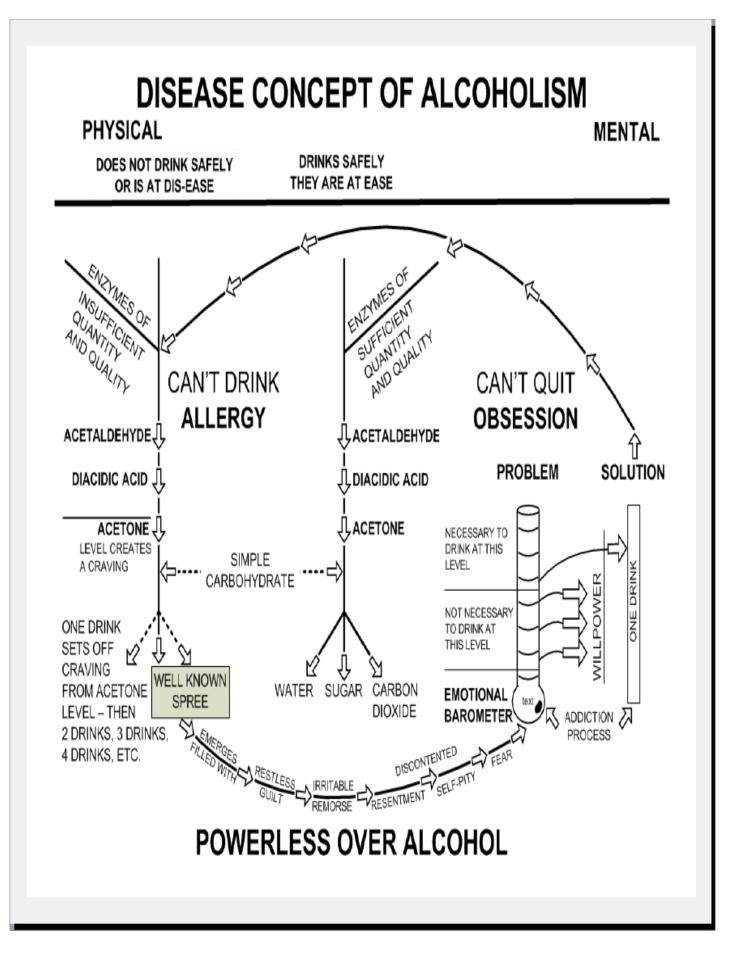
## Joe and Charlie Big Book study - Recorded in 1998

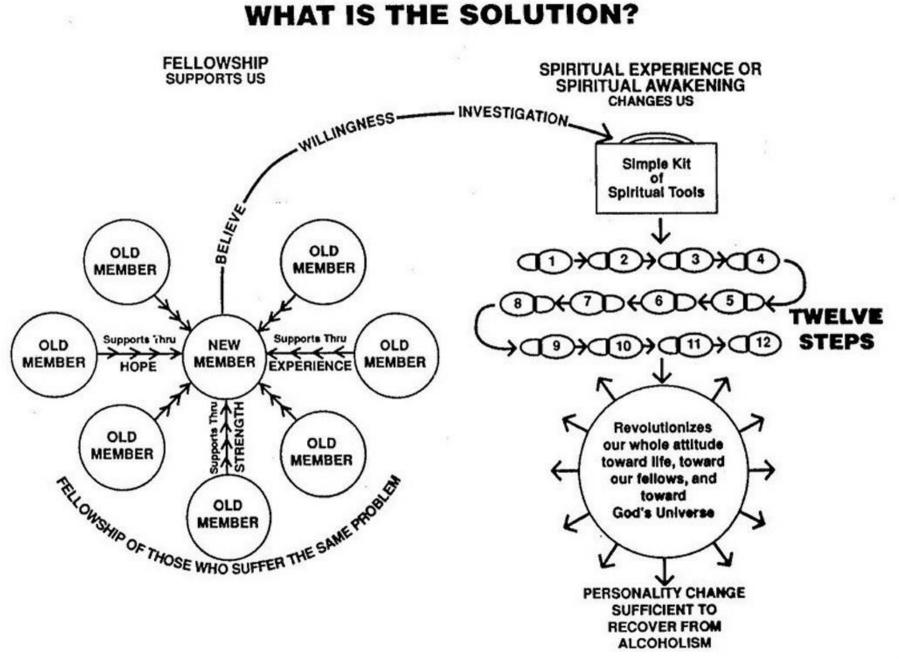
Audio files are in mp3 format and may be downloaded from <u>http://www.silkworth.net/freestuff.html</u> and take several minutes to load. Joe & Charlie Big Book Study Handouts can be downloaded from <u>http://www.freedomhallphoenix.org/hall-postings/</u>.

