. Should we go talk to the prospect whether or not they want to see us?
19. How should the family react if the drinker says, "no?"
20. What should they wait for?
21. What could we do in the meantime, if it seems appropriate?  
(2 sentences)
22. What must the family decide?

(Page 91)

1-a. Encourage the family to what?

1-b. Why?

(P) 3. What else should the family not try to do?

4. When possible, how should we not meet the drinker?

5. What is a better introduction?

6. Do we oppose medical treatment for the drinker?

7. Who can best introduce the prospect to your possible solution?

(P) 8. When might you see him?

9. Who do we not want present at our first meeting?

10. Why is this a good idea?

11. It will let him what?

12. When do you really want to have your first talk with a serious drinker?

13. Why?

*Comment: When is an alcoholic's suffering the greatest and he is most willing to do anything to not have to go through this misery again?*

(P) 14. How do we want to first meet the prospect?

15. How do we begin?

16. Then start talking about what?

17-a. What do we tell him?

17-b. What are we hoping for?

19. If he starts talking, what do we do?

(Page 91- continued)

20. What will you learn initially?

21. What do we do if he doesn't want to talk?

22. Is this a good time to talk about our program of recovery?

23-a. If he seems to be serious about our conversation, what do

we dwell on?

23-b. What are we careful not to do?

25. If he is enjoying the conversation, do what?

26. Encourage him to do what?

(P) 27. Once he sees that you know what you are talking about, what do we do?

(Page 92)

1. Tell him what?
2. Give him an account of what?
3. Show him that the mental twist does what?
4. What Chapter in this Book do we go to explain the insanity of alcoholism?
5. What will this do for him?
6. Will he maybe enter into a “can you top this?” dialogue?

(P) 7-a. What very important determination are we to make at this point?  
7-b. If we suspect we have a real one, what do we begin to do?

- 9-a. What is the source of your information?
- 9-b. What do we try to show him?

- 11-a. What do we not do at this point?
- 11-b. Unless what?

13. What do we not call him, even though it is necessary that we have determined this?  
14. What is important?

15. What do we do if he doesn't think he has a serious drinking problem?

*Comment: Remember Fred's story in Chapter 3? "They told him what they knew of alcoholism" and then left him to learn the truth for himself.*

16. Do we tell him the truth anyway?

*Comment: A year later, coming off a drunk, Fred remembered they had told him that if he had an alcoholic mind, he would drink again.*

(P) 17. How do we continue to speak of alcoholism?

18. Do we emphasize the powerlessness because of the allergy and the unmanageability because of the alcoholic mind?

(Page 92 - continued)

19. On what do we keep his attention focused?

20. What do we explain to him?

21. Are doctors anxious to tell their alcoholic patients the truth?

22-a. What can we do that the doctors are reluctant to do?

22-b. Why is this so?

24. If we stick with the directions given here, what will very likely happen?

25. What will help you get his serious attention?

26. If we have done a good job of describing the disease to our protégé, what will he be curious to know?

(Page 93)

1. What do we let him do?

2. **Tell him what?**

3. Stress what?

4. What do we do if he is a non-believer?

5. He can choose what?

6. **The main thing is that he be willing to do two things. What are they?**

*Comment: Again, the "spiritual principles" are the Twelve Steps.*

(P) 7. How should we talk about our Program?

8. What may happen if we start getting righteous?

9. Do we talk our Program or our convictions?

(P) 10. What if the prospect belongs to a religious organization and is well schooled in religion? (3 sentences)

11. What will they be curious to learn?

12. What may they be proof of?

*Comment: "Faith without works is dead?"*

13. Faith must be accompanied by what?

14. What are we not going to talk about?

15. Congratulate him on what he does know, but to what do we draw

his attention?

*Comment: Having faith and knowing what to do but not doing it, will not work for us!*

16. How could trying to carry this message by telling our story help  
make?

them see the point we just tried to

17. We represent no what?

(Page 94)

1-a. We deal only with what?

1-b. They are what?

(P) 3. Do we then outline the Twelve Steps of Alcoholics Anonymous?

4. What is very important for them to realize?

5. In reality, who is certain to benefit?

6-a. What do we make plain?

6-b. Our hope for them is what?

8. We suggest what as being important?

9. What do we make clear?

10-a. It shouldn't bother us if they what?

10-b. Why is that so?

12-a. How should our talk with them be?

12-b. If it was, what might have happened?

14. What may we have disturbed them about?

15. Is that good or bad?

16. Why would that be so?

17. Why is it good to make them feel hopeless?

(P) 18. If the candidate rejects the program, should we argue with them?

(2 sentences)

19. What should we not do?

20. What do we tell them?

21. Do we mention Alcoholics Anonymous?

22. If they show interest, what do we make sure they have before we

leave?

(Page 95)

(P) 1. At this point, we leave unless what?

2. What do we give him?

3. If we do stay longer, who directs the conversation?

4. What if the new person wants to get going right now?

(2 sentences)

5. Why could it prove to be a problem?

6. To be most successful, we should display what kind of an

attitude?

7-a. What is another thing we should never do?

7-b. We simply do what?

9. What do we show them?

10. We offer what?

11. What do we tell them at this point?

(P) 12. If they are not interested in our Program of recovery, what should we do?  
13. What may happen, if we do and why?

(P) 14. If they appear to be sincere, what do we ask them to do?

15. After doing this, what must they do?

16. By all means, what should not be done?

17. To be successful in our Program, what must happen within the prospect?

(P) 18. What do we do if they think there is a better way?

19. Do we have the only path of recovery?

20. What should we point out to the alcoholic?

21. What do we do then?

(Page 96)

(P) 1. Should we be discouraged if they don't buy our Program?

2. What should we do?

*Comment: Where did we get the idea that we are to sit in meetings and wait for them to show up?*

3. If you do, what will happen?

4. How do some of us waste our time?

5. If we leave the "slipper" alone, what may happen?

6. Why should we not spend too much time on one who will not follow directions?

7. Was one of our Fellowship lucky at 12th Stepping efforts early on?

*Comment: This person was Bill Wilson.*

8. What did he say would have happened if he had kept wasting his time?

(P) 9-a. We are now going to make our second visit to our prospect. What have they done?  
9-b. What are they ready to do?

*Comment: Where on earth did we come up with the, "Don't drink and go to meetings; you'll be OK?" Or worse yet, "Go to 90 meetings in 90 days."? The authors of this Basic Text, very early in their sobriety, TOOK the Steps and recovered. They did not sit and just talk about them.*

11. Why can you give your protege advice?

*Comment: Note that while the Big Book is based on the experience and knowledge of its authors, we are now told that a Sponsor should give his protege advice, based on his experience and knowledge. Only a person's Sponsor has the privilege and responsibility to give advice. All others should limit their conversations to their own experience, strength and hope.*

(Page 96 - continued)

12-a. Let them know that you are available to help them if they are ready to take which three Steps?

*Comment: If we are dealing with a real alcoholic and have carefully followed the directions to this point, the prospect has already taken Steps One and Two. As the result of your helping the person understand the exact nature of alcoholism [Step One], and since you have recovered, you have given them the hope of Step Two. This is exactly what Bill W. was able to do for Dr. Bob on the evening of May 12, 1935.*

12-b. What if they want to work with someone else?

- (P) 14. What if your prospect is broke and homeless? (2 sentences)
15. But we should not do what?
16. We might be willing to do what?
17. But be sure to do what?
18. Be certain of what two very important considerations?
19. How can we hurt his chances?
20. We can make it possible for what?

(Page 97)

1. If we provide too much physical and/or material help to the newcomer, it may do what?
- (P) 2. If we do provide material support, be sure of what?
3. Why are we so anxious to help others?
4. Will an occasional effort do it?
5. How often should we be willing to help others?
6. What inconveniences might this impose on us?  
(rest of paragraph)
- (P) 7. What do we seldom do for the alcoholic?
8. What two reasons are stated for this?
- (P) 9. What should we do for the family of the alcoholic who doesn't make it?
10. How should we react to them?
11. What should the family be offered?
12. If they choose to adopt our Program as a way of life, what extra benefit might they realize?
13. Even if the alcoholic isn't successful in sobriety, what will happen for the family?

(P) 14. For the alcoholic who is able and willing to try our way of life, what is normally needed or wanted?

(Page 98)

1. Where are the ones who put emphasis on material help?
  - 2-a. Yet, what do we do?
  - 2-b. What is the condition for doing so?
4. Is this inconsistent?

(P) 5. What is the question to be answered before we give?

6. Why is this so important?
7. If our service is only of a material nature, what is the result?
8. This leads them to what? (2 sentences)

9. What hard lesson have some of us had to learn to be successful in sobriety?

(P) 10. What idea do we try to burn into the consciousness of every newcomer?

11. What is the single condition for success?

(P) 12. What domestic problems may the newcomer have?

- 13-a. What is the first thing the alcoholic should do?
- 13-b. He should then explain what?
- 13-c. Then what should he do?

16. The above applies if he has a what?

- 17-a. Is the family normally free of faults?
- 17-b. If faults do exist within the family, how should this affect the newcomer?

19. What should he concentrate on?

20. What must be avoided?

21. Will this be easy to do for everyone?

(Page 99)

1. If the family is able to forego arguments and fault-finding for a few months in the early days of recovery, what will happen?

2. How about the really incompatible folks?
3. Little by little, what will happen?
4. What positive thing can happen then?

(P) 5. What often happens after the family sees the effect of our Program on the alcoholic?

- 6-a. When will this happen?
- 6-b. Provided the alcoholic does what?

8. Are all of us perfect at this?

9. What must we try to do?

(P) 10. What about divorce or separation?

11. What must come first?
12. What should the wife understand?
13. If their relationship is to be successful, what must happen?
14. This will mean what?
15. Sometimes it is best to do what?
16. What rules apply here?
17. What must the alcoholic do?

18. What will become apparent to both parties if they apply this

Program to their lives?

(P) 19. Let no alcoholic get by with saying what?

20. Why?

21. What may be true in some cases?

22. The newcomer must remember what?

(Page 100)

1. What is our success dependent upon?

2. What does our experience prove?

3. What else has others' experience proven?

(P) 4. What must you and your protege do?

5. If you both stick with it, what will happen?

6. What has our experience shown us?

7-a. If we follow the dictates of our Higher Power, what will

happen?

7-b. That will be true regardless of what?

(P) 9. When we are working with a new man and his family we must do

what?

10. Why?

11. Try to help the man's family do what?

12. What should they be warned against?

13. What should we help the family understand?

14. Help them see what?

15. What should they, hopefully, remember?

(P) 16. If we have had domestic problems and found a solution for them

what should we do?

17. What can this accomplish?

18. How important is the story of how my wife and I solved our

problems?

(P) 19. If we are spiritually fit, we can do what?

20. People, who do not understand, say things like what?

(a very long sentence)

(Page 101)

1. What does our experience show us?

(P) 2. What do we do every day?

3-a. What is wrong with the alcoholic who can't do that?

3-b. What is not right?

5-a. What would be his only hope for staying dry?

5-b. Who might mess that up?

7. Would an Al-Anon endorse this last statement?

(P) 8. What is one of our beliefs?

9. What happens when an alcoholic tries to keep away from drinking?
10. Is this a matter of opinion or experience?
11. Why is this so?
- (P) 12. So what is our rule?
13. What might that include?
- 14-a. Would a potential AI-anon be comfortable with this?
- 14-b. What does our experience demonstrate?
- (P) 16. What is the important qualification? (3 sentences)

(Page 102)

1. If we come up with the right answers, what can we do?
2. Do we really have a choice?
3. What two things must we be sure of?
4. What should be our motive if we do go? (2 sentences)
5. If we are uncertain, what should we do instead?

*Comment: Notice that the First 100 placed an “!” at the end of the preceding sentence. Also notice where these suggestions are given to us. We should have taken the Steps and started sponsoring alcoholics before trying to get back into the “normal” life.*

**Skip the first sentence of the paragraph.**

- (P) 6a. If we do go, and it is a happy occasion, what should we do?
- 6-b. If it is a business opportunity, we should do what?
8. If a person wants to eat where booze is served, what should we do?
9. What do we impress upon our friends?
10. Should we tell our friends about our alcoholism?
11. How will they react to the truth?
12. During our drinking days, we were doing what?
13. What are we doing now?
14. What should we not do at this point?
- (P) 15-a. What is our job now?
- 15-b. We should never hesitate to do what?
17. We should never hesitate to do what?
18. If we try to “search out” and “go to” suffering alcoholics, to “carry” this message, what are we promised?

