

**“Having had a spiritual awakening<sup>1</sup> as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles<sup>2</sup> in all our affairs.”**

*As the result of Steps One through Nine we have awakened spiritually, living in Step Ten and Eleven we continue to watch, learn and grow in understanding and effectiveness, in Step Twelve we perfect and enlarge our spiritual life through work and self-sacrifice for others...<sup>3</sup>*

**“TRYING TO CARRY THIS MESSAGE TO ALCOHOLICS”**

**READ** 89:1 - 90:1

***Insuring my immunity ...***

**89 : 1**

**L1.** Am I willing to believe that practical experience will show that nothing will so much insure my immunity (*protection, release, freedom*) from drinking as intensive work with other alcoholics?

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**L3.** Do I believe it will work when other activities fail?<sup>4</sup> *Does it work with the person helping me? Does this mean that other activities might fail?*

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**L4.** This is the *Twelfth* (*suggestion<sup>5</sup>*) *Step*: carry this message to other alcoholics. *Why should I do this?*

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**L5.** Do I see I can help when no one else can? *Was I helped like this, when no one else before could help me? Do I see my experience can benefit others?*

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**L6.** Do I see I can secure their confidence when others fail?<sup>6</sup> *Was it like this with me?*

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**L7.** Do I see they are very ill? Do I remember how ill I was? *How can I use my experience to benefit others who have the same problem as I had? How ill was I?*

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<sup>1</sup> ‘Awakening’ noun; an act or moment of becoming suddenly aware of something. *This word used to be “Experience” in the first edition.*

<sup>2</sup> ‘Principle’ noun; a fundamental truth or proposition that serves as the foundation for a system of belief or behaviour or for a chain of reasoning. Also; a rule or belief governing one’s behaviour.

<sup>3</sup> “ *My friend had emphasized the absolute necessity of demonstrating these principles in all my affairs. Particularly was it imperative to work with others as he had worked with me. Faith without works was dead, he said. And how appallingly true for the alcoholic! For if an alcoholic failed to perfect and enlarge their spiritual life through work and self-sacrifice for others, they could not survive the certain trials and low spots ahead. If they did not work, they would surely drink again, and if they drank, they would surely die. Then faith would be dead indeed. With us (alcoholics) it is just like that.*” (Bill’s Story, pg.14:6)

<sup>4</sup> “...when all other measures failed, work with another alcoholic would save the day.” (Bill’s Story, pg.15:1)

<sup>5</sup> ‘Suggestion’ noun; an idea or plan put forward for consideration. *Here*; to be assured of immunity from drinking, we must do this for other activities might fail (ref 89:1).

<sup>6</sup> *Ref: “But the ex-problem drinker who has found this solution, who is properly armed with the facts about themselves can generally win the entire confidence of another alcoholic in a few hours. Until such an understanding is reached, little or nothing can be accomplished.” (There is a Solution, pg.18:4)*

**A Vision ...**

89 : 2

L1. Am I willing to believe *when I do this* my life will take on new meaning?

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L1. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about me, to have a host of friends—Do I believe this is an experience I must not miss?<sup>7</sup> *Why would I want to miss it?*

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L5. Do I believe frequent contact with newcomers and other *recovered alcoholics* will be a bright spot of my life?<sup>8</sup> *Do I have this frequent contact? Do I have fellowship? A Homegroup?*

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**Cooperation with professionals ...**

89 : 3

L1. Am I acquainted with any drinkers who want to recover? *Where do I find newcomers to work with?*<sup>9</sup>

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L4. Do I see that if I start out as a *zealous advocate* (evangelist<sup>10</sup> or reformer) I will encounter prejudice and I'd be handicapped when I arouse it?<sup>11</sup> *How would I have reacted to that attitude?*

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L7. Can I see that spiritual and medical professionals are competent and I can learn much from them if I wish, but do I see that, because of my own drinking experience, I can be uniquely useful to other alcoholics? *How am I uniquely useful?*

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L10. Do I agree I should cooperate with professionals; never criticize? *Why?*<sup>12</sup>

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L11. Do I see that to be helpful is my only aim? *What is my aim?*

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**READ 90:1 - 91:3**

**When I discover a prospect<sup>13</sup> for Alcoholics Anonymous ...**

90 : 1

L1. Should I find out all I can about them? *Who are they? What is their drinking like? Etc...Do they want to stop?*

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<sup>7</sup> Reference to: *Bill's Story* pg.15:2

<sup>8</sup> "We meet frequently so that newcomers may find the fellowship they seek." (*Bill's Story* pg.15:2)

<sup>9</sup> *When the book was written they had to go out to find alcoholics to work with.*

<sup>10</sup> 'Evangelist' noun; a zealous advocate of a particular cause. Also; campaigner, converter.

<sup>11</sup> Ref (BAA, There Is A Solution pg.18:5) "*That the person who is making the approach has had the same difficulty, that they obviously know what they are talking about, that their whole deportment shouts at the new prospect that they are a person with a real answer, that they have no attitude of Holier Than Thou, nothing whatever the sincere desire to be helpful; that there are no fees to pay, no axes to grind, no people to please, no lectures to be endured—these are the conditions we have found most effective. After such an approach many take up their beds and walk again.*"

<sup>12</sup> 'Why?' here; one reason being that these professionals refer newcomers to me, I must maintain a good relationship with them.

