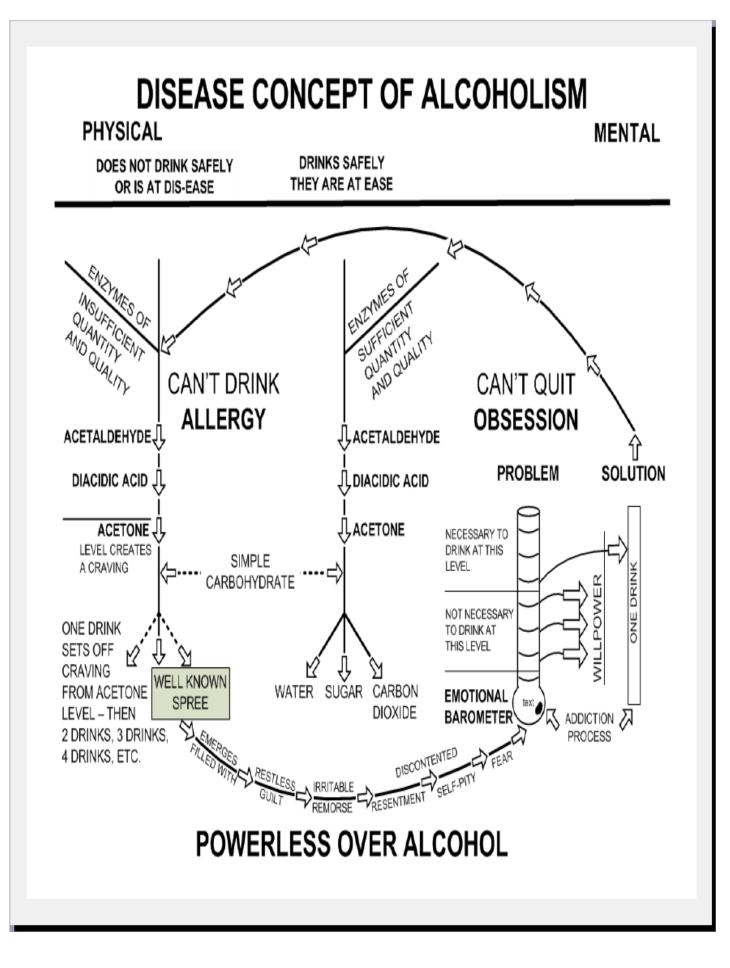
Joe and Charlie Big Book study - Recorded in 1998

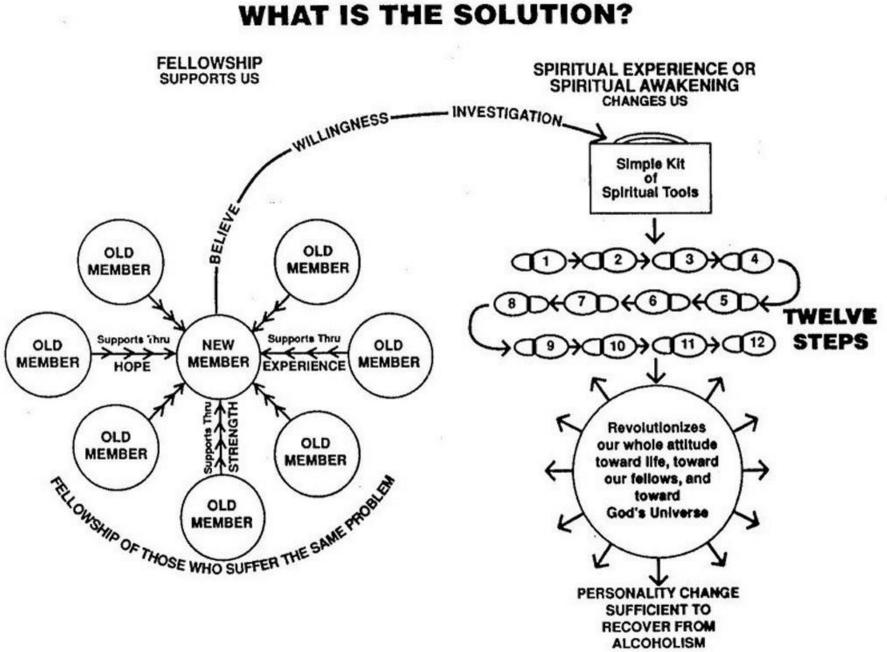
Audio files are in mp3 format and may be downloaded from <u>http://www.silkworth.net/freestuff.html</u> and take several minutes to load. An early version of the Joe & Charlie Big Book Study Handouts can be downloaded from <u>http://www.justloveaudio.com/resources.php?cat_id=24680</u>.