(Page 102 - continued)

- (P) 19. Do any of us keep alcohol in our homes?
20. What is the most important reason for doing so?
21. What do some recovered alcoholics do?
22. How do some feel about liquor in their homes?
23. How do we argue this question?

(Page 103)

1. What position do we take?
- (P) 2. What are we very careful to not do?
3. Our experience shows what?
4. What are new members of our Fellowship relieved to learn?
- 5-a. Intolerance might produce what results?
- 5-b. Intolerance is classified how?
7. What do drinkers not want to hear?
- (P) 8-a. What does our Fellowship hope we might be able to do for the general public?
- 8-b. What attitude can we not present if we want to be effective?
10. Why is that?

- (P) 11. **Who made our problems?**
- 12. **What were the bottles?**
- 13. **What have we stopped doing?**
- 14. **Why? (!!!)**

TO WIVES

(Pages 104 through 121)

Step Twelve states, "Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and practice these principles in all our affairs." We have received the Promise: the spiritual awakening. We have received clear-cut directions on sponsorship. Now, we will be given directions on how to apply these principles to all our affairs.

Our Founders recognized that alcoholism is a family disease, that all who care about a suffering alcoholic also suffer. Oftentimes, their misery is even greater than that of the alcoholic. The alcoholic has a means of escape but, in most cases, the ones who love and care for the drinker must take it cold sober and experience much of what the alcoholic has missed while under the influence.

This Chapter will identify the problems the loved ones will experience as they continue life with the alcoholic. It provides a way in which to gauge where the drinker is in the progression of the disease. It then provides specific suggestions as to how one can go about trying to help the alcoholic begin to learn the truth. It then points out that, if the Twelve Steps of Alcoholics Anonymous can bring about the miracle of sobriety with the attendant promises of the Program, it can provide a path for their loved ones to find a spiritual way of life that will more than compensate them for the suffering and misery they have experienced.

From this Chapter came the wonderful Program of the Al-Anon Family Group. Without this Program, many suffering alcoholics would never have found a solution to their alcoholism. Al-Anon is a great friend to alcoholics and Alcoholics Anonymous.

(Page 104)

- (P) 1. Which species of God's kids has this Book referred to, primarily?
- 2. Who else will it apply to?
- 3. Is A.A. serving more and more women?
- 4. Does A.A. work as well for women as it does for men?

- (P) 5-a. But for every drinking alcoholic, who else suffers?
- 5-b. Who will you find in our midst (those who love the alcoholic)?

- (P) 7. The wives, relatives and friends of recovered alcoholics want to do what? (2 sentences)
- 8. Who will this Chapter apply to?

- (P) 9. As wives of recovered alcoholics, what do we want others to feel?
- 10. What do we want to do for others as a beginning point?

11. What feeling do we want to leave you with as you study this

Chapter?

(P) 12. Is this Chapter based on ideas and opinions or on experience?

13. What have we lived with? (2 sentences)

14. To what two things have we been driven?

*Comment: Read the footnote and realize that this Chapter is for any and every person who has an affection for an alcoholic, for all who suffer because of the drinker -- not the wives only.*

(Page 105)

1. What is the everlasting hope of those who love the alcoholic?

(P) 2. Where has our loyalty led us?

3. What are some of these predicaments and attitudes?  
(rest of the paragraph)

(P) 4. What have our homes been like?

5. What happened in the morning?

6-a. What have friends advised us to do?

6-b. What did we do with this advice?

8. What did our men do? What did we do? And then what did they do? (3 sentences)

(P) 9. Why did we not invite friends into our homes?

10. How was our social life? (2 sentences)

11. What would happen when we did go out? (2 sentences)

(P) 12. How was our financial security?

13. Why was that? (2 sentences)

(Page 106)

1. What happened to the checking account?

(P) 2. What was sometimes another serious problem?

3. What was the drinker's excuse for this?

(P) 4. Who interfered with the normal family life? (2 sentences)

5. Next day, we did what?

- (P) 6. What have we tried to do where the children were concerned?  
(2 sentences)
7. How has the alcoholic reacted? (2 sentences)
8. In desperation, what have we done?
9. How did they react to this?

- (P) 10. Perhaps we go so far as to what?
11. What did that earn us?
12. But usually we did what? (2 sentences)
13. We finally did what?

- (P) 14. Did we go to the doctors for help?
15. What prompted this?

(Page 107)

1. Like animals on a treadmill, we did what?
  2. Most of us have had to experience what?
  3. We sometimes had to witness them going through what?
  4. What was often near?
- (P) 5. Did we function well under these circumstances?
6. Some were from what?
  7. What did we sometimes sense?
  8. If we had known the truth, what might we have done?
- (P) 9. What could we not understand?
10. We came to believe that they were no longer capable of what?
11. When we came to believe that, what did they do?
- 12-a. For a while, they would sometimes be what?
  - 12-b. To be followed by what?
14. When we asked why, what would be their answer?
15. It was what?
16. What question did we find ourselves asking?
17. Did we know them when they were on the sauce?

*Comment: Could this be due to the Dr. Jekyll and Mr. Hyde personality change?*

18. What appeared to be the reason they were inaccessible?
- (P) 19. If they did love us, how could they not what?
20. What qualities seemed to have vanished?
21. We had to wonder why they couldn't see what?
22. What was so baffling?

(Page 108)

- (P) 1. Are these questions very common to those who love alcoholics?

2. What is our hope?
3. Perhaps they have been doing what?
4. What can we see?
  - 5-a. There may be what?
  - 5-b. But in most cases, what is the situation?
  - 5-c. What is the usual reason for this?
8. What are most of them now that they have recovered?

*Comment: Now that the normal problems for the family have been identified, we will be guided into the solution; first, on how the spouse can help the alcoholic and then how the spouse can help herself/himself.*

- (P) 9. Try not to do what?
10. Why ?
11. How should you try to treat them?
12. When they blow up, remember what?
- (P) 13. Is there an exception?
14. What do we realize?
15. What may an alcoholic of that type try to do?
16. Don't what?
17. If they are of this type what should you do?
18. What should you not let them do?
19. That is especially true when they are aware of what?

(Page 108 - continued)

- (P) 20. How many categories does our Basic Text believe alcoholism falls into?

*Comment: The Text now provides a description of the progression of alcoholism in four separate categories. These are very helpful to both the non-alcoholic and the alcoholic to determine how far the disease has taken control of the victim. The main question to be answered by the non-alcoholics is which category does the loved one fit in. Once that is determined, they can move on to the next section of this Chapter to learn how they can best help the alcoholic.*

- (P) 21. **Category One:** The spouse may be what?

(Page 109)

1. What may be his drinking pattern?
2. Perhaps he does what?
3. How may his drinking affect him?
4. Sometimes he is the source of what?
  - 5-a. Of what is he positive?
  - 5-b. That it doesn't do what?
  - 5-c. It is necessary for what?
8. How could you easily insult him?
9. Is he alone in this kind of thinking?
10. What will happen to some of the drinkers?
11. What will happen to many of those who continue to drink?

- (P)
- 12-a. **Category Two:** He may be showing what?
  - 12-b. How would that be demonstrated?
  14. What often happens?
    - 15-a. What is he willing to admit?
    - 15-b. But what is it he is sure of?
  17. What has he begun to try to do?
  18. What may he now be losing?
  19. How is his business?
    - 20-a. Is he at peace with himself?
    - 20-b. He is becoming aware of what?
    - 22-a. He sometimes does what?
    - 22-b. Why does he do this?

(Page 109 - continued)

- 24-a. How is he after a drunk?
- 24-b. He will tell you what?
26. But once he has sobered up, what does his mind dwell on?
27. What do we believe about this type of drinker?
28. These are signs of what?
29. Perhaps he can still do what?
30. He hasn't yet done what?

31. What is it we say about a person like this?

(P) 32. **Category Three:** What about this guy?

33. How does he compare to the *Category Two* drinker?

(Page 110)

1-a. What has happened to his friends?

1-b. What is the condition of his home?

1-c. How is he doing with his job?

4. What may be the next scenario?

5. What does he now admit?

6. He clings to what thought?

7. He may have finally arrived at what point?

8. What does his case present?

9. Is this a hopeless case?

(P) 10. **Category Four:** How may you feel about this drinker?

11. Where has he been?

12. How does he act and how does he appear?

13. Coming home from the hospital, what does he do?

14. Perhaps he is so far advanced in the disease that he has experienced what?

15. What do the doctors think you should do with him?

16. Maybe you have had to do what with him?

17. Is this a hopeless situation?

18. How do we know? (2 sentences)

*Comment: Now that it has been determined how far the alcoholic has advanced into the disease, the Text lays out specific suggestions on how to best help the drinker.*

(Page 110 - continued)

For Husband Number One:

- (P) 19. What will be difficult?
20. Why is this? (3 sentences)
21. Perhaps you, too, enjoy what?
22. Why would that be? (2 sentences)
23. How do we know this? (2 sentences)
24. What do some but not all of us believe?

(Page 111)

*Comment: Please note that some of these suggestions will appear to be difficult if not impossible. A little further in this Chapter, you will be told what you can do to make these suggestions and recommendations possible.*

- (P) 1. What is the first principle?
2. This should apply even if what?
3. What are most necessary?
- (P) 4. What is our next thought?
5. If he thinks you are a nag, what will be the consequences?
6. What two things will probably happen if he considers you a nag? (2 sentences)
7. This may well lead to what?
8. He may also do what?
- (P) 9. Be determined that drinking will not do what?
10. What will they need?
11. What is possible?
12. Is that based on experience or opinions?

13. What should you not set your heart on?

14. Why?

(P) 15. What do we know?

16. What may he come to appreciate?

17. Where could this lead?

18. Let him do what?

(Page - 111 - continued)

19. When he does, you must not be what?

20. Try to do what?

21. Be sure to let him see that you want to be what?

(P) 22-a. When you finally do get into a discussion, what might  
you do?

22-b. Or at least read what Chapter in the Big Book?

*Comment: We will notice that the common suggestion for all four categories is to see that the problem drinker has access to this Book.*

(Page 112)

1. What might you tell him?

2. Tell him you think he should know more about what subject?

3. What should you show him?

4. What might you say then?

5. By following this approach, you might succeed in doing what?

(P) 6. Very likely, he will have several what?

7. What might you suggest with this possibility?

8. Who do drinkers like to help?

9. What may he then be willing to do?

(P) 10-a. If this doesn't get him talking, what should you do?  
10-b. What will usually happen later?

12-a. This will require what on your part?  
12-b. But it will what?

14. Meanwhile you might use your time to do what?

15. What might happen if you follow these suggestions?

For Husband Number Two:

(P) 16. What principles should be applied at the start?

17. But after the next binge, you should ask him what?

18. Be sure to not do what?

19. He would want to do this for whom?

(Page - 112 continued)

(P) 20. The chances are what?

21-a. What should you show him?  
21-b. What should you tell him?

23. What should you help him understand?

24. What do you tell him you found interesting?

25. If he is shy about the solution, ask him to read what Chapter?

(Page 113)

1. What may this do for him?
- (P) 2. Your cooperation will mean a lot if he is what?
3. If he is not really interested, what should you do?
4. What should you not do?
5. What have you accomplished?
6. He now knows what very important fact?
7. What should you never do?
8. Sooner or later, you very likely will see him doing what?
  - 9-a. What should you wait for?
  - 9-b. Why should you wait?

Now for Husband Number Three:

- (P) 11. What may be the case here?
12. If you are sure he wants to stop drinking, what can you do?
  - 13-a. He may not be what?
  - 13-b. But he is reasonably sure to do what?
  - 13-c. If he does, what will probably happen?
16. If he doesn't go for the program immediately, what will probably be the case?
17. What should you not do?
18. Let him do what?
19. Remain cheerful as he does what?
20. When should you mention this topic?
21. What might be a better approach?
22. What can they sometimes do?

