

Journey To Recovery

WITH
**JOE &
CHARLIE**



An audio study seminar
that celebrates the timeless
wisdom of the BIG BOOK. *

Over 11 hours long, these program
long-timers share their years of intensive
study of the basic text, including charts
and worksheets for personal recovery.

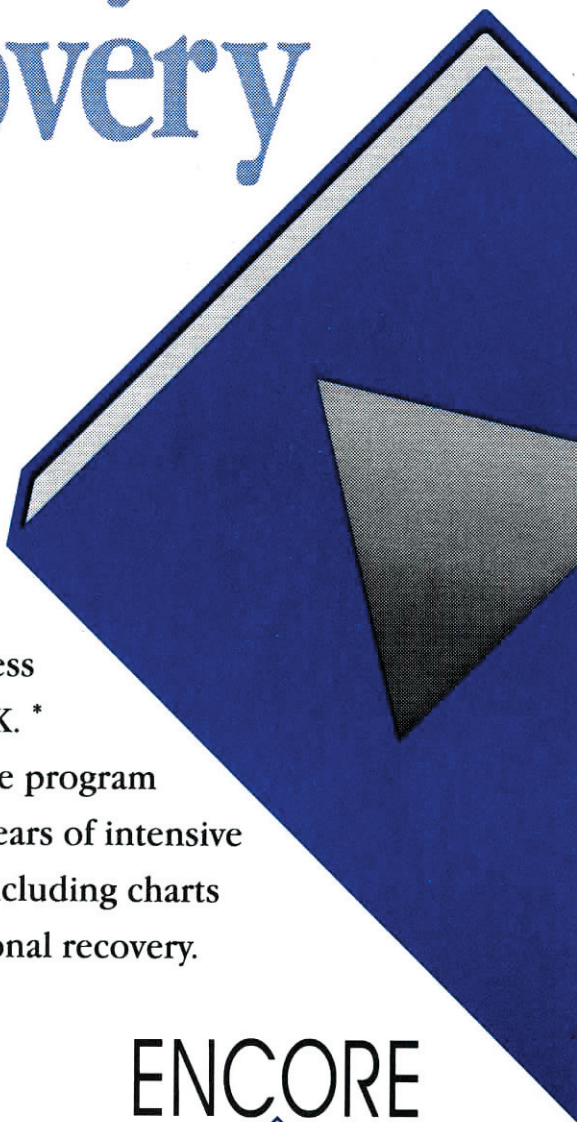
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ENCORE



AUDIO ARCHIVES

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GOAL ONE: Problem

Doctor's Opinion

STEP 1

Chapter 1:
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POWERLESS

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We Agnostics

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POWER

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STEPS 3,4,5,6,7,8,9, 10, 11, 12

