

**Getting Started. You will need the following:**

- **Big Book of Alcoholics Anonymous** – Large Print or hard back book
- **Big Book Awakening Workbook** – can be ordered at: [www.bigbookawakening.com](http://www.bigbookawakening.com)
- **Big Book Awakening (BBA) Writing and Directional Materials** – Sponsorship Guide, 1-2-3 Question Guide, 4th Step Packet, Transcripts of Dan's Step 6 & 7, can all be downloaded under "Tools" on: [www.bbaworks.com](http://www.bbaworks.com). Click the "Tools" dropdown Menu.
- You can also get all the above, mentioned materials at any San Diego BBA Meeting.

You can download transcripts of Dan S. 6 & 7, Pat & LeeAnn, Tyla, Joe C. Morgan's workshop and many more... at [www.BBAWorks.com](http://www.BBAWorks.com)

**San Diego BBA Contacts:**

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**Intro Meeting:**

- Try to set up a regular, two-hour meeting once a week (example: Sunday 2 – 4pm).
- It usually takes about 20 – 26 weeks to read the Big Book and do all the 12 steps.
- Do one assignment at a time so not to overwhelm yourself. Spend time going over each assignment. Be sure the sponsee thoroughly understands each assignment.
- Start meetings with prayer and a 5-minute meditation and finish the same way.

**1 week before the first meeting****Date:** \_\_\_\_\_

Go over how to put Big Book Awakening (BBA) Workbook in the AA Big Book and give the first assignment to the sponsee.

**Assignment 1:**

- In the **AA Big Book**, read everything up through the last Forward (xxiv).
- Read the **BBA Workbook** page 1 – 8 and put everything in your AA Big Book as per instructions, as you read it.
- In the **1-2-3 Question Guide**, answer all the CIRCLE AND TRIANGLE / PREFACE AND FORWARDS: questions 1 – 8, pages 2 -3

**Meeting 1:****Date:** \_\_\_\_\_

- Review the significance of the Preface and the Forwards and explain the significance of the circle in the triangle as per the BBA and Read everything up through page XXIV together.
- Have sponsees/step partner read all the questions and answers from the first assignment in the

3. **1-2-3 Question Guide**
4. When you're finished, go over the next assignment (make sure they are clear).

**Assignment 2:**

- A. In the **AA Big Book**, read the Doctor's Opinion on pages xxv – xxxii.
- B. As you read **BBA Workbook** pages 9 – 13, put them in the Doctor's Opinion of the AA Big Book. (Show how you did it in your AA Big Book and how they can abbreviate "Do I believe" as "DIB").
- C. In the **1-2-3 Question Guide**, read THE FIRST STEP page and answer all THE DOCTORS OPINION questions: questions 1 – 20, pages 4 - 9

**Meeting 2:****Date:** \_\_\_\_\_

1. We read the DOCTOR'S OPINION together, one paragraph each, sharing your experience turning statements into questions?
2. When finished reading, have sponsees/step partner read all the questions and answers from the 2nd assignment in the **1-2-3 Question Guide**.
3. Go over the next assignment and schedule the next meeting in one week.

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**Assignment 3: (1<sup>st</sup> part of Bill's Story)**

- A. In the AA Big Book, read the first part of Bill's story, page 1 through the top paragraph of page
- B. As you read BBA pages 14 – 16, put them into pages 1 – 8 of the AA Big Book.
- C. In the **1-2-3 Question Guide**, answer BILL'S STORY questions (1<sup>st</sup> Half of Bill's Story): questions 1 – 16, pages 10 -12

**Meeting 3:****Date:** \_\_\_\_\_

1. Meet with sponsee. In the AA Big Book, read the first part of "Bill's Story," pages 1-9 together
2. Hear the sponsee's questions and answers from the **1-2-3 Question Guide**.

