

BIG BOOK AWAKENING

SPONSORSHIP GUIDE

FOR SEX AND “LOVE” ADDICTS

Getting Started

You will need the following:

- ***Big Book of Alcoholics Anonymous*** – 4th Edition, Large Print
- ***Big Book Awakening Workbook*** – Available at www.bigbookawakening.com and amazon.com
- ***Documents from BBAWorks.com:***
 - ***1-2-3 Question Guide for Sex and “Love” Addicts***
 - ***Sponsorship Guide for Sex and “Love” Addicts***
 - ***4th Step Packet and Associated Inventories***
 - ***5th and 6th Step Considerations Worksheet***
 - ***Transcripts of Dan Sherman’s Step 6 & 7 Talk***
 - ***Step 10 Worksheet***
 - ***Step 11 Worksheet***

It is also highly recommended to purchase a copy of the *SLAA Basic Text* at SLAAFWS.org to use as accessory literature.

“History also shows that the message of hope and the guidelines to recovery can be shared in book form as well as through personal contact. That ‘carrying the message’ principle of the Twelfth Step of recovery ensures that lonely sex and love addicts, desperate for recovery and [armed with] a copy of this book, will have the opportunity to find that special friendship and fellowship with others which is so vital—so life giving.”

—*Sex and Love Addicts Anonymous Basic Text*, p. vii

Additional speaker and workshop recordings and other helpful materials are all available at www.BBAWorks.com.

Intro Meeting

1. Start with prayer and a 5-minute meditation.
2. Try to set up a regular 1.5-hour meeting once per week (example: Sunday 2:00 PM–3:30 PM). It usually takes approximately 29–32 weeks to read the Big Book and complete all 12 Steps.
3. Tell the sponsee/step partner to do one assignment at a time so as not to overwhelm them.
4. Spend time going over each assignment and be sure the sponsee/step partner thoroughly understands each one.

5. Explain the importance of reading pages 84–88 every day and practicing what it says.
6. Briefly go over what bottom-line, middle-line, and top-line lists are.
7. Finish with a prayer.

Date Completed: _____

Assignment 1

1. In the **1-2-3 Question Guide for Sex and “Love” Addicts**, read **Defining Sobriety**.
2. Say a prayer asking your Higher Power to show you what behaviors should be on each list.
3. Create a list of bottom-line, middle-line, and top-line behaviors.

Meeting 1

1. Start with prayer and a 5-minute meditation.
2. In the **1-2-3 Question Guide for Sex and “Love” Addicts**, read **Defining Sobriety**.
3. Have the sponsee/step partner read their bottom-line, middle-line, and top-line behaviors.
4. Show the sponsee/step partner how to transcribe from the BBA Workbook into the AA Big Book.
5. Give the next assignment to the sponsee/step partner.
6. Finish with a prayer.

Date Completed: _____

Assignment 2

1. Write everything in Script from **pages 1–8 of the BBA Workbook** into your AA Big Book.
2. As you read from the **cover to page XXIV of your marked Big Book**, *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.
3. In the **1-2-3 Question Guide for Sex and “Love” Addicts**, answer all of the questions under **CIRCLE & TRIANGLE / PREFACE & FOREWORDS**.

Meeting 2

1. Start with prayer and a 5-minute meditation.
2. Read **everything up through page XXIV in the Big Book** together.
3. Review the significance of the Preface & Forewords and Circle & Triangle.
4. Have the sponsee/step partner read all of the questions and answers from the second assignment in the **1-2-3 Question Guide for Sex and “Love” Addicts**.
5. Give the next assignment to the sponsee/step partner.
6. Finish with a prayer.

Date Completed: _____

Assignment 3

1. Write everything in Script from **pages 9–13 of the BBA Workbook** into your AA Big Book.
2. As you read **pages XXV–XXXII of your marked Big Book**, *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.
3. In the **1-2-3 Question Guide for Sex and “Love” Addicts**, answer all of the questions under **The Doctor’s Opinion**.

Meeting 3

1. Start with prayer and a 5-minute meditation.
2. Read **The Doctor’s Opinion** together.
3. Have the sponsee/step partner read all of the questions and answers from the third assignment in the **1-2-3 Question Guide for Sex and “Love” Addicts**.
4. Give the next assignment to the sponsee/step partner.
5. Finish with a prayer.

