

BBA AAF Zoom Workshop Assignment Guide and Schedule

Week	Topic	Meeting Agenda	Homework Assignment
1	Welcome!	<ul style="list-style-type: none"> ● Introduce BBA Materials ● Workshop formatting and expectations ● Set Aside Prayer 	<p>Assignment 1</p> <p>Collect your 3 materials</p> <ul style="list-style-type: none"> A. Alcoholics Anonymous (AA) Big Book: We recommend you purchase a large print abridged. B. Big Book Awakening (BBA) Workbook: This can be purchased at these links for US and Europe. C. Addiction-specific question guide: Print a copy of this from our workshop website.
2	Circle, Triangle, Table of Contents	<ul style="list-style-type: none"> ● Circle and Triangle questions on the question guide ● Table of Contents ● Complete any lengths signature 	<p>Assignment 2</p> <ul style="list-style-type: none"> A. AA Big Book: Read everything through the last Foreward (xxiv). B. BBA Workbook: Read pages 1 – 8 and put everything in your AA Big Book as per instructions, as you read it. C. Addiction-specific question guide: <ul style="list-style-type: none"> ○ Alanon/CFO/CC: Complete pages 4 and 5 ○ Food Addicts: Complete pages 2 and 3 ○ Everyone else: Complete pages 1 and 2
3	Forewards	<ul style="list-style-type: none"> ● Read the Forewards in Big Book 	<p>Assignment 3</p> <ul style="list-style-type: none"> A. AA Big Book: Read the Doctor’s Opinion on pages xxv – xxxii. B. BBA Workbook: Read pages 9 – 13, and put everything in the Doctors Opinion. C. Addiction-specific question guide: <ul style="list-style-type: none"> ○ Alanon/CFO/CC: Read page 6 and answer questions 1-20 on pages 7-12. ○ Food Addicts: Read page 4 and answer questions 1-20 on pages 4-9. ○ Alcohol/Drugs: Read page 3 and answer questions 1-10 on pages 4 – 6. ○ Other guides? Fill out Dr’s Opinion questions. Email recoveredfrom@gmail.com if needed.

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4	Step 1 Drs Opinion	<ul style="list-style-type: none"> Read the Dr Opinions in Big Book 	Assignment 4 <ul style="list-style-type: none"> AA Big Book: Read the first part of Bill's story, page 1 through the top paragraph of page 9. BBA Workbook: Read pages 14 – 16, put them into pages 1-8 of the AA Big Book. Addiction-specific question guide: <ul style="list-style-type: none"> Alanon/CFO/CC: Answer questions 1-15 on pages 13-15. Food Addicts: Answer questions 1-15 on pages 10-12. Alcohol/Drugs: Answer questions 1-17 on pages 6 – 8.
5	Step 1 Bill's Story Part 1	<ul style="list-style-type: none"> Read Bills Story Part 1 in Big Book page 1 - through top paragraph of page 9 	Assignment 5 <ul style="list-style-type: none"> In the AA Big Book, read the second part of Bill's story, page 9 first paragraph to page 16. BBA Workbook: Read pages 17 – 18, put them into pages 9 – 16 of the AA Big Book. Addiction-specific question guide: <ul style="list-style-type: none"> Alanon/CFO/CC: Answer questions 16-20 on page 16. Food Addicts: Answer questions 16-20 on page 13. Alcohol/Drugs: Answer questions 18 - 21 on page 9. Other guides? Fill out “2nd Half of Bill’s Story” questions. Email recoveredfrom@gmail.com
6	Step 1 Bill's Story Part 2	<ul style="list-style-type: none"> Read Bills Story Part 2 in Big Book pages 9-16 	Assignment 6 <ul style="list-style-type: none"> AA Big Book: Read “There is a Solution”, page 17 to page 22. BBA Workbook: Read pages 19 - 23, put them into your AA Big Book. In your addiction-specific question guide: <ul style="list-style-type: none"> Alanon/CFO/CC: Answer questions 1 -18 on pages 17 - 21. Food Addicts: Answer questions 1 -18 on pages 14 - 18. Alcohol/Drugs: Answer questions 22 - 28 on pages 9 - 11. Other guides? Fill out “There is a Solution (Part 1 - Physical Craving)” questions. Email recoveredfrom@gmail.com

