

THE WINDOW OF OPPORTUNITY : BIG BOOK COMPENDIUM WORKSHOP

DEDICATION

This work would never have happened without the initial impetus of Chris Raymer and the ongoing support, understanding and love of my Muse, Cathy McCague-Eber, the one true love of my life. And, of course, to Waldo.

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INTRODUCTION

If your doctor told you a big malignant tumor latched onto your cerebral cortex, and then suggested dietary modifications, vitamin supplements and exercise as your treatment, you'd find a new doctor - IMMEDIATELY!!!

And yet this is exactly what the anonymous fellowships often do when a new person arrives-- we suggest 90 meetings in 90 days, a phone list, and a bunch of other "disease management" tactics that are certainly valuable but aren't going to deal with the root problem.

For the chronic addict/alcoholic, the 12 steps are the aggressive treatment that offers the best chance for eradicating the root cause of our destructive behavior.

In my experience, the majority of our meetings are not about the aggressive treatment of the condition. They are more like Hospice Care.

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Of course, that's just my opinion.....I could be wrong.

#1 TUMOR PROGNOSIS

When a newcomer enters the Twelve-step community, whether from a treatment center, detox, or off the street --- he or she passes through a "window of opportunity" - a time when he or she is most "teachable." How long does a person remain in this state? In other words, how much time does it take a newcomer to realize the pain **he or she is experiencing in recovery is worse than the pain he or she remembers when using?** How much time do we have to alleviate this pain?

Do we have a year? Absolutely not! Do we have a month? Sometimes we do, sometimes we don't. Do we have a week? For many, that may be pushing it. What if we only have today? What if we assume the newcomer is going to relapse tomorrow (and in many cases this is true). Why not take him or her through the Steps today in order to prevent that relapse tomorrow?

"We want our prospects to have the "desperation of drowning men" (28:2) and then take six to ten MONTHS to get them thru the "recovery portion...the first 164 pages of the book." Is it any wonder that AAWS puts our "success rate at less than 10 percent" versus 75% according to the Big Book (pg XX/ Forward to Second Edition) or 93% according to Clarence Snyder (DB&GOT pg 261)."

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TRIAGE & QUALIFICATION:

58:2 : *"If you have decided you want what we have and are willing to go to any length to get it, they you are ready to take certain steps."*

Q #1: But what exactly do we mean by "what we have"?

A #1: **See page 25:1 to 25:2 (a/k/a "The A.A. Brochure"):**
"We have found much of heaven.....which we could never do by ourselves."

Q #2: But what exactly do we mean by "going to any length to get **IT**"? ("**IT**" = a life run by God) as detailed on pgs. 59-60 / the Twelve Steps)

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"Willing to go to any lengths?"

1. Willing to be QUALIFIED? (Read: 20:5 to 21:1)
(Hard vs REAL?)

-- Some folks DO get here by mistake!

2. Willing to take the Steps QUICKLY? {Yes, it is a race!)

3. Willing to attend specific meetings early on? (Lit based!) ~~SEE PGS. 32-34~~ See APPENDIX FIVE :
Recommended Meetings

4. Willing to focus on JUST the Big Book until Steps are "done" and to bring your Big Book to all meetings (live or Zoom)?

5. Willing to be completely HONEST? (eg: Sex , checks & medications)

6. Willing to take a service commitment? NOW! (pg. 129:3)

7. Willing to learn the Traditions?

The Set-Aside Prayer

"Dear God, please set aside everything I
think I know

about myself, my disease, the Big Book
and the 12 Steps ---

Everything I think I know about the
Program, the Fellowship,

all spiritual terms, and especially about
you God -

so I may have an open mind and a new
experience.

Please help me see the Truth.

Amen."

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"#5 Screen Shot: **This is a Three Fold Disease...**" (Add in blank area of page xxi or last page of "Doctor's Opinion" pg. xxxii)

This is a THREE FOLD DISEASE
(add in blank area of xiv)

<u>1) BODY :</u>	<i>PHYSICAL ALLERGY / Craving</i>	(Dr. Opinion to pg 23)
<u>2) MIND:</u>	<i>MENTAL OBSESSION</i>	(pgs. 23 - 43)
<u>3) SPIRIT:</u>	<i>SPIRITUAL MALADY / Unmanageability & Untreated Alcoholism</i>	(pgs 44 - 64)

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BODY: Lack of control → Craving

Dr Op xxiv : Study Version (xxvi : 4th Edit): "...that the body is quite as abnormal as his mind."But we are sure that our bodies.....is incomplete."We have an allergy to alcohol."

- Define "ALLERGY"
- Dr Op xxvi (xxviii): first full paragraph: "We believe and so suggested....alcohol in any form at alldifficult to solve."

Explain: "alcohol in any form at all."

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MIND: This brings us ~~#~~ to the Mental Component of our malady:
The Obsession."

- **DEFINE:** *Obsession*
- **pg 22:4 4th line - pg 23: 1 5th line:** "Once he takes....rather than his body.
- **pg 23:4 >>> end pg. 24:2:** "The tragic truth....on a hot stove."
- **#20A Screen Shot:** "Note : REVIEW & Note opposite (or bottom of page 24 to 25):

We've lost the power to choose to **STOP** once we start
because of the **Physical Allergy** and
we've lost the power to choose **NOT TO START**
because of the **Mental Obsession**
The **OBSESSION** makes us **DRINK**
The **ALLERGY** makes us **DRUNK**
OR:
The **OBSESSION** condemns us to **DRINK**
and The **ALLERGY** condemns us to **DIE**

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"The SPIRITUAL MALADY" : Unmanageability

- Dr Op xxvi (xxviii 4th Edit): ~~PEREAD #10~~ "(We) are restless, irritable and discontented, unless (we) can again experience the sense of ease and comfort which comes at once by taking a few drinks.....This is repeated over and over..." **Question:** What exactly is "repeated over and over"? **Answer:** Periods of unbearable drunkenness followed by periods of unbearable sobriety followed by periods of unbearable drunkenness followed by periods of unbearable sobriety.....
- Pg. 51:0 (third & fourth lines): "Leaving aside the drink question.....why living was so unsatisfactory."

