

# Big Book Goals\*

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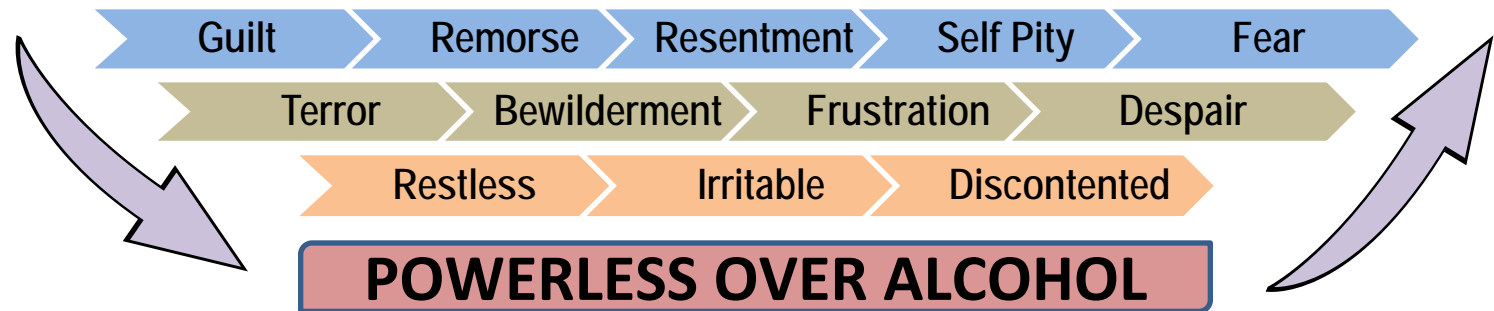
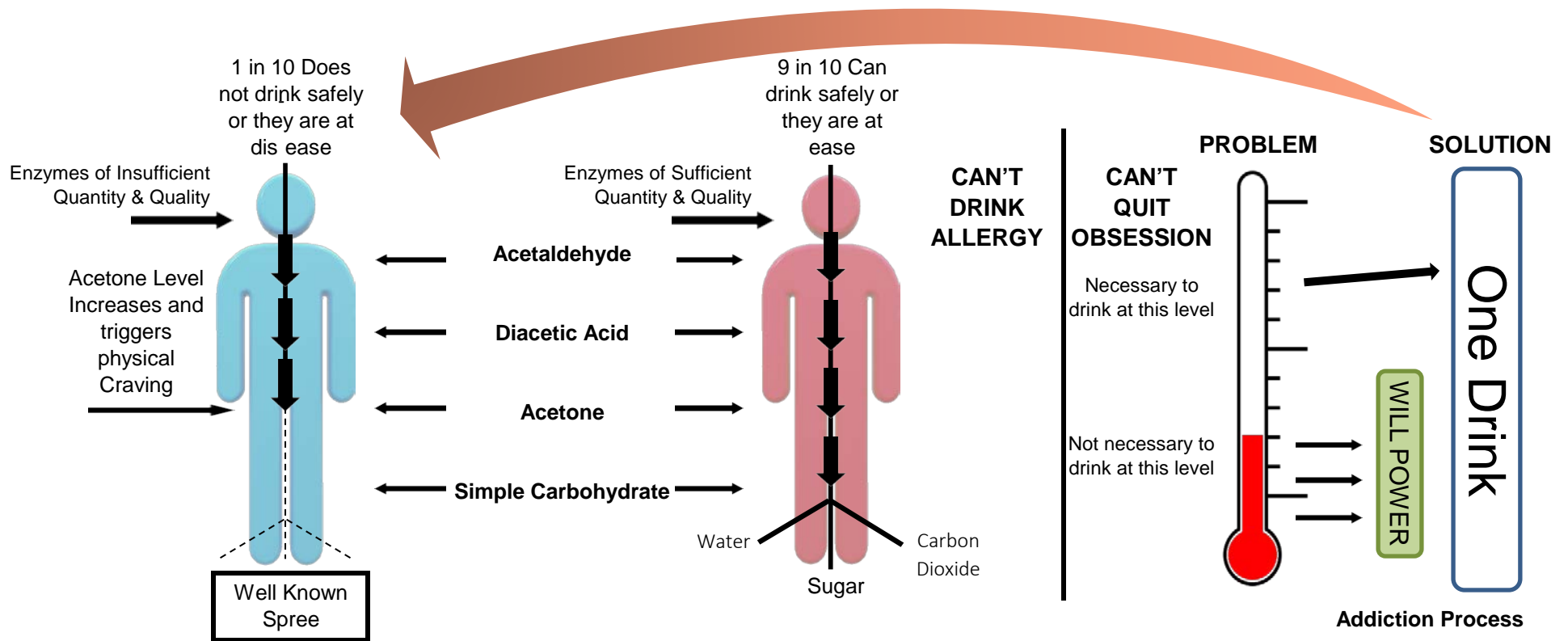
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\*(4TH Edition)

