

“DIRECTIONS for Working with Others” (43)

- 1) Do not start out as an evangelist or reformer. 89:3
- 2) Find out all you can about the newcomer 90:1
- 3) *Get an idea of his behavior, his problems, his background, the seriousness of his condition, and his religious leanings. You need this information to **put yourself in his place**, to see how you would like him to approach you if the tables were turned. 90:2*
- 4) Don't deal with him when he is **very** drunk. 90:3
- 5) See your man alone (*without family members present*) At first engage in general conversation. (*take note of his environment*) 91:3
- 6) After a while, turn the talk to some phase of drinking. Tell him enough about your drinking habits, symptoms and experiences to encourage him to speak of himself. If he wishes to talk, let him do so. You will thus get a better idea of how you ought to proceed. If he is not communicative, give him a sketch of your drinking career up to the time you quit. But say nothing, for the moment, of how that was accomplished. If he is in a serious mood dwell on the troubles liquor has caused you, ***being careful not to moralize or lecture***. If his mood is light, tell him humorous stories of your escapades. Get him to tell some of his. 91:3
- 7) When he sees you know all about the drinking game, commence to **describe yourself as an alcoholic** 91:4
- 8) Tell him how baffled you were, how you finally learned that you were sick. Give him an account of the struggles you made to stop. Show him the mental twist (the Obsession) which leads to the first drink of the spree (physical craving). 92:0
- 9) If you are satisfied that he is a real alcoholic, begin to dwell on the hopeless feature of the malady. Show him, from, your own experience, how the queer mental condition surrounding that first drink prevents normal functioning of the will power. 92:1
- 10) Be careful not to brand him as an alcoholic. Let him draw his own conclusions. 92:1 (*Suggestion: Perhaps this is a good time to ask the prospects the two questions from 44:1*)

APPENDIX ONE:

- 11) Continue to speak of alcoholism as an illness, a fatal malady. Talk about the conditions of body and mind which accompany it. Keep his attention focused mainly on your personal experience. Explain that many are doomed who never realize their predicament. Doctors are rightly loath to tell alcoholic patients the whole story unless it will serve some good purpose. But you may talk to him about the hopelessness of alcoholism because you offer a solution. 92:2
- 12) Even though your protégé may not have entirely admitted his condition, he has become very curious to know how you got well. Let him ask you that question (how you got well). 93:0
- 13) Tell him exactly what happened to you. 93:0 (**HINT:** *"I accessed a Power that did for me what I couldn't do for myself"*) Stress the spiritual feature freely. 93:0 (**HINT:** *This might be a good opportunity to explain the difference between Spirituality and Religion*) If the man be agnostic or atheist (**HINT:** *Define terms*), make it emphatic that *he does not have to agree with your conception of God*. He can choose any conception he likes, provided it makes sense to him. The main thing is that he be willing to believe in a Power greater than himself and that he live by Spiritual (**NOTE:** *NOT RELIGIOUS*) Principles. 93:0
- 14) **Make a list of traits he/she would like their Higher Power to Possess.**
- 15) You had better use everyday language to describe spiritual principles. 93:1
- 16) Let him see that you are not there to instruct him in religion. 93:2
- 17) Outline the program of action, explaining how you made a self-appraisal, how you straightened out your past and why you are now endeavoring to be helpful to him. It is important for him to realize that your attempt to pass this on to him plays a vital part in your recovery. Actually, he may be helping you more than you are helping him. Make it plain he is under no obligation to you, that you hope only that he will try to help other alcoholics when he escapes his own difficulties. Suggest how important it is that he place the welfare of other people ahead of his own. Make it clear that he is not under pressure, that he needn't see you again if he doesn't want to. Make it plain that he is under no obligation to you, that you hope only that he will try to help other alcoholics when he escapes his own difficulties. 94:1
- 18) ...**disturb** him about the question of alcoholism. 94:1

