

Dear God, we would like to thank you for this beautiful day, this gracious opportunity, the wonderful life that you have given us and for a dynamic program to live by. Please be with us in this project to reveal our knowledge of your will and what we are about to do. We pray that this will bring understanding of you to others who suffer as we have suffered.

Amen

BIG BOOK GOALS

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GOAL 3 Action Necessary for Recovery

DRS. OPINION
Chapter 1 – Bill's Story

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Chapter 6 – Into Action
Chapter 7 – Working With Others

STEP 1

POWERLESS

STEP 2

POWER

STEP

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**HOW TO
FIND POWER**

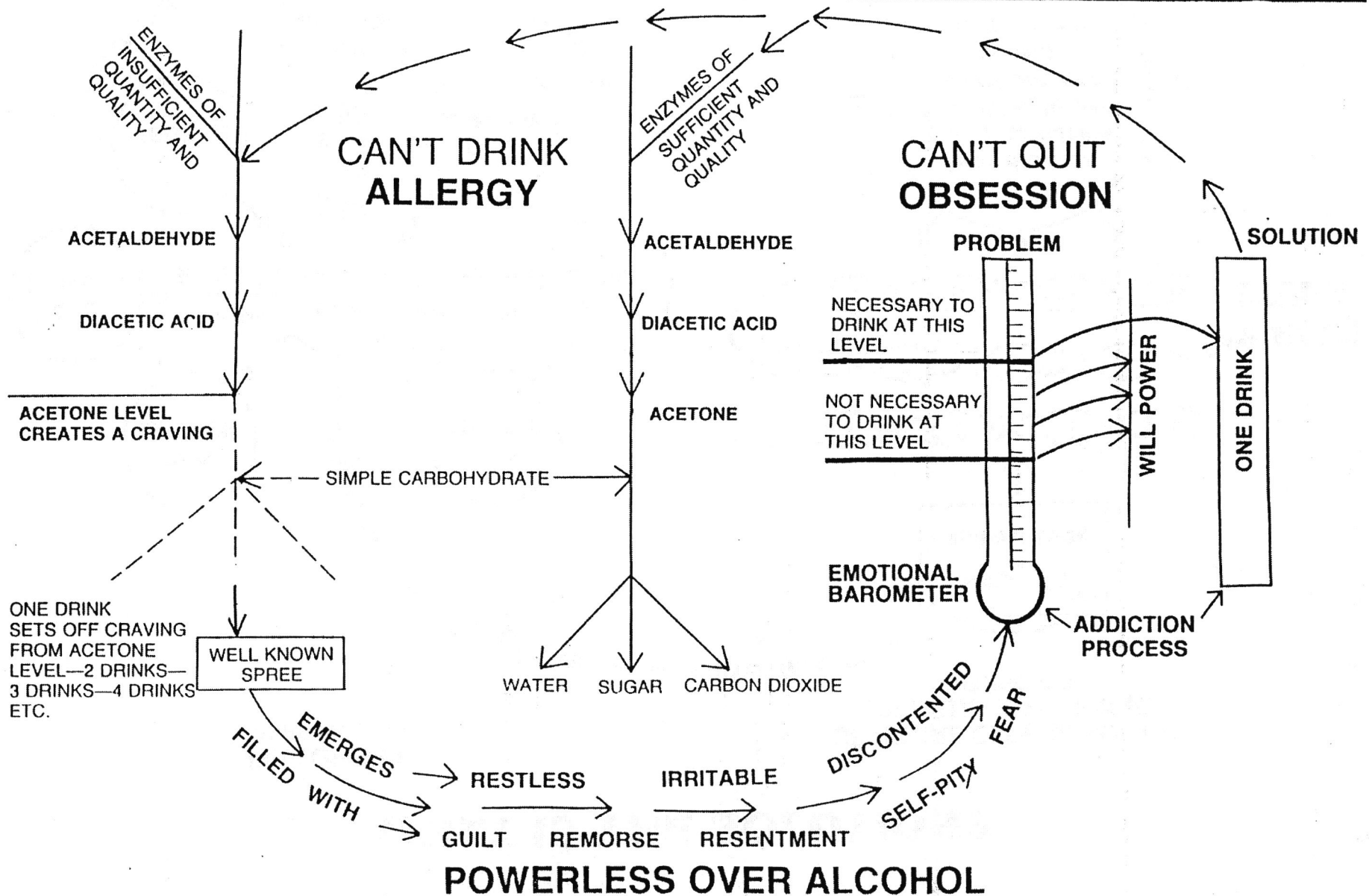
DISEASE CONCEPT OF ALCOHOLISM

PHYSICAL

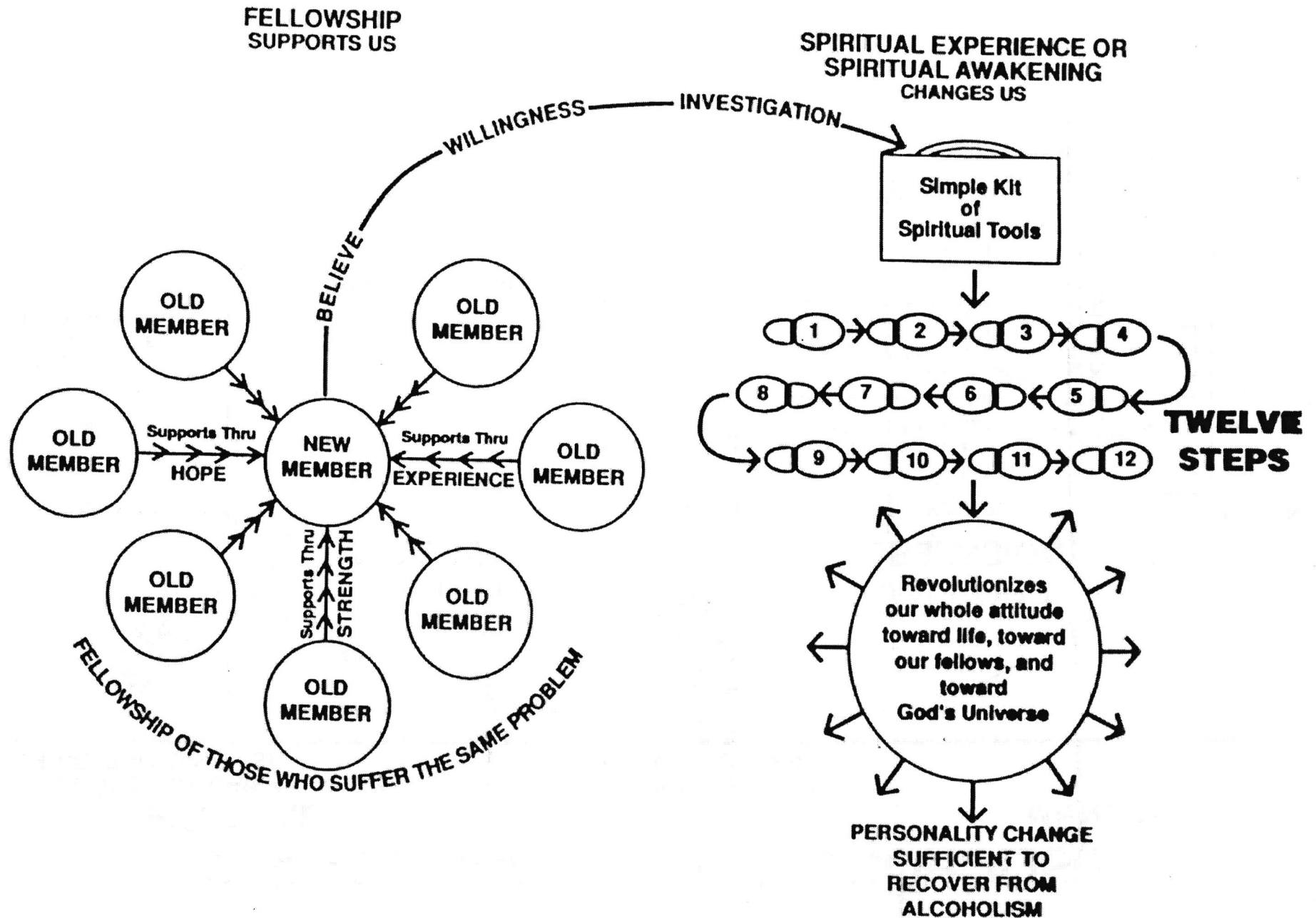
ONE DOES NOT DRINK SAFELY
OR HE IS AT DIS-EASE

