

Beyond the Basics

Big Book 12 Step Recovery

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Author:



Ken Laney, JD, CPA

BB12Step@icloud.com

Date of Grace: 11/17/1994

Birthplace of the Program:



Power House Recovery Center

PowerHouseRecovery.com 713-442-1919

You tried **AA**?

Maybe you need **BB**!

Have you “lost the power of choice”? (p.24)

AA = DON'T DRINK; GO TO “**AA**” MEETINGS

BB = “**BIG BOOK**” 12-STEP RECOVERY

(BB Study: “The Progressive Nature of Alcoholism”)

The **BIG BOOK (BB)**
of **ALCOHOLICS ANONYMOUS**
is a **“SURVIVAL GUIDE”**
with **“DO-OR-DIE” DIRECTIVES**
for **HOPELESS ALCOHOLICS**

Four “Do-or-Die” Directives from the Big Book

1)

WAKE UP OR DIE!
Wake Up or Die! Wake
Up or Die! Wake Up
or Die! WAKE UP
OR DIE! *Wake Up or Die!*

2)

Get Spiritual or Die.
GET SPIRITUAL
OR DIE! *Get*
Spiritual or Die.
Get Spiritual or Die.

3)

CLEAN HOUSE OR
DIE! *Clean House or*
Die! Clean House or Die! Clean
House or Die! CLEAN
HOUSE OR DIE!

4)

Work with Others or Die!
Work with Others or
Die! **WORK WITH**
OTHERS OR DIE!
Work with Others or Die!

(Revised: 09/22/2020)

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Opening the Meeting

Opening:

- Welcome to the 7 PM Monday night “**BEYOND HUMAN AID**” group. We have “set apart one night a week for a meeting to be attended by anyone or everyone interested in a spiritual way of life.” (Big Book p.159)
- My name is _____ and I am an Alcoholic.
- Anyone here for their first AA Meeting?
- Any first time visitors attending this group?
- In accordance with 7th tradition, we will be passing the basket during the meeting.

Prayer & Meditation:

- Please join with us now to open this meeting with the THIRD STEP PRAYER.
- Followed by a moment of silence for each to use in his or her own way.

- Prayer -

(Go to next slide - recite 3rd Step prayer)

- Meditation -

(Follow with a moment of silence)

Third Step Prayer

God, I offer myself to Thee – to build with me and to do with me as Thou wilt.

Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always. (p.63)

(Follow with a moment of silence)

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BB12Step Meeting Preamble

BB12Step Meeting Preamble

- We are gathered here because we are faced with the fact that we are powerless over alcohol and are unable to do anything about it without the help of a Power greater than ourselves. (1940 AA Preamble)
- Probably no human power could have relieved our alcoholism. (AA Big Book p.60)
- The simple purpose of our program is to show what may be done to enlist the aid of a Power greater than ourselves.
(1940 AA Preamble)

BB12Step Meeting Preamble

- Rarely have we seen a person fail who has thoroughly followed our program. ... Now you may like this program or you may not, but the fact remains, it works. It is our only chance to recover. (1940 AA Preamble)
- We do not speak for A.A. as a whole and you are free to agree or disagree as you see fit, in fact, it is suggested that you pay no attention to anything which might not be reconciled with what is in the A.A. Big Book. (1940 AA Preamble)

BB12Step Meeting Preamble

- There are no dues or fees. The only requirement for membership is a desire to stop drinking. Each member squares his debt by helping others to recover.

(1940 AA Preamble)

- Our REAL PURPOSE is to fit ourselves to be of maximum service to God and the people about us. (AA Big Book p.77)

- Faith must work twenty-four hours a day in and through us or we perish. (1940 AA Preamble)

Note: This composition was created using quotes from the 1940 AA Preamble and Big Book of Alcoholics Anonymous

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Key Word: "OPENMINDED"

Big Book (BB) Key Word:

Open-minded

def. open-mind·ed/ ō-pən-'mīn-dəd

receptive to try new ideas and experiences

SYNONYMS: *receptive, impartial, unbiased*

ANTONYMS: *prejudiced, hardheaded, stubborn, obstinate, close-minded, pigheaded, blind*

What does the Big Book Say?