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- 19) On your first (conversation), tell him about the Fellowship of Alcoholics Anonymous. 94:2 (HINT: See pg. 17: *camaraderie, joyousness, democracy, friendliness, understanding, brotherly, harmonious, etc.* : the Spirit of the Fellowship)
- 20) Sometimes a new man is anxious to proceed at once. And you may be tempted to let him do so. This is **sometimes** a mistake. If he has trouble later, he is likely to say you rushed him. You will be most successful with alcoholics if you do not exhibit any passion for crusade or reform. (**NOTE:** *remember, this the **first** conversation*) Never talk down to an alcoholic from any moral or spiritual hilltop; simply lay out the kit of spiritual tools for his inspection. Show him how they worked with you. Offer him friendship and fellowship. Tell him if he wants to get well you will do anything to help. 95:1
- 21) (CONTAINS the FIVE "**I fs**") ***If he is not interested*** in your solution, ***if he expects you to act*** only as a banker for his financial difficulties or a nurse for his sprees, you may have to drop him until he changes his mind. **This he may do after he gets hurt some more.** 95:2
- If he is sincerely interested*** and wants to see you again, ask him to read to read this book in the interval [*pick three stories & ask: 1) Did that happen to me? 2) Did I feel like that & 3) Do I think this can work for me too?*] After doing that, he must decide for himself whether he wants to go on. He should not be pushed or prodded by you, his wife or his friends. ***If he is to find God, the desire must come from within.*** 95:3
- If he thinks he can do the job in some other way*** or prefers some other spiritual approach, encourage him to follow his own conscience. We have no monopoly on God; we merely have an approach that worked with us. But point out that we alcoholics have much in common and that you would like, in any case, to be friendly. **Let it go at that.** 95:4
- 22) Do not be discouraged if your prospect does not respond at once. Search out another alcoholic and try again.....Find someone desperate enough to accept with eagerness what you offer. We find it a waste of time to keep chasing a man who cannot or will not work with you.....To spend too much time on any one situation is to deny some other alcoholic an opportunity to live and be happy. 96:1

APPENDIX ONE:

- 23) ON THE SECOND (CONVERSATION): (If) he says he is prepared to go through with the Twelve Steps of the program of recovery. Having had the experience yourself, you can give him much practical advice. Let him know you are available if he wishes to make a decision (*Step Three*) and tell his story (*take Steps Four & Five*) but do not insist upon it if he prefers to consult with someone else (*if he chooses to get another Sponsor*). 96:2
- 24) He may be broke and homeless. If he is, you might try to help him about getting a job, or give him a little financial assistance. But you should not deprive your family or creditors of money they should have. Perhaps you will want to take the man into your home for a few days. But be sure you use discretion. Be certain he will be welcomed by your family, and that he is not trying to impose upon you for money, connections, or shelter. Permit that and you only harm him. You will be making it possible for him to be insincere. You may be aiding in his destruction rather than his recovery. (*Hint: Don't be an enabler*) 96:3-97:0
- 25) Never avoid these responsibilities but be sure you are doing the right thing if you assume them. *Helping others is the foundation stone of your recovery.* A kindly act once in a while isn't enough. *You have to act the Good Samaritan every day,* if need be. 97:1
- 26) **THE TWELVE INCONVENIENCES:**
- 1. It may mean the loss of many nights' sleep,
 - 2. great interference with your pleasures,
 - 3. Interruptions to your business.
 - 4. It may mean sharing your money and your home,
 - 5. counseling frantic wives and relatives,
 - 6. Innumerable trips to police courts, sanitariums, hospitals, jails and asylums.
 - 7. Your telephone may jangle at any time of the day or night.
 - 8. Your wife may sometimes say she is neglected.
 - 9. A drunk may smash the furniture in your home, or burn a mattress.
 - 10. You may have to fight with him if he is violent.
 - 11. Sometimes you will have to call a doctor and administer sedatives under his direction.
 - 12. Another time you may have to send for the police or an ambulance. Occasionally you will have to meet such conditions. 97:1