Date Completed: _____

Assignment 4

1. Write everything in Script from **pages 14–16 of the BBA Workbook** into your AA Big Book.
2. As you read from **page 1 to the bottom of page 8 of your marked Big Book**, *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.
3. In the **1-2-3 Question Guide for Sex and “Love” Addicts**, answer all of the questions under **First Half of Bill’s Story**.

Meeting 4

1. Start with prayer and a 5-minute meditation.
2. Read **pages 1 to the bottom of page 8 of the Big Book** together.
3. Have the sponsee/step partner read all of the questions and answers from the fourth assignment in the **1-2-3 Question Guide for Sex and “Love” Addicts**.
4. Give the next assignment to the sponsee/step partner.
5. Finish with a prayer.

Date Completed: _____

Assignment 5

1. Write everything in Script from **pages 17–18 of the BBA Workbook** into your AA Big Book.

2. As you read from the **bottom of page 8 through page 16 of your marked Big Book**, *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.
3. In the **1-2-3 Question Guide for Sex and “Love” Addicts**, answer all of the questions under **Second Half of Bill’s Story**.

Meeting 5

1. Start with prayer and a 5-minute meditation.
2. Read from the **bottom of page 8 through page 16 of the Big Book** together.
3. Have the sponsee/step partner read all of the questions and answers from the fifth assignment in the **1-2-3 Question Guide for Sex and “Love” Addicts**.
4. Give the next assignment to the sponsee/step partner.
5. Finish with a prayer.

Date Completed: _____

Assignment 6

1. Write everything in Script from **pages 19–23 of the BBA Workbook** into your AA Big Book.
2. As you read from **page 17 to the top of page 23 of your marked Big Book**, *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.
3. In the **1-2-3 Question Guide for Sex and “Love” Addicts**, answer all of the questions under **First Half of There Is a Solution**.

Meeting 6

1. Start with prayer and a 5-minute meditation.
2. Read from **page 17 to the top of page 23 of the Big Book** together.
3. Have the sponsee/step partner read all of the questions and answers from the sixth assignment in the **1-2-3 Question Guide for Sex and “Love” Addicts**.
4. Give the next assignment to the sponsee/step partner.
5. Finish with a prayer.

Date Completed: _____

Assignment 7

1. Write everything in Script from **pages 24–27 of the BBA Workbook** into your AA Big Book.
2. As you read from the **top of page 23 through page 29 of your marked Big Book**, *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.
3. In the **1-2-3 Question Guide for Sex and “Love” Addicts**, answer all of the questions under **Second Half of There Is a Solution**.

Meeting 7

1. Start with prayer and a 5-minute meditation.
2. Read from the **top of page 23 through page 29 of the Big Book** together.
3. Have the sponsee/step partner read all of the questions and answers from the seventh assignment in the **1-2-3 Question Guide for Sex and “Love” Addicts**.
4. Give the next assignment to the sponsee/step partner.
5. Finish with a prayer.

Date Completed: _____

Assignment 8

1. Write everything in Script from **page 28 to the middle of page 31 of the BBA Workbook** into your AA Big Book.
2. As you read from **page 30 to the top of page 37 of your marked Big Book**, *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.
3. In the **1-2-3 Question Guide for Sex and “Love” Addicts**, answer all of the questions under **First Half of More About Alcoholism**.

Meeting 8

1. Start with prayer and a 5-minute meditation.
2. Read from **page 30 to the top of page 37 of the Big Book** together.
3. Have the sponsee/step partner read all of the questions and answers from the eighth assignment in the **1-2-3 Question Guide for Sex and “Love” Addicts**.
4. Give the next assignment to the sponsee/step partner.
5. Finish with a prayer.

Date Completed: _____

Assignment 9

1. Write everything in Script from the **middle of page 31 through page 33 of the BBA Workbook** into your AA Big Book.
2. As you read from the **top of page 37 through page 43 of your marked Big Book**, *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.
3. In the **1-2-3 Question Guide for Sex and “Love” Addicts**, answer all of the questions under **Second Half of More About Alcoholism**.

Meeting 9

1. Start with prayer and a 5-minute meditation.

2. Read from the **top of page 37 through page 43 of the Big Book** together.
3. Have the sponsee/step partner read all of the questions and answers from the ninth assignment in the **1-2-3 Question Guide for Sex and “Love” Addicts**.
4. Give the next assignment to the sponsee/step partner.
5. Finish with a prayer.

