

Topics for Discussion

Topic	BB	12	Column 1 is "Topic for Discussion" BB & 12 are Page Numbers in BB & 12x12 Quotes are in last Column
Action is Key		106	The joy of living is the theme of A.A.'s Twelfth Step, and action is its key word.
Action is Key		125	right action is the key to good living
Be Helpful	89		To be helpful is our only aim.
Control	61		Is he not a victim of the delusion that he can wrest satisfaction and happiness out of this world if he only manages well?
Control	413		if I could just control the external environment, the internal environment would then become comfortable
Control		37	We are certain that our intelligence, backed by willpower, can rightly control our inner lives and guarantee us success
Deep Down	55		deep down in every man, woman, and child, is the fundamental idea of God
Enemy		94	our ancient enemy, rationalization, has stepped in and has justified conduct which was really wrong
Enemy		138	the good is the enemy of the best
Enemy, Greatest	145		The greatest enemies of us alcoholics are resentment, jealousy, envy, frustration, and fear.
Essential	13		Belief in the power of God, plus enough willingness, honesty and humility ... were the essential requirements.
Essential	568		Willingness, honesty and open mindedness are the essentials of recovery
Essential	xxix		One feels that something more than human power is needed to produce the essential psychic change
Faith	55		We finally saw that faith in some kind of God was a part of our make-up, just as much as the feeling we have for a friend.
Faith Alone	93		faith alone is insufficient. To be vital, faith must be accompanied by self sacrifice and unselfish, constructive action
Faith Alone		34	faith alone can avail nothing. We can have faith, yet keep God out of our lives.
Fighting, Stop	84		And we have ceased fighting anything or anyone—even alcohol
Fighting, Stop	85		We are not fighting it, neither are we avoiding temptation.
Fighting, Stop	103		we have stopped fighting anybody or anything. We have to
Fighting, Stop	298		an alcoholic cannot fight alcohol.
Fighting, Stop		27	I had only to stop fighting and practice the rest of A.A.'s program as enthusiastically as I could.
Fitting In	281		I felt different. I didn't fit in.
Fitting In	310		I didn't fit in.
Fitting In	377		For the first time I felt as if I fit in.
Fitting In	422		I just didn't quite fit in.
Freedom	206		this was freedom! Freedom from anger and fear, freedom to know happiness, and freedom to know love
Freedom	276		I have known a great deal of joy and a peace that is the handmaiden of an inner freedom
Freedom	521		And I finally have the freedom of believing that it is all right not to know
Freedom	552		The only real freedom a human being can ever know is doing what you ought to do because you want to do it
Freedom		73	to gain a vision of humility as the avenue to true freedom of the human spirit
Give it Away	345		Commitment and service were part of recovery. I was told that to keep it we have to give it away.
Give it Away		151	It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away.
Great Reality	55		We found the Great Reality deep down within us.
Great Reality	161		the Great Reality—their loving and All Powerful Creator
Happy, Joyous, Free	133		We are sure God wants us to be happy, joyous, and free.
Honesty	13		Belief in the power of God, plus enough willingness, honesty and humility ... were the essential requirements.
Honesty	65		Nothing counted but thoroughness and honesty.
Honesty	568		Willingness, honesty and open mindedness are the essentials of recovery
Honesty		72	We never thought of making honesty, tolerance, and true love of man and God the daily basis of living
Humility	13		Belief in the power of God, plus enough willingness, honesty and humility ... were the essential requirements.
Humility	566		It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility.
Humility		30	humility and intellect could be compatible, provided we placed humility first.
Humility		33	True humility and an open mind can lead us to faith
Humility		70	For without some degree of humility, no alcoholic can stay sober at all.
Humility		70	Indeed, the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps.
Humility		71	our crippling handicap had been our lack of humility.
Humility		72	That basic ingredient of all humility, a desire to seek and do God's will, was missing.
Humility		73	So it is that we first see humility as a necessity.
Humility		75	Everywhere we saw failure and misery transformed by humility into priceless assets.
Humility		75	humility had brought strength out of weakness.
Humility		76	The Seventh Step ... permits us, with humility as our guide, to move out from ourselves toward others and toward God.
Humility		153	humility [is] the main key to sobriety.
Humility		187	We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have
Indispensable	76		We have emphasized willingness as being indispensable.
Indispensable	568		Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable
Joy	132		We absolutely insist on enjoying life.
Joy of...	15		joy of living
Joy of...	164		joy of helping others
Joy of...	333		pure joy of the laughter
Joy of...	431		sheer joy of being alive
Joy of...	451		joy of useful, sober living
Joy of...	521		joy of a common solution
Joy of...		106	The joy of living is the theme of A.A.'s Twelfth Step, and action is its key word.
Joy of...		125	the joy of good living is the theme of A.A. Twelfth Step