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7	<p>Step 1</p> <p>There is a Solution (Part 1 - Physical Craving)</p>	<ul style="list-style-type: none"> • Read There is a Solution (Part 1) in Big Book pages 17-22 	<p>Assignment 7</p> <p>A. AA Big Book: Read “There is a Solution”, pages 23 to page 29.</p> <p>B. BBA Workbook: Read pages 24 - 27, put them into your AA Big Book.</p> <p>C. Addiction-specific question guide:</p> <ul style="list-style-type: none"> ○ Alanon/CFO/CC:: Answer questions 1 -18 on pages 22 - 26. ○ Food Addicts: Answer questions 1 -18 on pages 19 - 24. ○ Alcohol/Drugs: Answer questions 29 - 34 on page 12. ○ Other guides? Fill out “There is a Solution (Part 2 - Mental Obsession)” questions. Email recoveredfrom@gmail.com
8	<p>Step 1</p> <p>There is a Solution (Part 2 - Mental Obsession)</p>	<ul style="list-style-type: none"> • Read There is a Solution (Part 2) in Big Book pages 23-29 	<p>Assignment 8</p> <p>A. AA Big Book: Read “More About Alcoholism” (Part 1), pages 30 to page 37 (top paragraph).</p> <p>B. BBA Workbook: Read pages 28 - 31 (middle of the page where it says “insane”), put them into your AA Big Book.</p> <p>C. Addiction-specific question guide:</p> <ul style="list-style-type: none"> ○ Alanon/CFO/CC:: Answer questions 1 -13 (including the “10 most insane things” list) on pages 27 - 30. ○ Food Addicts: Answer questions 1 -13 (including the “10 most insane things” list) on pages 25 - 28. ○ Alcohol/Drugs: Answer questions 35 - 36 on page 13. ○ Other guides? Fill out “More About Alcoholism (Part 1 - Mental Obsession)” questions. Email recoveredfrom@gmail.com

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9	<p>Step 1</p> <p>More About Alcoholism (Part 1 - Mental Obsession)</p>	<ul style="list-style-type: none"> • Read More About Alcoholism (Part 1) in Big Book pages 30 - 37 top paragraph 	<p>Assignment 9</p> <p>A. AA Big Book: Read “More About Alcoholism” (Part 2), pages 37 to page 43.</p> <p>B. BBA Workbook: Read pages 31 - 33, put them into your AA Big Book.</p> <p>C. Addiction-specific question guide:</p> <ul style="list-style-type: none"> ○ Alanon/CFO/CC:: Answer questions 1 - 8 on pages 31 - 32. ○ Food Addicts: Answer questions 1 - 8 on pages 29 - 30. ○ Alcohol/Drugs: Answer questions 37 - 39 on page 13. ○ Other guides? Fill out “More About Alcoholism (Part 2 - Mental Obsession)” questions. Email recoveredfrom@gmail.com
10	<p>Step 1</p> <p>More About Alcoholism (Part 2 - Mental Obsession)</p>	<ul style="list-style-type: none"> • Read More About Alcoholism (Part 2) in Big Book pages 37 - 43 	<p>Assignment 10</p> <p>A. AA Big Book: Read pages 44, 45, and 52 (middle)</p> <p>B. BBA Workbook: Read pages 34 - 36, put them into your AA Big Book.</p> <p>C. Addiction-specific question guide:</p> <ul style="list-style-type: none"> ○ Alanon/CFO/CC:: Answer questions 1 - 15 on pages 31 - 36. ○ Food Addicts: Answer questions 1 - 15 on pages 31 - 34. ○ Alcohol/Drugs: Answer questions 40 - 5 on page 14 - 17. ○ Other guides? Fill out “Unmanageability, Spiritual Malady, Untreated Alcoholism We Agnostics Step 1” questions. Email recoveredfrom@gmail.com

