

BIG BOOK GOALS

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DRS. OPINION
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STEP 1

POWERLESS

STEP 2

POWER

STEP

3
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**HOW TO
FIND POWER**

DISEASE CONCEPT OF ALCOHOLISM

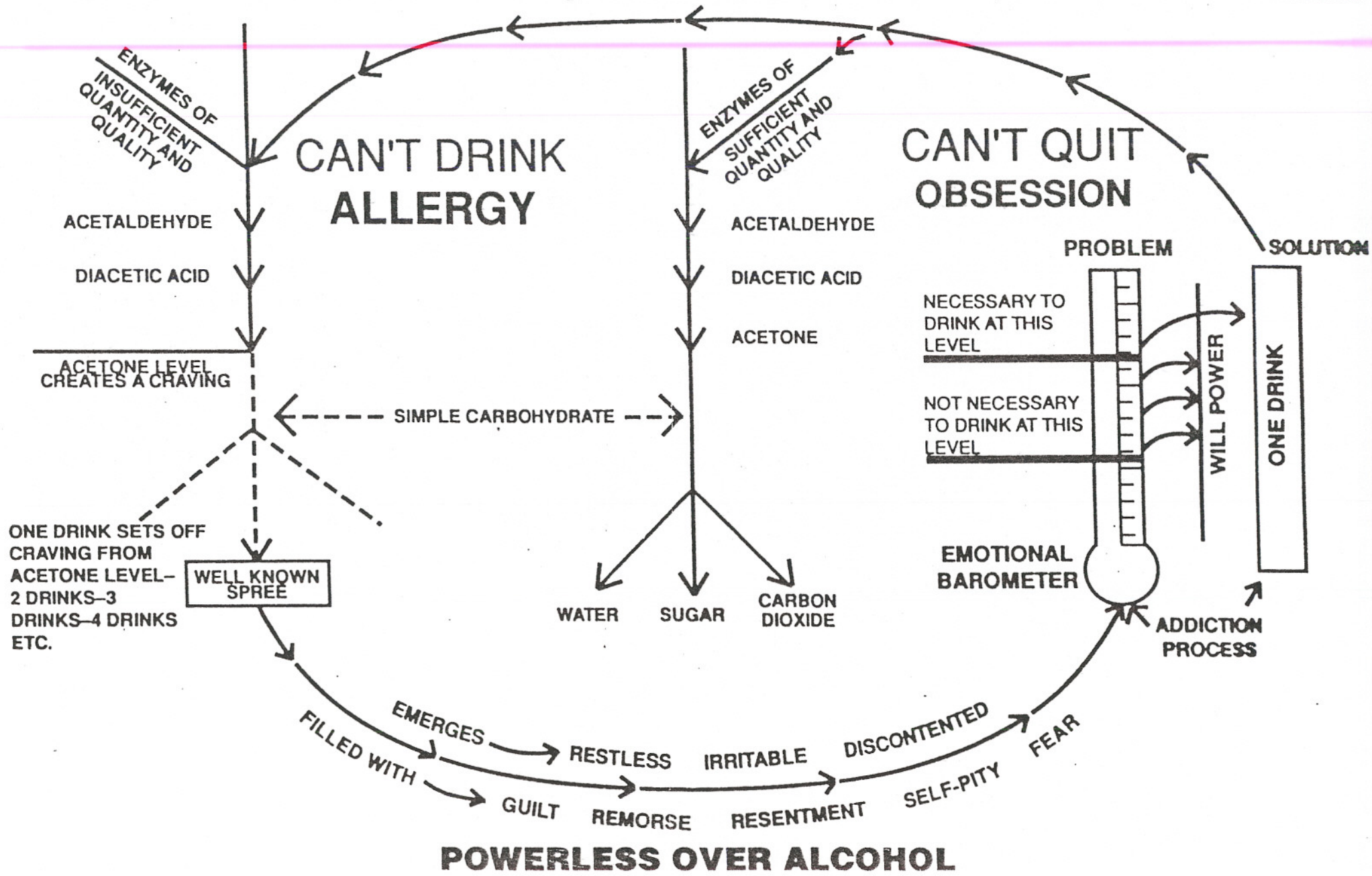
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PHYSICAL

