

BBA Workshop & 12 Step Sponsorship Guide

Guide General Instructions, Supplies & Step Partners:

Dan's Website where you can order the BBA workbook is: www.bigbookawakening.com

All the **Big Book Awakening (BBA)** materials – sponsorship guide, sponsee assignments, 4th Step Examples Sheets, Transcripts of Dan's Step 6 & 7 talk, all recorded workshops, and BBA contacts are available to download for free from the following website: www.bbaworks.com

Intro Meeting

Try to set up a regular same time 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. I use the *Idiot's Guide to the 12 Steps* for steps 1, 2, and 3 and the entire *Big Book Awakening (BBA)*.

(For a new experience, instead of answering the questions in the *Idiot's Guide*, answer the questions in the BBA.)

The following is a basic outline of how I do the work with sponsees. I suggest that the sponsor gives the sponsee one assignment at a time so as not to overwhelm them. Spend time going over each assignment. Be sure your sponsee thoroughly understands each assignment.

I have found it really helpful to start our meetings with prayer and a 5 minute meditation and finish the same way.

1 week before the first meeting:

Date: _____

I go over how to put *Big Book Awakening (BBA)* in the *AA Big Book* and give the first assignment to the sponsee.

Assignment 1:

- A. In the *AA Big Book*, read everything up through the last Forward (xxiv).
- B. Read the *BBA* page 1 – 8 and put everything in your *AA Big Book* as per instructions, as you read it.

Meeting 1:

Date: _____

1. I go over the significance of the Preface and the Forwards and explain the significance of the circle in the triangle as per the *BBA*.
2. When you're finished, go over the next assignment (make sure they are clear).
3. Schedule the next 2 hour meeting for the next week.

Assignment 2:

- A. In the *AA Big Book*, read the Doctor's Opinion on pages xxv – xxxii.
- B. As you read *BBA* pages 9 – 13, put them in the Doctor's Opinion of the *AA Big Book*. (I show them how I did it in my *AA Big Book* and how I abbreviate as in "do I believe" it is DIB).
- C. In the *Idiot's Guide*, read pages 2-5 and answer the questions on pages 6 – 9, questions 1 – 10.

Meeting 2:**Date:** _____

1. We read the DOCTOR'S OPINION one paragraph each, sharing our experience turning statements into questions (example: Did I control/fix/obsess/people please for ease and comfort?).
2. When you're finished reading, have your sponsee/step partner read all the questions and answers from the first assignment in the *Idiot's Guide*.
3. Go over the next assignment and schedule the next meeting in one week.

Assignment 3: (1st 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 9.
- B. As you read *BBA* pages 14 – 16, put them into pages 1 – 8 of the *AA Big Book*.
- C. In the *Idiot's Guide*, pages 10 – 13, answer questions 1 – 17.

Meeting 3:**Date:** _____

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

Assignment 4: (2nd 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 – 18, put them in your *AA Big Book* pages 9-16.
- C. In the *Idiot's Guide*, page 14, answer questions 18-21.

Meeting 4:**Date:** _____

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

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 *Idiot's Guide*, pages 15 – 17, answer questions 22 – 28.

Meeting 5:**Date:** _____

1. Meet with the sponsee and do the same as last time.
 2. Read "There is a Solution," pages 17 – 22.
 3. Hear the sponsee's questions and answers from the *Idiot's 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*.
 - C. In the *Idiot's Guide*, page 17-18, answer questions 29 – 34.
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Meeting 6:**Date:** _____

1. Meet with the sponsee and do the same as last time.
 2. Read "There is a Solution," pages 23 – 29.
 3. Hear the sponsee's questions and answers from the *Idiot's Guide*.
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Assignment 7:

- A. In the *AA Big Book* read "More About Alcoholism," pages 30 – 37 (through 1st paragraph).
 - B. As you read *BBA* pages 28 – 31 (middle of page where it says **insane**), put them in your *AA Big Book*.
 - C. In the *Idiot's Guide*, page 18, answer questions 35 & 36.
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Meeting 7:**Date:** _____

1. Meet with the sponsee and do the same as last time.
 2. Read "More About Alcoholism," pages 30 – 37 (through 1st paragraph).
 3. Hear the sponsee's questions and answers from the *Idiot's 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 *Idiot's Guide*, pages 18-19, answer questions 37 - 39.
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Meeting 8:**Date:** _____

1. Meet with the sponsee and do the same as last time.
2. Read "More About Alcoholism," pages 37 – 43.
3. Hear the sponsee's questions and answers from the *Idiot's 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 *Idiot's Guide*, pages 19 – 23, answer all questions 40, the list, & 1-5.