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11	<p>Step 1</p> <p>Unmanageability, Spiritual Malady, Untreated -ism We Agnostics</p> <p><i>Special Speaker!</i></p>	<ul style="list-style-type: none"> • Read Unmanageability, Spiritual Malady, Untreated -ism in Big Book pages 44, 45, and 52 (middle) 	<p>Assignment 11</p> <p>This is Step 2!</p> <p>A. AA Big Book: Read “We Agnostics,” pages 44 – top of 51.</p> <p>B. BBA Workbook: Read pages 37 - top of 41, put them into your AA Big Book.</p> <p>C. Addiction-specific question guide:</p> <ul style="list-style-type: none"> ○ Alanon/CFO/CC:: Answer questions 1 - 14 on pages 37 - 40. ○ Food Addicts: Answer questions 1 - 14 on pages 35 - 38. ○ Alcohol/Drugs: Answer questions 6 - 13 on pages 17 - 19. ○ Other guides? Fill out “We Agnostics (Step 2 – Part 1)” questions. Email recoveredfrom@gmail.com
12	<p>Step 2</p> <p>We Agnostics (Part 1)</p>	<ul style="list-style-type: none"> • Read We Agnostics (Step 2 – Part 1) in Big Book pages 44 – top of 51 	<p>Assignment 12</p> <p>More Step 2!</p> <p>A. AA Big Book: Read “We Agnostics,” pages 51 - 57.</p> <p>B. BBA Workbook: Read pages 41 - 45, put them into your AA Big Book.</p> <p>C. Addiction-specific question guide:</p> <ul style="list-style-type: none"> ○ Alanon/CFO/CC:: Answer questions 15 - 27 on pages 41 - 45. ○ Food Addicts: Answer questions 15 - 27 on pages 39 - 43. ○ Alcohol/Drugs: Answer questions 14 - 20 on pages 19 - 21. ○ Other guides? Fill out “We Agnostics’ (Step 2 – Part 2)” questions. Email recoveredfrom@gmail.com

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13	<p>Step 2</p> <p>We Agnostics (Part 2)</p>	<ul style="list-style-type: none"> Read We Agnostics (Step 2 – Part 2) in Big Book pages 51 – 57 	<p>Assignment 13</p> <p>This is Step 3!</p> <p>A. AA Big Book: Read pages 58 - 63.</p> <p>B. BBA Workbook: Read pages 46 - 52, put them into your AA Big Book.</p> <p>C. Addiction-specific question guide:</p> <ul style="list-style-type: none"> Alanon/CFO/CC:: Answer questions 1 - 19 on pages 46 - 49. Food Addicts: Answer questions 1 - 19 on pages 44 - 47. Alcohol/Drugs: Answer questions 1 - 21 on pages 22 - 26. Other guides? Fill out “Step 3” questions. Email recoveredfrom@gmail.com <p>D. Read the 3rd Step every day for a week to someone different.</p> <p>Please complete as many 3rd step readings as you can before our Friday workshop meeting. We will take our 3rd step together at the end of the next session!! (we are very honored to be a part of this with you 🙏)</p> <p>**Bring a candle to this session if you can!**</p>
14	<p>Step 3</p> <p>How it Works</p> <p>**Bring a candle to this session if you can!**</p>	<ul style="list-style-type: none"> Read How it Works (Step 3) in Big Book pages 58 - 63 	<p>Assignment 14</p> <p>A. AA Big Book: Read pages 63 (bottom) - 66 (bottom, ending at “poison”).</p> <p>B. BBA Workbook: Read pages 53, 58, and 59, put them into your AA Big Book.</p> <p>C. Make a column 1 list - as instructed in the BBA page 54 – people, institutions, and principles.</p> <p>D. Download and print 15 to 20 sheets: Resentment sheet</p> <p>E. Download and review - do not print: The complete 4th step sample packet</p>

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15	Step 4 Resentments Columns 1 and 2 (Names, Causes)	<ul style="list-style-type: none"> • Read page 64 in Big Book together • Go over page 55 in the BBA workbook. 	Assignment 15 A. AA Big Book: Read the bottom of page 64. B. BBA Workbook: Read page 55. C. Write names and causes, we call these columns 1 and 2, onto your sheets: <ul style="list-style-type: none"> ○ Column 1 (names): Put a name on top of each resentment inventory worksheet. ○ Column 2 (causes): Put “the cause” on the top of each worksheet. 4th Step Resources: Resentment sheet , Complete 4th step sample packet
16	Step 4 Resentments Column 3 - Part 1 (Self Esteem, Pride, Ambition, Security)	<ul style="list-style-type: none"> • Read in Big Book the bottom of page 64 - the bottom of page 65 • Read BBA workbook pages 56 and 57 	Assignment 16 A. Finish Column 2 (causes): Put “the cause” on the top of each worksheet. B. Use the BBA Workbook on pages 56 and 57, to complete the first part of Column 3. <ul style="list-style-type: none"> ○ Begin to fill in the first 4 things of Column 3 (Self Esteem, Pride, Ambition, Security) 4th Step Resources: Resentment sheet , Complete 4th step sample packet , “Areas of Self” cheat sheet (front page column 3) , Recoveredfrom 4th Step Inventory Tools
17	Step 4 Resentments Column 3 - Part 2 (Personal relationships, Sex relations, Pocketbook)	<ul style="list-style-type: none"> • Read BBA workbook pages 56 and 57 (Column 3) 	Assignment 17 A. Use the BBA Workbook on pages 56 and 57 to complete the rest of Column 3 <ul style="list-style-type: none"> ○ Complete the rest of Column 3 (personal relationships, sex relations, pocketbook) That means you have completed page one on all resentments (as many as possible!) Reach out as soon as you get stuck on a few! 4th Step Resources: Resentment sheet , Complete 4th step sample packet , “Areas of Self” cheat sheet (front page column 3) , Recoveredfrom 4th Step Inventory Tools