# Disease Concept Of Alcoholism

PHYSICAL

MENTAL



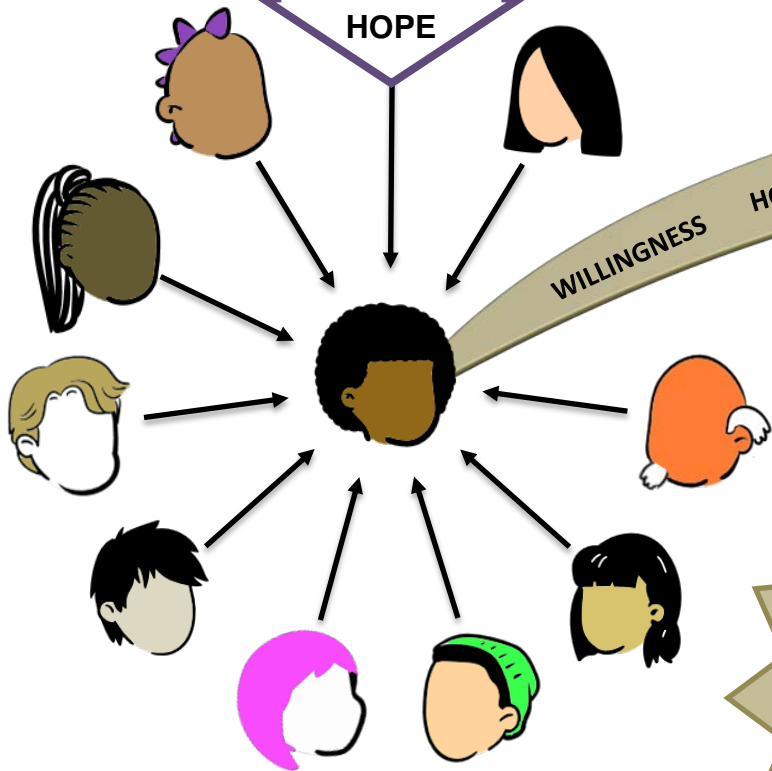
# What Is The Solution?

## THE FELLOWSHIP

SUPPORTS US

THROUGH

EXPERIENCE  
STRENGTH  
HOPE



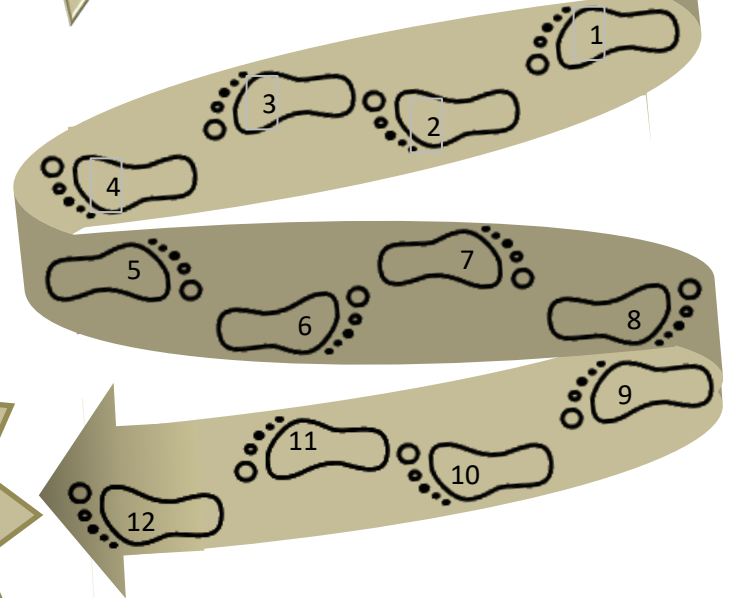
FELLOWSHIP OF  
THOSE WHO SHARE  
A COMMON PROBLEM

