

# 12 Step Sponsorship Guide

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>

Tyla (619) 540-8952.....Allie (562) 818-1144.....Mitch (619) 674-1537..... Greg (760) 443-6557

## General Instructions:

Try to set up a regular same time two hour meeting once a week (example: Sunday 2 – 4). It usually takes about 17 - 20 weeks to read the big book and do all the 12 steps. I use the *Idiots Guide to the 12 Steps* for steps 1, 2, and 3 and the entire *Big Book Awakening*. The following is a basic outline of how I do the work with sponsee. 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:

I go over how to put big book awakening in the *AA Big Book* and give the first assignment to the sponsee.

### Assignment:

- 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.

### **1<sup>st</sup> Meeting:**

I go over the important things in the preface and the forward to the second edition and explain the significance of the circle in the triangle. Then we read the doctor's opinion one paragraph each sharing our experience turning statements into questions (example; did I drink for ease and comfort?). When you're finished with that have your sponsee read all the questions and answers from the first assignment in the *Idiot's Guide*. Finally, go over the next assignment and schedule the next meeting in one week.

### **Assignment:**

- 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.

### **2<sup>nd</sup> Meeting:**

Meet with the sponsee and do the same as last time. Read Bill's story and hear the sponsee's questions and answers from the *Idiots Guide*.

### **Assignment:**

- 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.

### **3<sup>rd</sup> Meeting:**

Meet with the sponsee and do the same as last time. Read "There is a Solution" and hear the sponsee's questions and answers from the *Idiots Guide*

**Assignment:**

- 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.

**4<sup>th</sup> Meeting:**

Meet with the sponsee and do the same as last time. Read "More About Alcoholism" hear the sponsee's questions and answers from the *Idiots Guide* page 13 question 35 through 39. Then read *AA Big Book* pages 44, 45, and 52 the spiritual malady and hear the questions from the *Idiots Guide* page 14 question 40 through page 17 question 5. **This finishes Step 1**

**Assignment:**

- 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.

**5<sup>th</sup> Meeting:**

Meet with the sponsee and do the same as last time. Read "We Agnostics" and hear the sponsee's questions and answers from the *Idiots Guide*

**Assignment:**

- 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.

**6<sup>th</sup> Meeting:**

Meet with the sponsee and do the same as last time. Read the 3<sup>rd</sup> Step and hear the sponsee's questions and answers from the *Idiots Guide* (This ends the work in the *Idiot's Guide*.) **Take a third step together.**

**Assignment:**

**(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*.

**7<sup>th</sup> Meeting:**

Meet with sponsee and go over column 1 with them. Read pages 64 – 67 in the *AA Big Book* with them. Try to help them make column one realistic. If they bring a column 1 list with 100 items, try to group some together to get the list down to a maximum of 30 – 50. Go over page 55 in the *Big Book Awakening* and show them how to write a 2<sup>nd</sup> column (the cause) as per our examples from Dan S. Go over the resentment inventory examples as per Dan's example pages. (give the sponsee a copy of Dan's resentment inventory example pages). Show them how to do a target in column 2 "the cause" as per the Dan S. example.

**Assignment:**

- 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)

**8<sup>th</sup> Meeting:**

Meet with sponsee and go over the 2<sup>nd</sup> column with them make sure they are complete. Answer any questions the sponsee has and then read pages 65 – 67 in the AA *big Book* together again. Show the sponsee how to do the 3<sup>rd</sup> column in the *Big Book Awakening* on pages 56 and 57. Fill out some examples with them to make sure they understand and are clear on how to do it. Use Dan's examples.

**Assignment:**

- 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".

**9<sup>th</sup> Meeting:**

Meet with sponsee and go over the 3<sup>rd</sup> column. Then read pages 66 and 67 in the AA *Big Book* again with them. Also read pages 60 and 61 in the *Big Book Awakening* and show the sponsee how to do some 4<sup>th</sup> column – write some examples with them – make sure they have a clear understanding and to include the harms. Go over the next assignment.

**Assignment:**

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.

- A. 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.

**10<sup>th</sup> Meeting:**

Meet with sponsee and go over 4<sup>th</sup> column making sure it is complete. Then read page 67 & 68 in the *AA Big Book “Fear”* with them and go over pages 64 and 65 in the *Big Book Awakening*. Show them how to do the “Fear Grid” in the *Big Book Awakening*. Show them how most fears come from the resentment inventory but that they should also consider whether they have the opposite fears (fear of failure begets fear of success).

**Assignment:**

- 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.

**11<sup>th</sup> Meeting:**

Meet with sponsee and check their fear inventory. Then read pages 69 and 70 in the *AA Big Book* (sex inventory) with them. Show them how to do the sex inventory like in the *Big Book Awakening* on pages 69 and 70. Write up your sex (relationship) ideal as per the *Big Book Awakening* examples. Set a time with them to take their 5<sup>th</sup> step. Go over their list of sex inventory with them so they leave with a list. Write some examples with them. Set a time to do their 5<sup>th</sup> step with them.

**Assignment:**

- 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)

**12<sup>th</sup> Meeting:**

Meet with sponsee and do 5<sup>th</sup> step. Be sure to ask them if they are holding onto any “take to the grave” stuff. When finished, have them read the promises of page 75 in the *AA Big Book*. Explain how to do a 6<sup>th</sup> step as on the bottom of page 75 in the *AA Big Book* “returning home”

If you want to, go over the *Big Book Awakening* pages 79 and 80 but don't write a list for step 6 – talk about defects and the nature of defects.

## Assignment:

- 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.**

**B.** When complete, get in touch with your sponsor for the next assignment.

(can be over the phone or in person)

**C.** Go over page 81 in the BBA with them and have them make a list (from your 4<sup>th</sup> step in prayer as per 81 and put them on the cards, do the meditation and read pages 76 to the top of 84 in the *AA Big Book* and put *Big Book Awakening* pages 82 through 85 in their *AA Big Book*.

### **13<sup>th</sup> Meeting:**

Meet with sponsee and read the 9<sup>th</sup> step pages 76 through the top of page 84 in the *AA Big Book*. Review page 81 in the *Big Book Awakening* with them.

Go over cards together as per page 81 in the *Big Book Awakening*. Put in correct piles as per *Big Book Awakening*.

**Mark says: "How Much Freedom do you Want?"** Now go out and start amends

### **Assignment:**

**A.** Read in *AA Big Book* pages 84 and 85 step 10 and put *Big Book Awakening* pages 86, 87, and 88 in your *AA Big Book*.

### **14<sup>th</sup> Meeting:**

Meet with sponsee and read step 10 in the *AA Big Book* pages 84 and 85. Talk about how to live and practice step 10. If you can, let them listen to the Mark Houston CD on steps 10 & 11 from the workshop.

### **Assignment:**

**A.** In the *AA Big Book*, read page 85 bottom through page 88 step 11. Put the *Big Book Awakening* pages 89, 90, and 91 in your *AA Big Book*.

### **15<sup>th</sup> Meeting:**

Meet with sponsee and read step 11 pages 85 through 88 in the *AA Big Book* together. Talk about how to practice step 11 and review the instructions in the *Big Book Awakening* on page 91.

**Assignment:**

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

**16<sup>th</sup> Meeting:**

Meet with sponsee and read "Working With Others".

Now, have them go out and give away what so freely has been given to them.

***God Bless You***