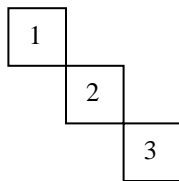
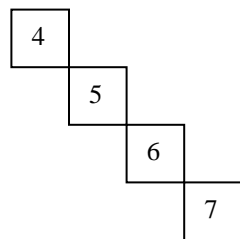


Big Book Study Guide & Workbook 2009

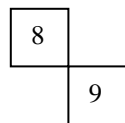
OUR PURPOSE IS TO GET RIGHT



Spiritually

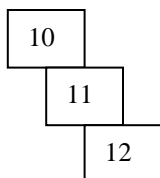


Mentally



Physically/Socially

...So We May...



Live Life on a Spiritual Basis

THE NEW EXPERIENCE PRAYER

1

Dear God,

Please set aside everything I think I know about...

myself, this book, this disease, these steps,

spiritual terms I may think I hear,

and you, God,

so that I may have an open mind

and a new experience with all these things.

Please help me see the truth.

Amen.

**(Use this prayer as you proceed through the steps.)
Remember....God is always there!**

DECLARATION OF UNITY

This we owe to A.A.'s future:

To place our common welfare first;

To keep our fellowship united.

For on A.A. unity depend our lives,

And the lives of those to come.

PHENOMENON OF CRAVING

2

How many of you believe you have a choice whether you drink or not?

Can you control it once you **start**?
and
Can you control it once you **stop**?

To be Alcoholic you must:

Experience the physical craving as well as have the mental obsession.

Symptoms of the PHYSICAL part of the Disease:

1. The feeling of euphoria that comes **after** starting to drink instead of the nausea that normal people feel.
2. The inability, at times, to **stop** drinking, even when faced with the **knowledge** and **evidence** that you should.

With the alcoholic the craving starts **after** you put alcohol in the system.

The phenomenon of craving for alcohol happens on **the way up**, as you're getting higher.

Alcoholics do get the craving **coming off** (withdrawing from) booze- as shown by DTs.

Untreated or unaided alcoholics, when withdrawing from alcohol, often **die** without the help of people and/or medications to get them through the horrible physical withdrawal.

CAUTION:

You can be an alcoholic and not have gone through those terrible cycles because you are in early stages of alcoholism.

You may be an alcoholic and drug addict and come off alcohol with the use of chemicals (legal or illegal) and have experienced only mild withdrawals, so.... look carefully at **your own symptoms**.

You should ask yourself: What did alcohol do **for** me once I started drinking?

"The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink".

Alcoholics Anonymous- pg.24.

PHENOMENON OF CRAVING (for non-alcoholics)

If you are a loved one or family member, there may be a **physical manifestation** experienced when the drinking alcoholic's negative legal, financial or physical consequences are temporarily averted. The chaos of the home or workplace may stimulate extremes of emotions which can lead to dependence on unhealthy relationships. Justification, minimalization and rationalization adds to your feeling of over-importance.

You may have a physical and emotional let down when the alcoholic sobers up and starts to function, as normal people do, and that "high," once achieved from emotional extremes, becomes less attainable.

If you are a Drug Addict, you sometimes get physically sick while getting high – throwing up, diarrhea, etc.(other symptoms of the physical allergy). As you start to come down, the physical need or demand for more **increases**.

