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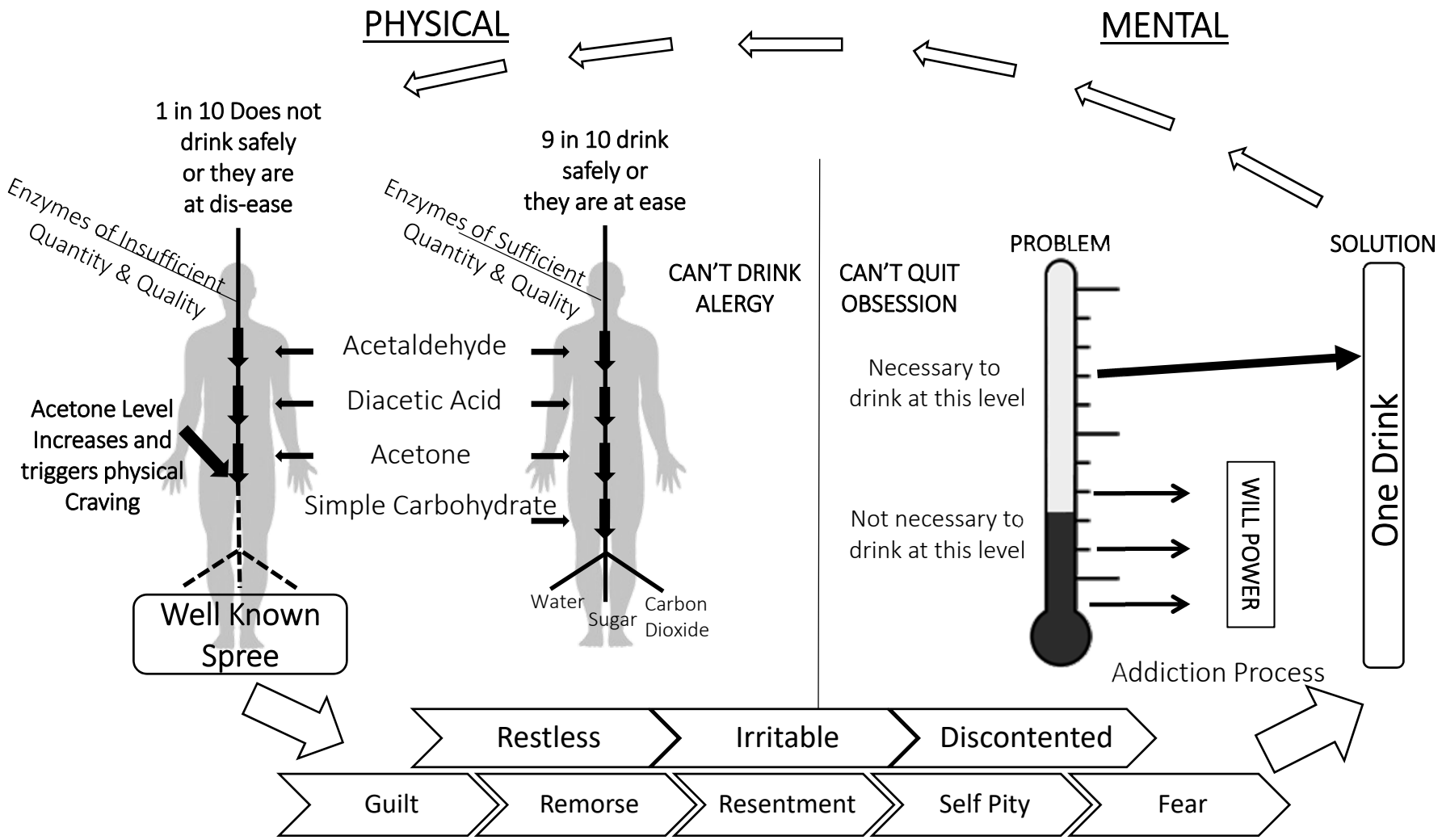
Big Book Goals