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

MENTAL

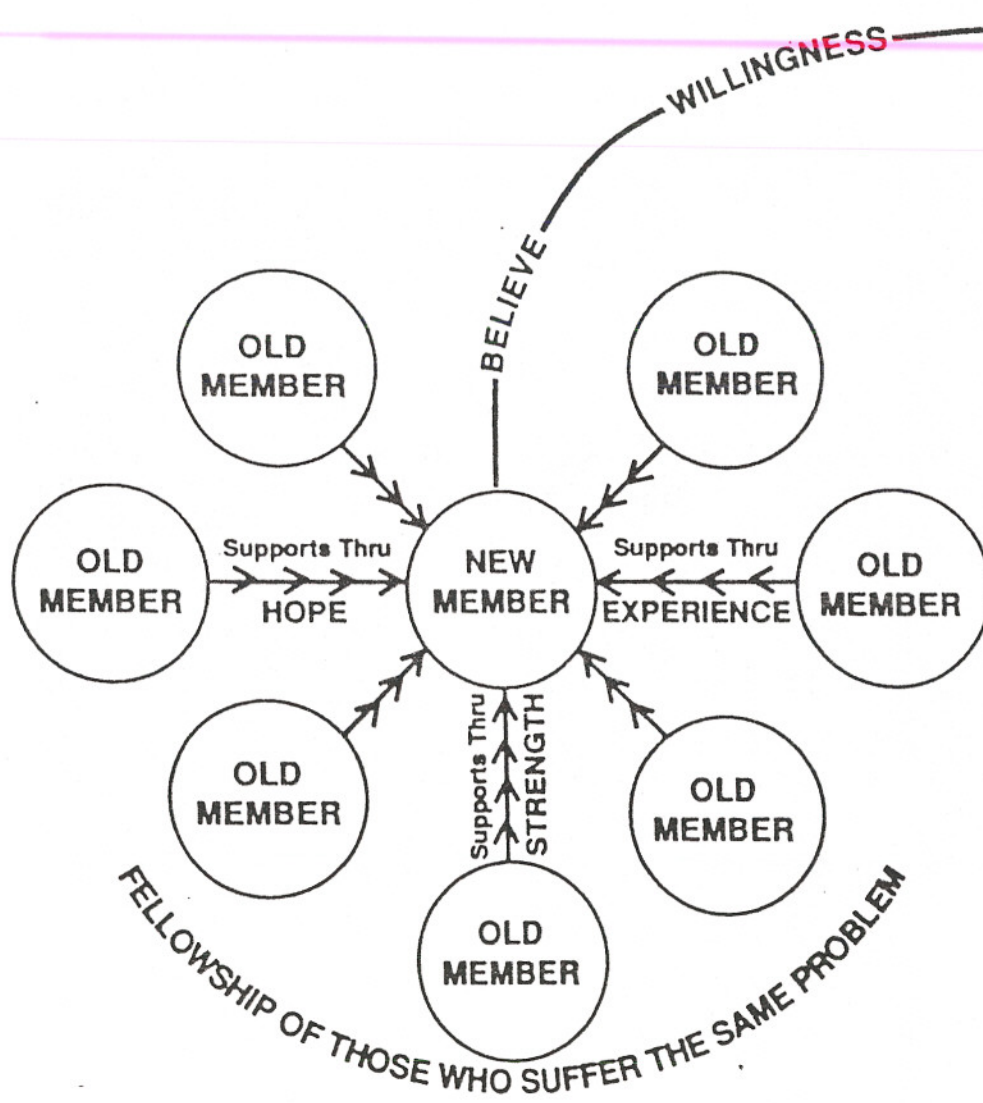
NINE DRINK SAFELY
THEY ARE AT EASE



WHAT IS THE SOLUTION?

