



Great Reality Group of Alcoholics Anonymous

(Suggested) Big Book Step Study Meeting Script

(Chairperson calls the meeting to order.)

1.) Welcome regular members, anyone new and anyone coming back to Great Reality Group. This is a closed meeting for alcoholics / addicts and anyone with a desire to quit drinking/using. Please silence all cell phones and if smoking outside remember there's security cameras, so use the butt receptacle, please don't litter.

We open this meeting with a moment of silence for the sick and still suffering alcoholic/addict, followed by the 'The Set Aside Prayer': *(let's have that moment now)*.

***"God, please help me set aside everything I think I know about myself, my illness, the 12 steps, and You, for an open mind and a new experience with all these things.
Please help me see the truth."***

(Briefly qualify to chair as a real alcoholic/addict, living in contented sobriety)

"I'm a real alcoholic /(addict), and my name is; _____

(Ask a volunteer to read the AA preamble)

2.) What is AA?

"Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety".

(Chairperson reads)

3.) Great Reality Group's spiritual aim points to a message of depth and weight, we provide a place to study and work AA's 12 steps. It's by consistently working this 12 step process that we enjoy a more authentic and fulfilling, sober life.

(Ask a volunteer to read, "The 12 Steps," from chapter 5 of the Big Book, on pg.59).

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Great Reality Group of Alcoholics Anonymous

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(Continued) Big Book Step Study Meeting Script

(We follow all 12 Traditions of AA, but don't read them, and use this time for introductions").

4.) Introductions: This is a CLOSED meeting, which means attendance is limited to alcoholics or addicts, and those with a desire to quit drinking/using. Please identify yourself as one using your first name and home group. *(At this small meeting, it's optional to share how the 12 steps improves your life. But if you're new or coming back please speak up because we award sober chips, and if a step is causing you difficulty we should review it, and share our experiences).*

5.) Our Primary Purpose; is to share our experience, strength and hope with those still suffering from the illness of alcoholism and addiction, to help them recover following AA's 12 Steps. Our study method turns statements from the Big Book into questions, we can answer for ourselves, and share with each other.

6.) Discussion; (**'having shared in a common peril'**, *brings us together but, 'it's our common solution that holds us together.'* / p.17). We want to look for 12 step solutions, not at the way we drank or used, but why we can't stop! This is a *'Polite Cross-Talk'* meeting, so please stay on topic, by sharing positive viewpoints, and talking freely without sarcasm or quarreling. *Personal problems should only be discussed before and after meetings.*

----- Closing -----

• The 7th Tradition states: **"Every AA group ought to be fully self-supporting, declining outside contributions."** Please give generously to keep this meeting happening. *(Ask for any announcements for the good of AA.)*

If you would like to join Great Reality Group, we would appreciate your support! *(just a reminder): ~ "Who you see here and what you hear here, when you leave here, please let it stay here ~ Please respect our anonymity."*

• Close the meeting with the, **'We version of the Serenity Prayer.'**

(We just remain seated and; We Humbly Ask); "God, grant us the serenity to accept the things we cannot change, Courage to change the things we can, and the Wisdom to know the difference, Amen"

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ALCOHOLICS ANONYMOUS

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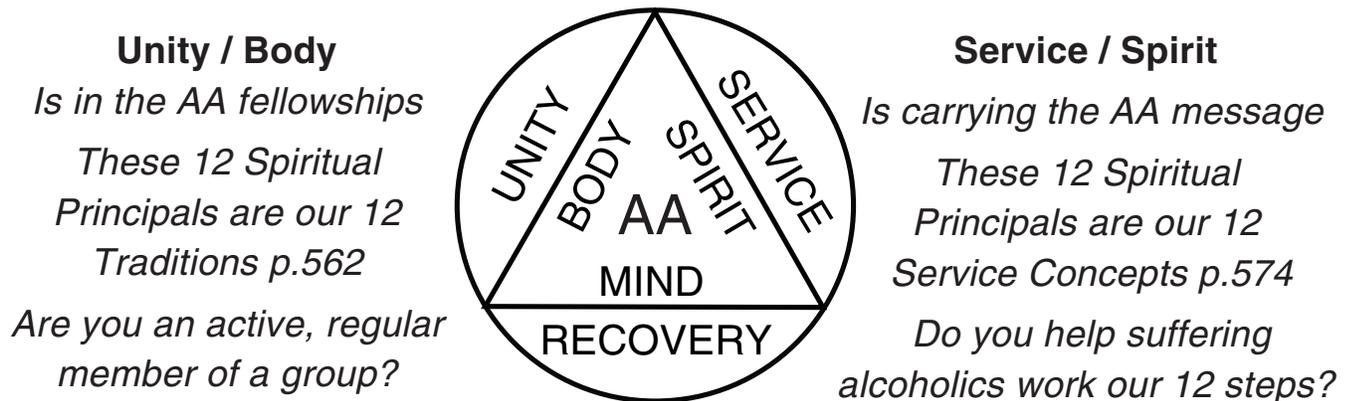
(The first Promise of Hope):