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**Assignment 4: (2<sup>nd</sup> part of Bill's Story)**

- A. In the AA Big Book read the second part of "Bill's Story," pages 9 (first paragraph)-16.
- B. As you read BBA pages 17 – 28, put them in your AA Big Book pages 9-16.
- C. In the **1-2-3 Question Guide**, answer BILL'S STORY questions (2<sup>nd</sup> Half of Bill's Story): questions 17 – 21, page 13

**Meeting 4:****Date:** \_\_\_\_\_

1. Meet with the sponsee. Read second part of "Bill's Story," pages 9 (first paragraph)-16 together.
2. Hear the sponsee's questions and answers from the **1-2-3 Question Guide**.

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**Assignment 5:**

- A. In the AA Big Book read “There is a Solution” pages 17 – 22
- B. As you read BBA pages 19 – 23, put them in your AA Big Book.
- C. In the **1-2-3 Question Guide**, THERE IS A SOLUTION (Part 1 Physical Craving) answer questions 1-18, pages 14 – 19.

**Meeting 5:****Date:** \_\_\_\_\_

1. Meet with the sponsee. Read “There is a Solution,” pages 17 – 22 together.
2. Hear the sponsee’s questions and answers from the **1-2-3 Question Guide**

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**Assignment 6:**

- A. In the AA Big Book read “There is a Solution” pages 23 – 29.
- B. As you read BBA pages 24 – 27, put them in your AA Big Book.
3. In the **1-2-3 Question Guide**, THERE IS A SOLUTION (Part 2 Mental Obsession) answer questions 1-19, pages 20 -24

**Meeting 6:****Date:** \_\_\_\_\_

1. Meet with the sponsee. Read “There is a Solution,” pages 23 – 29 together.
2. Hear the sponsee’s questions and answers from the **1-2-3 Question Guide**.

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**Assignment 7:**

- A. In the AA Big Book read “More About Alcoholism,” pages 30 – 37 (top paragraph).
- B. As you read BBA pages 28 – 31 (middle of page where is says insane), put them in your AA Big Book.
- C. In the **1-2-3 Question Guide**, MORE ABOUT ALCOHOLISM (part 1) answer question 1-14 (including '10 most insane things), pages 25-28

**Meeting 7:****Date:** \_\_\_\_\_

1. Meet with the sponsee. Read “More About Alcoholism,” pages 30 – 37 (top paragraph) together.
2. Hear the sponsee’s questions and answers from the **1-2-3 Question Guide**

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**Assignment 8:**

- A. In the AA Big Book read “More About Alcoholism,” pages 37 – 43.
- B. As you read BBA pages 31 – 33, put them in your AA Big Book.
- C. In the **1-2-3 Question Guide** MORE ABOUT ALCOHOLISM (part 2) answer questions 1-8, pages 29 - 30

**Meeting 8:**

1. Meet with sponsee. Read "More About Alcoholism," pages 37 – 43, together.
2. Hear the sponsee’s questions and answers from the **1-2-3 Question Guide**.

**Assignment 9: Unmanageability, Spiritual Malady, Untreated Alcoholism** A. In the

- AA Big Book, read pages 44, 45, and 52 (middle).
- B. As you read BBA pages 34 – 36, put them in your AA Big Book.
- C. In the **1-2-3 Question Guide WE AGNOSTICS** (Step 1 - Unmanageability) answer question 1 – 15, pages 31 - 34

**Meeting 9:**

**Date:** \_\_\_\_\_

1. Meet with the sponsee. Read AA Big Book pages 44, 45, and 52 the Spiritual Malady, together.
  2. Hear the sponsee’s questions and answers from the **1-2-3 Question Guide**.
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**This finishes Step 1**

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**Assignment 10: This is Step 2**

- A. In the AA Big Book, read "We Agnostics," pages 44 – top of 51.
- B. As you read BBA pages 37 – top of 41, put them in your AA Big Book.
- C. In the **1-2-3- Question Guide, WE AGNOSTICS** (Step 2 – Part 1), answer questions 1 -15, pages 35 - 38