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Magic in Meetings	467		I found the Power greater than myself to be the magic above the heads of the people in the meetings
Main Problem	23		the main problem of the alcoholic centers in his mind
Middle-of-the-Road	25		there is no middle-of-the-road solution
Misery	133		...we made our own misery, God didn't do it.
Obviously	45		We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously
Only Condition	98		The only condition is that he trust in God and clean house.
Open Mind	568		Willingness, honesty and open mindedness are the essentials of recovery
Open Mind		33	True humility and an open mind can lead us to faith
Our Code	84		Love and tolerance of others is our code.
Our Job	102		Your job now is to be at the place where you may be of maximum helpfulness to others.
Our Real Purpose	77		Our real purpose is to fit ourselves to be of maximum service to God and the people about us
Power of God	52		we had to stop doubting the power of God. Our ideas did not work. But the God idea did
Power of God	114		The power of God goes deep!
Power of God	130		a great sense of purpose, accompanied by a growing consciousness of the power of God in our lives
Purpose of Big Book	20		"What do I have to do?" It is the purpose of this book to answer such questions specifically
Purpose of Big Book	45		But where and how were we to find this Power? Well, that's exactly what this book is about.
Purpose of Big Book	iv		To show other alcoholics precisely how we have recovered is the main purpose of this book
Relax	86		We relax and take it easy. We don't struggle.
Relax		100	let us relax and breathe deeply of the spiritual atmosphere
Resentment	64		Resentment is the "number one" offender. It destroys more alcoholics than anything else
Resentment	66		a life which includes deep resentment leads only to futility and unhappiness
Resentment	66		this business of resentment is infinitely grave.
Resentment	117		resentment is a deadly hazard to an alcoholic
Resentment	145		The greatest enemies of us alcoholics are resentment, jealousy, envy, frustration, and fear.
Resentment	468		Every response to every resentment, real or imagined, had been sick and self-destructive
Resentment	559		we cannot afford resentments and self-pity, so we learn to avoid these festering mental attitudes
Resentment		47	something had to be done about our vengeful resentments, self-pity, and unwarranted pride
Resentment		90	It mattered little whether our resentments were justified or not.
Resentment Prayer	67		We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend
Resentment Prayer	552		If you have a resentment you want to be free of, if you will pray for the person or the thing that you resent, you will be free.
Self-knowledge	7		Surely this was the answer—self-knowledge. But it was not, for the frightful day came when I drank once more. (Bill W)
Self-knowledge	36		He had much knowledge about himself as an alcoholic. Yet all reasons for not drinking were easily pushed aside
Self-knowledge	38		we understand ourselves so well after what you have told us that such things cannot happen again
Self-knowledge	39		But the actual or potential alcoholic ... will be absolutely unable to stop drinking on the basis of self-knowledge.
Self-knowledge	40		Self-knowledge would fix it.
Self-knowledge	42		I saw that will power and self-knowledge would not help in those strange mental blank spots.
Self-knowledge	330		I knew too much about the disease, had too much self-knowledge to ever fall prey
Sensitive	125		We alcoholics are sensitive people.
Sensitive		123	most of the alcoholics under investigation were still childish, emotionally sensitive, and grandiose.
Spearheads	49		[we are] intelligent agents, spearheads of God's ever advancing Creator
Spiritual Progress	60		We claim spiritual progress rather than spiritual perfection.
Spiritual Progress	64		When the spiritual malady is overcome, we straighten out mentally and physically.
Spiritual Progress	100		Both you and the new man must walk day by day in the path of spiritual progress.
Spiritual Progress	127		For us, material well-being always followed spiritual progress; it never preceded.
Spiritual Progress		93	pain [is] the touchstone of all spiritual progress
The Rule	74		The rule is we must be hard on ourself, but always considerate of others.
The Rule	118		Live and let live is the rule.
The Rule		149	Don't take yourself too damn seriously. (Rule #62)
Tolerance	83		asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love
Tolerance	84		Love and tolerance of others is our code.
Tolerance	118		Patience, tolerance, understanding and love are the watchwords.
Tolerance		72	We never thought of making honesty, tolerance, and true love of man and God the daily basis of living
Watchwords	84		Continue to watch for selfishness, dishonesty, resentment, and fear.
Watchwords	118		Patience, tolerance, understanding and love are the watchwords.
Willingness	12		There had been a humble willingness to have Him with me -- and He came.
Willingness	13		Belief in the power of God, plus enough willingness, honesty and humility ... were the essential requirements.
Willingness	46		as soon as we ... express even a willingness to believe in a Power greater than ourselves, we commenced to get results
Willingness	76		We have emphasized willingness as being indispensable.
Willingness	124		We grow by our willingness to face and rectify errors and convert them into assets.
Willingness	568		Willingness, honesty and open mindedness are the essentials of recovery
Willingness		34	There is only one key, and it is called willingness.
Willingness	40		When he acquires willingness, he is the only one who can make the decision to exert himself
Willingness		91	a willingness to admit when the fault is ours, and an equal willingness to forgive when the fault is elsewhere.