



# Big Book's Directions for Taking All Twelve Steps

The Steps are listed in the Big Book on pages 59-60 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 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.

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?"

Directions for taking Step 3 are listed on page 63, paragraph 2, lines 1-10. When ready say the Third Step Prayer with your Sponsee.

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.

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.

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?"

Directions for taking Step 7 are listed on page 76, paragraph 2, lines 1-7. When ready say the Seventh Step Prayer with your Sponsee.

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.

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.

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?"

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?"

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?"

STEP	GOAL	PAGES
1	Honesty	xxv-xxxii and pages 1-43
2	Hope	Pages 44-60
3	Faith	Pages 60-63
4	Courage	Pages 63-71
5	Integrity	Pages 72-75
6	Willingness	Pages 75-76
7	Humility	Page 76
8	Justice	Page 76
9	Forgiveness	Pages 76-84
10	Acceptance	Pages 84-85
11	Awareness	Pages 85-88
12	Love & Service	Pages 89-103