MENTAL

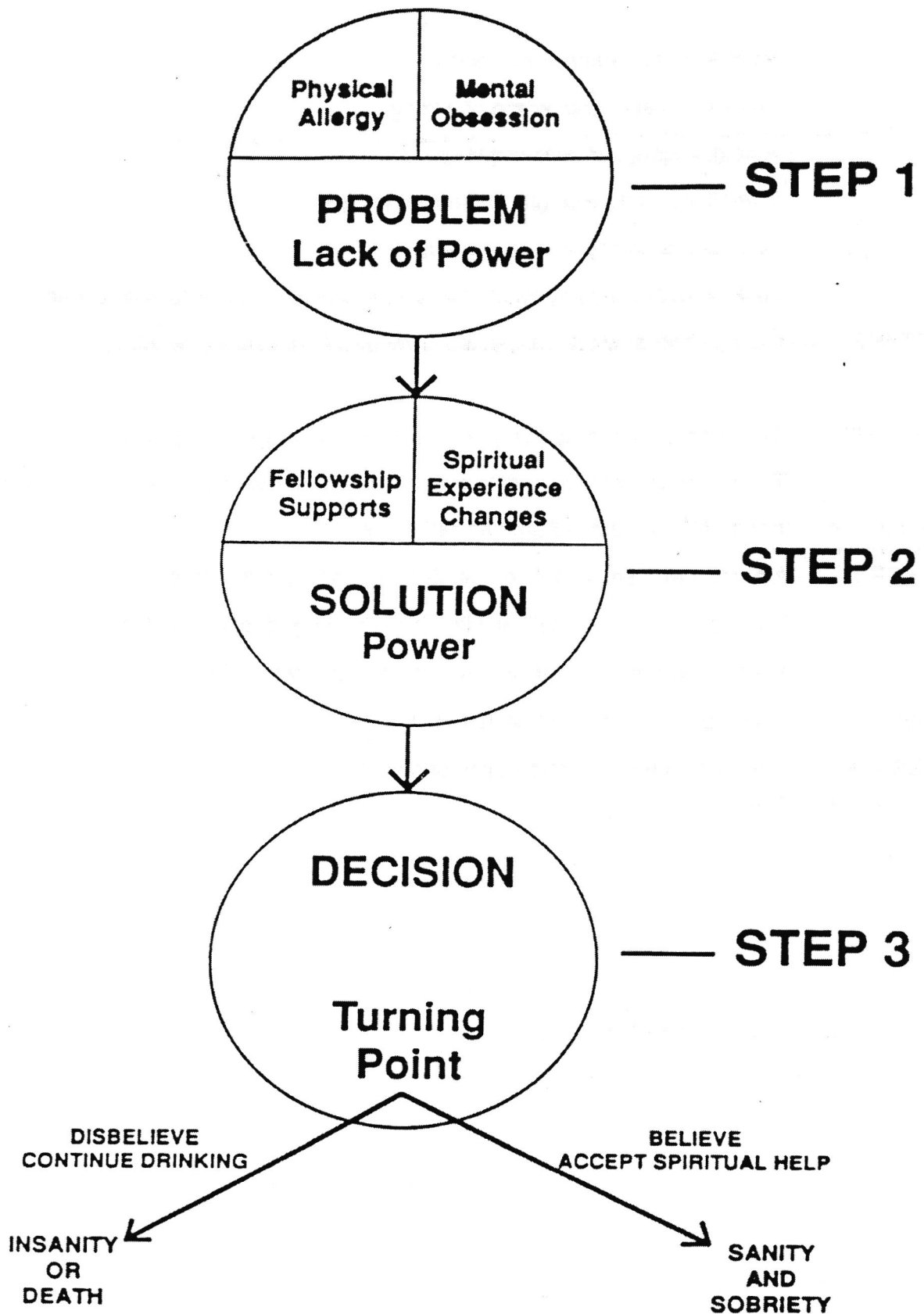
NINE DRINK SAFELY
THEY ARE AT EASE



WHAT IS THE SOLUTION?



