

Taking a newcomer through the steps quickly

Notes

This is an outline to take a newcomer through the steps formally and quickly. This is not the only approach; many Alcoholics Anonymous “big book” teachers and enthusiasts, who we respect greatly, have different views. This page numbering is based on the fourth edition of Alcoholics Anonymous.

We have paired the readings for each step with twelve one-hour recordings David, David, Heather, and Sam recorded in early 2023 supporting these parts of the book.

Paragraph numbering is based on counting the paragraphs that begin on a page - not ones that continue from a previous page. E.g., paragraph 1 on xxviii begins with “We believe, and so suggested a few years ago...” therefore paragraph 2 on xxviii begins with “Frothy emotional appeal seldom suffices.”

Because paragraph 4 (begins with “Men and women drink essentially...”) continues onto page xxix, paragraph 1 on xxix does not begin until “On the other hand...”.

Audio for the twelve-week recordings of taking the steps can be found on major podcast platforms (e.g. Spotify – links shared below, Apple Podcast, etc) by searching for “purpose of this book” or on www.purposeofthisbook.com; the 4th and 8th step worksheets mentioned in the recordings are found on the website as well.

Step 1

Read

Page xxviii paragraph 1

Page xxviii paragraph 4

Page 52 paragraph 2, skip the first sentence and stop at the dash

Page 27 paragraphs 2-4 though “dominate them.”

Listen

<https://open.spotify.com/episode/3m3h3NTEyqV5yOtDV8SdRO?si=8357181b66c44794>

Step 2

Read

Page 44 paragraph 1

Page 45 lack of power paragraph 1 (first question emphasis) and first 2 sentences of the next paragraph

Page 46 paragraph 1 & 2

Page 47 paragraph 1 & 2 (2nd question emphasis)

Page 50 paragraph 4

Page 53 paragraph 2 (3rd question emphasis)

Page 55 paragraphs 2, 4 (call back to page 45)

Listen

<https://open.spotify.com/episode/2An37MrsZe3WYFXwe5ab4i?si=09d27d07d52d4dad>

Step 3

Read

Page 60 three pert ideas and following paragraph

Page 60-61 substituting in first person

Page 62 paragraph 1, 2, 3

Page 63 paragraph 1,2

Listen

<https://open.spotify.com/episode/5iac64IBKwPrk1LcZVMrt8?si=bdd802b7973d41b0>

Step 4 (can split into two sessions; resentment part 1 and fear/sex part 2)

Read

Page 64 paragraph 3

Page 65 paragraph 1,2, and chart; last paragraph stop at “the worse matters got”.

Page 66 paragraphs 1-4

Page 67 paragraphs 1-3

Page 68 paragraph 1 stop at “...self-reliance failed us?”

Page 68 paragraph 4

Page 69 paragraph 1

Listen

Part 1 resentments -

<https://open.spotify.com/episode/7LID7vbpnXI6WCBh0EM8Yt?si=ca0c5639bfb849e5>

Part 2 fear and sex - <https://open.spotify.com/episode/2sEpLQIRgaW9Sru8SOLzzi?si=c15f267cd55642ca>

Steps 5-7

Read

Page 72 paragraphs 1, 2

Page 73 paragraph 4

Page 75 paragraphs 1-3

Page 76 paragraphs 1, 2

Listen

<https://open.spotify.com/episode/1eeGkO6TT59n4byX3daMxE?si=065269bae47444f6>

Steps 8, 9 (can split into two or three parts)

Read

Part 1

Page 76 paragraphs 1,2

Page 77 - 78 through paragraph 1

Part 2

Page 78 paragraphs 2,3

Page 79 all paragraphs

Page 80 paragraph 1,4 only; skip story in the middle 3 paragraphs

Page 81 continued paragraph and next

Page 82 paragraph 1,2

Part 3

Page 82 paragraph 3

Page 83 paragraphs 1, 2, 3, 4

Page 84 continued promises and paragraph 1

Listen

Part 1 - <https://open.spotify.com/episode/1uoVw7gWC768WtCbWzSvNC?si=9597b4ad804e4fdb>

Part 2 – <https://open.spotify.com/episode/3LOXSatkgrGlvtCi7Uq2cX?si=5436437fb720466f>

Part 3 – <https://open.spotify.com/episode/0w4GtKdPQhGgMr60Go8cU?si=ac625757765649e0>

Step 10

Read

Page 84 paragraphs 2, 3

Page 85 paragraphs 1, 2

Listen

<https://open.spotify.com/episode/0KLG8MOZEIO1HJzrNoArJ?si=5ab851ee003147d5>

Step 11

Read

Page 85 paragraph 3 through the end of the chapter on page 88

Listen

<https://open.spotify.com/episode/6er5n6uog0A0uRma9jFNA5?si=c44020000e974a4d>

Step 12

Read

Page 89 paragraphs 1,2

Page 90 paragraphs 1,2

Page 91 paragraphs 3,4

Page 92 paragraphs 1,2

Page 94 paragraph 1

Page 95 paragraphs 2,3

Page 96 paragraph 1

Page 98 paragraphs 1,2,3

Page 100 paragraphs 1, 4

Page 101 paragraphs 1, 2

Page 102 paragraphs 1, 2

Page 103 paragraph 3

Listen

<https://open.spotify.com/episode/0VxoLytgTvZnUT7L2VyOUB?si=4d308dd5987d405e>