

QUESTIONS AND CONSIDERATIONS TO EXPLORE CURRENT MYTHS OF A.A.

The following questions and considerations are asked before we start to explore the program of A.A. in the Big Book to see what our beliefs and misconceptions about A.A. might be. These Questions and Considerations will require you to have a **truly open mind**. Our goal for this exercise is to answer these questions after some **serious thought**. Forget what you have been told in A.A. and Re-ask these questions **for yourself with an open mind**. For every question posed use the process of consideration as your guide. **Don't jump to the answer**.

We need to find out deep inside ourselves what we believe in reference to these questions because we are going to be checking the foundation of our recoveries to see if they can withstand the test of time. We need to find out if our foundation is resting on the bedrock of A.A. experience found in the Big Book, or if it rests on the misconceptions and half truths we often hear thrown around in A.A. today.

Consider what you have been told in A.A., what you think the program of A.A. says and then consider what the Big Book actually says. Only then **answer the questions for yourself**. The most important part of this exercise is in the pondering of what you truly believe. Be as honest as possible and hopefully you will have a new experience with this process.

So, answer these questions for yourself, before we begin and then we will cover the answers to these questions as we go through the Big Book. Our goal will be to see if there has been a shift in our thinking about what the program of A.A. really says. A before and after if you will, so answer these questions with your current beliefs about A.A....

Do you believe the Big Book of A.A. is a text book? (**dust cover, xi:2**)

If the Big Book is a text book, do you believe it has test questions like other text books? (**20:1**)(**45:1**) (**47:2**)(**53:2**)

Do you believe one of the purposes of the Big Book is to show other Alcoholics precisely how to recover from their malady? (**xiii:1**)

Do you believe the Big Book has some other purpose? (**xxiii:1, 20:1, 45:2**)

Do you believe that you can be **Recovered** from the decease of Alcoholism? (**Title page, xiii:1, xxiii:4, 17:1, 20:1, 29:1, 45:0, 90:3, 96:1, 113:1, 132:2, 133:1, 146:2**)

If you believe you can be **Recovered** from alcoholism, do you believe you can be **cured** of alcoholism? (**85:1**)

If you are an alcoholic, can you become immune to alcohol? (**33:1**)

Do you believe that you will always be **Recovering** from Alcoholism? (**85:0**)

If the alcoholic problem **has been removed** how can you still be recovering? (**85:0** , “**it does not exist**”)

Do you believe Alcoholism is a three fold disease (body, mind, spirit)? (**xiii, 20:1, 25:3, 27:1**)

Do you believe “the unmanageability” of Step one is the crazy things you did when you were drinking? (**23:1, 140:3**)

If so, how does the step one “Unmanageability” apply to you TODAY, especially if you have been sober for years?

Do you believe A.A. promises relief from our unmanageability or, does it promise something much better; freedom? (**62:3, 83:4, 87:1, 160:2**)

If Alcoholism is a three-fold disease, where does the problem center, in the body, mind, or spirit? (**23:1**)

Do you think you can learn the skills you need for you to manage your life better? (**45:2, 60:4, 62:2, 143:1**)

Is the drinking and the liquor, the problem for the alcoholic or is alcohol only a symptom of the disease? (**62:1, 103:3**)

Does the remedy for alcoholism come from treating the alcoholic problem (treat the drinking) or is recovery a byproduct from treating a different part of the alcoholic addiction?(ie: Alcohol is only a symptom) (**64:3, 135:1, 155:2**)

Do you believe the program of A.A. is just going to, setting up and supporting meetings or, is there more to it than that? (**161:2, 143:1, 145:1**)

Do we quit drinking for good and all, stopping altogether or, do we quit one day at a time? (**34:2, 90:3, 142:1, 142:3 181:2**)

What do we have to do one day at a time (24 hours a day)? (**16:2, 85:1, 86:2, 100:1, 164:2**)

Is there ever a time, the program of A.A. suggests we take a drink? (**31:3, 32:0, DBGOT 225:4**)

Do you believe **the fellowship** of A.A., by itself, is enough for you to recover from alcoholism? (Just don't drink and go to meetings is enough to recover)? (**14:0, 14:6, 15:0, 93:2, 98:2, 100:1, 122:3, 128:0, Circle and Triangle**)

Do you believe A.A. meetings treat alcoholism? (**DBGOT pg# 136:2 & 169:1**)

