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## BIG BOOK GOALS

}	<b>Problem</b>	<b>Powerless</b>	<b>Step 1</b>
<hr style="border-top: 1px dashed black;"/>			
}	<b>Solution</b>	<b>Power</b>	<b>Step 2</b>
<hr style="border-top: 1px dashed black;"/>			
}	<b>Program of Action</b>	<b>How to Find the Power</b>	<b>Steps 3-12</b>

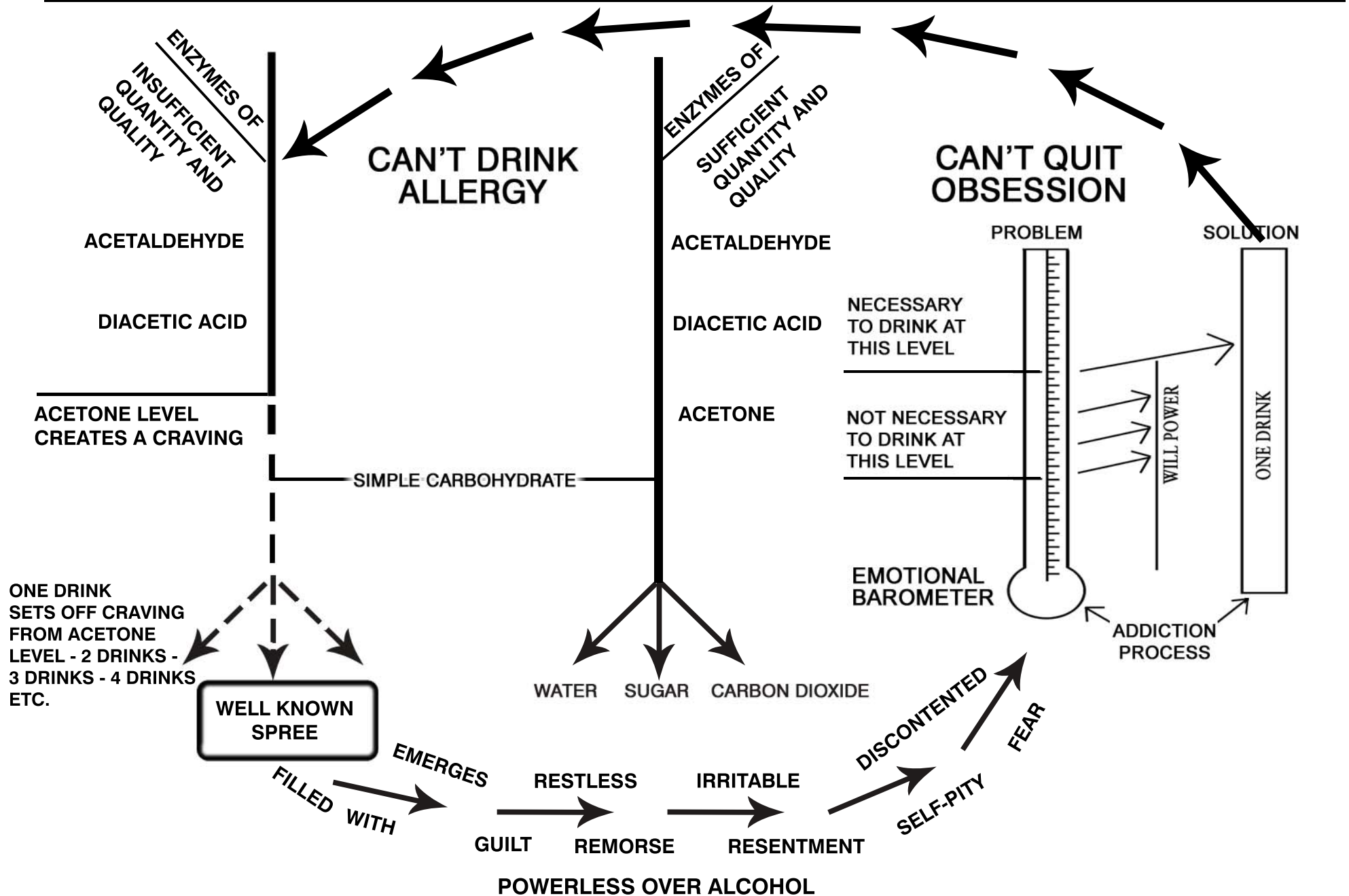
# DISEASE CONCEPT OF ALCOHOLISM

## PHYSICAL

## MENTAL

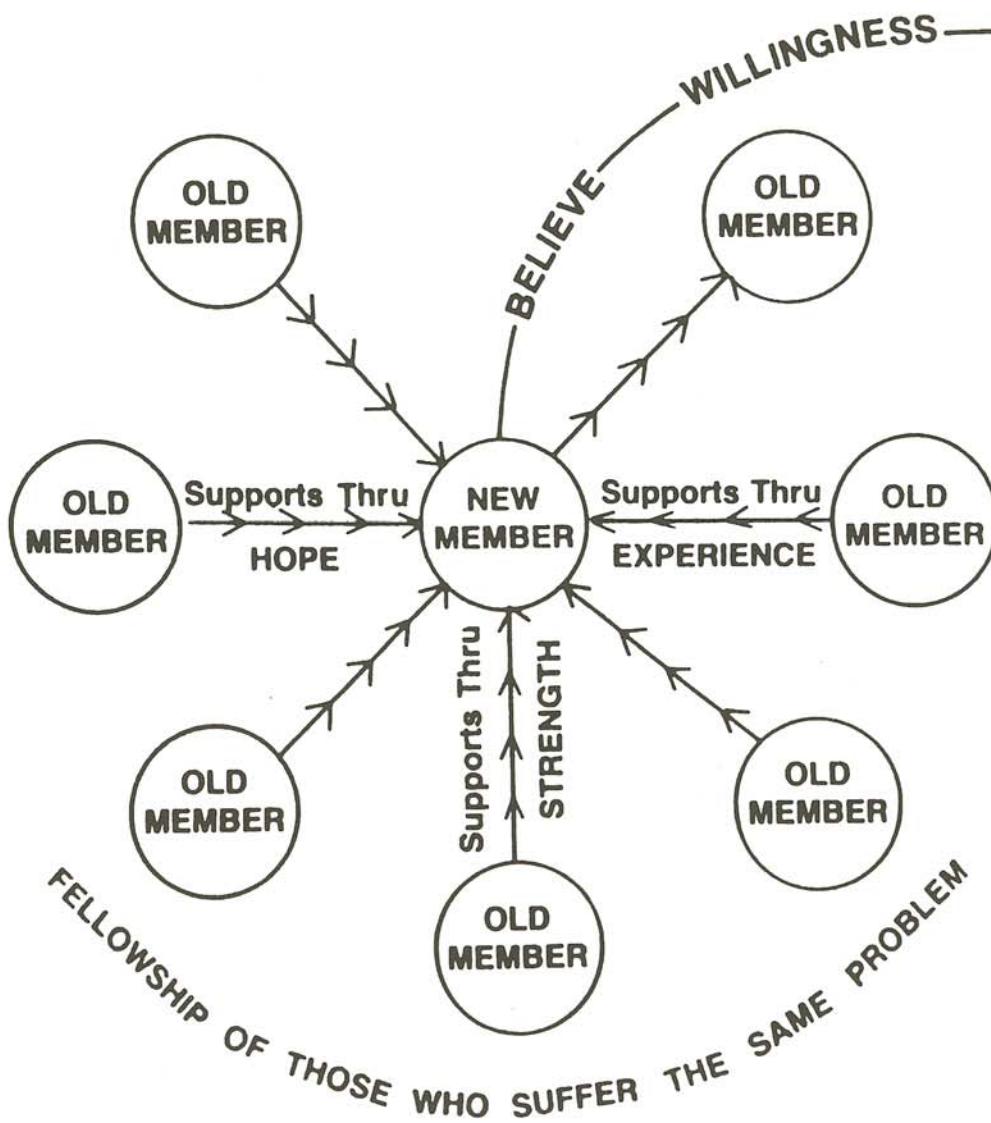
One does not drink safely or is  
at DIS-EASE