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18	<p>Step 4</p> <p>Resentments</p> <p>Realizations and Column 4</p>	<ul style="list-style-type: none"> • Read Big Book pages 66 (bottom) to 67 • Read BBA workbook pages 60 and 61 (Column 4) 	<p>Assignment 18</p> <p>A. Use the BBA Workbook on pages 60, and 61, to complete page two, Realizations and Column 4</p> <ul style="list-style-type: none"> ○ Finish half of your realizations (always re-read the cause before doing the realization) ○ Finish half of your entire Column 4 (self-seeking, selfish, dishonest, and fear) - including harms! <p>4th Step Resources: 4th Step Inventory Tools</p>
19	<p>Step 4</p> <p>Resentments</p> <p>Realizations and Column 4</p>	<ul style="list-style-type: none"> • Examples and questions on Column 4 • Time permitting full resentment examples 	<p>Assignment 19</p> <p>A. AA Big Book: Read the bottom of page 66 to the middle of page 67.</p> <p>B. BBA Workbook: Read pages 62 - 63, and put them into your AA Big Book.</p> <p>C. Use the BBA Workbook on pages 60, and 61, to complete page two, Realizations and Column 4</p> <ul style="list-style-type: none"> ○ Finish the rest of your realizations (always re-read the cause before doing the realization) ○ Finish the rest of your entire Column 4 (self-seeking, selfish, dishonest, and fear) - including harms! <p>That means you have completed page one and two on all resentments (as many as possible!) Reach out as soon as you get stuck on a few!</p> <p>4th Step Resources: 4th Step Inventory Tools</p>
20	<p>Step 4</p> <p>Resentments</p> <p>Self-defeating beliefs</p> <p>Special Speaker!</p>		<p>Assignment 20</p> <p>A. AA Big Book: Read from the from the bottom of page 67 “notice the word fear” to the bottom on page 68 “Outgrow fear”.</p> <p>B. BBA Workbook: Read pages 66 and 67 and put them into your AA Big Book.</p> <p>C. Download and print 4 - 6 pages of the Fear Grid for us to use together at the next workshop meeting</p> <ul style="list-style-type: none"> ○ Begin listing the fears from the resentments sheets onto the fear grid, straight down the left column. It is not necessary to write fears that are repeats just put a check or tally mark next to a repeated fear. Only make the list of fears down the left. <i>*It's okay to just list the fears this week if you don't want to put them in your fear grid yet.</i> <p>4th Step Resources: 4th Step Inventory Tools</p>

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21	<p>Step 4</p> <p>Fear Grid</p> <p>Relationship Inventory (List only)</p>	<ul style="list-style-type: none"> ● Read Big Book pages 67 and 68 ● Read BBA workbook pages 64 and 65 (Fear Grid) ● Briefly discuss making a list - relationship grouping (Sex inventory) 	<p>Assignment 21</p> <ol style="list-style-type: none"> A. Complete the Fear Grid as shown on pages 64 & 65 in the BBA Workbook. B. AA Big Book: Read from the bottom of page 68 “Now about sex...” to page 71. C. BBA Workbook: Read pages 71-74 and put them into your AA Big Book. D. Download and print Sex Inventory Sheets - print enough to cover all your basic romantic relationships, plus 5 extra sheets E. Make a list of relationships. <ul style="list-style-type: none"> ○ Make a list of only your major relationships the first time through. (We can use grouping to inventory multiple flings/one-night stands/paid sex/sex trade/serial monogamy.) ○ Put each name on the top of a separate sex inventory sheet as explained on page 69 of the BBA. ○ Sex Inventory Sheets print enough to cover all your basic romantic relationships, plus 5 extra sheets, F. Download and review or print the Sex Inventory Instructions for reference.
22	<p>Step 4</p> <p>Sex Inventory and Sex Ideal</p>	<ul style="list-style-type: none"> ● Read Big Book pages 68 - 71 ● Read BBA workbook pages 69 - 70 (Sex/ Relationship inventory) and pages 72 and 73 (Sex ideal) 	<p>Assignment 22</p> <ol style="list-style-type: none"> A. Complete all Sex Inventory Sheets. B. Begin or complete sex ideal prayer.

