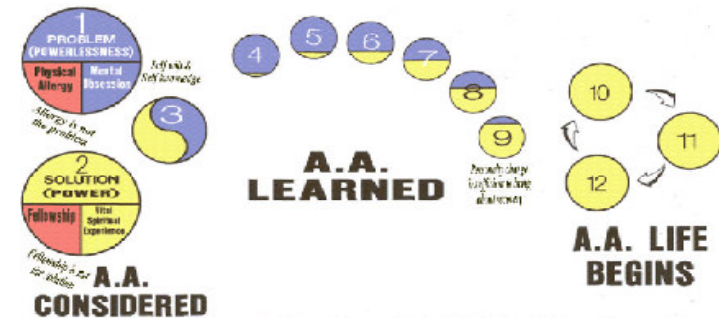


# What Page Was That On?

- Step 1** “The Doctor’s Opinion” page XXV through **Chapter 1, “Bill’s Story”** page 16, with **Chapter 3, “More About Alcoholism”** pages 30—43.  
[The directions for taking this step is on page 30.]
- Step 2** **Chapter 2 “There Is A Solution”** pages 17—29. **Read Appendix II: Spiritual Experience** on pages 567—568. Along with **Chapter 4 “We Agnostics”** pages 44—57.  
[The directions for taking this step is on page 47.]
- Step 3** **Chapter 5 “How It Works”** pages 58—63.  
[The directions for taking this step are on page 63.]
- Step 4** This step is described on pages 63—71.  
[The directions for taking this step is on pages 63—70.]
- Step 5** **Chapter 6 “Into Action”** pages 72—75.  
[The directions for taking this step is on page 75.]
- Step 6** This step is described on pages 75—76.  
[The directions for taking this step is on page 76.]
- Step 7** This step is described on page 76  
[The directions for taking this step is on page 76.]
- Step 8** This step is described on page 76, plus check out the bottom of page 70.  
[The directions for taking this step is on page 76.]
- Step 9** This step is described on pages 76—84.  
[The directions for taking this step is on page 76.]
- Step 10** This step is described on pages 84—85.  
[The directions for taking this step is on page 84.]
- Step 11** This step is described on pages 85—88.  
[The directions for taking this step is on pages 86—88.]
- Step 12** **Chapter 7 “Working With Others”** pages 89—103.  
[The directions for taking this step is on page 89.]  
{Instructions on how to carry our message of recovery to others is found throughout pages 89—103.}

## PROGRAM OF RECOVERY



This chart represents the *program of recovery* and is broken down into **four distinct parts**:

First you **Consider it**— **Steps 1 & 2.**

Then make a **Decision**— **Step 3.**

Then you **Learn it**— **Steps 4, 5, 6, 7, 8 & 9.**

Then you **Live it**— **Steps 10, 11, & 12.**

And finally, you **Love it!**

The **colors** represents the following:

**Blue**— *Is The Problem*    **Yellow**— *Is The Solution*

**Red**—*Is Nothing, It’s not the REAL Problem nor the REAL Solution*

**Step 3**— You Decide to Live in the *Problem* or the *Solution*.

## Step 1:

We come to AA because we have a problem. We think it is a marital, family, legal, financial or health problem. We find out our real problem is that we are powerless over alcohol. We are powerless in two ways, physically and mentally. Physically the action of alcohol on the body creates the phenomenon of craving. Once we put it in our body we have an intense, overwhelming desire to have another drink. No matter how much we drink the desire gets stronger and stronger. So we never get enough to drink. We develop an insatiable appetite for alcohol. That is our physical allergy. But that is not the real problem.

The real problem occurs before we take that first drink. Even after the physical craving has subsided we are left with a mental obsession that tells us drinking is a good idea in spite of our experience that tells us it is a bad idea. A mental obsession is a thought that overcomes all other thoughts in the mind, including the truth. It is the greater part of our disease, and is responsible for us taking the first drink. We believe the lie the mental obsession tells us, rather than the truth our experience brings. This is the alcoholic insanity referred to in the Second Step.

## Step 2:

This is where we gather evidence about the solution. Other alcoholics who have found the solution, a spiritual experience, tell us in a general way what it used to be like, what happened and what it is like now. It is in this way the fellowship supports the alcoholic. While there is a short-term solution in the fellowship, long-term results can only be had by working the Steps and having a vital spiritual experience. This is not something very mysterious or mystical. A vital spiritual experience is a rearrangement of ideas, emotions and attitudes that brings about an awareness of God into our lives so that we can see through the lie of the mental obsession. Step Two isn't the solution. It does, however, point us in the direction of the solution.

## Step 3:

In this Step we simply make a decision to work the rest of the Steps. "If you have decided you want what we have and are willing to go to any lengths to get it-then you are ready to take certain Steps." This is the Third Step decision. Steps One and Two are conclusions of the heart. Step Three is a decision to learn the spiritual program of action so that we may recover from alcoholism.

## Steps 4, 5, 6, 7, 8 & 9:

This is where we grasp a manner of living which demands rigorous honesty. As we go through these Steps we begin to get power from the Sunlight of the Spirit and the mental obsession becomes less and less a part of our working mind. But we cannot stop here, for the cunning, baffling mental obsession is still in our minds. It only needs to work one time before we are once again faced with the powerful, destructive force of the physical allergy.

## Step 10, 11 & 12:

These are the growth & maintenance Steps. Here we develop a manner of living which demands rigorous honesty. In Step Ten we take what we've learned in Steps 4, 5, 6, 7, 8 & 9 and use it as we go through our day. We've cleaned house now we keep it clean. In Step Eleven we get closer to God, as we understand him, through prayer and meditation. Continuing to follow exact, clear-cut, precise directions, we ask for guidance and inspiration when we start our day, as we go through our day and when we retire at night. In Step Twelve we try to carry this message to the sick and suffering alcoholic.

It is by constantly following the directions in 10, 11 & 12 that the mental obsession is removed and we become what Bill Wilson referred to as recovered. BEWARE!!! Should we let up on our growth and maintenance we will once again fall prey to the mental obsession and physical allergy.