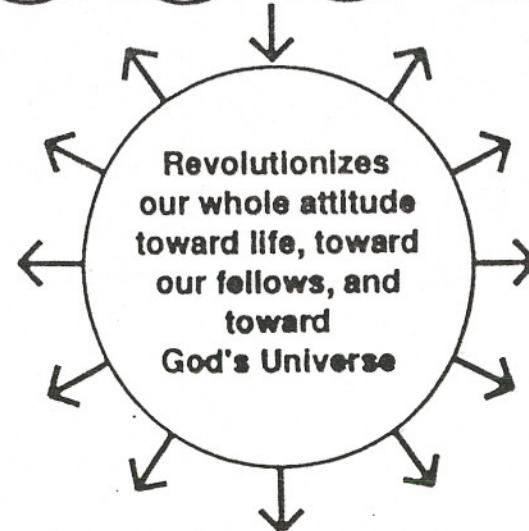
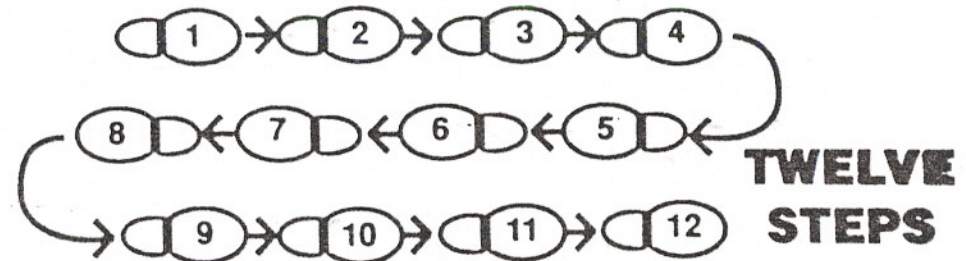
FELLOWSHIP
SUPPORTS US