Meeting 9:**Date:** _____

1. Read *AA Big Book* pages 44, 45, and 52 the spiritual malady
2. Hear the questions from the *Idiot's Guide*.

This finishes Step 1

Assignment 10: This is Step 2

- A. In the *AA Big Book*, read "We Agnostics," pages 44 – middle of 51.
- B. As you read *BBA* pages 37 – top of 41, put them in your *AA Big Book*.
- C. In the *Idiot's Guide*, pages 23 – 25, answer questions 6 – 13.

Meeting 10:**Date:** _____

1. Meet with the sponsee and do the same as last time.
2. Read "We Agnostics," pages 44 – 51.
3. Hear the sponsee's questions and answers from the *Idiot's Guide*

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 *Idiot's Guide*, pages 25 – 28, answer questions 14 – 20.

Meeting 11:**Date:** _____

1. Meet with the sponsee and do the same as last time.
2. Read "We Agnostics," pages 51-57
3. Hear the sponsee's questions and answers from the *Idiot's 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 *Idiot's Guide*, pages 29 – 34, answer the questions 1 – 21.
- D. Read the last paragraph on page 34.

Meeting 12:**Date:** _____

1. Meet with the sponsee and do the same as last time.
2. Read the 3rd Step.
3. Hear the sponsee's questions and answers from the *Idiot's Guide*.
(This ends the work in the *Idiot's Guide*.)
- 4. Take a third step together.**

Assignment 13: This starts Step 4

- A. If you don't already have a 4th step example packet, download it for free from www.bbaworks.com.
- B. Make the following copies from the *BBA*:
 - 30-50 copies of resentment inventory page 57 & 61
 - 10 copies of the fear grid on page 65
 - 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.

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.

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 3rd 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.

Assignment 16:

- A. Complete all the 3rd columns and the realizations.

Meeting 16**Date:** _____

1. Meet with sponsee and check the 3rd 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 some examples with them – make sure they have a clear understanding and to include the 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 3rd 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 4th 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 (Step 5) 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.

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. I read the transcription of Dan’s 6 & 7 talk about defects and the nature of defects or have them listen to the CD.

Assignment 20:

- A. Go home and listen to Dan's CD on steps 6 & 7 or read the transcript of 6 & 7.
- B. Then take the 6th and 7th step as per Dan's 6th and 7th Step sheet below.

Dan's Step 6 and 7 Work Sheet

Start by reading the "Promises" on page 75 in the *AA Big Book*.
(6th Step ... Don't tell them they can't go to Step 7 until they finish Step 6)

Review 4th column ... "My Mistakes." This review is to refresh our memory:
My behavior?

1. Seeing how I acted.
2. Acknowledging that I was incapable on my own of doing better.
3. Ask myself: "Am I willing to turn to God for help with this?"
4. If I am still clinging to resentment behavior, mark it(*).

Remember; it's about asking for help ... it's about wanting to be free ... it's about being willing to go to God with everything!

*(When you are finished with your meditation, if you are clinging to anything, call your Sponsor)

Sponsor ... Ask:

1. Is there anything you are still clinging to?
 2. Is there anything you are unwilling to turn to God for help?
 - * If there is, you can't move on to Step 7 until we talk about it.
(Talk with your sponsee about what is objectionable.
Ask them if they really believe it is O.K. to continue to live like this?)
 - * **Remind them that if they are still clinging, then they are not willing to turn to God for Help.**
- C. When you've completed Step 7, get in touch with your sponsor for the next assignment. (can be over the phone or in person)
 - D. Go over page 81 in the *BBA* with them.
 - E. Have them make a list (from your 4th step, in prayer, asking if there are any others not on the 4th Step) as per page 81 of the *BBA*.
 - F. Put them on the cards,
 - G. Do the +/- meditation.
 - H. Read pages 76 to the top of 84 in the *AA Big Book*.
 - I. 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 says: "How Much Freedom do you Want?"

6. Now go out and start amends

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*.

Meeting 21:

Date: _____

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

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*.

Meeting 22:

Date: _____

1. Meet with sponsee.
2. Read step 11 pages 85 - 88 in the *AA Big Book* together.
3. Talk about how to practice step 11.
4. 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