

Exercise #11: Into Action (The 5th Step)

Thursday Night Big Book Study

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Pages 71 – 76

1. What three things have we been trying to get?
2. What have we ascertained?
3. What is going to happen next and what does it require, specifically?
4. What is there doubt about?
5. How many self-appraisals have you done before you came to AA? After joining AA? Honestly, how have they worked in “casting out” all that has blocked you from God?
6. What is the best reason for discussing ourselves with another person?
7. What have newcomers tried to do?
8. What are some of the easier methods you have tried?
9. Have you ever wondered why “you fell” before AA? After coming to AA?
10. Have you honestly completed your housecleaning?
11. What do you think Bill means by they “only *thought* they had lost their egoism and fear; they only *thought* they had humbled themselves”? Can you relate to this? Explain.
12. What will telling someone all of your life story do?
13. What does Bill mean by “double life”?
14. Have you lived a “double life”? Are you living one now? Explain.
15. What does the actor do?
16. What does this actor want to enjoy?
17. What makes things worse?
18. What does he find revolting? What does he do with those things? Have you ever done those type of things, in other words, are you an actor? Explain.
19. What is the result of this kind of living?
20. What do psychologists agree with AA on? What two things have we not done when we have sought counseling?
21. Why does the medical profession have a low opinion of alcoholics?
22. If we want to live long or happily in this world, what do we have to do?
23. How do we decide who is to hear our 5th Step?
24. Who do we search for?
25. Should we tell spouses or parents our 5th Step? Why or why not?
26. What are the conditions of holding off on our 5th Step?

27. What are the three requirements for the person to hear our 5th Step?
28. Once we decide who is to hear our 5th Step, what do we tell them and what should he/she understand?
29. If we illuminate every twist of character, every dark cranny of the past, what are the promises for doing so?
30. What do you think “We can look the world in the eye.” means? Can you do that right now? Explain.
31. Why would we be able to be alone at “perfect peace and ease”?
32. How much effort goes into, “Our fears fall from us.”?
33. What does the nearness of our Creator feel like? How do you know?
34. What is the difference between spiritual beliefs and a spiritual experience?
35. Bill uses the word “disappear” when describing the next promise after completing Step 5. What are your thoughts about that?
36. Are you on the Broad Highway? What does it mean to walk hand in hand with the Spirit of the Universe?
37. What do we do next?
38. What do these prayers, reflections, and question seem to indicate?
39. How long do we reflect for? What exactly do we do?
40. Step Six Prayers – During this hour, if we can answer to our satisfaction the question on page 75, we move to Step 6 and 7. What have we emphasized? What does “indispensable” mean?
41. What does, “Are we ready to let God” mean in the next sentence?
42. What does, “remove from us”, mean?
43. What does, “all the things” mean?
44. What does, “Are we know ready to let God remove from us all the things we have admitted are objectionable?” mean? How much of that is our effort?
45. “Objectionable”, to who?
46. “Can He know take them all – every one?” Doesn’t that mean perfection?
47. What should we do if we still cling to something? Do you “cling”? What do you do about it?
48. Pray the 7th Step Prayer slowly to yourself. Say it several times, each time a little slower until you feel touched with understanding about it’s meaning.
49. Describe the opening words, “My Creator”. What does having a Creator mean?
50. What does “all fo me, good and bad mean.” mean?
51. Which defect am I asking God to remove?
52. Why do I need “strength to do His bidding”? What does “Amen” mean?
53. What do we now need?