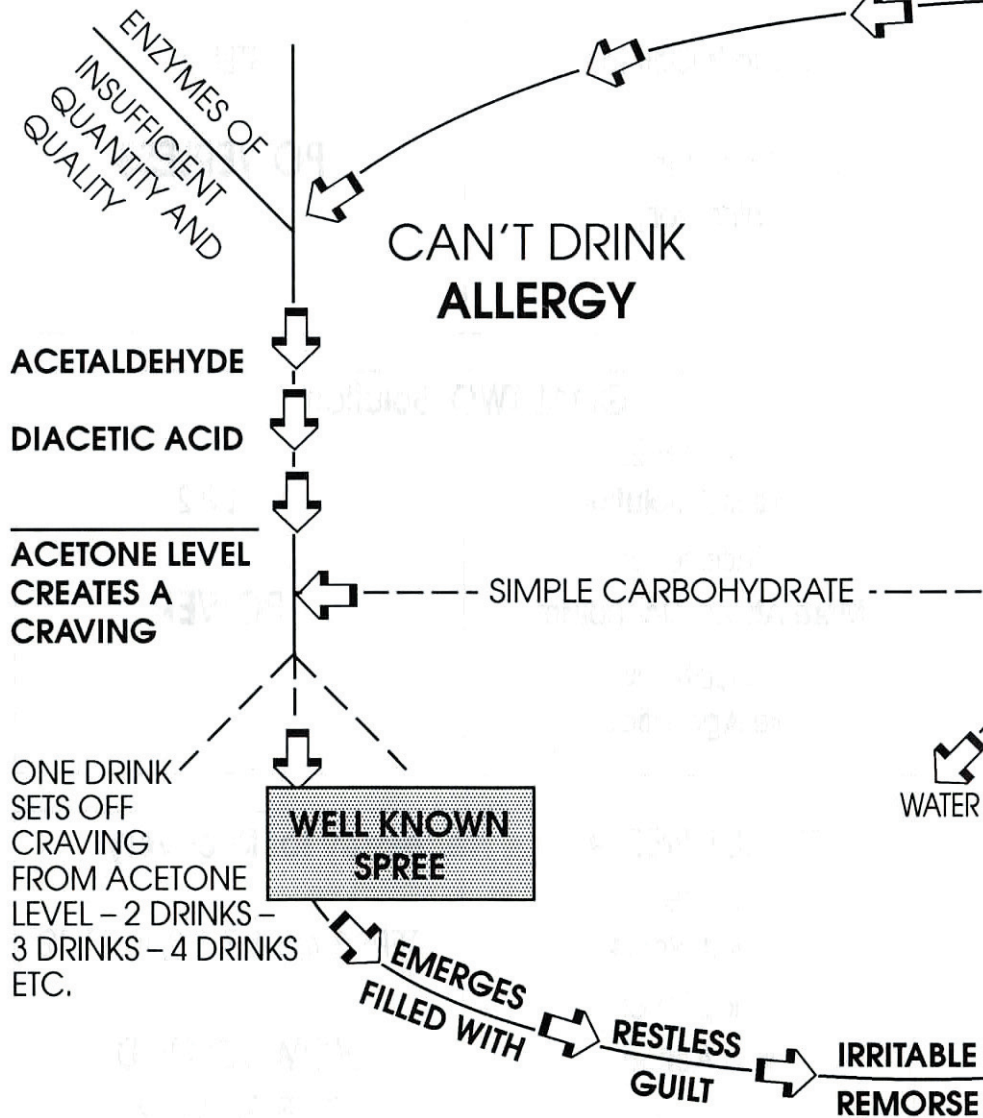
**HOW TO FIND
THE POWER**

DISEASE CONCEPT

PHYSICAL

ONE DOES NOT DRINK SAFELY
