

## Joe and Charlie Big Book study - Recorded in 1998

Audio files are in mp3 format and may be downloaded from <http://www.silkworth.net/freestuff.html> and take several minutes to load. Joe & Charlie Big Book Study Handouts can be downloaded from <http://www.freedomhallphoenix.org/hall-postings/> .

<b>Part</b>	<b>Discussion</b>	<b>Length</b>	<b>File size</b>
1	<b>History of A.A.</b>	19 min 37 sec	4.49 mb
2	<b>History of A.A.</b>	17 min 52 sec	4.08 mb
3	<b>History of A.A.</b>	19 min 17 sec	4.41 mb
4	<b>History of A.A.</b>	14 min 58 sec	3.42 mb
5	<b>Doctor's Opinion</b>	22 min 19 sec	5.11 mb
6	<b>Doctor's Opinion</b>	24 min 54 sec	5.70 mb
7	<b>Doctor's Opinion</b>	9 min 51 sec	2.25 mb
8	<b>Bill's Story</b>	26 min 14 sec	6.00 mb
9	<b>Bill's Story</b>	25 min 26 sec	5.78 mb
10	<b>There is a Solution</b>	23 min 28 sec	5.37 mb
11	<b>Spiritual Experience</b>	17 min 24 sec	3.98 mb
12	<b>There is a Solution</b>	12 min 59 sec	2.97 mb
13	<b>More about Alcoholism</b>	20 min 53 sec	4.78 mb
14	<b>More about Alcoholism</b>	12 min 42 sec	2.90 mb
15	<b>We Agnostics</b>	20 min 28 sec	4.68 mb
16	<b>We Agnostics</b>	17 min 29 sec	4.00 mb
17	<b>How it Works</b>	28 min 01 sec	6.41 mb
18	<b>How it Works</b>	32 min 16 sec	7.38 mb
19	<b>The 3rd Step</b>	7 min 15 sec	1.66 mb
20	<b>The 4th Step</b>	20 min 15 sec	4.63 mb
21	<b>The 4th Step</b>	27 min 07 sec	6.20 mb
22	<b>The 4th Step</b>	15 min 23 sec	3.52 mb
23	<b>Freedom from Bondage</b>	13 min 37 sec	3.12 mb
24	<b>The 4th Step</b>	31 min 24 sec	7.18 mb
25	<b>The 4th Step - list of fears</b>	22 min 33 sec	5.16 mb
26	<b>The 4th Step - sex list</b>	25 min 57 sec	5.94 mb
27	<b>The 4th Step - list of harm</b>	7 min 28 sec	1.70 mb
28	<b>The 5th Step</b>	15 min 16 sec	3.49 mb
29	<b>The 6th and 7th Step</b>	13 min 46 sec	3.15 mb
30	<b>The 8th Step</b>	9 min 27 sec	2.16 mb
31	<b>The 8th and 9th Step</b>	29 min 45 sec	6.81 mb
32	<b>The 10th Step</b>	8 min 34 sec	1.96 mb
33	<b>The 11th Step</b>	17 min 17 sec	3.95 mb
34	<b>The 12th Step</b>	16 min 33 sec	3.79 mb

# GOALS OF THE BIG BOOK

<b>GOAL 1</b> Describe The <b>PROBLEM</b>	<b>GOAL 2</b> Describe The <b>SOLUTION</b>	<b>GOAL 3</b> Define The <b>ACTION</b> Necessary for Recovery.
Doctors's Opinion  Chapter 1 – Bill's Story	Chapter 2 -There Is A Solution  Chapter 3 –More About Alcoholism  Chapter 4 – We Agnostics	Chapter 5 –How It Works  Chapter 6 –Into Action  Chapter 7 –Working With Others
<b>STEP</b>  1	<b>STEP</b>  2	<b>STEPS</b>  3  4  5  6  7  8  9  10  11  12

