

Sample Section of the “Big Book Awakening” 12 Step guide book

This book is not written to replace the “Big Book of Alcoholics Anonymous.” It is intended to be used in conjunction with the Big Book.

**Revised version: December, 2003
Use with Fourth Edition Big Book
of Alcoholics Anonymous**

Order books online: <http://www.bigbookawakening.com>

12 Step Web Site: <http://www.thejaywalker.com>

Sherman • 1518 10th Street • Suite #10
Santa Monica • California • 90401 • U.S.A.
Phone: (310) 395-1797

**Copyright © 1992, 1998, 2001, by Dan Sherman,
all rights reserved worldwide.**

Reprinting in whole or part is forbidden.

Registered with the Library of Congress.

ISBN 0-9713040-0-9

Printed in the United States of America.

INTRODUCTION **AND BASIC INSTRUCTIONS**

This Workbook was not written to replace the “Big Book of Alcoholics Anonymous.” It was written as a tool to be used in conjunction with the Big Book.

Write everything written in script from this Workbook into your own Big Book. Focus on one section at a time, following the instructions given for that section. Make sure all the information is completely written legibly in your Big Book. Then, read your marked Big Book alone, without the Workbook. *Considering your experience* with what the questions and notes mean to you. Avoid simple yes or no answers. Then meet with your Step Guide to read through each section, discussing your *experience* with the considerations. Make sure you are clear on each section before moving on to the next.

It is helpful to hear people who have experience with this process. If you don't have someone personally guiding you through there are cassette tapes available. When using the tapes, stay focused on one section at a time. First write the notes from the Workbook into your Big Book. Then listen only to the section of the tape which covers the section you're considering. Afterward read that section without the Workbook or tapes, considering your experience with what the Big Book is saying.

When going through the Workbook in a workshop I suggest that you make it a point to have everyone responsible for putting all the notes and questions into their Big Books before the group gets together. This will allow the meeting to be about discussion rather than writing.

It's important to put all the information from the Workbook into your own Big Book. This Big Book will become your *Working With Others Book* for guiding others through the Step Process in a similar manner.

The hard covered “Big Book of Alcoholics Anonymous” is preferable. The soft bound version has smaller margins to write in and the binding wears out faster.

I'm sure you'll find the notes and definitions helpful. All of the definitions I've included in the Workbook were the result of someone questioning what a word, phrase or sentence meant. Great care was taken to try and keep all definitions brief and accurate. Some people may find their reading ability allows them to favor the words the Big Book uses. Others will find that using the definitions in the Workbook make the difference between knowing and not knowing what the book is actually saying.

It's important to remember to keep your focus on your experience and not on your knowledge of the Big Book. Knowledge, this Workbook, the Big Book, or any human power including meetings can't by itself keep you sober. Don't worship the process. Remember that these things are what takes you to That which will keep you sober.

Sincerely,
The Author

STEP ONE
PHYSICAL CRAVING

Page xxv to 23

THE DOCTOR'S OPINION

**“We admitted we were
powerless over alcohol”**

*God please enable me to set aside everything
I think I know for an open mind and a new
experience. Help me see the Truth about
my physical craving after I start to drink.*

The following questions taken from the statements in the Big Book are presented as “alcohol and drugs” for those who may be confused about what they are, alcoholic, drug addict, or both. Give the people you work with the dignity and the chance to find their own truth with step one. Look at powerlessness with the Physical Craving from page xxv - page 23 and with the Mental Obsession from page 23 - page 43.

Write everything in this book written in *script* into your Big Book then read your book considering your own personal experience. Try and avoid simple yes or no answers whenever possible.

pg.xxv...write in top margin

*Step One: Physical Craving of My Body (pg.xxv to top paragraph pg.23)
The first step begins here. We start by using the Doctor's Opinion as a tool by turning the statements into questions to look at "what happens to me after I take the first drink?"
Nothing to do with what you were thinking at the time. Look mainly at what happened.
The consideration is:
Do I lose control of my drinking after I take the first drink?
or can I control how I drink after I've started, so maybe I'm not an alcoholic?*

**Example of how to write the questions from this Workbook
into your Big Book on “page xxv - paragraph 1 - Line 2”**

pg.xxv-¶1-L2

Why am I interested in the plan of recovery described in this book?