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

# GOALS OF THE BIG BOOK

GOAL 1 Describe The <b>PROBLEM</b>	GOAL 2 Describe The SOLUTION	GOAL 3 Define The ACTION 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			
STEP 1	STEP 2	STEPS 3 4 5 6 7 8 9 10 11 12			





### 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 - 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 interest
DISHONEST	- The act or practice of telling a lie, or 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.

## BASIC INSTINCTS OF LIFE WHICH CREATE SELF

SOCIAL INSTINCT	SECURITY INSTINCT	SEX INSTINCT
<ul> <li>COMPANIONSHIP - Wanting to belong or to be accepted.</li> <li>PRESTIGE - Wanting to be recognized, or to be accepted as a leader.</li> <li>SELF-ESTEEM - What we think of ourselves, high or low.</li> <li>PRIDE - An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate).</li> <li>PERSONAL RELATIONSHIPS - Our relations with the world around us.</li> <li>AMBITIONS - Our plans to gain acceptance, power, recognition, prestige, etc.</li> </ul>	MATERIAL - Wanting money, buildings, property, clothing, etc. In order to be secure in the future. EMOTIONAL - Based upon our needs for another person or persons. Some tend to dominate, some are overly dependent on others. AMBITIONS - Our plans to gain material wealth, or to dominate, or to depend upon others.   SELF is made up of:   Social Instinct   Security Instinct   Sex Instinct   WRONGS	<ul> <li>ACCEPTABLE - Our sex lives as accepted by Society, God's principles or our own principles.</li> <li>HIDDEN - Our sex lives that are contrary to either Society, God's principles, or our own principles.</li> <li>AMBITION - Our plans regarding our sex lives either acceptable or hidden.</li> </ul>
RESENTMENTS	FEAR	HARMS OR HURTS
Feelings of bitter hurt or indignation which	Feelings of anxiety, agitation, uneasiness,	Wrong acts which result in pain, hurt feelings,
comes from rightly or wrongly held feelings of being injured or offended.	apprehension, etc.	worry, financial loss, etc., for others and also self.

## STEP FOUR Business & Personal Inventory Comparison

BUSINESS	/ PERSONAL
FACT-FINDING	< - > SEARCHING
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								

### **REVIEW OF RESENTMENTS**

"SELF"

#### INSTRUCTIONS FOR COMPLETION

- 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.)
- 2. We ask 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.)
- 3. On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our sex instinct, which caused the harm? (Complete each column within Column 3 going from top to bottom. Starting with the Self-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on Column 4 or 5 until Column 3 is complete.)
- 4. Returning 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 our-selves the above questions we complete column 4).
- 5. Reading from left to right we now see the resentment (Column 1), the cause (Column 2), the part of self that caused the harm (Column 3), the exact nature of the defect within us that caused the fear to surface and block us off from God's will (Column 4). We then completed column 5.

	COLUMN 1	COLUMN 2					
	I'm resentful at:	The cause:					
1							
2							
3							
4							
5							
6							

			0011001	00112 21 -
	LUMN 3		COLUMN 4	COLUMN 5
AFFEC		10)	What is the	Questions
(Which part of s	ell'is affecte	d?)	exact nature of my wrongs,	Where were we to blame?
Social Instinct Security Instinct	Sex Instinct	Ambitions	faults, mistakes, defects, shortcomings:	What was my part? What did I do that
Companionship Prestige Self-Esteem Personal Relationships Material Emotional	Acceptable Sex Relations Hidden Sex Relations	Social Security Sexual	Selfish Dishonest Self-Seeking & Frightened Inconsiderate	initially got the ball rolling? How could I have done things differently?

### **REVIEW OF FEARS**

"SELF"

#### INSTRUCTIONS FOR COMPLETION

- 1. In dealing with fears we set them on paper. We listed people, institutions or principles with whom we were fearful. (Complete Column 1 from top to bottom. Do nothing on Columns 2, 3,4 or 5 until Column 1 is complete.)
- 2. We ask 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.)
- 3. Which part of self caused the fear . Was it our self-esteem, our security, our ambitions, our sex instinct, which caused the harm? (Complete each column within Column 3 going from top to bottom. Starting with the Self-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on Column 4 or 5 until Column 3 is complete.)
- 4. Returning 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 our-selves the above questions we complete column 4).
- 5. Reading from left to right we now see the fear (Column 1), why do I have the fear (Column 2), the part of self that caused the fear (Column 3), the exact nature of the defect within us that allowed the fear to surface and block us off from God's will (Column 4). We then completed column 5.