OR HE IS AT DIS-EASE

NINE
THEY

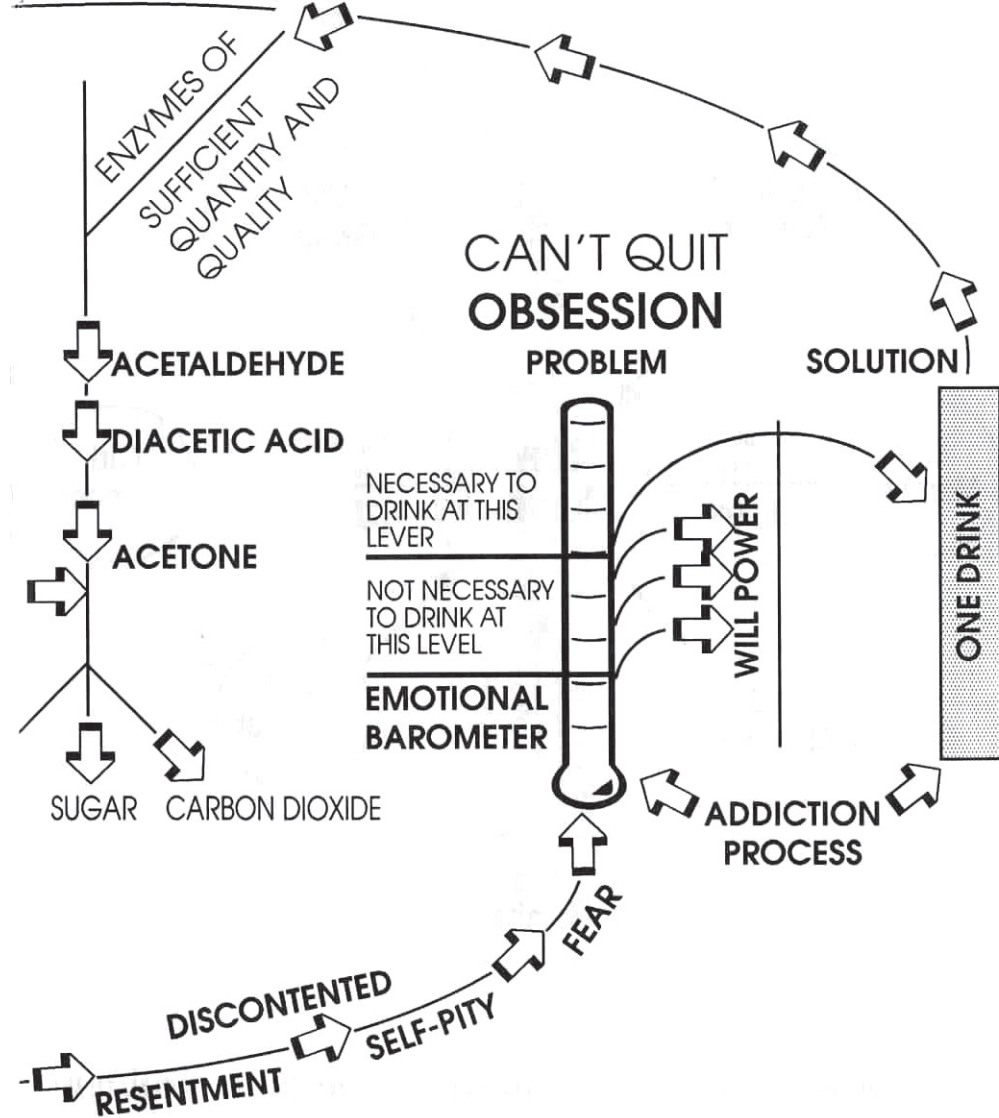


POWERLESS OVER

OF ALCOHOLISM

MENTAL