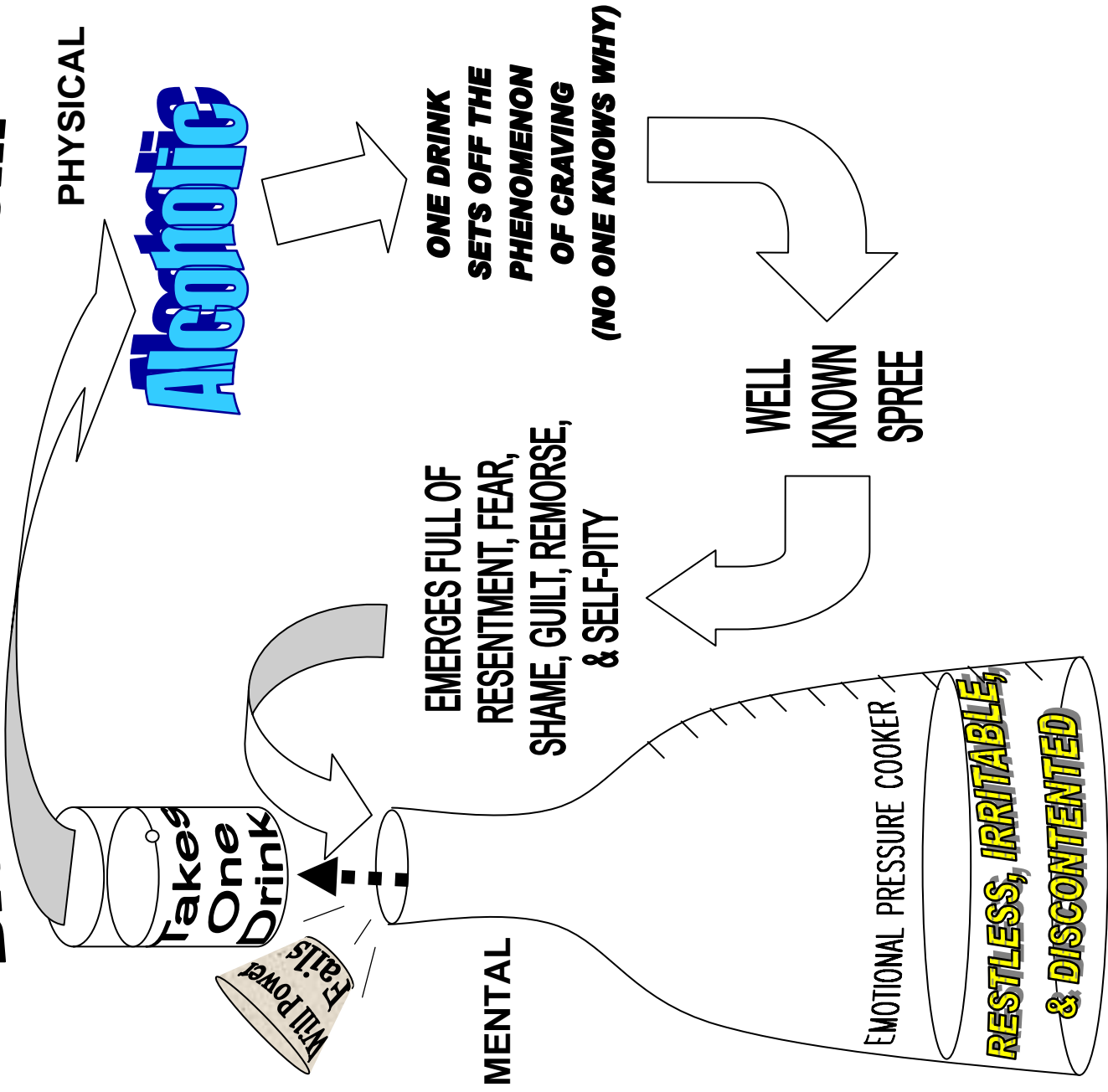
Drug addicts get a craving for more on the way **down** from a high (withdrawal).

Drug addicts, unlike late stage alcoholics, usually have the ability to come off (withdraw from) heroin and cocaine while detained in jails or hospitals. They do get sick, but don't die from withdrawal.

In the case of the Addict and the Al-Anon, the withdrawal symptoms **disappear** when the "**craving**" is satisfied. However, when the alcoholic **drinks** the **craving for alcohol becomes stronger**.

That's what makes alcoholism different.

