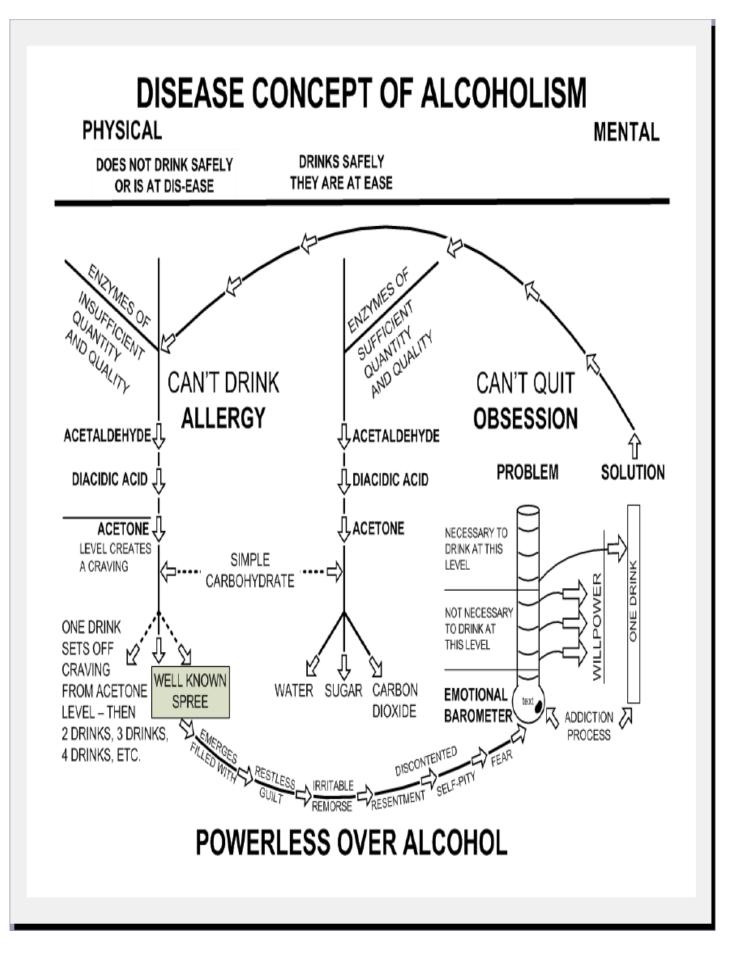
## Joe and Charlie Big Book study - Recorded in 1998

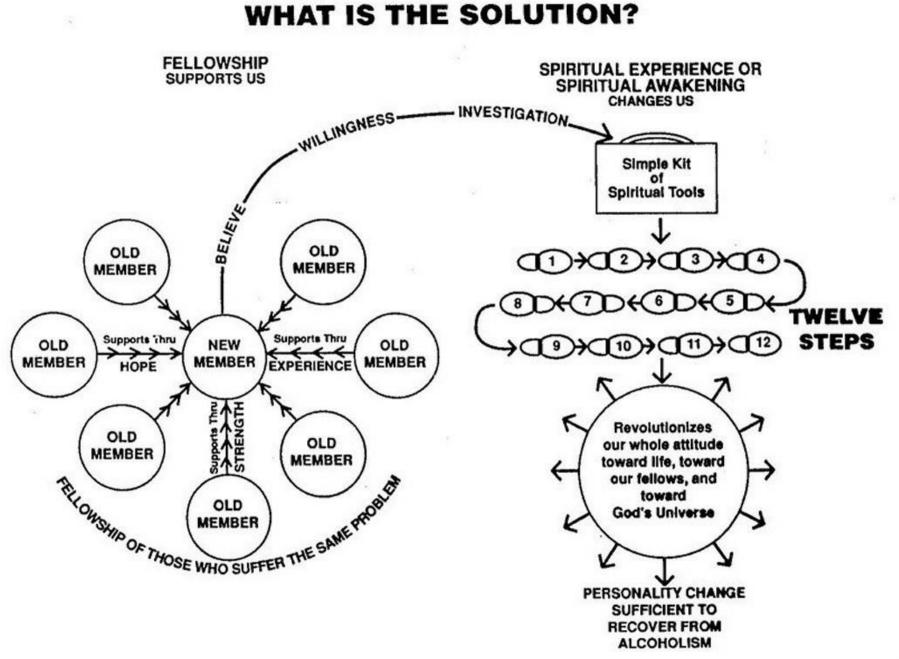
Audio files are in mp3 format and may be downloaded from <u>http://www.silkworth.net/freestuff.html</u> and take several minutes to load. Joe & Charlie Big Book Study Handouts can be downloaded from <u>http://www.freedomhallphoenix.org/hall-postings/</u>.

