

Sunrise Zoom Saturday Morning Beginner's Meeting

Week 6: Identifying vs. Comparing – Part 1

Progressive:	Increasing in extent or severity	→	Worse, never better
Chronic:	Constant; habitual, inveterate	→	Never goes away
Fatal:	Causing or capable of causing death	→	...if not treated

Bill Wilson's Progression (Big Book – Bill's Story – Ch. 1)



- "...in the midst of the excitement I discovered liquor." (p. 1)
- "Potential alcoholic that I was..." (p. 2)
- "Though my drinking was not yet continuous, it disturbed my wife." (p. 2)
- "I commenced to forge the weapon..." (p.2)
- "Drink was taking an important and exhilarating part in my life." (p. 3)
- "My drinking assumed more serious proportions..." (p. 3)
- "Liquor ceased to become a luxury..." (p. 5)
- "I saw I could not take so much as one drink." (p. 5)
- "The remorse, horror and hopelessness of the next morning..." (p. 6)
- "So two bottles, and – oblivion." (p. 6)

Identify

- I did those things
- I felt like that
- I behaved that way

Compare

- I didn't drink like them
- That doesn't apply to me
- They don't understand how I feel

This Program WILL

Work For Me

NOT Work For Me

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Week 6: Identifying vs. Comparing – Part 2

Checklist from Big Book – There Is A Solution – Ch. 2, pp. 21-22

- Lack of Control
- Does Absurd, Incredible, Tragic Things
- Acts Like a Real Dr. Jekyll & Mr. Hyde
- Seldom Mildly Intoxicated
- Always More or Less Insanely Drunk
- Disposition Resembles Normal Nature but Little
- Becomes Disgustingly, Even Dangerously, Anti-Social
- Gets Tight at Exactly the Wrong Moment
- Incredibly Dishonest and Selfish
- Pulls Down Great Family & Personal Structure
- Searches Madly for Bottles
- Conceals Bottles All Over the House
- Uses High-Powered Sedative with Liquor to Quiet Nerves
- Appears at Hospitals & Sanitariums