"The Bedevilments (Pg 52:2)" (Read & Number)

THE BEDEVILMENTS (page 52)

Dimension	Item	Description
PHYSICAL Dimension	1.	We were having trouble with personal relationships.
	2.	We couldn't control our emotional natures.
MENTAL Dimension	3.	We were a prey to misery and depression.
	4.	We couldn't make a living.
	5.	We had a feeling of uselessness.
SPIRITUAL Dimension	6.	We were full of fear.
	7.	We were unhappy.
	8.	We couldn't seem to be of real help to other people.

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Ask Yourself: 1) Do any of these Bedevilments describe your current life?

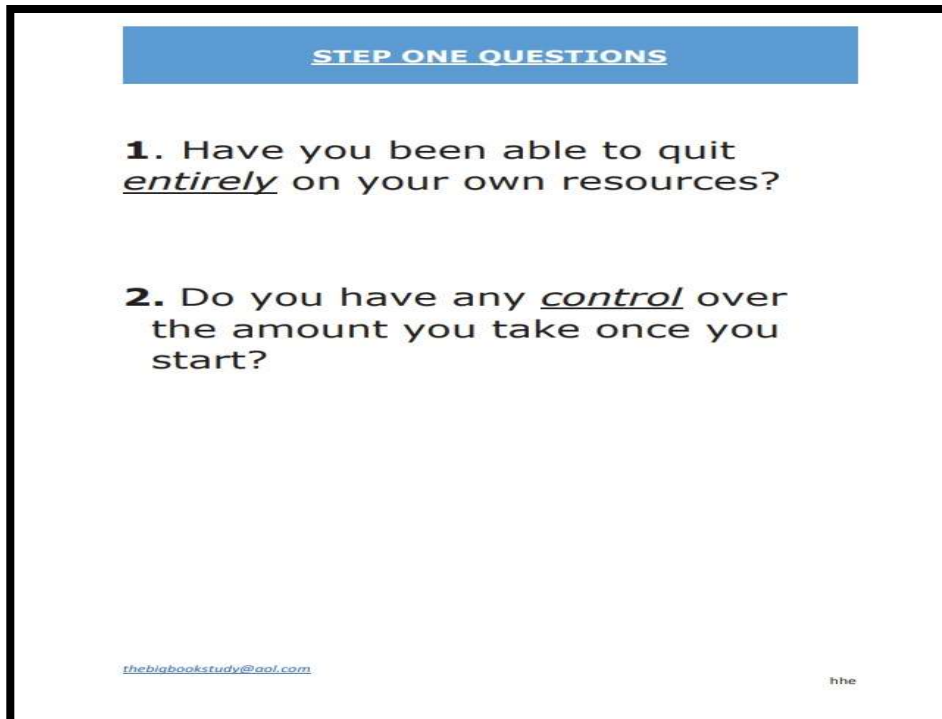
2) How is your way working out for you?

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WE AGNOSTICS

- Pg 44:1 (4th line) -->7th line: Rewritten as "Step One Questions"

#1 Screen Shot : "Step One Questions"



Step 1 (First part): *"We admitted we were powerless over alcohol"*
= *I can't handle my drinking*

Step 1 (Second part): *" - that our lives had become unmanageable."* *I can't handle my sobriety either*

TAKE STEP ONE:

- SEE Pg. 30:2: *"Have we conceded to our innermost selves that we were alcoholic?"* (Review *"Surrender"* vrs. *"Concede"*)

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THERE IS A SOLUTION

- (starts out praising Fellowship: Pg. 17:1 : underline the following words: "friendliness, understanding, indescribably wonderful...camaraderie, joyousness and democracy")
- Pg. 17:2 last four lines - 17:3 end of paragraph: "The feeling of having shared in a common peril.....are now joined. The tremendous fact.....who suffer from alcoholism.")

Add to Top (or Bottom) of pg. 17 :

Screen Share # 13

The FELLOWSHIP is:
...Friendliness
...Understanding
...Camaraderie
...Joyousness
...Democracy
...Indefinable something in the eyes
...Stimulating & electric atmosphere
...Practical approach to problems
...Haven at last
...Absence of intolerance
...Informality
...Irresistible

Having shared a "Common Peril"
(the Hopeless state of Mind, Body & Spirit)
- we're brought together in FELLOWSHIP

COMMON PERIL = "the powerful cement which binds us" = COMMON SOLUTION

We share a "Common Solution"
(the Spiritual Experience) brought about by
the STEPS : the Program of Action

BUT...
...that in itself would never have held us together

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(ends page with a WARNING of FELLOWSHIP alone)

- Pg 19:1: "...We feel the elimination...and affairs."
- SEE Pg 82:3 "We feel a man is unthinking when he says that sobriety is enough." (*Sobriety is the starting point - not the finish line*)

But is HE/SHE a Real Alcoholic???

- back to Pg 20:5 - 22:2: "Moderate drinkers...to other matters."

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LACK OF POWER

- Pg.45:1 - 45:2 (sixth line): "Lack of power, that was our dilemma.....that we are going to talk about God."

(Review "power" vrs. "Power" : "Strength" vrs "God")

WRITTEN ASSIGNMENT: Make a list of qualities you'd like your Higher Power to have

- Pg.46:1 (third line) → 47:1 (end of paragraph): "We found that as soon.....however limited it was."

Screen Shot # 30A / 2 : "How to Find God"

HOW TO FIND GOD

1....as soon as we were able to...
....**lay aside prejudice**.....(46:1)

2....and express even a **willingness** to believe...(46:1)

3. ...with those who **seek** him. (46:2)

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A Screen Shot 30 / 2A : "Belief Vrs Faith"

BELIEF vs. FAITH

Step two says "We came to believe that a Power greater than ourselves could restore us to sanity." It does not say we came to know...nor does it say we came to have faith....it says we came to **believe**.

"...upon this simple cornerstone... (of **belief**) ...a wonderfully effective spiritual structure can be built." (p47:2)

"That was great news to us, for we had assumed we could not make use of spiritual principles unless we accepted many things on **faith** which seemed difficult to **believe**. When people presented us with spiritual approaches, how frequently did we all say, "I wish I had what that man has. I'm sure it would work **if I could only believe as he believes**. But I cannot accept as surely true the many articles of faith which are so plain to him." So it was comforting to learn that we could commence at a simpler level." (p.47:3)

And that "simpler level" is **BELIEF**.