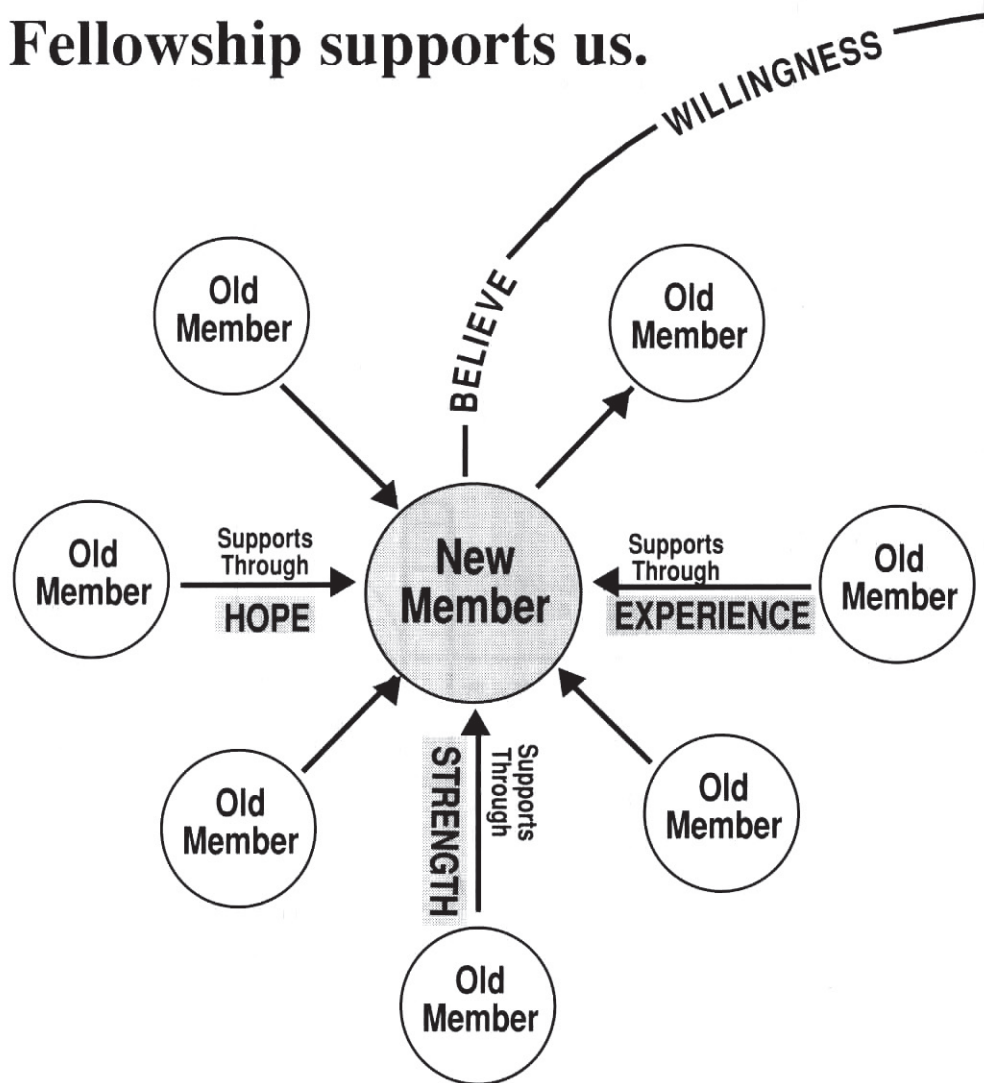
DRINK SAFELY
ARE AT EASE



ALCOHOL

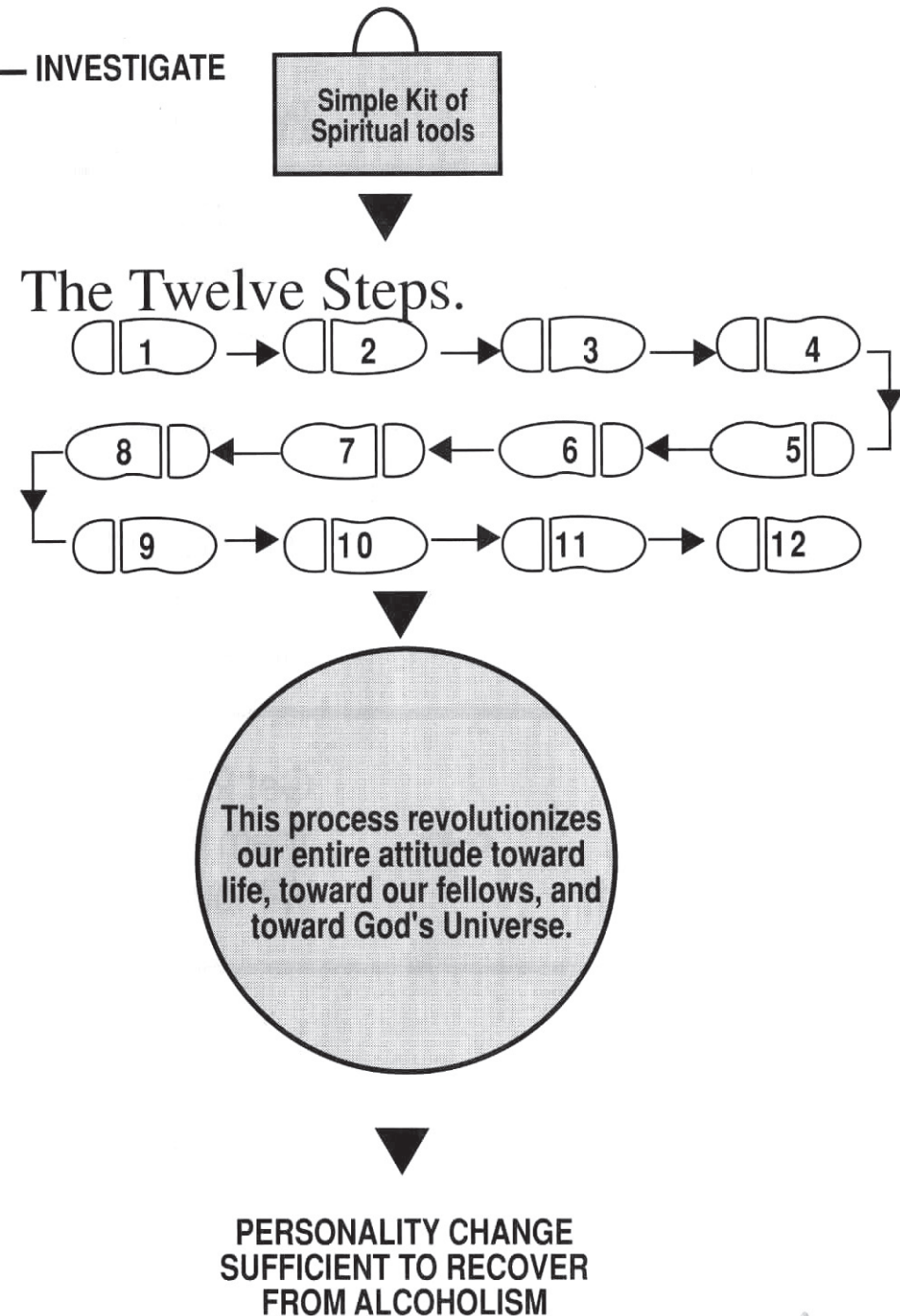
What is the solution?

