

# SELF-CENTEREDNESS

The following are excerpts from Page 61 of The Big Book of Alcoholics Anonymous:

## ORIGINAL

What usually happens? The show doesn't come off very well. He begins to think life doesn't treat him right. He decides to exert himself more. He becomes, on the next occasion, still more demanding or gracious, as the case may be. Still the play does not suit him. Admitting he may be somewhat at fault, he is sure that other people are more to blame. He becomes angry, indignant, self-pitying. What is his basic trouble? Is he not really a self-seeker even when trying to be kind? Is he not a victim of the delusion that he can wrest satisfaction and happiness out of this world if he only manages well? Is it not evident to all the rest of the players that these are the things he wants? And do not his actions make each of them wish to retaliate, snatching all they can get out of the show? Is he not, even in his best moments, a producer of confusion rather than harmony?

## PERSONAL VERSION

What usually happens? The show doesn't come off very well. \_\_\_\_\_ begins to think life doesn't treat \_\_\_\_\_ right. \_\_\_\_\_ decides to exert \_\_\_\_\_ more. \_\_\_\_\_ becomes, on the next occasion, still more demanding or gracious, as the case may be. Still the play does not suit \_\_\_\_\_. Admitting \_\_\_\_\_ may be somewhat at fault, \_\_\_\_\_ is sure that other people are more to blame. \_\_\_\_\_ becomes angry, indignant, self-pitying. What is \_\_\_\_\_'s basic trouble? Is \_\_\_\_\_ not really a self-seeker even when trying to be kind? Is \_\_\_\_\_ not a victim of the delusion that \_\_\_\_\_ can wrest satisfaction and happiness out of this world if \_\_\_\_\_ only manages well? Is it not evident to all the rest of the players that these are the things \_\_\_\_\_ wants? And do not \_\_\_\_\_'s actions make each of them wish to retaliate, snatching all they can get out of the show? Is \_\_\_\_\_ not, even in \_\_\_\_\_'s best moments, a producer of confusion rather than harmony?

## DIRECTIONS

1. Read "Original" version.
2. Write your name in the blanks of the "Personal Version."
3. Read "Personal Version."
4. Cut along the line of the "Personal Version."
5. Tape the "Personal Version" over the same paragraph in your AA Big Book on page 61
6. Read it again until you understand.
7. When you think you understand what it means, read it again.