Another BBA Workshop Meeting & Assignment Guide

Getting Started

You will need the following:

Materials Needed

There are three materials to gather, plus one you bring yourself: willingness.

1. **Alcoholics Anonymous Big Book**

We recommend the large print abridged edition (new book, new experience). Purchase in the US, Europe, or UK.

2. **Big Book Awakening (Alcoholics Anonymous (Large Print Abridged)BBA) Workbook**

Purchase in the US, Europe, or UK. Sometimes available at a local recovery shop.

3. A printed copy of **addiction-specific questions**

Print the guide that fits your addiction:

Alcoholics and Drug Addicts Question Guide

Chaos Creators, Excitaholics, and Adrenaline Addicts Question Guide

Media, Tech, Internet, Gaming, and Adrenaline Addicts Question Guide

Overeaters, Food Addicts Question Guide

Sex, Love Addicts Question Guide

Compulsive Acquirer then Clutterer and Hoarder (C.A.T.C.H.) Guide

Money Question Guide

Don't see your addiction? Email anotherbbaworkshop@gmail.com

5. If you are using an Abridged version of the Big Book (no stories)

Print out the Roman Numerals Changes

BBA Contacts:

Tina B. 801-673-3370

Sally P. 970-390-5378

Cathy D. 719-373-8273

Meeting 1

Date: June 23, 2026

- Open & meditation, welcome
- Introductions: Cathy, Sally & Tina (10 min each)
- Workshop overview & communications
- What's needed
- Homework groups & 12th step sign-ups
- Other resources from BBA Works, Recovered From

Assignment 1 - Gather Your Materials - see Materials Needed Section (above)

- Get your LARGE print Big Book
- Get your BBA Workbook
- Print out this guide
- Print out your addiction-specific guide
- Get a fine-tip pen or pencil

Meeting 2 - Preface & Forewords

Date: June 30, 2026

- Read and review the significance of the Preface and the Forewords, explain the significance of the circle in the triangle per the BBA, and read everything up through page xxiv together.

Assignment 2

- In the AA Big Book, read everything up through the last Foreword (page xxiv).
- Read the BBA Workbook pages 1 – 8 and put everything into your AA Big Book per the instructions, as you read it.

- Answer the questions on the Circle and Triangle/Preface in your specific addiction.

Meeting 3 - Doctor's Opinion

Date: July 7, 2026

- We will read "The Doctor's Opinion" sharing our experience turning statements into questions.
- Go over the next assignment.

Assignment 3

- In the AA Big Book, read "The Doctor's Opinion" on pages xxv – xxxii.
- As you read BBA Workbook pages 9 – 13, put it into "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.")
- Answer the questions on the Doctor's Opinion in your specific addiction.

Meeting 4 - 1st part of Bill's Story

Date: July 14, 2026

- We will read the first part of "Bill's Story," pages 1 – 9, together.
- Answer questions and explain assignment.

Assignment 4

- In the AA Big Book, read the first part of Bill's Story, page 1 through the top paragraph of page 9.
- As you read BBA pages 14 – 16, put it into pages 1 – 8 of the AA Big Book.
- Answer the questions on Bill's Story (1st half) in your specific addiction.

Meeting 5 - 2nd part of Bill's Story

Date: July 21, 2026

- Read the second part of "Bill's Story," pages 9 (first paragraph) – 16, together.
- Answer questions and explain assignment.

Assignment 5

- In the AA Big Book, read the second part of "Bill's Story," pages 9 (first paragraph) – 16.
- As you read BBA pages 17 – 28, put it into your AA Big Book pages 9 – 16.
- Answer the questions on Bill's Story (2nd half) in your specific addiction.

Meeting 6 - There Is a Solution, Part 1

Date: July 28, 2026

- Read "There Is a Solution," pages 17 – 22, together.
- Answer questions and explain assignment.

Assignment 6

- In the AA Big Book, read "There Is a Solution," pages 17 – 22.
- As you read BBA pages 19 – 23, put it into your AA Big Book.
- Answer the questions on There Is a Solution (Part 1, Physical Craving) in your specific addiction.

