

Week Five

READ AT EVERY MEETING

PURPOSE - CHANGE OF PERSONALITY

THE PURPOSE OF THE NOVALCO METHOD OF A.A. IS TO EFFECT A CHANGE IN ATTITUDE. BY USING THE STEPS, THIS CAN BE ACCOMPLISHED IN A RELATIVELY SHORT TIME, USUALLY THREE TO FOUR MONTHS. WHEN THIS IS ACCOMPLISHED THE NEW MEMBER HAS LESS CHANCE OF TAKING A DRINK. AFTER THE MEMBER HAS COMPLETED THE STEPS, HE OR SHE THEN GROWS AS THE REGULAR MEETINGS ARE ATTENDED. HAVING DONE THE STEPS IN SEQUENCE, THE GROWTH AND MATURITY SEEM TO COME EASIER AND FASTER. THE MEMBER GAINS THE PEACE OF MIND, SOBRIETY, SERENITY AND HAPPINESS, THAT ALL ALCOHOLICS ARE SEARCHING FOR.

THE PURPOSE - TO CHANGE OUR THINKING AND GIVE US A SPIRITUAL AWAKENING IN A REASONABLY SHORT PERIOD OF TIME.

BY ACCEPTING THIS CHANGE AND WORKING THE PROGRAM ON A TWENTY FOUR HOUR BASIS, SOBRIETY IS NOW A FACT OF LIFE.

1. MOMENT'S SILENCE

2. SERENITY PRAYER IN UNISON

3. REVIEW LAST WEEK.

REVIEW STEP THREE AND REAFFIRM COMMITMENT

OPEN STEP 4 MEETING WITH THE BIG BOOK PAGE 60 "BEING CONVINCED..." TO END OF PRAYER PAGE 63.

SUGGESTIONS FOR CHAIRMAN ON STEP FOUR

THIS STEP SHOULD TAKE TWO MEETINGS AND REQUIRE UNDERSTANDING OF ALL DEFECTS OF CHARACTER THAT THE AVERAGE ALCOHOLIC HAS.

PLEASE REFER TO STEP 4. FOR INSTANCE, MANY NEWCOMERS DO NOT UNDERSTAND THE REAL MEANING OF BEING DISHONEST WITH THEMSELVES, ETC., THIS APPLIES TO A GREAT MANY DEFECTS WE HAVE. SO THE SUGGESTED PROCEDURE IS FOR THE CHAIRMAN TO EXPLAIN EACH DEFECT IN A SIMPLE MANNER AND TO ASK EACH MEMBER IF HE UNDERSTANDS IT.

WHEN THE MEMBER UNDERSTANDS THEM HE CAN THEN DO STEP 4 AT HOME BY WRITING THEM DOWN.

MANY FEEL IT IS NOT ABSOLUTELY NECESSARY TO GO INTO A LENGTHY VERSION OF ONE'S DEFECTS THAT APPLY. I.E. "I AM DISHONEST WITH MYSELF," I PROCRASTINATE", ETC. NO ONE BUT HIMSELF SEES THE LIST. SO THERE IS NO CAUSE FOR WORRY HERE.

IT IS MOST IMPORTANT TO WRITE THE DEFECTS DOWN.

IF ONE JUST TAKES A MENTAL NOTE OF ONE'S DEFECTS, IT IS NOT AN HONEST STEP 4 AND WILL NOT BE EFFECTIVE. A BUSINESS MAN WOULD NEVER TAKE INVENTORY OF HIS STOCK WITH A MENTAL NOTE. HE WOULD WRITE IT DOWN AND ASSESS IT. THIS ALSO APPLIES IN STEP 4.

UNDERSTANDING WHAT A DEFECT IS AND WRITING THEM
DOWN IS THE MAIN POINT IN STEP 4.

KEY #1

ONCE AGAIN AS WE DO THIS STEP WE ARE
SURRENDERING SELF-CENTEREDNESS AND ACQUIRING
HUMILITY.

KEY #1A

SURRENDER OF SELF-CENTEREDNESS, THE PRACTICE OF
HONESTY, HUMILITY, APPRECIATION, FORGIVENESS,
PROMPTNESS IN ADMITTING WRONGS, MAKING AMENDS,
SERVICE TO OTHERS AND THE EXAMPLE OF A HAPPY
SOBER LIFE.