ROAD CHART TO DECISION



GLOSSARY OF WORDS USED IN STEPS FOUR AND FIVE

EXACT	- Very accurate, methodical, correct
NATURE	- The essential characteristic of a thing
WRONG	- Acting, judging, or believing incorrectly
FAULT	- Something done wrongly, an error or mistake
MISTAKE	- To understand or perceive wrongly
DEFECT	- Lack of something necessary for completeness -- Same as shortcoming
SHORTCOMING	- Falling short of what is expected or required -- Same as defect
SELF-CENTERED	- Occupied or concerned only with one's own affairs -- Same as selfish
SELFISH	- Too much concern with one's own welfare or interests and having little or no concern for others -- Same as self-centered
SELF-SEEKER	- A person who seeks only or mainly to further his own interests
DISHONEST	- The act or practice of telling a lie, or of cheating, deceiving, stealing, etc.
FEAR	- A feeling of anxiety, agitation, uneasiness, apprehension, etc.
FRIGHTENED	- A temporary or continual state of fear
INCONSIDERATE	- Without thought or consideration of others

BASIC INSTINCTS OF LIFE WHICH CREATE SELF

SOCIAL INSTINCT	SECURITY INSTINCT	SEX INSTINCT
<p>COMPANIONSHIP—Wanting to belong or to be accepted</p> <p>PRESTIGE—Wanting to be recognized, or to be accepted as a leader.</p> <p>SELF-ESTEEM—What we think of ourselves, high or low.</p> <p>PRIDE—An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate).</p> <p>PERSONAL RELATIONSHIPS—Our relations with other human beings and the world around us.</p> <p>AMBITIONS—Our plans to gain acceptance, power, recognition, prestige, etc.</p>	<p>MATERIAL—Wanting money, buildings, property, clothing, etc. in order to be secure in the future.</p> <p>EMOTIONAL—Based upon our needs for another person or persons. Some tend to dominate, some are overly dependent on others.</p> <p>AMBITIONS—Our plans to gain material wealth, or to dominate, or to depend upon others.</p> <div data-bbox="649 677 1521 1115" style="text-align: center;"> <pre> graph TD SELF((SELF)) WRONGS((WRONGS)) SELF --- WRONGS SR[PERSONAL RELATIONSHIPS] --> SELF AS[AMBITIONS] --> SELF WRONGS --> R[RESENTMENTS] WRONGS --> F[FEAR] WRONGS --> H[HARM OR HURTS] </pre> </div>	<p>ACCEPTABLE—Our sex lives as accepted by Society, God's principles or our own principles</p> <p>HIDDEN—Our sex lives that are contrary to either Society, God's principles or our own principles.</p> <p>AMBITION—Our plans regarding our sex lives either acceptable or hidden.</p>
RESENTMENTS	FEAR	HARM OR HURTS
<p>Feelings of bitter hurt or indignation which comes from rightly or wrongly held feelings of being injured or offended.</p>	<p>Feelings of anxiety, agitation, uneasiness, apprehension, etc.</p>	<p>Wrong acts which result in pain, hurt feelings, worry, financial loss, etc., for others and also self.</p>

STEP 4
INVENTORY COMPARISON

BUSINESS

PERSONAL

FACT-FINDING	<->	SEARCHING
FACT-FACING	<->	FEARLESS
TRUTH	<->	MORAL
STOCK-IN-TRADE	<->	OURSELVES

OBJECT:

DISCLOSE		FIND FLAWED
DAMAGED OR	<->	THINKING
UNSALEABLE		PROCESSES
GOODS		

GET RID OF		GET RID OF
THEM PROMPTLY	<->	THEM PROMPTLY
WITHOUT REGRET!		WITHOUT REGRET!