Do you believe A.A. offers us a substitute for our liquor? (**152:2**)

Do you believe that your desire to stop drinking (the only requirement for **membership** into the A.A. fellowship) is your only requirement to stay sober? (**14:0, 24:0, 34:2, 145:1, 146:1**)

Do you believe you can stay sober on the basis of self-knowledge? (ie: can you learn relapse prevention?) (**39:1, 42:0**)

Do you believe that you can “think through the drink” or does “I think, I think, I think” mean something else? (37:2, 37:3, 37:4, 41:2, 43:3)

Do you think remembering the pain of your last drink could keep you from drinking ? (ie; thinking the drink through?) (xxvii:4, 24:1, 41:2)

Do you believe you have a choice as to whether you will drink again? (24:1)

Consider this but don't answer right away...

If you have a choice in whether you will drink again or not then:

A. How can you be truly powerless, if you still have a choice?

B. If your choice = your will to choose, and you have given your will over to God then:

How can you still have a choice as to whether you will drink again or not?

Do you believe you can recover from alcoholism, and stay sober on a non-spiritual basis? (24:4, 25:3, 135:1)

Do you believe you are suffering from an illness that only a spiritual experience can Conquer? (43:3, 44:1)

Do you believe that your only 2 alternatives are to:

1. live spiritually or 2. Die an alcoholic death? (25:3, 44:2)

Do you believe that **the knowledge**, which comes from **studying the Big Book** of A.A., can produce a spiritual experience sufficient to stop drinking? (39:1)

Do you believe that **doing what is in the Big Book** of A.A. can produce a spiritual experience sufficient to stop drinking? (Step 12...having had a spiritual experience as a result of these steps)

In reference to the first three steps; do you believe that you should look in the Big Book for the right answers or the right questions? (the right questions because, we diagnose ourselves with our own experiences (31:3)

Do you believe **alcohol is the greatest enemy**, it destroys (kills) more alcoholics than anything else? (64:3, 145:3)

Do you believe that drinking alcohol is your problem? (23:1, 64:0, 103:3)

Do you believe that your alcoholic problems are of **your own making**? (53:2, 62:2, 103:3)

Do you believe that there is a mental state which precedes the first drink or, can you be “struck drunk”? (35:0, 40:2)

Do you believe that “lack of power” (powerlessness) is your problem? (45:1)

Do you believe A.A. is supposed to help you control your alcoholic problem? (30:3, 62:2)

Do you believe that A.A. is a “Selfish” Program? (20:0, 62:1, 62:2, 128:0, 159:2, 161:2)

Do you believe that your very life depends on self sacrifice and helping others? (xxiii:4, 15:0, 20:0, 89:3, 119:1, 124:2, 159:2)

Do you believe that you have to place recovery above everything? (143:1) Above everything we need recovery from what? (62:2)

Do you believe that once you come into A.A., your disease is arrested, so long as you don't drink again? (30:3)

Do you believe that selfishness and self-centeredness is the root of your troubles? (62:1, 62:2)

Do you believe there are **requirements** as part of step 1? (14:0, 25:1)

Do you believe the action of the A.A. program starts in the second step or the third step? (46:2)

In the Big Book, we know where step three starts because it say “now we are at step three”. Where are steps one and two located in the Big Book? (Step 1 = 30:2, plus everything from xxiii – 45:1), (Step 2: 45:2 – 63:2)

Do you believe there are **requirements** in the Big Book **before taking the third step**? (60:4, 62:3)

Do you believe that **God is part of your make-up** and that deep down, the idea of God is in you? (55:2, 55:3)

Do you believe, when it comes to alcoholism and A.A., that **God is everything**? (53:2)

Do you believe that taking the third step **is turning** your will and your life over to the care of God? Or does the third step require only **a decision** to turn your will and your life over to the care of God? (59:2)

Does step three put in place **a commitment** for you to follow through with the rest of the A.A. program? (63:3, 64:0)

Do you believe we need to “easy does it” when we work the steps? (28:2, 63:4, 64:0, 64:1, 74:2, 75:1, 76:3, 84:2, 85:1, 88:389:1)

Do you believe that it matters if step 4 is a written inventory? (64:3, 65:1, 66:3, 67:2, 68:1, 69:1, 70:3)

