

**Alcoholism is a Disease**

(Pg 18, says it twice) total of 26 times  
Disease only once (Pg 64, last par-all, sp malady)

**Just don't drink and go to meetings>>**

(Pg 19, 1<sup>st</sup> par), A Beginning...  
(pg 122, last par) Cessation-One step away....  
(pg 52) Conditions still exist if only sober  
(pg 151-152) Jumping off place

**Stay away from wet faces and wet place**

(pg 100 last par – 101)

**Remember your last drunk (why I go to meetings)**

(pg 24, par 1-4) insanity- alcoholic mind, no understanding of powerless, read Dr opinion)  
Solution = Recovered- (pg 84, last par)

**This is a selfish program---**

(pg 62, par 1-2) Root Problem

**You need to stay sober for yourself - The first amend I need to make is to myself (b/c what I put myself through)**

(pg 82 par, 2-3)

**Take what you want and leave the rest >>>**

(Pg 58 Mid par 2-beg of 4,) Balking & Half measures  
(pg 85, par 3) Carefully followed directions  
(pg xiii 1<sup>st</sup> Forward) Precisely, (pg 29) Clear Cut Directions  
Take It or Leave It

**There are no musts in AA, This is a program of suggestions**

Silkworth.net- 103 musts or must conditions in the BB- including requirements, had/have to, do not, etc..

**Put the plug in the jug---**

(pg 44, cannot quit entirely) Problem is we can't KEEP the plug in the jug, then I have power over alcohol

**Get phone numbers to call before you pick up a drink**

(pg 41) Case study- Time and place will come  
(pg 24) Insanity-mental BLANK spot

**The meetings (or you guys, or the fellowship) keeps me sober, that's my Higher Power**

(pg 62, bot of 2<sup>nd</sup> par) w/o His aid, Had to have Gods Help – God mentioned 134 times  
(pg 55, par 2-3) deep down  
(pg 25, par 2) 2 FACTS- great fact and central fact

Fake it till you make it>>  
90 meetings in 90 days>>  
Meeting maker make it>>