

# WESTBORO BIG BOOK STUDY GROUP

All Saints Anglican Church

Saturday Morning 9:00 a.m.

347 Richmond Road (near Churchill)

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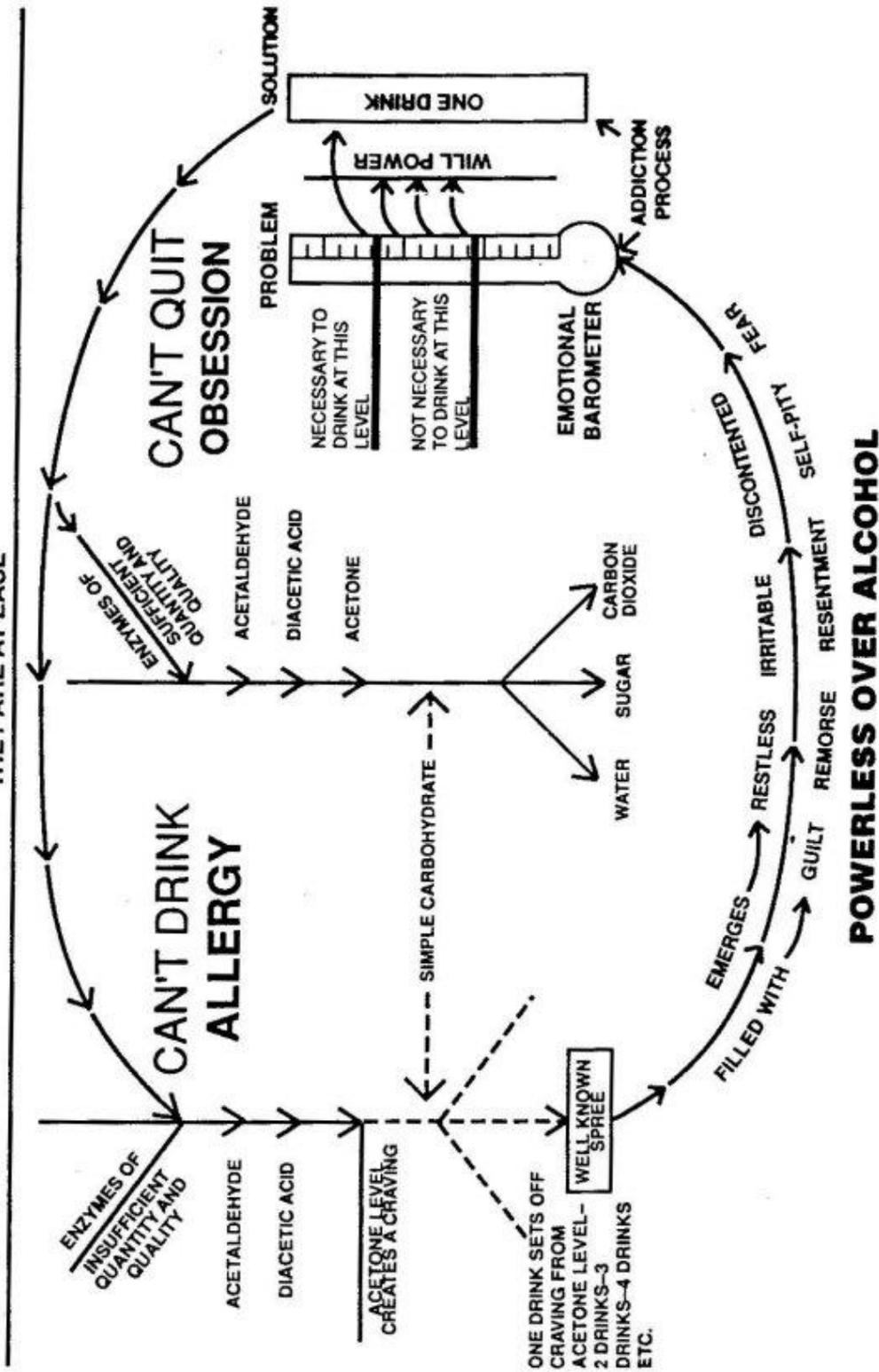
## DISEASE CONCEPT OF ALCOHOLISM

**MENTAL**

**PHYSICAL**

ONE DOES NOT DRINK SAFELY OR HE IS AT DIS-EASE

NINE DRINK SAFELY THEY ARE AT EASE



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## The Doctor's Opinion

(Tape 2 - 00:26:06.9)

Let's look at this picture up here again for just a moment. Over here on this side (left) we can see that because of the allergy we can no longer safely drink alcohol. But as we said before, that's not going to bother us if we don't take the first drink. So apparently the problem is going to be over on this side.

