

**General Instructions, Supplies & Step Partners:**

Dan's Website where you can order the BBA book is: [www.bigbookawakening.com](http://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](http://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 sponsee/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: (1<sup>st</sup> 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: (2<sup>nd</sup> 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*.
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**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.
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**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*.
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**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.
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**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.
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**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.
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**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.

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**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.

<b>This finishes Step 1</b>
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**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*

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**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*

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**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.**

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**Assignment 13: This starts Step 4**

- A. If you don't already have a 4<sup>th</sup> step example packet, download it for free from [www.bbastuff.com](http://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.

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**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.

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**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 3<sup>rd</sup> 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.

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**Assignment 16:**

- A. Complete all the 3<sup>rd</sup> columns and the realizations.

**Meeting 16****Date:** \_\_\_\_\_

1. Meet with sponsee and check the 3<sup>rd</sup> 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 3<sup>rd</sup> 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 4<sup>th</sup> 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)

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**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 4<sup>th</sup> 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

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**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](http://www.bbastuff.com)).

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**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.

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**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**