	COLUMN 1	COLUMN 2
	I'm fearful of:	Why do I have the fear:
1		
2		
3		
4		
5		
6		

	SELF			_												
	COLUM			COLUMN 4		4	COLUMN 5									
	AFFECTS N		\ \		What is the exact nature of		c	Questions								
(Which	(Which part of self is affected?)						of	W/1								
		Sex A	mbitior	ns fau def	my wrongs, faults, mistakes, defects, shortcomings:		faults, mistakes,		faults, mistakes, defects,		faults, mistakes, defects,		faults, mistakes, defects,		s:	Where were we to blame? What was my part? What did I do that
Companionship Prestige Self-Esteem Personal Relationships	Material Emotional Acceptable Sex Relations	Hidden Sex Relations Social	Security	Sexual Selfish	Dishonest	Self-Seeking & Frightened	Inconsiderate	initially got the ball rolling? How could I have done things differently?								

### **REVIEW OF OUR OWN SEX CONDUCT**

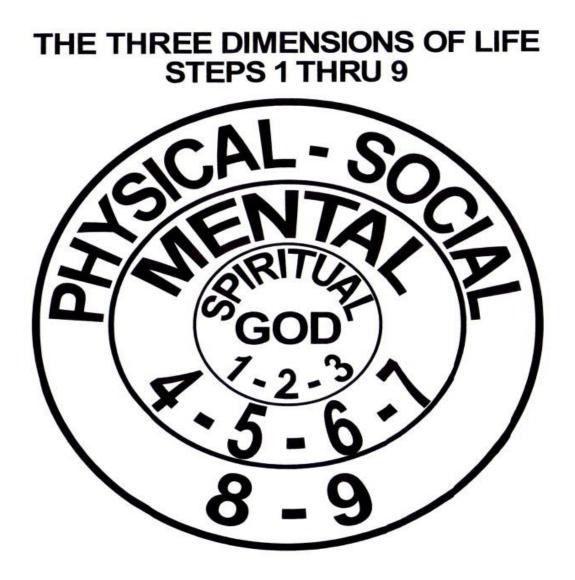
"SELF"

#### INSTRUCTIONS FOR COMPLETION

- 1. We listed all people we harmed. (Complete Column 1 from top to bottom. Do nothing on Columns 2, 3,4 or 5 until Column 1 is complete.)
- 2. We ask ourselves what we did. (Complete Column 2 from top to bottom. Do nothing on Columns 3,4 or 5 until Column 2 is complete.)
- 3. Was it our self-esteem, our security, our ambitions, our sex instinct, which caused the harm? (Complete each column within Column 3 going from top to bottom. Starting with the Self-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on Column 4 or 5 until Column 3 is complete.)
- 4. Returning 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? (Complete Column 4 from top to bottom. Do nothing on Column 5.)
- 5. Reading from left to right we now see the harm (Column 1), what we did (Column 2), the part of self that caused the harm (Column 3), and the exact nature of the defect within us that caused the harm to surface and block us off from God's will (Column 4). (Complete Column 5.)

	COLUMN 1	COLUMN 2
	Who did I harm?	What did I do?
1		
2		
3		
4		
5		
6		

	COLUMN 3							COLUMN 4			14	COLUMN 5														
		(V	Vhid		FEC			A2)				nat is		of	Questions											
	Social Instinct			Seci	Security		If is affected?)           Sex           Instinct			Ambitions												defects,		my wrongs, faults, mistakes,		Where were we to blame? What was my part? What did I do that
Companionship	Prestige	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self-Seeking & Frightened	Inconsiderate	initially got the ball rolling? How could I have done things differently?											



## DAILY INVENTORY

e . 1

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

PERSONALITY CHARACTERISTICS OF SELF-WILL		PERSONALITY CHARACTERISTICS OF GOD'S WILL	
SELFISH AND SELF SEEKING	٥	٥	INTEREST IN OTHERS
DISHONESTY		۵	HONESTY
FRIGHTENED	a		COURAGE
INCONSIDERATE	D	D	CONSIDERATE
PRIDE	D	D	HUMILITY-SEEKING GOD'S WILL
GREEDY			GIVING OR SHARING
LUSTFUL	a	a	WHAT CAN WE DO FOR OTHERS
ANGER			CALM
ENVY	a		GRATEFUL
SLOTH			TAKE ACTION
GLUTTONY	a	۵	MODERATION
IMPATIENT		۵	PATIENCE
INTOLERANT	D	D	TOLERANCE
RESENTMENT	D		FORGIVENESS
HATE	a	D	LOVE-CONCERN FOR OTHERS
HARMFUL ACTS	D		GOOD DEEDS
SELF-PITY	D	D	SELF-FORGETFULNESS
SELF-JUSTIFICATION	۵	۵	HUMILITY-SEEK GOD'S WILL
SELF-IMPORTANCE	a	۵	MODESTY
SELF-CONDEMNATION	D	۵	SELF-FORGIVENESS
SUSPICION	a	a	TRUST
DOUBT	a	a	FAITH