<sup>13</sup> 'Prospect' noun; a person regarded as likely to succeed or as a potential customer, client, etc. Similar; candidate.

**L2.** Do I see that if they don't want to stop drinking I don't waste time trying to persuade them for I may spoil a later opportunity?  
*Could anyone have persuaded me before I wanted to? How did or didn't I want to be approached? Would persuasion have been helpful to me when I first came in touch with A.A.?*

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**L6.** Should I be patient, realising I'm dealing with a sick person? *Do I remember how sick I was, how I couldn't see the truth until I was ready?*

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**90 : 2**

**L1.** If there is any indication that they want to stop, should I try to get an idea of their behaviour and situation? *Do I see I must try to place myself in their position to see how I would want to be approached by them if the tables were turned?*<sup>14</sup>

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**90 : 3**

**L1.** Do I think it may sometimes be wise to wait till they go on a binge *and come back*? One might object, but unless they're in a dangerous physical condition, it may be better to risk it? *Did I need to get to the truth of my situation by myself, no one else could tell me or convince me?*

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**L4.** Should I deal with them when they're very drunk? *Could anyone deal with me when I was drunk, did it have any effect?*

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**L5.** Do I think I should wait for the end of the spree, or at least a lucid interval, then ask them if they want to quit for good and if they would go to any extreme to do so? Or should someone else ask that question? *Did I have to be at that place where I wanted to quit for good, before I was willing to go to any lengths?*

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**L9.** If they say yes, *I tell them I was like them and that I have recovered. I tell them I'm one of a fellowship and that as part of my own recovery, I try to help others like me. I tell them I'd be happy to talk to them if they so desire.* Or should someone else draw attention to me like that?

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**90 : 4**

**L1.** If they don't want to should I insist? Or should I wait until they come back? *How would I react if the people helping me would have insisted?*

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**L5.** Might I just mention or place the book where they can see it? *Was I reluctant but curious?*

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<sup>14</sup> Being able to put myself in their place I will see how my experience can benefit others in a way no non-alcoholic can.

**Meeting a prospect<sup>15</sup> ...**

91 : 1

**L2.** When possible should I avoid meeting a prospect through the family? *How would I feel if I was ushered by my family? How would I have felt if the people I go to for help talked about me and my problem with my family?*

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**L4.** If the prospect needs hospitalisation<sup>16</sup>, do I think they should have it? Should I let them and the doctor decide? *How would I feel if someone from a non-medical background would tell me to see a doctor? What if they were suggesting?*

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91 : 2

**L1.** When they're better, the doctor might suggest a visit from me. *Do I see the importance of a good relationship with professionals?*

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**L3.** I leave others<sup>17</sup> out of the first discussion. Under these conditions my prospect will see they're under no pressure. *Do I see how I would feel pressured if family members were part of this discussion? How did I react to pressure?*

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**L4.** I call on them while they're still nervous<sup>18</sup>. They may be more receptive when depressed. *Was I more receptive to help when still nervous, depressed?*

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**READ** 91:3 - 93:2

**How to approach them<sup>19</sup> ...**

91 : 3

**L1.** Should I see them alone, if possible? *Do I remember the importance of privacy?*

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**L1.** At first, should I engage in general conversation? *How would I want to be spoken to?*

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**L2.** After a while, should I turn the talk to some phase of drinking? Should I tell them enough about my drinking habits, symptoms, and experiences to encourage them to speak for themselves? If they wish to talk should I let them do so? Will I get a better idea of how I ought to proceed? *Was it helpful to me to identify with the other person's drinking habits, symptoms and experiences? Should I try to let them talk about their drinking?*

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<sup>15</sup> 'Prospect' noun; a person regarded as likely to succeed or as a potential customer, etc. Similar; candidate.

<sup>16</sup> *In AA's early days most prospects were first admitted to hospital.*

<sup>17</sup> 'Others' here; other people who might have been affected by the prospect's drinking.

<sup>18</sup> 'Jittery' adjective; nervous or unable to relax.

<sup>19</sup> *How to make a 12th Step call and suggested as how to share at newcomers meetings or at meetings where newcomers are present.*



92 : Continuing 91:3

**L1.** Could I tell them how baffled I was, how I finally learned that I was sick? *Do I remember how that was? Was it important to me to know this was not a problem of weakness, a moral problem? How will I tell them how baffled I was?*

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**L2.** Should I give them an account of the struggles I made to stop? *What did these struggles look like?*

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**L3.** Shall I show them the mental twist<sup>21</sup> which leads to the first drink of a spree? I do this as we have done in the chapter on alcoholism, *in anecdotes*. *Which of my stories shall I tell?*

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**L6.** Do I see if they're alcoholic, they will understand at once? Do I see that if they're alcoholic, they will match my mental inconsistencies with some of their own? *Was it like this for me?*

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92 : 1

**L1.** If I'm satisfied that they're a real alcoholic, should I begin to dwell on the hopeless feature of the malady? *How am I satisfied they're a real alcoholic? How shall I dwell on the hopeless feature?*

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<sup>21</sup> 'The peculiar mental twist' as described in the chapter More About Alcoholism pg. 36 in the example of Jim, and again on pg.41 in the illustration of Fred, also There is a Solution pg.24: 1,2,3

