

## ADVICE TO THE NEWCOMER

For the best results, consider yourself a patient in A.A. for the arrest of an incurable disease. Determine to get the utmost from your treatment. Go on the theory that A.A. can do without you, but you cannot live without A.A. Avoid unreasonable demands on your sponsor. Never get the idea that by slipping you let your sponsor down. You are the person who will suffer. God is the one you will let down.

Buy a Big Book and follow its advice. It is foolish to assume you can recover from alcoholism without a book which contains the recovery instructions.

Abstain from weakening the A.A. program with Twelve Step substitutions, or you will water it down to a point of drunkenness.

Don't take A.A. lightly. It may be your last chance for sanity or sobriety. Your decision to live the A.A. program is important. Put nothing ahead of it. Approach it with honesty, humility, open-mindedness, willingness, and appreciation.