

# DISTRIBUTE

---

*This document is finished and is to be distributed beyond yourself. Thanks*

# 5<sup>TH</sup> Step Preparation

## Check List Worksheet

---

### Fourth Step inventories, exercises, and reviews

#### Resentments

A four column inventory composed of the three columns on page 65 and the fourth found on page 67.3.

#### Fear

List each fear, what it affects and what drives the fear. Pages 67 through 68.1.

#### Sex

A four column inventory composed of, person, harm, affects, and sin that drove the harm. Pages 68 through 69.

#### Sex Ideal

A three by five index card that lists the ideal for my life as it relates to my true nature, who is my ideal partner(s) and how I will be with my partner(s). Page 69 through 70.

#### Further ideals

Three by five index cards whereby I list my ideal relationship with every relationship I have. On one side I list how I am going to be going forward and on the other side what my ideal relationship looks like with others.

#### Seven Deadly Sins, Sacrament of Penance

We will write on our understanding of the nature of the sin, how the sin has manifested in our life both before and after finding the rooms and we will answer the questions contained in the document. The document is dated, don't worry.

#### Harms

A four column inventory same as sex. This is a composite of the previous work we have done with the other inventories and is referenced in the 8<sup>th</sup> Step "We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory." Page 76.3.

### Introduction to the 5<sup>TH</sup> Step Check List

This document outlines the items required for your 5<sup>th</sup> step. It covers every item needed.

All inventory items from our Big Book are represented here. Nothing contained in the Big Book is omitted or modified. From the forward to the first edition, where it tells me these are the “precise instructions”<sup>i</sup> to my experience working and executing on what is exactly written here and to how I have been taught by others through sponsorship and workshops, the truth has revealed itself. The minimum amount of work that allows me to move off of a “middle of the road solution”<sup>ii</sup> is the body of work found in our text book.

Therefore if I remove even one concept or intentionally fail to deliver a concise cogent presentation of the work, I am interfering in a spiritual process and end up playing God. So this list attempts to be meticulous.

There are additional exercises, Spiritual in Nature directly related to work found in the Big Book.<sup>iii</sup> These are not optional. They are not meant to supplant or replace any work found in our textbook. They are meant to enhance our spiritual growth and understanding. This growth is meant to allow us to be of maximum service to others. We are not going through this work to get for ourselves but to grow in effectiveness as God would have us be.<sup>iv</sup>

You will see some highlighting of quoted material. Highlighting is done to emphasize a particular part of the text that will be covered in commentary. Look for the coverage in the commentary.

In the endnotes you will find references, “Page 64.1” which refers to page 64 the first paragraph. If a paragraph is a run over from a previous page, it will be quoted with the previous page number and the appropriate paragraph number. The first paragraph on a page is the first one that starts on that page.

## What this document is not meant to be

This 5<sup>th</sup> step preparation checklist is not meant to replace any experience with a sponsor, a step sponsor, step workshop or spiritual endeavor. It is simply what you need if you plan on doing your fifth step with me. There are many capable and able individuals presenting both on a one to one basis and in ongoing workshops who have a process based upon their own profound experience. This is simply my experience. No one individual holds the key, in fact I doubt a key exists. Simply put willingness to go beyond the rudimentary has been my path and experience. Each step forward has brought me closer to a God of my understanding and farther away from self. Each action taken has been a gift. Each painful moment one of discovery. For me not to share this gift would be sloth. I have to ask God to direct my pen. I cannot be allowed to be in charge.

## Introduction to the 4<sup>th</sup> Step

“Therefore, we started upon a personal inventory. *This was Step Four.* A business which takes no **regular inventory** usually goes broke. Taking a commercial inventory is a **fact-finding** and a **fact-facing** process. It is an effort to **discover the truth** about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he **cannot fool himself** about values.