Date Completed: _____

Assignment 10

1. Write everything in Script from **pages 34–36 of the BBA Workbook** into your AA Big Book.
2. As you read **pages 44, 45, and the second paragraph of page 52 of your marked Big Book**, *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.
3. In the **1-2-3 Question Guide for Sex and “Love” Addicts**, answer all of the questions under **We Agnostics (The First Step – Part Three)**.

Meeting 10

1. Start with prayer and a 5-minute meditation.
2. Read **pages 44, 45, and the second paragraph of page 52 of the Big Book** together.
3. Have the sponsee/step partner read all of the questions and answers from the tenth assignment in the **1-2-3 Question Guide for Sex and “Love” Addicts**.
4. Give the next assignment to the sponsee/step partner.
5. Finish with a prayer.

Date Completed: _____

Assignment 11

1. Write everything in Script from **page 37 to the top of page 41 of the BBA Workbook** into your AA Big Book.
2. As you read from **page 44 to the top of page 51 of your marked Big Book**, *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.
3. In the **1-2-3 Question Guide for Sex and “Love” Addicts**, answer all of the questions under **First Half of We Agnostics**.

Meeting 11

1. Start with prayer and a 5-minute meditation.
2. Read from **page 44 to the top of page 51 of the Big Book** together.
3. Have the sponsee/step partner read all of the questions and answers from the 11th assignment in the **1-2-3 Question Guide for Sex and “Love” Addicts**.
4. Give the next assignment to the sponsee/step partner.

5. Finish with a prayer.

Date Completed: _____

Assignment 12

1. Write everything in Script from the **top of page 41 through page 45 of the BBA Workbook** into your AA Big Book.
2. As you read from the **top of page 51 through page 57 of your marked Big Book**, *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.
3. In the **1-2-3 Question Guide for Sex and “Love” Addicts**, answer all of the questions under **Second Half of We Agnostics**.

Meeting 12

1. Start with prayer and a 5-minute meditation.
2. Read from the **top of page 51 through page 57 of the Big Book** together.
3. Have the sponsee/step partner read all of the questions and answers from the 12th assignment in the **1-2-3 Question Guide for Sex and “Love” Addicts**.
4. Give the next assignment to the sponsee/step partner.
5. Finish with a prayer.

Date Completed: _____

Assignment 13

1. Write everything in Script from **pages 46–52 of the BBA Workbook** into your AA Big Book.
2. As you read **pages 58–63 of your marked Big Book**, *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.
3. In the **1-2-3 Question Guide for Sex and “Love” Addicts**, answer all of the questions under **How It Works**.

Meeting 13

1. Start with prayer and a 5-minute meditation.
2. Read **pages 58–63 of the Big Book** together.
3. Have the sponsee/step partner read all of the questions and answers from the 13th assignment in the **1-2-3 Question Guide for Sex and “Love” Addicts**.
4. Give the next assignment to the sponsee/step partner.
5. Finish with a prayer.

Date Completed: _____

Assignment 14

1. If you don't already have a 4th step example packet, download it for free from www.BBAWorks.com.
2. Print the following worksheets:
 - a. 20 copies of the Resentment Inventory
 - b. 10 copies of the alternate principle/self-defeating beliefs inventory
 - c. 2 copies of the 11 x 17 Fear Grid
 - d. 10 copies of the Sex Inventory
3. Write everything in Script from **pages 53–54 of the BBA Workbook** into your AA Big Book.
4. As you read from the **bottom of page 63, “Next,” to the bottom of page 66 (ending at “poison”) in the Big Book**, *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.
5. As instructed on **page 54 of the BBA Workbook**, make a list of people, institutions, and principles (self-defeating beliefs) on a blank sheet of paper.

Meeting 14

1. Start with prayer and a 5-minute meditation.
2. Read from the **bottom of page 63, “Next,” to the bottom of page 66 (ending at “poison”) in the Big Book** together.
3. Help the sponsee/step partner make column one realistic. If they bring a column one list with 100 items, try to group some together and **reduce the list to ~15 resentments, ~5 institutions, and ~5 principles (self-defeating beliefs)**.
4. Go over **page 55 of the BBA Workbook** and show them how to write a second column (the cause) as per the example packet.
5. Go over the examples in the example packet.
6. Show them how to do a **target** in column two as per the examples.
7. Finish with a prayer.

