

12 Step Guide

Why This Way? - Effective, clear results, simple.

- 1) Dr. Bob and the Good Oldtimers, pg.261 - 93% success rate.
- 2) Big Book, pg. xx¹ - 75% cumulative success rate

Why Not Use the 12 & 12?

- 1) The reason for this is simple and is explained in the "12 & 12" itself in the Forward on pg. 17, lines 16-20.

Why Right Now?

- 1) Doctor's Opinion, pg. xxix², lines 7-9: "Unless this person can experience an entire psychic change there is very little hope for their recovery."
- 2) Pg. 34, end of 1st paragraph: "We think few to whom this book will appeal can stay dry anything like a year..."
- 3) Pg. 42, sentence before the last paragraph: "The moment I made up my mind to go through with the process, I had the curious feeling that my alcoholic condition was relieved as in fact it proved to be."

Step 1

Pg. 30, Line 11: "We learned that we had to fully concede to our inner most selves that we were alcoholics. This is the first step in recovery."

concede (vb.) - to yield; to admit as true.

What is an alcoholic?

Pg. 44: (a) "If, when you honestly want to you find you cannot quit entirely or" (b) "if, when drinking, you have little control over the amount you take, you are probably alcoholic."

*(a) is the mental obsession covered in the Doctor's Opinion and More About Alcoholism
(b) is the physical allergy covered in the Doctor's Opinion—the phenomenon of craving*

Step 2

1st Half – pg. 47, line 14: (Coming to believe in Power)

2nd Half – pg. 55, last paragraph to pg. 57: (Believing my sanity will be restored)

¹ Fourth Edition of *Alcoholics Anonymous*

² Fourth Edition of *Alcoholics Anonymous*

Step 3 – ABCs – pg. 60–64

Step 4 – Pg. 64–71

Step 5 – Pg. 72–76 (Step 5^{1/2}– pg. 75)

Steps 6/7 – pg. 76

Steps 8/9 – pg. 76–83

Step 10 – pg. 84–85

Step 11 – pg. 85–88

Step 12 – Three Parts:

- 1) We've had a spiritual awakening as a result of the preceding steps.
- 2) We carry the message of Alcoholics Anonymous (pg. 89–103).
- 3) Practicing these principles in all our affairs. (Pg. 104–164).

Pg. 19 tells us “elimination of our drinking is but a beginning. A much more important demonstration of these principles lies before us in our respective homes, occupations and affairs.”

“Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order.”

-pg. 164 of the Big Book.