

Joe and Charlie Big Book study - Recorded in 1998

Audio files are in mp3 format and may be downloaded from <http://www.silkworth.net/freestuff.html> and take several minutes to load. An early version of the Joe & Charlie Big Book Study Handouts can be downloaded from http://www.justloveaudio.com/resources.php?cat_id=24680.

Part	Discussion	Length	File size
1	History of A.A.	19 min 37 sec	4.49 mb
2	History of A.A.	17 min 52 sec	4.08 mb
3	History of A.A.	19 min 17 sec	4.41 mb
4	History of A.A.	14 min 58 sec	3.42 mb
5	Doctor's Opinion	22 min 19 sec	5.11 mb
6	Doctor's Opinion	24 min 54 sec	5.70 mb
7	Doctor's Opinion	9 min 51 sec	2.25 mb
8	Bill's Story	26 min 14 sec	6.00 mb
9	Bill's Story	25 min 26 sec	5.78 mb
10	There is a Solution	23 min 28 sec	5.37 mb
11	Spiritual Experience	17 min 24 sec	3.98 mb
12	There is a Solution	12 min 59 sec	2.97 mb
13	More about Alcoholism	20 min 53 sec	4.78 mb
14	More about Alcoholism	12 min 42 sec	2.90 mb
15	We Agnostics	20 min 28 sec	4.68 mb
16	We Agnostics	17 min 29 sec	4.00 mb
17	How it Works	28 min 01 sec	6.41 mb
18	How it Works	32 min 16 sec	7.38 mb
19	The 3rd Step	7 min 15 sec	1.66 mb
20	The 4th Step	20 min 15 sec	4.63 mb
21	The 4th Step	27 min 07 sec	6.20 mb
22	The 4th Step	15 min 23 sec	3.52 mb
23	Freedom from Bondage	13 min 37 sec	3.12 mb
24	The 4th Step	31 min 24 sec	7.18 mb
25	The 4th Step - list of fears	22 min 33 sec	5.16 mb
26	The 4th Step - sex list	25 min 57 sec	5.94 mb
27	The 4th Step - list of harm	7 min 28 sec	1.70 mb
28	The 5th Step	15 min 16 sec	3.49 mb
29	The 6th and 7th Step	13 min 46 sec	3.15 mb
30	The 8th Step	9 min 27 sec	2.16 mb
31	The 8th and 9th Step	29 min 45 sec	6.81 mb
32	The 10th Step	8 min 34 sec	1.96 mb
33	The 11th Step	17 min 17 sec	3.95 mb
34	The 12th Step	16 min 33 sec	3.79 mb

GOALS OF THE BIG BOOK

<p style="text-align: center;">GOAL 1 Describe The PROBLEM</p>	<p style="text-align: center;">GOAL 2 Describe The SOLUTION</p>	<p style="text-align: center;">GOAL 3 Define The ACTION Necessary for Recovery.</p>
<p>Doctors's Opinion</p> <p>Chapter 1 – Bill's Story</p>	<p>Chapter 2 -There Is A Solution</p> <p>Chapter 3 –More About Alcoholism</p> <p>Chapter 4 – We Agnostics</p>	<p>Chapter 5 –How It Works</p> <p>Chapter 6 –Into Action</p> <p>Chapter 7 –Working With Others</p>
<p>STEP</p> <p>1</p>	<p>STEP</p> <p>2</p>	<p>STEPS</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p> <p>7</p> <p>8</p> <p>9</p> <p>10</p> <p>11</p> <p>12</p>