**L2.** Shall I show them, from my own experience how the strange<sup>22</sup> mental condition surrounding that first drink prevented normal functioning of my will power? *Which experiences illustrate this best?*

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**L5.** I do not, at this stage, refer to the book of A.A. unless they've seen it and wish to discuss it. *How would I feel if someone confronted me with a book as a solution to my problems? Should I instead tell them my own experience?*

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**L7.** Should I brand them as an alcoholic or let them draw their own conclusion?<sup>23</sup> *Did I welcome someone to brand me an alcoholic or did I have to draw my own conclusion?*

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**L8.** If they stick to the idea that they can still control their drinking, should I tell them that possibly they can—if they're not too alcoholic?<sup>24</sup> *Was there a point in my drinking career before which I could still control my drinking, did I know that I had passed it?*

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**L11.** Should I insist that if they're severely afflicted, there may be little chance they can recover by themselves?<sup>25</sup> *Did I need to hear the truth? How shall I word this?*

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**92 : 2**

**L1.** How shall I continue to speak of alcoholism as an illness, a fatal malady? *Do I know the medical facts about alcoholism? The general opinion among physicians? Do I know cases of people dying of alcoholism?*

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**L2.** How shall I talk about the conditions of body and mind<sup>26</sup> which accompany it? Do I keep their attention focused mainly on my own personal experience? *Which experiences illustrate this best? (Body and mind, not spirit)*

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<sup>22</sup> 'Queer' adjective; strange; odd.

<sup>23</sup> "Despite all we can say, many who are real alcoholics are not going to believe they are in that class. "By every form of self-deception and experimentation, they will try to prove themselves exceptions to the rule, therefore nonalcoholic." *More About Alcoholism*, pg.31:1

<sup>24</sup> "Though there is no way of proving it, we believe that early in our drinking careers most of us could have stopped drinking." *More About Alcoholism*, pg.32:1

<sup>25</sup> "When this sort of thinking is fully established in an individual with alcoholic tendencies, they have probably placed themselves beyond human aid, and unless locked up, may die or go permanently insane." *There is a Solution*, pg.24:4

<sup>26</sup> 'Conditions of body and mind'; the physical craving, the mental obsession, ie. the peculiar mental twist.

**L4.** How would I explain that many are doomed who never realise their predicament<sup>27</sup><sup>28</sup> . *Is it my experience that for a long time in my struggles I did not realise the situation I was in?*

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**L8.** I may talk to them about the hopelessness of alcoholism because I offer a solution. *Did I need to come from a place of hopelessness to become willing to hear about a solution? Am I the embodiment of hope for the alcoholic who still suffers?*

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**L9.** They may soon admit they have many, if not all, of the traits of the alcoholic, if their doctor is willing to tell them they're alcoholic, so much the better. Even though my protégé<sup>29</sup> may not have entirely admitted their condition, they've probably become very curious to know how I got well. *Matching my traits, did I admit my condition entirely or was I somehow still reluctant to admit it, however, did I become curious and wanted to know how they got well? What is my experience?*

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**93 : Continuing 92:2**

**L2.** Shall I let them ask me the question of how I got well? *Did I want to know? If they don't ask, what shall I do?*

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**L3.** *How shall I tell them exactly what happened to me?*<sup>30</sup> How shall I freely stress the spiritual feature? *What exactly happened to me?*

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**L5.** If they're agnostic or atheist, how shall I make it emphatic that *they do not have to agree with my conception of .....*\*. *Was it important to me to know that I did not have to agree with others' conception of a Power greater than themselves? How shall I make this clear?*

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<sup>27</sup> 'Predicament' noun; a difficult, unpleasant, or embarrassing situation. Similar; difficulty, pickle, spot, dilemma, etc.

<sup>28</sup> "At a certain point in the drinking of every alcoholic, they pass into a state where the most powerful desire to stop drinking is of absolutely no avail. This tragic situation has already arrived in practically every case long before it is suspected." *There is a Solution*, pg.24:0

<sup>29</sup> 'Protégé' noun; a person who is guided and supported by an older and/or more experienced person.

<sup>30</sup> "Each individual, in the personal stories, describes in their own language and from their own point of view the way they established their relationship with ....."\*. These give a fair cross section of our membership and a clear-cut idea of what actually happened in their lives." (*There is a Solution*, pg.29:2)

**L7.** How shall I tell them they can choose any conception they like, provided it makes sense to them? *How shall I convey that the main thing is that they are willing to believe in a Power greater than themselves and that they live by spiritual principles? Was it important to me to know I was free to choose any conception I liked as long as it made sense to me?*

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**93 : 1**

**L1.** Should I use everyday language to describe spiritual principles? Is there any use in arousing prejudice they may have against certain theological terms and conceptions about which they may already be confused? *Do I remember my ideas against certain theological terms and conceptions? How would I have reacted?*

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**L5.** *Should I not raise such issues, no matter what my own convictions are? Did I like to be led into one or the other direction? Am I trying to convince or convert them? Do I have an attitude of Holier Than Thou? Do I have an axe to grind? Do I have a lecture to be endured? (ref. There is a Solution pg.18:5) What was I looking for when I first came to A.A.?*

