

STEPS-IN-THE-ZONE MEETING SCHEDULE / STUDY GUIDE (Monday, Wednesday & Friday @ 7:50am)

	MONDAY	WEDNESDAY	FRIDAY
1st Week of Month	<p>Session 1 - Introduction to the Big Book <i>READING: COVER - PAGE XXIV (24 min)</i></p> <p>Outline</p> <ul style="list-style-type: none"> - Discuss History of AA Big Book - Title Page: "Recovered" past tense - Copyrights: 1939, 1955, 1976, 2001 - No Chg 1st 164pg - Discuss Table of Contents and Chapters in Book - Discuss role of Personal Stories: Ident. & Higher Power - Read w/CD: Cover Page through Forward to 4th Ed. - Note: "...precisely how we have recovered..." - Note: Fwd to 2nd Edition good history 1939-1955 - Note: Who Dr Silkworth, Bill Wilson, Dr Bob were. - Open Discussion 	<p>Session 2 - The Doctor's Opinion <i>READING: PAGES XXV - XXXII (15 min)</i></p> <p>Outline</p> <ul style="list-style-type: none"> - Explain who Dr. Silkworth was - Discuss disease concept. - Explaining disease concept important: Sick people not Bad people - Clarify meaning of "physical craving" vs "mental obsession" - Read w/CD: Dr. Opinion (xxv-xxxii) - Note: Bill W was patient. "Can rely on anything they say..." - Note: Medical Treatment often needed for Physical Cravings - Note: Drink for Effect/Restless, Irritable, and Discontent unless drinking - Note: altruistic movement can help where Doctors can not - Open Discussion 	<p>Session 3 - Chapter 1 - Bill's Story <i>READING: PAGES 1 - 16 (33 min)</i></p> <p>Outline</p> <ul style="list-style-type: none"> - Recap first 2 sessions & Disease Concept from Session 2 - Explain who Bill W. was, learned disease concept from Dr. Silkworth - 12-step calls usually start with disease concept then personal stories - At the time the book was written, everyone had heard Bill's Story - As we read...look for the disease, powerlessness, and the recovery - Read w/CD: Chapter 1 - Bill's Story (Pg 1-16) - Note: Insidious Insanity of the First Drink - Note: Friend was Ebby T. who brought spiritual tools. - Note: Got Sober 12/11/34, had 12 step experiences in a few days. - Open Discussion
2nd Week of Month	<p>Session 4 - There Is A Solution <i>READING: PAGES 17 - 29 (26 min)</i></p> <p>Outline</p> <ul style="list-style-type: none"> - Recap first 3 sessions - Now for Solution - Explain Chapter 2 like commentary from group on Bill - Point Out Pg 17 at the bottom: Common Solution - Read w/CD: Chapter 2 - There is a Solution (Pg 17-29) - Note: Pg 17 bottom: "Common Solution" - Note: Pg 20-22: Moderate/Hard Drinker vs Alcoholics - Note: Pg 23 "the main problem...centers in his mind," - Note: Pg 26: patient of Dr. Jung was Roland H. who helped Ebby T. get sober - Open Discussion 	<p>Session 5 - More About Alcoholism <i>READING: PAGES 30 - 43 (29 min)</i></p> <p>Outline</p> <ul style="list-style-type: none"> - Recap first 4 sessions - Now closer look at the disease - Explain the First Step (from pg 59), look at Dr. Opinion (xxviii) - Explain the Powerlessness: can't live with it, can't live without it - Read w/CD: Chapter 3 - More About Alcoholism (Pg 30-43) - Note: Pg 30: "Had to fully concede... This is the first step..." - Note: Pg 30: "no real alcoholic ever recovers control." - Note: If I truly believe the 1st Step, I would be insane to take a drink. - Note: Pg 31: Try controlled drinking if you are not sure. - Note: Pg 35: The path leading to the "first drink"...4 types - Open Discussion 	<p>Session 6 - We Agnostics <i>READING: PAGES 44 - 57 (28 min)</i></p> <p>Outline</p> <ul style="list-style-type: none"> - Recap of first 5 sessions - Now closer look at the "power" we need - Explain the 2nd Step (from pg 59), point to insanity (pg 43) - Explain the 2nd Step often is when we "see" a person who recovered - Read w/CD: Chapter 4 - We Agnostics (Pg 44-57) - Note: Pg 45: "that's exactly what this book is about" - Note: Pg 47: "Do I now believe, or am I even willing to believe..." - Note: Pg 50: "On one proposition, however, these men and women..." - Note: Pg 53: "When we became alcoholics, crushed by a..." - Note: Pg 57: "...God had restored his sanity." - Open Discussion