The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism

More specifically:

- **The** (a one, unique), • **Story** (a factual account), • **of How** (precise actions taken by),
- **Many Thousands of Men and Women** (who's result of taking these precise actions),
- **Have Recovered** (been returned to a normal state, as in health), • **from Alcoholism** (a seemingly hopeless state of mind and body)

The Circled Triangle is actually an ancient spiritual symbol meaning 'Mind, Body and Spirit,' united as one. Our 3 legacies, 'Recovery, Unity and Service', are thought of as 'a three legged stool' representing balance.



Recovery / Mind

Is found in our Big Book from page XXV to page 164

*These 12 Spiritual Principals are our 12 Steps pg.s 59-60
are you practicing the whole 12 Step Process in all your affairs?*

*AA runs on all 32 spiritual principles; our 12 steps, the 12 traditions,
and the 12 concepts, together they keep us happy, joyous and free.*

Sustained effort across all 3 legacies keeps us Sober, Sane and Safe.

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A THREE FOLD DISEASE

Add this handy index to the last page of "The Doctors Opinion" in your book.

1) BODY = PHYSICAL ALLERGY / Lack of Control / Craving
(Drs. Opinion to page 23)

2) MIND = MENTAL OBSESSION / Lack of Will Power
(pages 23 - 43)

3) SPIRIT = SPIRITUAL MALADY / Unmanageability &
Untreated Alcoholism / (pages 44 - 64)

(BB.4th Edition is indicated by (Pg.xxvi, line #) / LargePrint Edition = (LP.xxii))

Step: 1a) BODY = Allergy

The "ALLERGY," of the BODY is defined in the Dr.'s Opinion;

(Pg.xxvi, LP.xxiv, line 10), "... we who have suffered alcoholic torture must believe — that the body of the alcoholic is quite as abnormal as his mind. ...But we are sure that our bodies were sickened as well. In our belief, any picture of the alcoholic which leaves out this physical factor is incomplete."

(Pg.xxviii, LP.xxvi, line 4), "We believe, and so suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy; that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker. These allergic types can never safely use alcohol in any form at all"

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Step: 1b) MIND = Obsession

"Obsession" is the mental illness part of our dis-ease.

(Pg.22, line 26) -to- (Pg.23, line 5); "...once he takes any alcohol whatever into his system, something happens, both in the bodily and mental sense, which makes it virtually impossible for him to stop. ... These observations would be academic and pointless if our friend never took the first drink ... Therefore, the main problem of the alcoholic centers in his mind, rather than in his body."

(Pg.23, line 31) -to- (Pg.24, line 17); "This tragic situation has already arrived ... before it is suspected. ... We are without defense against the first drink. ... There is a complete failure of the kind of defense that keeps one from putting his hand on a hot stove."

**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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Step 1c) SPIRITUAL MALADY = Unmanageability

Drs.Op, (Pg.xxviii, LP.xxvi, line 34): “(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, lines 3 & 4);

“Leaving aside the drink question... why living was so unsatisfactory?”

THE BEDEVILMENTS (Pg.52, line 14)

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

Classify “The Bedevilmments” in your Big Book (Pg 52, line 14-19)

Ask Yourself: 1) Do any of these Bedevilmments describe your current life?
2) How is living your way working out for you?

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THERE IS A SOLUTION

"There is a Solution" (Pg. 17), Starts out praising Fellowship: (Underline the following words): friendliness, understanding, indescribably wonderful, camaraderie, joyousness and democracy"

(Pg.17, line 16 to end), Then warns we need more, "The feeling of having shared in a common peril is one element ... But that in itself would never have held us together ... we have discovered a common solution, We have a way out on which we can absolutely agree

COMMON PERIL



The Hopeless state of Mind and Body

_____ = ***"the powerful cement which binds us"***

COMMON SOLUTION



The Spiritual Experience brought about by the Program of Action

Our Big Book WARNS against FELLOWSHIP alone

(Pg.19, line 4), "We feel that elimination of our drinking is but a beginning. A much more important demonstration of our principles lies before us in our respective homes, occupations and affairs." (Pg.82, line 27), "We feel a man is unthinking when he says that sobriety is enough."