## A SPIRITUAL AWAKENING

CHANGES US



12 STEPS



Revolutionizes  
our whole attitude  
toward life, toward  
our fellows, and  
toward God's  
Universe

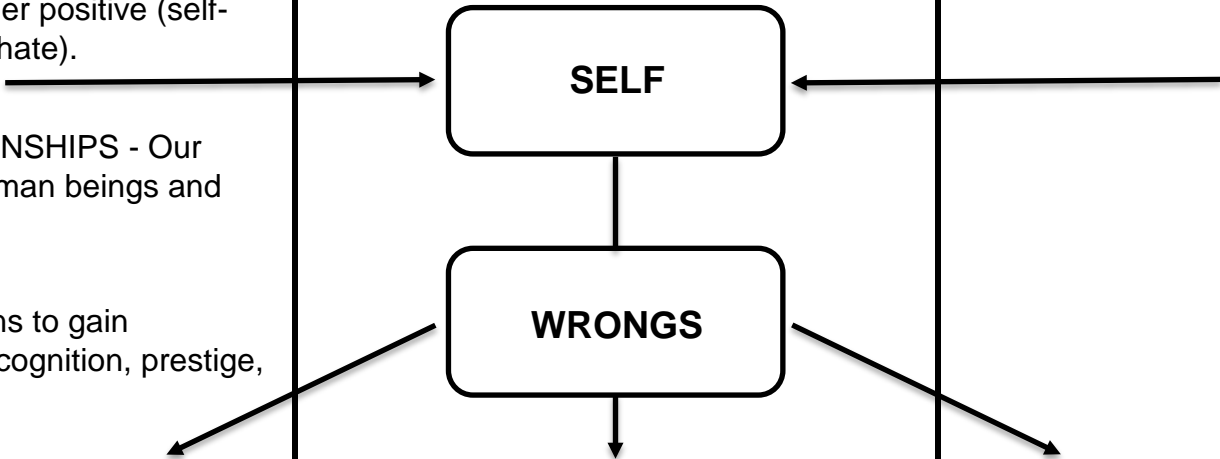
PERSONALITY CHANGE  
SUFFICIENT TO RECOVER  
FROM ALCOHOLISM

# Glossary of Words Used in Steps 4 & 5

<b>EXACT</b>	Very accurate, methodical, correct
<b>NATURE</b>	The essential characteristic of a thing
<b>WRONG</b>	Acting, judging our believing incorrectly
<b>FAULT</b>	Something done wrongly, an error or mistake
<b>MISTAKE</b>	To understand or perceive wrongly
<b>DEFECT</b>	Lack of something necessary for completeness - same as shortcoming
<b>SHORTCOMING</b>	Falling short of what is expected or required - sane as defect
<b>SELF-CENETERED</b>	Occupied of concerned only with one's own affairs - same as selfish
<b>SELFISH</b>	Too much concern with one's own welfare or interests and having little or no concern for other - same as self-centered
<b>SELF-SEEKER</b>	A person who seeks only or mainly to further his own interests
<b>DISHONEST</b>	The act or practice of telling a lie, or of cheating, deceiving, stealing, etc.
<b>FEAR</b>	Feeling of anxiety, agitation, uneasiness, apprehension, etc.
<b>FRIGHTENED</b>	A temporary or continual state of fear
<b>INCONSIDERATE</b>	Without thought or consideration of others

# Basic Instincts of Life Which Create Self

Social Instinct	Security Instinct	Sex Instinct
<p>COMPANIONSHIP - Wanting to belong or be accepted.</p> <p>PRESTIGE - Wanting to be recognized or be accepted as a leader.</p> <p>SLEF-ESTEEM - What we think of ourselves high or low.</p> <p>PRIDE - An excessive or unjustified opinion of oneself, either positive (self-love) or negative (self-hate).</p> <p>PERSONAL RELATIONSHIPS - Our relations with other human beings and there world around us.</p> <p>AMBITIONS - Our plans to gain acceptance, power, recognition, prestige, etc.</p>	<p>MATERIAL - Wanting money, building, property, clothing, etc. in order to be secure in the future.</p> <p>EMOTIONAL - Based upon our needs for another person or persons. Some tend to dominate, some are overly dependent on others.</p> <p>AMBITIONS - Our plans to gain material wealth, or to dominate, or to depend on others</p>	<p>ACCEPTABLE - Our sex lives as accepted by society, God's principles or our own principles.</p> <p>HIDDEN - Our sex lives that are contrary to either society, God's principles or our own principles.</p> <p>AMBITION - Our plans regarding our sex lives either acceptable or hidden.</p>
<b>Resentments</b>	<b>Fear</b>	<b>Harms or Hurts</b>
<p>Feelings of bitter hurt or indignation which comes from rightly or wrongly held feelings of being injured or offended.</p>	<p>Feelings of anxiety, agitation, uneasiness, apprehension, etc.</p>	<p>Wrong acts which result in pain, hurt feeling, worry, financial loss, etc. for others and also self.</p>



