

# Some statements you hear around the rooms

*That are not in the first eleven  
chapters of the Big Book or the  
12 & 12*

Misleading statements like this

**Exact quotes from Big Book and/or 12 & 12 in  
blue**

A small pamphlet to help preserve the integrity of the AA message by reminding us to share it as it was written!

The last page offers tongue in cheek humor!

**Made available by**

**Midweek Recovery Group AA Newbury**

Idea concept taken from web sites

See [www.164andmore.com](http://www.164andmore.com)

For verification of BB and 12&12 text on line.

## I choose not to drink

“The fact is that most alcoholics, for reasons yet obscure have lost the power of choice in drink...”

BB 4<sup>th</sup> Ed. There is a solution page 24

## I don't know anything about the steps but this is the way I do it

“If you are an alcoholic who wants to get over it, you may already be asking what do I have to do? It is the purpose of this book to answer such questions specifically. We shall tell you what we have done”

BB 4<sup>th</sup> Ed. There is a solution page 20

There is a solution. Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. But we saw it really worked in others...”

BB 4<sup>th</sup> Ed. There is a solution page 25

## I will always be recovering

“Doubtless you are curious to discover how and why, in the face of expert opinion to the contrary, we have recovered from a hopeless condition of mind and body...”

BB 4<sup>th</sup> Ed. There is a solution page 20

## Misery is optional

“...But it is clear that we made our own misery. God didn't do it. Avoid then the deliberate manufacture of misery, but if trouble comes, cheerfully capitalize it as an opportunity to demonstrate His omnipotence.”

BB 4<sup>th</sup> Ed. The family afterwards page 133

## Alcohol was my drug of choice

“We believe, and suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy, that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker..”

BB 4<sup>th</sup> Ed. The Doctors opinion xxviii

**I've never had a bad day sober.**

“Quite as important was the discovery that spiritual principles would solve all my problems. I have since been brought into a way of living infinitely more satisfying and, I hope, more useful than the life I lived before. My old manner of life was by no means a bad one, but I would not exchange its best moments for the worst I have now. I would not go back to it even if I could.”

BB 4<sup>th</sup> Ed. More about alcoholism page 43

“...He relies upon the assurance, that his many troubles, now made more acute because he cannot use alcohol to kill the pain, can be solved too...”

12 & 12 step 3 page 41

**Now I am sober I'm not powerless over alcohol any more !**

“Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built...” 12 & 12 Step 1

“Only step One where we made the 100 per cent admission we were powerless over alcohol, can be practiced with absolute perfection...” 12 & 12 step 6

**I don't have a drinking problem I have a living problem**

“But we are sure that our bodies were sickened as well. In our belief any picture of the alcoholic which leaves out this physical factor is incomplete.” BB 4<sup>th</sup> Ed. The Doctors opinion xxvi

**Take your time to work the steps**

“With all the earnestness at our command we beg of you to be fearless and thorough from the very start. Some of us have tried to hold onto our old ideas and the result was nil until we let go absolutely.”

BB 4<sup>th</sup> Ed. How it Works page 58

## AA is a bridge to normal living

This expression, invariably misquoted, actually did not come into existence until 1976. The pamphlet it appeared in is called “Is there an alcoholic in your life”, i.e. written for the non-alcoholic.

### It is not to be found in the Big Book or 12 and 12.

‘Although sober, the alcoholic still has the same illness, and non drinking alcoholics cannot be expected to change all their erratic behavior overnight. Certain thinking habits have probably become ingrained. But as time goes on most AA members achieve better balance. The AA program is designed, not as an escape route, but as a bridge to normal living’

## Step four is just about listing my resentments and step five is simply a question of reading out my list

“we took stock honestly. First we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us we considered its common manifestations...” BB 4<sup>th</sup> Ed How it works p 64

“ We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them...”

BB 4<sup>th</sup> Ed How it works p 68

“If you have already made a decision, and an inventory of your grosser handicaps. You have made a good beginning...”

BB 4<sup>th</sup> Ed How it works p 71

“Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung onto some of the worst items in stock. They only *thought* they had lost their egoism and fear; they only *thought* they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else *all* their life story...” BB 4<sup>th</sup>

Ed. Into action p 73

“When we decide who is to hear our story, we waste no time” BB 4<sup>th</sup> Ed. Into action p 75

“Provided you hold back nothing, your sense of relief will mount from minute to minute. The dammed-up emotions of years break out of their confinement, and miraculously vanish as soon as they are exposed...”

12 & 12 step five page 63

## There are no musts in AA

In the big book and 12/12 the word must appears 131 times. We give some examples.