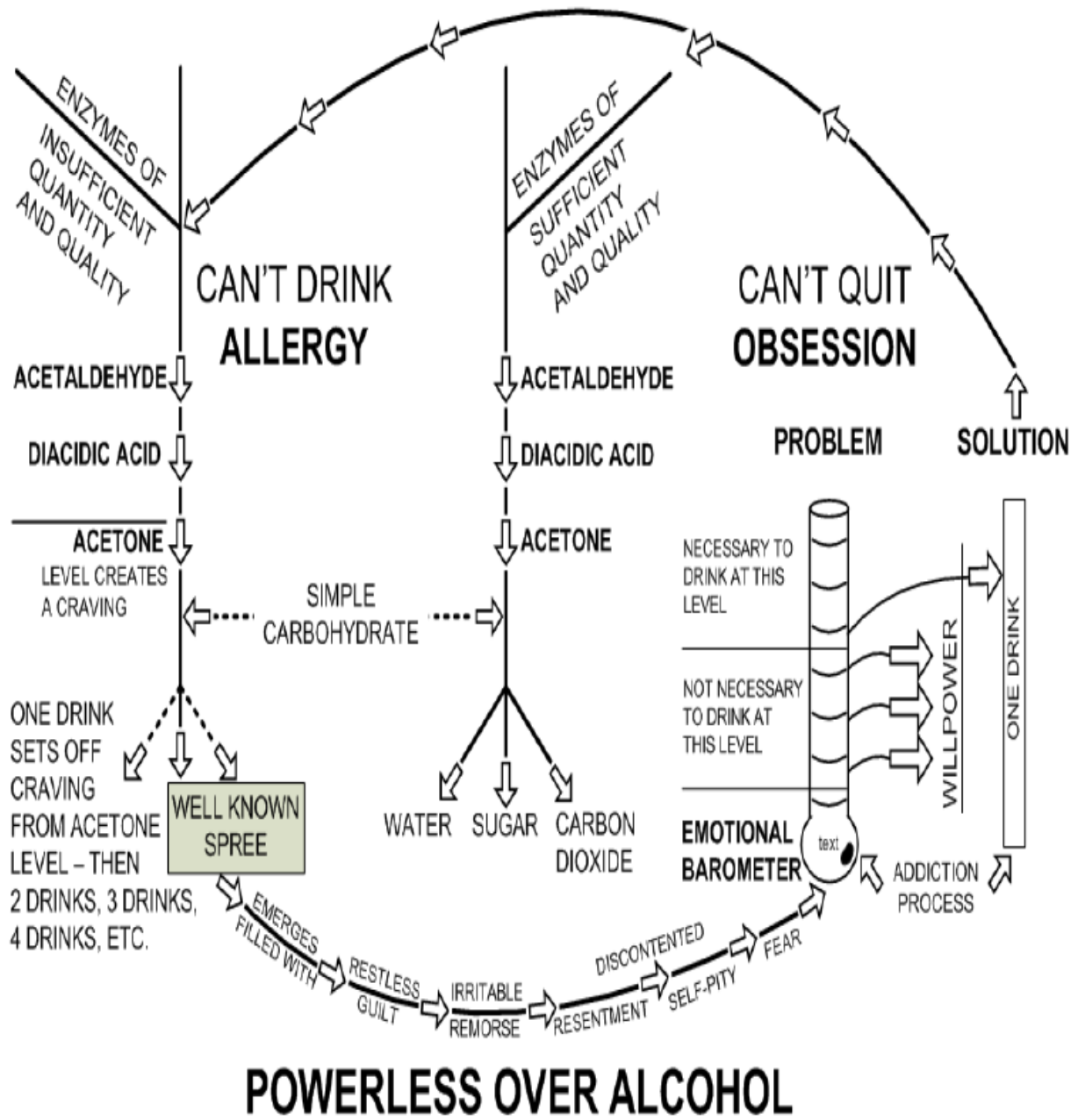
# DISEASE CONCEPT OF ALCOHOLISM

PHYSICAL

MENTAL

DOES NOT DRINK SAFELY  
OR IS AT DIS-EASE

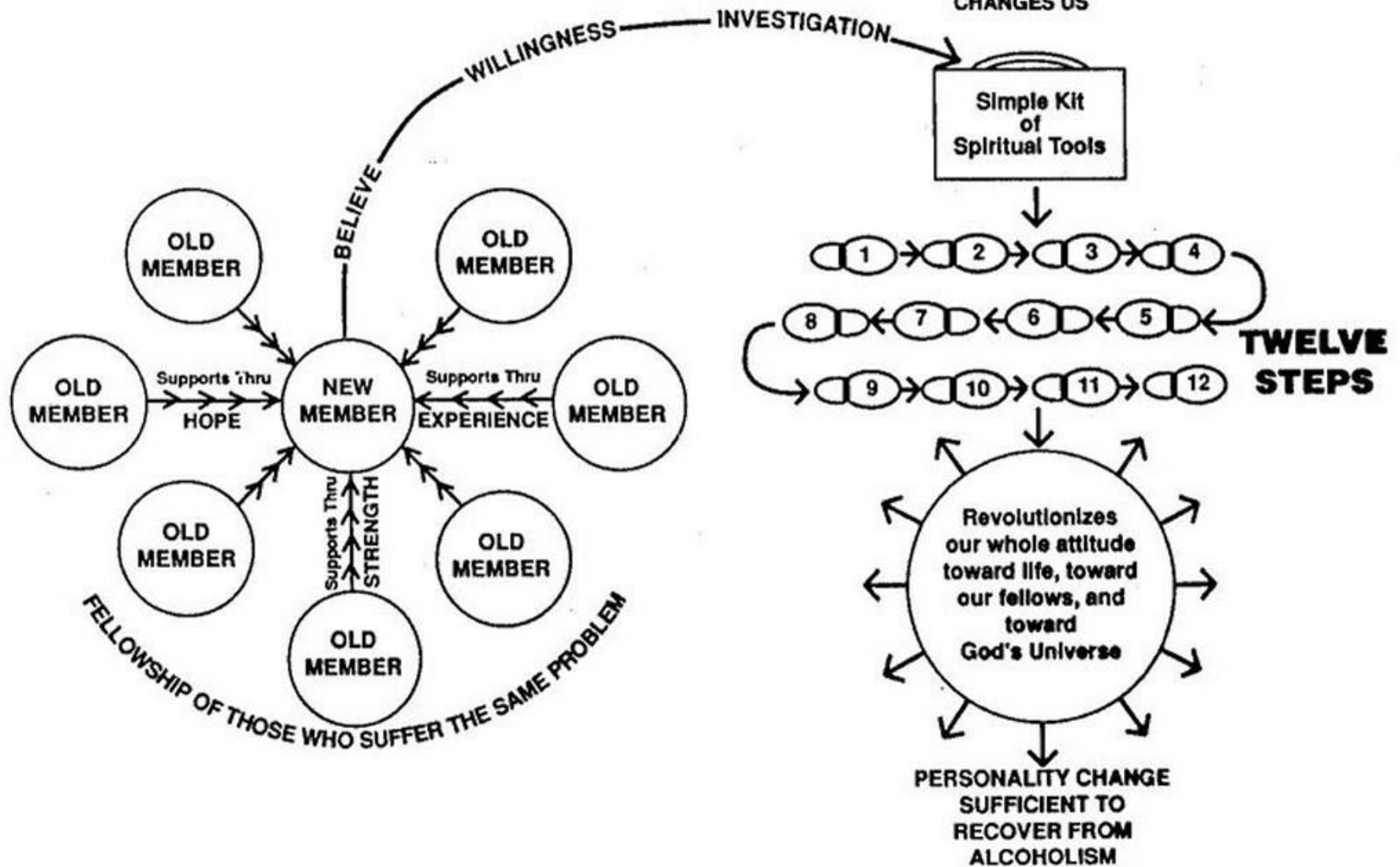
DRINKS SAFELY  
THEY ARE AT EASE



# WHAT IS THE SOLUTION?

FELLOWSHIP  
SUPPORTS US

SPIRITUAL EXPERIENCE OR  
SPIRITUAL AWAKENING  
CHANGES US



## GLOSSARY OF WORDS USED IN STEP FOUR AND FIVE

<b>EXACT</b>	- Very accurate, methodical, correct
<b>NATURE</b>	- The essential characteristic of a thing
<b>WRONG</b>	- Acting, judging, or 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 - Same as defect
<b>SELF-CENTERED</b>	- Occupied or 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 others - Same as self-centered
<b>SELF-SEEKER</b>	- A person who seeks only or mainly to further his own interest
<b>DISHONEST</b>	- The act or practice of telling a lie, or cheating, deceiving, stealing, etc.
<b>FEAR</b>	- A 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><b>COMPANIONSHIP</b> - Wanting to belong or to be accepted.</p> <p><b>PRESTIGE</b> - Wanting to be recognized, or to be accepted as a leader.</p> <p><b>SELF-ESTEEM</b> - What we think of ourselves, high or low.</p> <p><b>PRIDE</b> - An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate).</p> <p><b>PERSONAL RELATIONSHIPS</b> - Our relations with the world around us.</p> <p><b>AMBITIONS</b> - Our plans to gain acceptance, power, recognition, prestige, etc.</p>	<p><b>MATERIAL</b> - Wanting money, buildings, property, clothing, etc. In order to be secure in the future.</p> <p><b>EMOTIONAL</b> - Based upon our needs for another person or persons. Some tend to dominate, some are overly dependent on others.</p> <p><b>AMBITIONS</b> - Our plans to gain material wealth, or to dominate, or to depend upon others.