

General Instructions, Supplies & Step Partners:

Dan's Website where you can order the BBA book 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, Morgan's CDs, and the complete set of Tyla's CD's from the 2008 BBA workshop in Del Mar are available to download for free from the following website:

www.bbastuff.com

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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 page 3 and answer the questions on pages 4 – 6, 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 drink for ease and comfort?).
 2. When you're finished reading, have your sponsees/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.
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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 6 – 8, 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.
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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 – 28, put them in your AA Big Book pages 9-16.
- C. In the Idiot's Guide, page 9, 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.
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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 9 – 11, 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.

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 12, answer questions 29 – 34.

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.

Assignment 7:

- A. In the AA Big Book read "More About Alcoholism," pages 30 – 37 (top 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 13, answer questions 35 – 36.

Meeting 7: Date: _____

1. Meet with the sponsee and do the same as last time.
2. Read "More About Alcoholism," pages 30 – 37 (top paragraph).
3. Hear the sponsee's questions and answers from the Idiot's Guide, page 13 questions 35 – 37.

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, page 13, answer questions 37 - 39.

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, page 13 questions 38 & 39.

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 14 – 17, answer questions 40 – 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 pages 14 – 17 questions 40 – 5.

This finishes Step 1

Assignment 10: This is Step 2

- A. In the AA Big Book, read "We Agnostics," pages 44 – top 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 17 – 19, 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 19 – 21, 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 22 – 26, answer the questions 1 – 21.
- D. Read the last paragraph on page 26.

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.bbastuff.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.bbastuff.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