None drink safely or are  
at EASE

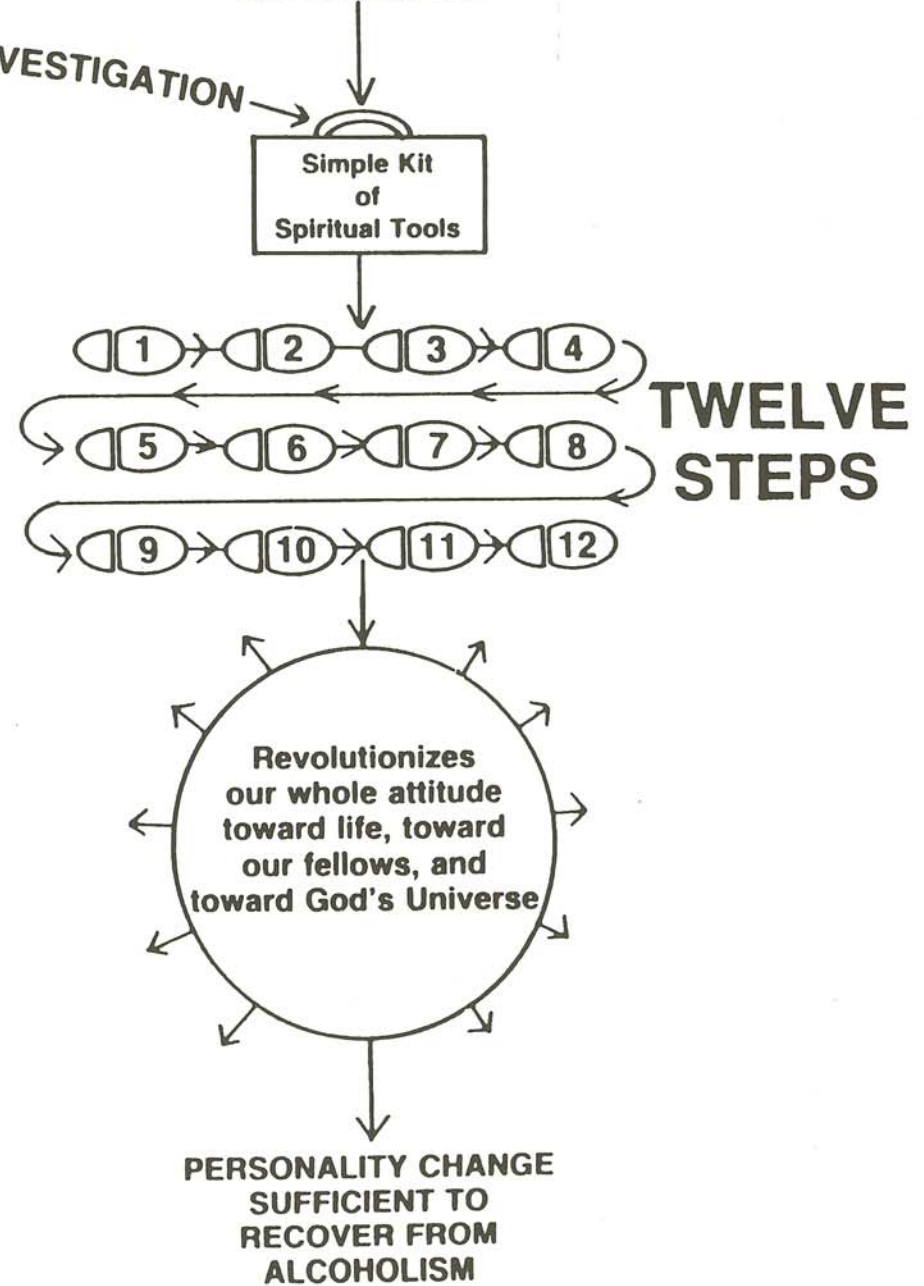


# WHAT IS THE SOLUTION?

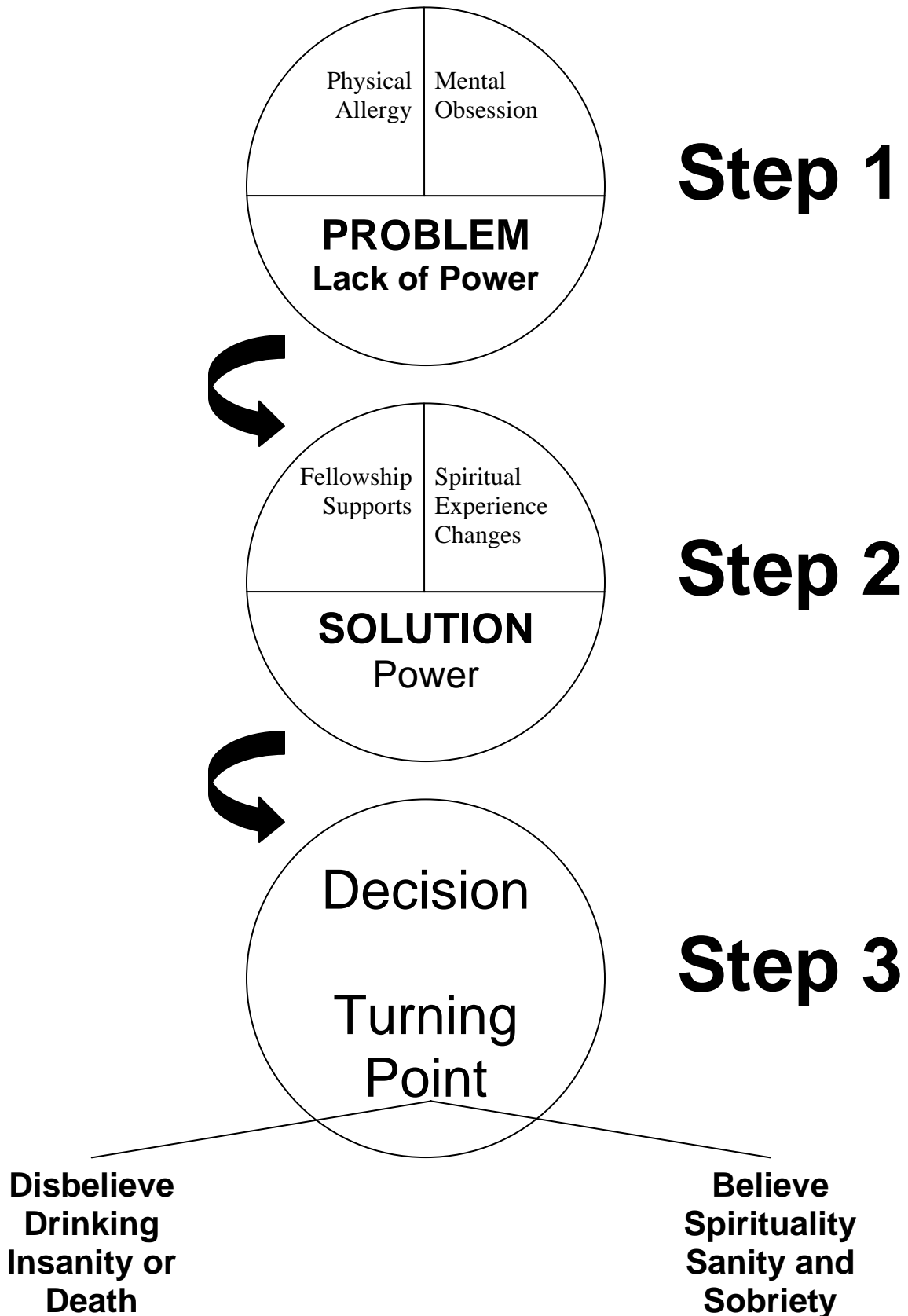
## FELLOWSHIP SUPPORTS US



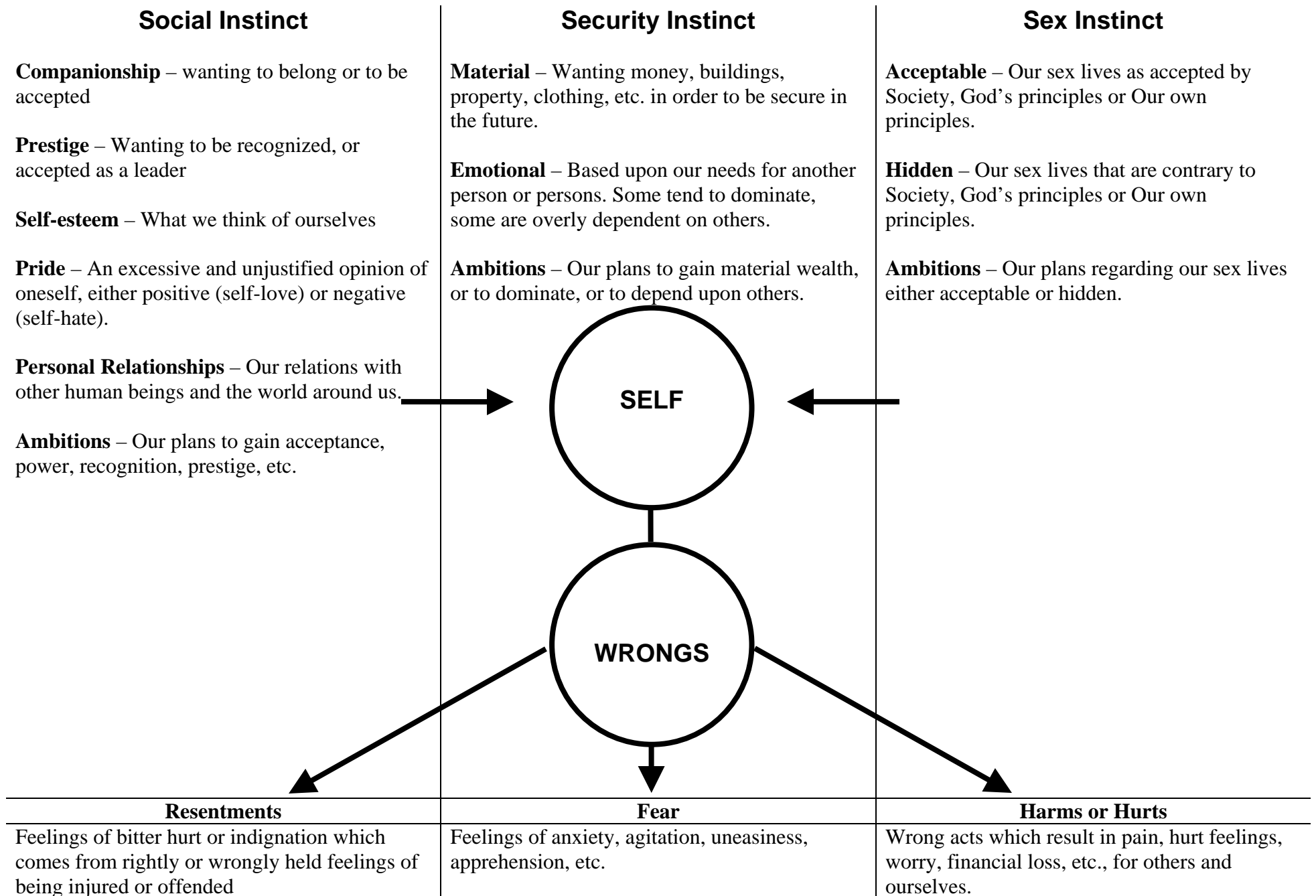
## SPIRITUAL EXPERIENCE OR SPIRITUAL AWAKENING CHANGES US



# Road Chart to Decision



## Basic Instincts of life which create self



# Step Four

## Inventory Comparison

<u>Business</u>		<u>Personal</u>
Fact-Finding	← →	Searching
Fact-Facing	← →	Fearless
Truth	← →	Moral
Stock-In-Trade	← →	Ourselves
Object:		
Disclose damaged or unsalable goods	← →	Find flawed thinking process
Get rid of them promptly without regret	← →	Get rid of them promptly without regret
Stock in trade that is damaged	← →	Resentment Fear Harms to others

## **GLOSSARY OF WORDS USED IN STEP FOUR AND FIVE**

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