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**READ** 93:2 - 94:1

***My prospect belongs to a religious denomination ...***

**93 : 2**

**L2.** I remember their religious education and training may be far superior to mine. In that case they're going to wonder how I can add anything to what they already know. But they will be curious to learn how their own convictions have not worked and why mine seem to work so well. *How shall I answer their curiosity? What is my experience with my own convictions when still drinking, and now?*

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**L6.** Could they be an example of the truth that faith alone is insufficient<sup>31</sup>? To be vital, must faith be accompanied by self-sacrifice and unselfish, constructive action<sup>32</sup>? *Do I believe to be vital, my faith must be accompanied by self-sacrifice and unselfish, constructive action, like carrying this message, helping this person? Why?*<sup>33</sup>

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<sup>31</sup> "Faith without Works is dead" ref. Footnote 6 in Step Eleven.

<sup>32</sup> Like carrying this message?

<sup>33</sup> If self-centeredness is the root of my trouble, do I seek to actively engage in the exact opposite action, unselfish, self-sacrificing, selfless-centered action?



**L8.** How shall I make it plain they're under no obligation to me, that I hope only that they will try to help other alcoholics when they escape their own difficulties? How shall I suggest how important it is that they place the welfare of other people ahead of their own? *Do I see how important it is that I place the welfare of others ahead of my own? What was the root of my trouble?*

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**L13.** How shall I make it clear to them that they're under no pressure, that they needn't see me again if they don't want to? *Can I see I shouldn't be offended if they want to call it off, for they have perhaps helped me more than I may have helped them? I tried to carry the message.*

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**L17.** If my talk is sane, quiet and full of human understanding, will I perhaps make a friend? And in this way leave the door open for the future? *Do I see I will have carried my message, tried to be helpful, perhaps they will get in touch when they're ready?*

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**L19.** Maybe I have disturbed them about the question of alcoholism? Is this all to the good? The more hopeless they feel, the better? Will they be more likely to follow my suggestions? *Did I need to get to a place of hopelessness, out of my own options, to become willing to follow suggestions?*

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**READ** 94:2 - 95:2

**94 : 2**

***They think they don't need to follow all of the program ...***

**L1.** My candidate may give reasons why they need not follow all of the program. *Before I saw the truth of my condition, did I think I had reasons why I need not follow all of the program? What was my experience?*

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**L2.** They may rebel at the thought of a drastic housecleaning which requires discussion with other people. *Did I rebel at the thought of a drastic housecleaning which requires discussion with other people? How can I use my experience here to benefit them?*

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**L4.** Should I contradict such views? How shall I tell them I once felt as they do and doubt whether I would have made much progress had I not taken action?

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**L7.** How shall I tell them about the Fellowship of Alcoholics Anonymous? If they show interest, do I lend or give them a copy of the book? *(See for example Bill's Story pg.15:2-16:3, or There Is A Solution pg.17:2-3)*

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**L8.** If they show interest, do I lend or give them a copy of the book?

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***Friendship and Fellowship ...***

**95 : 1**

**L1.** Unless my friend wants to talk further about themselves, should I not wear out my welcome? Should I give them a chance to think it over? *What shall I do? Did I need a chance to think it over?*

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**L3.** If I do stay, should I let them steer the conversation in any direction they like? *Do I let them guide the conversation and talk? What shall I do?*

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**L4.** Sometimes a newcomer is anxious to proceed at once, I might be tempted to do so. Could this be a mistake?

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**L8.** Will I be most successful with alcoholics if I do not exhibit any passion for *vigorous campaign*<sup>36</sup> or *betterment*<sup>37</sup>. *How would I feel if I was approached by a crusader for reform?*

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**L10.** *How shall I not talk down to an alcoholic from any moral or spiritual hilltop*<sup>38</sup>; *how shall I simply lay out the kit of spiritual tools for their inspection? How shall I use my experience to show them how they worked with me?*

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**L13.** Shall I offer them friendship and fellowship? Will I tell them if they want to get well I will do anything to help? *Did I need friends, have companionship, had I become a loner? Did I need to know there were no strings attached?*

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<sup>36</sup> 'Crusade' verb; lead or take part in a vigorous campaign for social, political, or religious change. "No axes to grind, no people to please, no lectures to be endured—these are the conditions we have found most effective."(There Is A Solution pg.18:5)

<sup>37</sup> 'Reform' verb; relinquish an immoral, criminal, or self-destructive lifestyle.

<sup>38</sup> "No attitude of Holier Than Thou, nothing whatever except the sincere desire to be helpful..." (There Is A Solution pg.18:5)

**READ 95:2 - 96:1**

***They're not interested ...***

**95 : 2**

- L1.** If they're not interested in my solution, if they expect me to act only as a banker for their financial difficulties or a nurse for their sprees, may I have to drop them until they change their mind? They might do this after they get hurt some more. *Do I see I can only carry the message, not the alcoholic? Do I see that by letting them take advantage of me I allow them to be insincere and this to their own detriment?*
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***They're sincerely interested ...***

