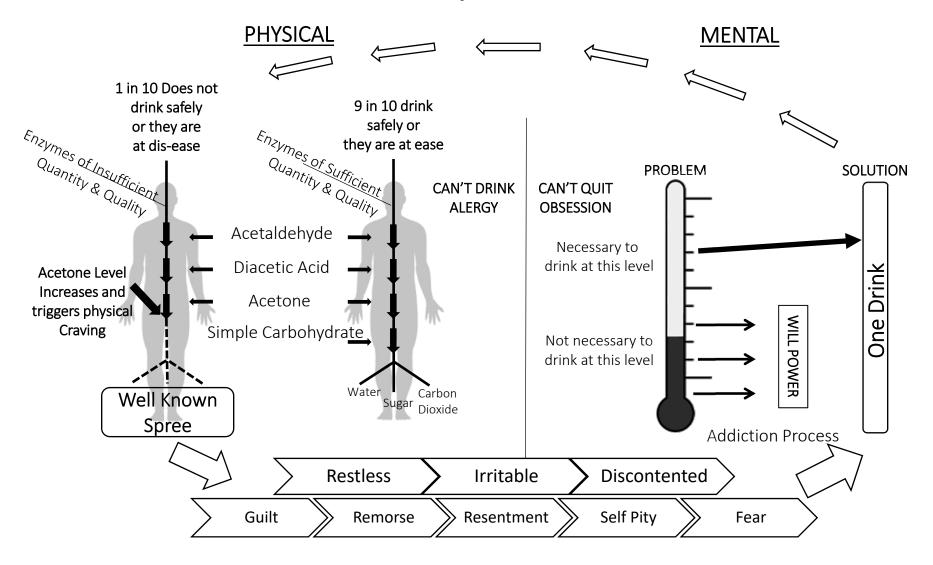
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Big Book Goals

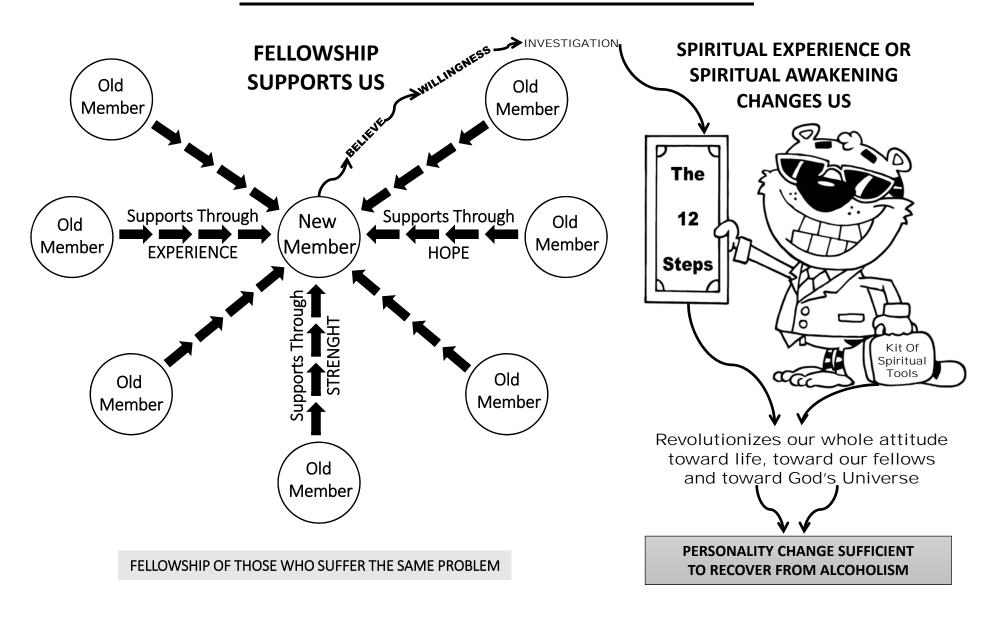
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Disease Concept Of Alcoholism



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.

SELF

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....

WRONGS

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

Here is a list of common people, institutions and principles that make many of our inventory lists.

People

Mother
Father
Brothers
Sisters
Aunts
Uncles
Cousins

Wife/Husband Boy/Girl Friend

Sponsors

Fellowship Friends

Friends
Employers
Employees
Co-workers
Roommates
Best Friend

Childhood Friends

Clergy Creditors Doctors In-Laws Judges

Police Officers
Life-long Friends
Parole Officer
Probation Officer
Grade School Friends

Jr. High/Middle School Friends

High School Friends
Friends Parents
Neighbors
Teachers
Lawyers
Homosexuals
Heterosexuals

Institutions

Church Bible

Child Protection Correctional System Education System Government The Law

Police Departments

Marriage Health system

Mental Health System

Nationality Philosophy Races Religion Society

Drivers License Office Clerk of the Court

I.R.S.

Principles

Adultery Death God

The Golden Rule

Heaven Hell

Homophobia Jesus Christ Afterlife Original Sin Retribution Satan

Seven Deadly Sins

Sin

Ten Commandments Do unto others...

If you lie down with dogs...

Twelve Steps

It might help to think of your life in compartments. Sometimes this might be each school you attended, and then each job you had. If you lived in different places think of each location and the events and people to help construct a list.

Resentments	Cause				Affe	cte i	mv				Responsibility		Mv	faults	
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people,	"We asked ourselves why we were angry."				l i		1					, s		Self-seeking & Frightened	ate
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Sex	Cause		Insti	nct I	was	tryi	ng t	o sa	tisf	y		Impact		My	faults	.
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Cause		Insti	nct I	was	tryi	ng t	o sat	isfy	,	Impact	l	My f	faults	i
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				What did I do?								What did I do? Be specific, brief, list each wrong separately. Be specific, brief, list each wrong separately. Be specific brief	Social Security Back and I do? Be specific, brief, list each wrong separately. Social Back and I do? Be specific, brief, list each wrong separately. Social Back and I do? Social	

Who did I hurt?	What was the harm?	Plan for the amends.	10/10/	/ / to /	/ / 8/ 3/8/ 1/8/