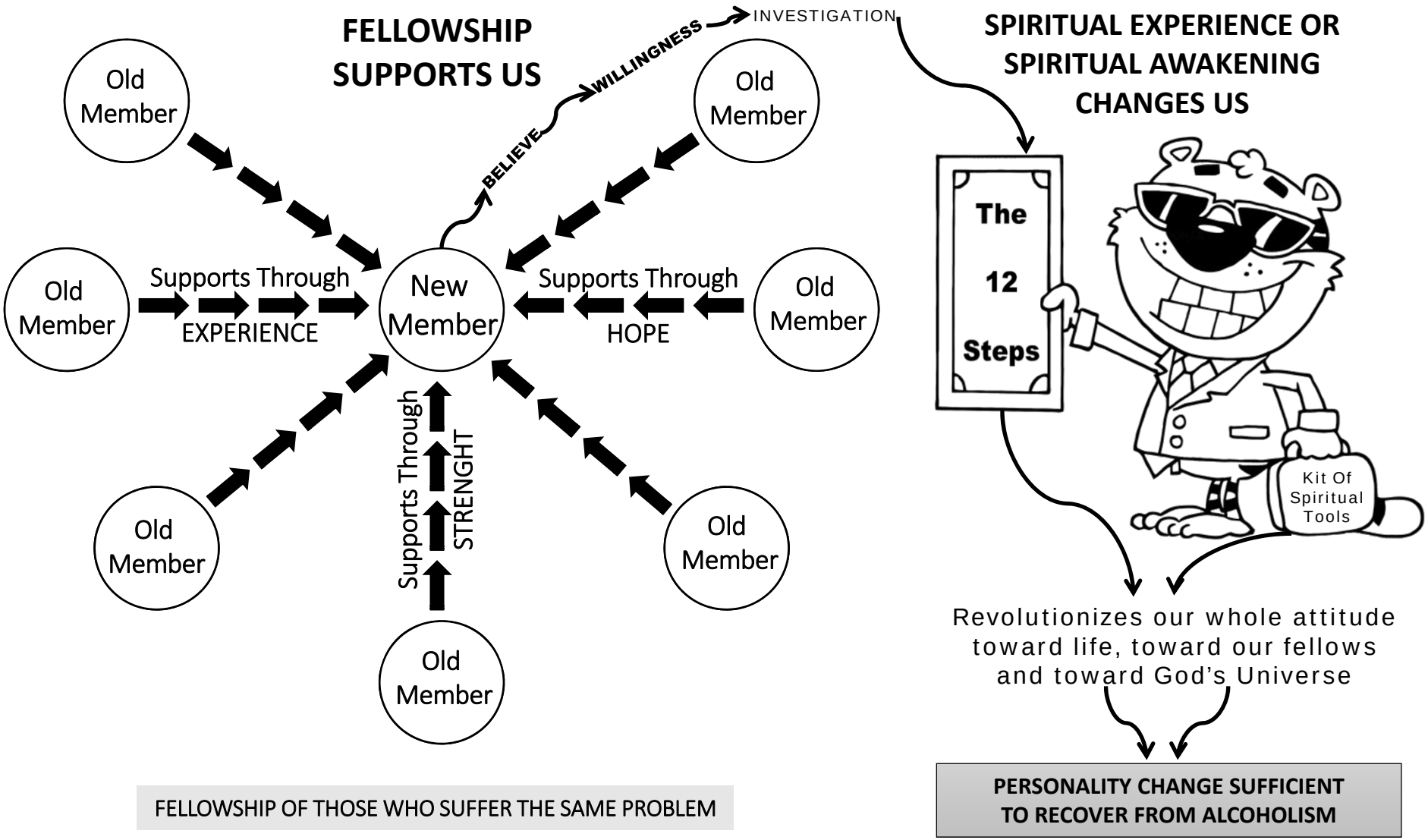
Problem	Powerless	Step 1
Solution	Power	Step 2
Program of Action	How to find the Power	Steps 3-12

Disease Concept Of Alcoholism



POWERLESS OVER ALCOHOL

What Is The Solution?