Do you believe that step 4 needs to be in columns or is a written, check off the box inventory, O.K.? (65:3)

Do you believe A.A. suggests that you stay away from relationships for the first year? (69:0, 69:2, 69:3, 69:4)

Do you believe there are “no rules” in A.A.? (74:1, 101:3, 118:2)

Do you believe **you have to work** on your character defects in steps 6 & 7? (62:2, 76:1, 76:2)

Do you believe the list in step 8 is made when we write step 4? (76:3)

Do you believe that the way we work step 9 with our family is by keeping sober ourselves? (82:2)

Do you believe there is a 9th step prayer **we are supposed to say daily**, as part of our amend to the family? (83:1)

Do you believe step 9 is saying “I am sorry” for my misdeeds of the past? (83:1)

Do you believe that, **because they can’t be seen**, there is no way to make amends to people who have died? (83:3)

Do you believe you need to have worked the first 9 steps before you can 12 step someone? (94:1, 164:2)

Do you believe that the first nine steps of A.A. only need to be worked once and then you live in steps 10, 11 and 12 for the rest of your life? (**practice these principles in all our affairs – do we only practice 3 principles?**, 12&12 pg# 50: 2 and 89: 1, AACOA 231:1)

Do you believe steps 10, 11 and 12 are “Maintenance” steps or are they “Growth” steps? If so, just what are we “maintaining” or what are we “growing” toward? (84:2, 85:1)

Do you believe that we commence steps 10 & 11 as a way of life, only **after we have finished our 9th step**? (84:2)

Do You believe that by going to meetings , you can build up a “Sobriety Bank Account” which can be tapped in times of trouble (85:1)

Do you believe that as alcoholics in A.A., there are **12 questions** we are supposed to **answer every day** as part of our 11th step? (86:1)

Do you believe **you have to be convinced** the other man is alcoholic during a 12 step call? (92:1, 142:2, 142:4)

Do you believe, in step 12, we let **the other man call us** (we give him our phone #) if he is interested in our help? (96:1) Did Ebby call Rolland and Cebra?, Did Bill call Ebby?, Did Bob call Bill?, Did Bill D. call Bob and Bill?... You get the point...

Do you believe you can’t go on a 12 step call until you have **a year sober**? (xvii:0, 129:3, PIO 154:3, 154:4, 249:6)

Do you believe A.A. suggests that we have to **stay away from “people, places and things”** especially, from places where alcohol is being served? (100:4, 101:0, 101:1, 101:3, 102:2, PIO 147:4)

Do you believe it is a good idea for an alcoholic to shield himself from the temptation of liquor? (101:2)

Do you believe the information presented in the Big Book of A.A. is only a bunch of suggestions, or do you believe **the A.A. program as a whole, is a suggestion**? (19:3, 95:4, 144:0, 164:2)

Do you believe there are “**musts**” in A.A.? (10:1, 14:1, 20:3, 21:2, 29:3, 33:1, 43:3, 44:3, 62:2, 66:3, 69:3, 73:4, 74:0, 74:1, 75:0, 78:2, 79:1, 80:1, 81:0, 82:2, 83:1, 83:2, 85:1, 85:2, 86:1, 89:2, 90:4, 93:2, 95:3, 99:0, 99:1, 99:2, 100:1, 100:4, 101:0, 111:2, 113:1, 114:3, 115:1, 115:2, 117:3, 118:2, 120:1, 127:0, 127:1, 127:2, 130:1, 135:1, 141:4, 143:1, 144:2, 146:3, 152:1, 153:2, 154:4, 156:3, 159:2, 164:1)

Do you believe that Alcoholism and Drug Addiction are the same and that a drug, is a drug, is a drug? (**What about alcoholic Craving xxvi, addiction through use: 10% for alcoholics Vs 100% for heroin, crack Vs alcohol withdrawal - selling kids for drugs**)

If you are a true addict, and you use an addictive drug (cocaine or heroin), are you still sober?

How about if an addict uses a different addictive drug (caffeine or nicotine), are they still sober?

Let’s consider it again, is a drug really a drug, is a drug?

If an alcoholic uses alcohol (beer, wine, whiskey) are they sober and free from the craving,? (xxvi, 22:4)

How about if an alcoholic uses just a little alcohol (Listerine, Moosey, extracts, O’Doul’s, cold medicines)? (xxvi, 22:4)