(Page 113 - continued)

23. If your husband is otherwise a normal person what might you hope for?

Now for Husband Number Four:

24. Are alcoholics at this stage hopeless?
25. Were many recovered alcoholics at this point?
26. What had everybody done?
27. What seemed certain?
28. Yet, they experienced what?

(Page 114)

- (P) 1. Is that true for all of them?  
2. What is one reason for an exception?  
3. What is another reason?  
4. Who can determine if these situations are present?  
5. In any event, what should you do?  
6. How may he react?  
7-a. If he is in an institution and serious about this Program, what might you do?  
7-b. When should you possibly not do this?  
9. Is this recommendation a sound one?  
10. What is it based on?  
11. Since this Book was published, what has happened?  
12. What has been A.A.'s experience with most of them?

*Comment: In the Original manuscript, the following was written, "About a year ago a certain state institution released six chronic alcoholics. It was fully expected they would all be back in a few weeks. Only one of them has returned. The others had no relapse at all."*

*In the Twelfth Printing of the First Edition, October 1948 it reads, "During 1939 two state hospitals in New Jersey released 17 alcoholics. Eleven have had no relapse whatever--none of them have returned to the asylum."*

13. From whence comes this miracle?  
(P) 14. On the other hand, you may have an alcoholic who should be what?  
15. What is the truth for some alcoholics? (2 sentences)  
16-a. If they become too dangerous what should you do?  
16-b. Who can help you with this decision?

(Page 114 - continued)

- 18-a. When this level of alcoholism is present, who suffers?  
18-b. But not more than whom?  
(P) 20. Sometimes you may have to do what?  
21. Is this based on opinions or experience?  
22. What will make such an event easier?  
(P) 23. If you have a drinking alcoholic on your hands, you probably worry about what?  
24. Why do you become more withdrawn?

25. What subject do you not care to talk about with anyone?

(Page 115)

1. What can you tell the children?
2. When his drinking is really bad, what do you do?
- (P) 3. What have we found?
4. What can you let your friends know?
5. Be very careful not to do what?
- (P) 6. What will happen when you have told your friends the truth?
7. What will happen to the barriers you have created?
8. You will no longer feel what?
9. Is the alcoholic normally a weak character?
10. What will do wonders for you?
- (P) 11. What should you use in dealing with the children?
12. Unless Dad is physical with the children, what is it best not to do?
13. What should you do?
14. If you do that, what will very likely happen?
- (P) 15. What have you felt obliged to do?
16. What should you do instead?
17. What is the best thing to do?
  - 18-a. Although you want to protect him, what should you not do?
  - 18-b. Why?
20. Discuss what with him?

(Page 116)

1. What should you ask him?
2. Be careful to not do what?

- (P)
3. What is another terrible fear? (2 sentences)
  4. May this happen?
  5. Or is this old hat by now?
  6. If it happens again, what might you do?
  7. What could losing his job prove to be?
  8. What might it do for the drinker?
  9. What is it you now know?
    - 10-a. What has this proved to be for many of us?
    - 10-b. Why was that so and where did it lead us?

*Comment: The rest of this Chapter deals with the solution to the misery and suffering of those who truly care about the drinking alcoholic. To many who adopt this Program as a way of life, they find that the result of learning to live by the Steps more than compensates for the loneliness, misery, despair and humiliation they had experienced.*

- (P)
12. What remark have we seen before?
  13. If God can solve the problems of alcoholism, what else can He do?
  14. What have we wives found?
  15. As our husbands recovered, what did we see?
- (P)
16. At first, what did many of us believe?
  17. How did we think of ourselves?
  18. What silly idea did we have?
19. What is it we try to do now?
    - 20-a. What happens when we do?
    - 20-b. What is one of the wonderful things about it?

(Page 117)

- 1-a. What do we urge you to do?
- 1-b. Why do we?
- 1-c. What is the source of this change of attitude?
4. Should you join you husband in this journey?

- (P)
5. What is going to make you very happy?
  6. Will this be the end of difficult times?
  7. Where are we on this journey of recovery?
  8. In spite of the happiness, what can be expected?
  9. Why is this?
  10. Is this the way it should be?

- (P)
11. What now will be put to the test?
    - 12-a. How should these disagreements be regarded?
    - 12-b. Why would we view them in that light?
  14. Will the mistakes you make bring an end to your efforts?
  15. Instead, how will we view them?
  16. What will emerge as you persevere?

(P) 17. What are some snags you will encounter?

18-a. How will your hubby be on occasions?

18-b. How will you be tempted to respond?

20. If you do, where may it lead?

(Page - 117 - continued)

21-a. What are these dissensions within the family?

21-b. Especially to whom?

23. In troubled times, what must you do?

24. What can you never forget?

25. Do you always have to give into him because of this?

26. Just be careful to not do what?

(Page 118)

- (P)
1. What will you both find?
  2. The next time the two of you get into it, what should one of you say?
  3. If your husband is serious about his recovery, he will do what?

- (P)
4. What is it your husband knows?
  5. What does he want to do?
  6. You shouldn't do what?
  7. What is his initial problem?
  8. What are the watchwords?

*Comment: Do these qualities sound as if they may be a product of Steps Nine & Ten?*

9. If you have learned to demonstrate these to him, what will you
10. What slogan is quoted here?

receive back from him?

11. If each of you is applying the Steps to your individual lives, what will be the result?
- (P) 12. What do we women carry?
13. Once he has recovered, what is it natural to feel?
- 14-a. Are the chances pretty good that he will become  
"Mr. Wonderful" overnight?
- 14-b. Why is that?
16. You must try to be what?
- (P) 17. What is another hurdle you might encounter?
18. What thought may really bother us?
19. When we entertain those thoughts, what is it we have forgotten?
20. What will your husband be the first to say?
- (Page 119)
1. Without you, what would have happened to him?
2. When these thoughts occur, try to replace them with what?
3. After all, what has taken place?
- (P) 4. What is still another difficulty you may face?
- 5-a. What have you been starving for?
- 5-b. Yet, what does the fool do?
7. You think he should be doing what?
8. What fact should you remember?
9. What will happen sometimes?
10. Who will you find hanging out in your home?
11. Will they all be likable?
12. What does he do for them that he won't do for you?
13. Is it a good idea to straighten him out on this?
14. What would be a big mistake?
15. Instead, what should you do?
16. What do we suggest you do?
17. What do they need?
- (P) 18. What is probably true?
19. Therefore, you probably need what?
20. If you cooperate with, rather than complain at him, what will happen?
21. Both of you will awaken to a new what?
- (Page 120)
1. What should both of you think about?
2. If you do, what will be inevitable?
3. What will you give up and what will you get?
- (P) 4. Perhaps you will encounter what as a real disappointment?

5. If you know he really wants to recover, should you be worried?
  - 6-a. What is infinitely better?
  - 6-b. But a relapse may not be what?
8. A relapse may do what for him?

*Comment: After three weeks sobriety, a bad drunk is what it took for Dr. Bob to surrender to the whole Program, as we understand it today.*

- 9-a. What will you not need to remind him of?
  - 9-b. Why won't you need to do that?
11. What should you do instead?
- (P) 12. What will place your husband's recovery in jeopardy?
13. If he is at a weak moment, what might happen if you do?
- (P) 14. What is it we never try to do?
15. What will he notice very quickly?
16. Are you supposed to give him complete freedom?
17. Why?
18. What if he gets drunk?
19. God either has or hasn't done what?
20. When do you need to know this?
21. Then the two of you can do what?
22. If return to drinking is to be prevented, what must happen?

(Page 121)

- (P) 1. What do we realize?
2. What may we have seemed to do?
  - 3-a. If it appears to be so with you, please accept our what?
  - 3-b. How do we like to be lectured?
5. What has this Chapter been based on?
6. How did we learn?
7. So what is the main motivation for this Chapter?
- (P) 8. Our message to you potential members is what?

*Comment: Please read the footnote for information regarding the Al-Anon Family Groups. For those interested in contacting the Al-Anon Family Group Headquarters, they have moved to:*

*1600 Corporate Landing Parkway,  
Virginia Beach, VA 23454-1655*

## THE FAMILY AFTERWARDS

(Pages 122 through 135)

This Chapter is for the whole family. The alcoholic has found the Program of Alcoholics Anonymous as a solution for his problems. The family has found the Programs of Al-Anon, Alateen and/or Pre-teen as the solution to their problems. All is going well in their relationships within their respective Fellowships and in the world in general -- except for one of the most important places and that is in the home. As was pointed out in the preceding Chapter, when drinking ends, all the problems do not.

Before proceeding with the study of the material in this Chapter, go back to page 116 and begin reading at the middle of the page. Continue reading to the end of that Chapter to refresh your thinking. Chapter 9, "THE FAMILY AFTERWARD", shows each

family member how to apply the Twelve Steps to family life and thereby bring the return of peace, harmony and love to the family unit.

Every member of Alcoholics Anonymous and Al-Anon should be knowledgeable of the information contained in this Chapter. It is truly a design for living.

(Page 122)

- (P) 1. Our women folk have suggested what?
2. What impression may they have created?
3. Successful adjustment means what?
4. All members should do what?

*Comment: Are these the promises of Steps Nine & Ten?*

5. What process is involved?
6. Which members of the family will very likely have some fixed ideas?
7. What is it each one wants?
8. What have we found?
9. The product of this is what?

*Comment: Remember, "Selfishness--self-centeredness! That, we think, is the root of our troubles." p. 62*

- (P) 10. Each one wants to play what? (2 sentences)
11. Each is trying to do what?
12. He unconsciously is trying to do what?

*Comment: The Second paragraph is a simple restatement of the way many of us approach life as described on pages 60, 61 & 62.*

- (P) 13. Cessation of drinking is what?
14. What did a doctor have to say about this? (2 sentences)
15. What should families realize?
16. Each may what?

(Page 123)

- 1-a. What may appear to be alluring?
- 1-b. Where may they lead us?

- (P) 3. What two things will the authors of this Book tell us as we begin the study of this Chapter?
4. What does the family long for?

- 5. What do they remember?
  - 6-a. How do they view life today?
  - 6-b. What problem does that present?

(P) 8. Now that dad is sober, how do members of the family feel?

9. What do they expect?

10. What do they sometimes demand?

11. Who do they believe owes them a speedy return to the good old days?

12-a. What has been coming apart for years?

12-b. They are now what?

14. What will it take?

15-a. What will ultimately happen?

15-b. How soon may it happen?

- (P) 17-a. What does father know?  
 17-b. What may be required for financial recovery?  
 17-c. He shouldn't be what?

20. Will he someday be financially well off?

21. What will the wise family do?

(P) 22. With what will the family be plagued from time to time?

23. What will be the first impulse when these appear?

24. With what may the family be possessed?

(Page 124)

1-a. What do we think about this?

1-b. And in direct conflict with what?

(P) 3. What did Henry Ford once say?

4. When is that true?

5. What is it we do to grow?

6. What does the alcoholic's past prove to be?

*Comment: Our past is what we were like, what happened and what we are like now! The Problem, the Solution, the Practical Program of Action and the Promises.*

(P) 7. Our painful past may prove to be what?

8. When the family is in recovery, what do we think they should be willing to do?

9. What does working with others prove to be?

10-a. What thought must we hang onto?

10-b. It will be the key to what?

12. What can happen as we share our past?

*Comment: Again, we are reminded of our primary purpose and how very important it is not only to us but to the ones who give us an opportunity to share with them our experience and knowledge of our Programs.*

(P) 13. Will digging up some parts of our past prove harmful?

14. What example are we given?

15. In the beginning of their recovery, how did it go?

16. What was in view?

17. Then, because of some trifling event, what happened?

18. A few of us have had what?

(Page 125)

1. What have some husbands and wives been forced to do?

2. In most cases, how did the alcoholic fare?

3. So, unless there is a good reason, what do we think should not happen?

(P) 4. What do families of Alcoholics Anonymous not keep?

