



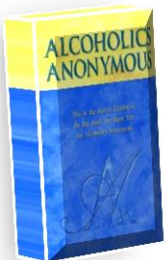
welcome to
ALCOHOLICS ANONYMOUS

The Book, not the Fellowship!

- *WELCOME* -
TO THE

“THE BIG BOOK COMES ALIVE”
A JOURNEY TO RECOVERY

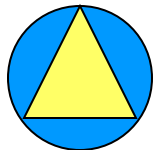
“EXPERIENCE IT!”



A comprehensive study of the 12 Step Program of Recovery!

“Rarely have we seen a person fail who has thoroughly followed our Path!”

Bill W.



BIG BOOK GOALS

GOAL ONE: THE PROBLEM

“POWERLESS!”

STEP - 1

THE DOCTOR’S OPINION & BILL’S STORY – *CHAPTER - 1*

GOAL TWO: THE SOLUTION

“POWER!”

STEP – 2

THERE IS A SOLUTION – *CHAPTER 2*
MORE ABOUT ALCOHOLISM – *CHAPTER 3*
WE AGNOSTICS – *CHAPTER 4*

GOAL THREE: ACTIONS NECESSARY FOR RECOVERY

“HOW TO ACCESS THE POWER!”

STEP – 3,4,5,6,7,8,9,10,11,&12

HOW IT WORKS – *CHAPTER 5*
INTO ACTION – *CHAPTER 6*
WORKING WITH OTHERS – *CHAPTER 7*

The Disease Concept of Alcoholism

(The Doctor's Opinion)

Physical

Mental

One who does not drink Safely
Or is at DIS-EASE.

Nine drink safely
They are AT EASE.

The Obsession.

Insufficient quantity
and quality of
Enzymes produced
by the Liver &
Pancreas

**Can't Drink.
The Allergy**

A Sufficient quantity
And quality of
Enzymes produced
By the Liver & Pancreas

**Can't Quit.
The Obsession
(The Problem)**

Acid Aldehyde

Acid Aldehyde

Necessary to Drink
At this Level

Diacetic Acid

Diacetic Acid

Not Necessary to
Drink at this Level

Acetone.
Storing the Acetone,
creating the
Craving!

Acetone or
Acetate

Emotional
Barometer



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One drink sets off the
Physical Craving.

