

# BACK TO THE BASICS-

## *A format for the 12 Steps*

Note: Tell the history of Roland Hazard, Ebby Thatcher and the Oxford Group, Bill's story, and the history of AA.

### STEP ONE

p.8	start	"No words can tell of the loneliness..."	go to P.9
p.9		Read	entire page. Go to P.10
p.10		end"... I had to be for I was hopeless..."	go to P.11
p.11	start	"But my friend sat before me..."	
	end	"He shouted great tidings..."	go to p.13
p.13	start	"At the hospital ... "	go to p.14
p.14	end	"... to the Father of Light who presides ..."	go to bottom of p. 14
p.14	start	"My friend emphasized ..."	go to p.15
p.15	end	" ... with us it is just like that."	go to p.27
p.27	start	"The doctor said..."	
p.27	end	"...begin to dominate them."	go to p.xxvi
p.xxvi	start	*We believe...'	
p.xxvi	end	'...astonishingly difficult to solve.'	go to bottom of p.xxvi
p.xxvi	start	'Men and women drink..."	go to p.xxvii
p.xxvii		end	" ... required to follow a few
		simple rules."	
p.xxvii	start	"...one feels that something more than..."	
p.xxvii	end	" ... ordinary psychological approach."	go to p.21
p.21	start	"But what about the real alcoholics	go to p.22
p.22	Read	entire page	go to p.23
p.23	end	" drinking bout creates."	continue on p.23
p.23	start	" once in a while he may tell the truth."	
p.23	end	" suspects they are down for the count..."	go to p.24

p.24	start	" the fact Is that most alcoholics..."	
p.24	end	" putting his hand on a hot stove."	go to P.151
p.151	start	"The less people tolerated us..."	
p.1 61	end	"... drinkers ... will understand."	go to p.30
p.30	start	'Most of us have been unwilling to admit...'	go to p.31
p.31	end	'We could Increase the list ad infinitum.'	go to p.25
p.25	start	" <i>There is a solution.</i> '	
p.25	end	" ... to accept spiritual help."	go to p. 43
p.43	start	"once more ... "	
p.43	end	"... his defense must come from a higher power"	go to p.44

## STEP TWO

p.44	start	"In the preceding chapters ... *	
p.44	end	"You need not be disconcerted ...	go to p.45
p.45	start	"Lack of power .. "	
p.45	end	"that means we are going to talk about God."	go to p.46
p.46	start	"Much to our relief .. "	
p.46	end	"We believe it Is open to all men ...	go to p.47
p.47	start	Top of the page	
p.47	end	"...spiritual structure can be built."	go to p.569
p.569		Read entire Appendix 11 "Spiritual Experience"	go to p.52
p.52	start	"We had to ask ourselves ... 0	
p.52	end	0 ... the God Idea did."	go to p.53
p.53	start	"When we became alcoholics..."	
p.53	end	0 ... confronted with the question of faith ... go to P.55	
p.55	start	"...yet we had been seeing another kind of flight..."	
p.55	end	"With this attitude you cannot fail."	go to p.12
p.12	start	"Despite the living..."	
p.12	end	"...a new world came Into view."	go to p.42
p.42	start	"Quite as Important..."	

p.42	end	...would solve all my problems."	go to p.290
p.290	start	"I can still remember very distinctly..."	go to p.291
p.291	Read	entire page	go to p.292
p.292	end	"...slowly making restitution"	go to p.58
p.58	start	"Rarely have we seen a person fall..."	go to p.59
p.59	Read	entire page	go to p.60
p.60	Read	entire page	go to p.61
p.61	Read	entire page	go to p.62
p.62	Read	entire page	go to P.63
p.63		"...We were reborn.	

Review the ABC's

p.60	start	"(a) That we were..."
p.60	end	"(c) ...If he were sought."

Discuss: is each person convinced of these three things? go to p.59

p.59	Read and discuss steps 1,2,3
	Have each person tell how they were powerless over alcohol.
	Have each person tell how they were Insane. go to p.63

### STEP THREE

Have each person get on their knees and say the third-step prayer in unison.

#### 3rd Step Prayer

"God, I offer myself to Thee-to build with me and to do with me as Thou wilt.  
 Relieve me from the bondage of self, that I may better do Thy will.  
 Take away my difficulties, that victory over them may bear witness  
 to those I would help of Thy Power, Thy Love,  
 and Thy Way of Life. May I do Thy will always"

End with "Amen" go to p.63

### STEP FOUR

p.63	start	"Next, we launched.."	go to p.64
		Read each page all the way to p.71	go to p.71
p.71	end	Read entire page	go to p.65

STEP FOUR

RESENTMENT LIST

go [top.65](#)

<u>I'm resentful at</u>	<u>The cause</u>	<u>Affects my</u>	<u>What is my part (to p.67)</u>

STEP FOUR  
FEARS LIST

go to p.68

<u>What is my fear?</u>	<u>Why?</u>

STEP FOUR  
SEX LIST

go to p.69

<u>Whom had I hurt</u>	<u>How had I hurt them</u>	<u>What was my part?</u>	<u>What should I have done instead</u>

p.69 "In this way we tried to shape a sane and sound ideal for our future sex life."