Fellowship supports us.



A fellowship of those who suffer the same problem.

Spiritual experience or spiritual awakening changes us.



Step 4

Inventory Comparison

Business		Personal
Fact-Finding	<—>	Searching
Fact-Facing	<—>	Fearless
Truth	<—>	Moral
Stock-In-Trade	<—>	Ourselves
OBJECT:		
Disclose		Find Flawed
Damaged or	<—>	Thinking
Unsalable Goods		Processes
Get Rid Of		Get Rid Of
Them Promptly	<—>	Them Promptly
Without Regret!		Without Regret!
Stock In Trade		1. Resentment
That Is	<—>	2. Fear
Damaged		3. Harms Done To Others

Glossary of Words Used In Steps Four and Five

exact:	Very accurate, methodical, correct.
nature:	The essential characteristic of a thing.
wrong:	Acting, judging, or believing incorrectly.
fault:	Something done wrongly, an error or mistake.
mistake:	To understand or perceive wrongly.
defect:	Lack of something necessary for completeness. Same as shortcoming.
shortcoming:	Falling short of what is expected or required. Same as defect.
self-centered:	Occupied or concerned only with one's own affairs. Same as selfish.
selfish:	Too much concern with one's own welfare or interests and having little or no concern for others. Same as self-centered.
self-seeker:	A person who seeks only or mainly to further his own interests.
dishonest:	The act or practice of telling a lie, or of cheating, stealing, etc.
fear:	A feeling of anxiety, agitation, uneasiness, apprehension, etc.
frightened:	A temporary or continual state of fear.
inconsiderate:	Without thought or consideration of others.

Basic Instincts of Life Which Create Self

Social Instinct

COMPANIONSHIP: Wanting to belong or to be accepted.

PRESTIGE: Wanting to be recognized or to be accepted as a leader.

SELF-ESTEEM: What we think of ourselves, high or low.

PRIDE: An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate).

PERSONAL RELATIONSHIPS: Our relations with other human beings and with the world around us.

AMBITIONS: Our plans to gain acceptance, power, recognition, prestige, etc.

Security Instinct

MATERIAL: Wanting money, buildings, property, clothing, etc., in order to be secure.

EMOTIONAL: Based up on our needs for another person or persons. Some tend to dominate, some are overly dependent on others.

