

Idiots Guide to the Twelve Steps for Controllers/Fixers/Obsessors

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Reformatted to have the same page numbering as the AA Idiot's guide.
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The Big Book of Alcoholics Anonymous never tells us directly how to work the first two steps. In the portion of "How It Works" read at many meetings, we hear "Our description of the controller/fixer/obsessor, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas. That we were controllers/fixers/obsessors and could not manage our own lives, that probably no human power could have relieved us of our addiction to adrenaline, and that God could and would if He were sought." [Pages 58-60]

What is not read is the sentence which follows; "Being convinced, we were at Step Three." Convinced of what? The answer is right there; "Convinced of these three pertinent ideas." And how do we get convinced? We read the description of the controller/fixer/obsessor, the chapter to the agnostic, and the personal experiences before and after, that are specifically designed to "make clear these three pertinent ideas." In the original manuscript, it read that if we were not convinced, "we ought to reread the book to this point or else throw it away."

We compare our experiences; the way we thought, felt, and used adrenaline with the experiences of the people described in the book, to see how they match up, this is how we take steps one and two. Relating to their experiences may create a problem for the modern reader. The English of today is significantly different from that of 1939 when this book was first published. If you have ever tried to read Shakespeare, you are perhaps aware of the effect time has upon language. Going through the Big Book in the way described here should help you overcome this language problem, and give you an understanding of the Big Book which is reflected in your own experience. You may begin to see the Big Book in a new light, and perhaps it will have real meaning in your own life today.

Much of this workbook consists of statements from the Big Book which have been turned into questions. We found it helpful to view the book in this light rather than as a book of answers; the answers you will find only in your own experience, and within your own heart. For the sake of clarity, some questions are paraphrased rather than directly quoted. If there is something you relate to, describe it, and ask yourself "What was my experience with this? Did this happen to me? Did I feel like this? Think like this? Did I give into my addiction to adrenaline and create chaos in my life?" This is not a homework assignment where we try to get through it as quickly as we can with a minimum effort. If you are really a controller/fixer/obsessor, having an understanding of these steps means the difference between life and death. This workbook is set up to be used by controllers/fixers/obsessors. We ask you only to try to keep an open mind.

This workbook is **not meant to replace** the Big Book of Alcoholics Anonymous, it is meant to be used along with it. Read through the book as you answer each question. The authors hope you will find this way of working the steps as enlightening as we have. Because of the difficulty many of us have had in keeping an open mind, we began with this prayer:

The Set Aside Prayer

**"God please enable me to set aside everything I think I know
about myself, recovery, You and the Twelve Steps;
that I might have an open mind and a new experience."**

Idiots Guide To The Remote Controller

A Gutmann



Idiots Guide To The Remote Controller:

Unveiling the Power of Verbal Art: An Mental Sojourn through **Idiots Guide To The Remote Controller**

In a global inundated with screens and the cacophony of immediate connection, the profound power and psychological resonance of verbal beauty often disappear in to obscurity, eclipsed by the continuous onslaught of noise and distractions. Yet, nestled within the musical pages of **Idiots Guide To The Remote Controller**, a captivating perform of fictional elegance that impulses with fresh emotions, lies an unforgettable trip waiting to be embarked upon. Written with a virtuoso wordsmith, this enchanting opus instructions readers on a mental odyssey, gently exposing the latent potential and profound influence embedded within the complicated web of language. Within the heart-wrenching expanse of this evocative analysis, we can embark upon an introspective exploration of the book is key styles, dissect its interesting publishing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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Idiots Guide To The Remote Controller Introduction

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