KEY #2

WE HAVE BEEN AT WAR WITH OURSELVES AND HAVE
BEEN OUR OWN WORST ENEMY.

KEY #2A

WE WISH TO KNOW WHY WE HAVE BEEN AT WAR WITH
OURSELVES.

KEY #3

WE MUST TAKE A LOOK AT OURSELVES AS WE ARE,
BEFORE WE CAN TAKE STEPS TO CORRECT OUR LIFE.

KEY #3A

ARRESTING OUR ALCOHOLISM IS NOT POSSIBLE UNTIL
WE HAVE KNOWLEDGE OF OUR DEFECTS.

KEY #4

HALF WAY MEASURES AVAIL US NOTHING. HOLDBACKS
OR RESERVATIONS DEFEAT OUR PURPOSE.

KEY #4A

OUR PROGRAM IS NOT IN ACCORD WITH HALF-WAY
MEASURES OR EFFORTS: FULL REHABILITATION IS OUR
OBJECTIVE. RESERVATIONS DEFEAT THIS PURPOSE.

KEY #5

BRING OUT THE IMPORTANCE OF WRITING IT DOWN.

KEY #5A

TO BE EFFECTIVE IT MUST BE A WRITTEN INVENTORY.

KEY #6

TO FULLY APPRECIATE OUR DEFECTS WE MUST HAVE A
SIMPLE UNDERSTANDING OF THEM.

KEY #6A

WE ARE AS SICK LAYMEN WHO NEED A SIMPLE
UNDERSTANDING OF OUR ILLS AND DEFECTS.

GROUP READS STEP 4 - 12X12
GROUP READS PRAYER ON PAGE 63 - BIG BOOK

COMMITTMENT

THE CHAIRMAN SHOULD ASK EACH MEMBER "ARE YOU WILLING TO MAKE THE EFFORT TO WRITE DOWN YOUR DEFECTS OF CHARACTER?" JUST BE WILLING TO WRITE THEM DOWN, NOTHING MORE.

YOU ARE NOW READY TO START ON STEP 4!

ASK MEMBERS TO READ ANOTHER PERSONAL STORY IN THE BIG BOOK THIS WEEK.

HOME STUDY:

BIG BOOK - CHAPTER 5 HOW IT WORKS

12X12 - STEP 4

MECHANISMS FOR DEFENDING THE MICRO SELF

Acting Out	Reducing the anxiety aroused by forbidden desires by permitting their expression.
Compensation	Making up for frustration in one area of life by indulging in over-gratification in another area or detracting attention from a weakness by over emphasizing a strength.
Denial of Reality	Protecting the micro self from an undesirable aspect of reality by denying its existence (IGNORING IT), often by getting "sick" or through excessive over involvement with work (job) or other activity etc.
Displacement	Discharging feelings (usually hostility, i.e. Dumping on them) on people or objects less dangerous than those people or circumstances which aroused the feeling.
Emotional Insulation	Withdrawing from emotional involvement to protect self from hurt.
Fantasy	Gratifying frustrated desires by imagining their achievement.
Identification	Increasing feelings of worth by identifying self with illustrious person or organization.
Introjection	Adopting the values of others to avoid rejection.
Isolation	Prohibiting self from feeling the pain caused by hurtful situations, or separating incompatible attitudes into logic tight compartments.
Projection	Attributing one's own unethical desires to others for one's own difficulties (i.e. Blaming others).
Rationalization	Attempting to rationally prove that one's own behavior is justifiable and deserving of approval.
Reaction Formation	Preventing expression of dangerous (socially unacceptable) desires by over emphasizing their opposite expression.
Regression	Retreating to an earlier level of development which demands less mature behavior and/or a lesser level of aspiration.
Sublimation	Gratifying frustrated sexual desires by substituting nonsexual activities.
Sympathism	Gaining sympathy from others to bolster feelings of self worth.
Undoing or Atonement	Undoing or atoning for immoral desires or actions by causing self to suffer.

The consequences of reducing emotional pain by using these techniques of self-denial are, from the short term (micro) point of view, successful. In other words, they do work. That's why we use them. However, they are only temporarily successful because they reduce our awareness so much that we can conveniently forget that, from the large (MACRO) perspective, all our feelings are caused by our own thoughts - never by anyone else's.

ALL OF OUR FEELINGS ARE CAUSED BY OUR OWN THOUGHTS!