

Sponsorship Guide for 1-2-3 Question guide for Controller, Fixer & Chaos creator

1 Week before the first meeting

Date: _____

Go over how to put Big Book Awakening (BBA) Workbook in the AA Big Book and give the first assignment to your sponsee or step partner.

Assignment 1:

- A. In the **AA Big Book**, read everything up through the last Forward (XXIV).
- B. Read the **BBA Workbook** page 1 – 8 and put everything in your AA big book as per instructions.
- C. In the 1-2-3 Question guide, answer all the Circle and Triangle/Preface and Forwards: questions 1 – 8, pages 4 - 5.

Meeting 1:

Date: _____

1. Review the significance of the Preface and the Forwards and explain the significance of the Circle and Triangle as per the BBA and read everything up through page XXIV together.
 2. Have sponsee/step partner read all the questions and answers from the first assignment in the 1-2-3 Question guide.
 3. When you're finished, go over the next assignment and make sure they are clear.
 4. Schedule the next meeting in one week.
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Assignment 2:

- A. In the AA Big Book, read 'The Doctor's Opinion' on pages XXV – XXXII.
- B. As you read BBA Workbook pages 9 – 13, put them in 'The Doctor's Opinion' of the AA Big Book. (Show how you did it in your AA big book and how they can abbreviate "Do I believe" as "DIB")
- C. In the 1-2-3 Question Guide, read 'The first step' page 4 and answer all 'The Doctor's Opinion' questions 1 – 20, pages 7 – 12.

Meeting 2:

Date: _____

1. Read 'The Doctor's Opinion' together, one paragraph or page each, sharing your experience turning statements into questions.
 2. When finished reading, have your sponsee read all the questions and answers from the 2nd assignment in the 1-2-3 Question Guide.
 3. Go over the next assignment and schedule the next meeting in one week.
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Assignment 3: (1st 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 – 15, put them into pages 1 through the top paragraph of page 9 of the AA Big Book.
- C. In the 1-2-3 Question Guide, answer 'Bill's Story' questions. (1st half of Bill's Story) Questions 1 – 15, pages 13 – 15.

Meeting 3:

Date: _____

1. Read the first part of 'Bill's Story', page 1 through the top paragraph of page 9 together.
2. When finished reading, have your sponsee read all the questions and answers from this

assignment in the 1-2-3 Question Guide.

Assignment 4: (2st part of Bill's Story)

- A. In the AA Big Book, read the second part of 'Bill's Story' page 9 (first paragraph) – 16.
- B. As you read BBA pages 17 – 18, put them into pages page 9 (first paragraph) – 16 of the AA Big Book.
- C. In the 1-2-3 Question Guide, answer 'Bill's Story' questions. (2st half of Bill's Story) Questions 16 – 20, page 16.

Meeting 4:

Date: _____

1. Read the second part of 'Bill's Story', page 9 (first paragraph) – 16 together.
 2. When finished reading, have your sponsee read all the questions and answers from this assignment in the 1-2-3 Question 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 into the AA Big Book.
- C. In the 1-2-3 Question Guide, answer 'There is a Solution' questions. (Part 1 Physical Craving) answer questions 1 – 18, pages 17 – 21.

Meeting 5:

Date: _____

1. Read 'There is a Solution', page 17 – 22 together.
 2. When finished reading, have your sponsee read all the questions and answers from this assignment in the 1-2-3 Question 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 into the AA Big Book.
- C. In the 1-2-3 Question Guide, answer 'There is a Solution' questions. (Part 2 Mental Obsession) answer questions 1 – 18 , pages 22 – 26.

Meeting 6:

Date: _____

1. Read 'There is a Solution', page 23 – 29 together.
 2. When finished reading, have your sponsee read all the questions and answers from this assignment in the 1-2-3 Question 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 the page where it says 'insane'), put them into the AA Big Book.
- C. In the 1-2-3 Question Guide, answer 'More About Alcoholism' questions. (Part 1) answer questions 1 – 13 (including '10 most insane things'), pages 27 – 30.