# STEP FOUR - Inventory Comparison

**BUSINESS**

**PERSONAL**

**FACT-FINDING**

< - >

**INTEREST IN OTHERS**

**FACT-FACING**

< - >

**FEARLESS**

**TRUTH**

< - >

**MORAL**

**STOCK-IN-TRADE**

< - >

**OURSELVES**

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## **OBJECT**

---

**DISCLOSE DAMAGED OR UNSALEABLE GOODS**

< - >

**FIND FLAWED THINKING PROCESSES**

**GET RID OF THEM PROMPTLY WITHOUT REGRET**

< - >

**GET RID OF THEM PROMPTLY WITHOUT REGRET**

**STOCK IN TRADE THAT IS DAMAGED**

< - >

- 1. RESENTMENTS**
- 2. FEARS**
- 3. HARMS DONE OTHERS**

**Here is a list of common people, institutions and principles that make many of our inventory lists.**

## **People**

Mother  
Father  
Brothers  
Sisters  
Aunts  
Uncles  
Cousins  
Wife/Husband  
Boy/Girl Friend  
Sponsors  
Fellowship Friends  
Friends  
Employers  
Employees  
Co-workers  
Roommates  
Best Friend  
Childhood Friends  
Clergy  
Creditors  
Doctors  
In-Laws  
Judges  
Police Officers  
Life-long Friends  
Parole Officer  
Probation Officer  
Grade School Friends  
Jr. High/Middle School Friends

## **People (continued)**

High School Friends  
Friends Parents  
Neighbors  
Teachers  
Lawyers  
Homosexuals  
Heterosexuals

## **Institutions**

Church  
Bible  
Child Protection  
Correctional System  
Education System  
Government  
The Law  
Police Departments  
Marriage  
Health system  
Mental Health System  
Nationality  
Philosophy  
Races  
Religion  
Society  
Driver's License Office  
Clerk of the Court  
I.R.S.

## **Principles**

Adultery  
Death  
God  
The Golden Rule  
Heaven  
Hell  
Homophobia  
Jesus Christ  
Afterlife  
Original Sin  
Retribution  
Satan  
Seven Deadly Sins  
Sin  
Ten Commandments  
Do unto others...  
If you lie down with dogs...  
You Reap What You Sow  
Twelve Steps  
Karma

## **Note:**

It might help to think of your life in compartments. Sometimes this might be each school you attended, and then each job you had. If you lived in different places think of each location and the events and people to help construct a list.

# Instructions for completion - Resentments

## **Instruction 1:**

In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry. Complete column 1 from top to bottom. Do nothing on Columns 2, 3, 4 or 5 until Column 1 is complete.

## **Instruction 2:**

We asked ourselves why we were angry. Complete Column 2 from top to bottom. Do nothing on Columns 3, 4 or 5 until Column 2 is complete.

## **Instruction 3:**

On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? Complete each column within Column 3 going from top to bottom. Starting with Self-esteem column and finishing with the Sexual Ambitions column. Do nothing on Columns 4 or 5 until Column 3 is complete.

## **Instruction 4:**

Putting out of my mind the wrongs others have done, I look for my own mistakes. What did I do, if anything, to set in motion trains of circumstances, which in turn caused people or institutions to hurt me and eventually led to my resentment of them for doing so? Do nothing on Columns 5 until Column 4 is complete.

## **Instruction 5:**

Referring to our list again, putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened and inconsiderate? (Asking ourselves the above questions, we complete each column within Column 5).

## **Instruction 6:**

Reading from left to right, we now see the resentment (Column 1), the cause (Column 2), the part of self that had been affected (Column 3), our own mistakes (Column 4), and the exact nature of the defect within us that allowed the resentment to surface and block us off from God's will (Column 5).