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

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





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. - A feeling of anxiety, agitation, uneasiness, apprehension, etc. FEAR - A temporary or continual state of fear FRIGHTENED **INCONSIDERATE** - Without thought or consideration of others.

BASIC INSTINCTS OF LIFE WHICH CREATE SELF

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

STEP FOUR Business & Personal Inventory Comparison

BUSINESS	1	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					

REVIEW OF RESENTMENTS

INSTRUCTIONS FOR COMPLETION

- 1. In dealing with resentments we set them on paper. We listed people, institutions or principles with whom we were angry. (Complete Column 1 from top to bottom. Do nothing on Columns 2, 3,4 or 5 until Column 1 is complete.)
- 2. We ask ourselves why we were angry. (Complete Column 2 from top to bottom. Do nothing on Columns 3,4 or 5 until Column 2 is complete.)
- 3. On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our sex instinct, which caused the harm? (Complete each column within Column 3 going from top to bottom. Starting with the Self-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on Column 4 or 5 until Column 3 is complete.)
- 4. Returning to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened and inconsiderate? (Asking our-selves the above questions we complete column 4).
- 5. Reading from left to right we now see the resentment (Column 1), the cause (Column 2), the part of self that caused the harm (Column 3), the exact nature of the defect within us that caused the fear to surface and block us off from God's will (Column 4). We then completed column 5.

	COLUMN 1	COLUMN 2
	I'm resentful at:	The cause:
1		
2		
3		
4		
5		
6		

						LLF LUM	N 3				CC	DLU	MN	14	COLUMN 5
		(M	<i>I</i> hic	AF	FEC	FS M elf is a	Y	ad?)			Wł	nat is	the		Questions
]	Soci Instit	ial	, inc	Secu	urity inct	Se	ex inct		nbitio	ons	exact nature of my wrongs, faults, mistakes, defects, shortcomings:			Where were we to blame? What was my part? What did I do that	
Companionship	Prestige	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self-Seeking & Frightened	Inconsiderate	initially got the ball rolling? How could I have done things differently?

"SELF"

REVIEW OF FEARS

"SELF"

INSTRUCTIONS FOR COMPLETION

- 1. In dealing with fears we set them on paper. We listed people, institutions or principles with whom we were fearful. (Complete Column 1 from top to bottom. Do nothing on Columns 2, 3,4 or 5 until Column 1 is complete.)
- 2. We ask ourselves why do I have the fear. (Complete Column 2 from top to bottom. Do nothing on Columns 3,4 or 5 until Column 2 is complete.)
- 3. Which part of self caused the fear . Was it our self-esteem, our security, our ambitions, our sex instinct, which caused the harm? (Complete each column within Column 3 going from top to bottom. Starting with the Self-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on Column 4 or 5 until Column 3 is complete.)
- 4. Returning to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened and inconsiderate? (Asking our-selves the above questions we complete column 4).
- 5. Reading from left to right we now see the fear (Column 1), why do I have the fear (Column 2), the part of self that caused the fear (Column 3), the exact nature of the defect within us that allowed the fear to surface and block us off from God's will (Column 4). We then completed column 5.

	COLUMN 1	COLUMN 2
	I'm fearful of:	Why do I have the fear:
1		
2		
3		
4		
5		
6		

							NI 2				CC	N T I		T A	COLUMN 5
				٨F	COL FECT	CIVII FS MC	N S V					nat is	MN tho	4	COLUMN 5 Questions
		(W	Vhic		t of se			ed?)					ature	of	Questions
				I							my	wro			Where were we to blame?
	Soci Instit				urity inct		ex inct	An	nbiti	ons	def	stake ects,			What was my part?
		1	1								sho	rtco	ming	s:	What did I do that initially got the ball
Companionship	Prestige	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self-Seeking & Frightened	Inconsiderate	How could I have done things differently?