Disease of Alcoholism



THREE FOLD DISEASE

MENTAL - CAN'T QUIT
BECAUSE OF THE OBSESSION

+

PHYSICAL - CAN'T DRINK
BECAUSE OF THE ALLERGY

+

SPIRITUAL MALADY -
HOPELESS STATE WITH
NO ANSWERS FOR OUR
PROBLEMS

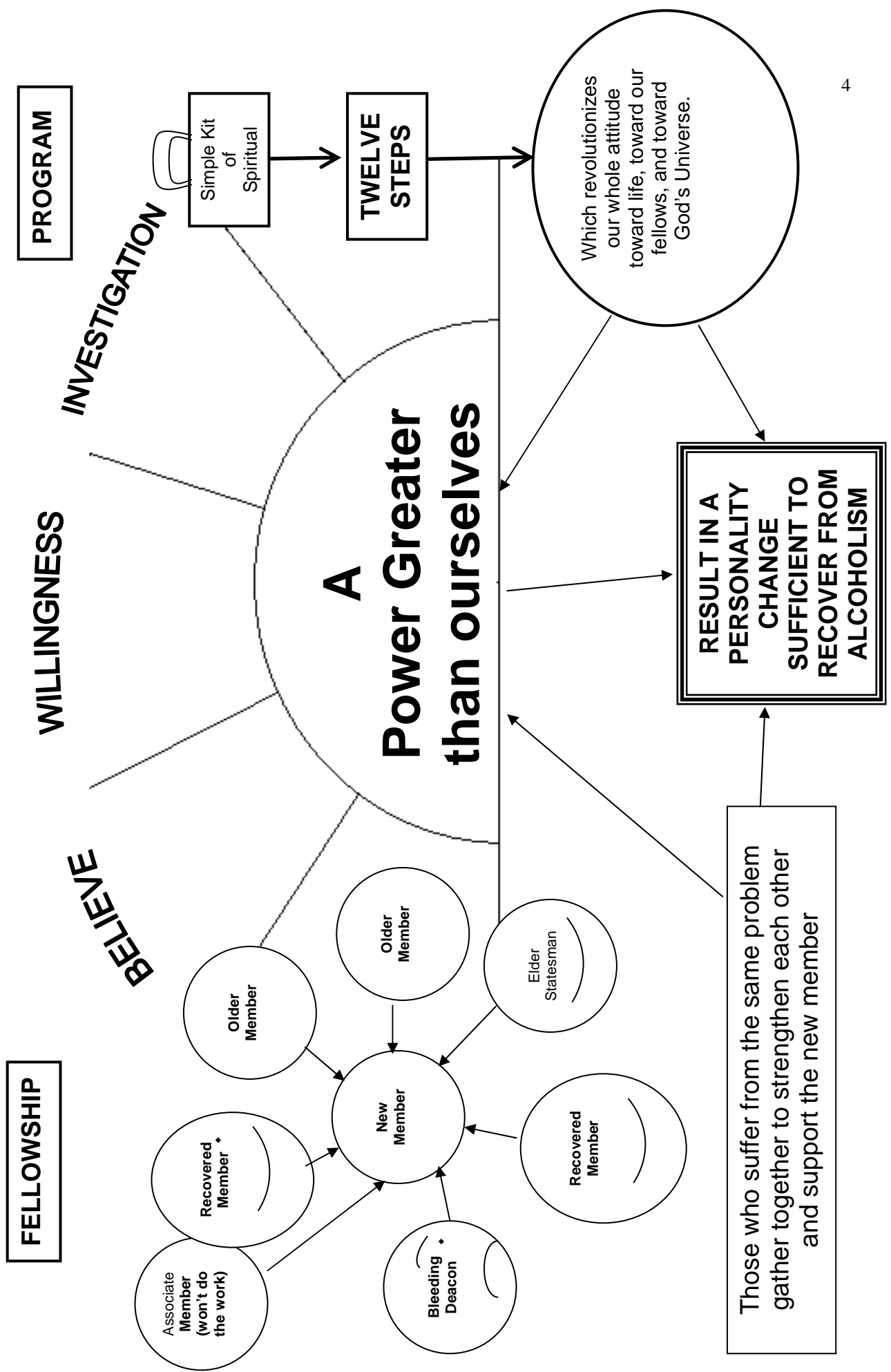
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**POWERLESS
OVER
ALCOHOL**

WHAT IS THE SOLUTION?

POWER!

Came to Believe.....(Step 2)



WE AGNOSTICS DEFINITIONS

ATHEIST -- A person who believes that there is no God –

ATHEISM -- The belief that God does not exist.