Meeting 7:

Date: _____

1. Read 'More About Alcoholism', page 30 – 37 (top paragraph) together.
 2. When finished reading, have your sponsee read all the questions and answers from this assignment in the 1-2-3 Question Guide.
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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 into the AA Big Book.
- C. In the 1-2-3 Question Guide, answer 'More About Alcoholism' questions. (Part 2) answer questions 1 – 8, pages 31 – 32.

Meeting 8:

Date: _____

1. Read 'More About Alcoholism', page 37 – 43 together.
 2. When finished reading, have your sponsee read all the questions and answers from this assignment in the 1-2-3 Question Guide.
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Assignment 9:

- A. In the AA Big Book, read page 44, 45 and 52 (middle).
- B. As you read BBA pages 34 – 36, put them into the AA Big Book.
- C. In the 1-2-3 Question Guide, answer 'We Agnostics' (Step 1 – unmanageability) questions. Questions 1 – 15, pages 33 – 36.

Meeting 9: Unmanageability, Spiritual Malady, Untreated Alcoholism.

Date: _____

1. Read page 44, 45 and 52 together.
 2. When finished reading, have your sponsee read all the questions and answers from this assignment in the 1-2-3 Question Guide.
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This finishes Step 1

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 into the AA Big Book.
- C. In the 1-2-3 Question Guide, answer 'We Agnostics' (Step 2 – Part 1) questions. Questions 1 – 14, pages 37 – 40.

Meeting 10:

Date: _____

1. Read 'We Agnostics', page 44 – top of 51 together.
 2. When finished reading, have your sponsee read all the questions and answers from this assignment in the 1-2-3 Question 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 into the AA Big Book.
- C. In the 1-2-3 Question Guide, answer 'We Agnostics' (Step 2 – Part 2) questions. Questions 15 – 27, pages 41 – 45.

Meeting 11:

Date: _____

1. Read 'We Agnostics', page 51 – 57 together.
 2. When finished reading, have your sponsee read all the questions and answers from this assignment in the 1-2-3 Question Guide.
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Assignment 12: This is Step 3.

- A. In the AA Big Book, read 'How It works', pages 58 – 63.
- B. As you read BBA pages 46 – 52, put them into the AA Big Book.
- C. In the 1-2-3 Question Guide, answer 'How It Works' (Step 3) questions. Questions 1 – 19, pages 46 – 49.
- D. Optional assignment: Read the 3rd Step considerations every day for a week to someone different. Pages 50 – 51

Meeting 12:**Date:** _____

1. Read 'How It works, page 58 – 63 together.
 2. When finished reading, have your sponsee read all the questions and answers from this assignment in the 1-2-3 Question Guide.
 3. Take a Third Step together.
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Assignment 13: This starts Step 4.

- A. If you don't already have a 4th step example packet, download it for free from www.bbaworks.com or www.bigbookawakening.eu
- B. Make the following copies from the BBA website:
 - 30 Resentment inventory sheets
 - 10 Fear inventory sheets
 - 10 Sex inventory sheets
- C. In the AA Big Book, read 'How It works', pages 63 (bottom paragraph) – 66 (paragraph ending with 'poison').
- D. As you read BBA pages 53, 58 and 59, put them into the AA Big Book.
- E. As instructed in the BBA book page 54, make a column 1 list – people, institutions and principles.

Meeting 13:**Date:** _____

1. Read 'How It works, page 64 together.
 2. Go over the column 1 list together
 3. Help make the column 1 list 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 of the BBA book and show them how to write a 2nd column (The cause). You can use examples from the example packet.
 5. Give them a copy or show them where they can find the resentment inventory example packet.
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Assignment 14:

- A. In the AA Big Book, read 'How It works', the bottom of page 64.
- B. Read page 55 in the BBA book.
- C. Put a name on top of each resentment inventory work sheet.
- D. Complete the 2nd column 'The Cause' like the one on page 55 in the BBA book.

Meeting 14:**Date:** _____

1. Go over the 2nd column with them – just check it.
2. Answer any questions the sponsee has
3. Read 'How It works, page 64 (bottom) – 65 (bottom) together.
4. Show the sponsee how to do the first 4 things in the 3rd column in the BBA book on pages 56 and 57. (Self-esteem, Pride, Ambition and Security).

- Fill out some examples with them to make sure they understand and are clear on how to do it. You can use examples from the example packet.
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Assignment 15:

- 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 book on pages 56 & 57, as per examples done with sponsor.
- As you read BBA pages 62 - 63, put them into the AA Big Book. (Starting on the bottom of page 66 'We turned back...' to the middle of page 67 '...set matters straight.')

Meeting 15:

Date: _____

- Go over the first 4 things in the 3rd column – just check it.
 - Show the sponsee how to do the bottom 3 things in the 3rd column in the BBA book on pages 56 and 57. (Personal relationships, Sex relations and Pocketbook)
 - Show them how to do the realization. Make sure they understand it and write a few examples with them.
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Assignment 16:

- Complete all the 3rd columns and the realizations.

Meeting 16:

Date: _____

- Check the 3rd column and realizations– just check it.
 - Read 'How It works, page 65 (bottom) – 67 together (wasn't read together before).
 - Show the sponsee how to do the 4th column on the resentment sheets in the BBA book on pages 60 and 61.
 - Make sure they understand it and write a few examples with them and include 'harms'.
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Assignment 17: (may need an extra week)

- Finish you entire 4th column (including harms) as it is done in the example on pages 60 & 61 in the BBA book.
- In the AA Big Book, read 'How It works', pages 63 (bottom 'Notice the word fear...') - 66 (paragraph ending with '...outgrow fear').
- As you read BBA pages 66 – 67, put them into the AA Big Book.
- Tape 2 fear grids together so you have 12 columns instead of 6
- Put 10 fears on the first column, asking as you do, 'Do I have the opposite fear also?'
- If you do have the opposite fear, put it down on your fear list right under the original fear.

Example:

Failure				
Success				

Meeting 17:

Date: _____

- Check the 4th column (including harms), make sure it is complete.
- Read 'How It works', page 67 – 68, 'Fear' together.
- Go over page 64 & 65 in the BBA book.
- Show the sponsee how to do the 'Fear grid' in the BBA. (On their Fear grid, write some out with them.)
- Explain how most fears come from the 3rd column of the resentment inventory but, they

should also consider whether they have opposite fears. (Example: 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 it is done in the example on pages 64 & 65 in the BBA book.
- B. In the AA Big Book, read 'How It works', pages 68 (bottom 'Now about sex...') – 71.
- C. As you read BBA pages 71 – 74, put them into the AA Big Book.
- 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 shown on page 69 of the BBA book.

Meeting 18:

Date: _____

1. Check their Fear grid.
 2. Read 'How It works', page 68 – 71, (Sex inventory) together.
 3. Go over their relationship list.
 3. Go over page 68, 69 and 70 in the BBA book.
 4. Show the sponsee how to do a Sex inventory. Make sure they understand it and write a examples with them. You can use examples from the example packet.
 5. Explain how to write out a Sex ideal as explained in the BBA book on page 72 & 73. You can use examples from the example packet.
 6. Set a time with them to take their 5th step. (may need an extra week)
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Assignment 19:

- A. Complete the Sex inventories as it is done in the example on pages 69 & 70 in the BBA book.
 - B. Write out a Sex Ideal as explained in the BBA book on page 72 & 73 and per the examples in your 4th step example packet.
 - C. In the AA Big Book, read 'Into Action', pages 72 – 75 (Step 5).
 - D. As you read BBA pages 75 – 77, put them into the AA Big Book.
 - E. If everything is complete, do a 5th step with your sponsor/step guide
 - F. Step 5 considerations (During your 5th step, this is what you discuss)**
 1. **Do I see what is objectionable about this interaction** (my behavior, selfishness attitude, fear, etc...)
 2. **Do I see on my own power I couldn't have behaved any differently?**
 3. **Do I see any behavior or resentment I am clinging to that I'm willing to let go of?**
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Meeting 19:**Date:** _____

1. Read 'Into Action', page 72 – 75, (top) (Step 5) together.
2. Ask them if they have any "take it to the grave" stuff.
3. When finished, have them read the promises on page 75.
4. Explain how to do Step 6 as on the bottom of page 75 of the AA Big Book, "Returning home..."
5. 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
6. Read the transcription of Dan's Step 6 & 7 talk about defects and the nature of defects or have them listen to the audio online www.bbaworks.com or www.bigbookawakening.eu (Audio → Audio references from Sponsorship guide.)

Review Inventories (Returning home)

7. Step 6 consideration: As I review each inventory in a contemplative way, I ask myself these considerations:
 - a. Can I see what's objectionable about this interaction? (My behavior, attitude, selfishness, etc..?)
 - b. Can I see on my own power I could not have behaved any differently?
 - c. Is there anything I am clinging to that I am unwilling to let go of?
 - d. Am I willing to turn to God for help with all these things I find objectionable from now on?

Note: If clinging, pray for the willingness. If still clinging, don't do Step 7 until you talk to your sponsor.

Assignment 20:

- A. When you've completed Step 7, get in touch with your sponsor for the next assignment. (Can be over the phone or in person)
- B. When talking to your sponsor/stepguide read page 81 in the BBA book together.
- C. Make a list (from your 4th step, in prayer, asking if there are any others not on the 4th Step) as per page 81 of the BBA book.
- D. Put them on the cards.
- E. Do the +/- meditation.
- F. In the AA Big Book, read 'Into Action', pages 76 – 84. (Paragraph ending with '...work for them.')
- G. As you read BBA pages 82 – 85, put them into the AA Big Book.

Meeting 20:**Date:** _____

1. Read 'Into action', pages 76 – 84. (Paragraph ending with '...work for them.')
2. Review page 81 in the BBA book with them.
3. Go over the cards together as per page 81 in the BBA book.
4. Put the cards in correct piles.

Mark Houston says: "How free do you want to be?"

5. Now go out and start amends.
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Assignment 21: (Step 10) (You can do 10 & 11 together if you want)

- A. In the AA Big Book, read 'Into Action', pages 84 – 85. (Step 10)

B. As you read BBA pages 86 – 88, put them into the AA Big Book.

Meeting 21:

Date: _____

1. Read 'Into action', pages 84– 85 together.
 2. Talk about how to live and practice Step 10. If you can, let them listen to the Mark Houston audio on Steps 10 & 11 on www.bbaworks.com or www.bigbookawakening.eu (Audio → Audio references from Sponsorship guide.)
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Assignment 22: (Step 11)

- A. In the AA Big Book, read 'Into Action', pages 85 (bottom) – 88. (Step 11)
- B. As you read BBA pages 89 – 91, put them into the AA Big Book.

Meeting 22:

Date: _____

1. Read 'Into action', pages 85– 88 together.
 2. Talk about how to live and practice Step 11.
 3. Review the instructions on page 91 in the BBA book.
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Assignment 23:

- A. In the AA Big Book, read 'Working With Others', pages 89 – 103. (Step 12)
- B. As you read BBA pages 92 – 100, put them into the AA Big Book.

Meeting 23:

Date: _____

1. Read 'Working With Others', pages 89– 103 together.
2. **Have them go out and give away what so freely has been given to them.**

God Bless You