REVIEW OF OUR OWN SEX CONDUCT

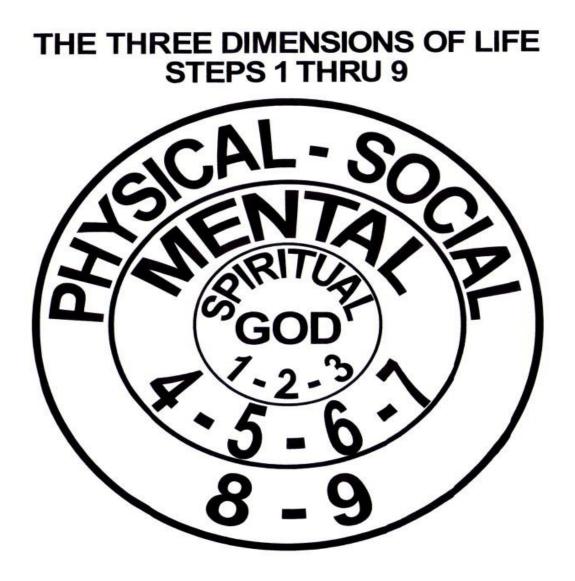
"SELF"

INSTRUCTIONS FOR COMPLETION

- 1. We listed all people we harmed. (Complete Column 1 from top to bottom. Do nothing on Columns 2, 3,4 or 5 until Column 1 is complete.)
- 2. We ask ourselves what we did. (Complete Column 2 from top to bottom. Do nothing on Columns 3,4 or 5 until Column 2 is complete.)
- 3. Was it our self-esteem, our security, our ambitions, our sex instinct, which caused the harm? (Complete each column within Column 3 going from top to bottom. Starting with the Self-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on Column 4 or 5 until Column 3 is complete.)
- 4. Returning to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened and inconsiderate? (Complete Column 4 from top to bottom. Do nothing on Column 5.)
- 5. Reading from left to right we now see the harm (Column 1), what we did (Column 2), the part of self that caused the harm (Column 3), and the exact nature of the defect within us that caused the harm to surface and block us off from God's will (Column 4). (Complete Column 5.)

	COLUMN 1	COLUMN 2
	Who did I harm?	What did I do?
1		
2		
3		
4		
5		
6		

		LUMN 3		COLUMN 4	COLUMN 5
	AFFEC			What is the	Questions
(Whic	ch part of se		ed?)	exact nature of	-
Social Instinct	Security Instinct	Sex Instinct	Ambitions	my wrongs, faults, mistakes, defects, shortcomings:	Where were we to blame? What was my part? What did I do that
Companionship Prestige Self-Esteem Personal Relationships	Material Emotional	Acceptable Sex Relations Hidden Sex Relations	Social Security Sexual	Selfish Dishonest Self-Seeking & Frightened Inconsiderate	initially got the ball rolling? How could I have done things differently?



DAILY INVENTORY

e . 1

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

PERSONALITY CHARACTERIS OF SELF-WILL	STICS	PERSONALITY CHARACTERISTICS OF GOD'S WILL			
SELFISH AND SELF SEEKING	٩	۵	INTEREST IN OTHERS		
DISHONESTY		a	HONESTY		
FRIGHTENED	o		COURAGE		
INCONSIDERATE	D	a	CONSIDERATE		
PRIDE	D	D	HUMILITY-SEEKING GOD'S WILL		
GREEDY			GIVING OR SHARING		
LUSTFUL	a	a	WHAT CAN WE DO FOR OTHERS		
ANGER			CALM		
ENVY	a		GRATEFUL		
SLOTH			TAKE ACTION		
GLUTTONY	a	۵	MODERATION		
IMPATIENT	D	D	PATIENCE		
INTOLERANT	D		TOLERANCE		
RESENTMENT	D		FORGIVENESS		
HATE	a	D	LOVE-CONCERN FOR OTHERS		
HARMFUL ACTS	o		GOOD DEEDS		
SELF-PITY	a	D	SELF-FORGETFULNESS		
SELF-JUSTIFICATION	۵	a	HUMILITY-SEEK GOD'S WILL		
SELF-IMPORTANCE	a	۵	MODESTY		
SELF-CONDEMNATION	D	D	SELF-FORGIVENESS		
SUSPICION		a	TRUST		
DOUBT	a		FAITH		