AGNOSTIC -- A person who believes that nothing is known about the existence of God or about things outside of human experience; sometimes called a skeptic or a free thinker. A person who ignores his/her duty to God.

AGNOSTICISM -- The belief that man can never answer his Questions about ultimate things in science or religion. (Such as matter or God).

GOD -- The creator of those things (That would be) otherwise *Unexplained*.

GOALS OF WE AGNOSTICS

1. Define what God is.
2. Define what God isn't.
3. Define our needs from God.

A Higher Power is...

Directing
Merciful
Patient
Strong
Hopeful
Peaceful
Loving
Understanding
Serene
Accepting
Courageous
Wise
Truthful
Willing
Honest
Guiding
Compassionate
Forgiving
Present

3rd Step

God, I give my thoughts and actions to **You** to better them and change them as **You** see fit. Please rid me of my selfish, self-centered ways so I might be able to see what **You** would have me do.

Please – take away the clutter in my mind so that people might be influenced by the changes in me.

May it show others that **Your** powers can overcome insanity in anyone who believes – even me!

May I always do what You feel is the best thing for all I touch.

Glossary of Words Used in the Big Book

- Allergy** - An abnormal reaction to a food, beverage or substance of any kind
- Ambition** - The thing so desired
- Defect** - Lack of something necessary for completeness --- same as shortcoming
- Delusion** - A persistent belief maintained in spite of evidence to the contrary
- Dishonest** - The act or practice of telling a lie, or of cheating, deceiving, stealing, etc....
- False pride** - An excessive and unjustified opinion of oneself --- either positive (self-love) or negative (self-hate)
- Fault** - Something done wrongly, an error or mistake
- Fear** - A feeling of anxiety, agitation, uneasiness, apprehension, etc....
- Frightened** - A temporary or continual state of fear
- Harm** - Hurt; injury; damage
- Illusion** - A false idea or conception not in accord with the facts
- Inconsiderate** - Without thought or consideration of others
- Inventory** - 1. What every alcoholic **thinks** is the last thing he/she needs to do to get well!
2. What every alcoholic **needs** to do to get well !!!!!
- Mistake** - To understand or perceive wrongly
- Obsession** - An idea, desire, emotion, etc. ... that cannot be gotten rid of with reasoning
- Recover** - To regain health, consciousness, etc.
- Security** - Freedom from fear, doubt, etc.
- Shortcoming** - Failing short of what is expected or required --- same as defect
- Selfish** - Too much concern with one's own welfare or interests and having little or no concern for others
- Self-seeking**- Taking advantage of opportunities without regard for the consequences for others
- Self-centered**- Occupied or concerned only with one's own affairs
- Urge** - An impulse to do a certain thing (esp. inner drive)
- Wrong** - Acting, judging, or believing incorrectly

STEP 4

INVENTORY COMPARISON

Business Inventory (Commercial)	Personal Inventory (Our Lives)
Fact Finding & Fact Facing	(Made a) Searching & Fearless
Truth	Moral
Stock In Trade	Inventory (Ourselves)

Need To:

Disclose Damaged or Unsalable Goods	Find Flawed Thinking Processes
--	---

Object:

Get Rid of Them Promptly Without Regret!!	Get Rid of Them Promptly Without Regret!!
	4 Stock In Trade That Are Damaged (1) Resentment (2) Fear (3) Sex Conduct (4) Hurts and Harms Done to Others

BASIC INSTINCTS OF LIFE

HEALTHY INSTINCTS

SOCIAL	SECURITY	SEX
<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 opinion of one's self. Void of self-deceit.</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, and clothing, etc. in order to be secure in the future.</p> <p>EMOTIONAL – Based upon our needs for another person or persons.</p> <p>AMBITIONS – Our plans to gain material wealth</p>	<p>ACCEPTABLE – Our sex lives as accepted by Society. God's principles or Our own principles.</p> <p>AMBITION – Our plans regarding our sex lives. What's acceptable to us.</p>

WHEN HEALTHY/BASIC INSTINCTS BECOME EXCESSIVE, (FOR EXAMPLE)