Date Completed: _____

Assignment 15

1. Read from the **bottom of page 64 through page 66 in the Big Book**.
2. Read **page 55 in the BBA Workbook**.
3. Put one name (or institution or belief) at the top of each Resentment Inventory sheet.
4. Complete the second column (the cause) like the one on **page 55 of the BBA Workbook** as well as the **target**. Write “the cause” at the top of your copies as per **page 57 of the BBA Workbook** and do the **target**.

Meeting 15

1. Start with prayer and a 5-minute meditation.
2. Go over the second column with them – just check it.
3. Read from the **bottom of page 64 through page 66 of the Big Book**.

4. Show them how to do the first two areas of self in the third column (**self-esteem and pride**) as shown on **pages 56 and 57 of the BBA Workbook**.
5. Fill out some examples with them to make sure they understand how to do it. Use the packet examples.
6. Finish with a prayer.

Date Completed: _____

Assignment 16

1. Complete the first two areas of self on each of your sheets (**self-esteem and pride**), keeping in mind both the examples shown in the packet and those done with your sponsor/step partner.

Meeting 16

1. Start with prayer and a 5-minute meditation.
2. Go over what they have done so far on the third column – just check it.
3. Show them how to do the third and fourth areas of self in the third column (**ambitions and security**) as shown on **pages 56 and 57 of the BBA Workbook**.
4. Fill out some examples with them to make sure they understand how to do it. Use the packet examples.
5. Finish with a prayer.

Date Completed: _____

Assignment 17

1. Complete the third and fourth areas of self on each of your sheets (**ambitions and security**), keeping in mind both the examples shown in the packet and those done with your sponsor/step partner.

Meeting 17

1. Start with prayer and a 5-minute meditation.
2. Go over what they have done so far on the third column – just check it.
3. Show them how to do the fifth, sixth, and seventh areas of self in the third column (**personal relations, sex relations, and pocketbook**), as shown on **pages 56 and 57 of the BBA Workbook**.
4. Fill out some examples with them to make sure they understand how to do it. Use the packet examples.
5. Finish with a prayer.

Date Completed: _____

Assignment 18

1. Complete the fifth, sixth, and seventh areas of self in the third column (**personal relations, sex relations, and pocketbook**), keeping in mind both the examples shown in the packet and those done with your sponsor/step partner.
2. Write everything in Script from **pages 58–59 of the BBA Workbook** into your AA Big Book.
3. As you read from the **bottom of page 64 through page 66 of your Big Book**, *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.

Meeting 18

1. Start with prayer and a 5-minute meditation.
2. Go over what they have done so far on the third column – just check it.
3. Read from the **bottom of page 64 through page 66 of your Big Book** together.
4. Show them how to do the **Realization**. Make sure they get it. Write some examples with them and show them the examples in the packet.
5. Finish with a prayer.

Date Completed: _____

Assignment 19

1. Complete all **realizations**.

Meeting 19

1. Start with prayer and a 5-minute meditation.
2. Meet with the sponsee/step partner and check the realizations.
3. Read from the **bottom of page 66, “We turned back,” to the middle of page 67, “set matters straight,”** together.
4. Show them how to do the fourth column as shown on **pages 60–61 of the BBA Workbook** and the example packet.
5. Write examples with them and make sure they have a clear understanding. Also include “harms.”
6. Finish with a prayer.

Date Completed: _____

Assignment 20

1. Finish your **entire fourth column (including harms)** as shown on **pages 60–61 of the BBA Workbook**, keeping in mind both the examples shown in the packet and those done with your sponsor/step partner.
2. Write everything in Script from **pages 62–63 of the BBA Workbook** into your AA Big Book.

3. As you read from the **bottom of page 66, “We turned back,” to the middle of page 67, “set matters straight,”** *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.

Meeting 20

1. Start with prayer and a 5-minute meditation.
2. Meet with the sponsee/step partner and check the fourth column.
3. Read from the **bottom of page 66, “We turned back,” to the middle of page 67, “set matters straight,”** together.
4. Show them how to write a Fear Grid. Write out some examples.
5. Explain how most fears come from the third column of the Resentment Inventory, but that they should also consider fears that are not on the Resentment Inventory.
6. Finish with a prayer.

Date Completed: _____

Assignment 21

1. Tape two 11 x 17 Fear Grids together so you have twelve columns instead of six.
2. Write ten fears in the first column in every other box, asking yourself while doing so, “Do I have the opposite fear also?”
3. If you discover that you do have the opposite fear, write each one directly beneath the original fear in the first column.