Are you a 'Real Alcoholic'? Re-Read; (Pg.20, line 27 -to- Pg.21, line 9)

"Moderate drinkers* have little trouble giving up liquor... if they have ***good reason / a certain type of hard drinker ... If a sufficiently ***strong reason***, can also stop or moderate. / But what about ***the real alcoholic***... at some stage of his drinking career he begins to ***lose all control of his liquor consumption***, once he starts to drink. ***(No reason)!*****

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WE AGNOSTICS

(Pg.44, lines 4 - 7): *Honestly answer for yourself: "If, when you honestly want to, you find you cannot quit entirely, or if when drinking, you have little control over the amount you take, you are probably alcoholic"*

Basic STEP ONE QUESTIONS:

- 1) Have you been able to quit entirely on your own resources?
- 2) Do you have any control over the amount you take once you start?

TAKE STEP ONE --> (Pg.30, line 11)

"We learned that we had to **fully concede to our innermost selves** that we were alcoholics. This is the first step in recovery".

Part 1: Physically + Mentally I can't control my drinking.

Part 2: Spiritually I can't cope with my sobriety.

(Pg.33, line 11) "If we are planning to stop drinking, there must be no reservation of any kind, nor any lurking notion that someday we will be immune to alcohol." *One day at a time we stay away from the first drink that triggers our allergy.*

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Lack of Power

(Pg.42, line 6), “will power and self-knowledge would not help in those strange mental blank spots.” **Repeating the experiment of the 1st drink, over, and over, but expecting different results is;** (Pg.40, line 18), “ the subtle insanity which precedes the first drink” **Admitting our Lack of power Is our first step; Step 2 says;** “We came to believe that a Power Greater than ourselves could restore us to sanity”

(Pg.46, line 14-19), “We found that as soon as we were able to lay aside prejudice and express even a willingness to believe in a Power greater than ourselves, we commenced to get results, even though it was impossible for any of us to fully define or comprehend that Power, which is God.” **Our book doesn't say we believe in a certain God, it says we need more Power.**

(Pg.45, line 8-14), “Lack of power, that was our dilemma. We had to find a power ... and it had to be a Power greater than ourselves. Obviously. But where and how were we to find this Power? ... that’s exactly what this book is about ..to enable you to find a Power ... which will solve your problem.” *Note “power” is capitalized when it means God's Power, not our will power.* (Pg.47, line 18), “upon this simple cornerstone, **(of belief)**, a wonderfully effective spiritual structure can be built.”*(Appendix II, Spiritual Experience).

(Pg.59, line 11), “We came to believe **THAT A POWER GREATER** than ourselves could restore us to sanity.” **It's not about what POWER it is, but what that POWER can do! Our Big Book is Spiritual, Not Religious.**

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Take Step Two

(Pg.57, line 6), "Circumstances made me willing to believe" Our insanity around alcohol and /or drugs induces our 1st Step surrender. Powerlessness increases our Step 2 **willingness to believe** that we need a Higher, (*more*) Power. Our 3rd Step **decision** is actively writing a 4th Step inventory because, **(Pg.64, line 6)** "Our liquor was but a symptom. So we had to get down to causes"

BELIEF vs FAITH: Columbus used this same formula; **(Pg.51 line 18)**, "the contemporaries of Columbus thought a round earth preposterous." *But (Step 2), he "became willing to believe" he could sail west to get east, then (Step 3), he "decided" to set sail west to India, and (Pg.46, lines 16-19), "commenced to get results." Chris discovered a 'New World', then faithfully sailed back and forth.*

***First we become willing to BELIEVE, then we DECIDE to ACT,
and let our RESULTS lead us into FAITH***

(Pg.46, line 23), "As soon as we admitted the possible existence of a Creative Intelligence, a Spirit of the Universe underlying the totality of things, **we began to be possessed of a new sense of power and direction**, provided we took other simple steps. **We found that God does not make too hard terms with those who seek Him.**"

(Pg.568, LP184, line 6), Appendix II, Spiritual Experience; "...any alcoholic capable of honestly facing his problems in the light of our experience can recover, provided they do not close their mind to all spiritual concepts. They can only be defeated by an attitude of intolerance or belligerent denial."