<p>FALSE PRIDE – An exaggerated opinion of one's self.</p> <p>AMBITIONS – Our plans to gain exorbitant acceptance, power, recognition, prestige, etc.</p>	<p>EMOTIONAL – Desire to dominate, or be overly dependent on others.</p> <p>AMBITIONS – Planning to dominate, or to depend (use) on others for selfish needs.</p>	<p>HIDDEN – Our sex lives that are contrary to Society, God's principles or Our own principles.</p> <p>HARMFUL – Those acts which have been unwanted or forced on another.</p>
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THEY BECOME CHARACTER DEFECTS

SELFISHNESS	FEAR	DISHONESTY AND INCONSIDERATE
--------------------	-------------	-------------------------------------

WHICH PUT US IN CONFLICT WITH OTHERS

RESENTMENTS	FEARS	HARMS OR HURTS DONE TO OTHERS
--------------------	--------------	--------------------------------------

COMPARISON

SELFISH

Too much concern with one's own welfare or interests. Having little or no concern for others

I'm taking the biggest cut of prime rib and I don't give a flying leap if grandpa gets the end cut. It was my idea anyway.

The Syracuse Game is on, you help the kids with their homework.

I'm not going to do a thing to help Tony. After all, he's the Team Leader. If the project fails, it's not my fault.

If I tell my wife about the bonus she'll probably spend it on expensive sneakers for the kids.

SELF-SEEKING

Taking advantage of opportunities without regard for the consequences for others

Make sure you give Grandpa the small prime rib you know what the doctor told him. Listen, just give me the end piece, I guess I can always take home the leftover part.

You know, honey, you're so much better at addition and subtraction than I am, why don't you help the kids with their arithmetic homework. I'll go clean up the basement AND the television room.

Boss, I've tried to help Tony, but he won't listen to me. My part of the project was completed 2 weeks ago. I don't know how we're going to get the project done on time.

We don't have the money for new sneakers for the kids. Remember we're saving for the HD TV. It's for everybody!

Page 62, *Alcoholics Anonymous* (1st Paragraph)

"Selfishness, self-centeredness, that we think is the root of our troubles."

Page 20 *Alcoholics Anonymous* (top of page)

"Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs."

RESENTMENTS

"It is plain that a life which includes deep resentment leads only to futility and unhappiness." Pg. 66

I'm resentful at: (people, institutions, or principles)	The cause	Affects My: {self-esteem, pocketbook, security, ambitions, personal relationships, sex relationships, pride.}	Exact nature of my wrongs Where had I been selfish, dishonest, self-seeking, frightened, inconsiderate?

“This was our course: We realized that people who had wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way they disturbed us, they like ourselves, were sick to.”

Alcoholics Anonymous, Page 66, paragraph 4, lines 1-4

PRAY FOR THEM

Fill in the blank with the name of the person you are angry at, resentful towards, or simply “having a challenge with.

1. God, please help me to show _____, [who is soul sick], the same patience, love and tolerance I would a sick friend.

(based on Alcoholics Anonymous page 67, line 1,2 & 3)

2. _____ is a sick man(woman). How can I be helpful to him(her)?
God, Save me from being angry. Thy will be done.

(based on Alcoholics Anonymous page 67, line 6,7 & 8)

3. God, Please show me how to take a kindly and tolerant view towards

_____.

(based on Alcoholics Anonymous page 67, line 12 & 13)

God, Please give _____ everything that I would (want) ask of you for myself. I ask for their health, prosperity, wisdom, sobriety and happiness. Thy will be done.

(based on Alcoholics Anonymous, 4th edition, page 552 paragraph 1, lines4-7, Freedom From Bondage)

“Even when you don’t really want it for them and you prayers are only words and you don’t mean it anyway. Do it every day for two weeks, and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred, you will now feel compassionate understanding and love.”