We did exactly the same thing with our lives. We took stock **honestly**. First, we searched out the **flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations.**<sup>v</sup>

### Salient items from the introduction

- We will need to take inventory, and we will need to take more than one.
- That work, must come at the price of the delusion<sup>vi</sup>. Our inventory must be based in truth if we are to survive.
- Capably truthful rides on the back of desperately willing. My willingness was born out of desperation that forced my alignment with the truth.
- If we are truthful, we will find the flaws in our make-up and be able to drill down below the initial surface problem. We will no longer see our “branch” problems but will find the “root” causes<sup>vii</sup>. Inevitably we find that at the root of our problem lies ourselves and our selfish thoughts and actions.<sup>viii</sup>
- By this point, we have been convinced that self is the problem and we believe that we cannot fight a battle where the problem centers in our mind<sup>ix</sup>, with a mind based solution. As such, back to the truth, we seek out the truth, remember we have made a decision *but moments ago* to turn our will and lives over to our creator, how could it possibly go wrong from here on out.
- We will be seeking the flaws in our make-up, nothing more complicated.
- This inventory allows me to see these common manifestations, but it does not attempt to list all the manifestations. I need to be willing to list all of them if I am to uncover the root causes.

### *Resentments*

Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with resentments, we set them on paper. We listed **people, institutions or principles** with whom we were angry. We asked ourselves why we were angry. In most cases it was found that our **self-esteem**, our **pocketbooks**, our **ambitions**, our **personal relationships (including sex)** were hurt or threatened. So we were sore. We were "burned up."

In the book we are instructed to write down a three column inventory and then later,<sup>x</sup> to take a look at where we were to blame. It has been suggested that this is the fourth column. So a four column inventory is what we do.

The first column is the person, institution or principle we are resentful at. A resentment<sup>1</sup> can be outright anger, a nagging dislike, avoidance, shunning, snubbing, gossiping, annoyance and a host of other feelings that are destructive by nature. We will find they manifest in a variety of ways and cause us to come in conflict with our fellow man. They will block us from the sunlight of the spirit and bring about such destruction that the only seemingly logical choice will be to drink. My delusion feeds on these, and so I die, moment by moment, resentment by resentment, a death of a thousand cuts.

My first time through I had a very hard time finding resentments. Harms seemed easier. So if you are finding it difficult, take a sheet of paper and list everyone you are close to or have ever been close to going back over time.<sup>xi</sup> This will make for a good start. I found this to be very helpful in kick starting the process, but don't be afraid to list *everyone* you can remember. If you have trouble remembering names, try places or jobs. I found anchor points like these, good starting off places.

See where you have been in conflict, where you have ended relationships, where have things not worked out as you had hoped. Are there people you just don't call anymore because they owe you a call? Are there people who never seem to call you back? Are there people who you have decided to exclude from your life? Do you avoid going back to a place because you really don't want to see those people anymore? Do you cringe when thinking of so and so? Do you avoid meetings that don't meet your standards? Do you love caller ID? Do you become angry when thinking about those banks, insurance companies, politicians, clerks, flight attendants, sponsors, potholes, slow people, fast people, fat people, thin people, religious people, non-religious people, and the list can go on and on for me.

Once I started being specific, and looking at people, institutions and principles, it became far easier to identify resentments. They started to flow.

What happens if you have multiple resentments against the same person for the same thing over the years? Good question, when you take this into prayer and mediation what does God tell you?

If the answer is the resentment comes from multiple sources, meaning multiple root causes then list the ones that are from different root causes. In the process of seeking the unsaleable goods we need to understand the true nature of the causes. So if lust drove one resentment and envy another, understanding how they materialize, is of paramount importance. So write them both.

If you stole from your boss everyday for a year for the same reason, it is one resentment and harm, not scores or hundreds. Unless you did it for different reasons at different times, then it is multiple events. When writing a resentment against the boss, write that the thefts occurred over time and how often, be truthful, be concise, and be clear.

If you are questioning whether to include something you are unclear about, include it. It is of paramount importance that this be all that we know and uncover. I had resentments come up after my first pass through inventory that I could have put on my first pass. It was not helpful to debate it.

---

1 Oxford Dictionary Oxford University Press: Noun; "bitter indignation at having been treated unfairly"

If I take it to God and if I am still unclear, now I write it down. I have found there is no prize for the number of resentments written, it is the honesty that counts. Getting closer to God so I can be of service requires brutal honesty and thoroughness.

If it helps uncover unsaleable goods, list it. If it helps uncover harms that will ultimately require an amends, list it. Each resentment is a gift. Cherish it like a winning lottery ticket.

The second column is what happened. Please don't write a short story, a sentence or two will suffice. Use this as an opportunity to practice truthful brevity. Direct and to the point is the way. Define just the facts, remember the truth is the main focus of this and there is no need to color any point, don't elaborate or explain.