*Why am I
[interested in the ~~medical estimate of the~~ plan of recovery described in this book.]*

pg.xxv-¶1-L4...write (*must*) in left margin

*Do I believe Convincing testimony must surely come from a *doctor* who had experience with the sufferings of *alcoholics* and have witnessed *their* return to health. *Would this be helpful to me?**

pg.xxv-¶3-L3

*Am I the type regarded as hopeless. *Wants to quit but can't?**

pg.xxv-¶5-L2

*Am I the type with whom *every* method I tried had failed completely?
*Is there anything else I can do?**

pg.xxvi-top ¶J-L2...definition...annals / *historical records*

pg.xxvi-top ¶J-L

Am I willing to believe this book has a remedy for me?

pg.xxvi-¶J1-L4

Am I willing to rely absolutely on anything they say about themselves in this book?

pg.xxvi-¶J2-L5...write (*must*) in left margin

Do I believe that my body is quite as abnormal as my mind after the first drink / drug?

pg.xxvi-¶J2-L7

Did any explanation I've heard ever satisfy me as to why I could not control my drinking/using?

pg.xxvi-¶J2-L10

Do I believe These things were true to some extent, in fact, to a considerable extent with *me*?

pg.xxvi-¶J2-L11

Do I believe that *my* body *was* sickened as well?

pg.xxvi-¶J2-L12

Do I believe any picture of *me* which leaves out this physical factor *feels* incomplete?

pg.xxvi-beginning of ¶J3...put * at (*The)...write in bottom margin

**Webster's Dictionary definition—"Allergy" a condition of unusual sensitivity to a substance, which in like amounts does not affect others and is characterized by systematic disorders.*

Note: It's like having an allergic physical reaction to strawberries. I can't eat them without breaking out in a physical itch, nothing to do with what I'm thinking. As with alcohol, when I drink I break out in an itch to have another drink, then another and another. You will see your experience with the physical powerlessness not in the amount you drank but in your lack of control.

pg.xxvi-¶J3-L1

Does the doctor's theory that *I* have an allergy to alcohol interest *me*?

pg.xxvi-¶J3-L4

Does the explanation about the allergy make good sense?

pg.xxvi-¶J3-L5

Does it explain many things for which *I* cannot otherwise account?

pg.xxvi-¶J4-L2 definition...altruistic/*unselfishly doing for others*

pg.xxvii-¶J4-L2...change "moral psychology was" to "*spiritual experience is*"

pg.xxvii-¶J4-L3, L4 and L6...change "our" to "*a doctor's*" (four times)

pg.xxvii-¶J4-L5...change "we" to "*doctors*"

pg.xxvii-¶J4-L6...change "good" to "*God*"

pg.xxvii-¶J4-L7...put * after (knowledge.*) write in top margin

Here the number one Doctor for alcoholism at the time is saying he knows that a Doctor isn't capable of giving me what I need. A Spiritual experience.

pg.xxvii-¶6-L9

Do I believe I need to find some Power which can pull me back from the gates of death and that must be a power greater than my own?

pg.xxviii-¶1-L5...put * over (These*) and write in top margin.

**If the following five questions are true, the reason is the previous question. Because when I put alcohol in my system I physically lose control of how much I drink once I've started.*

pg.xxviii-¶1-L1

Do I believe that the re-action of alcohol on me is like an allergy and there is a craving for more that occurs after the first drink?...drug?

pg.xxviii-¶1-L3...definition...phenomenon / *Something we can see but not explain*

write in left margin

Don't look for the physical craving in what you were thinking. Look for it in your physical experiences of drinking.

pg.xxviii-¶1-L5

Can I safely use alcohol (drugs?) in any form at all?

pg.xxviii-¶1-L6

Did I form the habit?

pg.xxviii-¶1-L7

Could I break it?

pg.xxviii-¶1-L7

Did I lose my self confidence that anything human could keep me sober?

pg.xxviii-¶1-L8

Did my problems pile up on me and become astonishingly difficult for me to solve?

pg.xxviii-¶2-L1...definition..."Frothy"

Note: Webster's Dictionary: Light, insignificant or worthless natured conversation or ideas

pg.xxviii-¶2-L1 write (must) in the left column next to question.