5. Everyone in their group knows what?

6. In ordinary life, what would this produce?

7. What is rare among us?

8-a. Who is it we do talk about a great deal?

8-b. But in what spirit does this take place?

(P) 10. What is another principle we carefully observe?

11. We find it better to do what?

12-a. What can a person do to himself?

12-b. What would be the effect if it came from someone else?

14-a. Family members should be very careful to do what?

14-b. Why is that?

16. Alcoholics are what?

17. Do we grow out of it quickly?

(P) 18. Many alcoholics are what?

19. To what do they run?

20. At the beginning of recovery, what will happen?

21-a. He will plunge into what?

(Page 126)

1-b. What is the other path he may plunge into?

2. In either case, what is reasonably certain?

3. How do we know?

(P) 4. What do we believe to be dangerous?

5-a. Initially, what will be the family's attitude?

5-b. But then what will happen?

7. If dad throws himself into business, how will he be?

8-a. Who may he neglect?

8-b. When this is pointed out to him, how will he react?

10. If he is not irritable, how will he appear?

11. What may mother do?

12-a. The whole family is what?  
12-b. What do they do about it?

14. At the start of such criticism, what is happening?

15. What is the alcoholic doing?

16. He is trying very hard to do what?

(P) 17. Sometimes, the family does what?

18. Since they have been so neglected, what do they think they deserve?

19. What do they want from him?

20. What do they expect him to give them?

21. But what does dad do?

22. What happens?

(Page 126 - continued)

23. How does he react?

24. Sometimes he will do what?

25. How well does the family understand?

26. What do they do at this point?

(P) 27. This sort of thing can be what?

28. Who is at fault?

29. If they continue to argue, what will happen?

1. What must the family realize?

2. For what should they be thankful?

3. What else should they do?

4. What should they remember?

5-a. If they can see the reality of things, they will not take what

so seriously?

5-b. When will this change?

*Comment: Again, it appears that the authors are reminding us of one of the promises of Step Ten.*

(P) 7. What should the head of the house remember?

8. What will he probably never be able to do?

9. What danger must he consider?

10. Even though financial recovery is progressing, what do we know?

11. For us, what must come first?

(P) 12-a. What has suffered more than anything else?

12-b. What should the alcoholic do?

14. If he really wants to recover, what should he do?

15-a. We know that some alcoholics are faced with what?

15-b. But the alcoholic must remember what?

(P) 17. What will happen when each member of the family begins to  
Step Program?

apply his respective Twelve

18. These family meetings will work if they are conducted without

what?

19-a. Little by little, the family will do what?

19-b. And father will begin to do what?

(Page 128)

1. What very important thing becomes our guiding principle?

(P) 2. Rather than get caught up in business, assume father has had  
what?

3. What happens overnight?

4. He becomes a what?

5. He can't do what?

6. As soon as the family can accept his sobriety, they begin to do

what?

7. He talks only of what?

8. He may do which of two things?

9. What may he tell his wife?

(P) 10. What happens when father goes religious?

11. Who may they become jealous of?

12. Even though they are happy he is sober, what may they not like?

13. What may they have forgotten?

14. They may not be able to see what?

15. Dad really isn't what, they think?

16. If he really wants to make amends to the family, why is he doing

what?

17. Since he is too busy to take care of them, who does he tell them

will?

18. What do they think has happened to dad?

(P) 19. He really isn't what?

20. What have most of us experienced?

21. What have we indulged in?
22. Who can we be compared to?
23. What knows no bounds?

(Page 129)

1. What does father feel he has found?
2. What will he do initially?
  - 3-a. What may he not be able to see for awhile?
  - 3-b. Which will continue to pay off only so long as he does what?
- (P) 5. What will happen when the family cooperates.?
  - 6-a. What will he finally discover?
  - 6-b. What has been missing?
8. When the family realizes the truth, what will happen?
9. With an understanding family, what usually happens?
- (P) 10. The opposite will happen if the family does what?
  - 11-a. Dad will recognize what?
  - 11-b. But now he sees himself how?
13. If the family doesn't let up, what will happen?
14. Instead of becoming a member of the family again, what usually happens?
- (P) 15-a. What does the family need not do?  
15-b. They should do what, however?
  - 17-a. Even if he does what?
  - 17-b. It is a good idea to let him do what?
19. In the early part of his sobriety, is his activity really important?
  - 20-a. How do some of his actions appear?

(Page 130)

- 1-b. We believe he will ultimately be on a firmer foundation than who?
  2. He will be less likely to do what?
  - (P) 3. What have those of us who have gone spiritually balmy finally done?
    - 4-a. What has our dream world been replaced with?
    - 4-b. It was accompanied by what?
  6. What have we come to believe?
  7. Why is this?
  8. What are these for us?
  9. We have found no incompatibility between what two aspects of our lives?
- Comment: Many of those experienced with our spiritual program declare that it proves to be the most practical thing they have ever done.*

- (P) 10. What is another suggestion?  
 11-a. What will they find hard to disapprove of?  
 11-b. Even though the alcoholic may do what?  
 13. What has proved to be a great help to the alcoholic?

- (P) 14. In what other area will there be changes?  
 15. While dad was drinking, what was mother becoming?  
 16. How did she do?  
 17. Because of drinking, she was forced to do what?  
 18. Even when he tried, what would happen?

(Page 131)

1. What did mother do?  
 2. When would father do what he was told?  
 3. By default, mother became what?  
 4. Now that dad is sober, what will he attempt to do?  
 5. This could lead to trouble unless they do what?
- (P) 6. Drinking isolates what from what?  
 7. Father may have abandoned what other part of his life while drinking?  
 8. When he gets involved in these things again, what might happen?  
 9. What may the family feel?  
 10. Instead of getting back into normal activities, the family may do what?
- (P) 11. In the early days of sobriety, the mother and father should do what?  
 12. What will father find it necessary to do?  
 13. What kind of new acquaintances might be made?  
 14. What about the community in which they live?  
 15. What about the possibility of joining a religious body?
- (P) 16. Could this prove to be helpful?  
 17-a. Now that the alcoholic has recovered, what may he find?

(Page 132)

- 1-b. Will he now agree with religious folks, without question?  
 2. If he does not engage in debate on religious matters, what will happen?  
 3. What can he and his family prove to be?  
 4. Surprisingly enough, to whom may he bring new hope?  
 5. What is the intent of the foregoing?  
 6. What is our attitude on this matter?

- 7. With what religious body are we affiliated?
- 8. What should guide each individual in this matter?

- (P) 9. What have we been speaking of so far?
- 10. Specifically, we have been dealing with what?
- 11. But we sure aren't what?
- 12. What would happen to newcomers if they didn't see the fun we have?
- 13. What is it we really insist on?

- 14-a. We try not to indulge in pessimism over what?
- 14-b. Nor do we try to shoulder what?

- 16. When we see a suffering alcoholic, what do we do?
- 17. For his benefit, what do we do?
- 18. But what do we not do?

- (P) 19. What do we think is useful?
- 20. How do some outsiders react to our stories?
- 21. We should be able to do what?

- 22. Why is this?

*Comment: What greater Promise could we hope for than the one just stated?*

- (P) 23. Everybody knows one thing. What is it?
- 24. So, what should each family do?

(Page 133)

- 1. Of what are we sure?

*Comment: Notice in the middle of page 132 what we insist on and now what we are sure God wants for us. We have been in agreement all the time. We just didn't know how to get His endorsement. Now we do.*

- 2. We cannot subscribe to what?
- 3. What is now clear?
- 4. To some of us, it came as a surprise to learn what?
  - 5-a. What are we to avoid?
  - 5-b. But if it does come, how do we treat it?

- (P) 7. What about a body that has been badly abused by drinking?

- 8. Of what are we convinced?
- 9. What are recovered alcoholics?

- 10. What have we seen?
- 11. Recovered alcoholics rarely display what?

- (P) 12. But this does not mean what?
- 13. We have an abundance of what?
- 14. We should not hesitate to do what?
- 15. Most of them, in the past, would do what?
- 16. What should we remember not to do?
- 17. What do we find their services to be?

(P) 18. What did one doctor have to say about this Book?

19. What did he think all alcoholics should have available?

(Page 134)

1. Why did he suggest this?

2. What have many of us noticed?

(P) 3. Now about what?

4. What does alcohol do to the sexual appetite of some?

5. In early sobriety, what may some of us encounter?

6. May this be an upsetting situation?

7. Some who experienced this later found what?

8. Whom should we not hesitate to consult?

9. Is this condition usually permanent?

(P) 10. How may things go with the children?

11. Why may that be?

12. Even though they don't say it, how may they feel?

13. By what are some children dominated?

14. What is it they may have trouble doing?

15. Will this attitude change rapidly?

(P) 16. What will they see in time?

17-a. When this begins to happen, what is a good idea?

17-b. What will probably happen then?

19. What kind of results can be expected? (2 sentences)

(Page 135)

(P) 1. What must the alcoholic do, regardless of what others do?

2. Of what must they be convinced?

*Comment: Remember on page 83, we were told that the road of reconstruction will be a long one but we must take the lead by living our Program day by day.*

3. What will it take to make believers of them.

*Comment: Most, if not all of us, have broken promise after promise after promise. They had been patient with us for awhile. We must now be patient with them.*

(P) 4. What example are we given here?

5. What other faults did this alcoholic have?

6. What did his wife have to say about this?

7. What was his response?
8. What did his wife continue to do?
9. What did he do to get even with her?
- (P) 10. Was this the wrong thing to do?
11. What did he do about it?
  - 12-a. Although he recovered, what did he do?
  - 12-b. Would it appear his wife may have adopted the Al-Anon way of life?
14. What was she able to see?
- (P) 15. What three mottoes are given here?

## TO EMPLOYERS

(Pages 136 through 150)

The authors of this Text Book were farsighted enough to recognize that, as alcoholics sobered up and began to return to a more normal type of life, they would, of course, be returning to the workplace. There is little doubt that any business employing a number of people will have in its midst, active alcoholics.

It is most easy for us to think of the ordinary contacts we might make in searching for the suffering ones such as doctors, ministers, attorneys, law enforcement agencies, hospitals, etc.; but all too often, one of the places offering the greatest potential is overlooked. That, of course, is the workplace. Some of our members have made certain that the Chief Executive Officer of their place of employment are recipients of the Big Book. In some cases, it is in keeping with their attempt to make amends for their past deeds or maybe just to try to make what could prove to be a significant contribution to their employer. In any case, it is more than possible that another suffering alcoholic will find our Program and thereby be spared from a tragic ending.

This is the only Chapter that was not drafted by Bill W.. The principal author of this Section was Hank P., a terminated executive of a large corporation in the Northeast part of the country. He tells a little of his story as an introduction to his contribution here but, going back to "The Doctor's Opinion," Dr. Silkworth tells of the alcoholic who thought his case so hopeless that he had gone to a deserted barn to die. That hopeless alcoholic turned out to be Hank P., the author of this Chapter. His story, "The Unbeliever," can be found in the Original Manuscript and the First Edition of the Big Book.

(Page 136)

- (P) 1. To begin this Chapter, we are going to focus on whom?
2. Does he have extensive experience in placing and displacing employees?
3. From what viewpoint does he view alcoholics?
4. His views should prove helpful to whom?

*Comment: Now for a piece of Hank's story.*

- (P) 5. What was my position?
6. One day my secretary informed me of what?
7. My reply was?

8. Of what had I warned this man?
9. What happened not long after the warning?
10. As the result, what did I tell him?

- (P) 11. My secretary informed me that it was who?
12. While I expected to hear some begging for the old job, I was surprised to hear the brother say what? (rest of paragraph)

- (P) 13. Another time, when I opened a letter, what fell out?

(Page 137)

1. What was the newspaper clipping?
  2. After a drinking binge, what had he done?
  3. What had I done to him shortly before?
- (P) 4. In still another experience, I heard from whom?
5. What was the purpose of her call?
  6. Why was she interested in knowing the answer to her question?
  7. What had been my experience with him?
- (P) 8. What is one reason these men died?
9. What was the irony of all this?
  10. What saved me from joining the three who had gone on before?
  - 11-a. What had my alcoholism cost my employer?
  - 11-b. Why is that?
  13. Is this kind of thing uncommon?