Meeting 7 - There Is a Solution, Part 2

Date: August 4, 2026

- Read "There Is a Solution," pages 23 – 29, together.
- Answer questions and explain assignment.

Assignment 7

- In the AA Big Book, read "There Is a Solution," pages 23 – 29.
- As you read BBA pages 24 – 27, put it into your AA Big Book.
- Answer the questions on There Is a Solution (Part 2, Mental Obsession) in your specific addiction.

Meeting 8 - More About Alcoholism, Part 1

Date: August 11, 2026

- Read "More About Alcoholism," pages 30 – 37 (top paragraph), together.
- Answer questions and explain assignment.

Assignment 8

- In the AA Big Book, read "More About Alcoholism," pages 30 – 37 (top paragraph).
- As you read BBA pages 28 – 31 (to the middle of the page where it says "insane"), put it into your AA Big Book.
- Answer the questions on More About Alcoholism (Part 1), including the 10 most insane things, in your specific addiction.

Meeting 9 - More About Alcoholism, Part 2

Date: August 18, 2026

- Read "More About Alcoholism," pages 37 – 43, together.
- Answer questions and explain assignment.

Assignment 9

- In the AA Big Book, read "More About Alcoholism," pages 37 – 43.
- As you read BBA pages 31 – 33, put it into your AA Big Book.
- Answer the questions on More About Alcoholism (Part 2) in your specific addiction.

Meeting 10 - Step 1: Unmanageability & Spiritual Malady

Date: August 25, 2026

- Read AA Big Book pages 44, 45, and 52 (the Spiritual Malady), together.
- Answer questions and explain assignment.

Assignment 10

- In the AA Big Book, read pages 44, 45, and 52 (middle).

- As you read BBA pages 34 – 36, put it into your AA Big Book.
- Answer the questions on We Agnostics (Step 1 – Unmanageability) in your specific addiction.

Meeting 11 - We Agnostics, Part 1 (Step 2)

Date: September 1, 2026

- Read "We Agnostics," pages 44 – 51.
- Answer questions and explain assignment.

Assignment 11

- In the AA Big Book, read "We Agnostics," pages 44 – top of 51.
- As you read BBA pages 37 – top of 41, put it into your AA Big Book.
- Answer the questions on We Agnostics (Step 2, Part 1) in your specific addiction.

Meeting 12 - We Agnostics, Part 2 (Step 2)

Date: September 8, 2026

- Read "We Agnostics," pages 51 – 57.
- Answer questions and explain assignment.

Assignment 12

- In the AA Big Book, read "We Agnostics," pages 51 – 57.
- As you read BBA pages 41 – 45, put it into your AA Big Book.
- Answer the questions on We Agnostics (Step 2, Part 2) in your specific addiction.

Meeting 13 - How It Works (Step 3)

Date: September 15, 2026

- Read the 3rd Step.
- Answer questions and explain assignment.
- Take a Third Step together.

Assignment 13

- In your AA Big Book, read pages 58 – 63.
- As you read BBA pages 46 – 52, put it into your AA Big Book.
- Answer the questions on How It Works (Step 3) in your specific addiction.

Meeting 14 - Step 4: Resentment Inventory (Column 1)

Date: September 22, 2026

- Go over Column 1.
- Read page 64 in the AA Big Book.
- 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 10-20.
- Refer to resentment inventory example packet.
- Go over the resentment inventory examples per the example pages.

Assignment 14

- If you don't already have a 4th Step Example Packet, download it for free from www.bbaworks.com.
- Make the following copies from the BBA:
  - 20 copies of the resentment inventory, pages 57 & 61
  - 10 copies of the fear grid, page 65
  - 10 copies of the sex inventory, pages 69 & 70
- In your AA Big Book, read page 63 (bottom) – 66 (bottom, ending at "poison").
- As you read BBA pages 53, 58, and 59, put it into your AA Big Book.
- As instructed in the BBA on page 54, make a Column 1 list: people, institutions, and principles.

Meeting 15 - Step 4: Resentment Inventory (Column 2)

Date: September 29, 2026

- Answer any questions on Column 1
- Read pages 64 (bottom) – 65 (bottom) in the AA Big Book.

