

## OLD Way of Living: Dependence on Self

1- **(Selfish)** I want a bigger house like my boss Jim has

2- **(Fear)** I will never get it with my current job/pay

3- **(Dishonest & Selfish)** Pad the expense account, make other employees look bad so maybe I will get the promotion, steal, lie, cheat, etc..

4- **(Fear)** What is going to happen to me when/if they find out what I did?

5- **(Resentment)** They find out, confront me & consequences are rendered, I get burned up and hold a grudge

6- **(Results)** I can't believe I did that, filled with a feeling of uselessness & self-pity. **(Guilt, Shame & Remorse)**

**Living under these conditions-** It is only a matter of time before we start to think about the sense of ease & comfort which comes at once by taking a few drinks. (pg xxviii)

## NEW Way of Living: (Dependence on God (six concepts))

1- **(Moral Inventory)** It should continue for a Lifetime. We continue to look for Selfishness, Dishonesty, Resentment & Fear. (pg 84)

2- **(Belief & Dependence on God)** When these crop up, we ask **God at once** to remove them.

2- **(Confession of Personality Defects)** We discuss them with someone immediately

3- **(Restitution to those Harmed)** We make amends quickly if we have harmed anyone.

4- **(Helpfulness to Others)** We resolutely (*firm determination*) turn our attention to someone we can help. Practical experience shows that nothing will so much insure us of immunity from alcohol as INTENSIVE work with other alcoholics. (pg 89)

6- **(Results)** He provides what we need IF we (a) stick close to Him and 9b) perform His work well. (pg 63) Praying ONLY for knowledge of HIS will for us and the power to carry it out. (pg 59) **(Happy in our Release)**

**Living under these conditions-** We have found much of Heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed. (pg 25)

## "UNTREATED" ALCOHOLIC/ADDICT

---

Suffers from untreated alcoholism, problems pile up on them and become astonishingly difficult to solve (pgxxviii)

Still has an Alcoholic Mind (pg 101) (drinking OR sober): Restless, Irritable & Discontent (pg xxviii) and constantly thinking about the sense of ease and comfort which comes at once by taking a few drinks

Old Way of Living- Dependence on Self  
Guided by old Ideas, Emotions and Attitudes (pg 27) we find ourselves filled with Fear, Guilt, Shame and Remorse

Selfishness, Fear, Dishonesty and Inconsideration dominate us as we attempt to wrest satisfaction and happiness out of this world. (pg 61) We hurt others in the process. They retaliate and hurt us. Then we resent (them or ourselves). It is plain that a life which includes deep resentment leads only to futility and unhappiness. (pg 66)

## "RECOVERED" ALCOHOLIC/ADDICT

---

Has experienced a spiritual awakening as a result of working the program of action and has a new way of living based on spiritual principles that would solved all their problems (pg 42)

The problem has been removed (pg 85):  
Happy (pg 159) in their release, and constantly thinking how they might present their discovery to some newcomer.

New Way of Living- Dependence on God  
Dominated by a completely new set of conceptions and motives. (pg 27)  
Trusting Infinite God rather than our finite selves. (pg 68)  
Our Creator shows us the way of Patience, Tolerance, Kindliness & Love (pg 83)

God provides what we need if we (a) keep close to Him & (b) perform His work well. (pg 63)  
Just to the extent that we do as we think He would have us, and humbly rely on Him, does He allow us to to match calamity with serenity. (pg 68)