**Meeting 10:**

**Date:** \_\_\_\_\_ 1. Meet

- with the sponsee. Read "We Agnostics," pages 44 – 51.
  2. Hear the sponsee’s questions and answers from the **1-2-3 Question Guide**.
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**Assignment 11: More Step 2**

- A. In the AA Big Book, read "We Agnostics," pages 51 – 57
- B. As you read BBA pages 41 – 45, put them in your AA Big Book.
- C. In the **1-2-3 Question Guide WE AGNOSTICS** (Step 2, Part 2), answer questions 16 – 27, pages 39 - 43

**Meeting 11:**

**Date:** \_\_\_\_\_

1. Meet with the sponsee. Read "We Agnostics," pages 51-57
2. Hear the sponsee’s questions and answers from **1-2-3 Question Guide**.

**Assignment 12: This is Step 3**

- A. In your AA Big Book, read pages 58 to 63.
- B. As you read BBA pages 46 – 52, put them in your AA Big Book.
- C. In the **1-2-3 Question Guide** HOW IT WORKS (step 3), answer questions 1 – 19, pages 44 - 47

**Meeting 12:**

1. Meet with the sponsee. Read the 3rd Step.
  2. Hear the sponsee's questions and answers from the **1-2-3 Question Guide**. (This ends the work in the **1-2-3 Question Guide**)
  3. Take a third step together.
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**Assignment 13: This starts Step 4**

- A. If you don't already have a 4<sup>th</sup> step example packet, download it for free from [www.bbaworks.com](http://www.bbaworks.com)
- B. Make the following copies from the BBA:
  - a. 30-50 copies of resentment inventory page 57 & 61
  - b. 10 copies of the fear grid on page 65
  - c. 10 copies of the sex inventory on pages 69 & 70
- C. In your AA Big Book, read page 63 (bottom) – 66 (bottom, ending at "poison").
- D. As you read BBA pages 53, 58 and 59, put them in your AA Big Book.
- E. As instructed in the BBA page 54, make a column 1 list – people, institutions, and principles.

**Meeting 13:****Date:** \_\_\_\_\_

1. Meet with sponsee and go over column 1 with them.
  2. Read page 64 in the AA Big Book with them.
  3. Help them make column 1 realistic. If they bring a column 1 list with 100 items, try to group some together to reduce the list to a maximum of 30 – 50.
  4. Go over page 55 in the BBA and show them how to write a 2nd column (the cause) as per our examples from Dan S.
  5. Give them a copy of Dan's and Tyla's resentment inventory example packet.
  6. Go over the resentment inventory examples as per the example pages.
  7. Show them how to do a target in column 2 "the cause" as per the examples.
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**Assignment 14:**

- A. In your AA Big Book, read the bottom of page 64
- B. Read page 55 in the BBA.
- C. Put a name on top of each resentment inventory work sheet.
- D. Complete a 2nd column "the Cause" like the one on page 55 in the BBA. Put "the cause" on the top of your copies as per page 57 in the BBA (Make sure to do the target).

**Meeting 14:****Date:** \_\_\_\_\_

1. Meet with sponsee and go over the 2nd column with them – just check it.
2. Answer any questions the sponsee has.
3. Read pages 64 (bottom) – 65 (bottom) in the AA Big Book.
4. Show the sponsee how to do the first four things in 3rd column in the BBA on pages 56 and 57 (self-esteem, pride, ambition, and security).
5. Fill out some examples with them to make sure they understand and are clear on how to do it. Use the packet examples.

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**Assignment 15:**

- A. Complete doing the first 4 things in the 3rd column (self-esteem, pride, ambition, and security) on your resentment sheets, as instructed in the BBA on pages 56 & 57 as per examples done with sponsor.
- B. As you read BBA pages 62 – 63, put them in your AA Big Book (starting on the bottom of page 66 "We turned back..." to the middle of the page 67 "set matters straight").