| 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<br>Describe The<br><b>PROBLEM</b>      | GOAL 2<br>Describe The<br>SOLUTION  | GOAL 3<br>Define The ACTION<br>Necessary for Recovery.                                 |  |  |  |
|---|---|--|--|--|--|
| Doctors's Opinion<br>Chapter 1 – Bill's Story | Chapter 2 -There Is A Solution<br>Chapter 3 –More About<br>Alcoholism<br>Chapter 4 – We Agnostics | Chapter 5 –How It Works<br>Chapter 6 –Into Action<br>Chapter 7 –Working With<br>Others |  |  |  |
| STEP<br>1                                     | STEP<br>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<br/>by Society, God's principles or our own<br/>principles.</li> <li>HIDDEN - Our sex lives that are contrary to<br/>either Society, God's principles, or our<br/>own principles.</li> <li>AMBITION - Our plans regarding our sex<br/>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<br>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<br>UNSALEABLE GOODS    | < - > | FIND FLAWED THINKING<br>PROCESSES                     |  |  |  |  |  |  |  |  |
| GET RID OF THEM PROMPTLY<br>WITHOUT REGRET | < - > | GET RID OF THEM PROMPTLY<br>WITHOUT REGRET            |  |  |  |  |  |  |  |  |
| STOCK IN TRADE<br>THAT IS DAMAGED          | < - > | 1. RESENTMENTS<br>2. FEARS<br>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<br>Instinct Security<br>Instinct   | Sex<br>Instinct                                  | Ambitions                    | faults,<br>mistakes,<br>defects,<br>shortcomings:                  | What was my part?<br>What did I do that  |
| Companionship<br>Prestige<br>Self-Esteem<br>Personal Relationships<br>Material<br>Emotional | Acceptable Sex Relations<br>Hidden Sex Relations | Social<br>Security<br>Sexual | Selfish<br>Dishonest<br>Self-Seeking & Frightened<br>Inconsiderate | initially got the ball<br>rolling?<br>How could I have done<br>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   |                                | \<br>\   |                   | What is the exact nature of                                     |                           | c                    | Questions  |                                  |  |                                  |  |                                  |  |    |  |
| (Which   | (Which part of self is affected?)                 |                                |          |                   |   |                           | of                   | W/1  |                                  |  |                                  |  |                                  |  |    |  |
|  |   | Sex A                          | mbitior  | ns fau<br>def     | my wrongs,<br>faults,<br>mistakes,<br>defects,<br>shortcomings: |                           | faults,<br>mistakes, |  | faults,<br>mistakes,<br>defects, |  | faults,<br>mistakes,<br>defects, |  | faults,<br>mistakes,<br>defects, |  | s: | Where were we to blame?<br>What was my part?<br>What did I do that |
| Companionship<br>Prestige<br>Self-Esteem<br>Personal Relationships | Material<br>Emotional<br>Acceptable Sex Relations | Hidden Sex Relations<br>Social | Security | Sexual<br>Selfish | Dishonest   | Self-Seeking & Frightened | Inconsiderate        | initially got the ball<br>rolling?<br>How could I have done<br>things differently? |                                  |  |                                  |  |                                  |  |    |  |
|  |   |                                |          |                   |   |                           |                      |  |                                  |  |                                  |  |                                  |  |    |  |
|  |   |                                |          |                   |   |                           |                      |  |                                  |  |                                  |  |                                  |  |    |  |
|  |   |                                |          |                   |   |                           |                      |  |                                  |  |                                  |  |                                  |  |    |  |
|  |   |                                |          |                   |   |                           |                      |  |                                  |  |                                  |  |                                  |  |    |  |
|  |   |                                |          |                   |   |                           |                      |  |                                  |  |                                  |  |                                  |  |    |  |
|  |   |                                |          |                   |   |                           |                      |  |                                  |  |                                  |  |                                  |  |    |  |

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

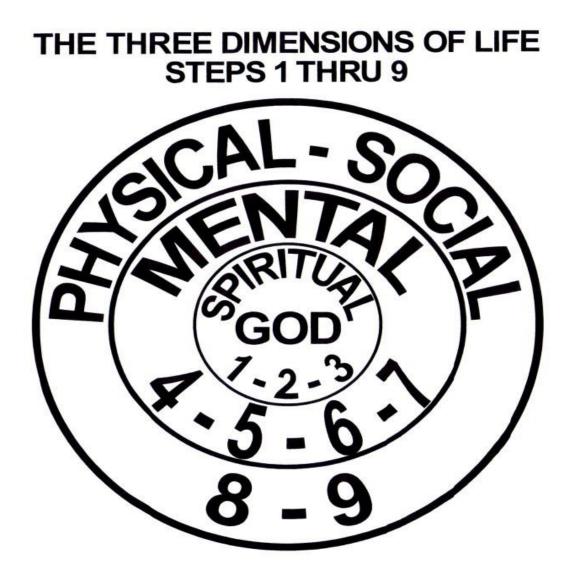
"SELF"

#### 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<br>Instinct |             |                        | Seci     | Security  |                          | If is affected?)           Sex           Instinct |          |          | Ambitions |         |           |                           |               |  |  |  |  |  |  |  | defects, |  | my wrongs,<br>faults,<br>mistakes, |  | Where were we to blame?<br>What was my part?<br>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<br>rolling?<br>How could I have done<br>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<br>OF<br>SELF-WILL |   | PERSONALITY CHARACTERISTICS<br>OF<br>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                       |