STOCK IN TRADE		1. RESENTMENT
THAT IS	<->	2. FEAR
DAMAGED		3. HARMS DONE TO OTHERS

REVIEW OF RESENTMENTS

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
<p>I AM RESENTFUL AT: I list people, institutions or principles with whom I am angry.</p>	<p>THE CAUSE: I ask myself why I am angry, what did they do to me to cause the anger?</p>	<p>AFFECTS MY: On my grudge list I set opposite each name my injuries. Was it my self-esteem, my security, my ambitions, my personal, or sex relations which had been interlarded with?</p>	<p>WHAT DID I DO? Putting out of mind the wrongs others have done, I resolutely look for my own mistakes. What did I do, if anything, to set in motion trains of circumstances, which in turn caused people or institutions to hurt me and eventually led to my resentment of them for doing so?</p>	<p>WHERE HAD I BEEN: "Selfish" "Dishonest" "Self-Seeking and frightened" "Inconsiderate"? Which of the above character defects caused me to do what I did, or cause me to want to hold on to the old resentment, even though I may have done nothing to cause it?</p>

REVIEW OF FEARS

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
WHO OR WHAT DO I FEAR: I list people, institutions or principles that I fear.	THE CAUSE: What are they going to do to me? Am I perhaps going to jail? Am I going to lose something with material value? Am I going to lose face? Will it result in divorce? Will it destroy a personal relationship? Might I lose my job, etc.?	AFFECTS MY: On my fears list I set opposite each name the part of self which is affected. Is it my self-esteem, my security, my ambitions, my personal, or sex relations that have been threatened?	WHAT DID I DO? What did I do, if anything, to set the ball rolling, and set in motion trains of circumstances, which have led to my being in the position to have the fear?	WHERE HAD I BEEN: "Selfish" "Dishonest" "Self-Seeking and frightened" "Inconsiderate"? Which of the above character defects caused me to do what I did, or cause me to want to hold on to the old fear, even though I may have done nothing to cause it?