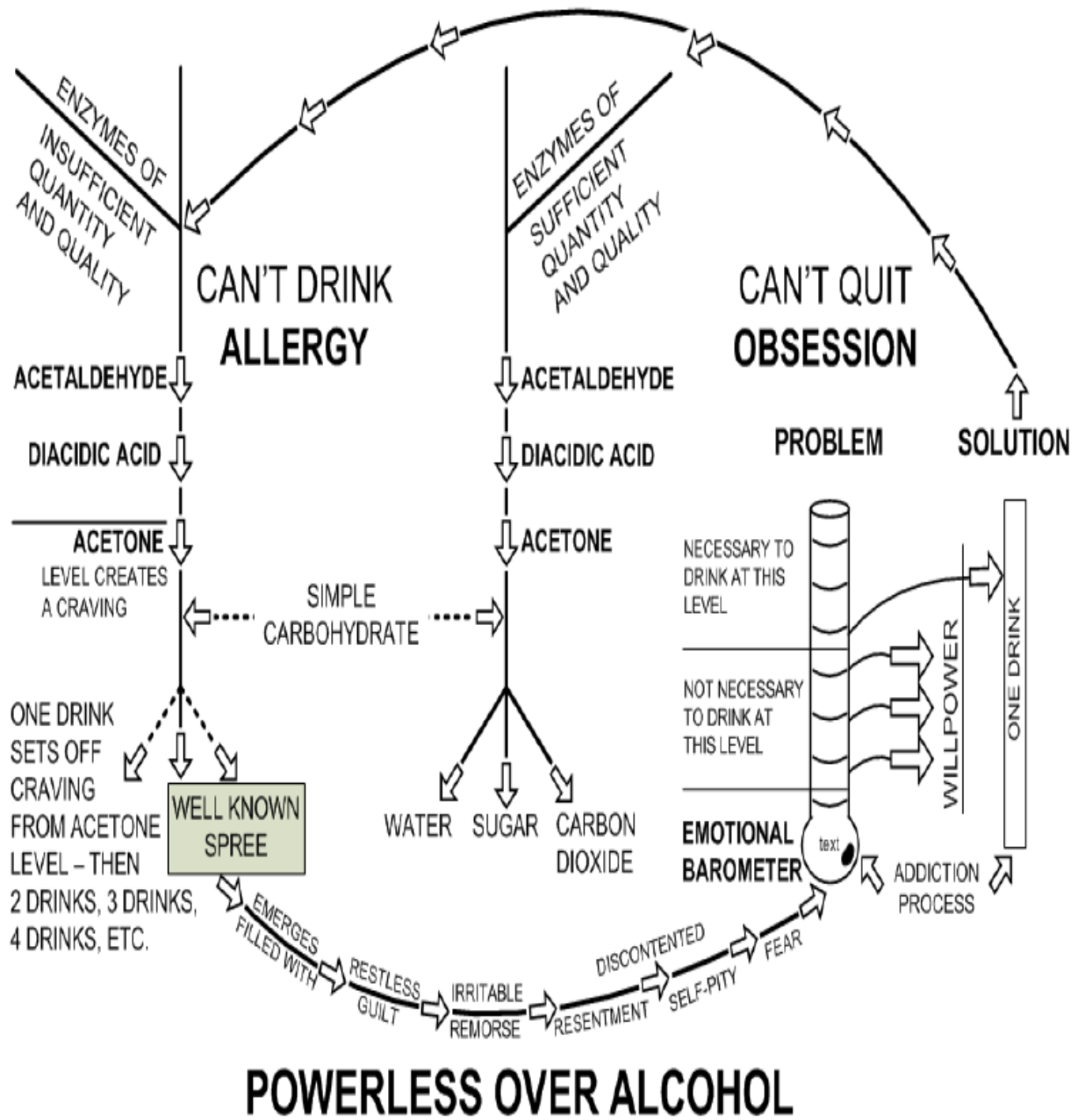
DISEASE CONCEPT OF ALCOHOLISM

PHYSICAL

MENTAL

DOES NOT DRINK SAFELY
OR IS AT DIS-EASE

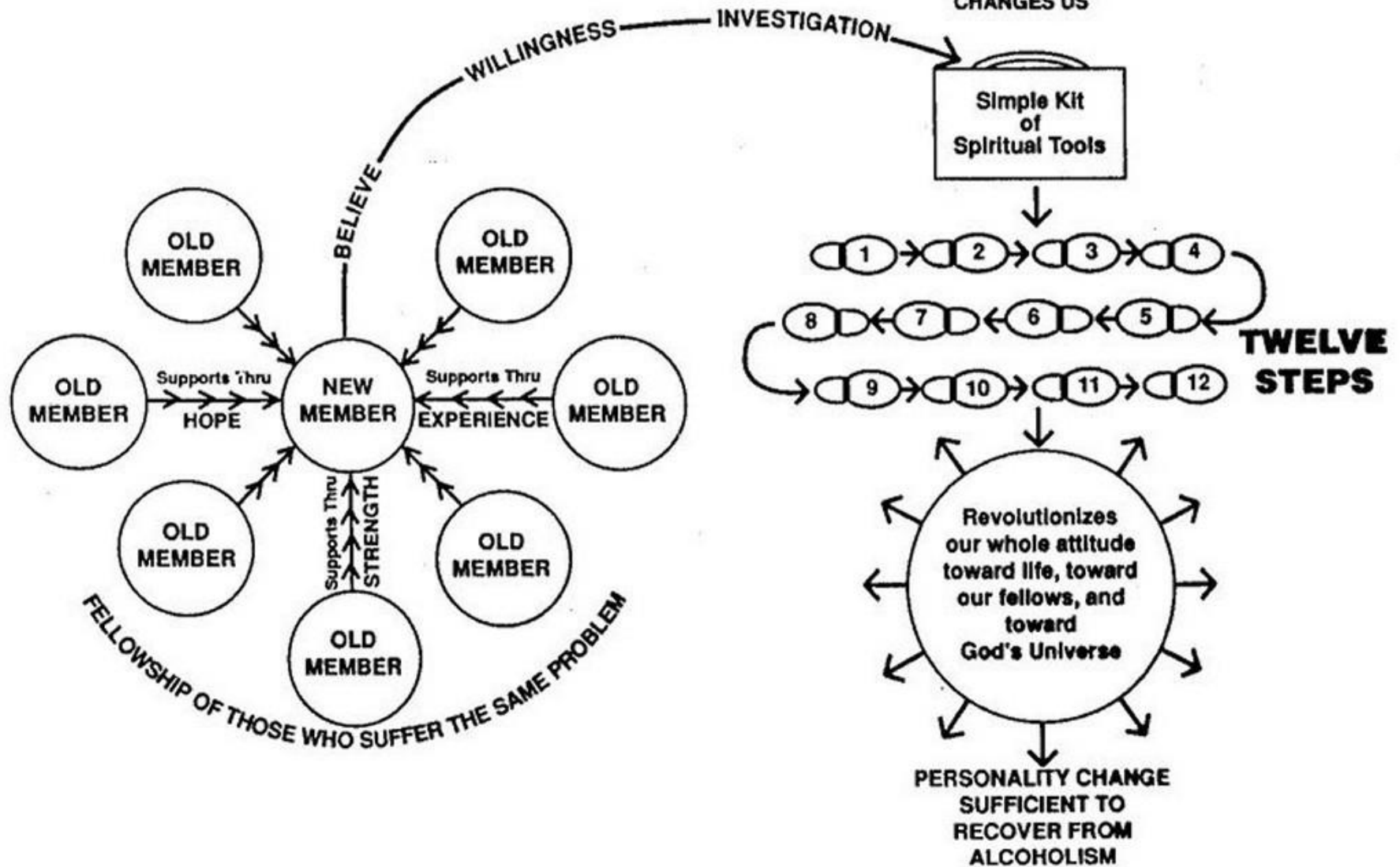
DRINKS SAFELY
THEY ARE AT EASE



WHAT IS THE SOLUTION?

FELLOWSHIP
SUPPORTS US

SPIRITUAL EXPERIENCE OR
SPIRITUAL AWAKENING
CHANGES US



GLOSSARY OF WORDS USED IN STEP FOUR AND FIVE

EXACT	- Very accurate, methodical, correct
NATURE	- The essential characteristic of a thing
WRONG	- Acting, judging, or believing incorrectly
FAULT	- Something done wrongly, an error or mistake
MISTAKE	- To understand or perceive wrongly
DEFECT	- Lack of something necessary for completeness – Same as shortcoming
SHORTCOMING	- Falling short of what is expected or required - Same as defect
SELF-CENTERED	- Occupied or concerned only with one's own affairs - Same as selfish
SELFISH	- Too much concern with one's own welfare or interests and having little or no concern for others - Same as self-centered
SELF-SEEKER	- A person who seeks only or mainly to further his own interest
DISHONEST	- The act or practice of telling a lie, or cheating, deceiving, stealing, etc.
FEAR	- A feeling of anxiety, agitation, uneasiness, apprehension, etc.
FRIGHTENED	- A temporary or continual state of fear
INCONSIDERATE	- Without thought or consideration of others.