The third column gives us an entry point into our character defects. In it we list the parts of our life that have been affected, as we currently see it. Many times we list sex relations, self-esteem, pocketbook, security, personal relations and pride. These are straight out of the book. These are our grosser handicaps. Many times they have turned out to be leaves on the branches, not even the branches. Remember we are going to ask God to remove them root and branch.<sup>xii</sup>

So we will need more. Let's be complete though and list every aspect that is impacted by these resentments. If the list from pages sixty five and sixty six is not enough look at the tenth step list. All of these, both the simple items on sixty five and sixty six as well as on eighty four paragraph two. We watch for selfishness, dishonesty, resentment and fear. Each one of these and more not listed are items that underlie each of the third column items.

The third column is going to act as a gateway to understanding my relationship with my fellow man. The third column is often telling for both my current state of being but also why I have caused other harms. A third column is both a compass forward and backward in time as well as a road map of the transitional nature of my delusion. We will also look at when each of these third columns items are expressed by our different characters. The working me and who I present at work will have a different expression of "personal relations" than the AA me. It is important for me to understand why each of these exist and how they impact my relationships.

How I structure my time with others has been based upon my perception of the world and this perception is told in how events have impacted me and why I participated in these events. The third column is rich with information that I have utilized to uncover the sins that drove many of my character defects. It is not static, it is alive.

**Okay now we are going to turn back to our list, for it holds the key to our future.<sup>xiii</sup>**

Pretty powerful statement. Here is where I need to start aligning my delusion with the reality of Gods world. Between 66.3 and 67.2 I am instructed to put aside the wrongs others have done. For me that is about allowing the truth to hold sway over what I would like to believe. The unvarnished truth has been the sharpest tool in my tool box, and the one I have always been afraid to bring out into the light to

explore for all of its value. When I stopped holding back by hanging onto character defects I thought defined me, I began to experience freedom from self.

How can I be free of my preconceived notions of self and the resentment? How can I get there. I have lived with the lie of my delusion so long and now I must shift my thinking away from selfish self centered thoughts towards being of service, very awkward. The book gives me precise directions, as it has promised many times.

“We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, “***This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.***”” Page 66.4

Am I spiritually prepared to accept my role here? Have I gotten with God in prayer and meditation? Am I willing to accept that the world may be wrong, but I am no longer in charge of making it right? I am asking God to guide my pen throughout, may I not take back the pen now.

After taking the list and being as searching and thorough as possible we will return and look at the list a second time, attempting to identify where we were to blame.<sup>xiv</sup> This is our side of the street and will play the most important role in getting us unblocked from ourselves. We cannot be effective with the newcomer, unless we are unblocked. Don't expect to have too great a depth on your first try with the fourth column, we will revisit it soon enough, for now get as far down the rabbit hole you can go.

Back to the list, from it we are going to find our blame in each and every one of these items. Each resentment on our list has an underlying blame on our part. Many of us have known people who under the clarity of an unjaundiced view are by all reckoning wrong, fortunately I am not in charge of their inventory. In fact I am only in charge of my side of the street.<sup>xv</sup> I have found in my own inventory, I am to blame. In every case, bar none.

So I begin a fourth column and in this column I am going to list my role. Where was I selfish and where was I too blame. What drives me to take actions that later will expose my shortcomings? It is not enough to say the simple top level truth, I need to look for the root.

So if I have stolen from someone, why did I need to? If I leave it at; I stole from so and so and they lashed out and I resent the fact that they lashed out, it is not enough to say I stole. Why did I steal? Was I so broke I had no choice, in no case is that true for me. So what made me want the money without need? Did I need to drink? In no case was that the truth. In every case when examined under a microscope what drove these examples was the manifestation of a sin. Did I envy or covet? Was I driven by lust? Was it prestige, ego or fear? In seeking the true nature of where I was to blame, I need to take these into prayer and meditation as I often find myself blocked from the answer. It is difficult for me to set aside the learned thinking of years of a delusion and only through seeking an answer have I found clarity. Many times I will try and write and find it difficult, sometimes I need to revisit the item several times after stepping away for the clarity of what meditation has brought me to coalesce.

In many cases the drill down led me to the root which was a fear that I was not sufficient and that I was not safe and protected by God. Inevitably when I take a serious look at each resentment, mine invariably led to a lack of faith that it would be okay and that God was going to take care of me. Through my own belief system and delusion, against all evidence, I believed God was not there for me.

