

Steps 1-3 Considerations That Cover Key Points from the Big Book

Step 1 Reading: Doctor's Opinion, Bill's Story, There is a Solution, More About Alcoholism

Step 1: Alcoholism - Page 30 More About Alcoholism, 2nd paragraph We learned that we had to fully concede to our innermost selves that that we were alcoholics. THIS IS THE FIRST STEP IN RECOVERY.

- Do I fully understand what alcoholism is and is not?
- Do I understand the phenomenon of craving and the mental obsession?
- Have I admitted to myself WITHOUT ANY RESERVATION that I am an alcoholic?

If yes, move on. If not, stop. There is no point in continuing.

Step 1 - My Life is Unmanageable. Page 52 - The Bedevilments It is critical to have the person go through the bedevilments in personal question form:

- Am I having problems with personal relationships?
- Can I control my emotions?
- Am I vulnerable to misery & depression?
- Can I make a living satisfactory to keep me sober & happy?
- Do I have a feeling of uselessness?
- Am I full of fear?
- Am I unhappy?
- Do I seem unable to be of real help to others?

With any of the bedevilments that are causing problems in their life, they need to WRITE everything they have done to try to fix it, make it OK.

Examples - drink/drug, try to control, be a kiss-ass, etc.

Do not proceed to Step 2 until this is complete. This is the 1st opportunity for the newcomer to see some evidence in their life regarding their HUMAN PROBLEMS. We have already moved on from alcohol/drugs. It is time to examine our human problems - as it states on Page 52.

Step 2 Reading: We Agnostics

Page 45 tells us what the problem & the solution is:

The problem: "Lack of power, that is our dilemma."

The solution: "We had to find a power by which we could live, and it had to be *a power greater than ourselves*. Obviously."

Is this obvious? It is normal for a newcomer to not be sure. The key is a willingness.

Step 2: Came to believe a power greater than myself can restore me to sanity. Page 53 - 2nd full paragraph: When we became alcoholics....

The Step 2 choice: Do I believe God/Higher Power is everything or I do believe God/HP is nothing? God/HP either is or isn't - what is your choice to be?

Having seen the evidence in the bedevilments, the newcomer is faced with the facts - On my own, I cannot get the job done, therefore I absolutely need a power greater than myself to help me.

Do I see that I will not get and stay sober as long as I keep relying on myself to fix everything?

The key question: Am I WILLING to believe a power greater than myself (God/HP/Spirit of the Universe) can solve my problems - fix the human problems I am having as identified on Page 52?

“Arrived at this point, we are squarely confronted with the question of **faith**.”

I like to provide this definition of faith. **"Faith is the result of results."**

The more anyone does the work as clearly defined in the Big Book, the more results one will experience. This experience of results is the essence of faith. Doing nothing will not produce results and therefore not grow faith.

If willing and convinced to this point, continue on.

Step 3 Introduction - Page 55 - The Proper Attitude (paragraph beginning with "We can only clear the..." The proper attitude has 3 parts:

1. Sweep away prejudice (my preconceived notions about alcoholism, God and faith)
2. Think honestly and be honest with myself and another human being.
3. Search DILIGENTLY within myself.

With this proper attitude, ANYONE can begin a personal journey to have the spiritual experience necessary to recover. If willing to take on this attitude, proceed.

“With this attitude you cannot fail.”

Step 3 Reading: How It Works through the end of the 3rd Step Prayer

Step 3 Introduction Part 2: The A, B, C's

A. Do I believe that I am, drunk OR sober, alcoholic and I can not manage my own life?

B. Do I believe that no human power can relieve my alcoholism?

C. Am I willing to believe that God/HP can and will if sought?

* AM I CONVINCED OF THESE PERTINENT IDEAS? *

IF NO: Have the newcomer reread the Big Book up this point and review the work already done OR THROW THE BOOK AWAY AND MOVE ON.

If yes, continue on...

Page 60 paragraph below the ABCs. **"Being convinced (of the ABC's - the 3 pertinent ideas) we were at Step 3.**

The step 3 decision: I decide to quit playing God. Why? Because it doesn't work.

What does it mean to play God? I am playing God when I am trying to control everything to suit my needs. I am playing God when I continually try to fix the problems I identified in the Bedevilments.

(Again...if the newcomer is not convinced or if they have notions that they can still fix themselves using self-reliance, stop. DO NOT PROCEED).

The Big Book offers several illustrations on Page 62 of our new relationship with a Higher Power that we are going to work to develop.

- * HP is the Director, I am the actor.
- * HP is the Principal (boss), I am the agent (employee).
- * HP is the parent. I am the child.

Page 62 - Selfishness & Self-Centered. Have I seen to this point and do I believe that my problems are of my own making? Often we are not convinced quite yet, but the evidence will come in the inventory process.

CRITICAL ON PAGE 62 – “Above everything (the #1) we must be rid of our selfishness or it kills us. God/HP makes this possible.”

(The newcomer does not need to fully understand this at this point. They will come to believe if they do the work.)

The 3rd Step Prayer - While this is a surrender, it is not *THE* surrender as most often described in the rooms. Instructions:

1. Read the 3rd step prayer as written in the Big Book together. Nowhere does it say "on your knees" or "holding hands."
2. Read the next paragraph after the 3rd step prayer together. Highlight "THE WORDING WAS OF COURSE QUITE OPTIONAL SO LONG AS WE EXPRESSED THE IDEA, VOICING IT WITHOUT RESERVATION."
3. Have the newcomer write their own 3rd step prayer in their own words. Once completed, have them share it with you. This is NOT to convince the SPONSOR of anything. If it feels right to the newcomer, then it is right.
4. Encourage the newcomer to read out loud their 3rd step prayer daily.

THE 3RD STEP SURRENDER - The Big Book on Page 63 after the 3rd Step Prayer - Am I ready to at last surrender myself totally to God/HP? I do this by doing steps 4 through 9 and by utterly abandoning myself to FINISH step 9.

If ready, continue on to the 4th step inventory. "We LAUNCHED out on a course of VIGOROUS action!"