“He confirms what we who have suffered alcoholic torture **must** believe - that the body of the alcoholic is quite as abnormal as his mind...” BB 4<sup>th</sup> Ed. The Doctors opinion xxvi

“The message which can interest and hold these alcoholic people **must** have depth and weight. In nearly all cases their ideals must be grounded in a power greater than themselves...” BB 4<sup>th</sup> Ed The doctors opinion xxviii

“Once more the alcoholic at certain times has no effective mental defense against the first drink. Except in a few rare cases, neither he or any other human being can provide such a defense. His defense **must** come from a higher power..” BB 4<sup>th</sup> Ed. More about alcoholism page 43

“... But after a while we had to face the fact that we **must** find a spiritual basis of life-or else! BB 4<sup>th</sup> Ed. We agnostics page 44

“... We **must** lose our fear of creditors no matter how far we have to go, for we are liable to drink if we are afraid to face them...”  
BB 4<sup>th</sup> Ed. Into Action page 78

“...These things will come to pass naturally and in good time provided, however, the alcoholic continues to demonstrate that he can be sober, considerate, and helpful. Regardless of what anyone says or does. Of course we all fall much below this standard many times. But we **must** try to repair the damage immediately lest we pay the penalty by a spree...” BB 4<sup>th</sup> Ed. Working with others page 99.

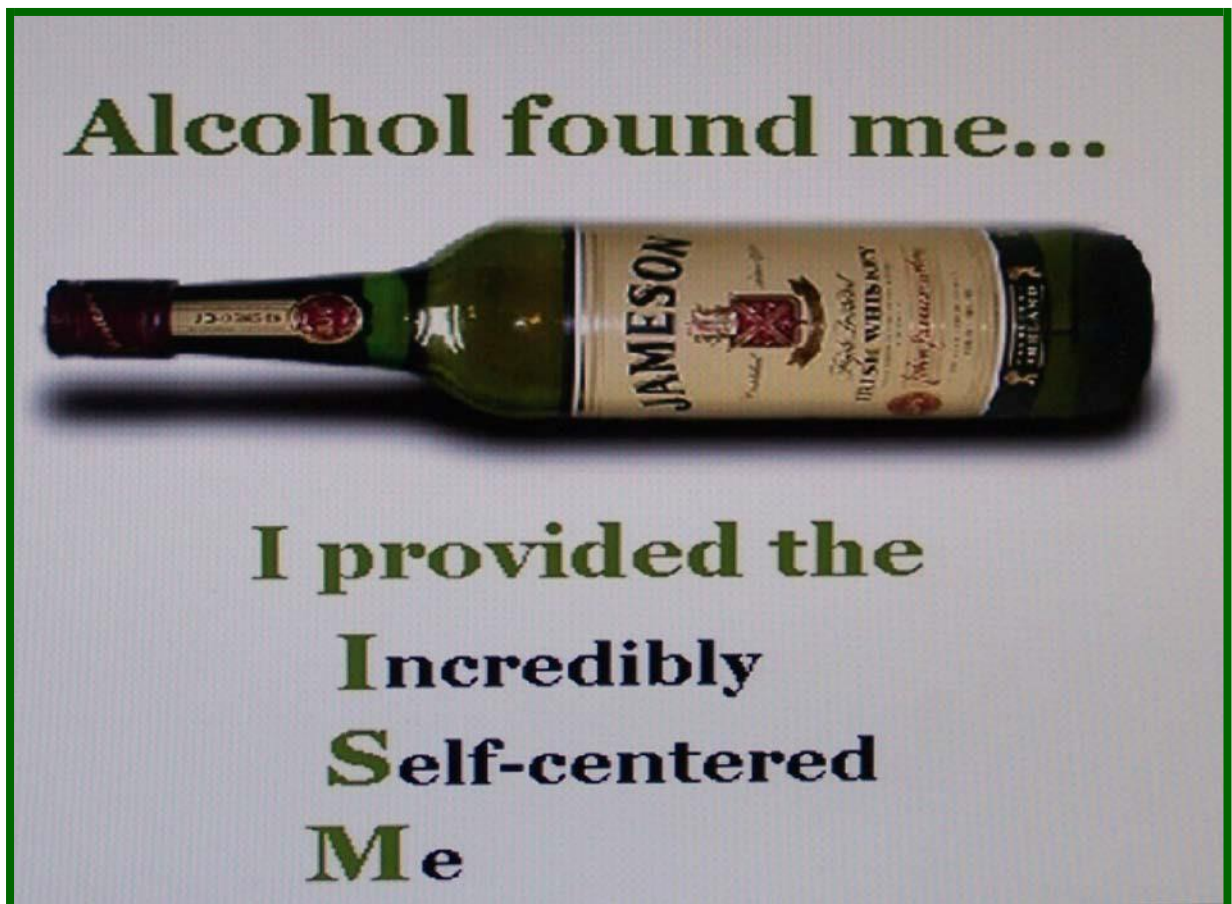
“...God will determine that, so you **must** remember that your real reliance is always upon Him...”  
BB 4<sup>th</sup> Ed. A vision for you page 164

## Just do the next right thing

Page 86, paragraph 4: " We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision."

Page 87, paragraph 1: " Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas."

BB 4<sup>th</sup> ed. "For it is only by accepting and solving our problems that we can begin to and with the world about us get right with ourselves



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