That type of investigation into my shortcomings doesn't come naturally to me. I am not equipped on my own for fearless, ruthless and loving honesty. So I obviously need to be connected to a Power greater than myself. Simply going to God and asking for the knowledge is nice and in all cases God provides, but in my life he rarely gives me direct answers. Repeatedly I will receive the tools to do the work.

The tools that were provided my third time through, was the Sacrament of Penance, found at [Anglicanhistory.org](http://Anglicanhistory.org). It can also be found at [WWW.WBBW.ORG](http://WWW.WBBW.ORG) and that description of the Seven Deadly Sins was a God send. Bill Wilson said that he ruthlessly faced his sins, but what were they?<sup>xvi</sup> After facing them he was free, never to drink again. Seems like I need to understand my sins to be free. Seems as though recognition of my shortcomings is mandatory if I am to walk a free man and be of service.

We will do a greater dive into the Sacrament a little later in inventory but for now, just read through them once so that you obtain an understanding of what each deadly sin is and can see how these have manifested in your life. It is a useful tool for the fourth column and has helped me see my role and where I was to blame.

One of my fourth column entries was; "I expected that I would not have to pay full price but still expected to get full service. I thought myself superior for my skills in negotiating. I placed ego and greed in front of my spiritual well being. Knowing the other had made a mistake, I relished my superiority." That was the truth of that resentment and it was uncolored by expectation or entitlement. Try and be as precise as possible. Only the facts.

Who	What	Affects	Blame / Sin
Bob	Failed to finish work already paid for.	Pocketbook, self-esteem, pride, personal relations.	I expected that I would not have to pay full price but still expected to get full service. I thought myself superior for my skills in negotiating. I placed ego and greed in front of my spiritual well being. Knowing the other had made a mistake, I relished my superiority.  Sin; Pride and covetousness.
Bob	Snubbed over project at work. Refused to help.	Security, Pocketbook, Self Esteem	Continued to request work without learning the procedures and taking responsibility.  Sin; Sloth – I failed to utilize Gods gifts and learn what I needed.
Bob	Called and interrupted dinner telemarketing.	Self Esteem	I have not done enough spiritual work as to be unaffected by these types of calls.  Sin; Anger – I felt they were stealing my time and had no compassion for their attempt to a make a living.

*Table 1: Resentment Inventory*

Finish the fourth column making sure to leave room as more will be revealed in Sacrament of Penance and for the drill down exercise.

### *Fears*

“It was an evil and corroding thread; the fabric of our **existence was shot through with it**. It set in motion trains of circumstances which brought us misfortune we felt we didn’t deserve. But did not we, ourselves, set the ball rolling?”<sup>xvii</sup> It is a difficult concept to grasp that my thinking, from beginning to end is driven by fear. It was not one I embraced, but the farther down in inventory I went, the greater the depth of the list, the greater the understanding of the pernicious nature of fear. I did not come easily to fear as its very existence in my life was a threat to ego. So I allowed it to hide until I took some simple

exercises. I listed fears that were easy to have. Fear of flying. Fear of death. Fear of financial insecurity. By taking these easy ones, I began to ascertain in a methodical way how they manifested in my life.

“We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them. We asked ourselves why we had them.”<sup>xviii</sup> Thoroughly is not limited to length but also breadth and depth. When I was done, I found I had many fears and all of them when traced back found their way to a few core fears. Initially my fear inventory will look something like this.

Flying	Affects my ability to move about. Can't be social. Can't have fun.	Lack of control.
Death	It will be painful at best. I will be alone.	Lack of control.
Poverty	Will be proof that I was never any good. I never succeeded. Won't be anything but a loser.	Lack of perspective. Lack of self esteem.

*Table 2: Fear Inventory*

## Sex

“We reviewed our own conduct over the years past. Where had we been selfish, dishonest, or inconsiderate? Whom had we hurt? Did we unjustifiably arouse jealousy, suspicion or bitterness? Where were we at fault, what should we have done instead? We got this all down on paper and looked at it.”<sup>xix</sup>

The first sentence is once again pointing me to examine the truth. Once again, I cannot rely on my feelings or self directed perceptions of events, I need to review the actual conduct. I rely on intuitive thought here as with sex, many emotions are tied to it and I find it easy to justify and obfuscate the truth. In the clear light of day, what happened, what are the ramifications of my actions and where was I to blame? In addition, I will be looking at what drove these actions that I many times saw for what they were at the time. This will be tied in with the Seven Deadly Sins review I do at the end. With the sex inventory a fourth column can be added now or later, in any case it will be added. I will use a three columns and add the fourth later.