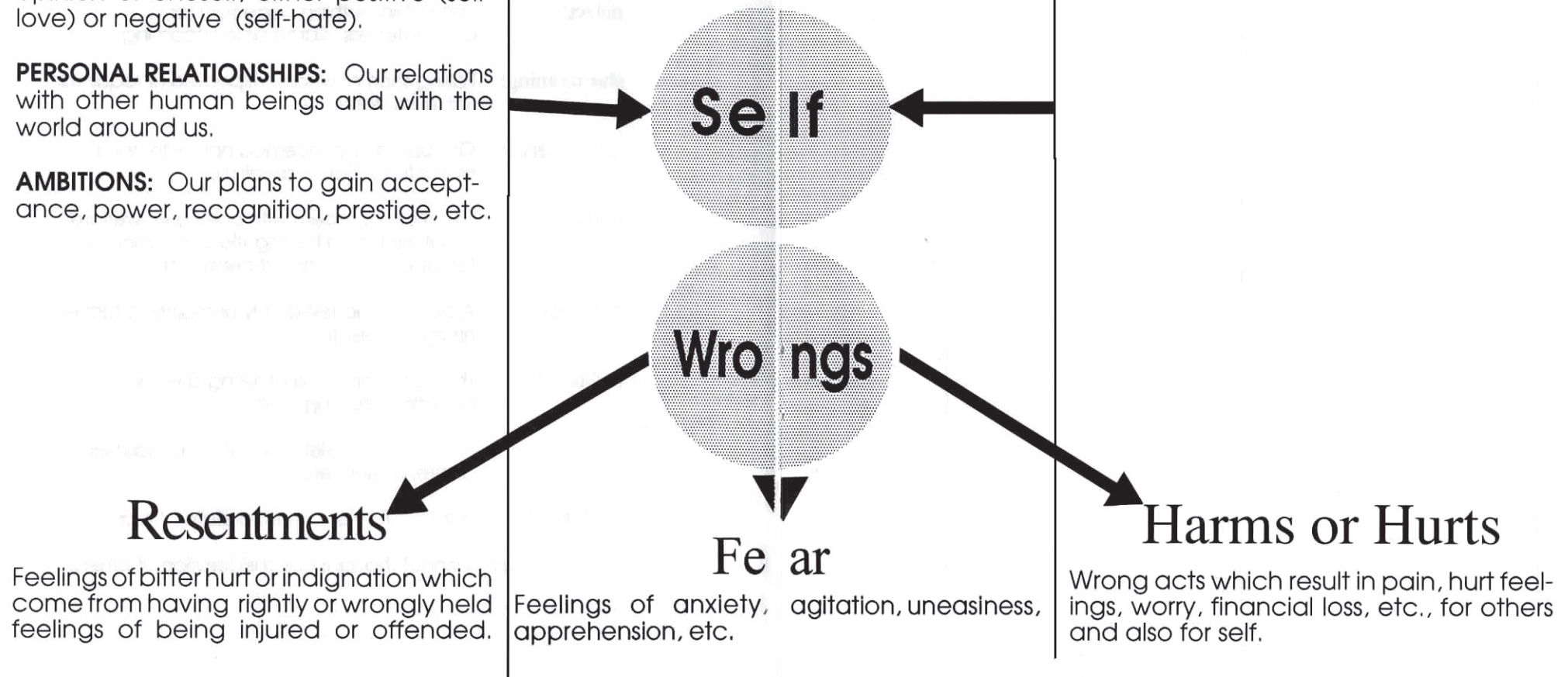
AMBITIONS: Our plans to gain material wealth, or to dominate, or to depend on others.

Sexual Instinct

ACCEPTABLE: Our sex lives as accepted by either Society's, God's, or by our own principles.

HIDDEN: Elements of our sex lives which are contrary to either Society's, God's, or our own principles.

AMBITION: Our plans regarding our sex lives, either acceptable or hidden.



Review of Resentments

COLUMN 1

COLUMN 2

COLUMN 3

COLUMN 4

COLUMN 5

I Am Resentful At:

I list people, institutions or principles with whom I am angry.

The Cause:

I ask myself why I am angry, what did they do to me to cause the anger?