</p> <div style="text-align: center; border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p><b>SELF is made up of:</b>  <b>Social Instinct</b>  <b>Security Instinct</b>  <b>Sex Instinct</b></p> </div> <div style="text-align: center; border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p><b>WRONGS</b></p> </div>	<p><b>ACCEPTABLE</b> - Our sex lives as accepted by Society, God's principles or our own principles.</p> <p><b>HIDDEN</b> - Our sex lives that are contrary to either Society, God's principles, or our own principles.</p> <p><b>AMBITION</b> - 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 feelings, worry, financial loss, etc., for others and also self.</p>

# STEP FOUR

## Business & Personal Inventory Comparison

**BUSINESS**

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**PERSONAL**

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FACT-FINDING

< - >

SEARCHING

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FACT FACING

< - >

FEARLESS

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TRUTH

< - >

MORAL

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STOCK-IN-TRADE

< - >

OURSELVES

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### OBJECT

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DISCLOSE DAMAGED OR  
UNSALEABLE GOODS

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FIND FLAWED THINKING  
PROCESSES

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GET RID OF THEM PROMPTLY  
WITHOUT REGRET

< - >

GET RID OF THEM PROMPTLY  
WITHOUT REGRET

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STOCK IN TRADE  
THAT IS DAMAGED

< - >

1. RESENTMENTS  
2. FEARS  
3. HARMS DONE TO OTHERS

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**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