The real problem centers in the mind telling us we can drink,  
rather than in the body that ensures that we can't drink.

The Doctor told us then, and they tell us today there's nothing that can be done for that. So the only possible means of recovery will be to find a way to live where our minds don't tell us it's okay to drink. And we're dealing here with our emotions. We're dealing here with the way we think. We're dealing here with the way that we feel whenever we're sober. We are very, very complex human beings. Not only are we complex physically, but we also are complex mentally too. And all people experience emotions. All people experience from time to time anger, resentment, fear, worry, depression, excitement, elation, guilt, remorse. These are all emotions that all human beings have.

Now somewhere back in our lifetime as we begin to experience those emotions as we grow up, we start seeking a solution to them. And like me when I was a kid growing up I was just an emotional basket case, couldn't hardly function in normal society. Always scared to death, always worried, always angry, always doing things that I shouldn't do and feeling the guilt and the remorse associated with that. Now I used to think that only we alcoholics did that. But I found out today that that's normal as kids grow up, everybody experiences these kinds of feelings. And they start looking for an answer and many people find it in many different ways. Some people find that when they don't feel good emotionally that they can go out here and start working and the excess work seems to make them feel better. Some people find that when they're emotionally fouled up they can eat certain foods and that seems to make them feel better. Some people are into sexuality, that makes them feel better, and some people find that there's establishments like this building (Casino) that if you're emotionally disturbed you can do a little gambling and that makes you feel better. Now it doesn't make any difference what you find that makes you feel better. When you find the solution to that emotional problem your mind has a memory bank, it immediately records the solution. And the reason it does that is the next time you have that emotion problem you don't have to go looking for a solution, your mind feeds it back to you. Well a little gambling made me feel better, or that food made me feel better or that work made me feel better or whatever. Now that's called mental addiction and everybody has that. You know we become mentally addicted to certain types of automobiles, we become mentally addicted to our hairdressers, we become mentally addicted to certain dishwasher products that we use, dish soap. You know we got a problem, we find the answer, the mind records it, feeds it back to us the next time we have the problem.

As a kid growing up I had that emotional problem and one night somebody gave me that drink of moonshine whisky and immediately those problems disappeared, and that great exciting in-control feeling came over me and I was allowed to ask that girl to dance, take her home and get in the back seat of that '36 Chevrolet. It answered my problem that night. My mind immediately recorded what it did for me. The next time I got into a solution (situation) where I didn't feel right, things were not right, my mind said if you could find a drink you'd feel better. And I found a drink of whiskey and by God the magic happened a second time. In other words, alcohol became the solution to my emotional problems. Now if I had been nonalcoholic and that worked for me, that would have been great, but I also had that physical allergy over there on that (left) side. And when I had the problem and I used the solution, it sure enough made me feel better BUT also it triggered the allergy and I would drink more than I intended to drink and I would end up drunk. And I would repeat that cycle over and over and over and over and over again,

the mind causing me to drink,  
the allergy causing me to get drunk. want more

The emotions after coming off the drunk to feed the mind caused me to drink and the drink then would trigger the allergy

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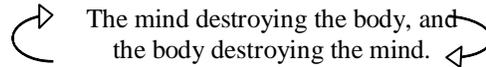
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and as time went by it got worse and worse and worse because this is a progressive illness, the drinking would become harder and harder, the trouble would become more and more. The restlessness, irritability, guilt, remorse became more and more. The emotions became worse and worse (the emotional barometer), to trigger the idea of taking the first drink.



Now somewhere down the line I said to myself one day, 'Charlie, you're gonna have to do something about your drinking'. Now I didn't say you got to quit drinking, I said you're going to have to do something about your drinking.

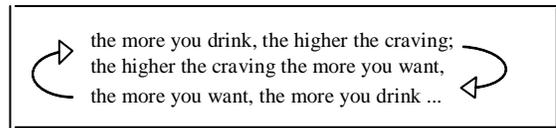
So the first thing we alcoholics do, to do something about our drinking is,

## 1) We decide we're going to control our drinking while drinking.

Tonight we're just going to have two beers, we're just going to have two drinks. Go to the Liquor Store and buy a half a pint cause nobody can get drunk on half a pint. And I spent 3 or 4 or 5, 6 years trying to control my drinking while drinking. Anybody in here ever try to control your drinking while drinking? Well now I can see why

that (controlled drinking) would not work because of the allergy. →

And after 4 or 5, 6 years of trying to control my drinking while drinking I said to myself one day, 'Charlie, I don't believe you can drink anymore'. Took me a long time to realize it. And I said I don't believe you can drink anymore. So what do we alcoholics do when we finally decide we can't drink anymore?