- Show how to do the first four things in the 3rd column in the BBA on pages 56 and 57 (self-esteem, pride, ambition, and security).
- Fill out some examples to make sure they understand and are clear on how to do it. Use the packet examples.

Assignment 15

- In your AA Big Book, read the bottom of page 64.
- Read page 55 in the BBA.
- Put a name at the top of each resentment inventory worksheet.
- Complete a 2nd column, "the Cause," like the one on page 55 in the BBA. Put "the cause" at the top of your copies per page 57 in the BBA (make sure to do the target).

Meeting 16 - Step 4: Resentment Inventory (Column 3)

Date: October 6, 2026

- Go over the first 4 things in the 3rd column (check it).
- Show how to do the bottom 3 things in the 3rd column (Personal Relationships, Sex Relations, and Pocketbook).
- Show how to do the Realization.
- Show the examples from the packet.

Assignment 16

- Complete the first 4 things in the 3rd column (self-esteem, pride, ambition, and security) on resentment sheets, as instructed in the BBA on pages 56 & 57 and per the examples done with your sponsor.
- As you read BBA pages 62 – 63, put it into your AA Big Book (starting on the bottom of page 66, "We turned back…," to the middle of page 67, "set matters straight").

Meeting 17 - Step 4: Resentment Inventory (Column 3 + Realization)

Date: October 13, 2026

- Go over the first 4 things in the 3rd column (check it).

- Show how to do the bottom 3 things in the 3rd column (Personal Relationships, Sex Relations, and Pocketbook).
- Show how to do the Realization.
- Show the examples from the packet.

Assignment 17

- Complete the 3rd column on resentment sheets, as instructed in the BBA on pages 56 & 57 and per the examples done with your sponsor.
- As you read BBA pages 62 – 63, put it into your AA Big Book (starting on the bottom of page 66, "We turned back…," to the middle of page 67, "set matters straight").

Meeting 18 - Step 4: Resentment Inventory (Column 4)

Date: October 13, 2026

- Answer questions on the 3rd Column
- In your AA Big Book, read pages 65 (bottom) – 67 (this wasn't read before).
- Show how to do some 4th column on the resentment sheets per the BBA pages 60 & 61.
- Write examples – make sure they have a clear understanding and include "harms."

Assignment 18

- Complete all the 4th column + harms

Meeting 19 - Step 4: Column 4

Date: October 20, 2026

- Answer questions on the 4th column, making sure it is complete.
- Read pages 67 & 68 in the AA Big Book, "Fear,".
- Go over pages 64 & 65 in the BBA.
- Show how to do the Fear Grid in the BBA.

- Explain how most fears come from the 3rd column of the resentment inventory, but they should also consider whether they have the opposite fears (the opposite of the fear of failure is the fear of success). Also consider any fears that aren't on the resentment inventory.

Assignment 19

- Finish your entire 4th column (including harms) as it is done in the example on pages 60 & 61 in the BBA.
- Read in the AA Big Book from the bottom of page 67, "Notice the word fear," to the bottom of page 68, "Outgrow fear."
- As you read BBA pages 66 & 67, put it into your AA Big Book pages 67 & 68.
- Tape 2 fear grids together so you have 12 columns instead of 6.
- Put 10 fears in 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 fears list right under the original fear.

Meeting 19 - Step 4: Sex Inventory

Date: October 27, 2026

(Use the 4th Step Example Packet examples of the Sex Inventory and the Sex Ideal.)

- Answer questions on the fear grid.
- Read pages 68 – 71 in the AA Big Book (sex inventory).
- Show how to do the sex inventory like in the BBA on pages 69 – 70.
- Go over list of sex inventory. Create a list..
- Write some examples.
- Explain how to write out a sex ideal as explained in the BBA pages 72 & 73.
- Schedule your 5th step.

Assignment 19

- Complete the Fear Grid as shown on pages 64 & 65 in the BBA.
- Read the AA Big Book page 68 (bottom), "Now about sex…," – page 71.
- As you read BBA pages 71 – 74, put it into your AA Big Book pages 68 – 71.