Example:

List of all fears: Fear of being...			
A Failure			
A Success			
Abandoned			
Enmeshed			

Cap it at 20 fears (10 originals and 10 opposites).

4. Proceed to fill out the entire Fear Grid as shown on **page 64 of the BBA Workbook.**
5. Write everything in Script from **pages 66–67 of the BBA Workbook** into your AA Big Book.
6. As you read from the **bottom of page 67, “Notice,” to the bottom of page 68, “outgrow fear,”** *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.

Meeting 21

1. Start with prayer and a 5-minute meditation.

2. Check the sponsee/step partner's Fear Grid to make sure it's correct.
3. Read from the **bottom of page 68, "Now about sex," to the middle of page 70, "would mean heartache."**
4. Have the sponsee come up with a list of major relationships and major relationship categories in their life. Narrow it down to 5–7.
5. Show the sponsee/step partner how to fill out the Sex Inventory.
6. Finish with a prayer.

Date Completed: _____

Assignment 22

1. Make a list of relationships—specifically your major relationships—and group them together by relationship type. For long-term relationships, do not group them; just write the individual's name.

Example:

- a. Sexual Fantasies (Person A, Person B, Person C)
 - b. Romantic Fantasies (Person D, Person E, Person F)
 - c. One-Night Stands (Person G, Person H, Person I)
 - d. Friends with Benefits (Person J, Person K, Person L)
 - e. Person M (Ex-Girlfriend)
 - f. Person N (Current Wife)
2. Put each person or group's name at the top of each Sex Inventory sheet.
 3. Proceed to fill out the rest of the Sex Inventory (front and back) as explained on **page 68 of the BBA Workbook**.
 4. Write everything in Script on **page 71 of the BBA Workbook** into your AA Big Book.
 5. As you read from the **bottom of page 68, "Now about sex," to the middle of page 69, "looked at it."** Then *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.

Meeting 22

1. Start with prayer and a 5-minute meditation.
2. Check the sponsee/step partner's Sex Inventory to make sure it's correct.
3. Read from the **middle of page 69, "In this way," to the middle of page 70, "would mean heartache,"** together.
4. Show the sponsee/step partner how to create a Sex Ideal.
5. Finish with a prayer.

Date Completed: _____

Assignment 23

1. Using question 9 from your Sex Inventory as a guide, ask God to mold your ideal conduct for future relationships and write it out in paragraph form. Start with: **"God, in the future I would like to be..."**

2. Write everything in Script on **pages 72–74 of the BBA Workbook** into your AA Big Book.
3. As you read from the **middle of page 69, “In this way,” to page 71**, *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.

Meeting 23

1. Start with prayer and a 5-minute meditation.
2. Check the sponsee/step partner’s Sex Ideal.
3. Read from the **bottom of page 70, “If we have been,” to page 71 in the Big Book** together.
4. Show the sponsee/step partner how to prepare for a Fifth Step as instructed on **page 75 of the BBA Workbook**.
5. Schedule a date and time to do the Fifth Step. You may need multiple sessions.
6. Finish with a prayer.

Date Completed: _____

Assignment 24

1. Begin with a prayer.
2. Complete the 5 checklist items **“INSTRUCTIONS BEFORE FIFTH STEP”** on **page 75 of the BBA Workbook**.
3. Write everything in Script on **pages 76–77 of the BBA Workbook** into your AA Big Book.
4. As you read from **page 72 to the top of page 75, “by our confidence,”** *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.

Meeting 24 – Fifth Step ***WILL MOST LIKELY NEED MULTIPLE SESSIONS***

1. Start with prayer and a 5-minute meditation.
2. Read from **page 72 to the middle of page 75, “Spirit of the Universe”** together.
3. Listen to the sponsee/step partner’s Fifth Step, periodically asking them:
 - a. Can you see what’s objectionable about this interaction (the behavior, attitude, selfishness, etc.)?
 - b. Can you see that on your own power you could not have thought or behaved any differently? That you were doing the best you could with what you had?
 - c. Is there anything you are still clinging to that you are unwilling to let go of?
 - d. Are you willing to turn to God for help with all of the things you find objectionable from now on?
4. After the Fifth Step is complete, read the **last paragraph on page 75 and the first paragraph of page 76** together.
5. Explain how to do the Sixth Step, focusing on the nature of defects rather than each individual defect itself.