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23	Steps 5-6-7 Preparing for Fifth Steps /	<ul style="list-style-type: none"> ● Read Big Book pages 72 – 75 (Step 5) ● Read BBA workbook pages 79 - 80 and Big Book pages 75 – 76 (Steps 6 - 7) 	Assignment 23 A. Finish all resentment pages, fear grid, and sex/relationship inventory. How to organize your 4th step for your 5th step: <ul style="list-style-type: none"> ○ Resentment sheets. ○ Fear grid (at least halfway completed- sometimes I finish the fear grid together in the 5th step) ○ Sex inventories. ○ Sex ideal prayer or bullet points. ○ Take it to the graves- anything that weighs on your heart or secret that you have been hiding from. (or share with someone!) B. Schedule and complete 5th Steps (by Step 8 Week) <ul style="list-style-type: none"> ○ If you don't think you can have your fifth step completed by Week 25 (Step 8) please call/text/email us and we'll help you come up with the schedule that keeps you lined up with the workshop. But you must call/text/email us so we can help you. C. AA Big Book: Read pages 72 - 76 “We have completed Step 7”. D. BBA Workbook: Read pages 75 - 80 and put them into your AA Big Book.
24	Fifth Step Break		Assignment 24 A. Complete steps 5 - 6 - 7 with your sponsor, step guide, or the person listening to your fifth step. <i>We take a break to complete our fifth steps. The room will be open however at the regular time for anyone who needs assistance, help, guidance or final questions to push through step 5. We will meet again the following Friday</i>

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25	Step 8	<ul style="list-style-type: none"> ● Read Big Book pages 76 – 77 (Step 8) ● Review page 81 in the BBA workbook 	<p>Assignment 25</p> <p>A. Review page 81 in the BBA Workbook.</p> <ul style="list-style-type: none"> ○ Make a list (from your 4th step, in prayer, asking if there are any others not on the 4th step) ○ Put the information on cards. ○ Do the +/- meditation <p>B. AA Big Book: Read from pages 76 - 84 (top)</p> <p>C. BBA Workbook: Read pages 82 - 85 and put them into your AA Big Book.</p>
26	Step 9	<ul style="list-style-type: none"> ● Read Big Book pages 76 – top of 84 (Step 9) ● Review page 81 in the BBA workbook 	<p>Assignment 26</p> <p>A. Go over cards with your sponsor as per page 81 in the BBA Workbook.</p> <ul style="list-style-type: none"> ○ Put in correct piles. ○ Pray ○ Go out and start scheduling amends - get 3 made this week! ○ Report back next week with results and questions. <i>Mark says: "How Much Freedom do you Want?"</i> <p>B. AA Big Book: Read from pages 84 - 85</p> <p>C. BBA Workbook: Read pages 86 - 88 and put them into your AA Big Book.</p>
27	Step 10	<ul style="list-style-type: none"> ● Read Big Book pages 84 – 85 (Step 10) 	<p>Assignment 27</p> <p>A. AA Big Book: Read from pages 85 - 88</p> <p>B. BBA Workbook: Read pages 89 - 91 and put them into your AA Big Book.</p> <p>C. Review the instructions in the BBA workbook on page 91.</p>

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28	Step 11	<ul style="list-style-type: none"> ● Read Big Book pages 85 – 88 ● Review BBA workbook page 91 	<p>Assignment 28</p> <p>Step 12:</p> <ul style="list-style-type: none"> A. AA Big Book: Read from pages 89 - 103 B. BBA Workbook: Read pages 92 - 100 and put them into your AA Big Book. C. Listen to Tyla C Step 12 <p>Steps 9 - 11</p> <ul style="list-style-type: none"> A. Continue to make your amends, schedule amends and get 3 done this coming week. Report back next week with results and questions. B. Review the Step 10-11 instructions in the BBA workbook on page 91. C. Listen to the Mark Houston CD on steps 10 & 11, review BBA Step 10 and BBA Step 11 sheets
29	Step 12	<ul style="list-style-type: none"> ● Read Big Book pages 89 – 103 ● Read Dan's instructions BBA workbook page 100 	
30	Step 12	<ul style="list-style-type: none"> ● Read the rest of Step 12 	