BASIC INSTINCTS OF LIFE WHICH CREATE SELF

SOCIAL INSTINCT	SECURITY INSTINCT	SEX INSTINCT
<p>COMPANIONSHIP - Wanting to belong or to be accepted.</p> <p>PRESTIGE - Wanting to be recognized, or to be accepted as a leader.</p> <p>SELF-ESTEEM - What we think of ourselves, high or low.</p> <p>PRIDE - An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate).</p> <p>PERSONAL RELATIONSHIPS - Our relations with the world around us.</p> <p>AMBITIONS - Our plans to gain acceptance, power, recognition, prestige, etc.</p>	<p>MATERIAL - Wanting money, buildings, property, clothing, etc. In order to be secure in the future.</p> <p>EMOTIONAL - Based upon our needs for another person or persons. Some tend to dominate, some are overly dependent on others.</p> <p>AMBITIONS - Our plans to gain material wealth, or to dominate, or to depend upon others.</p> <div style="text-align: center; border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>SELF is made up of: Social Instinct Security Instinct Sex Instinct</p> </div> <div style="text-align: center; border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>WRONGS</p> </div>	<p>ACCEPTABLE - Our sex lives as accepted by Society, God's principles or our own principles.</p> <p>HIDDEN - Our sex lives that are contrary to either Society, God's principles, or our own principles.</p> <p>AMBITION - Our plans regarding our sex lives either acceptable or hidden.</p>
RESENTMENTS	FEAR	HARMS OR HURTS
<p>Feelings of bitter hurt or indignation which comes from rightly or wrongly held feelings of being injured or offended.</p>	<p>Feelings of anxiety, agitation, uneasiness, apprehension, etc.</p>	<p>Wrong acts which result in pain, hurt feelings, worry, financial loss, etc., for others and also self.</p>

STEP FOUR

Business & Personal Inventory Comparison

BUSINESS

/

PERSONAL

FACT-FINDING

< - >

SEARCHING

FACT FACING

< - >

FEARLESS

TRUTH

< - >

MORAL

STOCK-IN-TRADE

< - >

OURSELVES

OBJECT

DISCLOSE DAMAGED OR
UNSALEABLE GOODS

< - >

FIND FLAWED THINKING
PROCESSES

GET RID OF THEM PROMPTLY
WITHOUT REGRET

< - >

GET RID OF THEM PROMPTLY
WITHOUT REGRET

STOCK IN TRADE
THAT IS DAMAGED

< - >

1. RESENTMENTS
2. FEARS
3. HARMS DONE TO OTHERS

**THE THREE DIMENSIONS OF LIFE
STEPS 1 THRU 9**



DAILY INVENTORY

When we retire at night,
we constructively review our day.
Were we resentful, selfish, dishonest or afraid?

PERSONALITY CHARACTERISTICS OF SELF-WILL

PERSONALITY CHARACTERISTICS OF GOD'S WILL

SELFISH AND SELF SEEKING	<input type="checkbox"/>	<input type="checkbox"/>	INTEREST IN OTHERS
DISHONESTY	<input type="checkbox"/>	<input type="checkbox"/>	HONESTY
FRIGHTENED	<input type="checkbox"/>	<input type="checkbox"/>	COURAGE
INCONSIDERATE	<input type="checkbox"/>	<input type="checkbox"/>	CONSIDERATE
PRIDE	<input type="checkbox"/>	<input type="checkbox"/>	HUMILITY-SEEKING GOD'S WILL
GREEDY	<input type="checkbox"/>	<input type="checkbox"/>	GIVING OR SHARING
LUSTFUL	<input type="checkbox"/>	<input type="checkbox"/>	WHAT CAN WE DO FOR OTHERS
ANGER	<input type="checkbox"/>	<input type="checkbox"/>	CALM
ENVY	<input type="checkbox"/>	<input type="checkbox"/>	GRATEFUL
SLOTH	<input type="checkbox"/>	<input type="checkbox"/>	TAKE ACTION
GLUTTONY	<input type="checkbox"/>	<input type="checkbox"/>	MODERATION
IMPATIENT	<input type="checkbox"/>	<input type="checkbox"/>	PATIENCE
INTOLERANT	<input type="checkbox"/>	<input type="checkbox"/>	TOLERANCE
RESENTMENT	<input type="checkbox"/>	<input type="checkbox"/>	FORGIVENESS
HATE	<input type="checkbox"/>	<input type="checkbox"/>	LOVE-CONCERN FOR OTHERS
HARMFUL ACTS	<input type="checkbox"/>	<input type="checkbox"/>	GOOD DEEDS
SELF-PITY	<input type="checkbox"/>	<input type="checkbox"/>	SELF-FORGETFULNESS
SELF-JUSTIFICATION	<input type="checkbox"/>	<input type="checkbox"/>	HUMILITY-SEEK GOD'S WILL
SELF-IMPORTANCE	<input type="checkbox"/>	<input type="checkbox"/>	MODESTY
SELF-CONDEMNATION	<input type="checkbox"/>	<input type="checkbox"/>	SELF-FORGIVENESS
SUSPICION	<input type="checkbox"/>	<input type="checkbox"/>	TRUST
DOUBT	<input type="checkbox"/>	<input type="checkbox"/>	FAITH