Do I believe light emotional appeal never worked so The message that I better get here in this program to interest and hold me must have depth and weight, more than emotional or intellectual?

pg.xxviii-¶2-L4 write (must) in left margin

pg.xxviii-¶2-end of paragraph...put *2 after (lives.*2)...write in left margin

**2) A promise: If my ideals are grounded in a power greater than myself my life will be recreated*

pg.xxviii-¶4-L1...put *3 at (*3 Men)...write in left margin

**3) Important - here Dr. Silkworth tells me why I drink.*

pg.xxviii-¶4-L1

Did I drink because I liked the effect produced by alcohol?

pg.xxviii-¶4-L2

Did this effect become so elusive that,while I admitted it is hurting me I couldn't after a time differentiate the true from the false?

pg.xxviii-¶4-L4

Did my alcoholic life seem the only normal one?

pg.xxviii-¶4-L5

Am I restless (uneasy), irritable (easily annoyed) and discontented (never satisfied)?

pg.xxviii-¶4-L6...put *4 after (discontented *4)...write in bottom margin

**4) This is the first description of untreated alcoholism.*

pg.xxix...put * on L2 (drinks*) then write in top margin

**Do I believe that in recovery I must experience the sense of ease and comfort that I got by drinking, if not, will I give in to the desire to drink again?*

pg.xxix-top ¶-L3... two definitions

impunity / *without consequences* - succumbed / *gave in.*

pg.xxix-¶ top-L5

Do I pass through the well-known stages of a spree, emerging remorseful, with a firm resolution never to drink again?

pg.xxix-¶ top-L7

Is this repeated over and over?

pg.xxix-¶ top...write at end

—or do I have any other solution?

pg.xxix-¶2-L3...write (*must*) in left column

Can I stay stopped on my own?

pg.xxix-¶2-L3...write (*must*) in left column... *Do I need help?*

pg.xxix-¶3-L4

Do I believe that something more than human power is needed to produce the essential psychic change and that is my only answer?

pg.xxix-¶3-L5 put * on (*2) write sentence in bottom margin.

**2) Next the number one doctor for alcoholics at the time says that no human power can give me what I need, an entire psychic change.*

pg.xxix-¶3-L5 definition...aggregate / *combined total*

pg.xxix-¶4-L1

Do I believe that my alcoholism is entirely a problem of mental control?

pg.xxix-¶4-L6

Has this craving at anytime become more important than all other interests?

pg.xxx-¶ top-L2

Were there times I wasn't drinking to escape but drinking to overcome a craving beyond my mental control.....for alcohol?.....for drugs?

pg.xxx-¶1-L2 definition... “supreme sacrifice”... Webster’s Dictionary

Note: To give up your life or die for a cause, as a soldier giving his life for his country

pg.xxx-¶1-L1

Were there many situations while drinking which caused me to give up my life to drink rather than

Sample section from Doctor's Opinion --- <http://www.bigbookawakening.com> ----- page 6

stop?

pg.xxx-¶2-L3...definition... “psychopaths”

Note: Psychopathic personality, a person characterized by emotional instability, lack of sound judgment, perverse and impulsive (often criminal) behavior, inability to learn from experience, amoral and asocial feelings, and other serious personality defects: He may or may not have insane attacks or symptoms

pg.xxx-¶2-L4

Was I always going on the wagon for keeps?

pg.xxx-¶2-L5

Was I over-remorseful making many resolutions, but never a decision?

pg.xxx-¶3-L1

Was I unwilling to admit that I cannot take a drink?...drug?

pg.xxx-¶3-L2

Did I plan various ways of drinking in an effort to control my drinking?

pg.xxx-¶3-L4

Do I believe that after being entirely free from alcohol for a period of time that I could take a drink without danger?

pg.xxx...put * at beginning of ¶5-L1-write in bottom margin.

**Have I identified my allergy to alcohol as a craving for more alcohol once I start drinking?*

pg.xxx-¶5-L2

can I start drinking without developing the phenomenon of craving?

pg.xxx-¶5-L4

Do I believe this allergy differentiates me and sets me apart from other people?

pg.xxx-¶5-L7

Do I believe The only relief to this physical allergy is entire abstinence?

pg.xxx-¶5-L8...write at end of ¶... *Can I do that on my own, just not drink?*

pg.xxx-¶6-L1 definition... “precipitates us into a seething caldron of debate”

“throws us into a boiling kettle of debate”

pg.xxx-¶6-L4 -end of ¶ ...*Do I feel doomed?*

pg.xxxi-¶2-L6 ...*Was I living to drink?...use?*

pg.xxxi-¶2-L3...definition... “gastric hemorrhage” / *bleeding stomach*

pg.xxxi-¶2-L4...definition...“a case of pathological” / *manifesting symptoms of*

pg.xxxi-¶2-L14...write above...“self-reliance and contentment” / *“ease and comfort”*

Note: See top pg.xxvii: “the sense of ease and comfort which comes at once by taking a few drinks.”