

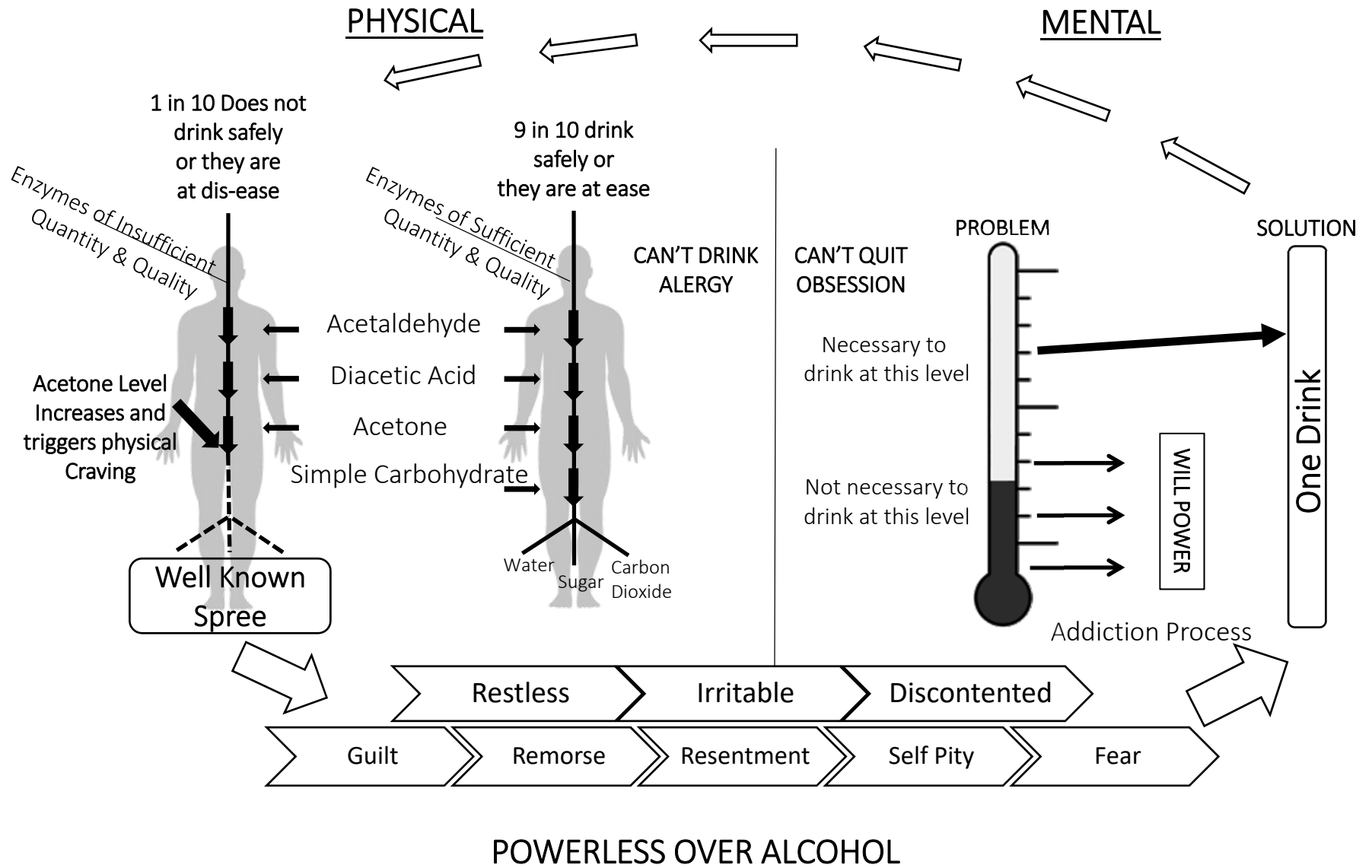
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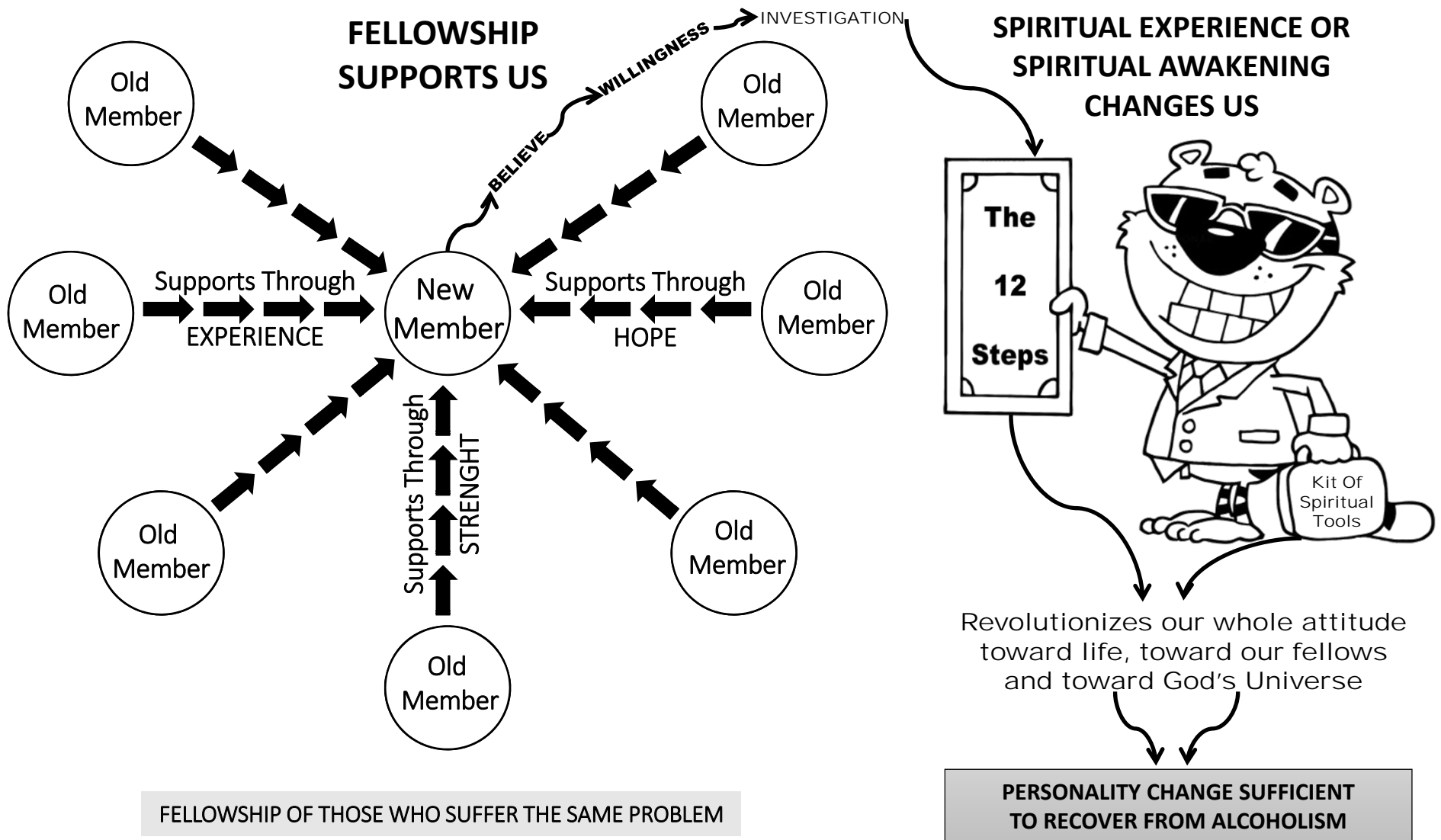
Big Book Goals