Basic Instincts Of Life Which Create Self

Social Instinct

Companionship – Wanting to belong or to be accepted.

Prestige – Wanting to be recognized or accepted as a leader.

Self-Esteem – What we think of ourselves.

Pride – An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate).

Personal Relationships – Our relations with other human beings and the world around us.

Ambitions – Our plans to gain acceptance, power, recognition, prestige, etc….

Security Instinct

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 and some are overly dependent on others.

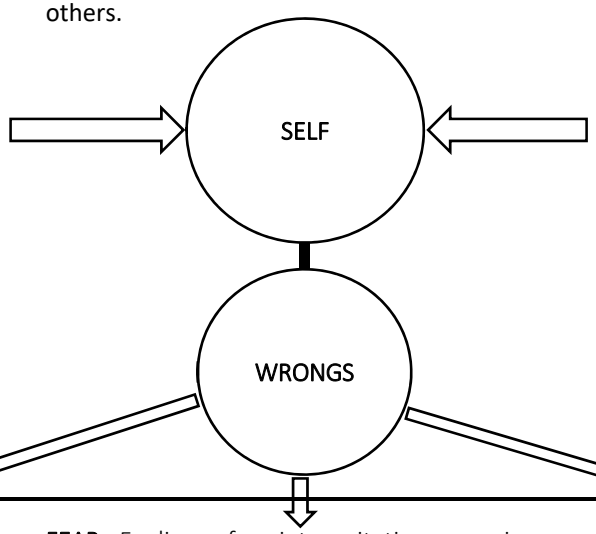
Ambitions – Our plans to gain material wealth or to dominate or to depend on others.

Sex Instinct

Acceptable – Our sex lives as accepted by Society, God's principles.

Hidden – Our sex lives that are contrary to Society, God's principles or our own principles.

Ambitions – Our plans regarding our sex lives either acceptable or hidden.



RESENTMENTS - Feelings of bitter hurt or indignation which comes from rightly or wrongly held feelings of being injured or offended.

FEAR - Feelings of anxiety, agitation, uneasiness, apprehension, etc….

Harms or Hurts – Wrong acts which result in pain, hurt feelings, worry, financial loss, etc. for others and ourselves.

Resentments	Cause	Affects my									Responsibility	My faults			
		Social		Security		Sex		Ambitions							
"We listed people, institutions, or principles with whom we were angry."	"We asked ourselves why we were angry." Be specific, brief, list each *resentment* separately.	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable	Hidden	Social	Security	Sex	"What did I do to set the ball rolling?" "Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes." "Where were we to blame?."	Selfishness	Dishonesty	Self-seeking & Frightened	Inconsiderate

Fear	Cause	Affects my									Responsibility	My faults			
		Social		Security		Sex		Ambitions							
We listed people, institutions, or principles with whom we were afraid.	Why am I scared? Be specific, brief, list each *fear* separately.	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable	Hidden	Social	Security	Sex	"What did I do to set the ball rolling?" "Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes." "Where were we to blame?."	Selfishness	Dishonesty	Self-seeking & Frightened	Inconsiderate

Sex	Cause	Instinct I was trying to satisfy									Impact	My faults			
		Social		Security		Sex		Ambitions							
Who did I hurt?	What did I do? Be specific, brief, list each *wrong* separately.	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable	Hidden	Social	Security	Sex	What feelings did I create in others? Did I unjustifiably arouse jealousy, suspicion, or bitterness? What should I have done instead?	Selfishness	Dishonesty	Self-seeking & Frightened	Inconsiderate

Other Harms	Cause	Instinct I was trying to satisfy									Impact	My faults			
		Social		Security		Sex		Ambitions							
Who did I hurt?	What did I do? Be specific, brief, list each *wrong* separately.	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable	Hidden	Social	Security	Sex	What feelings did I create in others? Did I unjustifiably arouse jealousy, suspicion, or bitterness? What should I have done instead?	Selfishness	Dishonesty	Self-seeking & Frightened	Inconsiderate

Who did I hurt?	What was the harm?	Plan for the amends.	Now	Later	Can't	Addressed