Well Known
Spree or Sprung

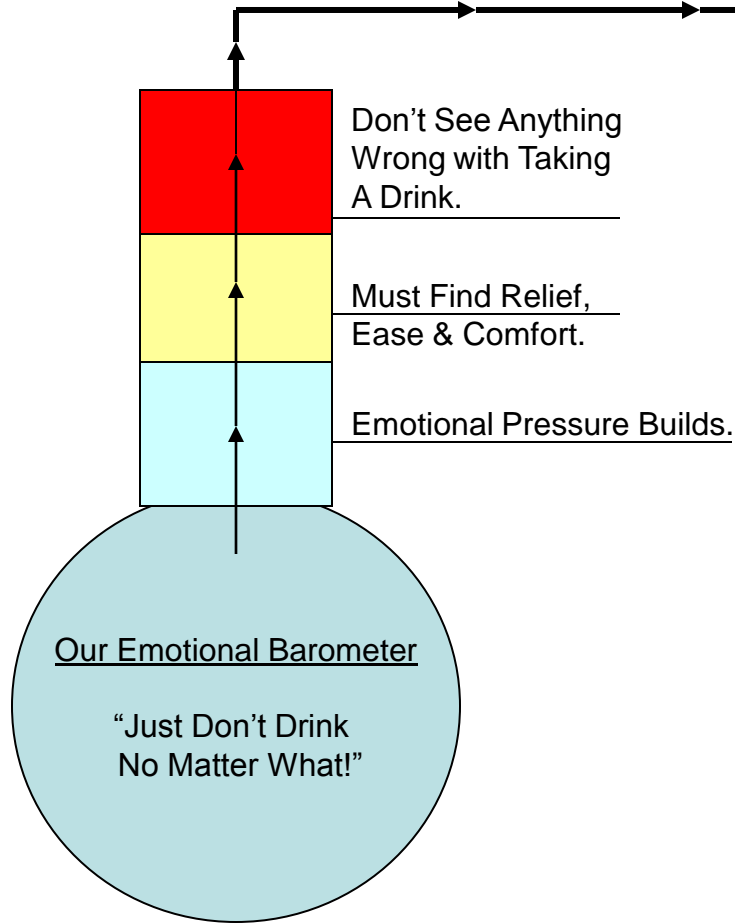
Water Sugar Carbon
Dioxide

**The Addiction
Process**

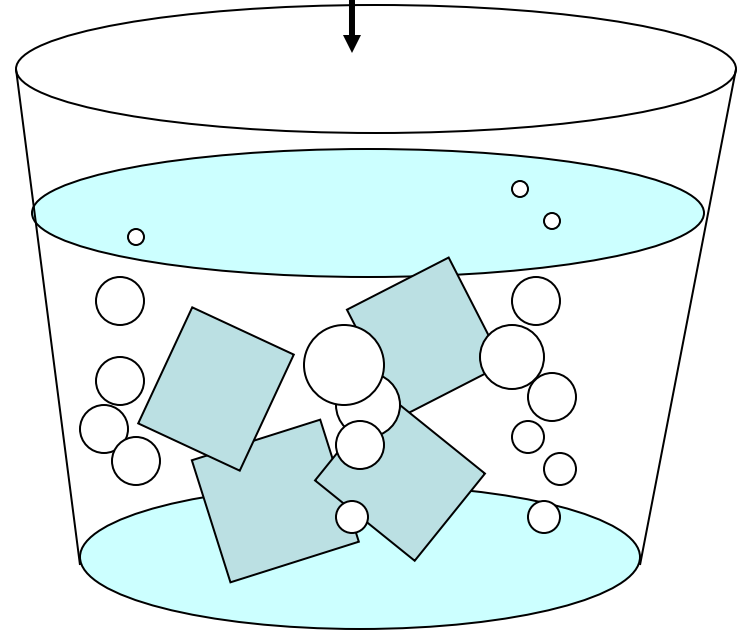
We emerge RESTLESS – IRRITABLE – DISCONTENTED
Filled with Guilt – Remorse – Resentment – Self Pity - Fear

“POWERLESS OVER ALCOHOL”

The Problem



The Solution



Creating an actual “Physical Craving” demanding more of the Same!

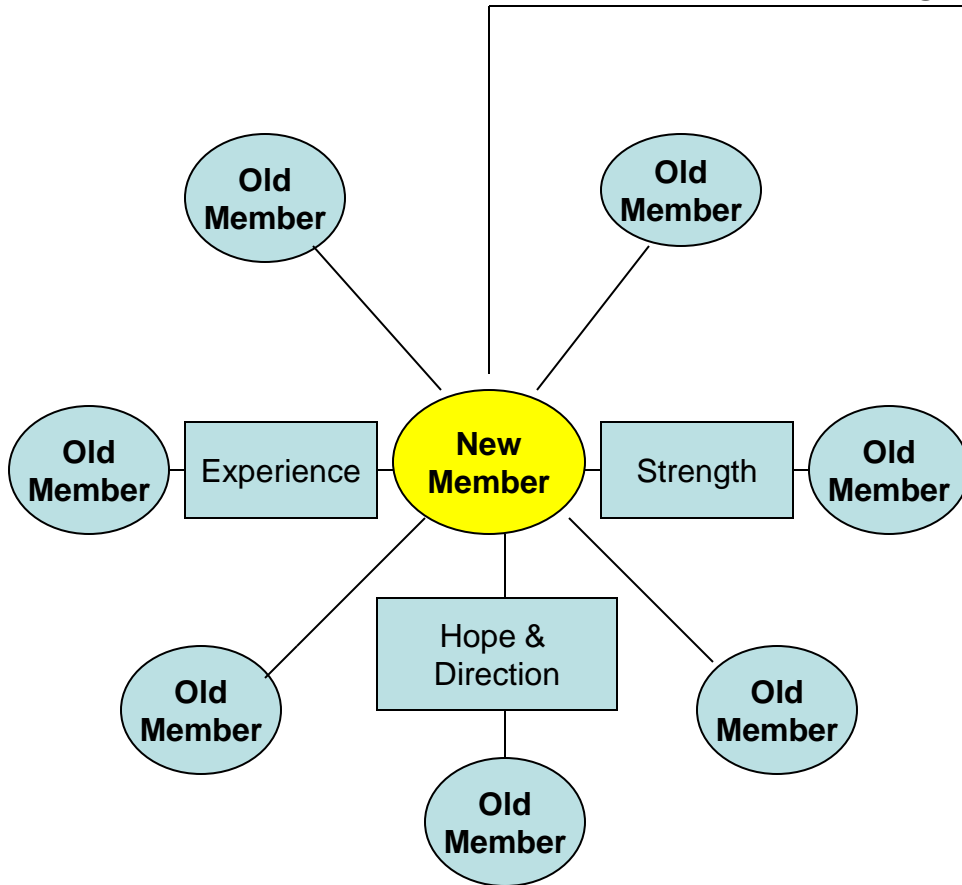
What Is The Solution?

The Fellowship as it existed in 1939

The Fellowship
Supports Us

Spiritual Experience or
Spiritual Awakening
That Changes Us

Believe – Willingness - Investigation



Revolutionizes our whole
Attitude toward life, towards our fellows
And towards God's Universe

The Personality Change Sufficient to
Recover from Alcoholism

STEP 4

Inventory Comparison:

Business

Personal

Fact Finding	→	Searching
Fact Facing	→	Fearless
Truth	→	Moral
Stock-in-Trade	→	Ourselves

Object:

Disclose Damaged or Unsalable Goods	→	Find Flawed Thinking Process
Get Rid Of Them Promptly Without Regret!	→	Get Rid Of Them Promptly Without Regret!
Stock In Trade That is Damaged	→	1. Resentments 2. Fear 3. Harms done to Others

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 shortcomings.
Shortcomings:	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:	To much concern with one's own welfare or interests and having little or no concern for others. Same as self-centered.
Self-Seeking:	A person who seeks only or mainly to further his/her own interests.
Dishonest:	The act or practice of telling a lie, or of cheating, stealing, etc.... To not see what is true or moral.
Fear:	A feeling of anxiety, agitation, uneasiness, apprehension, etc... (restless, irritable, & discontentment)
Frightened:	A temporary or continual state of fear.
Inconsiderate:	Without thought or consideration of others.

The 3 basic Instincts of Life

(WITHOUT THEM, MAN KIND WOULD NOT SURVIVE!)

Social Instinct

Companionship:

Wanting to belong or to be accepted.

Prestige:

Wanting to be recognized or to be accepted as a leader.

Self-Esteem:

What we think of ourselves either high or low.

Pride:

An excessive and unjustified opinion of oneself. Either positive (self-love) or negative. (self-hate)

Personal Relationships:

Our relations with other human beings and the world around us.

Ambitions:

Our plans to gain acceptance, power, recognition, etc....

Security Instinct

Material:

Wanting money, buildings, property, clothing, (stuff) in order to be secure in the future.

Emotional:

Based upon our needs for another person or persons. Some tend to dominate, some are overly dependent on others.

Ambitions:

Our plans to gain material wealth, or to depend upon others.

Sexual Instinct

Acceptable:

Our sex lives as accepted by Society, God's principles, or our own principles.

Hidden:

Our sex lives that are contrary to either Society, God's principles, or our own principles.

Ambitions:

Our plans regarding our sex lives either acceptable or hidden.

**These 3 basic instincts are surly God given and therefore good.
What we have done with them has caused our character to become defected**

The Basic Manifestations of Self!

Resentments

Feelings of bitter hurt or indignation which comes from rightly or wrongly held feelings of being injured or offended.

Fears

Feelings of anxiety, agitation, uneasiness, apprehension, etc....