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How It Works

*We are discontent Spiritually, Mentally irritable and Physically restless, so we're actually insanely driven to drink and or use. Trying to escape from our shameful **ACTIONS** and guilty **THOUGHTS**; we finally became willing to try this program: (Pg.52, line 24), "Our ideas did not work. But the God idea did."*

*(Pg.59, line 13), "Made a **DECISION** to turn our will and our lives over to the care of God, (as we understood Him)." My '**WILL**' means my '**THOUGHTS**,' and my '**LIFE**' means my '**ACTIONS**,' because my life is how I live. Since all actions are born in thoughts, my **LIFE** is determined by how I **THINK**.*

(Pg.62, line 25). "First of all, we had to quit playing God. It didn't work."

Steps 1 & 2 convince us of these 3 pertinent ideas:

- (a) That we were alcoholic and could not manage our own lives.**
- (b) That probably no human power could have relieved our alcoholism.**
- (c) That God could and would if He were sought.**

The decision that we're making: is to let God be our Director.

This is a simple but revolutionary idea because, not only did we try to direct God, we needed to direct everybody around us. Now we pause when agitated or doubtful and let God be in charge of our results, one day at a time, from this day onward.

(Pg.63, lines 1-11, the Step 3 promises); "When we sincerely took such a position, all sorts of remarkable things followed ... as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were (Spiritually), reborn."

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Take Step Three

(Read Pg.62, line 3 to end of page), “are not most of us concerned with ourselves, our resentments, our self-pity? **Selfishness, self-centeredness!** That we think is the root of our troubles... Most good ideas are simple, and this concept was the keystone... through which we passed to freedom.”

Humbly read aloud the 3rd Step prayer;

(Pg.63, line 13), "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!"

(Pg.63, line 19), "We thought well before taking this step... The wording was, of course, quite optional so long as we expressed the idea, voicing it without reservation." *Rewriting the prayer in our own words makes it easier to understand and remember, for example;* "God you're the One in control, help me get over my problems, and I will give you all the credit for keeping me out of trouble. Forever!"

(Pg.63, line 30 - Pg.64, line 6), "Next we launched out on a course of vigorous action, the first step of which is... to face, and to be rid of, the things in ourselves which had been blocking us. **Our liquor was but a symptom....** we had to get down to causes and conditions." *Deciding, is like thinking, it has little effect unless we act upon it, so like deciding to clean out a refrigerator, we smell-test what's inside to discover what's rotten.*

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Always write a prayer at the top of an inventory page:

"God please enable me to see Truth"

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Step 4a Resentments

In step 4 we fearlessly analyze 3 basic survival instincts; **'Social ability, Security and Sex Conduct.'** When they're interfered with we become; (Pg.65, line 1). "hurt or threatened... We were "burned up." We get resentfully angry.

(Pg.66, line 15), "...when harboring such feelings we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink/use again. And with us, to drink is to die."

(Pg.66, line 23), " ... look at it from an entirely different angle"

Who I'm resentful at:	The Cause:	Affects my:	(Fearful Reaction) *Self Reliance Fails'.
Mr. Brown	His attention to my wife. Told my wife of my mistress. Brown may get my job at the office.	Sex Relations, Self-esteem (Fear) Sex relations. Self-esteem (Fear) Security. Self-esteem (Fear)	I'm not good enough (Subconscious Anxiety)
Mrs. Jones	... Committed her husband for drinking. He's my friend ...	Personal Relationship, Self-esteem (Fear)	I'm unwelcome, I'm not respected (Subconscious Anxiety)
My Employer	... Overbearing, Threatens to fire me for drinking ...	Self-esteem, (Fear) Security	I'm not trusted, I'm not worthy, I'm dispensable (Subconscious Anxiety)
My Wife	Misunderstands and nags. Likes Brown. Wants house put in her name.	Pride, Personal sex relations, Security (Fear)	I'm unloved, I'm a bad provider, I'll be broke & alone (Subconscious Anxiety)

(Pg.66, line 23), "We saw that these resentments must be mastered, but how?" **Read the columns from right to left, to see how we project our subconscious fear and anxiety onto others, (especially when drunk). The person, institution or principle are just targets of our anger. (Read Pg.67, lines 1-8 the 'Sick Man Prayer'),** "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."

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Step 4b Fears

(Pg.68, line 3), "We reviewed our fears thoroughly. We put them on paper"
 To analyze subconscious fears, copy them from the 4th column of your
 resentment inventory, then consider each underlying fear. **(Pg.68, line 5)**, "We
 asked ourselves why we had them?" Fear flashes instinctively through our
 nervous system, so we unpack each one to seek how we block God's Grace,
(Pg.68 line 5), Wasn't it because self-reliance failed us?"