14. What does our experience lead us to believe?

- (P) 15. What does almost every responsible employer feel?

16. Have employers always treated alcoholics fairly?

17. To many employers, what does the alcoholic appear to be?

18. If an employee had special talents or was a "fair-haired boy," sometimes do?

what would the employer

19. What have some employers tried?

20. Once in awhile, there was a lack of what?

(Page 138)

1. Looking back at the time we were drinking, what can we now

say?

- (P) 2. An example is that of an officer of a large bank who knows what?
3. What did this officer share with the author?
4. It looked like an opportunity to help so I did what?
5. What was his comment? (rest of paragraph)
- (P) 6. I had only one answer and it was what? (2 sentences)
7. What did I ask for?
8. What good might that do?
9. What did I point out to the executive?
10. What did I then ask?
11. The man's reply was what? (rest of paragraph)
- (P) 12. What did I do then and why?
13. What was he unable to believe?

(Page 139)

1. What was my only choice?
- (P) 2. What did happen to the man? (2 sentences)
3. Did he have much difficulty accepting our program?
4. He is on the road to what?
5. What two important things did this illustrate?
- (P) 6. For the employer who wants to help, what is the first thing he should do?
7. Regardless of what type of drinker you are, your thinking may well be what?
8. What type of drinker is usually most annoyed with the alcoholic?
9. The moderate drinker understands his reaction to alcohol which will produce some fixed ideas that are what for the alcoholic?
10. What can the moderate drinker do?
11. How does the moderate drinker handle his drinking?
12. On a given evening, the moderate drinker can drink to excess and do what the next morning?
13. What is liquor to the moderate drinker?
14. What is the moderate drinker unable to see?
- (P) 15. When moderate drinkers deal with alcoholics, there is a natural

reaction to feel that the alcoholic is what?

16. Will this get better as the moderate drinker has a better understanding of alcoholism?

(P) 17. How will it strike you as you look at an alcoholic in your organization?

18. What qualities would you normally find?

19. When he is sober, how does he perform?

(Page 140)

1. If he didn't drink, what would he be worth?

2. How about other sick employees?

3. What question must be answered?

4. If the answer is "yes," then what do we have for the employer?

(P) 5. First, what question must be answered?

6-a. If the question is difficult to answer, what should the

employer do?

6-b. Why might that help?

8. As a business man, what should come first?

9. If he can concede that the person is sick, what is the next step?

10. How should his past be considered?

11. Can you accept the reality of the victim of alcoholism?

(P) 12. What information coming from a doctor shocked Hank?

13. What could that explain? (2 sentences)

14. How are normal drinkers affected?

(P) 15. What has your man probably been trying to do?

16. Some may even be what?

17. What may you be at a loss to understand?

18. To what can these incidents be attributed?

19. When under the influence, what will an alcoholic sometimes do?

(Page 141)

1. Afterward, how will he be?

2. Most of the time, these incidents are what?

(P) 3. This is not to say what?

4. What may this kind of person do?

5. What will some people do when they see you trying to help them?

6. If you believe he is not sincere in his desire to quit drinking, you should do what?

7. What is it you are not doing for him?

8. Losing his job may prove to be what?

9. What may it give him?

10. What did the author know about himself as long as he had a job?

11. What action could his employer have taken that might have made a big difference in his life?

(P) 12. But what about the ones who really want to stop drinking?

13. What can pay dividends for them?

(P) 14. Maybe you already have what?

15. What may you both want?

16. What do you now know? (2 sentences)

17. What are you now willing to do?

(P) 18. To make your initial approach what can you tell him you know?

19-a. You might also say you appreciate his what?

19-b. Also, you would like to do what?

19-c. But under what condition?

(Page 142)

1. What sort of an attitude is best?

(P) 2. Next, of what do you assure him?

3. What should you express to him?

4. At this point, what might you do?

5-a. Tell him you believe he is what?

5-b. What question do you ask him?

7. Why would you ask this question?

8. What question must be answered before you proceed?

9. You should be assured he is willing to do what?

(P) 10. If he says, "yes", can you be sure of his sincerity?

11. What should he be thoroughly probed on?

12. Of what do you need to be satisfied?

(P) 13. What is a matter for your discretion?

14-a. If he decides to quit for a little while, believing he can then successfully, you should probably do what after his next binge? drink

14-b. By then, you can be reasonably certain that he is what?

16. What should he understand before the conversation is concluded?

17. What do you need to find out about this person?

18. If he is not sincere, you may decide to do what?

19. Would this be too severe?

(P) 20. Once you are convinced he is sincere, what might you do?

21. If he is drinking or coming off a drunk, what may he need?

(Page 143)

1. Who should make that call regarding physical treatment?
2. Why may this be necessary?
3. Should this process be either long or expensive?
4. Why is this desirable?

5-a. If this is indicated, you may find it necessary to help him in  
5-b. But what should the alcoholic clearly understand?

what way?

7. Why is that?

- (P) 8. If the man agrees to proceed, what must he be told?
9. What should he understand?
10. What must happen to him if he is to survive alcoholism?

*Comment: Is this another way of saying "spiritual awakening"?*

11. Where must we place recovery in our priorities?

- (P) 12. With what question are you faced?
13. What questions should you be able to answer?
14. What might you do with him to help answer these questions?

(P) 15. But what about the subject matter of this Book?

(Page 144)

1. How may some of our ideas appear?
2. Perhaps you might not agree with what?
  - 3-a. Do we believe we have the only solution?
  - 3-b. Why do we believe in it?
5. What are you really interested in?
6. Whether or not your employee likes our program, what will result
7. Will this prove harmful to him?

anyway?

- (P) 8. What do we now suggest you do?
- 9-a. When is the best time for your man to read this book?  
9-b. What may be the result?

- (P) 11. What do we hope the doctor will do?  
12. When the man receives this book, it is best to not do what?  
13. What must the man do?

(P) 14. What are you betting on?

15. Is that a sure thing?
16. If you persist, what will happen to your odds?

17. As our work spreads and our numbers increase, what is our hope?

18. Meanwhile, of what are we sure?

(P) 19. When your man returns, what should you do first?

20. What do you want to know?

21. If he believes he has your confidence, what can you expect?

(Page 145)

(P) 1. Do you think you can remain composed as he shares his story with you?

2. What may he reveal to you?

3. In fact, you should be prepared for what?

4. What might you consider doing about this?

5. How might you handle the money situation?

(P) 6. Where might you be able to offer some direction?

7. Will you be willing to let him be completely open with you, provided he doesn't do what?

8. What will such an attitude on your part buy you?

(P) 9. What are alcoholics greatest enemies?

10. What is true in any business that hires a number of employees?

11. Being the sensitive people that alcoholics are, how might we view some of the normal infighting?

12. Is this always true?

13. What may be used against us?

(P) 14. What situation is recalled?

15. Would this be classified as gossip?

16. What is another case?

17. Was this kept confidential?

18. What effect will this have on the alcoholic's chances?

(Page 146)

1. Many times, the employer can do what?

2-a. He cannot do what?

2-b. But what can he do?

(P) 4. Generally speaking, what are alcoholics?

5. How do they live their lives?

6. It will be in his character to do what?

7. With the body still recovering, how may he approach his task?

8. What may you have to do?

9. What may you need to encourage him to do?
10. What may he wish to do?
11. How should you respond to this?
12. Why should you be considerate of this activity?

(P) 13-a. After a few months of recovery, how else may you find him useful to you?  
 13-b. Provided what condition exists?

15. What unique situation will you find here?
16. As the result of his spiritual way of life, he will never do what?

(P) 17. How can you view your man?

18. What might make you suspicious?
19. What might you believe the next time his wife calls?

20-a. If he has been drinking and is serious about recovery, what will he tell you?  
 20-b. Even if he is faced with what?

22. Of what is he certain?
23. What will he appreciate?

(Page 147)

1. If he is truly on our Program, what can he do?

(P) 2. What must you decide if he returns to drinking?

3. If you have any doubts regarding his sincerity, what should you do?

4. If you are convinced he is really trying, what might you do?

5. Since you have met your commitment to him, what may you do with a clear conscience?

(P) 6. Is there something else you might do?

7. Who else might benefit from this Book?

8. What message do you want to pass along to them?

9. Where do junior executives find themselves sometimes?

10. Often, the men who work under them prove to be what else?

11. Therefore, the junior exec might be tempted to do what?

12. In what situation may they be placing themselves?

(P) 13. After the junior exec has read this Book, what may he be able to do? (2 sentences)

14. You are putting me in a what? (2 sentences)

15. I have learned something about what?

16. I must tell you that if you are an alcoholic you might be what? (2 sentences)

17. What does the firm want to do?

18-a. What will we be willing to do, if you are willing to try this

program?

(Page 148)

1-b. We will keep what confidential?

2. But if you want to keep on drinking, you had better do what?

- (P) 3. What may your junior exec not agree with?  
4. What should he maybe not do?  
5. But what may he have learned?  
6. It will enable him to treat the employee how?  
7. From what will it free him?

- (P) 8. What does this boil down to?  
9. If he wants to stop drinking, what should he be given?  
10. If that is not the case, what should you do?  
11. Exceptions to this rule are what?

- (P) 12. We think this approach will do what?  
13. First, it will permit what?  
14. At the same time, you will find what other benefit?  
15. What might alcoholism be doing to your business?  
16. What do we hope our suggestions will do for you?  
17. We believe we are being sensible in doing what?

- (P) 18. What happened the other day?

19. Even though the vice president was presented with information which could profit their company greatly, what was his response?

(4 sentences)

*Comment: Unfortunately, this situation continues today, in our so called enlightened times. On page 20, "Behind them is a world of ignorance and misunderstanding."*

(Page 149)

1. What does this company do with some of its money?  
2. Are they concerned with the cost of doing business?  
3. What benefits have they provided their employees? (2 sentences)  
4. Do they display a real interest in their workers?  
5. Of what do they believe they are free?

- (P) 6. How may this attitude be classified?  
7. What is our inward feeling toward these views?  
8. At what would he very likely be shocked to learn?  
9. What may be true about their payroll?  
10. What knowledge may top executives be lacking?

11. Even for those certain they have no problem drinkers on hand, what might prove to be profitable?

12. What may you find?

- (P) 13. Who does this Chapter refer to?

14. What sort of person was the vice president thinking of?
  - 15-a. How would his personnel policy apply to them?
  - 15-b. What is he unable to distinguish between?

- (P)
17. The alcoholic employee should not receive what?
  18. He should not be what?
  19. How will recovered alcoholics respond to this type of treatment?
  20. He will not do what?
  21. What will he do instead? (2 sentences)

- (P)
22. Today, I own what?
- (Page 150)

- 1-a. How many employees do I have?
- 1-b. But what do they do?

3. Why would they do that? (2 sentences)

4. What have I enjoyed?

## A VISION FOR YOU

Pages 151 through 164)

Chapter 11, "A VISION FOR YOU," is a very powerful piece of literature. It provides guidance for the future of Alcoholics Anonymous in a very practical manner. As in the preceding sections of this Book, it is based on the experience and knowledge of the Founders of our Fellowship from which came our Program of Recovery.

As the result of taking and applying the Twelve Steps of Alcoholics Anonymous to our lives, we had been freed from a seemingly hopeless condition of mind and body. This is the Promise of the Program: "Having had a spiritual awakening as the result of these steps." To insure our sobriety, we found it necessary to seek out other alcoholics who were suffering as we had (as Bill did in May, 1935, when he was led to Dr. Bob S.). We let them know how well we understood the misery they were experiencing. We let them see the demonstration of the Higher Power we found through our Program and thereby created a curiosity in them to wonder what had happened to us. When they asked, we would tell them our story -- what we were like, what happened and what we are like now. If they then decided they wanted what we had, we made sure that they had a copy of this Book and set them on the path of recovery. At the same time, we made an effort to get the family to try our way of living.

After awhile, we had a number of sober alcoholics and realized we needed to formalize our Fellowship, so we initiated the process of "founding" a Group -- to bring the Program of Alcoholics Anonymous into the part of the world that we occupy. This Chapter describes that process. Once this has been done, you will have made a significant contribution to your community. It might be an amend for harm done. It will certainly be appreciated by many innocent people who have suffered because of our disease even though they may never have been aware of the source.

