

Steps by the Big Book

TABLE OF CONTENTS

THE 12 STEPS OF ALCOHOLICS ANONYMOUS	2
INTRODUCTION	3
Study and Practice	3
Your Group	4
Working with a Sponsor or Buddy	5
Guide to This Guide	5
How a Session May Go	6
Example of Group Format	9
PART I SESSION 1 through SESSION 7	11
Big Book: Preface, Chapters 1 – 5	
Relaxation Focus – Meditations / Prayers Steps 1, 2, 3	13
Notes: Steps 1, 2, 3	15
Step 1	18
Step 2	29
Step 3	33
PART II SESSION 8 through SESSION 12	37
Big Book: Chapter 5	
Relaxation Focus – Meditations / Prayers Step 4	39
Assets and Liabilities Check List	40
Notes: Step 4	41
Annotated Big Book pp. 64-67 Step 4 Resentment	45
Step 4 Flow Chart	49
Step 4 Resentment A&B: Grudge List & ‘Turnarounds’	53&57
Step 4 Fear	65
Step 4 Relationships Including Sex	71
Step 4 Review	77
PART III SESSION 13 through SESSION 20	79
Big Book: Chapters 6 & 7	
Relaxation Focus – Meditations / Prayers Steps 5 – 12	81
Notes: Steps 5 – 12	83
Step 5	89
Step 6	93
Step 7	97
Step 8	99
Step 9	101
Step 10	103
Step 11	105
Step 12	107
SUMMARY OF STEPS BY THE BIG BOOK	111
INDEX	115

The 12 STEPS of ALCOHOLICS ANONYMOUS

[Optional: the point ; Spiritual Principles]

STEP 1 We admitted we were powerless over alcohol — that our lives had become unmanageable. [Honesty I have a problem!]

STEP 2 Came to believe that a Power greater than ourselves could restore us to sanity. [Hope There's help for my problem.]

STEP 3 Made a decision to turn our will and our lives over to the care of God, as we understood Him. [Trust I make a commitment to follow ALL of the suggestions.]

STEP 4 Made a searching and fearless moral inventory of ourselves. [Courage Who am I?]

STEP 5 Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. [Integrity I share who I am with someone else.]

STEP 6 Were entirely ready to have God remove all these defects of character. [Willingness As a result of Step 4, I see things about myself I would like to change.]

STEP 7 Humbly asked Him to remove our shortcomings. [Humility I start trying to change!]

STEP 8 Made a list of all persons we had harmed, and became willing to make amends to them all. [Compassion As a result of Step 4, I make a list of people that I mistreated, or for whom I had ill feelings.]

STEP 9 Made direct amends to such people wherever possible, except when to do so would injure them or others. [Justice If possible, I mend things with these people so that I can get rid of my bad feelings.]

STEP 10 Continued to take personal inventory and when we were wrong promptly admitted it. [Perseverance I look at ME daily. How am I doing: physically, mentally, emotionally, and spiritually?]

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. [Spiritual awareness I continue to grow as a human being daily.]

STEP 12 Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs. [Service I try to help other alcoholics/addicts, and to practice what I have learned in all areas of my life.]