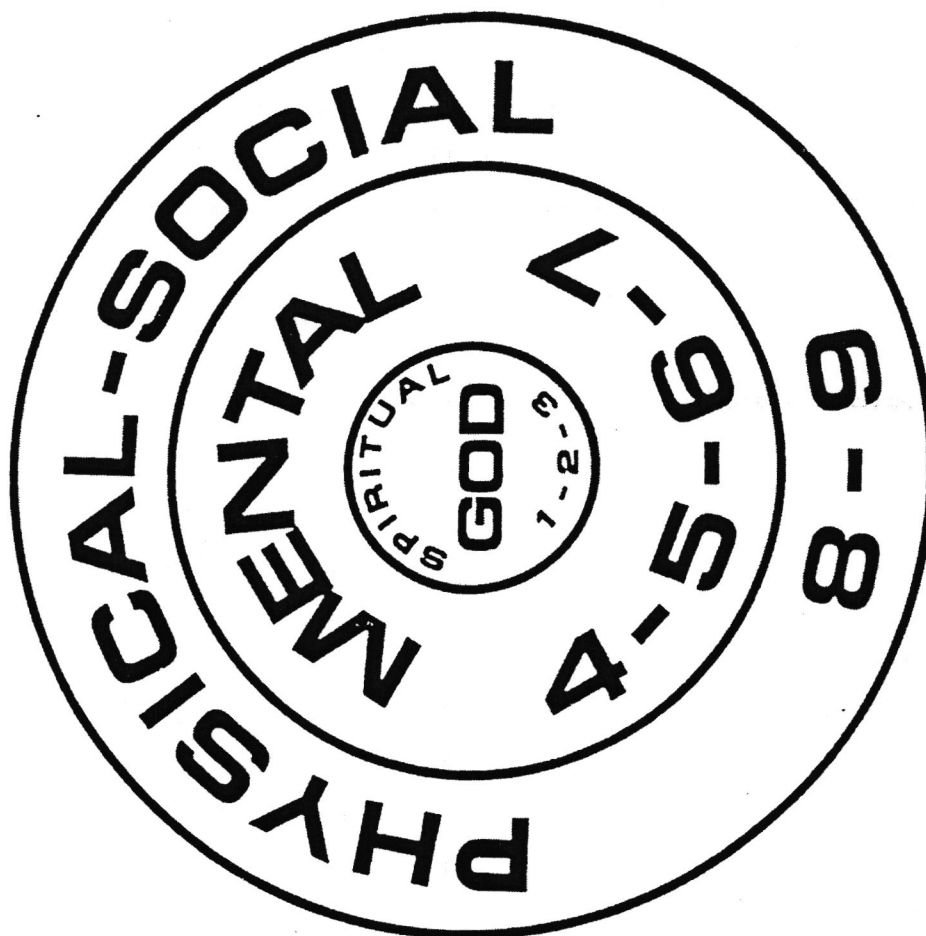
REVIEW OF MY OWN SEX CONDUCT

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
WHO DID I HURT:	WHAT DID I DO?	AFFECTS ME: Which part of self caused me to do what I did? Was it caused by the social instinct, the security instinct, or the sex instinct?	WHAT FEELINGS DID I CREATE IN OTHERS? Did I unjustifiably arouse jealousy, suspicion, or bitterness? What should I have done instead?	WHERE HAD I BEEN: "Selfish" "Dishonest" "Self-Seeking and Frightened" "Inconsiderate"? Which of the above character defects caused me to do what I do to harm another?

REVIEW OF HARMS OTHER THAN SEXUAL

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
WHO DID I HURT:	WHAT DID I DO?	AFFECTS MY: Which part of self caused me to do what I did? Was it caused by the social instinct, the security instinct, or the sex instinct?	WHAT FEELINGS DID I CREATE IN OTHERS? Did I arouse jealousy, suspicion, bitterness, anger, desire to retaliate, fear, etc.? What should I have done instead?	WHERE HAD I BEEN: "Selfish" "Dishonest" "Self-Seeking and frightened" "Inconsiderate"? Which of the above character defects caused me to do what I do to harm another?

THE THREE DIMENSIONS OF LIFE
STEPS 1 THRU 9



DAILY INVENTORY

When we retire at night,
we constructively review our day.
Were we resentful, selfish, dishonest or afraid?

PERSONALITY CHARACTERISTICS OF SELF-WILL		PERSONALITY CHARACTERISTICS OF GOD'S WILL	
SELFISH AND SELF SEEKING	<input type="checkbox"/>	<input type="checkbox"/>	INTEREST IN OTHERS
DISHONESTY	<input type="checkbox"/>	<input type="checkbox"/>	HONESTY
FRIGHTENED	<input type="checkbox"/>	<input type="checkbox"/>	COURAGE
INCONSIDERATE	<input type="checkbox"/>	<input type="checkbox"/>	CONSIDERATE
PRIDE	<input type="checkbox"/>	<input type="checkbox"/>	HUMILITY-SEEKING GOD'S WILL
GREEDY	<input type="checkbox"/>	<input type="checkbox"/>	GIVING OR SHARING
LUSTFUL	<input type="checkbox"/>	<input type="checkbox"/>	WHAT CAN WE DO FOR OTHERS
ANGER	<input type="checkbox"/>	<input type="checkbox"/>	CALM
ENVY	<input type="checkbox"/>	<input type="checkbox"/>	GRATEFUL
SLOTH	<input type="checkbox"/>	<input type="checkbox"/>	TAKE ACTION
GLUTTONY	<input type="checkbox"/>	<input type="checkbox"/>	MODERATION
IMPATIENT	<input type="checkbox"/>	<input type="checkbox"/>	PATIENCE
INTOLERANT	<input type="checkbox"/>	<input type="checkbox"/>	TOLERANCE
RESENTMENT	<input type="checkbox"/>	<input type="checkbox"/>	FORGIVENESS
HATE	<input type="checkbox"/>	<input type="checkbox"/>	LOVE-CONCERN FOR OTHERS
HARMFUL ACTS	<input type="checkbox"/>	<input type="checkbox"/>	GOOD DEEDS
SELF-PITY	<input type="checkbox"/>	<input type="checkbox"/>	SELF-FORGETFULNESS
SELF-JUSTIFICATION	<input type="checkbox"/>	<input type="checkbox"/>	HUMILITY-SEEK GOD'S WILL
SELF-IMPORTANCE	<input type="checkbox"/>	<input type="checkbox"/>	MODESTY
SELF-CONDEMNATION	<input type="checkbox"/>	<input type="checkbox"/>	SELF-FORGIVENESS
SUSPICION	<input type="checkbox"/>	<input type="checkbox"/>	TRUST
DOUBT	<input type="checkbox"/>	<input type="checkbox"/>	FAITH