3rd Week of Month	<p>Session 7 - Ch 5- How It Works - 3rd Step <i>READING: PAGES 58-63 (15 min)</i></p> <p>Outline</p> <ul style="list-style-type: none"> - Recap first 6 sessions - Now closer look at selfishness - Read w/CD: Chapter 5 - How it Works (Pg 58-60) - Note that we are done with first 2 steps if a,b,c - Explain selfishness is our problem...1st person 60-63 - Read w/CD: Chapter 5 - How it Works (Pg 60-63) - Explain: Gods Will/Live 10-11-12: Pg 86,87,84,89,92,86 - Explain: Need to know how to do 10. 4-9=Basic Training - Explain: Steps 4-9=training: Pg 64,67,69,71,75,76,77 - Asks those who are ready to Re-read 3rd Step Prayer - Open Discussion 	<p>Session 8 - Chapter 5 - How It Works - 4th Step <i>READING: PAGES 62 - 71 (20min)</i></p> <p>Outline</p> <ul style="list-style-type: none"> - Recap first 7 sessions - Now inventory "selfishness" - Read w/CD: Chapter 5 - How it Works (Pg 62-71) - Note: Pg 62: "Selfishness-self-centeredness..." - Note: Pg 63: 3rd Step Prayer - Note: Pg 64: Commercial Inventory...fact-finding & fact-facing - Note: Pg 64: Resentment / Pg 67 Fear / Pg 69 Sex (harms) - Note: Pg 71: "Inventory of our grosser handicaps..." - Explain 4th/10th step form: work top to bottom - Give personal examples in form to make it easy to understand - Open Discussion 	<p>Session 9 - Chapter 6 - Into Action - Steps 5-7 <i>READING: PAGES 72 - 76 (11min)</i></p> <p>Outline</p> <ul style="list-style-type: none"> - Recap first 8 sessions - Now processing inventory with God & another - Explain: Book designed as stand-alone program in 1939 when written - Explain: Much of discussion on Step 5 on how to "find" someone - Explain: Most people in Program use Sponsor or Religious Leader - Read w/CD: Chapter 6 - Into Action (Pg 72-75) Stop after 5th step - Discuss experience with 5th Step - Read w/CD: Chapter 6 - Into Action (Pg 75-76) ("Returning Home"...) - Discuss experience with 6th / 7th Step...Daily Exercise - Processes to help address Character Defects in addition to prayer - Open Discussion
4th Week of Month	<p>Sess. 10 - Ch. 6 - Into Action - Steps 8-9 <i>READING: PAGES 76-84 (19min)</i></p> <p>Outline</p> <ul style="list-style-type: none"> - Recap first 9 sessions - Now clearing away wreckage - Explain: Amends not "I'm sorry"...it's "I was Wrong" - Explain: Trying to set it back to its un-broken state - Explain: Allows us to quit "thinking" about it - Read w/CD: Chapter 6 - Into Action (Pg 76-84) - Note: Pg 76: "We have the list..." part of inventory - Note: Pg 77: "...forgiving spirit... never get over drinking..." - Note: Special guidance for money, crimes, alimony, etc - Self-deluded: Suggest clearing amends through Sponsor - Open Discussion 	<p>Session 11 - Chapter 6 - Steps 10 & 11 <i>READING: PAGES 84 - 88 (10min)</i></p> <p>Outline</p> <ul style="list-style-type: none"> - Recap first 10 sessions - Now for Daily Living Steps - Logical evolution of steps...into 10-11. - Read w/CD: Chapter 6 - Into Action (Pg 84-86) - Note: Pg 84: Inventory is continuous process..."WHEN not IF" - Note: Pg 84: 10th step promises - Note: Pg 86: Audit Step 10 process every night - Note: Pg 86: On awakening... - Note: Pg 87: "As we go through our day..." - Discuss sequence for living: 86,87,84,89,86 - Open Discussion 	<p>Session 12 - Chapter 7 - Working With Others <i>READING: PAGES 89 - 103 (30min)</i></p> <p>Outline</p> <ul style="list-style-type: none"> - Recap first 11 sessions - Now to Work With Others - Discuss how book explains how to find people to work with 1939 style - Discuss how, today, we rely much more on alano clubs - Read w/CD: Chapter - Working With Others (Pg 89-103) - Note: Pg 89: "Carry this message..." - Note: Pg 93: "Tell him exactly what happened to you..." - Note: Pg 94: "Your candidate may give reasons why he need not..." - Note: Pg 95: "NEVER TALK DOWN TO AN ALCOHOLIC..." - Note: Pg 96: "Don't be discouraged if your prospect doesn't respond." - Open Discussion

