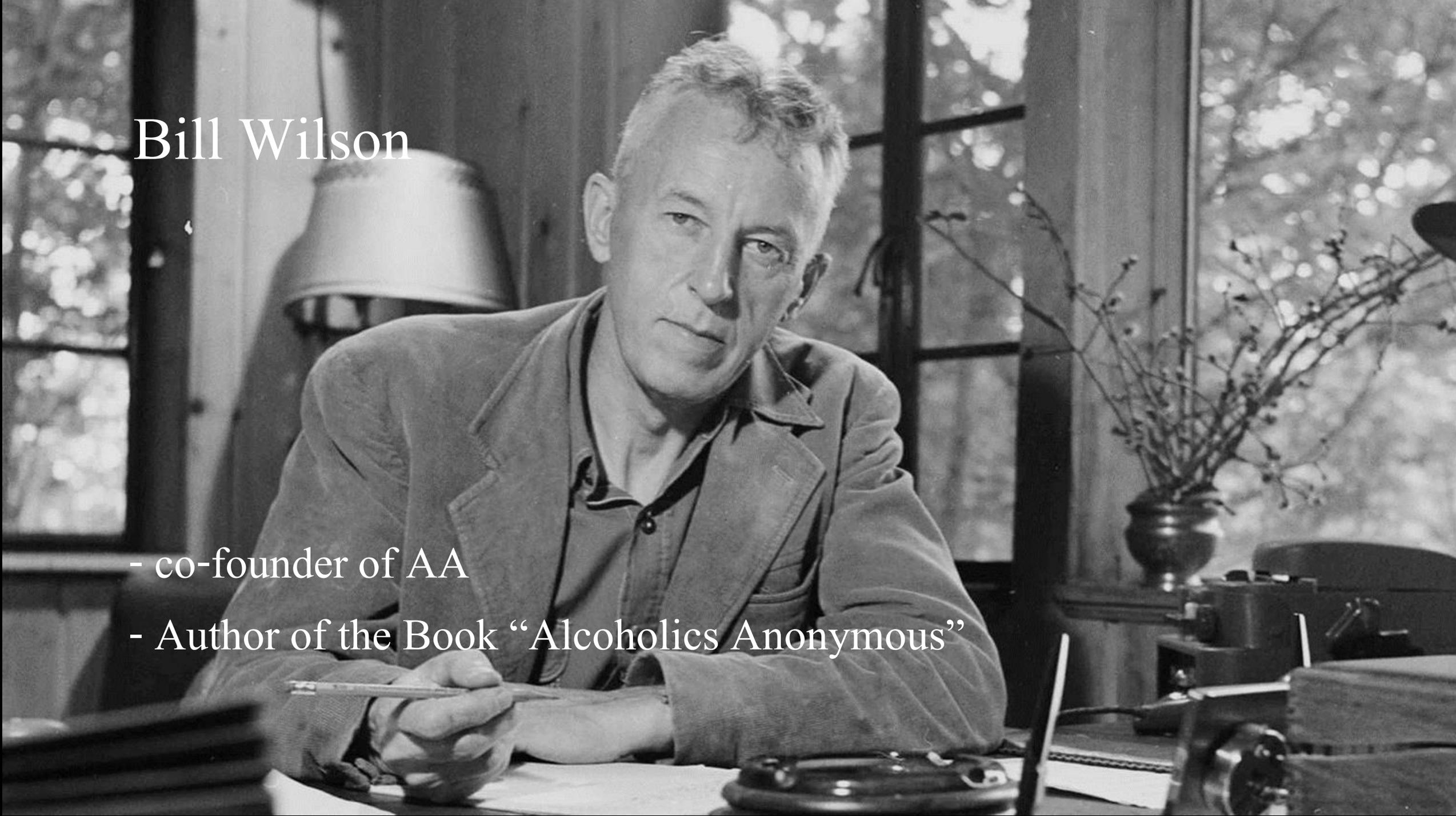


If, when you honestly want to, you find you cannot quit entirely,
or if when drinking, you have little control over the amount you take,
you are probably alcoholic.

If that be the case, you may be suffering from an illness which only a spiritual experience
will conquer.