**95 : 3**

- L2.** If they're sincerely interested, I ask them to read the book<sup>39</sup> in the interval. After that must I let them decide for themselves whether they want to go on? They should not be pushed or prodded by me or anyone else. *Did I have to decide for myself? Would it have helped me to be pushed by anyone or did the desire have to come from within me?*
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*I give them the parts of this Step-workbook to go with the first chapters; the Doctor's Opinion, There Is A Solution, More About Alcoholism and We Agnostics (or one at the time), and I offer them my friendship in any way I find suitable, eg; I call them, I read with them together, we hang out, talk about the chapter just read, talk about our experiences with what is read, etc etc.*

***They think they can do the job in some other way...***

**95 : 4**

- L1.** If they think they can do the job in some other way, or prefer some other spiritual approach, should I encourage them to follow their own conscience? *What should I do? Do I have a monopoly on .....\*; or do I merely have an approach<sup>40</sup> that worked with me?*
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- L5.** But *how* do I point out that we alcoholics have much in common and that I would like, in any case, to be friendly. Should I let it go at that? *Have I thought at first I could do the job in some other way, that I was different? Was it helpful to me that I was treated as a friend, that the door of A.A. was always open for me, the hand of A.A. always there?*
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**READ 96:1 - 96:2**

***If my prospect does not respond at once ...***

**96 : 1**

- L1.** I'm not discouraged. I search out another alcoholic and try again. I can be sure to find someone desperate enough to accept with eagerness what I offer. *Do I find it a waste of time to keep chasing someone who cannot or will not work with me? Could anyone have given the solution to me before I wanted it?*
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<sup>39</sup> We suggest to read at least: *The Doctor's Opinion, There is a Solution, all or some Personal Stories, More About Alcoholism and We Agnostics, with the accompanying parts of this Step-Work Book.*

<sup>40</sup> The A.A. approach that works for us being; "Wether we agree with a particular approach or conception seems to make little difference." "There is a wide variation in the way each and everyone of us approaches and conceives of the power which is greater than themselves." (*We Agnostics pg. 50:2*)

L6. If I leave such a person alone, may they soon become convinced they cannot recover by themselves? *Did I have to get to a place where I was convinced I could not recover by myself and get there by myself, by drinking, not by thinking?*

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L8. *Do I see that to spend too much time on any one situation is to deny some other alcoholic an opportunity to live and be happy?*

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L10. *Do I see that I might fail entirely with my first prospects, but that if I continue to work on them<sup>41</sup> I might deprive many others of their chance to recover?*

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**READ** 96:2 - 96:3

**Suppose there is a second encounter ...**

**96 : 2**

L2. They've read the book (*The Doctor's Opinion, There is a Solution, all or some Personal Stories, More About Alcoholism and We Agnostics, with the accompanying parts of this Step-Workbook*) and say they're prepared to go through with the Twelve Steps of the program of recovery. Having had the experience, can I give them much practical advice? *What advice will I give them now?*

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L5. Will I let them know I'm available if they wish to make a decision (*Step Three*) and tell their story (*Step Five*), but I do not insist upon it if they prefer to consult someone else? *Was it important for me to choose the right person to take my third step decision and the right person to admit the nature of my wrongs to?*

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***I give them the rest of this Step-workbook and let them know I'm available, I continue to be their friend. What would a friend do?***

**READ** 96:3 - 97:3

**They may be broke and homeless ...**

**96 : 3**

L1. Might I try to help them get a job, or give them a little financial assistance? *Do I see I should not deprive my family or creditors of money they should have but I can give freely if warranted? What would a friend do?*

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L4. Perhaps I will want to take them into my home for a few days. *Do I have to be sure to use discretion? Must I be certain my family/housemates/co-owners welcome the idea, and that they're not trying to impose upon me for money, connections or shelter? What shall I do?*

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<sup>41</sup> 'Work on them'; to try very hard to improve or achieve something. *Do I see 'working on them' won't work? We prefer working 'with' them, as the chapter's title suggests. Do I see I can only carry the message, not the drunk, show them what I did if they care to have it? Or do I believe I can make anyone sober?*

L9. If I permit that I will only harm them. *Will I be making it possible for them to be insincere if I let them impose upon me for wrong motives? By allowing this might I be aiding in their destruction rather than their recovery?*

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***These responsibilities ...***

97 : 1

L1. Should I never avoid these responsibilities, but should I be sure I am doing the right thing if I assume them? *Should I walk away or ask for direction?*

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L2. How is **helping others**<sup>42</sup>, **the foundation stone**<sup>43</sup> of my recovery?

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L3. Do I think a kindly act once in a while is enough? If need be, should I be helpful<sup>44</sup> everyday?<sup>45</sup>

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L18. Do I see that occasionally I will have to meet such conditions (as described in the paragraph L5-L18, *also jokingly called the 12th Step promises in A.A.*)? *Am I willing to do this?*

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***An alcoholic living in my home ...***

97 : 2

L1. Should I allow an alcoholic to live in my home for long at a time? Or is it not good for them, and can it create serious complications in a household? *What would be long?*

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**READ** 97:3 - 98:3

***If they don't respond ... the family ...***

97 : 3

L1. If an alcoholic does not respond, is there a reason why I should neglect their family? Should I continue to be friendly to them?

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L3. How should they be offered our way of life? *Do I think it improves chances for the alcoholic in the family to recover, or at the least will it make life for the family more bearable?*

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*We can refer them to Alanon and suggest to them to read the book Alcoholics Anonymous and look closely at the Chapter 'The Family Afterwards'.*

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<sup>42</sup> In the original Manuscript this read "self-sacrifice".

