

**AA's 12 Steps as they are Outlined in the Big Book**  
15-week Big Book Step Study rotation

Date	Step No.	Step	Reading
	STEP 1-1	"We admitted we were powerless over alcohol..." ( <i>food</i> )	The Doctor's Opinion pp. xxiii-xxx
	STEP 1-2	"...and that our lives had become unmanageable."	Chapter 3: More About Alcoholism pp. 30-43
	STEP 2-1	"Came to believe that a Power greater than ourselves..."	Chapter 2: There Is A Solution pp 17-29
	STEP 2-2	"...could restore us to sanity."	Chapter 4: We Agnostics pp. 44-57 <b>~and~</b> Appendix II Spiritual Experience pp. 569-570
	STEP 3	"Made a decision to turn our will and our lives over to the care of God as we understood Him."	Chapter 5: How It Works pp. 58-64
	STEP 4-1	"Made a searching and fearless moral inventory of ourselves." <u>Resentment</u>	Chapter 5: How It Works pp. 63-67
	STEP 4-2	"Made a searching and fearless moral inventory of ourselves." <u>Fear</u>	Chapter 5: How It Works pp. 67-68
	STEP 4-3	"Made a searching and fearless moral inventory of ourselves." <u>Sex</u>	Chapter 5: How It Works pp. 68-71
	STEP 5	"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."	Chapter 6: Into Action pp. 72-75
	STEPS 6&7	"Were entirely ready to have God remove all these defects of character." "Humbly asked Him to remove our shortcomings."	Chapter 6: Into Action pp. 76.
	STEPS 8&9	"Made a list of all persons we had harmed, and became willing to make amends to them all." "Made direct amends to such people wherever possible, except when to do so would injure them or others."	Chapter 6: Into Action pp. 76-84
	STEP 10	"Continued to take personal inventory and when we were wrong promptly admitted it."	Chapter 6: Into Action pp. 84-85
	STEP 11	"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."	Chapter 6: Into Action pp. 85-88
	STEP 12-1	"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics..." ( <i>compulsive overeaters</i> )	Chapter 7: Working with Others pp. 89-96
	STEP 12-2	"...and to practice these principles in all our affairs."	Chapter 7: Working with Others pp. 96-103