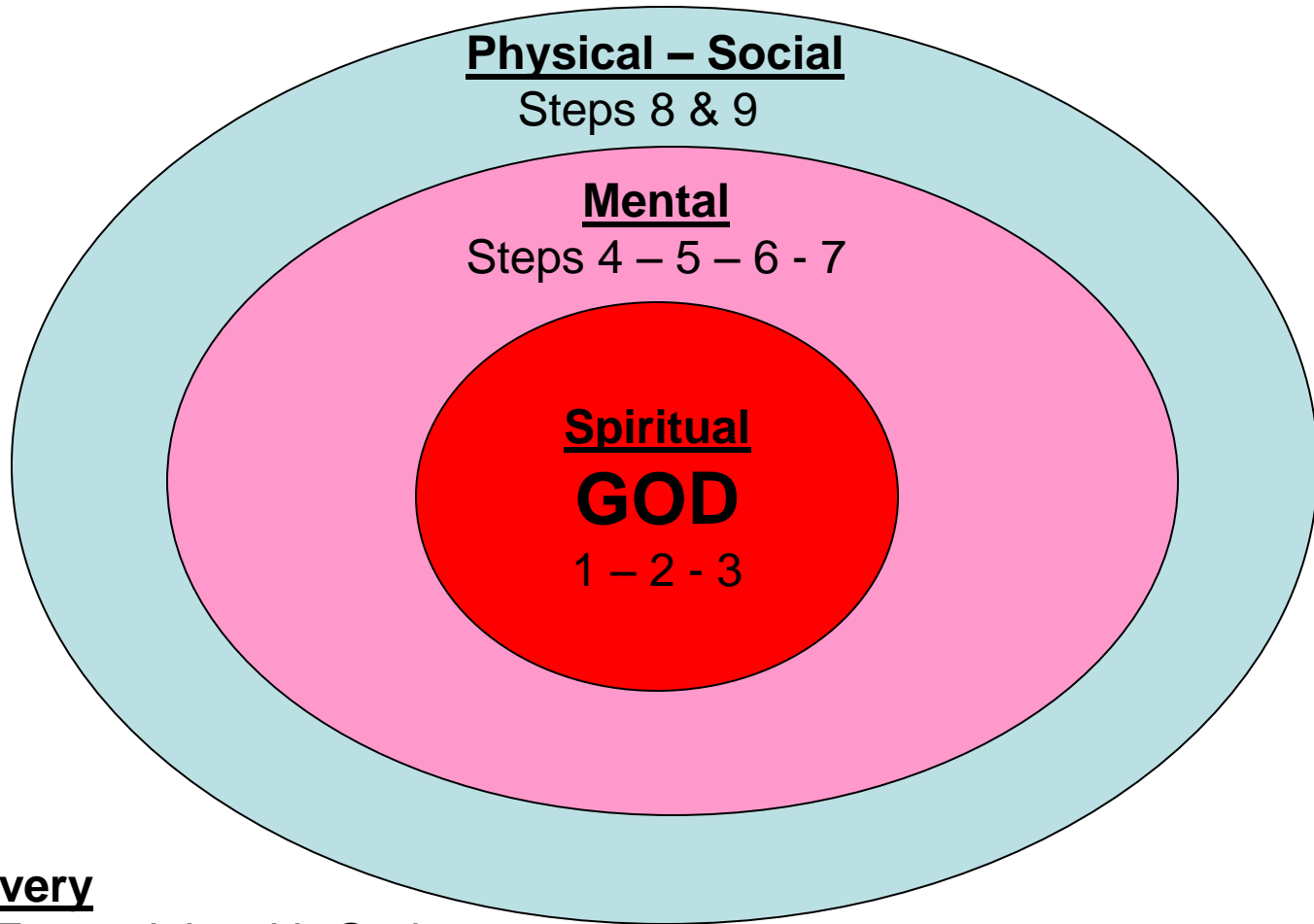
Harms or Hurts

Wrong acts which results in pain, hurt feelings, worry, financial loss etc....

The Three Dimensions of Life:

My relationship with God, Myself, and Other People.

Steps 1 through 9



Order of Recovery

Steps 1-2-3 To get right with God.

Steps 4-5-6-7 To get right with Myself.

Steps 8-9 To get right with Mankind.

Daily Inventory

Step 10 & 11

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

- Self & Self-Seeking -----
- Dishonest -----
- Frightened -----
- Inconsideration -----
- Pride -----
- Greed -----
- Lust -----
- Anger -----
- Envy -----
- Sloth -----
- Gluttony -----
- Impatience -----
- Resentment -----
- Hate -----
- Harmful Acts -----
- Self-Pity -----
- Self-Justification -----
- Self-Importance -----
- Self-Condensation -----
- Suspicion/Jealous -----
- Doubt -----

- Interested in Others
- Honesty
- Courage
- Consideration
- Humility-Seeking God's Will
- Giving or Sharing
- What we can do for Others
- Calmness
- Gratitude
- Take Action
- Moderation
- Patience
- Tolerance
- Forgiveness
- Love, Concern for Others
- Good Deeds
- Self-Forgetfulness
- Modesty
- Trust
- Faith
- Sponsorship