- (a) I fear **I'm not good enough** because if true; I'll feel **unwanted** ...
- (b) I fear feeling **unwanted** because if true; I'll be **alone** ...
- (c) I fear being **alone** because; I fear **emotional pain** ...
- (d) I fear **emotional pain** because; I may insanely drink/use again ...
- (e) I fear **drinking/using** because for me; to drink/use is to die ...
- (f) I fear dying because it's an unknown ...
- (g) I fear the unknown because; I don't believe or have no faith in God.

Unpacking our underlying fears, that hide layers of deeper fears

(a) Fearful Suspicion	1st Underlying Fear (b)	2nd Underlying Fear (c)	3rd Underlying Fear (d)	4th Underlying Fear (e)	5th Basic Fear (f)
Not Good Enough	Unwanted	Alone	Emotional Pain	Drinking / Drug Use	Dying
Not Trusted	Disliked	-Alone- (ruled out b/c it follows the above path to) -->			Self-Reliance Fails (SRF)
Not Respected	-Disliked-	(ruled out b/c it follows the above path to) -->			Self-Reliance Fails (SRF)
Dispensable	Fired	-Unwanted-	(follows the above path to) -->		Self-Reliance Fails (SRF)
Unloved	Rejected	-Emotional Pain-	(follows the above path to) -->		Self-Reliance Fails (SRF)
Not Secure	Broke	Failure	Self Hate	-Alone-	Self-Reliance Fails (SRF)
*Perfection	Must Repeat	Can't Repeat	-Failure-		Self-Reliance Fails (SRF)
*Not Perfect	-Unwanted-	(g) For us, to Drink / Drug is to Die	(h) Death is an Unknown		We Fear the Unknown b/c - No Faith / God! (SRF)

(*Perfection / Not Perfect, ' always include the opposite fear, 'work / no work,' etc....)

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Step 4c Sex Conduct

(Pg.70, line 11), "If I'm not sorry, and my conduct continues to harm others, I'm quite sure to drink." *We list 'Just the Facts' to discover how and why we treat people as obstacles, or opportunities for our selfish desires.*

a) **Brief History: (Pg.69, line 11)**, "We reviewed our own conduct over the years past"

Name: *(of other involved)* _____ Relationship: *(to me)* _____

1) Reasons I got involved ... *(did this relationship begin with sex, motives)?*

2) My specific *(sex)* conduct was ... *(did sex alter my self-esteem, high or low)?*

3) Contentious areas in my relationships ... *(did I withhold or use sex as leverage)?*

4) How it is now, or how did it end ... *(did I cause undue stress in this relationship)?*

b) **Considerations:** "We got this all down on paper and looked at it" **(Pg.69, line 15)**

I analyze my selfishness by answering these 9 questions;

1) Where had I been selfish? **2)** Where had I been dishonest? **3)** Where had I been inconsiderate? **4)** Whom did I hurt? *(other friends, parents, kids, siblings)* **5)** Did I arouse jealousy? **6)** Did I arouse suspicion? **7)** Did I arouse bitterness? **8)** Where was I at fault?
#9.) What should I have done instead? (This question becomes my 'Sex Ideal').

(Pg.70, line 15), "We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing."

(Pg.64, line 6), "Our liquor was but a symptom. So we had to get down to causes and conditions." *Aside from sex, we analyze our selfish conduct in all relationships, anyone we live with, work with or meet with daily.*

c) Harms: "We must be willing to make amends where we have done harm, provided that we do not bring about still more harm in so doing. In other words, we treat sex as we would any other problem." **(Pg.69, line 24).**

4th Step Summary; *Self-assessments are 'Spiritual Power-Tools,' working with them unblocks God's Power;* **(Pg.71, line 1)**. "In this book you read again and again that faith does for us what we could not do for ourselves."