# **The Three Dimensions of Life**

**Steps 1 thru9**

**Spiritual**

**GOD**

**1-2-3**

**Mental**

**4-5-6-7**

**Physical - Social**

**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 GOD'S WILL

Selfish and Self-seeking	<input type="checkbox"/>	<input type="checkbox"/>	Interest in Others
Dishonesty	<input type="checkbox"/>	<input type="checkbox"/>	Honesty
Frightened	<input type="checkbox"/>	<input type="checkbox"/>	Courage
Inconsiderate	<input type="checkbox"/>	<input type="checkbox"/>	Considerate
Pride	<input type="checkbox"/>	<input type="checkbox"/>	Humility – Seeking God's Will
Greedy	<input type="checkbox"/>	<input type="checkbox"/>	Giving or Sharing
Lustful	<input type="checkbox"/>	<input type="checkbox"/>	What can I do for others
Anger	<input type="checkbox"/>	<input type="checkbox"/>	Calm
Envy	<input type="checkbox"/>	<input type="checkbox"/>	Grateful
Sloth	<input type="checkbox"/>	<input type="checkbox"/>	Take Action
Gluttony	<input type="checkbox"/>	<input type="checkbox"/>	Moderation
Impatient	<input type="checkbox"/>	<input type="checkbox"/>	Patience
Intolerant	<input type="checkbox"/>	<input type="checkbox"/>	Tolerant
Resentment	<input type="checkbox"/>	<input type="checkbox"/>	Forgiveness
Hate	<input type="checkbox"/>	<input type="checkbox"/>	Love – Concern for others
Harmful Acts	<input type="checkbox"/>	<input type="checkbox"/>	Good Deeds
Self-pity	<input type="checkbox"/>	<input type="checkbox"/>	Self-forgetfulness
Self-justification	<input type="checkbox"/>	<input type="checkbox"/>	Humility – Seek God's Will
Self-importance	<input type="checkbox"/>	<input type="checkbox"/>	Modesty
Self-condemnation	<input type="checkbox"/>	<input type="checkbox"/>	Self-forgiveness
Suspicion	<input type="checkbox"/>	<input type="checkbox"/>	Trust
Doubt	<input type="checkbox"/>	<input type="checkbox"/>	Faith