- Make a list of relationships. (Make a list of only your major relationships the first time through.)
- Put each name at the top of a separate sex inventory sheet as explained on page 69 of the BBA

Meeting 20 - Step 5

Date: November 3, 2026

- Read pages 72 – 75 (top) (Step 5) in the AA Big Book.
- Explain "take it to the grave" stuff.
- Read the promises on page 75.
- Explain how to do Step 6 as on the bottom of page 75 of the AA Big Book, "Returning home…"
- 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.
- Read the transcription of Dan's 6 & 7 talk about defects and the nature of defects, or listen to the audio online at www.bbaworks.com.
- Step 6 Consideration (Review Inventories / Returning Home): As I review each inventory in a contemplative way, I ask myself these considerations:
    - Can I see what's objectionable about this interaction (my behavior, attitude, selfishness, etc.)?
    - Can I see that on my own power I could not have behaved any differently?
    - Is there anything I am clinging to that I am unwilling to let go of?
    - 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

- Complete the inventory sheets like the example on pages 69 & 70 in the BBA.
- Write out a sex ideal as explained in the BBA pages 72 & 73, and per the examples.
- Read pages 72 – 75 (Step 5) in the AA Big Book.
- As you read BBA pages 75 – 77, put it into your AA Big Book.

- If everything is complete, do a 5th Step with your sponsor / step guide.
- STEP 5 CONSIDERATION (as you 5th Step, this is what you discuss):
    - Do I see what is objectionable about this interaction (my behavior, selfishness, attitude, fear, etc.)?
    - Do I see that on my own power I couldn't have behaved any differently?
    - Do I see any behavior or resentment I am still clinging to that I'm willing to let go of?

Meeting 21 - Step 4 Reading

Date: November 10, 2026

- Use this week to catch up on the Step 4 reading and inventory work before moving on. No new assignment this week.
- Try your best to have all of your inventory read and Steps 6 & 7 done by November 17.

Meeting 22 - Step 8 & 9 - Amends

Date: November 17, 2026

- Read the 9th Step in the AA Big Book, pages 76 – 84 (top).
- Review page 81 in the BBA.
- Go over the cards together per page 81 in the BBA.
- Put them in the correct piles per the BBA. Mark Houston says: “How free do you want to be?”
- Now go out and start amends.

Assignment 22

- When you've completed Step 7, get in touch with your sponsor for the next assignment (can be over the phone or in person).
- Go over page 81 in the BBA.
- Make a list (from their 4th Step, in prayer, asking if there are any others not on the 4th Step) per page 81 of the BBA.
- Put them on the cards.
- Do the +/− meditation.
- Read pages 76 – top of 84 in the AA Big Book.

- Put BBA pages 82 – 85 into your AA Big Book.

Meeting 23 - Step 10

Date: November 24, 2026

- Read Step 10 in the AA Big Book, pages 84 & 85.
- Talk about how to live and practice Step 10.
- If you can, listen to Mark Houston and Dan Sherman on Steps 10 & 11 at www.bbaworks.com.

Assignment 23

- Read Step 10 in the AA Big Book, pages 84 & 85.
- Put BBA pages 86 – 88 into your AA Big Book.
- (Optional) Answer STEP 10 CONSIDERATIONS: questions 1 – 30, pages 1 – 2.

Meeting 24 - Step 11

- Read Step 11, pages 85 – 88 in the AA Big Book, together. Talk about how to practice Step 11.
- Review the instructions in the BBA on page 91.

Assignment 24

- In the AA Big Book, read page 85 (bottom) – page 88.
- Put BBA pages 89 – 91 into your AA Big Book.
- (Optional) Answer STEP 11 CONSIDERATIONS: questions 1 – 13, pages 3 – 4.

Meeting 25 - Step 12: Working with Others

Date: December 8, 2026

- Read "Working with Others"
- Go out and give away what has so freely been given to us.

Assignment 25

- Read "Working with Others" in the AA Big Book, pages 89 – 103.
- Put BBA pages 92 – 103 into your AA Big Book.

God bless you.