

# BBA 12 Step Assignments

Dan's Web Site where you can order Big Book Awakening booklets is:

<http://www.bigbookawakening.com>

**Note:** All of the Big Book Awakening material – sponsorship guide, sponsee assignments, 4<sup>th</sup> Step example sheets, transcript of Dan's Step 6 & 7 talk, and the complete set of Tyla's CDs from the 2008 Big Book Awakening workshop in Del Mar are available to download for free from the following two websites:

<http://www.wepause.com>

<http://www.recoverytime.info>

## Assignment: 1

- A. In the *AA Big Book*, read the preface, foreword to the second edition, and the doctor's opinion. Read the BBA page 1-13 and put everything in your AA Big Book as per instructions, including the Doctor's Opinion as you read it. Put the *Big Book Awakening* pages 9 through 13 in the doctor's opinion as you read it - I show them how I did it in my *AA Big Book* and how I abbreviate as in "do I believe" it is D I B).
  - B. In *Idiots Guide*, read page 3 and answer the questions starting on page 4 with question number 1 through question 10 on page 6.
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## Assignment: 2

- A. In the *AA Big Book* read Bill's story pages 1 through 16 and follow the instructions for Bill's story in the *Big Book Awakening*. There are two parts, pages 1 through 8 in the *AA Big Book* corresponds with pages 14-16 in the *BBA*. and page 8 through 16 in the *AA Big Book* corresponds with pages 17-18 in the *BBA*.
  - B. In the *Idiot's Guide*, answer the questions from page 6 question 1 through page 9 question 21.
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## Assignment: 3

- A. In the *AA big book* read "There is a Solution" pages 17 through 29 and put *Big Book Awakenings* pages 19 through 27 in your *AA Big Book*.
- B. In the *Idiots Guide*, answers page 9 question 22 through page 12 question 34.

## **Assignment: 4**

- A. In the AA big book read page 30 through page 43 "More About Alcoholism" and put the *Big Book Awakening* pages 28 through 33 in your *AA Big Book*.
- B. Answer the questions in the *Idiots Guide* page 13 question 35 through question 39.

### **Unmanageability, Spiritual Malady, Untreated Alcoholism**

**(you can split these up into two meeting)**

- C. Read pages 44, 45, and 52 in the *AA Big Book* (Spiritual Malady) and put the *Big Book Awakening* pages 34 through 36 in the *AA Big Book*.
  - D. In the *Idiots Guide* answer the questions page 14 question 40 through page 17 question 5.
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## **Assignment: 5**

- A. **This is Step 2.** In the *AA Big Book* read "We Agnostics" pages 44 through 57 and put the *Big Book Awakening* pages 37 through 45 in your *AA Big Book*.
  - B. In the *Idiots Guide* answer the questions from page 17 question 6 through page 21 question 20.
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## **Assignment: 6**

- A. **This is Step 3.** In your *AA Big Book* read pages 58 to 63 and put the *Big Book Awakening* pages 46 through 52 in your *AA Big Book*.
  - B. In the *Idiots Guide* answer the questions from page 22 question 1 through page 26, question 21 and read the last paragraph.
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## **Assignment: 7**

**(Have them make 30 – 50 copies of resentment inventory from BBA page 57 & 61, also make 10 copies of the fear grid on page 68 and 10 copies of the of the sex inventory on pages 69 & 70)**

- A. **This is Step 4.** In your *AA Big Book*, read the bottom of page 63 through the bottom of page 66 ending with “poison” and put *Big Book Awakening* pages 53 and 58 and 59 in your *AA Big Book*.
  - B. Make a list of column 1 – people, institutions, and principals as instructed on page 54 of the *Big Book Awakening*.
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## **Assignment: 8**

- A. In your *AA Big Book*, read the bottom of page 64 and read page 55 in the *Big Book Awakening*.
  - B. Complete a 2<sup>nd</sup> column “the cause” like the one on page 55 in the *Big Book Awakening*. Put “The Cause” on top of your copies as per page 57 in the *Big Book Awakening* (make sure to do the target)
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## **Assignment: 9**

- A. Do the 3<sup>rd</sup> column as instructed in the *Big Book Awakening* on pages 56 and 57 as per examples done with sponser.
  - B. Put BBA pages 62-63 in your *AA Big Book* starting on the bottom of page 66 in the *AA Big Book* “we turned back” to the middle of page 67 “set matters straight”.
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## **Assignment: 10**

- A. Finish your entire 4<sup>th</sup> column as it is done in the example on pages 60 and 61 in the *Big Book Awakening*. (they may need more than 1 week if their 1<sup>st</sup> column list is very long). Read in the AA Big Book from the bottom of page 67 “notice the word fear” to the bottom of page 68 “outgrow fear”. Put the Big Book Awakening pages 66 & 67 into your AA Big Book on pages 67 & 68.
  - B. Tape 2 fear grids together so you have 12 columns instead of 6. Put 10 – 20 fears in the first column, asking as you do, “do I have the opposite fear also”. If you do have the opposite fear put it down on your fears list right under the original fear.
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## **Assignment: 11**

- A. Complete the Fear Grid as shown on pages 64 and 65 in the *Big Book Awakening*.
  - B. Read the AA Big Book from the bottom of page 68 “now about sex” through page 71. Put the Big Book Awakening pages 71 – 74 in your AA Big Book pages 68 – 71. Make a list of relationships. Put each name on the top of a separate sex inventory sheet as explained on page 69 of the Big Book Awakening.
  - C. Make a list of only your major relationships the first time through.
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## **Assignment: 12**

- A. Complete the inventory work like the example on pages 69 and 70 in the *Big Book Awakening*.  
(*you may need another meeting here – trust your intuition*)
- B. Write out a sex ideal as explained in the *Big Book Awakening* on pages 72 & 73.
- C. Read pages 72 through 75 in the AA Big Book.
- D. If everything is complete, do a 5<sup>th</sup> step with your sponsor.
- E. (if this is your 1<sup>st</sup> time through this work, just do 1 5<sup>th</sup> step. Otherwise, two or three 5<sup>th</sup> steps are very powerful)

## Assignment: 13

A. Go home and listen to Dan's CD on steps 6&7 or read the transcript of 6 & 7 first, then take the 6<sup>th</sup> and 7<sup>th</sup> step as per Dan's 6<sup>th</sup> and 7<sup>th</sup> Step sheet below.

### Dan's Step 6 and 7 Work Sheet

Start by reading the "Promises on page 75 in the *AA Big Book*.

(6<sup>th</sup> Step ... Don't tell them they can't go to Step 7 until they finish Step 6)

**Review 4<sup>th</sup> 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, and ask myself: "Am I willing to turn to God for help with this?"
3. 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!**

\* (Call your Sponsor when you are finished with your mediation if you are clinging to everything)

**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.**