(Page 151)

- (P)
1. What is drinking for most folks?
  2. It is release from what?
  3. What else is it for most people?
  4. How about us?
  5. What is gone?
  6. What are the good old days?

7. When will we be able to recapture those moments?

8-a. What did we yearn for?

8-b. With what were we obsessed?

10. What was the truth?

(P) 11. As people became less tolerant of us, what did we do?

12. As we became citizens of King Alcohol, shivering inhabitants of his mad world, what did we experience?

13. It did what and became what?

14-a. What did some of us seek?

14-b. What were we hoping to find?

16-a. What success did we have?

16-b. This would be followed by what?

16-c. What did we face?

19. Who will have no trouble understanding what we have just covered?

(P) 20. Once in awhile, what may a dried out serious drinker say?  
(4 sentences)

21. As ex-problem drinkers, how do we react to such declarations?

(Page 152)

1. He is like who?

2. What is he doing to himself?

3. What is it he really wants to do?

4-a. Soon, what will he do?

4-b. Why?

6. What can he not see?

7. Someday, what will he be unable to imagine?

8. What will he then come to know as few people can?

9. Where will he be?

10. For what will he wish?

(P) 11. What have we shown?

12. You might say what? (rest of paragraph)

(P) 13. What do we have?

14. What is it called?

15. What will you find there?

16. How will it effect your imagination?

17. How will you feel about being alive?

18. What are your future years promised to be?

19. Where will we find this?

(P) 20. What questions do you have? (2 sentences)

(Page 152 - continued)

(P) 21. Where do we say you will find them?

22. Who will you find near you?

23. How many if you live in a large city?

24. Where will they come from?

25. What will they become to you?

26-a. How will you be bound to them?

26-b. Why will that be so?

26-c. And, together, you will begin what?

(Page 153)

1. You will then know what?

2. You will then learn the full meaning of what?

(P) 3. What may seem incredible?

4. What question will arise?

5. What is the practical answer?

6-a. How should you wish for them?

6-b. What should you be willing to do?

6-c. Of what are we certain?

9. What still exhibits itself among us?

10. What proof is there of that statement?

(P) 11. What is our hope?

12. Of what are we sure?

13-a. They will then do what?

13-b. What will be the result of these actions?

- (P) 15. What did you learn in “Chapter 7?”
16. Since you followed the directions laid out for us in that Chapter, what has happened?
17. What will you now want to know?
18. How do we propose to give you a glimpse of what can be your future?
- (P) 19-a. The brief account begins when?  
19-b. How did it begin?
21. How did his business deal go?
22. If his business deal had gone off well, what would have been his expected future?
- (Page 154)
1. But how did his deal wind up?  
2. What did the proceeding produce?
- (P) 3. Very discouraged, how did he find himself?  
4-a. In what physical condition was he?  
4-b. How long had he been sober?  
4-c. What could he see for himself?  
7. What was it he really wanted?
- (P) 8. On that afternoon, what was he wondering?  
9. What was at one end of the lobby?  
10. What was at the other end?  
11. What did he see in there?  
12. What might he find in there?
- 13-a. Without a couple of drinks he was afraid he would not have what?  
13-b. How would his weekend be?
- (P) 15. Even though he knew he couldn't afford to drink, what was he thinking?
16. Why not? He had been sober how long?
17. What did his alcoholic mind (the insidious insanity) say to him?
18. What did he experience with that thought?
19. How secure did he feel?
20. What was he experiencing?
21. What did he do?
22. What was he still hearing?
- (Page 154 - continued)
- (P) 23-a. Who did he think of?  
23-b. Especially who did he think of?
25. Should it be very difficult to find one?
26. What would he do?

27. What returned and what did he do because it did?

(Page 155)

1. What did he do then?

(P) 2-a. Where did his call lead him?  
2-b. In what condition was this formerly able and respected person?

*Comment: "nadir" means bottom, lowest point.*

4. What was his situation?

5-a. What was his desperate desire?

5-b. Had he given up hope?

7. He knew he was not normal but what was it he did not know?

*Comment: (\*) indicates a footnote which identifies the principals of this story and where we may find their stories in this Book.*

(P) 8. After Bill told his story, with what did Dr. Bob agree?

9-a. What did Dr. Bob concede as being absolutely necessary?

9-b. How did he first feel about the Program of action?

11. What did he admit to Bill?

12. What had Dr. Bob rationalized?

13-a. What was his argument?

13-b. The result of which would bring more suffering to whom?

15. To what length was he not willing to go?

(P) 16. Being intrigued, what did Dr. Bob and Anne do?

17. Three weeks later, what did Dr. Bob do?

18. Was this just an overnight drunk?

19-a. What did it convince Dr. Bob he must do?

(Page 156)

1-b. If he wanted God to do what?

(P) 2. What did Dr. Bob do one morning?

3. He surprised to learn what two things?

4. He got into his car and did what?

5. Why did he tremble as he made his amends?

(P) 6-a. When did he finally come home?

6-b. What shape was he in?

8. How well did it work for him?

*Comment: Dr. Bob had his last drink on the morning of June 10, 1935. He lived the rest of his life sober and passed away November 16, 1950.*

9. The major liabilities resulting from 30 years of hard drinking were repaired in how many years?

*Comment: Dr. Bob had his last drink in June, 1935, and this Book was published in April, 1939.*

(P) 10. Was life easy and comfortable for these two men?

11. What did they have plenty of?

12. What did both of them realize they must do?

13. So, what did Dr. Bob do one day?

*Comment: The date was June 11, 1935. The day following Dr. Bob's last drink.*

14. He explained their need and asked what?

(Page 156 - continued)

(P) 15. What was the nurse's reply?

16. What shape was the prospect in at the time of the call?  
(the rest of paragraph)

*Comment: Notice (\*) referring to the footnote regarding Bill & Dr. Bob's 12th Step call on Bill D.*

(P) 17. What did they think of their chances of success with this guy?

18. What was not well understood at that time?

(Page 157)

1. What did Dr. Bob ask the nurse to do? (2 sentences)
- (P) 2. What happened two days later?
3. What did Bill D. ask Bill & Dr. Bob? (2 sentences)
- (P) 4. How did they answer him?
- (P) 5. What was written on his face?
6. Did Bill D. believe there could be any hope for him?  
(the rest of paragraph)
- (P) 7. What happened over the next hour?
8. What was Bill D.'s response? (3 sentences)
- (P) 9. What was the man on the bed told?
10. There was a lot of talk about what?
- (P) 11. What did Bill D. say as Bill W. and Dr. Bob told their stories?  
(5 sentences)
12. When Bill D. said he knew it could not work for him, what did  
the two do?
13. What did he have to say about their laughing at him?
- (P) 14-a. They then spoke of what?  
14-b. Then what did they tell him?
- (P) 16. To which he replied?

(Page 158)

- 1-a. He said he prayed and swore what?
- 1-b. How well did it work for him?

- (P) 3. What did Bill and Dr. Bob find the next day?  
4. What had the prospect been doing?  
5. What did he say to them? (2 sentences)  
6. Then what did he add?

- (P) 7-a. What did the lawyer do on the third day following his last drink?

*Comment: Again we must wonder where the idea of going to meetings and not drinking as a solution to alcoholism came from. The message from this Text Book is, "Take the Steps" and take them very early in sobriety.*

- 7-b. He further said he was willing to do what?

- 9-a. How hopeful was his wife when she came to see him?

- 9-b. What did she think she saw in him?

11. What had begun to take place within him?

*Comment: If Step Three is taken "honestly and humbly, an effect, sometimes a very great one, is felt at once." p. 63*

- (P) 12. What happened that afternoon?  
13. What did he try to do?  
14. How successful was he?  
15. But what had he found?

(Page 158 - continued)

- (P) 16. When was that?

*Comment: That was the same month and year Dr. Bob had his last drink.*

17. How long was he able to stay sober?

18. What has he regained?

- 19-a. Who has he helped?

- 19-b. In what did he become a power?

- (P) 21-a. Now, how many sober alcoholics were there?  
21-b. What did they believe they must do to survive?

23. Did they find another one right away?

24. How did they find this one?

- 25-a. What kind of a guy was he?

- 25-b. What could his parents not determine?

- 27-a. What kind of people were they?

- 27-b. They were also shocked by their son's refusal to do what?

(Page 159)

- 1-a. Was he in pretty bad shape?
- 1-b. Did he appear to be hopeless?

- 3-a. What did he consent to do?
- 3-b. By chance (?), what room did he occupy?

- (P) 5. How many visitors did he have?
- 6. After listening to them for a bit, what did he have to say?  
(3 sentences)
- 7. So now Alcoholics Anonymous had how many members?

- (P) 8. All this time, where was Bill W.?
- 9. How long did he remain in Akron?
- 10. When he returned to New York, what did he leave?
- 11. What had these men found?
  - 12-a. What did they know they must do to remain sober?
  - 12-b. That motive became what?
- 14. Why was that?
- 15. What did they share with fellow-sufferers?
- 16. At any time, what were they willing to do?
- 17. They did what?

- 18-a. What did they experience?
- 18-b. Where there were failures, what did they do about the
- 18-c. This resulted in relieving what?

drinker's family?

- (P) 21. After eighteen months, how many did they have in the fold?
  - 22-a. Were they close?
  - 22-b. What happened in the evenings?
  - 22-c. What was their constant thought?

- 25-a. What became customary?

(Page 160)

- 1-b. Who were these meetings for?

*Comment: Remember that the folks who participated in the writing of this Book were still meeting with the Oxford Groups. Any and everybody was welcomed and encouraged to attend Oxford Group Meetings. It was in the Fall of 1939 that the "Alcoholic Squad of the Oxford Group" first split off and the Fellowship then took their name from the title of this Book.*

- 2. Aside from the fellowship and social aspects of the meetings, what were their principal purposes?

- (P) 3. Who became interested in what the alcoholics were doing?

- 4. What did a man and his wife do to support the alcoholics?

*Comment: The couple was Clarace and T. Henry Williams, non-alcoholic members of the Oxford Group.*

- 5. What did they do with their home?

6. What has many a distracted wife found at the Williams' home?  
(a loooooooooong sentence)

(P) 7. What have many alcoholic men found there?

8. What did they come away with?

9. What did he succumb to?

10-a. With what was he impressed?

10-b. Where was it that he made that surrender?

10-c. When did he surrender?

*Comment: The normal practice at that time was to help the suffering alcoholic surrender to his hopeless condition while he was hospitalized, then, in the "room upstairs" surrender on his knees to his Higher Power. He was then "sponsored" into the meetings downstairs.*

(Page 160 - continued)

13. What appealing characteristics conspired to let the alcoholic know that here was haven at last?

(P) 14. What did the recovered alcoholics and their wives have that made this irresistible?

15. How would the newcomer and his wife feel as they left the Williams' home?

(Page 161)

1. What did they then know?

2. What had they seen?

3. What had they envisioned?

(P) 4. At the time of the writing of this Book, how many were attending meetings at the Williams' home?

5. Where were the alcoholics coming from?

6. From surrounding towns, what was happening?

7. How many members came from a community (Cleveland) thirty miles away?

8. Since Cleveland was a large place in 1939, what did they anticipate?

(P) 9. Life in A.A. is more than what?

10. What are some of the other activities?

11-a. Who is not welcomed?

11-b. But what is the one requirement?

13. What things are laughed out of countenance?

14. What no longer proved to be of any significance?  
(the rest of paragraph)

(P) 15. What started happening in Eastern cities?

16. What was there in one of these cities?

*Comment: Towns Hospital*

(Page 162)

1. How long ago was it that Bill W. had met Dr. Silkworth?

2. What had many alcoholics experienced at that hospital?

3-a. To whom are we indebted?

3-b. Why is that so?

(P) 5. Every few days, what did Dr. Silkworth do?

6. Because he understood our work, what could he do?

7. What did many recovered alcoholics do?

8-a. What was going on in this Eastern city (New York)?

