

**IF** I am abstinent  
& desire recovery...

...& I am willing to  
grow along  
spiritual lines...

...**then** I may commit with  
others to a friendly, focused  
**Steps by the Big Book**  
study group

**MY JOB** (as best I can,\*  
for ~2 - 3 hours a week)

Daily\* **relax and quiet time**  
Daily\* **read** Big Book selections  
& Step by Big Book questions

Daily\* **WRITE**  
on Big Book phrases  
& Step by Big Book queries  
**"What these mean in MY life."**

Weekly **talk** with Buddy/Sponsor  
Weekly **ATTEND**  
Steps by Big Book group sessions

**"Easy does it,  
But Do It!"**

**Buddy's/Sponsor's JOB**

Same as My Job

Weekly **TALK** with  
buddy/sponsee

Weekly **ATTEND** group session  
**"Together we can do it!"**

**OUR JOB** "Relax! Our reasonable best is good enough."  
All **ATTEND** every Steps by the Big Book session\*

**Begin on time** / Review the session agenda  
**Quiet time** - meditation-prayer / **Check-in** around circle

Chairperson or other: **Read** part of Big Book selection  
**Share Writing** on Big Book & Steps by Big Book workbook

Others **share Writing and Reflections** in turn  
**Take Step together**

Review next session / closing meditation-prayer / **End on time**