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Step 5 Into Action

I humbly set aside my ego to, (Pg.73, line 8), “learn enough of humility, fearlessness and honesty, in the sense we find it necessary”

(Pg.72, line 2), “We have been trying to get a new attitude, (Step 2), a new relationship with our Creator, (Step 3), and to discover the obstacles in our path, (Step 4), We ask God for the courage to admit our guilt, shame and fearful selfishness. (Pg.72, line 7), “Now these are about to be cast out”

<i>The 'Exact Nature of our Defects' arise out of these 7 areas of self.</i>	<i>We tell our life story focused on our self centeredness, because that drives our dishonesty and resentment.</i>
Self Esteem: <i>My high or low opinion of myself.</i>	<i>Start sentences with; 'I am...' (example) 'I'm the best partner they could ever have'</i>
Pride: <i>How I want and expect you to think of me.</i>	<i>Start sentences with; 'Others should...' / 'No one should...' / or 'Others can...'</i>
Security: <i>What I need for me to feel safe.</i>	<i>Start sentences with; 'I want the respect of...' or 'I wish others would...'</i>
Ambition: <i>What I want from my efforts.</i>	<i>Start sentences with; 'I want...' or 'I can't be challenged...'</i>
Personal Relations: <i>What I expect of everyone's relationship.</i>	<i>(examples) 'Spouses trust each other', or 'Friends back up each other' or 'Mothers support their kids'</i>
Sex Conduct: <i>What I expect out of my intimate relationships.</i>	<i>Start sentences with; 'A real man ...' and/or 'A real woman ...' (my partner/lover)</i>
Pocket Book: <i>My own finances.</i>	<i>Start sentences with; 'Nobody should...' (example) 'Nobody should interfere with my job'</i>

STEP 5: "Admitted to God, (**Spiritual**), to ourselves, (**Mental**), and to another human being, (**Physical**), the exact nature of our wrongs." *We seek to 'balance' the 3 dimensions of **Body, Mind & Spirit**.*

“Wrongs, Defects and Shortcomings” *All mean the same, they are simply what's blocking us from practicing God's will, in all our affairs.*

*Now we're ready for **Step 6, (Pg.76, line 1)**, “if we can answer to our satisfaction.” Our own 'Peace of Mind' is the measure of our readiness.*

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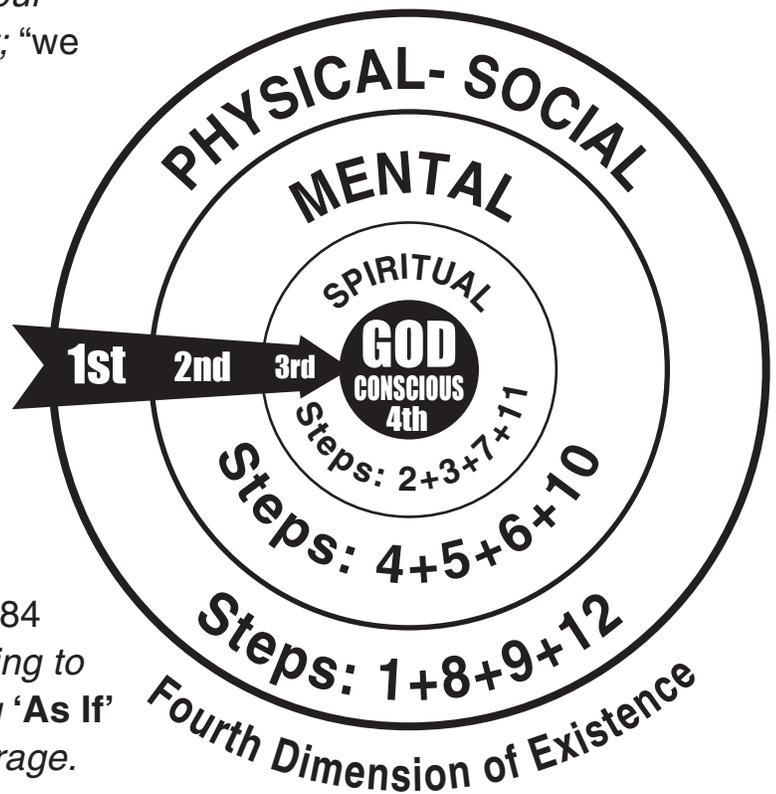


Step 6 Entirely Ready

After analyzing my selfishness in steps 4 & 5, I realize why my problems arise out of my ego. Not much spiritual effort is needed to avoid shortcomings that start trouble, but we often still enjoy character defects that get instant results, especially when we are threatened or angered.

Sarcasm for example; our self esteem gets lifted, when we put others down. Inversely, by putting ourselves down, we empower others then self-pity makes us victims. "In meditation, we ask God what we should do about each specific matter" (Pg 69 line 28). So 'if we can't say something nice, we bite our tongue.'