## 2) We trot out the most useful tool we have and we put it right there, and it's called WILLPOWER.

And we say sick him will, we're through with that drinking, we'll never take another drink as long as we live. Now believe me, you people that are non-alcoholic, when we say we're going to quit drinking, that is exactly what we intend to do. You see we are strong-willed people. We can use our willpower to handle all other problems and we assume that we can use willpower here and we really intend to quit drinking. Now as the days went by, I haven't done anything about my emotions by the way,

I'll just quit drinking,  
and as the days go by these emotions begin to build up.  
The fear, the guilt, the remorse, the shame, the worry,  
the depression, becomes worse and worse.

the resulting effect when  
sobriety is based on willpower

It's not the big things in life that kill us, it's the things that all people have to go through on a daily basis in life. It's getting up every damn morning and going to work, it's a bitching wife, it's a griping husband, it's screaming kids, it's burnt bacon, it's broken shoe-strings, it's flat tires. All the things that everybody has to go through and these emotions start building up (emotional barometer). Now after a while the mind says, 'a drink would make you feel better'. But remember I put willpower in here, and willpower said, 'no siree we're not going to drink, we quit', and that day we don't drink. The next day the emotions are still here and they're building up a little higher and a little higher and a little higher and it said, 'God a drink would make me feel good, and the mind said, 'no siree we've quit drinking, we ain't never going to drink again'. The next day the emotions are still here and they're building up a little higher and a little higher, and your mind begins to say, 'well hell you've been sober 90 days, you've proven you're not an alcoholic, one drink wouldn't hurt anybody'. Your mind says, 'no, we're not going to do that, we've quit drinking, hell we've sworn off, we'll never take another drink'. The next day the emotions are still here and there building up higher and higher and the mind says, 'by golly anybody's been sober 92 days owes them self a drink'. And we begin to think about that great exciting in-control feeling that comes with one or two drinks. We begin to think about the sense of ease and comfort that Dr. Silkworth talks about here.

And as we begin to think about what alcohol is going to do for us,  
it begins to push out the idea of what it does to us.

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And we begin to forget the jailhouse, we forget the last car wreck, we forget the divorce courts and the hospitalization and the mind begins to key in on one thing and one thing only, what it's going to do for us. Then when the desire to drink comes, willpower's no longer there. Cause you see the only time willpower is there is when the mind sees something wrong with what it wants to do, and just before we drink, we don't see anything wrong with drinking.

willpower becomes non-existent, we take the drink we trigger the allergy  
we go through the well know stages of a spree  
we emerge remorseful with a firm resolution not to do this again.

And we repeat that cycle over and over and over.

The body destroying the body over here (left hand side),  
the mind over here causing us to drink more and more (right hand side).

if you can't safely drink because of the body  
and if you can't quit because of the mind,  
then you've become absolutely powerless over alcohol.

And that's our problem. Now if you're going to solve a problem you got to be able to attack it somewhere. I can't attack it over here (physical), can't do nothing about that, maybe I can attack it over here (mental).

If I could find a way to live where I could be sober and not be restless, irritable and discontented.

If I could find a way to live where I could be sober and not be filled with shame, fear, guilt, and remorse, just maybe I could find a way to live where I could have peace of mind, serenity and happiness.

Maybe I could find a way to live where I could be sober and have that great sense of ease and comfort that comes at once by taking a couple of drinks.

Maybe I could find a way to live where I don't need to take a drink in order to make me feel better, and that's called recovery.

the program of recovery that's found in the Big Book of Alcoholics Anonymous

As we use our program, as we go through the steps,

these kinds of feelings down here begin to disappear, guilt, remorse, resentment, self-pity, fear

and they begin to be replaced with peace of mind, serenity, and happiness.

And under those conditions our emotions do not build up to the level that suggest we take a drink to feel better, because we already feel better. That's what the 12 steps of Alcoholics Anonymous do for us. Fellowship alone will not bring that about, the program will.

Let's read the very next statement in the Big Book,

*Big Book p. xxvii, par. 2 "On the other hand--and strange as this may seem to those who do not understand--once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, suddenly finds himself easily able to control his desire for alcohol, the only effort necessary being that required to follow a few simple rules."*

J & C And as Charlie said, those few simple rules are the twelve steps of Alcoholics Anonymous. And our book says that in the Twelve and Twelve, that if you practice as a way of life will expel the obsession to drink and make the person happily and usefully whole. And that is called recovery, and that's is exactly what the twelve Steps of Alcoholics Anonymous is all about.

(Tape 2 -00:40:02.0)  
14 minutes

Twelve Steps and Twelve Traditions  
Foreword p. 15, par. 3

A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole.