

12 Step Workshop, Agenda 1 Body, Mind & Spirit

Note: this is for reference only. I'm just suggesting that by looking for references to The Body (beginning to pg 23), The Mind (pg 23-44) and The Spirit (pag 44-63), and then writing them down, or highlighting them in your Big Book will therefore give you a clearer understanding of what this exercise is all about. I find that by looking for the references to each and physically writing them down, it makes my experience much more intense & interesting. These are my notes. It's best if you do your own work and create your own notes because different words/passages will catch YOUR attention, differently from mine. (PS spiritual matters are mentioned throughout all these pages, but I just focused on first, the body only, second, the mind only, and third, the spirit only),

The Body

- XXVI the body of the alcoholic is quite as abnormal as his mind
Doctor's theory that we have an allergy
- Pg 5 liquor used to be a luxury, it became a necessity
- Pg 6 in no time, I was beating on the bar
- Pg 6 mind & body are marvelous mechanisms for mine endured 2 more years
- Pg 7 it relieved me to learn that in alcoholics the will is amazingly weakened when it come to combating liquor
- Pg 16 an alcoholic in his cups is an unlovely creature
- Pg 19 we feel the elimination of drinking is but a beginning
- Pg 21 but what of the real alcoholic? But at some stage of his drinking he begins to lose all control once he starts to drink

The Mind

- Pg 23 therefore the main problem of the alcoholic centers in the mind
- Pg 23 there is an obsession that he may someday beat the game
- Pg 24 the fact is that ... (read more)
When this sort of thinking ... (read more)
- Pg 27 the doctor said "you have the mind of a chronic acoholic"
Solution – ideas, emotions & attitudes which were once the guiding force are cast aside
- Pg 30 countless vain attempts ... we could drink like other people
- We alcoholics have lost the ability to control our drinking

- Pg 31 despite what we say, many who are real alcoholics are not going to believe they are
- Pg 31 try some controlled drinking
- Pg 33 most of us believed if we stayed sober for long periods of time
- Pg 34 utter inability to leave it alone
- Pg 36 whiskey in the milk story (how are thinking is skewed)
- Pg 37 there was little serious thought
- Pg 39 their bodies & brains not damaged like ours
- Pg 40 as soon as I regained my ability to think
 - Fred's story
 - That was not easy. But the moment I made up my mind to go through with the process
 - I saw that will power (mind) and self-knowledge would not help in those strange mental (mind) blank spots
- Pg 43 no effective mental defense against the first drink

The Spirit

- Pg 44 But it isn't so difficult ...
- Pg 44 to live on a Spiritual basis....
- Pg 45 believe to be Spiritual
- Pg 45 we are going to talk about God
- Pg 45 lack of power ...
 - the word God
- Pg 46 we found as soon as we were able
 - Much to our relief ...
- Pg 47 your own conception of God
- Pg 47 We needed to ask ourselve's.....spiritual structure can be built
- Pg 51 people are able to say ...
- Pg 52 we saw other people solve their problems ...
- Pg 53 logic is great stuff ...
- Pg 53-54 faithful to the God of reason
- Pg 54 have we not worshipped ...
 - Imagine life without faith
- Pg 55 Actually we were fooling ourselves
- Pg 57 he has come to all who have honestly sought him