

SUMMARY

SUMMARY OF STEPS BY THE BIG BOOK

[Direct quotes from Big Book and *12&12*. Compile your own!]

A.) "...the drink problem..." (17: 1)

B.) "...a common solution..." (17: 3)

C.) "...a practical program of action..." (9: 6)

A.) The Problem: "... We were full of fear..." (52: 2)

Step One [Honesty]

- ✓ "If, when you honestly want to, you find you cannot quit entirely [mental obsession], or if when drinking, you have little control over the amount you take [physical compulsion], you are probably alcoholic." (44: 1)
 - [Mental obsession:] "They are restless, irritable and discontented, unless they can again experience the sense [mental obsession] of ease and comfort which comes at once by taking a few drinks..." (xxviii: 4)
 - [Physical compulsion:] "After they have succumbed to the desire [mental obsession] again, as so many do, and the phenomenon of craving [physical compulsion] develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over..." (xxix: 0)

- ✓ "...The main problem of the alcoholic centers in his mind, rather than in his body." (23: 1)
 - "Was I crazy? I began to wonder, for such an appalling lack of perspective seemed near being just that." (5: 5)
 - "The alcoholics under investigation were still childish, emotionally sensitive, and grandiose." [*12&12*, (123:0)]
 - "We were having trouble with personal relationships, we couldn't control our emotional natures, we were a prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn't seem to be of real help to other people..."(52: 2)

SUMMARY

B.) The Solution: “...Quit playing God.” (62: 3)

Step Two [Hope]

- ✓ “... You may be suffering from an illness which only a spiritual experience will conquer.” (44: 1)
 - “...Unless this person can experience an entire psychic change there is very little hope of his recovery.” (xxix: 0)
 - “They appear to be in the nature of huge emotional displacements and rearrangements.” (27: 4)

- ✓ “...The personality change sufficient to bring about recovery from alcoholism....” (567: 1)
 - “Ideas, emotions, and attitudes which were once the guiding forces of the lives of these men are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate them.” (27: 4)
 - “Most of our experiences are what the psychologist William James calls the ‘educational variety’ because they develop slowly over a period of time. (567: 4)

- ✓ “With few exceptions our members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves.” (567: 4)
- ✓ “Most of us think this awareness of a Power greater than ourselves is the essence of spiritual experience. Our more religious members call it ‘God-consciousness.’” (568: 0)
 - “First of all, we had to quit playing God.” (62: 3)
 - “When, therefore, we speak to you of God, we mean your own conception of God. This applies, too, to other spiritual expressions which you find in this book. Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you.” (47: 1)

- ✓ “We find that no one need have difficulty with the spirituality of the program. Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable.” (568: 3)
 - “... [The] main object is to enable you to find a Power greater than yourself which will solve your problem.” (45: 2)

SUMMARY

C.) The Program of Action: "... We pause...and ask..." (87: 3)

Step Three and Beyond [Trust]

- ✓ "...The only effort necessary being that required to follow a few simple rules."
(xxix: 1)
 - "It meant destruction of self-centeredness." (14: 1)
 - "Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. But we saw that it really worked in others...." (25: 1)
 - "Selfishness - self-centeredness! That, we think, is the root of our troubles. (62: 1)
 - "So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us!" (62: 2)
 - "He is the Principal; we are His agents." (62: 3)

- ✓ **STEP 4** [Courage] "Next we launched out on a course of vigorous action...a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us [from higher power]. Our liquor was but a symptom. So we had to get down to causes and conditions." (63: 4)
 - "Where had we been selfish, dishonest, self-seeking and frightened?" (67: 2)
 - "We admitted our wrongs honestly and were willing to set these matters straight." (67: 2)
 - "If you have already made a decision [Step 3], and an inventory of your grosser handicaps [Step 4], you have made a good beginning." (71: 0)

- ✓ **STEP 5** [Integrity] "We usually find a solitary self-appraisal insufficient." (72: 2)
 - "...They told someone else all their life story." (73: 0)
 - "We have a written inventory and we are prepared for a long talk." (75: 1)
 - "We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past. Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye." (75: 2)

SUMMARY

- ✓ **STEP 6** [Willingness] “...Let go....” (76: 1)

- ✓ **STEP 7** [Humility] “...Let God....” (76: 1)

- ✓ **STEP 8** [Compassion] “We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal.” (76: 3)

- ✓ **STEP 9** [Justice] “Now we need more action, without which we find that ‘Faith without works is dead.’ ... Now we go out to our fellows and repair the damage done in the past.” (76: 3)
 - “If we are painstaking ... Self-seeking will slip away.... Fear of people and of economic insecurity will leave us. ... If we work for them.” (83: 4)

- ✓ **STEP 10** [Perseverance] “Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.” (84: 2)

- ✓ **STEP 11** [Spiritual awareness] “... Let us think about the twenty-four hours ahead. ...We ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.” (86: 2)
 - "... We pause...and ask..." (87: 3)
 - “...Humbly saying to ourselves many times each day “Thy will be done.”” (88: 0)

- ✓ **STEP 12** [Service] “...Nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. ... Remember they are very ill.” (89: 1)
 - “Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust in God and clean house.” (98: 2) “Helping others” (97: 1)
 - “...Be sober, considerate, and helpful, regardless of what anyone says or does.” (99: 1)

SUMMARY

Notes

SUMMARY

Notes