

The Big Book's Directions For Taking All Twelve Steps

Step	Goal	Read	The Steps are listed in the Big Book on pages 59-60
1	<i>Honesty</i>	Pages xxv-xxxii and 1-43	Directions for taking Step 1 are listed on page 30, paragraph 2, lines 1-4. When ready ask your Sponsee, "Do you fully concede to your inner most self that you are alcoholic?" Before we ask this question we must be be sure we understand that, "If we are planning to stop drinking, there must be no reservation of any kind, nor any lurking notion that someday we will be immune to alcohol." from page 33, paragraph 1, lines 9-11.
2	<i>Hope</i>	Pages 44-60	Directions for taking Step 2 are listed on page 47, paragraph 2, lines 1-8. When ready ask your Sponsee, "Do you now believe, or are you even willing to believe, that there is a Power greater than yourself?".
3	<i>Faith</i>	Pages 60-63	Directions for taking Step 3 are listed on page 63, paragraph 2, lines 1-10. When ready say the <i>Third Step Prayer</i> with your Sponsee.
4	<i>Courage</i>	Pages 63-71	Directions for taking Step 4 are listed on page 64, paragraphs 1 and 2. When ready have your Sponsee write their inventory for Resentments, Fears, Sex Conduct and all other Harms.
5	<i>Integrity</i>	Pages 72-75	Directions for taking Step 5 are listed on page 75, paragraph 1, lines 1-8 and paragraph 2, lines 1-2. When ready meet with your Sponsee to hear their inventory. After completing this Step and having had an hour of quiet time have your Sponsee read page 75, paragraph 3, lines 1-13.
6	<i>Willingness</i>	Pages 75-76	Directions for taking Step 6 are listed on page 76, paragraph 1, lines 1-7. When ready ask your Sponsee, "Are you now ready to let God remove from you all the things which we have admitted are objectionable?" and "Can He now take them all--every one?"
7	<i>Humility</i>	Page 76	Directions for taking Step 7 are listed on page 76, paragraph 2, lines 1-7. When ready say the <i>Seventh Step Prayer</i> with your Sponsee.
8	<i>Love</i>	Page 76	Directions for taking Step 8 are listed on page 76, paragraph 3, lines 2-5. When ready have your Sponsee add the names of all people and institutions they have harmed to an Amends List.
9	<i>Justice</i>	Pages 76-84	Directions for taking Step 9 are listed on page 76, paragraph 3, lines 6-11. When ready have Sponsee begin making Amends with your guidance.
10	<i>Perseverance</i>	Pages 84-85	Directions for taking Step 10 are listed on page 84, paragraph 2, lines 1-14. When ready ask Sponsee, "Will you continue to watch for selfishness, dishonesty, resentment and fear?" "When these crop up, will you ask God at once to remove them?" "Will you discuss them with someone immediately and make amends quickly if you have harmed anyone?"
11	<i>Spirituality</i>	Pages 85-88	Directions for taking Step 11 are listed on page 86, paragraph 1, lines 1-14. When ready ask Sponsee, "When you retire at night, will you constructively review your day?" and "On awakening will you think about the twenty-four hours ahead?" Also, "As you go through the day will you pause, when agitated or doubtful, and ask for the right thought or action?"
12	<i>Service</i>	Pages 89-103	Directions for taking Step 12 are listed on page 89, paragraph 1, lines 4-5. When ready ask Sponsee, "Will you try to carry this message to alcoholics, and to practice these principles in all your affairs?"
*	*	*	Additional clarification can be found in corresponding chapters of the <u>Twelve Steps and Twelve Traditions</u>. Also, <u>The Little Red Book</u>, which was used by many of our early pioneers, is another great reference source.