<sup>43</sup> 'Foundation Stone' of my recovery. We see here that the Twelve Steps are more like a clock than a straight line. My Twelfth Step, self-sacrifice for others is the foundation stone of my recovery, and with my new friend I embark on Step One. Foundation (self sacrifice), Cornerstone (belief or willingness to believe) and Keystone (my new concept), my spiritual Arch of recovery held together with the powerful cement (the Fellowship) that binds us, our common problem; Powerlessness over alcohol Step One, common solution; a Spiritual Experience; Step Two, and the Way out; the Program of Action, Step 4 - 12

<sup>44</sup> 'Good Samaritan' noun; a charitable or helpful person.

<sup>45</sup> "We have a daily reprieve contingent on the maintenance of our spiritual condition." (pg.85:1) and "Our experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics?"(pg.89:1)

**The type of alcoholic who is able and willing ...**

97 : 4

L1. Do I see for the type of alcoholic who is able and willing to get well, little financial help<sup>46</sup> is needed or wanted ? *Why is that? What is my experience?*

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98:Continuing 97:4

L2. Do I see that alcoholics who plea for money, shelter or other things before conquering alcohol, do not have their priorities straight?<sup>47</sup> *What is my experience?*

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L4. Yet will I go to great extremes to provide these very things, when such action is warranted? *When this comes up do I ask; is this warranted?*

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**When and how to give ...**

98 : 1

L2. When shall I give? How shall I give? Do I believe that is what often makes the difference between failure and success? *How will I know?*<sup>48</sup>

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L4. Do I believe the alcoholic cannot and should not rely upon my assistance rather than upon .....\*? *Did reliance on anything human work for me? Did I have to find the Power within me and learn to trust and rely on this?*

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L4. They might clamor for this or that, claiming they cannot master alcohol until their material needs are cared for. *Is this nonsense or true? What is my experience: Job or no job—relationship or no relationship—did I simply not stop drinking so long as I placed dependence upon other people ahead of dependence on .....\*?*

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**The only condition to get well...**

98 : 2

L1. How could I make an unforgettable impression<sup>49</sup> on the alcoholic that they can get well regardless of anyone? *What is my experience? What can I use from my own experience that carries that message?*

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L5. Was the only condition for getting well that I trust in .....\*, and clean house? *The Program summed up? What is my experience?*

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<sup>46</sup> 'Charity' noun; the voluntary giving of help, typically in the form of money, to those in need.

<sup>47</sup> *Do I see that sobriety must be a priority?* 'Priority' noun; the fact or condition of being regarded or treated as more important than others.

<sup>48</sup> "... I may face indecision. I may not be able to determine which course to take. Here I seek inspiration, an intuitive thought or a decision. I relax and take it easy. I don't struggle." (Into Action pg.86:3) and "*I pause when agitated or doubtful, and ask for the right thought or action. I constantly remind myself I am no longer running the show. (Into Action pg.87:3)*

<sup>49</sup> 'Burn the idea into consciousness' phrase; 'make an indelible impression'; 'Indelible' adjective; not able to be forgotten.

**PRACTICING THESE PRINCIPLES IN ALL MY AFFAIRS**

**READ 98:3 - 99:3**

**Domestic problems ...**

*We look at these problems first in our own situation, and if it applies, and we have gained useful experience, we might perhaps be able to be of help to our friend in their situation, as a friend...*

**98 : 3**

**L1.** Are there divorce, separation, or just strained relations? *Which? Which is the domestic situation that I may use to help my prospect?*

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**L2.** When I've made such reparations as I can to my family (*Step 9*) and have thoroughly explained to them the new principles<sup>50</sup> by which I'm living, do I believe I should proceed to put those principles into action at home? *Which reparations have I made? How shall I explain to them my new principles? How shall I practice them in my domestic situation?*

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**L7.** Though my family may be at fault in some respects, should I be concerned about that? Should I concentrate on my own spiritual demonstration? *Do I practice my step 4 realisation and see how I can be helpful, what I can pack into the stream of life?*

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**L10.** Am I to avoid argument and fault-finding like the plague and though this might be difficult, do I think it must be done if any results are to be expected? *Do I remember what argument and fault-finding does to me, and others?*

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**99: Continuing 98:3**

**L2.** If I persist in this spiritual demonstration do I think the effect on my family is sure to be great? *What effect has persisting in this spiritual demonstration been on me?*

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**L5.** Do I think the family may see their own defects little by little and admit them? *Was I able to discuss them in an atmosphere of friendliness before I had admitted them to myself?*

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**99 : 1**

**L1.** After having seen clear and definite<sup>51</sup> results, do I think the family will *perhaps* want to go along in the spiritual life? *Am I to have expectations?*

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**L2.** If so ...should I let these things come to pass naturally and in good time, *and I shouldn't force or make it happen?*

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<sup>50</sup> The new principles; we understand these to be the 12 Steps. Consideration; What are my new principles?

<sup>51</sup> 'Tangible' adjective; clear and definite; real.