What is my ideal for my future sex life?

go to p.72

## STEP FIVE

P-72 start "Having made our personal Inventory..."  
p.72 and " ... mentioned In the preceding chapter." p.75

P.75 start "...pocket our pride and go to it..."  
p.75 end "In hand with the Spirit of the Universe." p.75

Have each person read their Inventories out loud

p.75 start "Returning home ... "  
p-75 Read through the end of the page

Have the person go to a quiet room and reread this, review the first five proposals and see if they have omitted anything.

If they can answer this to our satisfaction, go on to Step Six. p.76

p.76start "If we can answer .. \*  
p.76end ... help us be willing."

## STEP SIX-and SEVEN

List defects of character (e.g. selfishness, lying, fear. etc.)

Have each person get on their knees.

Read a portion of the 7th Step Prayer and have them repeat it after you. End with Amen".

### Seventh Step Prayer

"My Creator, I am now willing that you should have all of me, good and bad.  
I pray that you now remove from me every single defect of character  
which stands in the way of my usefulness to you and my fellows.  
Grant me strength, as I go out from here to do your bidding.  
Amen"

List those attributes necessary to replace our defects of character.

<u>Defects (examples: fear, selfishness)</u>	<u>Replace With example: faith, God-centered)</u>

We have then completed Step Seven      go to p.76

## STEPS EIGHT and NINE

P-76 start "Now we need more action p.78  
end ... victory over alcohol." Ask if they are still willing.

### EIGHTH STEP AMENDS LIST

Short Term (0-6 mos.)	Long Term (over 6 mo.'s)	List ways to make amends to those you can't contact

p.76 start "Probably there are some misgivings..." go to p.77  
Read, discussing important points, each page all the way to p.84  
p.84 end "... they will materialize if we work for them." go to p.84

## STEPS TEN and ELEVEN

p.84 start "This thought brings us to Step Ten....  
Read, discussing important points, each page all the way to page 88  
p.88 end ... entirely devoted to Stop Twelve.\*

## STEP TWELVE

P-89 start "Practical experience ... "  
p.89 and " ... bright spot of our LIVES" go to p.90

p-90 start "Then let his family or a friend ask..  
p.90 and "...as a person who has recovered" go to p.98

p.98 start "Job or no job-,wife or no wife-..."  
p.98 end " ... trust In God and clean house."

p.99 start "Remind the prospect that his recovery.... go to p.100  
P.100 end " ... upon his relationship with God."

p.100 start "Both you and the new man must..."  
P.100 end " ... what your present circumstances

P. 100start "Assuming we am spiritually fit, we can... "  
P. 101end "... matter with his spiritual status.'

p.102 start "Your job Is now to be at the place..."  
p.102 end " ... and God will keep you unharmed."

p.132 start "We have been speaking..."

p.132 end "Others find we am soon overcome by them."

p.133 start " We are sure God means..."  
p.133 end " ... to demonstrate His omnipotence."

p.151 start " Now and then a serious drinker..."  
p.152 end " ... jumping off place"

p.164 start "Our book is meant to..."  
p.164 end "May God bless you and keep you-until then."

go to p.164

## NOTES-

## PRAYERS IN THE BIG BOOK

### THIRD STEP p.63

God, I offer myself to Thee-to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. May I do Thy will always.

### FOURTH STEP

#### Resentments p.67

God, help me show tolerance, pity, and patience. This is a sick man. How can I be helpful to him? God save me from anger. Thy will be done.

#### Fear p.68

God, I ask that you remove my fear and direct my attention to what you would have me to be.

#### Sex p.69

God, I ask that you would mold my ideals, and help me to live up to them. Where I have done harm, God, show me what I should do about each specific matter.

#### Forgiveness p.70

God, I am sorry for what I have done, and have an honest desire to let you take me to better things.

#### Sanity and Strength p.70

God, I earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing.

### FIFTH STEP p.75

I thank you from the bottom of my heart that i know you better.

### SIXTH STEP p.76

God, I still cling to things I have admitted are objectionable. Help me to be willing to let go of them.

### SEVENTH STEP p.76

My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here to do your bidding. Amen

### EIGHTH STEP p.76

God, I ask for the willingness to make amends for the damage I have done In the past.

#### NINTH STEP

Direction p.79

I pray that I may be given strength and direction to do the right thing, no matter what the personal consequences may be.

Change p.81

I am sorry for Mat I have done. God willing, it shall not be repeated.

Morning p.83

My Creator, show me the way of patience, tolerance, kindness and love.

#### TENTH STEP

Growth p.84

I pray, God, that you remove my selfishness, dishonesty, resentment, and fear.

Daily p.85

How can I best serve Thee? Thy will, not mine, be done.

#### ELEVENTH STEP

Night p.86

God, I pray for forgiveness for the wrongs I have done today. I ask that I be shown what corrective measures should be taken.

Morning p.86 & 164

God, please direct my thinking; especially, that it be divorced from self-pity, dishonesty or self-seeking motives. What can I do for the man who is still sick?

Indecision p.86

God, I am faced with indecision, and am unable to determine which course to take. I ask You for inspiration, an intuitive thought, or a decision. God, I pray to be shown what-my next step is to be. Give me whatever I need to take care of problems. Especially free me from self-will so that I may be of help to others. What can I do today to help others?

During the day p.87

I am agitated (doubtful) God. Please give me the right thought or action. I am no longer running the show. Thy will be done.

Blessing

May God bless you and keep you.