(based on Alcoholics Anonymous, 4th edition, page 552 paragraph 1, lines4-7, Freedom From Bondage)

FEARS LIST INVENTORY EXAMPLES

14

Fear of change	Fear of not changing
Fear of being alone	Fear of intimacy
Fear of being in a relationship	Fear of rejection
Fear of people	Fear of abandonment
Fear of gossip	Fear of the unknown
Fear of looking bad/ dumb	Fear of looking good
Fear of people/ opposite sex/ same sex	Fear of sex
Fear of dying	Fear of living
Fear of being hurt	Fear of hurting others
Fear of violence	Fear of gangs
Fear of success	Fear of failure
Fear of guns	Fear of diseases
Fear of responsibility	Fear of creditors
Fear of unemployment	Fear of employment
Fear of authority	Fear of confrontation
Fear of theft	Fear of stealing again
Fear of losing a wife/ husband/ parent/ child/ friend	Fear of having children
Fear of hospitals/ needles/ doctors	Fear of police/ jail
Fear of being found out	Fear of self expression
Fear of street people	Fear of wealthy people
Fear of not being liked/ accepted	Fear of God
Fear of drowning	Fear of fire
Fear of dogs/ animals	Fear of disease
Fear of staying sober	Fear of relapse
Fear of someone seeing me cry	Fear of sin
Fear of insects/ bees/ spiders	Fear of heights
Fear of physical or emotional pain	Fear of government
Fear of different races/ homosexuals/ lesbians	Fear of religion
Fear of trying something new	Fear of being stuck
Fear of getting old	Fear of parents
Fear of writing this inventory	Fear of insanity
Fear of faith	Fear of fear
Fear of poverty	Fear of money

FEARS

“[Fear] set in motion trains of circumstances which brought us misfortunes we thought we didn't deserve.” Pg. 67

I'm fearful of:	Why do I have the fear? (These are the ways self-reliance failed me.)	What was affected when self-reliance failed me? {self-esteem, pocketbook, security, ambitions, personal relationships, sex relationships, pride}	What part of self caused the fear? (Was I being selfish, dishonest, self-seeking, inconsiderate, frightened?)	(give examples) (eg: Do almost anything to not be alone).

SEX RELATIONS

"We all have sex problems. We'd hardly be human if we didn't...We got all this down on paper and looked at it". Pg. 69

Whom had I hurt?	What did I do?	Did I unjustifiably arouse jealousy, suspicion, or bitterness? Builds up or affects my: {self-esteem, pocketbook, security, ambitions, personal relationships, sex relationships, pride.}	Exact nature of my wrongs Where had I been selfish, dishonest, self-seeking, frightened, or inconsiderate?

SEX RELATIONS

"We all have sex problems. We'd hardly be human if we didn't...We got all this down on paper and looked at it". Pg. 69

What should I have done instead?

{Give Examples}

HARMS (done to others)

"If we are not sorry, and our conduct continues to harm others, we are quite sure to drink." Pg. 70

Whom had I hurt?	What did I do (my conduct?)	Affects My: {self-esteem, pocketbook, security, ambitions, sex or personal relationships, pride}.	Exact nature of my wrongs Where had I been selfish, dishonest, self-seeking, frightened, or inconsiderate?

Step 6

18

- Pray honestly- not religiously- for willingness to give our wrongs (shortcomings, defects, etc.) to God if we are not ready for him to remove them from us.
- This step is ALL about willingness – nothing else!
- (Sometimes these defects are survival skills which may be a little more difficult to be free of.), so one may need to pray this step as we continue the journey.
 - When we pray to God to help us be willing, we need to be honest.
 - Don't deny our shortcomings or wrongs, but be willing to give them to God.
 - These defects will come back in different ways, but the lust does not have to conceive if we pray honestly and willingly.
 - This is where we break the old patterns and modify our behaviors.

Note: Defects, Shortcomings, Wrongs, Lusts, Harms done to others, etc., all mean the same thing.

Don't stop in the broken place!!

Step 7

“My Creator, I am now willing that you should have all of me good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. God, grant me strength as I go out from here to do your bidding.”

“Alcoholics Anonymous” Page 76

God will take the Good & Bad and

WE Need To...

Remove the Defects:

Selfish

Self Seeking

Dishonest

Fear

Inconsiderate

Practice Being:

Unselfish

Giving

Honest

Courageous

Considerate

So God Can Do God's Work!

