

# HOW IT WORKS – (Read Pg 58, 1<sup>st</sup> Par)

## What do you think are your chances of recovering?

Rarely have we seen a person fail who has thoroughly our path – Chances are rare to fail

## Who are the people that do not Recover?

People who **cannot** or **will not** give themselves to this simple program

## What do we need to do to recover?

Completely give ourselves to this simple program **and** thoroughly follow their path (no deviation)

## What Blocks us from “completely giving ourselves to this simple program” and “thoroughly following the path” ?

**(1) INABILITY TO BE HONEST (cannot), (2) EGO (will not) (3) FALSE BELIEFS (will not)**

### **1- INABILITY TO BE HONEST (Can Not or Will Not?) Can Not**

Constitutionally Incapable, grave mental disorders recover if they can be honest (just read on pg 58, par 1)

### **2- EGO (Can Not or Will Not?) Will Not**

(OSUP) Obstinacy, Sensitiveness and Unreasoning Prejudice (Usually around the God idea) (pg 48, Line 1-2)

*-Give and get some examples of each O-S-UP idea from the room-*

### **EGO Solution – Hopelessness**

Must be badly mangled (pg 43, Par 1, Sentence 4 )

Beaten into a state of reasonableness (pg 48, Line 7-11)

Problems pile up on us (pg XXVIII, Line 8-10)

### **3- False Beliefs (Can Not or Will Not?) Will Not**

We have an illness that tells us we don't have it - I'm different (pg 30, all of Par 1 & pg 31, par 1, Line 1-5)

After being sober for a stretch of time we should be safe to drink again (pg 33, All of Pr 1)

Self Knowledge- Now that I know about alcoholism, I can handle this (pg 39, Par 1, Line 5-10)

Will Power can fix it (pg 42, Line 5-10)

Shield (Pg 101)

### **False Belief Solution - Truth we need to Learn & Concede**

Life has become unmanageable and unbearable (pg52, Par 2, Line 3-8)

When I start I have little control over how much I take (Physical Craving) (pg 44 test question 2) (pg XXVIII, All of Par 1)

When I honestly wanted to, I found that I couldn't stop (Mental Obsession) (pg 44 test Question 1) (pg 24, All of Par 1)

We cannot after a time differentiate the True from the False (Insanity) (pg XVIII, Par 4, Line 1-5) Pg 24 Insanity

Mentally Defenseless (Pg 43, last full par)

We are ultimately faced with two choices (pg 25, Last full Par)

1<sup>st</sup> Step- P30

# BASIC OPENING FOR NEW COMERS

TITLE PAGE - (3<sup>rd</sup> page with writing) Definition of what AA is (AA is 2 things, the book and the fellowship)

PREFACE – (Pg Xi) 2<sup>nd</sup> Paragraph –

What type of book is this? A basic text book

Where do I find a description of the AA Program? The first portion of the book

Why has the first portion of book not been changed through 3 revisions? It works-It has helped such large numbers of men and woman to recovery.

FORWARD TO FIRST EDITION – (First Paragraph)

Who are the authors? More than one hundred men and woman who have recovered

What is the Main Purpose of the book? To show other alcoholics PRECISELY how the recovered

The alcoholic is a very sick person – Alcoholism is an illness not a disease

Who can benefit from our Way of Living? Everyone- alcoholic or not

THE DOCTORS OPINION- (pg XXV, Par 1-4)

Alcohol and Drug Addiction- Its all the same

Chief physician at most prominent hospital in the country told Bill he was hopeless

Bill did 3 things - (1) acquired 7 Ideas (pg XVI, Line 8-14) (2) presented the ideas to others (3) Insisted they did the same with others

3 things are the BASIS of the AA fellowship (fellowship included men and their families)

This man and over 100 more recovered from doing these 3 things – THIS IS HOW IT WORKS

## BEGINNERS MEETING – DEFINITIONS

- Recover – To be returned to a normal state of health after an illness  
An alcoholic is either:  
A) suffering from untreated addiction  
B) Recovering (going through the process to have a spiritual experience, i.e. recover)  
C) Recovered
- Rarely - Not often, seldom
- Thoroughly - Carried through to completion (the precise- pg xiii, clear cut directions- pg 29)
- Path - A track specifically constructed for a particular use;  
a way of life, conduct or thought (pg 27, par 4)
- Program - A series of action designed to achieve a specific result (pg 25, par 1-2)
- Completely - In every way; lacking nothing; entirely; totally
- Ego - The organized conscious mediator between the person and reality especially functioning in the perception of reality; Self as contrasted with another person or the world.
- Constitution - Physical makeup of an individual especially with respect to health
- Obstinacy - Stubbornly adhering to an opinion in spite of reason, argument or persuasion
- Sensitiveness- Highly responsive; excessively or abnormally susceptible (pg 10, last par & pg 11, 1<sup>st</sup> par)
- Unreasoning – Not controlled by reason
- Prejudice - An adverse opinion formed without just grounds or before sufficient knowledge  
(pg 1<sup>st</sup> par & pg 12 1<sup>st</sup> par)