# Instructions for completion - Fears

## **Instruction 1:**

In dealing with fears, we put them on paper. We listed people, institutions or principles with who we were fearful. Complete column 1 from top to bottom. Do nothing on Columns 2, 3, 4 or 5 until Column 1 is complete.

## **Instruction 2:**

We asked ourselves why do I have the fear. Complete Column 2 from top to bottom. Do nothing on Columns 3, 4 or 5 until Column 2 is complete.

## **Instruction 3:**

Which part of self caused the fear? Was it our self-esteem, our security, our ambitions, our sex instinct which had caused the harm? Complete each column within Column 3 going from top to bottom. Starting with Self-esteem column and finishing with the Sexual Ambitions column. Do nothing on Columns 4 or 5 until Column 3 is complete.

## **Instruction 4:**

What did I do, if anything, to set the ball rolling, and set in motion trains of circumstances, which have led to my being in the position to have the fear? Do nothing on Columns 5 until Column 4 is complete.

## **Instruction 5:**

Referring to our list again, putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened and inconsiderate? (Asking ourselves the above questions, we complete each column within Column 5).

## **Instruction 6:**

Reading from left to right, we now see the fears (Column 1), why I have the fear (Column 2), the part of self which caused the fear (Column 3), the part of self which caused the fear (Column 4), and the exact nature of the defect within us that caused the fear to surface, and block us off from God's will (Column 5).



# Instructions for completion - Sex Conduct / Harms

## Instruction 1:

We listed all people our sex conduct had harmed and also the people we had harmed. Complete column 1 from top to bottom. Do nothing on Columns 2, 3, 4 or 5 until Column 1 is complete.

## Instruction 2:

We asked ourselves what *WE* did. Complete Column 2 from top to bottom. Do nothing on Columns 3, 4 or 5 until Column 2 is complete.

## Instruction 3:

Was it our self-esteem, our security, our ambitions, our sex instinct which had caused the harm? Complete each column within Column 3 going from top to bottom. Starting with Self-esteem column and finishing with the Sexual Ambitions column. Do nothing on Columns 4 or 5 until Column 3 is complete.

## Instruction 4:

We asked ourselves did I unjustly arouse jealousy, anger, suspicion, bitterness, desire to retaliate? What should I have done instead?

## Instruction 5:

Referring to our list again, putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened and inconsiderate? (Asking ourselves the above questions, we complete each column within Column 5).

## Instruction 6:

Reading from left to right, we now see the harm (Column 1), what we did (Column 2), the part of self which caused the sex conduct/harm (Column 3), and the exact nature of the defect within us that caused the sex conduct/harm and block us off from God's will (Column 4).



# THREE DIMENSIONS OF LIFE

PHYSICAL - SOCIAL

MENTAL

SPIRITUAL

**HIGHER POWER**

STEPS 1 - 2 - 3

STEPS 4 - 5 - 6 - 7

STEPS 8 - 9

# DAILY INVENTORY

When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid?

PERSONALITY CHARACTERISTICS OF SELF-WILL	✓	✓	PERSONALITY CHARACTERISTICS OF HIGHER POWER'S WILL
SELFISH AND SELF-SEEKING			INTEREST IN OTHERS
DISHONEST			HONEST
FRIGHTENED			COURAGEOUS
INCONSIDERATE			CONSIDERATE
PRIDEFUL			HUMILITY - SEEKING GOD'S WILL
GREEDY			GIVING OR SHARING
LUSTFUL			PURITY
ANGRY			CALM - SERENE
ENVIIOUS			GRATEFUL
SLOTHFUL			TAKE ACTION
GLUTTONOUS			MODERATION
IMPATIENT			PATIENT
INTOLERANT			TOLERANT
RESENTFUL			FORGIVING
HATEFUL			LOVING - CONCERN FOR OTHERS
HARMFUL ACTS			GOOD DEEDS
SELF-PITY			SELF-FORGETFULNESS
SELF-JUSTIFICATION			SELF-ACCEPTANCE
SELF-IMPORTANCE			MODEST
SELF-CONDEMNATION			SELF-FORGIVENESS
SUSPICIOUS			TRUSTING
DOUBTFUL			FAITHFUL
COVETOUSNESS			CHARITABLE - GENEROUS
DISRESPECTFUL			RESPECTFUL
NEED TO KNOW			HEALTHY CURIOSITY