**Meeting 15:****Date:** \_\_\_\_\_

1. Meet with sponsee and go over the first 4 things in the 3rd column. (Check it.)
2. Show them how to do the bottom 3 things in the 3<sup>rd</sup> column, (Personal Relationships, Sex Relations, and Pocketbook).
3. Show them how to do the **Realization**. Make sure they get it. Write some with them.
4. Show them the examples from the packet.

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**Assignment 16:**

- A. Complete all the 3<sup>rd</sup> columns and the realizations.

**Meeting 16:****Date:** \_\_\_\_\_

1. Meet with sponsee and check the 3<sup>rd</sup> column and the realizations.
2. In your AA Big Book, read pages 65 (bottom) – 67. (wasn't read before.)
3. Show the sponsee how to do some 4th column on the resentment sheets as per the BBA pages 60 & 61.
4. Write examples with them – make sure they have a clear understanding and include "harms"

**Assignment 17 (may need extra week):**

- A. Finish your entire 4th column (including harms) as it is done in the example on pages 60 & 61 in the BBA.
- B. Read in the AA Big Book from the bottom of page 67 “notice the word fear” to the bottom on page 68 “Outgrow fear”.
- C. As you read BBA pages 66 & 67, put them in your AA Big Book pages 67 & 68.
- D. Tape 2 fear grids together so you have 12 columns instead of 6.
- E. Put 10 fears on the first column, asking as you do, “Do I have the opposite fear also?”
- F. If you do have the opposite fear, put it down on your fears list right under the original fear. Ex:

Failure			
Success			

**Meeting 17:****Date:** \_\_\_\_\_

1. Meet with sponsee and check 4th column, making sure it is complete.
2. Read page 67 & 68 in the AA Big Book, “Fear,” with them.
3. Go over pages 64 & 65 in the BBA.
4. Show them how to do the “Fear Grid” in the BBA. (On their Fear Grid, write some out with them.)
5. Explain how most fears come from the 3<sup>rd</sup> column of the resentment inventory but, they should also consider whether they have the opposite fears. (The fear of failure’s opposite is a fear of success). Also, consider any fears that aren’t on the resentment inventory.

**Assignment 18:**

- A. Complete the Fear Grid as shown on pages 64 & 65 in the BBA.
- B. Read the AA Big Book page 68, (bottom) “Now about sex..” – page 71
- C. As you read BBA pages 71-74, put them in your AA Big Book pages 68 – 71.
- D. Make a list of relationships. (Make a list of only your major relationships the first time through.)
- E. Put each name on the top of a separate sex inventory sheet as explained on page 69 of the BBA.

**Meeting 18:****Date:** \_\_\_\_\_(Use the 4<sup>th</sup> step example packet examples of the Sex Inventory and the Sex Ideal.)

1. Meet with sponsee and check their fear grid.
2. Read pages 68 – 71 in the AA Big Book (sex inventory) with them.
3. Show them how to do the sex inventory like in the BBA on pages 69 – 70.
4. Go over their list of sex inventory with them so they leave with a list.
5. Write some examples with them.
6. Explain how to write out a sex ideal as explained in the BBA 72 & 73
7. Set a time with them to take their 5th step. (may need an extra week)

**Assignment 19:**

- A. Complete the inventory sheets like the example on pages 69 & 70 in the BBA.
- B. Write out a sex ideal as explained in the BBA 72 & 73, and per the examples.
- C. Read pages 72–75 (Step5) in the AA Big Book.
- D. As you read BBA pages 75 - 77, put them in your AA Big Book.
- E. If everything is complete, do a 5th step with your sponsor/step guide.
- F. **STEP 5 CONSIDERATION (as you 5<sup>th</sup> step this is what you discuss):**
  1. **Do I see what is objectionable about this interaction** (my behavior, selfishness attitude, fear, etc.)
  2. **Do I see on my own power I couldn't have behaved any differently?**
  3. **Do I see any behavior or resentment I am still clinging to that I'm willing to let go of?**