6. Read the transcription of Dan Sherman's Steps 6 & 7 talk about defects and the nature of defects together and have them listen to the audio on www.BBAWorks.com.
7. Finish with a prayer.

Date Completed: _____

Returning Home After Step Five

1. Begin with a prayer.
2. Write everything in Script on **page 78 of the BBA Workbook** into your AA Big Book.
3. As you read the **last paragraph on page 75 and the first paragraph of page 76 in the Big Book**, *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers. Do not move on until you can answer the questions to your satisfaction and are confident that what you have done in the first five Steps is complete up to this point.
4. Set a timer for at least one hour.
5. Review each inventory from your Fourth Step in a meditative/contemplative way. As you are doing so, ask yourself:
 - a. Can I see what's objectionable about this interaction (my behavior, attitude, selfishness, etc.)?
 - b. Can I see that on my own power I could not have thought or behaved any differently?
 - c. Is there anything I am still clinging to that I am unwilling to let go of?
 - d. Am I willing to turn to God for help with all these things I find objectionable from now on?
 - e. Am I willing to fully forgive the person whom I have resented?

NOTE: If there is anything you are still clinging to, pray for the willingness to let go of it. If you are still clinging, don't do Step Seven until you talk to your sponsor.

If, however, after reviewing your inventories, you discover that there is nothing you are still clinging to, get on your knees and humbly say the Seventh Step Prayer out loud.

Date Completed: _____

Assignment 25

1. When you have completed Step Seven, get in touch with your sponsor/step partner for the next assignment.
2. Review **page 81 in the BBA Workbook**.
3. Make a list of people you have harmed:
4. First look at your Fourth Step "harms" inventory.
5. Then look at your sex inventories.
6. Think all the way back to childhood; go through yearbooks and social media friends/followers.
7. Ask God in prayer if there is anyone else that you need to make amends to.
8. Write each person's name on the blank side of a 3" x 5" index card.

9. Do the +/- meditation.
10. Write everything in Script from **pages 82–85 of your BBA Workbook** into your AA Big Book.
11. As you read from **page 76 to the top of page 84 in your AA Big Book**, *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.

Meeting 25

1. Start with prayer and a 5-minute meditation.
2. Read from **page 76 to the top of page 84 in the Big Book**.
3. Review **page 81 in the BBA Workbook**.
4. Go over the cards together as shown on **page 81 of the BBA Workbook**.
5. Organize the cards into piles as shown on **page 81 of the BBA Workbook**.
6. Finish with a prayer.

Now go out and make amends.

Mark Houston says, “How free do you want to be?”

Date Completed: _____

Assignment 26

1. Write everything in Script from **pages 86–88 of the BBA Workbook** into your AA Big Book.
2. As you read from **page 84, “This thought,” to page 85, “more action,” of your marked Big Book**, *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.
3. Use the Step Ten Worksheet on www.BBAWorks.com as part of your daily program.

Meeting 26

1. Start with prayer and a 5-minute meditation.
2. Read the Big Book together from **page 84, “This thought,” to page 85, “more action.”**
3. Talk about how to live and practice Step Ten.
4. Direct them to Mark Houston and Dan Sherman’s audio recordings on BBAWorks.com.
5. Finish with a prayer.

Date Completed: _____

Assignment 27

1. Write everything in Script from **pages 89–91 of the BBA Workbook** into your AA Big Book.

2. As you read from the **bottom of page 85 to page 88 in the Big Book**, *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.
3. Use the Step Eleven Worksheet on www.BBAWorks.com as part of your daily program.

Meeting 27

1. Start with prayer and a 5-minute meditation.
2. Read Step Eleven on **pages 85–88 of the Big Book**.
3. Talk about how to live and practice Step Eleven.
4. Direct them to Mark Houston and Dan Sherman's audio recordings on BBAWorks.com.
5. Finish with a prayer.

Date Completed: _____

Assignment 28

1. Write everything in Script from **pages 92–100 of the BBA Workbook** into your AA Big Book.
2. As you read **pages 89–103 in the Big Book**, *consider your experience* with what the questions and notes mean to you. Avoid simple yes or no answers.

Meeting 28

1. Start with prayer and a 5-minute meditation.
2. Read **pages 89–103 in the Big Book** together.
3. Have them go out and give away what was so freely given to them.
4. Finish with a prayer.

Date Completed: _____

God Bless You.