12-Steps of Alcoholics Anonymous	
Step (Principle: Key Pages)	
1. We admitted we were powerless over alcohol - that our lives had become unmanageable. (Honesty: Pg xxviii,xxx,8,22-23,30)	
2. Came to believe that a Power greater than ourselves could restore us to sanity (Hope: Pg 5,8,37,44,45,47)	
3. Made a decision to turn or will and our lives over to the care of God as we understood Him. (Faith: Pg 60-63)	
4. Made a searching and fearless moral inventory of ourselves ourselves (Courage: Pg 63-71)	
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. (Integrity: Pg 72-75)	
6. Were entirely ready to have God remove all these defects of character (Willingness: Pg 75-76)	
7. Humbly asked Him to remove our shortcomings. (Humility: Pg 76)	
8. Made a list of all persons we had harmed, and became willing to make amends to them all. (Brotherly Love: Pg 76)	
9. Made direct amends to such people wherever possible, except when to do so would injure them, or others. (Discipline or Justice: Pg 76-84)	
10. Continued to take personal inventory and when we were wrong promptly admitted it. (Perseverance: Pg 84-85)	
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. (Spiritual Awareness: Pg 85-88)	
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and practice these principles in all our affairs. (Service: Pg 89-103)	

Oxford Group 4-Absolutes (God's Will usually has):	Character Defects (We continue to watch for):
UNSELFISHNESS	SELFISHNESS
HONESTY	DISHONESTY
LOVE	RESENTMENT
PURITY	FEAR

When a thought comes in meditation, ask: "Where it is from?"

4th Step Inventory Instructions

- 1) Read Chapter 5
- 2) Make a list of persons, institutions or principles (Resentment)
- 3) Add: Cause to list in 2 above
- 4) Add: Column 3, one item at a time, to above
- 5) Say 4th Step Prayer for each person, institution, etc (Pg 67)
- 6) Fill out "Column 4" for each item.
- 7) Perform similar exercise for current "fears" (pg 67)
- 8) Perform similar exercise for sex, relationships,
- 9) Perform similar exercise for any other "harms" done to others

Note: Anytime you get stuck...re-read Chapter 5 and meditate
Note: If another issue comes up while processing, set it down on the bottom of the list and come back to it when it's time

		3rd Column Instincts	Inside Self	Outside Self	Ambitions
Instinct	Social	Self-Esteem	Personal Relationship	Social Ambitions	
	Security	Emotional Security	Material Security	Security Ambitions	
	Sexual	Acceptable Sex (Love)	Hidden Sex (Lust)	Sexual Ambitions	

4TH Step/10TH Step INVENTORY FRAMEWORK: PERSONAL INVENTORY Structure derived from the format used by JOE AND CHARLIE in their BIG BOOK STUDY.

	1st Column	2nd Column - The Cause	3rd Column - Affects My:	4th Column - "Referring to our list again...we resolutely looked for our own mistakes..."
Sequence #	Being convinced that Self ... was what had defeated us, we considered its common manifestations -- Resentment, Fear, and Guilt. These were our thoughts which could be focused on thinking about the next "right" thing to do...and we drink at these things.		SOCIAL INSTINCT SECURITY INSTINCT SEXUAL INSTINCT AMBITIONS	COMMON CHARACTER DEFECTS
	FOR RESENTMENTS We listed people, institutions or principles with whom we were	We asked ourselves why we were angry? (see instructions on Page 64-65)	Personal Relationship	Where was I to blame? What did I do to set into motion the train of events? How did I set the ball rolling? (for Sex...had I unjustifiably aroused jealousy, suspicion, bitterness)
	FOR FEARS We reviewed our fears	For fears, we asked ourselves why we had the fear. (see Page 67-68)	Emotional Security	Selfish (I own)
	FOR HARMS DONE (SEX) Whom had we Hurt?	What did we do to hurt them? (see Page 69-70)	Material Security	Dishonest
	Who or What	The Cause	Acceptable Sex (Love)	Self-Seeking (I want)
			Hidden Sex (Lust)	Afraid (Fear)
			Social Ambitions	Inconsiderate
			Security Ambitions	Notes
			Sexual Ambitions	I owe an Amends
		(USE AS COLUMN HEADINGS ON NOTEBOOK PAPER)		