8-b. Did many attend?

10. What similarity was there to the Akron Group?

11-a. What was going on between Akron and New York?

11-b. What did they foresee?

(P) 13. What is our hope?

14. Was it beginning to happen at the time this Book was written?

15. What were some of the members?

16-a. What had begun to spring up in other communities?

16-b. Where were they getting their direction?

18. What did members who traveled do?

19. What two good things resulted from this type of activity?

(P) 20. So, they were doing what?

21-a. What can we do?

(Page 163)

1-b. What should you have?

2. What did the authors believe?

(P) 3. What do we know?

4. What are you saying to yourself? (2 sentences)

5. But what?

6. What have you forgotten?

7. What is required to duplicate what the authors accomplished?

(P) 8. Who did they know?

9-a. How long had he lived there?

9-b. What did he find?

11. How long before the writing of this Book was it?

12. Did the authorities care?

*Comment: This man was Hank Parkhurst. The alcoholic who authored "Chapter 10, TO EMPLOYERS"*

13. What did Hank do?

14. What did the doctor prove to be?

15. Did he check Hank out?

(P) 16. Did Hank talk with the doctor?

17. How well was the doctor impressed?

18. What arrangements were made?

(P) 19. What will our fellow worker soon have?

20-a. What will happen to some of them?

20-b. But if our experience is any criterion, how many will make it?

*Comment: Does it appear that we should try to learn how they worked with a new man? If following the clear-cut directions in this Book produced these results, what could we do?*

22-a. What will happen when a few men try this Program?

(Page 164)

1-b. And will have discovered what as the result of working with others?

1-c. There will be no stopping until what has happened?

(P) 3. But what may you still say?

4. Can we be sure?

5-a. Who will determine that?

5-b. So Who must you rely on?

7. Who will show you how to have many friends?

(P) 8. This Book is meant to be what?

9. What do we realize?

10. What will God constantly do?

*Comment: The following is the Twelfth Step Prayer.*

11-a. When should you ask?

11-b. How often should you ask for it?

11-c. What should you ask for?

14. What is the promise?

15. But you obviously cannot do what?

16-a. So, what must we see to?

16-b. What is the promise of this?

18. What is this for us?

(P) 19. We should abandon ourselves to Whom?

*Comment: Steps Three, Six & Seven?*

(Page 164 - continued)

20. Admit our faults to whom?

*Comment: Steps Four and Five?*

21. We are to clear away what?

*Comment: Steps Eight and Nine?*

22. We should then do what?

*Comment: Step Twelve?*

23-a. How shall we be with you?

23-b. Where will we meet?

**“MAY GOD BLESS YOU AND KEEP YOU---UNTIL THEN!”**

DOCTOR BOB’S NIGHTMARE

(Pages 171 through 181)

(Page 171)

*Read the introduction to Dr. Bob’s story. Again, we will be looking for the “Me too,” and “Yes, that is the way it was with me,” but we will also be given a very strong lesson in “Our Primary Purpose” at the end of his story. It is a very powerful message!*

(P) 1. Where was Dr. Bob born?

2. In his youth, what was far above average?

3. Were beer and liquor readily available?

4. Could anybody buy alcoholic beverages?

5. How were the men who had booze imported looked upon?

6. What facilities were plentiful in his town?

(P) 7. How did he describe his parents?

(Page 172)

1. What about his parents' I.Q.?

(P) 2-a. What did he consider to be an unfortunate situation?  
2-b. What did he suspect it produced?

(P) 4. In his early years, what was he forced to do?

5. What effect did this have on him?

6. Was he a man of his word?

(P) 7. What came after high school?

8. Was he in the minority?

9. How was his drinking?

10. What was he able to do that was better than most?

11-a. What did he never have?

11-b. Therefore, he believed what?

13-a. What was his life centered around?

13-b. Without regard to what?

15. With what distinction did he graduate?

(P) 16. Where was he and what did he do for the next three years?

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1. What else did he do during these years?
2. How many days work did he lose during those three years due to drinking?

- (P)
3. What was the next thing he did?
  4. Besides studying medicine, what else did he do?

- 5-a. To what was he elected?
- 5-b. Did he do well in that social group?

7. What did he experience on many mornings?  
*(Note: Have you experienced this on many mornings?)*

- (P)
- 8-a. How did his sophomore year go?
  - 8-b. Since he found himself in trouble, what did he do?  
*(Note: Have you ever moved in hopes that things would get better?)*

- 10-a. After he dried out, what did he think?
- 10-b. What did he do?

12. Did he have trouble getting back into school?
13. What was he able to do?
14. Was the faculty excited to have him back?
15. What was he forced to do?

(Page 174)

- (P)
- 1-a. Had his drinking progressed?
  - 1-b. Who went to a lot of trouble to try to help him?

3. How successful were his father's efforts?

- (P)
4. With final exams coming up, what did he do?
  5. What problem did he experience as the result of his spree?  
*(Note: Have you ever trembled as severely?)*

6. What did he turn in for his tests?
  - 7-a. As the result, what was he forced to do?
  - 7-b. What requirement was placed on him?

9. Was he successful?

- (P)
10. As the result of staying dry and giving school his best shot, what did he receive?

11. How did those two years go? (2 sentences)

(P) 12. At the end of the two years, what did Dr. Bob do?

13. What was it he had at that time?

14-a. What did he soon discover?

14-b. So, what happened then?

(P) 16-a. Was he still enjoying his drinking?

16-b. Seeking relief, what did he do?

(Page 175)

*Comment: Off the Italian coast is a rock [Scylla] opposite a whirlpool [Charybdis] -- possibly the source of the expression, "between a rock and a hard place."*

1. Why did Dr. Bob say that?

2-a. At the end of three years, what happened?

2-b. What did he persuade his friends to do?

2-c. Or he resorted to what?

*(Note: Did you ever steal to drink?)*

(P) 5-a. At this point, what did his father do?

5-b. How long was he confined?

7. At the end of two months, what did he do?

8. This episode scared him sufficiently to cause him to do what?

(P) 9. What Constitutional Amendment gave him a sense of security?

*Comment: This Amendment, Prohibition, went into effect in 1920 and ended in 1933.*

10. Why did he believe that?

11. Consequently, it would make no great difference even if he what?

12. What two things was he unaware of?

13-a. So how did he start drinking?

13-b. What happened in a short time?

(P) 15. Over the next two years what happened?

16. What were they?

17-a. Since he was not blessed with an abundance of money,  
forced to do?

what was he

(Page 176)

1-b. The result of this would be what?

2. Most of the time, how did Dr. Bob handle his need?

3. But occasionally he would do what?

4-a. This was not good because it lessened his chances to  
do what?

4-b. Which in turn would mean what?

- 6-a. Over the next fifteen years, what did he not do?
- 6-b. And seldom did what?

- 8-a. Where would he hide during the day?
- 8-b. On occasions, he would do what?  
*(Note: Have you ever done any of these things?)*

10. What usually happened?

(P) 11. What would he do when his wife, Anne, would plan to be away?

12. What else did he make use of?

13-a. What did he never use?

13-b. Why?

15. Why was he lucky there?

16. What else did he hide small bottles in?

17. What would his bootlegger do for him?

18. Sometimes he would mess up and bring it home how?

(Page 177)

1. What else did he used to do?

2. When did that great idea quit working?

*Comment: Have you ever found it desirable to hide your drinks in ingenious places?*

(P) 3. What will we not learn of?

(P) 4. By this time, who abandoned us?

5-a. Why were invitations not being extended to the Smith

family?

5-b. What did Anne dare not do?

7-a. His fear of sleeplessness demanded what of him?

7-b. But to be sure that he had what he needed, what did he

find he had to do?

9. How long did this routine continue?

10. What was his nightmare?

11-a. What promise did he make?

*(Note: What promise have you made?)*

11-b. How successful was he with his promises?

*(Note: How well did you do with yours?)*

(P) 13. For the experimentally inclined, what experiment does he refer to?

14. What made him feel safe?

15. What could he do with that stuff?

16. Why did he say it was harmless?

17. Who said he could fill the place with beer?

18. Before long, what was he doing?

19. What did this do for him?

(Page 178)

1-a. Then what occurred to him?

1-b. So what did he begin to do then?

3. What were the results?

(P) 4. About the same time, he joined up with what kind of people?

*Comment: Here Dr. Bob is referring to the Akron Oxford Group.*

5. What were they able to do that Dr. Bob couldn't do?

6. More important, they seemed to be what?

7. How did Dr. Bob describe himself at this time?

8. What did he sense?

9-a. What kind of thing was it they had?

9-b. How did that strike him?

9-c. But how did he feel about it?

12-a. How long had he been trying the Oxford Program?

12-b. What were the results?

14. What else did he do?

(P) 15-a. What did Anne do?

15-b. How did that affect him?

15-c. What was he unable to sense?

18. What was Anne able to do that Dr. Bob could not understand?

19. Had Anne not kept her faith, what did Dr. Bob know would have happened to him?

20. What gift have alcoholics been given?

21. What can we never explain?

(Page 179)

(P) 1. After two and one half years with the Oxford Group, what happened one Saturday afternoon?

*Comment: The lady making the call was Henrietta Seiberling, a close friend and a member of the Oxford Group.*

2-a. It was May 11, 1935 the day before what day of celebration?

2-b. What had Dr. Bob brought home to commemorate that day?

2-c. What condition was he in and what did he do about it?

5. What happened the next day?

6-a. Wishing to be polite, what did he agree to do?

6-b. For how long was he willing to do it?

(P) 8-a. When did he and Anne arrive at the Gate House of the Seiberling

Estate?

8-b. How long did the fifteen minutes last?

10-a. What did he later have with Bill?

10-b. What happened as an apparent result of their talks?

12-a. How long did it last?

12-b. Where did Dr. Bob go?

14-a. What did he relieve the train of?

14-b. Then he purchased what?

16. What day was that?

17-a. What did he do that night?

17-b. What did he do on Monday?

17-c. And then he proceeded to do what?

20. Where did he do his drinking?

21. How did Tuesday go?

(Page 179 - continued)

22. To avoid embarrassment, what did he do?

23. Where did he head for and what did he get on the way?

24. What did he have to wait for?

25-a. What did he experience at that point?

25-b. Where did he come to?

27-a. What did they do?

27-b. What did Anne do?

29-a. What did Bill do with Dr. Bob?

(Page 180)

1-b. What did Bill give Dr. Bob that night?

1-c. What did he give him the next morning?

(P) 3. What day was that?

*Comment: June 10, 1935 is considered the birth date of Alcoholics Anonymous.*

4. How long had Dr. Bob been sober when he wrote his story?

(P) 5. What question would naturally come to the mind of most people?

6. What must be remembered?

7-a. What had Bill experienced that made the difference for  
Dr. Bob?

7-b. What had each of these two men tried that worked for Bill

but did not work for

Dr. Bob?

9. What information did Bill have that Dr. Bob did not have?

10-a. What was the single most important thing that helped  
Dr. Bob?

10-b. In other words, Bill did what?

12. What did Bill know?

(P) 13. What was a most wonderful blessing?

14. What three things did he say he had regained?

15. What other two things were good?

(P) 16. What did Dr. Bob say he did with great deal of his time?

17. Does he tell us why?

(Page 181)

*Comment: Let's examine the reasons he gives for all the time he spent in trying to help other alcoholics.*

1. Reason one?

2. Reason two?

3. Reason three?

4. Reason four?

(P) 5-a. What did Dr. Bob experience in early sobriety?

5-b. How long did this last?

7. Was it an occasional thing?

8. But at no time was he what?

9-a. What used to upset him?

9-b. What thinking did he develop to combat this?

11-a. It didn't behoove him to what?

11-b. Why was that?

(P) 13-a. What kind of folks did he mention?

13-b. That would keep them from what?

13-c. What were his feelings for those folks?

16. What if you think you can handle your drinking on you own?

17-a. But if you really and truly want to do what?

17-b. And sincerely feel you need what?

17-c. What do we know?

20-a. Is it a reliable way?

20-b. If you will do what?