8th Step Checklist

(Name Transferred From
The 4th Step.)

Who do I owe the
amends to?

What Harm Did I Do?

What are My Character
Defects?

What needs to be done to fix the Harm?

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STEP 9 BASIC FORMAT

ASK YOURSELF –

Which is more difficult – making that amends or drinking?

Five Points You Want To Touch On

(Make notes to help yourself when going to do this step from your 8th step list.)

1. This is why I am here – where was I at fault
2. This is the harm I am clear on.(tell them your character defect(s))
3. (Ask) Is there any other harm I am not aware of that you need to tell me about, that I need to right? (Be quiet and listen!)
4. (Ask) Do you need to tell me how any of this hurt you? (Be quiet and listen!)
5. (Ask) Is there anything I can possibly do to make right this wrong?
(If no response then make a suggestion that you have discussed in your 8th step.)

Financial

Arrange the best deal you can.

Places where it discusses making amends in “The Book”:

The Person We Hate	pg. 77
About Money	pg. 78
Criminal Offences	pg. 78
Domestic Trouble	pg. 80
People We Can't Find	pg. 83

(Write a letter, send it somewhere, but read it to someone first.)

STEP 10

23

“Continued to take personal inventory and when we were wrong promptly admitted it.”

*Continue to watch for selfishness, dishonesty, resentment and fear. (Step 4) When these crop up, we ask God at once to remove them. (Steps 6 & 7) We discuss them with someone immediately (Step 5) and make amends quickly if we have harmed anyone. (Steps 8 & 9) Then we resolutely turn our thoughts to someone we can help. (Step 12) **“Love and tolerance of others is our code.”***

Alcoholics Anonymous, Page 84

*There’s the **spot check inventory**, taken at any time of day, whenever we find ourselves getting tangled up. A **spot check inventory** in the midst of such disturbances can be of great help in quieting stormy emotional disturbances.*

Today’s spot check finds its chief application to situations which arise in each day’s march.

The quick inventory is aimed at our daily ups and downs, especially those where people or new events throw us off balance and tempt us to make mistakes.

Twelve Steps & Twelve Traditions, Page 89

EXPLANATION:

The 10th step process is **designed and intended** to be used whenever one is upset at **any time of the day**.

After prayer, doing a mini inventory and sharing it with someone right away, and making necessary amends, we should return to a peaceful state of mind and be therefore less apt to drink if we’ve been upset.

If you are **not** peaceful, you probably need to check your work again to see what might have been missed. In most cases we have found Ego to be the problem.

This does not take more than a few minutes to complete – about the same amount of time that it took to read this page!

STEP 11

“Sought through prayer and meditation to improve our conscious contact with God, as we understood him, praying only for knowledge of his will for us and the power to carry that out.”

When we retire at night, we constructively review our day.

- This step is a learned behavior for most of us.
- Take time to quiet the mind and be thankful for the gifts we've been given. through the day – (no matter how small!).
- do a 10th step
- *Plan (in writing is optional) to make amends if necessary.*
- Do your best to let that still, small voice be heard.
- Even if you can't hear the voice – just be **quiet and try!** – it comes with practice and effort.

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.

In thinking about the day we may face indecision. We may not be able to determine which course to take.

Here's what to do:

We ask God for....

- *Inspiration, an intuitive thought, a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come. We come to rely upon it.*
- Stop and **listen** again for that still small voice. **Don't interrupt!!**

We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and we are careful never to pray for our own selfish ends. We may ask for ourselves, however, if others are to be helped. We are careful never to pray for our own selfish ends.

Alcoholics Anonymous, Pages 86-87

Be prepared to do the 10th step all day as needed. That's what morning meditation prepares us for.

7th Step Revised Prayer

God,
Please forgive me for my disobedience.

Help me be rid of my anxiety, low self esteem, guilt
and shame.

Take my defects – all of them – and turn them into
assets.

Let me hold my head up high and forgive those who
harmed me –
regardless of the circumstances.

Fill me with peace and love and hope.

Let me be a power of example to all in spite of my
past transgressions.

Amen