

## "Working with Others For Dummies"

- 1) Do not start out as an evangelist or reformer. 89:3
- 2) Find out all you can about the newcomer 90:1
- 3) ...put yourself in his place, to see how you would like him to approach you... 90:2
- 4) Don't deal with him when he is very drunk. 90:3
- 5) See your man alone (without family members present) 91:3
- 6) Encourage him to speak of his drinking. If he wishes to talk, let him do so 91:3
- 7) ...give him a sketch of your drinking career up to the time you quit. But say nothing, for the moment, of how that was accomplished. 91:3
- 8) Be careful not to moralize or lecture 91:3
- 9) Describe yourself as an alcoholic 91:4
- 10) Tell him how baffled you were, how you finally learned that you were sick. 92:0
- 11) Give him an account of the struggles you made to stop. 92:0
- 12) Show him the mental twist which leads to the first drink of the spree. 92:0
- 13) Show him, from, your own experience, how the queer mental condition surrounding that first drink prevents normal functioning of the will power. 92:1
- 14) Be careful not to brand him as an alcoholic. Let him draw his own conclusions.  
92:1 (*Suggestion: Perhaps this is a good time to ask the prospects the two questions from 44:1*)
- 15) Continue to speak of alcoholism as an illness, a fatal malady. Talk about the conditions of body and mind which accompany it. Keep his attention focused mainly on your personal experience. Explain that many are doomed who never realize their predicament. 92:2
- 16) Let him ask you that question (how you got well). 93:0
- 17) Tell him exactly what happened to you. 93:0 (HINT: *"I accessed a Power that did for me what I couldn't do for myself"*)
- 18) Stress the spiritual feature freely. 93:0 (HINT: *Explain the difference between Spirituality and Religion*)
- 19) ...he does not have to agree with your conception of God. He can choose any conception he likes, provided it makes sense to him. The main thing is that he be willing to believe in a Power greater than himself and that he live by Spiritual (NOTE: NOT RELIGIOUS) Principles. 93:0

- 20) Use everyday language to describe spiritual principles. 93:1
- 21) Let him see that you are not there to instruct him in religion. 93:2
- 22) Outline the program of action...how you made a self-appraisal, how you straightened out your past and why you are endeavoring to be helpful to him. 94:1
- 23) Make it plain that he is under no obligation to you, that you hope only that he will try to help other alcoholics when he escapes his own difficulties. 94:1
- 24) ...***disturb*** him about the question of alcoholism. 94:1
- 25) On your first (conversation), tell him about the Fellowship of Alcoholics Anonymous. 94:2
- 26) Sometimes a new man is anxious to proceed at once. And you may be tempted to let him do so. This is ***sometimes*** a mistake. (NOTE: remember, this our ***first*** conversation.) 95:1
- 27) Never talk down to an alcoholic from any moral or spiritual hilltop. 95:1
- 28) Simply lay out the kit of spiritual tools for his inspection. 95:1
- 29) Show him how they worked with you. 95:1
- 30) Offer him friendship and fellowship. 95:1
- 31) Tell him if he wants to get well you will do anything to help. 95:1
- 32) He should not be pushed or prodded...If he is to find God, the desire must come from within. 95:3
- 33) Encourage him to follow his own conscience. We have no monopoly on God; we merely have an approach that worked for us. 95:4
- 34) Do not be discouraged if your prospect does not respond at once. Search out another alcoholic and try again. 96:1
- 35) Find someone desperate enough to accept with eagerness what you offer. We find it a waste of time to keep chasing a man who cannot or will not work with you.....To spend too much time on any one situation is to deny some other alcoholic an opportunity to live and be happy. 96:1
- 36) ON THE SECOND (CONVERSATION): (If) he says he is prepared to go through with the Twelve Steps of the program...you can give him much practical advice. 96:2
- 37) Let him know you are available if he wishes to make a decision (*Step Three*) and tell his story (*take Steps Four & Five*) but do not insist upon it if he prefers to consult with someone else (*get another Sponsor*). 96:2

- 38) He may be broke and homeless. If he is, you might try to help him about getting a job, or give him a little financial assistance. But you should not deprive your family or creditors of money they should have. Perhaps you will want to take the man into your home for a few days. But be sure you use discretion. Be certain he will be welcomed by your family, and that he is not trying to impose upon you for money, connections, or shelter. Permit that and you only harm him. You will be making it possible for him to be insincere. You may be aiding in his destruction rather than his recovery. *(Hint: Don't be an enabler)* 96:3-97:0
- 39) A kindly act once in a while isn't enough. *You have to act the Good Samaritan every day, if need be.* 97:1
- 40) Never avoid these responsibilities... It may mean the loss of many nights' sleep, great interference with your pleasures, interruptions to your business. It may mean sharing your money and your home, counseling frantic wives and relatives, innumerable trips to police courts, sanitariums, hospitals, jails and asylums. Your telephone may jangle at any time of the day or night. Your wife may sometimes say she is neglected. A drunk may smash the furniture in your home, or burn a mattress. You may have to fight with him if he is violent. Sometimes you will have to call a doctor and administer sedatives under his direction. Another time you may have to send for the police or an ambulance. Occasionally you will have to meet such conditions. 97:1
- 41) We seldom allow an alcoholic to live in our homes for long at a time. It is not good for him, and it sometimes creates serious complications in a family. 97:2
- 42) The family should be offered your way of life. 97:3  
Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust in God and clean house. 98:2
- 43) Argument and fault-finding are to be avoided like the plague. In many homes this is a difficult thing to do, but it must be done if any results are to be expected. If persisted in for a few months, the effect on a man's family is sure to be great. 98:3-99:0
- 44) ...(he must) continue to demonstrate that he can be sober, considerate and helpful, regardless of what anyone says or does. 99:1

- 45) If there be divorce or separation, there should be no undue haste for the couple to get together.....When the time for living together has come, it will be apparent to both parties. 99:2
- 46) Remind the prospect that his recovery is not dependent upon *people*. It is dependent upon his relationship with **God**. 99:3-100:0
- 47) Assuming we are ***spiritually fit***, we can do all sorts of things alcoholics are not supposed to do. 100:4 ....Be sure (they) are on ***solid spiritual ground***....and that (their) ***motive in going is thoroughly good***. 102:0
- 48) Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful. You should not hesitate to visit the most sordid spot on earth on such an errand. Keep on the firing line of life with these motives and God will keep you unharmed. 102:2
- 49) Never show intolerance or hatred of drinking as an institution....we are not witch burners. A spirit of intolerance might repel alcoholics whose lives could have been saved, had it not been for such stupidity....we shall be of little use if our attitude is one of bitterness or hostility. Drinkers will not stand for it. 103:1-2

**And always remember:** "Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail....

- 50) ...Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail.....(89:1).....because of your own drinking experience you can be uniquely useful to other alcoholics. 89:3

***Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss.*** 89:2