**Meeting 19 (Step 5):****Date:** \_\_\_\_\_

1. Meet with sponsee.
2. Read pages 72 – 75 (top) (Step 5) in the AA Big Book.
3. Ask them if they have any “take it to the grave” stuff.
4. When finished, have them read the promises on page 75.
5. Explain how to do step 6 as on the bottom of page 75 of the AA Big Book, “Returning home...”
6. If you want, go over the BBA pages 79 - 80, but explain not to write a list for step 6 – talk about defects and the nature of defects.
7. Read the transcription of Dan's 6 & 7 talk about defects and the nature of defects or have them listen to the audio on line [www.bbaworks.com](http://www.bbaworks.com)

**Review Inventories (Returning Home)**

8. Step 6, Consideration: As I review each inventory in a contemplative way, I ask myself these considerations;
  - a. Can I see what's objectionable about this interaction (My behavior, attitude, selfishness, etc.?)
  - b. Can I see on my own power I could not have behaved any differently or behaved any differently?
  - c. Is there anything I am clinging to that I am unwilling to let go of?
  - d. Am I willing to turn to God for help with all these things I find objectionable from now on?

NOTE: If clinging, pray for the willingness. If still clinging, don't do step 7 until you talk to your sponsor



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**Assignment 20:**

- A. When you've completed Step 7, get in touch with your sponsor for the next assignment. (can be over the phone or in person)
- B. Go over page 81 in the BBA with them.
- C. Have them make a list (from your 4th step, in prayer, asking if there are any others not on the 4<sup>th</sup> Step) as per page 81 of the BBA.
- D. Put them on the cards,
- E. Do the +/- meditation.
- F. Read pages 76 to the top of 84 in the AA Big Book.
- G. Put BBA pages 82 - 85 in their AA Big Book.

**Meeting 20:**

Date: \_\_\_\_\_

1. Meet with sponsee.
2. Read in AA Big Book, the 9th step, pages 76 - 84 (top).
3. Review page 81 in the BBA with them.
4. Go over cards together as per page 81 in the BBA.
5. Put in correct piles as per BBA.

**Mark Houston says: "How free do you want to be?"**

6. Now go out and start amends.
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**Assignment 21 (Step 10) (you can do 10 & 11 together if you want):**

- A. Read in AA Big Book, pages 84 & 85, step 10
- B. Put BBA pages 86 – 88 in your AA Big Book.
- C. (Optional) Answer Step 10 *CONSIDERATIONS*: questions 1 – 30, pages 1-2

**Meeting 21:**

1. Meet with sponsee. Read step 10 in the AA Big Book pages 84 & 85.
  2. Talk about how to live and practice step 10. If you can, let them listen to the Mark Houston, Dan Sherman on steps 10 & 11 on [www.bbaworks.com](http://www.bbaworks.com).
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**Assignment 22 (Step 11):**

- A. In the AA Big Book, read page 85 (bottom) - page 88.
- B. Put BBA pages 89 – 91 in your AA Big Book.
- C. (Optional) Answer Step 11 *CONSIDERATIONS*: questions 1 – 13, pages 3 - 4

**Meeting 22:**

1. Meet with sponsee and read step 11 pages 85 - 88 in the AA Big Book together. Talk about how to practice step 11.
2. Review the instructions in the BBA on page 91.

**Assignment 23:**

- A. Step 12 Read "Working With Others" in the AA Big Book pages 89 – 103
- B. Put BBA pages 92 – 100 in your AA Big Book.

**Meeting 23:****Date:** \_\_\_\_\_

1. Meet with sponsee and read "WORKING WITH OTHERS".
2. **Have them go out and give away what so freely has been given to them.**

**God Bless You**