



Workbook
Looking at the Literature
Lesson 4

ENTER YOUR INFORMATION

Type your Name:
Type your Email:
Type your Phone:

WORKBOOK LESSON INSTRUCTIONS

Type in your answer, below each question.
Some answers may be longer than others.

You must decide how much the question requires for a thorough answer.

Three parts of the text:

1. The Program
2. The Personal Stories
3. Appendices

1. TEXT TREASURE HUNT

Read the last paragraph, beginning "While the internal difficulties..." on page xix, in the 4th edition of the Alcoholics Anonymous text.

What does this paragraph say, about AA's original Recovery Rates?

Type your answer here:

2. Are these Recovery Rates much higher, than the one's today?... Why?

Type your answer here:

Meeting/Group -----> CLASS

Sponsor/Counselor -----> TEACHER

Book -----> TEXT

3. How does changing these words change your perception?... Do you commit to bringing your text, pen, highlighters and a notebook/journal to CLASS?

Type your answer here:

4. TEXT TREASURE HUNT 1

We've already seen that "Fellowship" and "Society" are capitalized in the Preface, to denote that they are "Powers Greater than ourselves".

Can you find the Capitalized Higher Powers, on these pages?...

- Bill's Story (page 4)
- Boss Universal (page 11)
- We Agnostics (page 53)
- A Vision for You (page 151)
- We Agnostics (page 55)
- A Vision for You (page 161)

Why is "fellowship" not capitalized, on page 152?...

Type your answer here:

5. TEXT TREASURE HUNT 2

Pick one of the Personal Stories to read in the Alcoholics Anonymous Text.

Which story did you pick?... How did it impact you?

Type your answer here:

ACTION JOURNAL

Track your daily recovery actions on your Weekly Action Journal (see last page).

SUBMIT YOUR WORKBOOK LESSONS & ASSIGNMENTS

1. Save your completed workbook lesson:

Save your completed workbook lesson as [LastName]_[FirstName]_[Assignment Name]

Example:

Doe_John_Cycle of Addiction_part 1

2. Attach & Email to your Recovery Coach

Include your [LastName], [FirstName] & [Assignment Name] in the Subject Line of your Email

WEEKLY ACTION JOURNAL

Plot your daily actions on this schedule to track your recovery and life skill progress.

Name: _____

Week of: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
7am							
8am							
9am							
10am							
11am							
Noon							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							
Midnight							