Affects My:

On my grudge list I set opposite each name my injuries. Was it my self-esteem, my security, my ambitions, my personal, or sex relations which had been interfered with?

What Did I Do?

Putting out of mind the wrongs others have done, I resolutely look for my own mistakes. What did I do, if anything, to set in motion trains of circumstances which in turn caused people or institutions to hurt me and eventually led to my resentment of them for doing so?

Where Had I Been:

- "Selfish"
- "Dishonest"
- "Self-Seeking and Frightened"
- "Inconsiderate"?

Which of the above character defects caused me to do what I did, or cause me to want to hold on to the old resentment, even though I may have done nothing to cause it?

Review of Fears

COLUMN 1

COLUMN 2

COLUMN 3

COLUMN 4

COLUMN 5

Who Or What Do I Fear:

I list people, institutions or principles that I fear.

The Cause:

What are they going to do to me? Am I perhaps going to jail? Am I going to lose something with material value? Am I going to lose face? Will it result in divorce? Will it destroy a personal relationship? Might I lose my job, etc.?

Affects My:

On my fears list I set opposite each name the part of self which is affected. Is it my self-esteem, my security, my ambitions, my personal, or sex relations that have been threatened?

What Did I Do?

What did I do, if anything, to set the ball rolling, and set in motion trains of circumstances, which have led to my being in the position to have the fear?

Where Had I Been:

- "Selfish"
- "Dishonest"
- "Self-Seeking and Frightened"
- "Inconsiderate"?

Which of the above character defects caused me to do what I did, or cause me to want to hold on to the old fear, even though I may have done nothing to cause it?

Review of My Own Sex Conduct

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
<p>Who Did I Hurt:</p>	<p>What Did I Do?</p>	<p>Affects My: Which part of self what I did? Was it social instinct, the sex instinct?</p> <p>caused me to do caused by the security instinct, or</p>	<p>What Feelings Did I Create In Others? Did I unjustifiably arouse jealousy, suspicion, or bitterness? What should I have done instead?</p>	<p>Where Had I Been:</p> <ul style="list-style-type: none"> • "Selfish" • "Dishonest" • "Self-Seeking and Frightened" • "Inconsiderate"? <p>Which of the above character defects caused me to do what I do to harm another?</p>

Review of Harms Other Than Sexual

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
<p>Who Did I Hurt:</p>	<p>What Did I Do?</p>	<p>Affects My:</p> <p>Which part of self what I did? Was it social instinct, the sex instinct?</p> <p>caused me to do caused by the security instinct, or</p>	<p>What Feelings Did I Create In Others?</p> <p>Did I arouse jealousy, suspicion, or bitterness, anger, desire to retaliate, fear, etc.? What should I have done instead?</p>	<p>Where Had I Been:</p> <ul style="list-style-type: none"> • "Selfish" • "Dishonest" • "Self-Seeking and Frightened" • "Inconsiderate"? <p>Which of the above character defects caused me to do what I do to harm another?</p>

Daily Inventory.

When we retire at night, we constructively review our day.
Were we resentful, selfish, dishonest or afraid?