SPIRITUAL EXPERIENCE OR
SPIRITUAL AWAKENING
CHANGES US



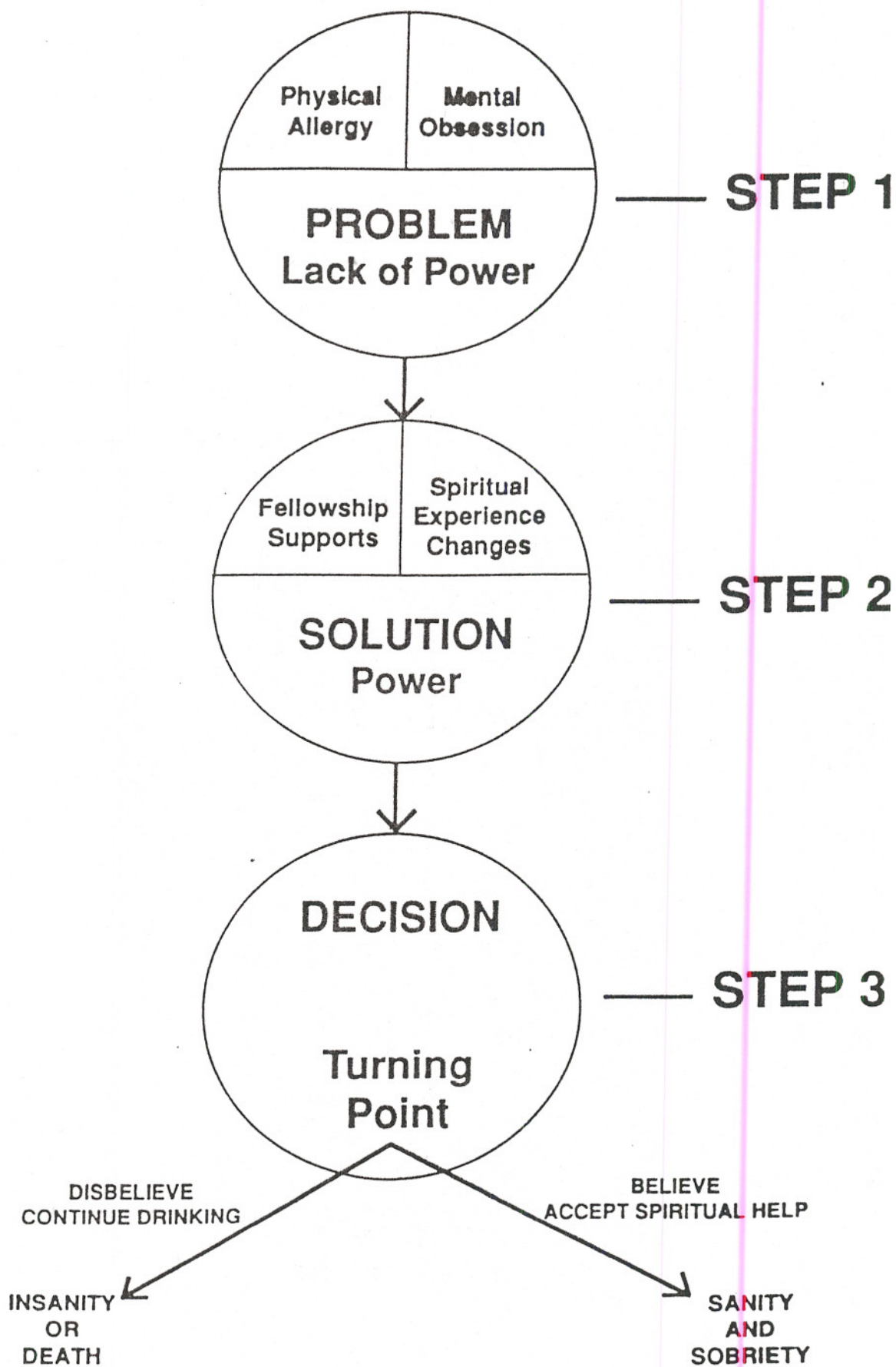
INVESTIGATION

Simple Kit
of
Spiritual Tools



PERSONALITY CHANGE
SUFFICIENT TO
RECOVER FROM
ALCOHOLISM

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="511 604 1430 1073"> <pre> graph TD SELF((SELF)) WRONGS((WRONGS)) SELF --- WRONGS WRONGS --> FEAR[FEAR] WRONGS --> Left[] WRONGS --> Right[] style Left fill:none,stroke:none style Right fill:none,stroke:none </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

INSTRUCTIONS FOR COMPLETION

- Instruction 1 In dealing with resentments we set them on paper. We listed people, institutions or principles with whom we were angry (Complete Column 1 from top to bottom. Do nothing on Columns 2,3, or 4 until Column 1 is complete).
- Instruction 2 We asked ourselves why we were angry (Complete Column 2 from top to bottom. Do nothing on Columns 3 or 4 until Column 2 is complete).
- Instruction 3 On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? (Complete each Column within Column 3 going from top to bottom. Starting with the Self-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on Column 4 until Column 3 is complete).
- Instruction 4 Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where we had been selfish, dishonest, self-seeking and frightened and inconsiderate? (Asking ourselves the above questions we complete each column within Column 4).
- Instruction 5 Reading from left to right we now see the resentment (Column1), the cause (Column2), the part of self that had been affected (Column 3), and the exact nature of the defect within us that allowed the resentment to surface and block us off from God's will (Column 4).