**“Your Heavenly Father will never let you down!!!”**

## THE TWELVE TRADITIONS

(Pages 563 through 568)

With the publication of the Big Book in April, 1939, followed by Jack Alexander’s article in the *Saturday Evening Post* in March, 1941, which gave Alcoholics Anonymous a most enthusiastic endorsement, A.A. became a national institution. A new era had descended on the world. Hopeless alcoholics had, for the second time in the history of mankind, been given an opportunity to escape death or permanent insanity from the fatal malady -- alcoholism.

Very early on, Bill W. became aware of the need of some guidelines for conduct within the Fellowship. He had been made aware of the Washington Temperance Movement (Washingtonians) which had existed for a brief period a century earlier. A small band of men, each of whom had a serious drinking problem, pledged to stop drinking. They did so by fellowship and telling their stories at meetings held for such a purpose. Their success was phenomenal. Within 3 - 4 years, they had grown to more than 100,000 members. With their success came the notion that, if they could help alcoholics stay sober, they ought to be able to help anyone with any type of problem. They also had an idea that if they could get the endorsement of the leading citizens of their communities, they would further accelerate their growth. Their departure from their singleness of purpose led to their downfall. In as short a time as they had gained success, they had vanished. So much so that when Bill W. began analyzing the problems and difficulties of the Fellowship of Alcoholics Anonymous, he had never heard of the Washingtonians. Their history was brought to Bill’s attention and became the basis for the work he had ahead of him. Two things became very obvious to Bill as he studied the history of the Washingtonians:

- 1) They had no defined program of action to achieve sobriety.
- 2) They had no code of conduct for the Fellowship.

With the publication of the Big Book, the Fellowship of Alcoholics Anonymous had the well-defined Program of Action -- The life-giving Twelve Steps of Alcoholics Anonymous. The need for the code of conduct was becoming more and more obvious with each passing day.

Through the correspondence Bill received, telephone conversations and traveling around the country visiting as many groups as was possible, Bill was able to make some very profound observations. He was able to observe how successful groups functioned. He was also able to clearly see what other groups were doing that led to their demise. He started to codify his observations and began his campaign to develop “an Alcoholics Anonymous Tradition of Relations --- Twelve Points to Assure Our Future.” Bill used every method available to him to sell the Fellowship on the need of what he came to know would be vital to our growth and success. One of the principal means was through the “*Grapevine*.” Beginning in 1945, Bill began writing articles explaining the need for these guidelines. Many of these articles are reprinted in a Grapevine publication, “THE LANGUAGE OF THE HEART.”

For the next five years, Bill devoted most of his time to trying to convince the Fellowship of the need for the “Twelve Traditions Of Alcoholics Anonymous.” The idea of a national conference to discuss and adopt these principles of group conduct by an informed Group Conscience bore fruit in Cleveland, Ohio, in July, 1950. Each Tradition was presented to the Fellowship by an A.A. member. Each was voted on and adopted unanimously. They were born from the failure of many groups and the needless deaths of many chronic alcoholics. Or as Bill put it, “These lifesaving Traditions were hammered out on the anvils of experience.” Most unfortunately, the lack of adherence to these precious principles is the reason for the demise of so many groups and the needless deaths of many hopeless, helpless alcoholics today.

To gain a better understanding of the full intent and the spiritual content of the lifesaving Twelve Traditions of Alcoholics Anonymous, we will study the Long Form as they were originally presented to the Fellowship.

Third (Page 563) – Fourth (Page 561)

THE A.A. TRADITION

1. What does the Program of Alcoholics Anonymous mean to members of the Fellowship of Alcoholics Anonymous?
2. A.A. can, of course, mean what to whom?
- (P) 3. Therefore, no society of men and women ever had a more urgent *need* for what?
  - 4-a. What do we recovered alcoholics see we must do?
  - 4-b. Why is that so?
- (P) 6-a. The “12 Traditions” of Alcoholics Anonymous are what?
  - 6-b. What are those two urgent questions?
- (P) 8. What will we find on page 564?
9. What is the “short form” considered to be?
10. Why is the “long form” reproduced in this Book?

*Comment: We will skip Third (Page 564) – Fourth (Page 562) containing the “Short Form” of the Traditions.*

Third (Page 565) – Fourth (Page 563)

1. *What is the source of the wisdom of our Traditions?*

TRADITION ONE:

2. What is each member of Alcoholics Anonymous?
3. What must A.A. continue to do?
4. What must come first?
5. What follows?

TRADITION TWO:

- 1-a. For each group there is only one what?
- 1-b. That ultimate authority is Who?
- 1-c. How may He express Himself?

TRADITION THREE:

1. Who should our membership include?

*Comment: the "Short Form" opens the door wider for membership than does this "Long Form." Here it says "alcoholics". The "Short Form" states "a desire to stop drinking." It does not say, "and anything" nor does it say "or anything". It simply says, "stop drinking".*

2. Who may we refuse membership?

3. What ought we not depend on?

4-a. How many members are required before there can be an A.A. group?

*Comment: One of God's Promises is, "Any time two or more are gathered together in My name, there I will be also".*

4-b. Provided they do not do what?

Third (Page 565 - continued) – Fourth (Page 563 – continued)

TRADITION FOUR:

1. Who is each group responsible to so far as its business and practices are concerned?

2. If other groups might be affected, what should be done?

3-a. No group nor any A.A. service entity should ever do what?

3-b. Without first doing what?

5. What is paramount in Alcoholics Anonymous?

TRADITION FIVE:

1-a. What should each group be?

1-b. Having how many purposes?

1-c. What is that purpose?

*Comment: Tradition Three states the only requirement for membership in our Fellowship -- a desire to stop drinking. There are two types of drinkers who may have that desire: the "hard drinker" and the "real alcoholic." For the difference between the two, read pages 20 & 21 in this Basic Text. Since the "hard drinker" has the ability to stop or moderate by his own will power, he is not faced with the desperate need of the "real alcoholic." The group's focus should, therefore, be to meet the needs of the "real alcoholic" in developing a relationship with God, as they understand Him, through the study and application of the Twelve Steps of Alcoholics Anonymous.)*

TRADITION SIX:

1. What will divert us from our primary spiritual aim?

2-a. What do we think should be done with property of considerable value?

Third (Page 566) – Fourth (Page 564)

TRADITION SIX - continued:

2-b. What is being divided by doing so?

4. What should an A.A. group never do?

5-a. What would be secondary aids?

5-b. How should secondary aids be organized?

5-c. What distinct advantage does this offer?

8. What should such facilities not do?

9. Who should manage such facilities?

10. Who will make a good manager for an A.A. club?

11. What about various health facilities?

12-a. While an A.A. group may do what?

12-b. Such cooperation ought never go so far as what?

14. Who can an A.A. group bind itself to?

TRADITION SEVEN:

1-a. Who should fully support an A.A. group?

1-b. By what kinds of contributions?

3-a. Do we think this should take a long time?

3-b. How about asking the general public for contributions?

3-c. How about large gifts?

3-d. How about obligatory contributions?

7. What about keeping funds in excess of the prudent reserve?

Comment: An informed Group conscience determines what the prudent reserve should be.

8. Of what has experience forewarned us?

TRADITION EIGHT:

1. How should Alcoholics Anonymous forever remain?

2. How do we define professionalism?

3. Where may we employ alcoholics?

4. How should such services be compensated?

Third (Page 567) – Fourth (Page 565)

TRADITION EIGHT - continued:

5. What is never to be paid for?

TRADITION NINE:

1. What is it A.A. needs very little of?

2. What kind of leadership is best?

3-a. A small group may elect a what?

3-b. A large group may need what?

3-c. Large cities may find it desirable to have what?

3-d. What would be required for the central committee?

7. The trustees of the General Service Board are what?

8-a. Of what are they custodians?

8-b. What do they receive?

8-c. What do our contributions maintain?

11-a. What have the groups authorized them to do?

11-b. They guarantee the integrity of what?

13-a. All representatives are to be guided by what?

13-b. Our true leaders are what?

15-a. They derive no what?

15-b. What do they not do?

17. Universal respect is what?

TRADITION TEN:

1-a. What should no A.A. group or individual member do?

1-b. This applies particularly to what?

3. Who does A.A. oppose?

4. Aside from our Program of Recovery, our Traditions and our express our views?

Concepts, on what may we

Third (Page 567 - continued) – Fourth (Page 565 – continued)

TRADITION ELEVEN:

*Comment: This Tradition deals with practical anonymity.*

1. How should our relations with the general public be characterized?
2. What should A.A. avoid?
3. As A.A. members, how should our names and pictures be treated?
4. What principle should guide our public relations?
5. What do we never need to do?
6. If we don't, who will?

TRADITION TWELVE:

*Comment: This Tradition deals with spiritual anonymity.*

1. And, finally, members of Alcoholics Anonymous believe what?

Third (Page 568) – Fourth (Page 566)

TRADITION TWELVE continued:

2-a. It reminds us to do what?

2-b. What are we to practice?

4-a. That what may never spoil us?

4-b. That we shall forever do what?

*Many groups close their meetings by praying the "Lord's Prayer." These Traditions epitomize the beginning and the final phrases of this Prayer. We begin by praying, "Our Father." Not "My Father" or "Your Father," but just "Our Father" -- making us all totally equal in the Fellowship of Alcoholics Anonymous.*

*"For Thine is the Kingdom, the Power and the Glory forever." This accepts that this is His Kingdom and, as His children (since He is the King), each of us is a Prince or a Princess with the heritage that goes with that privilege.*

*It is His Power, not ours, that has saved us from the final end for most alcoholics: death or permanent insanity.*

*And it is His Glory. We give Him all the credit and take none for ourselves. We hope we may always be willing to be of maximum service to Him and the people about us.*

## AN AFTERTHOUGHT

Alcoholics Anonymous is far more than a “12 Step” program. It is a spiritual program comprised by spiritual principles grouped in “12’s”. First, we are given the Twelve Steps of Alcoholics Anonymous which provide the suffering alcoholic with clear-cut directions for recovery from the fatal malady of alcoholism. We are then given the Twelve Traditions of Alcoholics Anonymous which establish the boundaries for the Fellowship of Alcoholics Anonymous; the way it lives and grows. We are then presented with the Twelve Concepts of Alcoholics Anonymous, the means by which A.A. serves suffering alcoholics around the world. These make up the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. So in reality, A.A. is a “36 Step” Program.

But, if A.A. is made up in sets of “Twelve”, why only Eleven Chapters? The rest of our Basic Text is comprised of the stories of hopeless alcoholics who adopted this Program as a way of life and recovered to live a full and useful life. The “Chapter Twelve” in your Big Book will be your story. So, how will it read? Because it is now up to you to write your story.

Will you be one of those who can be humble enough to become a student and practitioner of this Big Book, thereby living a life of purpose? If so, you will make the difference in the lives of many people as you travel through life, just as Bill W. and Dr. Bob did.

Will you be one of those who is willing to bet your life on the Fellowship of A.A. and just go to meetings, hoping against hope that you will not be one of the many who fail to remain sober? Who return to the miserable life of just living for the next drink, maybe never to return?

Or will you be one of those who believes they are above all this “Fellowship”, “Program” and this “God stuff”? If you are one of those, you very likely will never see this page. But, if you do see this page and can realize that the study you have just completed may produce for you that which it did for the authors of this Book, why not give it your very best try. Yes, it will mean some inconvenience and interruptions in your daily life. But, if you can sense that you drank to change the way you thought and the way you felt and that option is no longer available to you, isn’t it worth the time and effort to see if this Program might not do all those things for you that you cannot do for yourself; to have a Solution to all your problems?

One thing we know is that when we arrive at A.A., we will serve a purpose. What purpose will your arrival demonstrate? Will your demonstration be one of success or will it be of failure?

We paid a hell of a price to get here. Shouldn’t we be willing to pay the price to stay here. It is far less painful. Rarely have we seen a person fail to find both physical sobriety and emotional sobriety who has carefully followed the directions in the Big Book. Try it, you too just might like it.

**WE RECOVER BY THE STEPS WE TAKE, NOT THE MEETINGS WE MAKE!!!**

**IT IS MUCH EASIER TO STAY SOBER THAN IT IS TO TRY TO SOBER UP!!!**