Faith = Knowledge, surety and "after the fact" information (prior experience).

"I think the greatest difficulty we have in believing is that we want something with more certainty to start with; we want more assurance. We expect faith before we start, but **believing comes first. It is not faith at the beginning; it's speculation or suspicion, and that's really all you can expect right then, because believing is the starting point.**" - from *The Steps We Took* by Joe McQuaney (of Joe & Charlie) p.30.

And based on that **BELIEF** (Step 2)....

We make a **DECISION** (Step 3)....

To take **ACTION** (Steps 4, 5, 6, 7, 8, 9, 10, & 11)....

That produces **RESULTS** (first part of Step 12)....

"And now we have **FAITH**. We now have knowledge, surety and prior experience. We no longer believe --- **WE KNOW**. We no longer believe that God could restore us to sanity, we know he will, because he has done so!" (Charlie Parmley, Laughlin, Nevada, August 1998).

BELIEF = HOPE

FAITH = CONFIDENCE

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TAKE STEP TWO:

- Pg 47:2 first three lines: "When, therefore, we speak to you of God. there is a Power greater than myself?"

"Step Two Questions:"

STEP TWO QUESTIONS

"We needed to ask ourselves but one short question. "Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built." (p 47: 2)

Do you now believe, or are you even willing to believe that there is a Power greater than yourself?

Did you answer "Yes" to this question? *If you have, you're through with Step Two and it's time to move on to Step Three!*

For those of you who have done a Second Step in the past, there is a deeper Step Two question to address:

***Do you now believe, or are you even willing to believe, that there is a Power greater than yourself that can take you beyond where you are now, in EVERY area of your life?
Past here, past the experience you've already had. Do you believe that there are realms of peace, love, freedom, happiness and understanding – areas of consciousness, wisdom and power that you cannot even imagine?***

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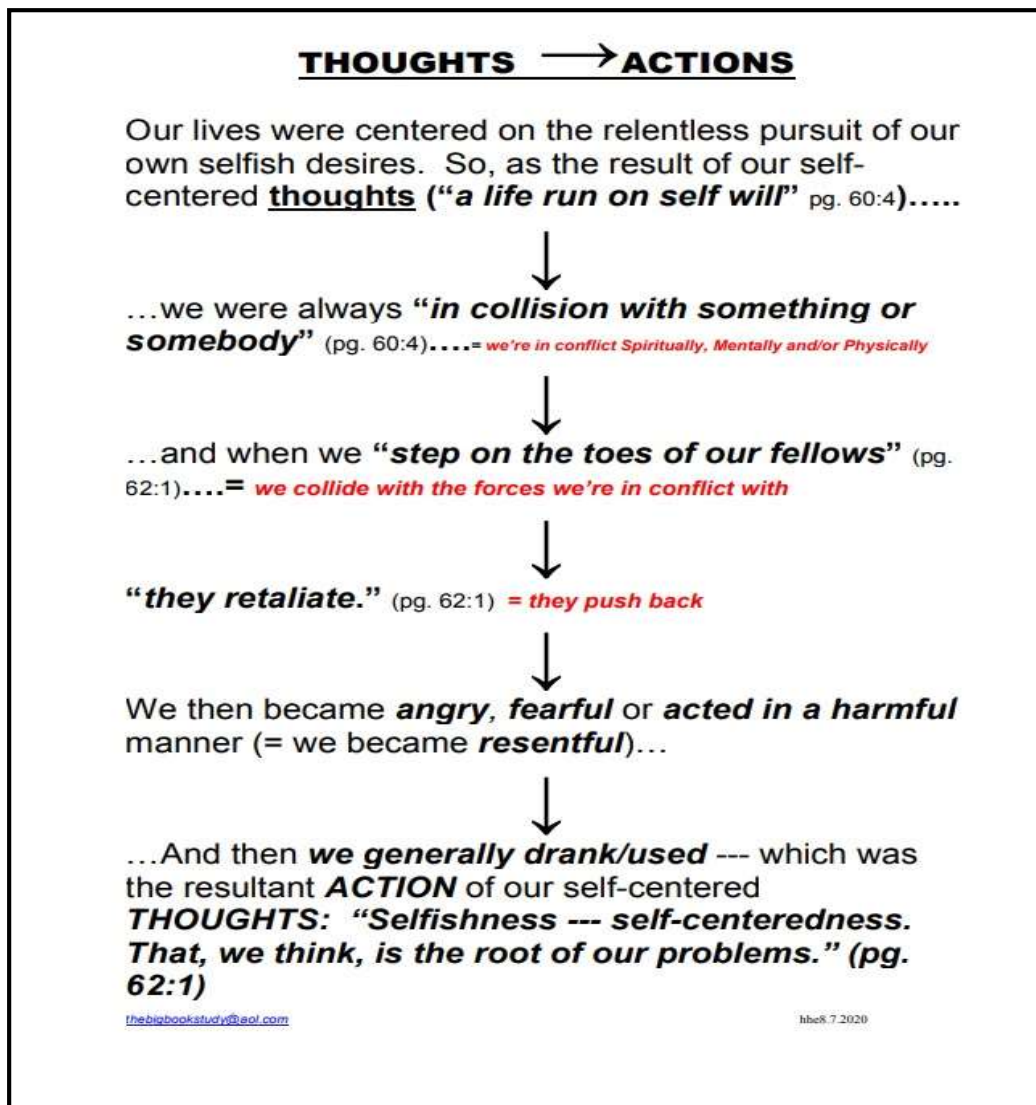
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How It Works

- Pg 62:1 → end of page: *"Selfishness - self-centeredness! That we think is the root of our troubles.....through which we passed to freedom."*

#3 Screen Shot: Thoughts vrs Actions.