APPENDIX ONE:

- 27) We seldom allow an alcoholic to live in our homes for long at a time. It is not good for him, and it sometimes creates serious complications in a family. 97:2
- 28) The family should be offered your way of life. 97:3
- 29) It is not the matter of giving that is in question, but when and how to give. That often makes the difference between failure and success. The minute we put our work on a service plane, the alcoholic commences to rely upon our assistance rather than upon God. He clamors for this or that, claiming he cannot master alcohol until his material needs are cared for. Nonsense. Some of us have taken very hard knocks to learn this truth: Job or no job—wife or no wife—we simply do not stop drinking so long as we place dependence upon other people ahead of dependence on God. 98:1
- 30) 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
- 31) When your prospect has made such reparation as he can to his family, and has thoroughly explained to them the new principles by which he is living, he should proceed to **put those principles into action at home**. 98:3
- 32) Though his family be at fault in many respects, he should not be concerned about that. He should concentrate on his own spiritual demonstration. **Argument and fault-finding are to be avoided like the plague**. 98:3
- 33) After they have seen tangible results, the family will perhaps want to go along. These things will come to pass naturally and in good time provided, however, the alcoholic continues to demonstrate that he can be sober, considerate and helpful, regardless of what anyone says or does. Of course, we all fall much below this standard many times. But we must try to repair the damage immediately lest we pay the penalty by a spree. 99:1
- 34) If there be divorce or separation, there should be no undue haste for the couple to get together. The man should be sure of his recovery. The wife should fully understand his new way of life. If their old relationship is to be resumed it must be on a better basis, since the former did not work. This means a new attitude and spirit all around. Sometimes it is to the best interests of all concerned that a couple remain apart. Obviously, no rule can be laid down. Let the alcoholic continue his

program day by day. When the time for living together has come, it will be apparent to both parties. 99:2

- 35) Remind the prospect that his recovery is not dependent upon *people*. It is dependent upon his relationship with **God**. 99:3-100:0
- 36) Both you and the new man must walk day by day in the path of spiritual progress. If you persist, remarkable things will happen. When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned. Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances! 100:1
- 37) When working with a man and his family, you should take care not to participate in their quarrels. You may spoil your chance of being helpful if you do. But urge upon a man's family that he has been a very sick person and should be treated accordingly. You should warn against arousing resentment or jealousy. You should point out that his defects of character are not going to disappear over night. Show them that he has entered upon a period of growth. Ask them to remember, when they are impatient, the blessed fact of his sobriety. 100:2

The next 11 Paragraphs shift from detailed instructions on working with the prospect to extolling the benefits coming to them now they're "spiritually fit".

- 38) Assuming we are **spiritually fit**, we can do all sorts of things alcoholics are not supposed to do... 100:4
- 39) ...if we have a legitimate reason for being there. 101:3
- 40) Be sure (they) are on **solid spiritual ground** before you start and that (their) **motive in going is thoroughly good**. Do not think of what you will get out of the occasion. Think of what you can bring to it. But if you are shaky, you had better work with another alcoholic instead! 102:0
- 41) Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful. You should not hesitate to visit the most sordid spot on earth on such an errand. Keep on the firing line of life with these motives and God will keep you unharmed. 102:2

APPENDIX ONE:

- 42) We are careful never to show intolerance or hatred of drinking as an institution. Experience shows that such an attitude is not helpful to anyone. Every new alcoholic looks for this spirit among us and is immensely relieved when he finds we are not witch burners. A spirit of intolerance might repel alcoholics whose lives could have been saved, had it not been for such stupidity. 103:1-2
- 43) we shall be of little use if our attitude is one of bitterness or hostility. Drinkers will not stand for it.

And always remember: *“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. 89:1*

So ...Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail..... (89:1).....because of your own 3.3.2024drinking experience you can be uniquely useful to other alcoholics.

89:3

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss. 89:2