PERSONALITY CHARACTERISTICS OF SELF -WILL

PERSONALITY CHARACTERISTICS OF GOD'S WILL

- | | |
|---|--|
| Selfish and Self-Seeking <input type="checkbox"/> | <input type="checkbox"/> Interest In Others |
| Dishonesty <input type="checkbox"/> | <input type="checkbox"/> Honesty |
| Frightened <input type="checkbox"/> | <input type="checkbox"/> Courage |
| Inconsideration <input type="checkbox"/> | <input type="checkbox"/> Consideration |
| Pride <input type="checkbox"/> | <input type="checkbox"/> Humility-Seeking God's Will |
| Greed <input type="checkbox"/> | <input type="checkbox"/> Giving Or Sharing |
| Lust <input type="checkbox"/> | <input type="checkbox"/> What We Can Do For Others |
| Anger <input type="checkbox"/> | <input type="checkbox"/> Calmness |
| Envy <input type="checkbox"/> | <input type="checkbox"/> Gratitude |
| Sloth <input type="checkbox"/> | <input type="checkbox"/> Take Action |
| Gluttony <input type="checkbox"/> | <input type="checkbox"/> Moderation |
| Impatience <input type="checkbox"/> | <input type="checkbox"/> Patience |
| Intolerance <input type="checkbox"/> | <input type="checkbox"/> Tolerance |
| Resentment <input type="checkbox"/> | <input type="checkbox"/> Forgiveness |
| Hate <input type="checkbox"/> | <input type="checkbox"/> Love-Concern For Others |
| Harmful Acts <input type="checkbox"/> | <input type="checkbox"/> Good Deeds |
| Self-Pity <input type="checkbox"/> | <input type="checkbox"/> Self-Forgetfulness |
| Self-Justification <input type="checkbox"/> | <input type="checkbox"/> Humility-Seek God's Will |
| Self-Importance <input type="checkbox"/> | <input type="checkbox"/> Modesty |
| Self-Condernation <input type="checkbox"/> | <input type="checkbox"/> Self-Forgiveness |
| Suspicion <input type="checkbox"/> | <input type="checkbox"/> Trust |
| Doubt <input type="checkbox"/> | <input type="checkbox"/> Faith |

Three Dimensions of Life: Steps 1 through 9.

There are three dimensions of life:

Spiritual	Steps 1 • 2 • 3
Mental	Steps 4 • 5 • 6 • 7
Physical • Social	Steps 8 • 9



Notes:

How The Big Book Study Began

Joe McQ. & Charlie P. met in 1973 when Joe introduced Charlie as the AA speaker at an Al-Anon convention. Joe had wondered if Charlie might be the country-western singer Charlie Pride. "He wasn't even the right color," Joe laments.

They instantly discovered their mutual fascination with AA's basic text "The Big Book." What interested them mostly was that The Big Book was written in a particular sequence to convey certain ideas. That interest began a close friendship which has lasted to this day.

They would frequently meet to discuss the book often driving 225 miles to meet in each other's homes. Soon they were planning meetings in hotel rooms at AA conventions in Oklahoma & Arkansas, and within a few years, the meetings grew in popularity.

In 1977, some AA members met in a Tulsa, OK hotel room for a discussion of the Big Book. One asked Joe & Charlie to come to his home group to present a program on the book. An AA taper made a four tape set of their presentation and called it "The Big Book Study." The tapes were gradually circulated throughout the fellowship and invitations were received for Joe & Charlie to present the study at AA conventions, roundups and special events. By 1980, there had been about eight studies offered.

At the 1980 International AA Convention in New Orleans, Westly P. an impassioned Big Booker from Pompano Beach, FL, organized a lunch for 1,500 AAs from all over the world and gave away 100 Joe & Charlie tape sets as door prizes. Invitations exploded and within a couple of years, Joe & Charlie were presenting about 36 studies a year

worldwide. Obviously, the seminars struck a deep chord within AA members... for the reaffirmation of "this message" as written in April of 1939 with the publication of the first edition of Alcoholics Anonymous. Studies have been given in 48 states and most Canadian provinces. Additionally, Australia, New Zeland, England, Scotland, Ireland, Germany, Switzerland, Sweden and the Netherlands have all hosted the Big Book study seminars with Joe & Charlie.

The original Joe McQ. has had to curtail his travels in recent years. Oddly enough, another Joe McC., active in the study group since the beginning, has been able to pick up the slack. "Where God guides, God provides," as some members say.

All this growth has not come without a measure of turbulence. What spiritual journey does not encounter obstacles? Some fellow AAs have termed the duo, "self-appointed gurus." Others have accused them of making money on these weekends. Actually, only travel expenses, meals and lodging are paid for by the independent AA host committee sponsoring the studies. This is in accordance with the AA Guidelines for Conferences and Conventions (MG4), published by the General Service Office.

Since 1977, an estimated 200,000 AA Members have experienced the spiritual benefits of these collective studies.

We are interested in any comments you may have about these tapes or the Big Book Study. Please forward your comments to:

Big Book Study Group
P.O. Box 849 • Vista, CA 92085