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

Disease Concept Of Alcoholism



What Is The Solution?



Basic Instincts Of Life Which Create Self

Social Instinct

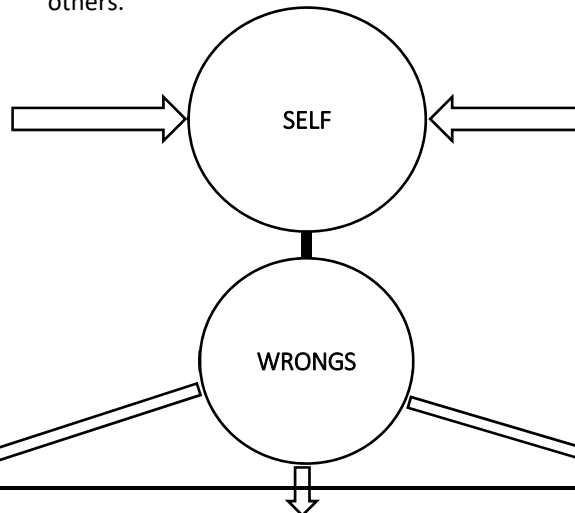
- Companionship** – Wanting to belong or to be accepted.
- Prestige** – Wanting to be recognized or accepted as a leader.
- Self-Esteem** – What we think of ourselves.
- Pride** – An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate).
- Personal Relationships** – 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.

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.