Should I continue to demonstrate that I can be sober, considerate, and helpful, regardless of what anyone says or does?<sup>52</sup>

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**L6.** Do I realise I will most likely fall much below this standard many times, we all do, but should I try to repair the damage immediately (*Step Ten*) lest I pay the consequences<sup>53</sup>?  
*Do I remember what resentment can do to me?*

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**99 : 2**

**L1.** If separated or divorced, should I make haste to get together? *Am I sure of my recovery? Does my partner fully understand my new way of life?*

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**L4.** Do I believe that if my old relationship is to be resumed it must be on a better basis, since the former did not work? *What basis is that?*

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**L6.** Does this mean a new attitude and spirit all around? *What attitude and spirit does this mean?*

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**L7.** Do I think that sometimes it is to the best interests of all concerned that a couple remain apart? *To the interests of whom is it that we get together or remain apart?*

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**L9.** Do I think there are rules to this, or should I continue my program day by day, and when the time for living together has come, it will be apparent to all parties? *Will I trust the outcome? Are there any rules to anything, or is there only trust and reliance on ..... through Intuitive thought or decisions?*

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**READ 99:3 - 100:2**

***My dependence ...***

**99 : 3**

**L1.** Do I think that saying I can't recover unless I have my family back is just not true? *Is my recovery contingent on any such situation?*

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**L4.** Should I remind the prospect that their recovery is not dependent upon people? *What is my recovery dependent on?*

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**100 : 1**

**L1.** Should I and the new *friend* walk day by day in the path of spiritual progress and do I believe that if we persist remarkable things will happen? *What happens if we don't persist or progress?*

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<sup>52</sup> *This is an ideal.*

<sup>53</sup> 'Consequences' of resentment; remember my Inventory.

**L3.** When I look back, do I realize the things which came to me when I trusted .....\* were better than anything I could have planned? *Which things were they? What is my experience?*

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**L6.** Do I believe, by following the principles<sup>54</sup> of a *Life Guiding Force...\**, I will soon<sup>55</sup> live in a new and wonderful world, no matter what my present circumstances<sup>56</sup>? *Is this my experience? Does my experience of living in a wonderful world depend on my circumstances? What does it depend on?*

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**READ** 100:2 - 100:4

**The new friend's domestic problems ...**

*Remember our own domestic problems as outlined in the former paragraphs and that we alcoholics are very much alike, but not always and everywhere, however, some situations may apply. Our new friend may have their own personal relationship with a Power greater than themselves and all they need to live successfully, happy and free, which includes the right to make mistakes. If asked, may we use our experience and try to be good friends?...*

**Consideration:** *What would a friend do or say?*

**100 : 2**

**L1.** When working with a new friend, should I take care not to participate in relationship quarrels? *How could this spoil my chance of being helpful if I do?*

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**L4.** Should I urge upon the new friends' family they have been very sick, that they should be treated accordingly? Should I warn against arousing resentment or jealousy? Should I point out that their defects of character are not going to disappear over night? Should I show them that they have entered upon a period of growth? Should I ask them to remember, when they're impatient, the blessed fact of their sobriety? *What could I say to the partner/family?*

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**100 : 3**

**L1.** If I have been successful in solving my own domestic problems, how can I use my experience to show how that was accomplished? *Have I been successful? Which experience can I use to show this?*

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<sup>54</sup> 'Dictates' noun; similar; principle.

<sup>55</sup> 'Presently' adverb; at the present time; now. Also; after a short time; soon.

<sup>56</sup> "Job or no job—family or no family."

**READ** 100:4 - 102:2

**What I can do ...**

**100 : 4**

**L1.** Assuming I'm spiritually fit<sup>57</sup>, can I do all sorts of things people assume alcoholics are not supposed to do? *What did I assume alcoholics are not supposed to do?*

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**L3.** Can I go where alcohol is served? *Where do I feel I can't go? What is my experience?*

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**101 : Continuing 100:4**

**L1.** Can I have alcohol in my home? *What do I feel I can't have in my home? What is my experience?*

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**L1.** Must I shun friends who drink? *How do I feel when being with friends drinking? What is my experience?*

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**L2.** Must I avoid movies with drinking scenes? *What is my experience?*

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**L3.** Must I not go into bars, nightclubs, festivals, concerts, etc? *What is my experience?*

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**L4.** Must my friends hide their bottles if I go to their houses? *What would happen if they don't? What is my experience?*

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**L5.** Must I not think or be reminded of alcohol at all? *What would happen if I think of alcohol? What is my experience?*

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**L6.** Does my experience show that this is not so? *What does my experience show so far? Does my recovery depend on all these conditions? Am I still fighting alcohol?*

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**My spiritual status ...**

**101 : 1**

**L1.** If I can't meet these conditions, does it mean that I still have an alcoholic mind; that there is something the matter with my spiritual status?<sup>58</sup> *What does it mean?*

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**L2.** What would my only chance of sobriety be?

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**101 : 2**

**L1.** Do I believe that any scheme combating alcoholism which proposes to shield me from temptation is doomed to failure? *Have I tried this? What is my experience?*

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<sup>57</sup> 'Spiritually fit'; as gaged per considerations of Pg.83:4.

<sup>58</sup> If so I consider; What am I not doing? And we do it.