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TAKE STEP THREE:

- Pg 63:1 (Entire paragraph)
- Pg 63:2 first eight lines REPEAT ALOUD: *"We were now at Step Three. Many of us said....God I offer myself to thee.....May I do thy will always."*

THE THIRD STEP PRAYER

God, I offer myself to Thee —
To build with me and
to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them
may bear witness to those
I would help of Thy Power,
Thy Love, and Thy Way of life.
May I do Thy will always!

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TAKE STEP FOUR :

ANGERS

- **Pg 63:4 →64:1 first two lines:** "Next we launched out on a course of vigorous action....Therefore, we started upon a personal inventory. This was Step Four."
- **Pg 64:3 → third line from bottom:** "Resentment is the "number one" offender.....We listed people, institutions or, principles with whom we were angry."

#4 Screen Shot: "ANGERS INVENTORY PROMPT SHEET"

"ANGERS" INVENTORY PROMPT SHEET

"Being angry or bitter for an extended period of time over some real or imagined insult. A hostile or indignant attitude (displeased/bad tempered) in response to an alleged affront (insult) or personal injury."

Here is a list of people, institutions and principles that may be helpful in your resentment inventory. Feel free to add to the lists based on your own experiences.

<u>PEOPLE</u>	<u>INSTITUTIONS</u>	<u>PRINCIPLES</u>
Father (Step)	Marriage	God / Deity
Mother (Step)	Bible	Retribution
Sisters (Step)	Church	Ten Commandments
Brothers (Step)	Religion	Jesus Christ
Aunts	Race(s)	Religious Dogma
Uncles	Law(s)	Misc. Dogma
Cousins	Authority	Satan
Clergy	Government	Death
Police	Government Agency (IRS)	Life After Death
Lawyers	Society	Heaven / Hell
Judges	Education System	Sin
Doctors	Correctional System	Adultery
Employer's	Mental Health System	Fidelity
Employee's	Philosophy	Original Sin
Co-Workers	Nationality	Seven Deadly Sins
In-Laws	Anonymous Fellowship	Homophobia
Husbands	Step Study Workshops	The Steps/Traditions/Concepts
Wives	Armed Services	Bigotry / Anti-Semitism
Creditors	Rehabs	Just Say No
Childhood Friends	Political Party	Respect ALL Authority Figures
School Friends		Real Men Don't Cry
Teachers		"The Golden Rule" (Do Onto Others...)
Life Long Friends		Never Strike Another Person
Best Friends		If He Hits You With A Stick - You Come Back With A Bat
Acquaintances		"So our troubles, we think, are basically of our own making"(62:2)
Girl Friends		All men are created equal
Boy Friends		Boys Don't Like Girls Who Are Too Skinny/Heavy/Outspoken/Forward, etc.
Parole Officers		Girls Who Have Pre-Marital Sex Are Sluts/Whores, etc
Probation Officers		Sexual/Carnal Thoughts Make You A Bad/Sinful Person
Friends in the Fellowship		Don't Put Off Until Tomorrow...
U.S. Service Friends		
Sponsors (Current or Past)		
Sponsees (Current of Past)		
Relatives		
"Happy Shiny People"		
Gays / Straights		

O _____

L _____

D _____

S _____

A _____

Y _____

I _____

N _____

G _____

S _____

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#5 Screen Shot: "ANGERS GRID (Four Columns)"

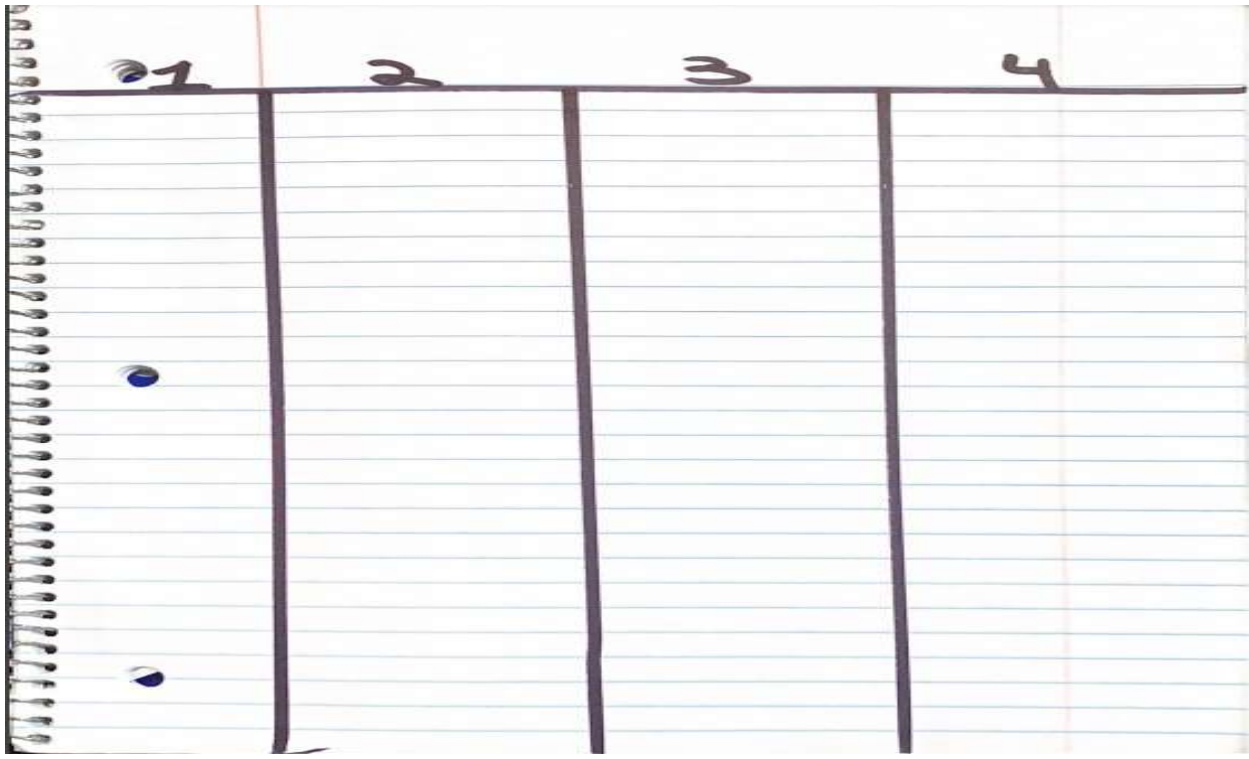
Review of ANGERS (4 Col)

