

BIG BOOK GOALS

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DISEASE CONCEPT OF ALCOHOLISM

PHYSICAL

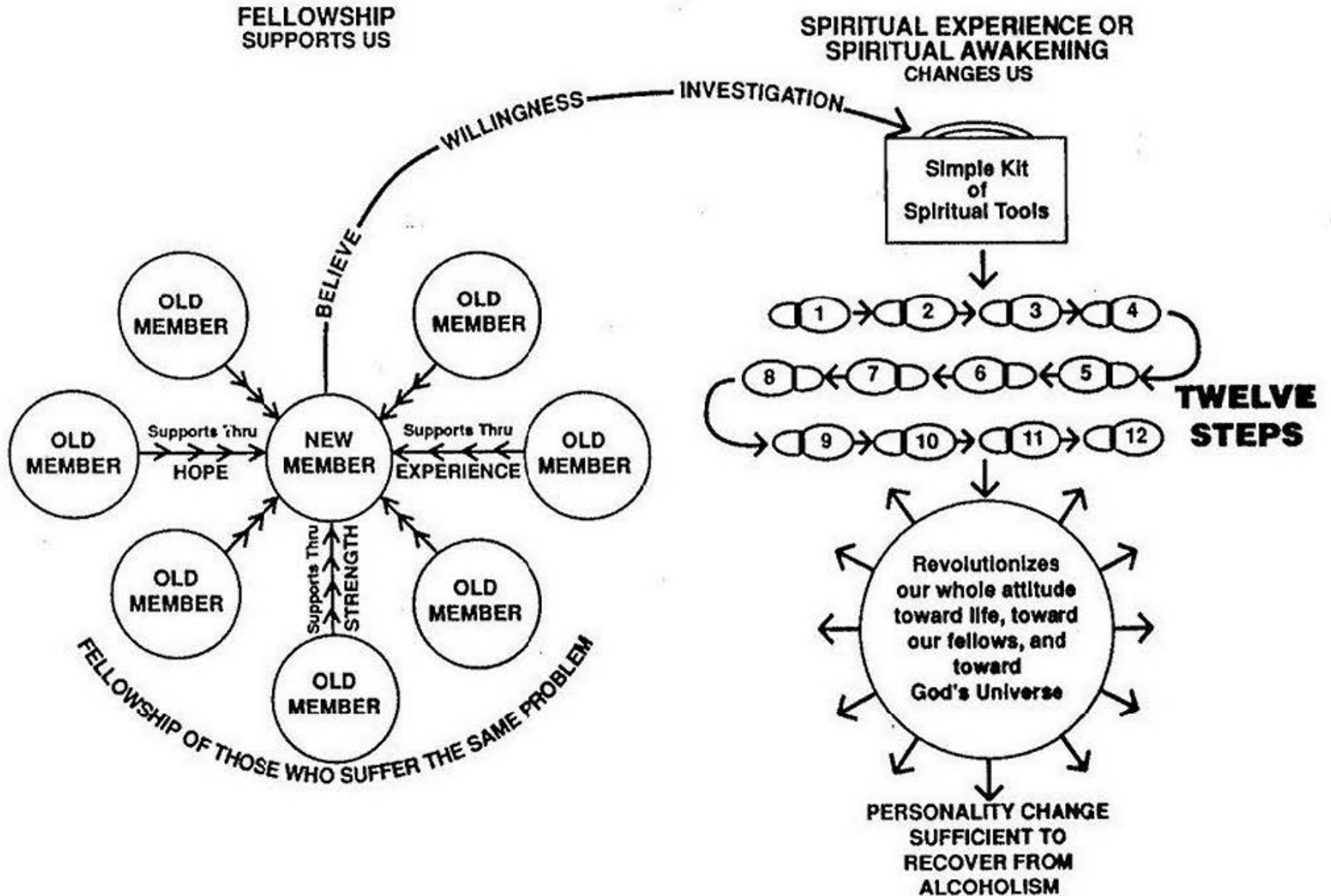
MENTAL

ONE DOES NOT DRINK SAFELY OR HE IS AT DIS-EASE

NINE DRINK SAFELY THEY ARE AT EASE



WHAT IS THE SOLUTION?



GLOSSARY OF WORDS USED IN STEPS 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. - Same as selfish |
| SELFISH | Too much concern with one's own welfare or interests and having little or no concern for others - Same as self-centered |
| 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 | feeling of anxiety, agitation, uneasiness, apprehension. etc. |
| FRIGHTENED | A temporary or continual state of fear |
| INCONSIDERATE | 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 to be accepted</p> <p>PRESTIGE - Wanting to be recognized or to be accepted as a leader</p> <p>SELF-ESTEEM - What we think of ourselves high or low</p> <p>PRIDE - An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate).</p> <p>PERSONAL RELATIONSHIPS - Our relations with other human beings and the 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 dependant on others.</p> <p>AMBITIONS - Our plans to gain material wealth, or to dominate, or to depend upon others.</p> <div style="text-align: center;"> </div> | <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> |
| RESENTMENTS | FEAR | HARMS OR HURTS |
| <p>Feelings of bitter hurt or indignation which comes from rightly or wrongly held feelings or being injured or offended.</p> | <p>Feelings of anxiety, agitation, uneasiness, apprehension, etc.</p> | <p>Wrong acts which result in pain, hurt feelings, 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

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 TO OTHERS

Five Column 4th Step Review Guides

(Refer to pages 64 & 65 of the book "Alcoholics Anonymous" for use of these sheets)

4th. Step Prayer

Lord, I humbly ask your help to search out the flaws in my makeup which cause(d) my failures. Please reveal the various manifestations of self which have defeated me. Help me to be thorough, searching and fearless, and guide me into truth. Let me become and remain open to the sunlight of the Spirit.

Amen

**THE THREE DIMENSIONS OF LIFE
STEPS 1 THRU 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 WE 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"/> TOLERANCE |
| 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 |