We cast out defects by aligning our will, with God's will, and stop what; "we have admitted are objectionable" (Pg.76, line 4). "If we still cling to something we will not let go, we ask God to help us be willing" (Pg.76, line 5). Old habits are hard to break; "there often seems no way of entirely getting rid of self without His aid" (Pg.62, line18). So we; "watch (ourselves) for selfishness, dishonesty, resentment, and fear" then; "ask God at once to remove them" (Pg 84 line 23). Asking God means; Praying to our Higher Power, and then acting 'As If' we are blessed with insightful courage.



Only our 1st Step surrender is 100%, we remain powerless over alcohol and drugs, and abstinence is a start, but our real goal is an entire psychic change of personality. "We claim spiritual progress rather than spiritual perfection" (Pg 60 line 10). We aim at perfection, ready to grow toward it, no matter how humbling it seems.

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Step 7 Useful Humility

(Pg.67, line 14), "Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes" *Now that we're aware of our resentment, selfishness, dishonesty and fear, we ask God for the courage to practice the opposite response to our selfish will.*

Blocked from God = Self-Will Power	God Consciousness = God's-Will Power
Selfishness, Self-seeking	Unselfishness, Selflessness
Dishonesty, Stealing, Lying	Honesty, Generosity, Integrity
Resentment	Forgiveness
Fear, Anger	Courage, Love

The main cause of our defects is self-centered fear that we would lose something we already have, or fail to get something we want, when we want it! Living in constant frustration we never achieve peace of mind, so we must humbly reduce our demands. (Pg.70-71), "In this book you read again and again that faith did for us what we could not do for ourselves."

The effort, or act of working Step 7 is in the humility, it's ego deflating to admit we're at fault, but we try to seek God's will, not ours.

God has a purpose for us; (Pg 89 line 22), "because of your own drinking experience you can be uniquely useful to other alcoholics/addicts."

So we pray; (Pg,76 line 9), "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.

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Step 8 Listing Willingness

(Pg.76, line 20), "We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves"

I 'Sweep-Away' my self-centered perspective by trying to imagine the other person's point of view, (Pg.20, line 1): "Our very lives, as ex-problem drinkers, depend upon our constant thought of others..." (Pg.76, line 22). "If we haven't the will to do this, we ask, (pray), until it comes"

It helps to divide our list into 4 columns: *Start by making NOW amends, after them, do some LATER's. then attempt some MAYBE's. Now with experience, try the NEVER's. (Pg.76, line 23): "Remember it was agreed at the beginning we would go to any lengths for victory over alcohol."*

NOW	LATER	MAYBE	NEVER
*****	*****	*****	*****
*****	*****	*****	*****
*****	*****	*****	
*****	*****		

Defective relations with other people always played a big part in our discontent and alcoholism/addiction, so we study our past behavior for resentment, dishonesty, selfishness and fear, then ask God to remove it.

We 'pray over each name' by contemplating our mistakes and asking ... (Pg.86, line 28): "God for inspiration, an intuitive thought or a decision" Remembering that our (Pg.89, line 23): "own drinking experience makes us uniquely useful to other alcoholics"

For a 'first approach,' use a phone call or email to briefly explain why your recovery and why you would like to meet in person. (Pg.77, line 28), "we will never get over drinking until I have done my utmost to straighten out the past." Suggest a mutually convenient meeting time and neutral place, (like a coffee shop, or a busy, public park)

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Step 9 Making Amends

Pages 77-83 of our Big Book offers insightful examples, but consult your sponsor and/or someone experienced, to avoid causing even more harm.

Freedom from guilt or shame	"It is harder to go to an enemy than to a friend, but we find it much more beneficial to us." (Pg.77, line 23).
Hopeful Results	"In 9 cases out of 10 the unexpected happens ... the man we are calling upon admits his own fault ... feuds of years' standing melt away in an hour." (Pg.78, line 5).
Money & Credit	"Arranging the best deal we can we let these people know we are sorry. We must lose our fear" (Pg.78, line 20).
Criminal Offenses	"a criminal offense which might land us in jail if it were known to the authorities. We have already admitted this in confidence to another person" (Pg.78, line 27).
Owning Blame	"we are not to be the hasty and foolish martyr who would needlessly sacrifice others to save himself" (Pg.79, line 14).
Sexual Infidelity	"We are sorry for what we have done and, God willing, it shall not be repeated" (Pg.81, line 24).
Family Life	"There's a long period of reconstruction ahead. We must take the lead. ... sit down with the family and frankly analyze the past as we now see it." (Pg.83, line 1).
Living Amends	"Spiritual life is not a theory. We have to live it. Our behavior will convince them more than our words." (Pg.83, line 10).
Clear Conscience	"some wrongs we can never fully right. We don't worry about them if we can honestly say to ourselves that we would ... if we could." (Pg.83, line 18).
God's Power	"As God's people we stand on our feet; we don't crawl before anyone." (Pg.83, line 25).