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4
<p>I Am Resentful At:</p> <p>I list <i>people, institutions or principles</i> with whom I was angry. <i>Big Book pg. 64</i></p>	<p>The Cause:</p> <p>I ask myself why I am angry, what did they do to me to cause the anger? <i>Big Book pg. 64</i></p> <p>-----</p> <p>Avoid sentences beginning with "Always....." or "Never....." ---- be as specific as possible</p>	<p>Affects My:</p> <p>On my grudge list I set opposite each name my injuries. Was it my <i>self-esteem</i>, my <i>pride</i>, my <i>emotional security</i>, my <i>financial security</i>, my <i>physical security</i>, my <i>ambitions</i>, my <i>personal relations</i>, or <i>sex relations</i>, which had been interfered with? <i>Big Book pg. 65</i></p> <p>-----</p> <p><i>Self-esteem</i> = How I feel about me</p> <p><i>Pride</i> = How I think the world feels about me</p> <p><i>Emotional Security</i> = General sense of well-being</p> <p><i>Ambitions</i> = My ability to do or accomplish things</p>	<p>Where Had I Been:</p> <ul style="list-style-type: none"> - <i>Frightened</i> - <i>Irresponsible</i> - <i>Inconsiderate</i> - <i>Dishonest</i> - <i>Selfish</i> - <i>Self-Seeking</i> - <i>Judgmental</i> <p>Which of the above character defects caused me to do what I did, or cause me to want to hold on to the old resentment, even though I may have done nothing to cause it? <i>Big Book pg. 67</i></p> <p>-----</p> <p><i>Self-seeking</i> = Attempting to advance oneself at another's expense</p>

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#6 Screen Shot : Inventory Notebook Layout (4 Column)



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FEARS

- Pg .68:1 → 68:3 (end of paragraph): "We reviewed our fears thoroughly. We put them on paper.....At once we commence to outgrow fear."

#7 Screen Shot: "FEARS INVENTORY PROMPT SHEET"

FEAR INVENTORY PROMPT SHEET

*Here is a list of fears that may be helpful in your fear inventory.
Feel free to add to the list as you see fit*

Fear Of God	Fear Of Drowning
Fear Of Dying	Fear Of Men
Fear Of Insanity	Fear Of Women
Fear Of Intimacy	Fear Of Being Alone
Fear Of Sex	Fear Of People
Fear Of Rejection	Fear Of Crying
Fear Of Confrontation	Fear Of Poverty
Fear Of Disease(s)	Fear Of Races
Fear Of Alcohol	Fear Of The Unknown
Fear Of Drugs	Fear Of Abandonment
Fear Of Relapse	Fear Of Disapproval
Fear Of Loneliness	Fear Of Sobriety
Fear Of Sin	Fear Of Hospitals
Fear Of Self-Expression	Fear Of Feelings
Fear Of Authority	Fear Of Getting Old
Fear Of Heights	Fear Of Hurting Others
Fear Of Unemployment	Fear Of Violence
Fear Of Employment	Fear Of Writing Inventory
Fear Of Parents	Fear Of Government
Fear Of Losing A Loved One	Fear Of Gangs
Fear Of Animals	Fear Of Gossip
Fear Of Insects	Fear Of Wealthy People
Fear Of Police	Fear Of Guns
Fear Of Jail	Fear Of Change
Fear Of Doctors	Fear of being on-time
Dentists/Surgeons/ Hospitals	Fear of being late
Fear Of Stealing	Fear of Impotence
Fear Of Creditors	Fear of Sexual Dysfunction
Fear Of Being Found Out	Fear of Mistakes
Fear Of Homosexuals & Lesbians	Fear of Public Speaking
Fear Of Failure	Fear of Cancer/Heart
Fear Of Success	Attack/ Parkinsons, etc.
Fear Of Responsibility	
Fear Of Physical Pain	

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#8 Screen Shot Shot: *REVIEW of FEARS*

Review of FEARS : Instructions

1) "We reviewed our fears thoroughly. **We put them on paper.**" (pg.68:1)

So – our first task is to make a list of our irrational fears. These are the God-given fears that are out of proportion – have become out of control – and adversely rule, control and dominate our lives.

I'm afraid of: _____ I'm afraid of: _____

I'm afraid of: _____ I'm afraid of: _____

I'm afraid of: _____ I'm afraid of: _____

I'm afraid of: _____ I'm afraid of: _____

2) "We asked ourselves **why** we had them." (pg 68:1)

Looking back over my lifetime, I cannot identify a single fear that didn't revolve around one or more of the following:

- I'm afraid of losing something I have, or
- I'm afraid of not getting something I want, or
- I've done something I don't want revealed and I'm afraid of being found out

So, which of those explains why you were afraid of _____?

It is suggested that the reason for having our fears was "because self-reliance failed us...(that)...self-reliance was good, as far as it went, but it didn't go far enough...(and)...it didn't fully solve the fear problem, or any other." So, using terms like "didn't go far enough" and "fully solve" makes it clear that a part – a vital and essential part – of the "fear removal process" was missing. And that part was God. I've discovered that when God is invited into any situation, the dynamics change – immediately.

The book points out that we're now on a different path, the basis of which is "trusting and relying upon God" (pg. 68:2). Whereas we have limited (finite) resources, God's powers are unlimited (infinite). So – if we want relief, we first must **ask**. Then, we must **act** as God would have us act. And – to the extent that we do (act) as God would have us, does he match/replace our calamities (chaos) with serenity (peace of mind) (pg. 68:2).

So: **3)** "We (earnestly) ask Him to remove our fear of _____ and direct our attention to what he would have us be" (pg. 68:3) In other words, by **seeking God's help** and **applying all the will-power at our command**, we act courageously. "At once, we commence to outgrow fear." (pg 68:3)

Please note that it does not say that we're now free of fear. What is promised is that we have "commenced" – or embarked on a course of action to do so. That process will be refined and mature in the related work of the Seventh Step.