"SELF"

COLUMN 3

COLUMN 4

AFFECTS MY (Which part of self is affected?)												What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings:				
Social Instinct		Security Instinct		Sex Instinct		Ambitions										
Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self-Seeking & Frightened	Inconsiderate				
1																
2																
3																
4																
5																
6																
7																
8																

COLUMN 1

COLUMN 2

I'm resentful at:

The cause:

1		
2		
3		
4		
5		
6		
7		
8		

- Instruction 1 In dealing with fears we put them on paper. We listed people, institutions or principles with whom we were fearful (Complete Column 1 from top to bottom. Do nothing on Columns 2,3, or 4 until Column 1 is complete).
- Instruction 2 We asked ourselves why do I have the fear (Complete Column 2 from top to bottom. Do nothing on Columns 3 or 4 until Column 2 is complete).
- Instruction 3 Which part of self caused the fear? Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? (Complete each Column within Column 3 going from top to bottom. Starting with the Self-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on Column 4 until Column 3 is complete).
- Instruction 4 Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where we had been selfish, dishonest, self-seeking and frightened and inconsiderate? (Asking ourselves the above questions we complete each column within Column 4).
- Instruction 5 Reading from left to right we now see the fear (Column1), why do I have the fear(Column2), the part of self that had caused the fear(Column3), and the exact nature of the defect within us that allowed the fear to surface and block us off from God's will (Column 4).

"SELF"

COLUMN 3

COLUMN 4

AFFECTS MY (Which part of self caused the Fear?)										What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings:			
Social Instinct		Security Instinct		Sex Instinct		Ambitions							
Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self-Seeking & Frightened	Inconsiderate	
1													
2													
3													
4													
5													
6													
7													
8													

COLUMN 1

COLUMN 2

I'm fearful of:

Why do I have the Fear?

1	
2	
3	
4	
5	
6	
7	
8	

INSTRUCTIONS FOR COMPLETION

"SELF"

Instruction 1 We listed all the people we harmed (Complete Column 1 from top to bottom. Do nothing on Columns 2,3, or 4 until Column 1 is complete).

Instruction 2 We asked ourselves what we did (Complete Column 2 from top to bottom. Do nothing on Columns 3 or 4 until Column 2 is complete).

Instruction 3 Was it our self-esteem, our security, our ambitions, our personal or sex relations which caused the harm? (Complete each Column within Column 3 going from top to bottom. Starting with Self-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on Column 4 until Column 3 is complete).

Instruction 4 Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where we had been selfish, dishonest, self-seeking and frightened and inconsiderate? (Asking ourselves the above questions we complete each column within Column 4).

Instruction 5 Reading from left to right we now see the harm (Column1), what we did (Column2), the part of self which caused the harm (Column 3) and the exact nature of the defect within us that caused the harm and block us off from God's will (Column 4).

Instruction 2 We asked ourselves what we did (Complete Column 2 from top to bottom. Do nothing on Columns 3 or 4 until Column 2 is complete).

Instruction 3 Was it our self-esteem, our security, our ambitions, our personal or sex relations which caused the harm? (Complete each Column within Column 3 going from top to bottom. Starting with Self-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on Column 4 until Column 3 is complete).

Instruction 4 Referring to our list again, putting off of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where we had been selfish, dishonest, self-seeking and frightened and inconsiderate? (Asking ourselves the above questions we complete each column within Column 4).

Instruction 5 Reading from left to right we now see the harm (Column1), what we did (Column2), the part of self which caused the harm (Column3) and the exact nature of the defect within us that caused the harm and block us off from God's will (Column 4).

"SELF"

COLUMN 3

COLUMN 4

AFFECTS MY

(Which part of self caused the harm?)

What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings:

Social Instinct

Security Instinct

**Sex
Instinct**

Ambitions

Self-Esteem

Personal Relationships

Material

Emotional

Acceptable

Sex Relations

Hidden
Sex Balance

1000

Social

Security

10/10/20

IPNYAC

Serifish

COLUMN 1

COLUMN 2

Who did I harm?

What did I do?