**L3.** Have I tried to shield myself and succeeded for a time, but did I wind up with a bigger explosion than ever? *Have these attempts to do the impossible always failed? What is my experience?*

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**My rule...**

**101 : 3**

**L2.** So do I agree that my rule should be not to avoid a place where there is drinking, *if I have a legitimate reason for being there?* What should be my rule?

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**L3.** That includes bars, nightclubs, dances, receptions, weddings, even plain ordinary whoopee parties, ie. anywhere. Does this seem like tempting Providence<sup>59</sup>? *But is it?*

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'Providence', spiritual expression; *What does this mean to me? What is my conception?*

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**Therefore should I ask myself on each occasion ...**

**101 : 4**

**L2.** *"Have I any good social, business, or personal reason for going to this place? Or am I expecting to steal a little vicarious pleasure from the atmosphere of such places?"*

**102 : Continuing 101:4**

**L1.** Have I answered these questions satisfactorily, do I feel I need have no apprehension? Can I go or stay away, whichever seems best? *Which seems best?*

**L3.** Am I sure I'm on solid spiritual ground and are my motives thoroughly good? *Am I being honest with myself?*

**L5.** Am I thinking of what I can get out of the occasion? What can I bring to it?

**L6.** Am I shaky (not in fit spiritual condition)? *Should I work with another alcoholic instead?*

**102 : 1**

**L1.** Why should I sit with a long face? Should I increase the pleasure of others, should I attend to business enthusiastically? Should I by all means eat in bars? Should friends change their habits on my account?

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**L8.** How shall I explain to all my friends why alcohol disagrees with me? *What would be the proper time and place to say this?*

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**L11.** Was I withdrawing from life when I was drinking? *Should I withdraw again because my friends drink or do I want to get back into the social life of this world?*

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<sup>59</sup> 'Providence', noun; the protective care of God or of nature as a spiritual power. Similar; fate, destiny, nemesis, kismet.

**READ** 102:2 - 103:3

***My job now ...***

**102 : 2**

**L1.** Do my job<sup>60</sup> now to be at the place where I may be of maximum helpfulness to others, so I should never hesitate to go anywhere if I can be helpful?<sup>61</sup> *What is my job now?*

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**L3.** Do I feel I shouldn't hesitate to visit the most sordid spot on earth on such an errand? *Would I? What will I do in moments of hesitation?*

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**L5.** Do I believe if I keep on the firing line with these motives<sup>62</sup> I will be unharmed? *Do I believe if my motives are good, good will come of it?*

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***My attitude around drinking ...***

**102 : 3**

**L1.** Do I believe I may need liquor to carry new recruits through a severe hangover? *What if liquor is useful in being helpful to others? What are my motives?*

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**L3.** Shall I serve alcohol to my friends provided they're not alcoholic, or should I not serve liquor to anyone? Should I argue this question or do I feel that everyone, in the light of their own circumstances, ought to decide for themselves?

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**103 : 1**

**L1.** Am I being careful never to show intolerance or hatred of drinking as an institution? Would such an attitude be helpful to anyone? *Am I crusading for reform?*

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**L3.** Do I see that every alcoholic looks for this spirit of *neutrality* and is immensely relieved when they find we are not witchburners? *Did I look for this? Was it relieving to me to find out A.A. weren't crusaders?*

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**L6.** Might a spirit of intolerance repel alcoholics whose lives could have been saved, had it not been for that? How many alcoholics in a thousand would like to be told anything about alcohol by one who hates it? *Would it have repelled me? Would I have listened?*

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**103 : 2**

**L2.** Is it my hope that Alcoholics Anonymous will help the public to a better realization of the gravity of the alcoholic problem, will I be of use if my attitude is one of bitterness or hostility, would drinkers stand for it? *Have I realized the gravity of the alcoholic problem? Would I have stood for that attitude and would it have helped with my alcoholic problem?*

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<sup>60</sup> Do I believe; "It is imperative to work with others. For if an alcoholic fails to perfect and enlarge their spiritual life through work and self-sacrifice for others, they will not survive the certain trials and low spots ahead." (Bill's Story pg.14:5) ?

<sup>61</sup> In A.A. it has become common to "never say no when asked to do anything in A.A."

<sup>62</sup> 'These motives' here; to be at the place where I may be of maximum helpfulness, and to be helpful.

**READ 103:3**

**103 : 3**

**After all ...**

**L1. Were my problems of my own making?<sup>63</sup>**

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**L2. Were bottles only a symbol<sup>64</sup>? What did the bottles symbolize for me?**

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**L2. Besides, have I stopped fighting anybody or anything?<sup>65</sup>**

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**L3. Do I have to? Why?**

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**End of Working With Others \_ Step Twelve**

**“Try to carry this message to alcoholics and practice these principles<sup>66</sup> in All your affairs”**

The next Part is to...

**Continue with the Chapter “A Vision For You”**

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<sup>63</sup> Apparent in my Inventory. Self-centeredness, that is the root of all my troubles. (pg.62:1-2)

<sup>64</sup> ‘Symbol’ noun; a thing that represents or stands for something else, especially a material object representing something abstract.

<sup>65</sup> “On that basis (life run on self-will) we are almost always in collision with something or somebody, even though our motives are good.” (ref. pg.60:2) And; “That is how I’ll react so long as I keep in fit spiritual condition.” (pg.85:top)

<sup>66</sup> These Principles; the Steps.