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SEX HARMS

#9 Screen Shot: "SEX HARMS GRID (Five Columns)"

- pg 69:2 (second line) -> end of paragraph: "We subjected each relation to this test.....despised or loathed." (review "Selfish" / Col. 3 and "Opinion")

Review of My Own Sex Conduct				
COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
Who Did I Hurt?	What Did I Do?:	Affects My: Which part of self caused me to do what I did? Was it caused by : <i>self-esteem,</i> <i>pride,</i> <i>emotional security,</i> <i>financial security,</i> <i>physical security,</i> <i>ambitions or</i> <i>personal relations?</i> <hr style="width: 20%; margin: 10px auto;"/> <i>Self-esteem</i> = How I feel about me <i>Pride</i> = How I think the world feels about me. <i>Emotional Security</i> = General sense of well-being <i>Ambitions</i> = My ability to do or accomplish things	What Feelings Did I Create In Others? Did I unjustifiably arouse: <i>jealousy,</i> <i>suspicion,</i> <i>anger,</i> <i>fear or</i> <i>bitterness?</i> What should I have done instead? (Remember, we're trying to shape a new attitude towards future "sexual decisions" pg.69:2) Other suggestions: <i>Insecurity</i> <i>Confusion</i> <i>Frustration</i> <i>Sadness</i> <i>Embarrassment</i> <i>Hurt</i>	Where Had I Been: - <i>Frightened</i> - <i>Inconsiderate</i> - <i>Irresponsible</i> - <i>Dishonest</i> - <i>Selfish</i> - <i>Self-Seeking</i> - <i>Judgemental</i> Which of the above character defects caused me to do what I did to harm another? <hr style="width: 20%; margin: 10px auto;"/> <i>Self-seeking</i> = Attempting to advance oneself at another's expense

CRITERIA:
 "We subjected each relation to this test - was it selfish or not?" (p. 69:2)
 Was it for reasons other than reproduction or mutual pleasure?

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#10 Screen Shot : Inventory Notebook Layout (5 Column)

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STEP FIVE :

#42A Pg 72:1 → 73:0 (end of paragraph): "Having made our personal inventory.....a solitary self-appraisal insufficient.....until they told someone else all their life story."

"Step Five Review"

STEP 5 : Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

**"Wrongs" (Step 5), "defects" (Step 6) & "shortcomings" (Step 7) ==
the Same thing >> Defects of Character (Column 5 / Fourth Step)**

So - We're beginning to "get right" in the three dimensions of life:
The **Spiritual** ("to God"), the **Mental** ("to ourselves") and the **Physical**
 ("to another human being")

Wrong Judgements = Caused our **Angers** = Affected the **Mental
Dimension**

Wrong Believing = Caused our **Fears** = Affected the **Spiritual
Dimension**

Wrong Actions = Caused us to **Harm** Others = Affected **the Physical
Dimension**

SET APPT to TAKE STEP FIVE (asap)

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STEP SIX :

- Pg 75:2 second line → end of paragraph: "Once we have taken this step.....Spirit of the Universe."
- Read & ACTION: Pg. 75:3- → end of paragraph: "Returning home.....without sand."
- AFTER ACTION: Pg.76:1 -> end of paragraph: "If we can answer....to help us be willing."

#11 Screen Shot: "Step SIX Review Sheet:

STEP 6 : Were entirely ready to have God remove all these defects of character

"...carefully reviewing what we have done." (p. 75:3)

- Admitting powerlessness in Step One opens us to the Power in Step Two.
- Believing in that Power in Step Two, prepares us for the decision to turn our thoughts and actions over to that Power in Step Three.
- Making that decision in Step Three sends us on a quest to face and be rid of the things that block us from God in Step Four.
- By identifying those defects in Step Four, we are prepared to admit them to God and another human being in Step Five.
- By recognizing the damage those defective thoughts have had on our lives in Step Five, we become ready to have God remove them in Step Six.

Driven by our defects – "Self-will run riot" (p. 62:2) – manifested by our Frightened, Irresponsible, Inconsiderate, Dishonest, Selfish, Self-Seeking, and Judgmental THOUGHTS, we were "almost always in collision with something or somebody" (p. 60:4) →

→ When "we step on the toes of our fellows...they retaliate" (p. 62:1) →

→ When they retaliated, we got ANGRY, FEARFUL or ACTED IN A WAY which caused us GUILT, SHAME and REMORSE →

→ And when we felt that way, we ended up drinking or drugging.

So, if the ACTION of drinking is the END RESULT of our "defective" THOUGHTS, then surely those things in the fifth column of our Fourth Step have now become objectionable to us – "We have commenced to see their terrible destructiveness" (p. 70:3). Are we ready to turn them loose?

"Are we now ready to let God remove from us all the things which we have admitted are objectionable?" (p. 76:1).

"If we are, we're through with Step Six and it's time to move on to Step Seven" (Charlie Parmley).

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STEP SEVEN :

Pg 76:2 → end of paragraph: "When ready, we say....completed Step Seven."

#12 Screen Shot: "Step SEVEN Review Sheet"

Step Seven : Review Sheet

But **BE CAREFUL**. Be very careful. Because if we work the Seventh Step the way the Big Book directs us to, we can no longer blame anyone ever again for our problems. If we *remain* frightened, irresponsible, inconsiderate, dishonest, selfish, self-seeking and judgmental -- *after* being provided with these Tools for Change -- it's because we *made a conscious decision* to stay that way! And, we cannot blame anyone or anything anymore. The "blame game" is over!!

The Seventh Step teaches us to accept responsibility -- right here and right now -- for our actions and behaviors!

<u>DEFECT</u>	----->----->----->----->----->----->	<u>ASSET</u>
FRIGHTENED	→ <u>with God's help</u> , I NOW exercise →	COURAGE
IRRESPONSIBLE	→ <u>with God's help</u> , I NOW act →	RESPONSIBLY
INCONSIDERATE	→ <u>with God's help</u> , I NOW practice →	CONSIDERATION
DISHONEST	→ <u>with God's help</u> , I NOW behave →	HONESTLY
SELFISH	→ <u>with God's help</u> , I NOW become →	CONCERNED FOR OTHERS
SELF-SEEKING	→ <u>with God's help</u> , I NOW practice →	HUMILITY
JUDGMENTAL	→ <u>with God's help</u> , I NOW become →	ACCEPTING

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STEP EIGHT & NINE:

#13 A & B Screen Shot: "All About Amends"

AMENDS : compensation for loss or injury; reparation (*NOTE*: not the same as "Amend", which is "to free from fault; to improve, change or correct" (*The New Universities WEBSTER Dictionary* / 1938))

What are "amends" according to the Big Book?

1. 76:3: "*...repair the damage done in the past*"
2. 76:3: "*...to sweep away the debris...*"
3. 77:0: "*...to set right the wrong.*"
4. 77:2 "*...to straighten out the past.*"
5. 77:2 "*...to sweep off our side of the street...*"
6. 81:1 "*...(to) admit our fault.*"
7. 82:2 "*...making good.*"
8. 83:1 "*...reconstruction.*"

What are the categories of "amends" according to the Big Book?

1. 76:4 *Business acquaintances and friends*
2. 77:1 *The man we hate* &
78:1 *Former enemies*
3. 78:2 *To whom we owe money* (Creditors)
4. 78:3 *Criminal Offenses*
5. 80:5 *Domestic troubles* (Infidelity)
6. 82:2 *Wife or parents*
7. 83:1 *The family*
8. 83:3 *Wrongs we can never fully right*

What are the BB's 12 "Guiding Principles" of making amends?

1. 77:1 "*We go to him in a helpful and forgiving spirit...*"
2. 77:2 & 83:1 "*...we never criticize...or argue*" ("*...being very careful not to criticize them*")
3. 78:0 "*His faults are not discussed...our manner is calm, frank and open...*"

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ALL ABOUT "AMENDS"

4. 78:2 "We must lose our fear...."
5. 79:1 "We ask that we be given strength and direction to do the right thing no matter what the personal consequences may be."
6. 79:1 & 80:1 "...we must not shrink."
7. 80:4 "...place the outcome in God's hands..."
8. 81:1 "...we have no right to involve another person."
9. 82:1 "Good generalship may decide that the problem be attacked on the flank rather than risk a face-to-face combat."
10. 83:1 "A remorseful mumbling that we are sorry won't fill the bill at all."
11. 83:3 "There may be some wrongs we can never fully right. We don't worry about them if we can honestly say to ourselves that we would right them if we could."
12. 83:3 "...we don't crawl before anyone."

Our MOTIVE (why we're here):

"...a SINCERE DESIRE TO SET RIGHT THE WRONG" (pg 77:0)

Examples of WRONG Motives:

- To Be Accepted
- To Be Liked
- To Be Rewarded
- To Be Complimented
- To Set Right THEIR Wrongs, etc.

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What ACTION(s) do we take?:

"...a DEMONSTRATION of good will" (pg 77:0)

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Remember:

- *Pray for willingness. We ask until it comes but do not delay in starting to make our Amends.*
- **COMMIT TO DOING ONE AMENDS A DAY UNTIL COMPLETED!**

DON'T FORGET TO ASK THEM THE THREE QUESTIONS:

- 1. Can you tell me how this made you feel?*
- 2. How can I make this right?*
- 3. Is there anything else you'd like to say to me?*

Quietly listen to their answers without responding!!!

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#15 Screen Shot: "Step NINE Script"

Suggested "Script" for Making Step Nine Amends

I'm a sober member of Alcoholics Anonymous trying to live by certain Spiritual Principles -- the way I believe God wants me to live. Two of those principles are Restitution and Amends, and I'm here today to make an amends to you for the harm that I've caused

My drinking/using affected our relationship. I "deeply regret" (pg. 77:1) how I treated you (or: "how I acted" / or: "what I've put you through" / or: "I was wrong to have....").

I (explain the harm).

I was selfish, dishonest, inconsiderate, irresponsible and filled with fear. I'm not living that life anymore and I know I jeopardized (or: "ruined") our relationship.

*My **drinking/using** caused me to act in a manner which has caused me much guilt, shame and remorse. My **recovery** requires me to make restitution for the harms I've done. And to not do so would jeopardize my sobriety.*

Can you tell me how this made you feel?

So, what I'm prepared to offer is.....

***OR** : What can I do to make this right? (**LISTEN SILENTLY!**)*

*Are there any more/other harms I have caused you? (**LISTEN SILENTLY!**)*

*Do you have anything you'd like to say to me? (**LISTEN SILENTLY!**)*

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REVIEW Amends Grid w/ Sponsor

MAKE APPOINTMENTS for Amends (IN ORDER) (NOTE: SEE Pg. 76:4 last line re: "...our first approach.")

START MAKING AMENDS

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#16 Screen Shot: "FOURTH DIMENSION" ("THE THREE DIMENSIONS OF LIFE")

the **THREE DIMENSIONS OF LIFE**
"Getting Right" in Steps 1 thru 9



the **FOURTH DIMENSION OF EXISTENCE** (p8:2 & 25:1):
the Harmonious Blend of the Spiritual, Mental & Physical

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#17 Screen Shot: *“The BEDEVILMENTS Vrs. The PROMISES”*

THE BEDEVILMENTS (page 52)		THE PROMISES (page 83)
1. We were having trouble with personal relationships.	↔	We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away.
2. We couldn't control our emotional natures.	↔	We will comprehend the word serenity and we know peace.
3. We were a prey to misery and depression.	↔	Our whole attitude and outlook upon life will change.
4. We couldn't make a living.	↔	Fear of people and of economic insecurity will leave us.
5. We had a feeling of uselessness.	↔	That feeling of uselessness and self-pity will disappear.
6. We were full of fear.	↔	We will intuitively know how to handle situations which used to baffle us.
7. We were unhappy.	↔	We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it
8. We couldn't seem to be of real help to other people.	↔	No matter how far down the scale we have gone, we will see how our experience can benefit others.
And, most of all,	↔	We will suddenly realize that God is doing for us what we could not do for ourselves.