1

2

3

4

5

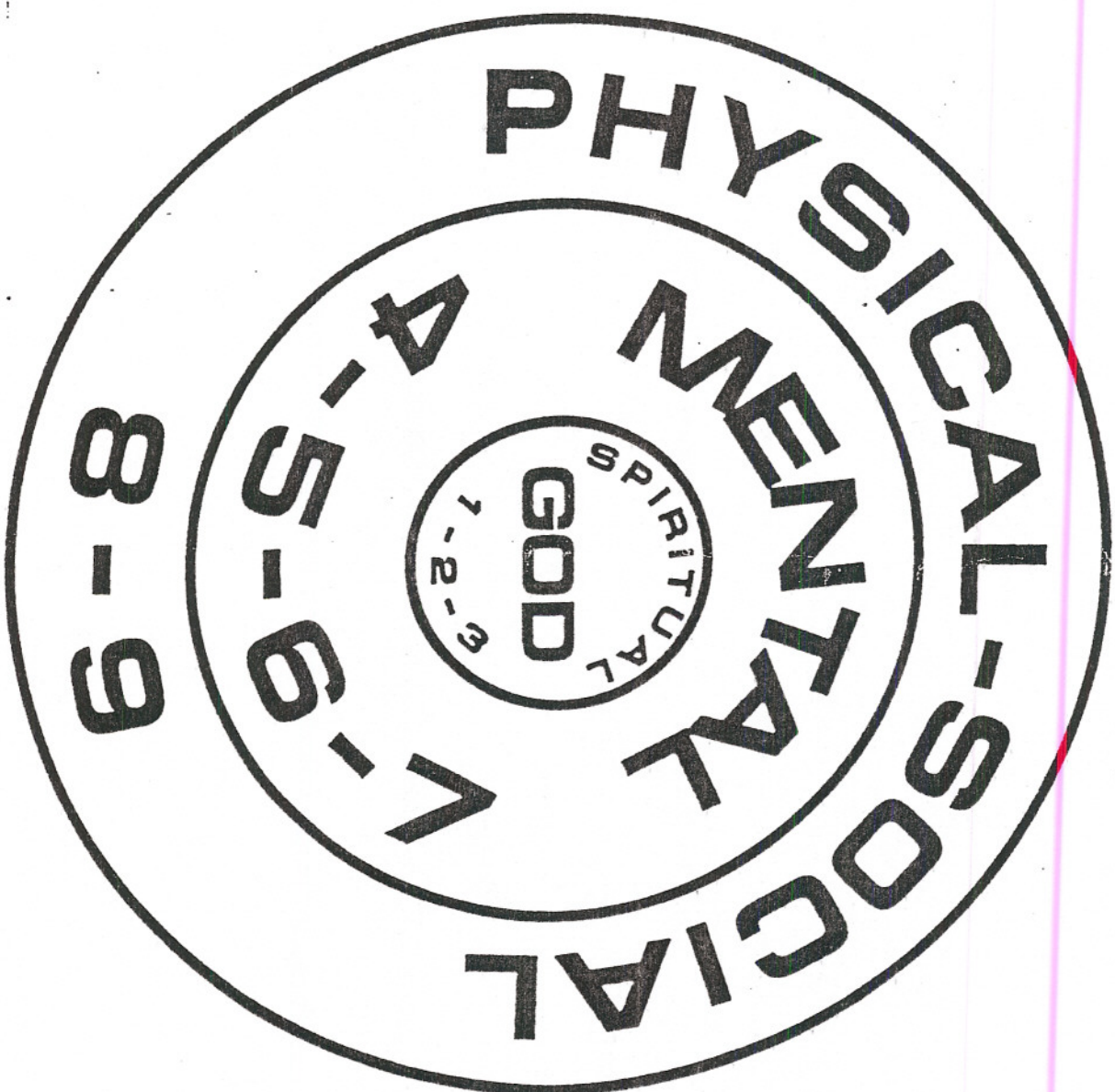
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7

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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