BB Key Word: “OPENMINDED”

- “Most **emphatically** we wish to say that any alcoholic capable of honestly facing his problems in the light of our experience can recover, provided he does not close his mind to all spiritual concepts. He can only be defeated by an attitude of intolerance or belligerent denial. ... Willingness, honesty and openmindedness are the essentials of recovery. But these are indispensable.” (Appendix II, p.2)

Are you “openminded” OR “hardheaded”?

HOW HARD HEADED ARE YOU?

Recovery is only as “hard”
as your HEAD is!

BB Key Word: "OPENMINDED"

- "Many times we talk to a new man and watch his hope rise as we discuss his alcoholic problems and explain our fellowship. But his face falls when we speak of spiritual matters, especially when we mention God, for we have re-opened a subject which our man thought he had neatly evaded or entirely ignored. We know how he feels. We have shared his honest doubt and prejudice." (p.45)

def. **prej·u·dice** - a preconceived judgment (closeminded)

BB Key Word: “OPENMINDED”

- "Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built." (p.47)

Is “willing to believe” being openminded?

**I AM WILLING
TO BELIEVE....**

BB Key Word: “OPENMINDED”

- “Besides a seeming inability to accept much on faith, we often found ourselves handicapped by obstinacy, sensitiveness, and unreasoning prejudice. Many of us have been so touchy that even casual reference to spiritual things make us bristle with antagonism. This sort of thinking had to be abandoned. Though some of us resisted,…” (p.48) *(Continued)*

*Are you openminded? Are you certain?
Will you consider the possibility you're not?*

BB Key Word: “OPENMINDED”

- *(Continued)* “Faced with alcoholic destruction we soon became as open minded on spiritual matters as we had tried to be on other questions. In this respect alcohol was a great persuader. It finally beat us into a state of reasonableness. Sometimes this was a tedious process; we hope no one else will be prejudiced for as long as some of us were.” (p.48)

Have you been beaten into a state of reasonableness? Not yet? What will it take?

**What does “Openminded”
look like to you?**



***Are you *open* to looking
at it another way?***

Does “Openminded” look like this?



***I'm Openminded if
I'll listen before I disagree!***

Does “Openminded” look like this?



***I'm Openminded if
I'll try it and see if it works!***

BB Key Word: “OPENMINDED”

- “We found the Great Reality deep down within us. In the last analysis it is only there that He may be found. It was so with us.
- We can only clear the ground a bit. If our testimony helps sweep away prejudice, enables you to think honestly, encourages you to search diligently within yourself, then, if you wish, you can join us on the Broad Highway.” (p.55)

Is “searching diligently” being openminded?

Search Diligently



BB Key Word: "OPENMINDED"

Are you openminded enough to take action and find out if the following really is true?

- *"When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned." (p.100)*

Are you openminded enough to believe:

- *"We are sure God wants us to be happy, joyous, and free... it is clear that we made our own misery. God didn't do it." (p.133)*

YES!

WE'RE

OPEN

24/7

Minded

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Discussion: “OPENMINDED”

Discussion

Am I absolutely certain
that I am “openminded”?

If I am absolutely certain,
isn't that “closeminded”?

- Continued -

Discussion: “OPENMINDED”

- Is “willing to believe” being openminded?
- Am I “as openminded on spiritual matters” as I have tried to be on other things?
- Has alcoholism *beat me into* being **open-minded**? Not yet? What will it take?
- If **openminded** means, “I’ll try it and see if it works!”, how **openminded** have I been?
- Will I “*search diligently within myself*”?
- Could I become “*happy, joyous, and free*”?

Be Openminded or be Hardheaded?

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Closing the Meeting

Closing:

- Does anyone need to pick up a chip?
- Are there any AA related announcements?
- If you have taken the Steps as outlined in the Big Book with a sponsor and have time to help someone, please raise your hand.
- If you would like some help with our program, please let one of us know after the meeting - it would help us very much!
- Trying “to carry this message to others” (p.60)
“plays a vital part in our own recovery.” (p.94)

Closing Prayer:

“Please join us in closing this meeting
with the SEVENTH STEP PRAYER.”

(Go to next slide - recite 7th Step prayer)

Seventh Step Prayer

My Creator, I am now willing that you should have all of me, good and bad.

I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows.

Grant me strength, as I go out from here, to do your bidding. Amen. (p.76)

You tried **AA**?

Maybe you need **BB**!

How “*seriously alcoholic*” are you? (p.25)

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