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STEP TEN :

- Pg 84:2 Entire Paragraph: "This thought brings us to Step Ten....Love and tolerance of others is our code" (NOTE: **NOT** "We'll love you until you learn to love yourself")

#18 "WADAT" Screen Shot: "Step 10 Review" :

STEP 10 : Continued to take personal inventory and when we were wrong promptly admitted it.

Ps84:2:

- 1.) "**C**ontinue to **W**atch for selfishness, dishonesty, resentment, and fear." (Step 4)
- 2.) "When these crop up, we **A**sk God **at once** to remove them." (Steps 6 and 7)
- 3.) "We **D**iscuss them with someone **immediately**..." (Step 5)
- 4.) "...and make **A**mends **quickly** if we have harmed anyone." (Steps 8 and 9)
- 5.) "**T**hen we resolutely **T**urn our thoughts to someone we can help." (Step 12)

The Directions: W.A.D.A.T.

1. **W**atch
2. **A**sk
3. **D**iscuss
4. **A**mends
5. **T**urn

WHEN? ----> "Promptly"

1. "Continue"
2. "At Once"
3. "Immediately"
4. "Quickly"

= **URGENCY : EARLY DETECTION** is the best means of treating any illness

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STEP ELEVEN :

- Pg 85:2 → 86:0 End of Paragraph: "Much has already been said about receiving strength, inspiration and directions..... we believe we can make some definite and valuable suggestions."
- Pg 86:1 → 87:0 End of Paragraph: "When we retire at night..... We come to rely on it."

#19 Screen Shot: "Step 11: Instructions for REVIEWING OUR DAY"

STEP 11 : Instructions for REVIEWING OUR DAY
(pg. 86:1)

Was I resentful today? Yes or No
• If yes, How?

Was I selfish today? Yes or No
• If yes, How?

Was I dishonest today? Yes or No
• If yes, How?

Was I afraid today? Yes or No
• If yes, How?

Do I owe an apology? Yes or No
• If yes, to whom? Why?

Have I kept something to myself which should be discussed with another person? Yes or No
• If yes, what?

Was I kind and loving towards all? Yes or No
• What could I have done better?

Was I thinking of myself most of the time? Yes or No

Was I thinking what I could do for others? Yes or No

Was I thinking of what I could pack into the stream of life? (Alternate: Was I being useful to others? Was I contributing or taking?) Yes or No

PRAYER

God, if I have been frightened, irresponsible, inconsiderate, dishonest, selfish, self-seeking or judgmental, please help me be courageous, responsible, considerate, honest, giving, humble and accepting (or: tolerant, compassionate, patient and forgiving with love and good-will towards my fellow man) --- So I might be more useful to you and to others. Please guide me to correct being (defect) to/with _____ . What should I do to correct this?

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- Pg 87:3 → 88:0 Second line: "As we go through the day...thy will be done"

#20 SCREEN SHOT; P...A...R...S... (pg.87:3 → 88:0)

P...A...R...S...

Pause

Ask

Remind

Say

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STEP TWELVE :

#21 Screen Shot: "The Three Parts of Step 12"

The Three Parts of Step 12

Having had a spiritual awakening as the result of these steps, == **THE PROMISE**

we tried to carry this message to alcoholics, == **THE CHARGE**

and to practice these principles in all our affairs. == **THE CHALLENGE**

Spiritual Awakening = "personality change sufficient to bring about recovery"
....."vast change in feeling and outlook"....."transformations...of the educational
variety because they develop slowly over a period of time"....."profound alteration in
his reaction to life" -----"Spiritual Experience Appendix" p 569

"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."

----- "There Is A Solution" p 27:4

"...an entire psychic change" ---"The Doctor's Opinion" p XXvii

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Screen Shot #22: "Directions for Working With Others"

(SEE APPENDIX ONE)

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#23 Screen Shot: "'Practicing These Principles'"

"Practicing These Principles" :
To Wives (Chapter 8) & ***The Family Afterward*** (Chapter 9)

We've already established that the 12th Step is made of three parts:

THE PROMISE == *Having had a spiritual awakening as the result of these steps*
THE CHARGE == *we tried to carry this message to alcoholics*
THE CHALLENGE == *and to practice these principles in all our affairs.*

Chapter Seven (*Working With Others*) is based on the assumption that we have had a Spiritual Awakening as the result of working the first 11 steps. This was accomplished by following the "*clear cut directions*" (pg. 29:3) laid out in *Dr.'s Opinion* and Chapters One through Six.

So, having realized the **Promise** of the first part of Step 12, we are **Charged** with a responsibility to carry that message in the second part of the step, and are given our marching orders in Chapter Seven.

Where then, do we find the instructions for meeting the **Challenge** of the third part of the step?

Well, we believe the book is written in a particular sequence to guide us from one step to another, "*which the process requires for it's successful consummation*" (pg. 25:6), which of course is, a Spiritual Awakening. Accordingly, "*practicing these principles*" **MUST** be covered somewhere after Chapter Seven.

But those chapters are directed to Wives, the Family and Employers - so it cannot be contained in those - or can it?

That's the question we set out to answer by studying those chapters with the mind-set of finding the directions for how to "*practice these principles in all my affairs.*" Since showing "*other alcoholics precisely how we have recovered is the main purpose of this book*", (Pg. xiii:4-6) we knew it had to be there somewhere. The "*design for living*" (Pg. 15:17) just would not be complete without it!

And, lo and behold, Bill Wilson was true to form. Because ***these principles of success are indeed very much covered*** in these sections. But, it requires "***careful reading***" (pg. 567:3).

So, we will now set out to carefully comb through these chapters to extract Bill's advice for how to practice these principles. If you come upon some "pearl of wisdom" which we miss in our review, please pass it on (send to: thebigbookstudy@aol.com).

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#24 Screen Shot: "The Principles of Success"

(SEE APPENDIX TWO)

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#25 Screen Shot: "How to order the Study Version"

Appendix One: Directions for Working w/ Others

Appendix Two: Principles of Success

Appendix Three: Excerpt from "Writing the Big Book"

by Bill Schaberg

Appendix Four: "The Light Bulb" by Clarence Snyder

Appendix Five: Recommended BB Meetings