

Step Study Guide

Week No. 2

1. Read the preface and forward to the first edition and fourth edition.
2. In your notebook write "How I was powerless over alcohol." Write any reservations you may have that you are, in fact, powerless over alcohol.
3. Read "The Doctor's Opinion". Note your own reaction to the matters set forth in the Doctor's Opinion.

Note: The forward in the first edition states: "To show other alcoholics precisely how we have recovered is the main purpose of the Big Book." Compare this language with the language on page 29 at the end of Chapter Two, where it is stated: "Further on, clear cut directions are given showing how we recovered."

4. List your own reaction (thoughts or feelings) to the Doctor's Opinion.
5. Were you aware that your illness affected both your mind and your body? 6.

Have you ever experienced the "phenomenon of craving" (page xxvi)?

7. Did you reach a point where you could not tell true from false?
8. Did your alcoholic life seem normal?
9. Can you accept the fact that alcoholism "Has never been, by any treatment with which we are familiar, permanently eradicated (cured)?"