*Remember to ask; 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? / Then humbly listen to their answers, (without arguing)! We must let them clear their conscience too. "We have no right to save our own skin at another person's expense." **(Pg. 74 line 18).***

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The 9th Step Promises

***You will be AMAZED before
you're halfway through working Steps 4-9,
Our BEDEVILMENTS are REPLACED by the PROMISES***

'Bedevilments' (Pg.52) <i>(Untreated Alcoholism)</i>	'Promises' (Pg.84) <i>(Treated Alcoholism)</i>
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.
We couldn't control our emotional natures.	We will comprehend the word serenity and we will know peace.
We were a prey to misery and depression.	Our whole attitude and outlook upon life will change.
We couldn't make a living.	Fear of people and of economic insecurity will leave us.
We were full of fear.	We will intuitively know how to handle situations which used to baffle us.
We were unhappy.	We are going to know a new freedom and a new happiness.
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 your experience can benefit others. We will not regret the past nor wish to shut the door on it.
And, most of all ...	We will suddenly realize that God is doing for us what we could not do for ourselves.

This 9th Step Prayer, asks for a forgiving grace: “we clean house ...asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love” (Pg.83, line 8).



Step 10 Daily Reprieve

We decided our Higher Power would direct our life in Step 3, so we **follow the process from Steps 4 – 9, Here and Now, in Real-Time, on a Daily Basis.** By acting "AS IF," we are receiving divine guidance in Step 10.

(12x12 Pg.41), "In all times of emotional disturbance or indecision, we can pause, ask for quiet, and in the stillness simply say: "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Thy will, not mine, be done.""

(BB.Pg.84, line 22). "Continue to watch for selfishness, dishonesty, resentment and fear," **(Step 4)**. "When these crop up, we ask God at once to remove them," **(Step 7)**. "We discuss them with someone immediately, **(Step 5)**, and make amends quickly if we have harmed anyone." **(Step 9)**. "Then we resolutely turn our thoughts to someone we can help". **(Step 12)**



(Pg.85, line 26), "To some extent we have become God-conscious. We have begun to develop this vital sixth sense." *We're born with 5 senses; Sight, Sound, Smell, Taste & Touch, but now we tap into God's Guidance.*

"... our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it." **(Pg.85 line 2)**. *That's why you hear; 'don't leave before the miracle happens!'*

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Step 12 Carry This Message

(Foreword to the 1st ed. **Pg.xiii, LP.ix, line 4**), "To show other alcoholics precisely how we have recovered is the main purpose of this book." *I don't help other alcoholic/addicts just because they're sick, it's because I'm sick too.*

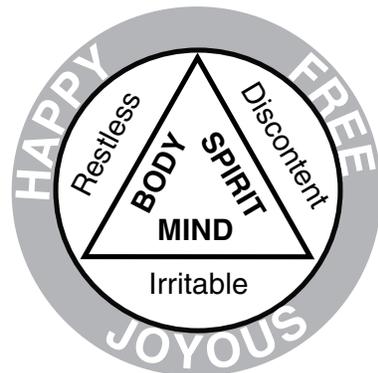
(**Pg.89, line 1-6**), "...nothing will so much insure immunity from drinking as intensive work with other alcoholics... Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail"

(**Pg.92, line 9**), "Show him, from your own experience, how the queer mental condition surrounding that first drink prevents normal functioning of the will power." (**Pg.92, line 19**), "...speak of alcoholism as an illness, a fatal malady. Talk about the conditions of body and mind which accompany it" (**Pg.93, line 1**), *Once*, "...he has become very curious to know how you got well. Let him ask you that question, if he will. Tell him exactly what happened to you. Stress the spiritual feature freely. ... he does not have to agree with your conception of God. He can choose any conception he likes,

(**Pg.102, line 14**), "At a proper time and place explain to all your friends, (and family), why alcohol disagrees with you." (**Pg.103, line 17**), "we hope that Alcoholics Anonymous will help the public to a better realization of the gravity of the alcoholic problem... After all, our problems were of our own making. Bottles were only a symbol.

(**Pg.132, line 25**), "So we think cheerfulness and laughter make for usefulness. ...why shouldn't we laugh? We have recovered, and have been given the power to help others."

(**Pg.133, line 2**), "***We are sure God wants us to be happy, joyous, and free!***"



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