

	<b>Tool</b>	<b>Description</b>	<b>Source</b>
1.	ESSENTIALS OF RECOVERY	<b>–"Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable."</b>	<b>BIG BOOK, SPIRITUAL EXPERIENCE, PAGE 568</b>
2.	IMPORTANCE OF ATTENDING AA MEETINGS ON A REGULAR BASIS	<b>–"...every AA meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him."</b>	<b>TWELVE STEPS AND TWELVE TRADITIONS, PAGE 33</b>
3.	READING AND STUDYING THE BIG BOOK DAILY & ATTENDING BIG BOOK STUDY GROUPS REGULARLY	<b>–"To show other alcoholics <i>precisely how we have recovered</i> is the main purpose of this book."</b>	<b>BIG BOOK, PAGE xiii</b>
4.	PREAMBLE	<b>–"Alcoholics Anonymous is a fellowship..."</b>	<b>BIG BOOK, PAGE xiii</b>
5.	SPONSORSHIP	<b>"Our sponsors declared that we were the victims of a mental obsession so subtly powerful that no amount of human willpower could break it."</b>	<b>TWELVE STEPS AND TWELVE TRADITIONS, PAGE 22</b>
6.	SERENITY PRAYER & ACCEPTANCE	<b>–"And acceptance is the answer to <i>all</i> my problems today... Until I could accept my alcoholism, I could not stay sober."</b>	<b>BIG BOOK, PAGE 417</b>
7.	PRACTICING THE 12 STEPS	<b>–"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."</b>	<b>TWELVE STEPS AND TWELVE TRADITIONS, FOREWORD, PAGE 15</b>
8.	AA SLOGANS	<b>–"First Things First, Live and Let Live, Easy Does It, " etc..</b>	<b>BIG BOOK, PAGE 135</b>
9.	HIGHER POWER	<b>–"Why don't you choose your own conception of God?"</b>	<b>BIG BOOK, PAGE 12</b>

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10.	RECOGNIZING SYMPTOMS OF RELAPSE	<b>–"Then he fell victim to a belief which practically every alcoholic has..."</b>	<b>BIG BOOK, PAGE 32</b>
11.	STAYING CLOSE TO DRUNKS ON THE WARDS <b>-"</b>	<b>–"Many times I have gone to my old hospital in despair. In talking to a man there, I would be amazingly lifted up and set on my feet. It is a design for living that works in rough going."</b>	<b>BIG BOOK, PAGE 15</b>
12.	LAUGHTER	<b>–"There is, however, a vast amount of fun about it all."</b>	<b>BIG BOOK, PAGE 16</b>
13.	ANONYMITY	<b>–"The spiritual substance of anonymity is sacrifice."</b>	<b>TWELVE STEPS AND TWELVE TRADITIONS, PAGE 184</b>
14.	ATTITUDE OF GRATITUDE	<b>–"My gratitude toward AA grows each day I am sober."</b>	<b>EXPERIENCE, STRENGTH AND HOPE, PAGE 366</b>
15.	PRACTICE PATIENCE AND TOLERANCE	<b>–"Patience, tolerance, understanding and love are the watchwords."</b>	<b>BIG BOOK, PAGE 118</b>
16.	TWELVE TRADITIONS	<b>–"Without unity, the heart of AA would cease to beat."</b>	<b>TWELVE STEPS AND TWELVE TRADITIONS, PAGE 129</b>