Who	What	Affects	Blame / Sin
Bob	Sleep with her, even though her boyfriend was my best friend.	Sex Relations, Self Esteem, Personal Relations	Lusted after a woman for selfish reasons. Sin: Driven by Sinful Lust.  Based upon a self reliance I knew I would never be good enough unless I was wanted by others. Regardless of harm to others.
Bob	Slept with his girlfriend	Personal Relations	I slept with his girlfriend.  Sin; Sinful lust, coveted, gluttony.
Bob	Slept with her even though she was married to an acquaintance of mine.	Self esteem, personal relations, sex relations.	
Bob	Slept with his wife.	Personal relations.	
Bob	Slept with her as soon as her boyfriend, a friend of mine, went to serve time.	Personal relations, sex relations, pocketbook, self esteem.	

*Table 3: Sex Inventory*

What is the purpose of this inventory and how does it help with alcoholism? “In this way we tried to shape a sane and sound ideal for our future sex life. We subjected each relation to this test — was it selfish or not? We asked God to mold our ideals and help us to live up to them.”<sup>xx</sup>

Okay, great but once again how does this help with alcoholism? Simply put – sex has been a driving force in our lives and for me to be connected to God and to be of maximum service I will need to unburden myself of those things that separate me. Shame, fear and regret won't get me closer to God. In my quest to clean my side of the street and keep it clean I look for the harms I have done and where those actions can reemerge to create new harms. Once I have done a thorough inventory it will allow me to shape that safe and sane ideal. But until I can uncover the defects of my actions, I will remain burdened. Until I actually did this inventory, I never knew the extent of the harms and the damage I had caused in this world through my selfish actions.

“Whatever our ideal turns out to be, we must be willing to grow toward it. We must be willing to make amends where we have done harm, provided that we do not bring about still more harm in so doing. In other words, we treat sex as we would any other problem. In meditation, we ask God what we should do about each specific matter. The right answer will come, if we want it.”<sup>xxi</sup> This paragraph tells me that

whatever my ideal is, and notice here there is no judgment, that I must be willing to shed any old destructive manifestations of self and grow towards it. It does not expect me to drop these immediately, and being human, that would be difficult. It expects a level of willingness that must be present, just as I had agreed to in my third step decision.

“To sum up about sex: We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing.”<sup>xxii</sup>

### *Sex Ideal*

#### **Sex Ideal – Exactly where I am today / What I will bring to a relationship**

Honesty – Honesty in all things at all times, never to hurt only to help.

Quiet – I will remain silent when what I have to say is less than useful.

Loving – Be a bringer of love not a taker, express this in all actions I take and don't take.

Compassion – Bring understanding in each action, moment, and thought.

No judgment in my thoughts or actions.

Emotional maturity – Unafraid to be the adult, childlike only in my enthusiasm for us.

Passionate – Passionate not just physically but for the love we have and our collective experience.

True to my word. I will do what I say I will, when I say I will and how I say I will.

#### **Sex Ideal – Exactly where I am today / Who am I seeking**

Spiritually centered – Spiritually adventurous.

Loving – A bringer of love not a taker.

Compassionate – Brings understanding.

Emotional mature – Unafraid to be the adult, childlike only in their enthusiasm for us.

Passionate – Passionate not just physically but for the love we have.

Funny – Lives life as if today is the last day.

### *Further Ideals*

### Employer – Employee

Honest in everything.

Put their needs first during the hours I am there and if needed during off hours.

Punctual.

Timely in my submission of work.

Creative.

Silent when I have nothing to offer.

Ego free in meetings.

Avoid using work time for personal affairs.

### Employee– Employer

Considerate of my families time.

Honest.

Prompt.

Serious.

Available.

Reasonable.

### *Sacraments of Penance and the Seven Deadly Sins*

We take the Sacraments of Penance as found at

<http://anglicanhistory.org/socialism/fhsmyth/penance.html> and by now have read though them once thoroughly. At this point I had a rough idea of what they were telling me as during a learning exercise but I now had to take these Seven Deadly Sins and look at them from my life and my preconceived notions.

#### **For each sin;**

#### **Understand the Sin**

After reading a sin in the Sacraments put pen to paper and write your understanding of the sin. If what you write feels incomplete, try and meditate on it.

You can choose to do one at a time followed by the next exercise or you can read each one and write down your understanding of each, before proceeding. Let God guide you in this.

Prior to reading the Sacraments of Penance my understanding of the Seven Deadly Sins was based upon an old flawed belief system. As such, my understanding tended to underestimate the power of some sins and over estimate the evil of others. This misunderstanding blocked me from casting out defects, as I really did not understand the true nature of the defects.

I have to have an understanding of what the sin is, what it looks like in daily life. How it appears to a God of my understanding. Where the sin is a shortcoming. What it blocks. What it ruined by the sin. What good it forces me to give up when I allow the sin to manifest.

### *Harms*

“If we have been thorough about our personal inventory, we have written down a lot. We have listed and analyzed our resentments. We have begun to comprehend their futility and their fatality. We have to see their terrible destructiveness. We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people. We have listed the people we have hurt by our conduct, and are willing to straighten out the past if we can.” Page 70.3

“We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal.” Page 76.4 While this reference to harms is done prior to the eight and ninth steps and not in the corpus of the fourth step portion of “How it Works” it is no less meaningful as directions. In the event I thought I could get away with a half-measures amends list, this tells me that is not the case.

At this point I have become aware of the breadth and depth of my malady. I have come to realize the insidious nature of my thinking and the poisonous self directed actions I have wrought throughout my life. During and after drinking this was true. It was true as I was doing inventory the first and second times. This is not an eight step list. These are not amends cards. This is a list of people to whom I have caused injury and to whom I am *willing* to make amends. The willing part is a little bit of a gotcha, as I have have previously agreed to go to any lengths, I am willing to make all the amends! Once again, it is reassuring that I am only being asked to make the list of harms right now.

So who goes on the list? I used to think that if I treated you nice since then, whenever then was, it was a living amends and all was good. That is not my understanding now. When taking a serious look I was forced to admit I had never made many amends, I had just hoped they would all take care of themselves. So if I have thorough at this point, I can refer back to the list and take names off the list. All the names on resentments, fears, and sex ended up on harms.

Now my experience is this was not a complete list. There were very many people whom I had harmed not on any of the previous lists and I needed to list them also. Hence why this is a four column in inventory and not just a name list. I had many people I had no ill will for that I had hurt, simply out of selfish self directed actions.

## Summation

Have you been honest both by accurate admission and dearth of exclusion?

Was your review broad and inclusive of all aspects of your existence? Have you looked at all parts of your life, from beginning till present?

“Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven’t got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us. Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellow-ship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you—until then.” Page 164

- i Forward first paragraph: "To show other alcoholics *precisely how we have recovered* is the main purpose of this book."
- ii Page 25.3: "If you are as seriously alcoholic as we were, we believe there is no middle-of-the-road solution."
- iii Page 164.2 Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us.
- iv Page 84.2 "Our next function is to grow in understanding and effectiveness."
- vPage 64.1
- viPage 30.1: "The delusion that we are like other people, or presently may be, has to be smashed."
- viiPage 13.2:" I ruthlessly faced my sins and became willing to have my new-found Friend take them away, root and branch."
- viiiPage 62.1: "Selfishness—self-centeredness! That, we think, is the root of our troubles"
- ixPage 23.1: "Therefore, the main problem of the alcoholic centers in his mind, rather than in his body."
- x Page 67.2 "Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's. When we saw our faults we listed them. We placed them before us in black and white."
- xi Page 64.2 "We did exactly the same thing with our lives." Page 65.3 "We went back through our lives. Nothing counted but thoroughness and honesty."
- xii Page 13.2
- xiii Page 66.3
- xiv Page 67.2:"Where were we to blame? The inventory was ours, not the other man's. When we saw our faults we listed them. We placed them before us in black and white."

xv Page 77.2

xvi Page 13.2 "I admitted for the first time that of myself I was nothing; that without Him I was lost. I ruthlessly faced my sins and became willing to have my new-found Friend take them away, root and branch. I have not had a drink since."

xvii Page 67.3

xviii Page 68.1

xix Page 66.1

xx Page 69.2

xxi Page 69.3

xxii Page 70.2