- Bill Wilson

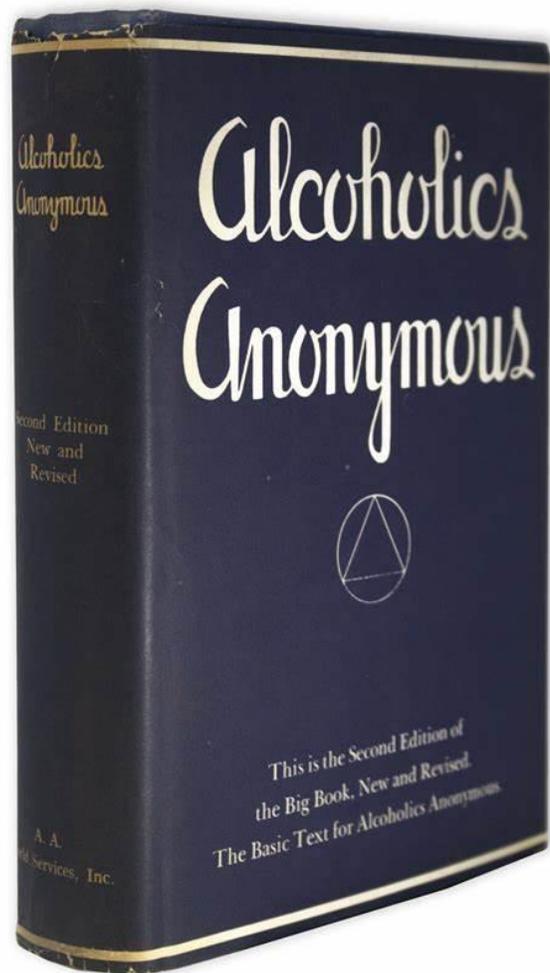
P. 44 Alcoholics Anonymous



Bill Wilson

- co-founder of AA

- Author of the Book “Alcoholics Anonymous”



- First published, April 10th 1939.
- Where the fellowship gets its name.
- Intended to be used as an instruction manual on how to get sober
- Contains the original message and program of recovery (the 12 steps)
- Is best utilized one alcoholic working with another.

If, when you honestly want to, **you find you cannot quit entirely**,
or if when drinking, you have little control over the amount you take,
you are probably alcoholic.

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will conquer.

= Mental Obsession

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you are probably alcoholic.

If that be the case, you may be suffering from an illness which only a spiritual experience
will conquer.

= Physical Allergy (craving)

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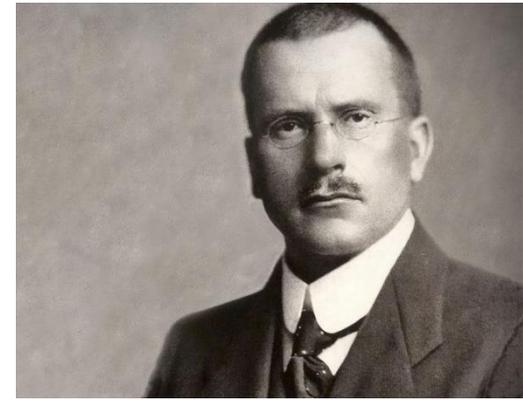
If that be the case, you may be suffering from an illness which **only a spiritual experience
will conquer.**

= Character Transformation / Change in outlook on life.



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Swiss psychiatrist and psychoanalyst

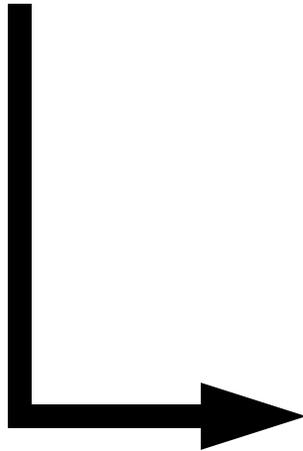


Rowland Hazard iii



Pass down
The
Spiritual
Solution

Explains the
dilemma of a
chronic
alcoholic



Bill Wilson
co-founder of AA

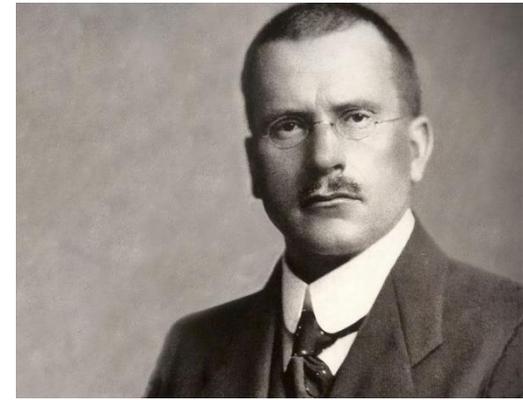
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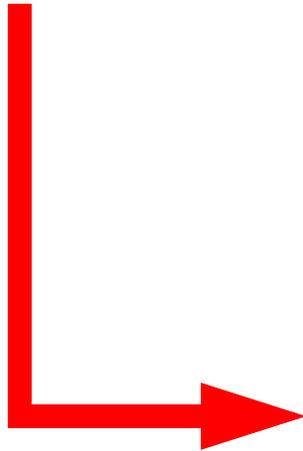


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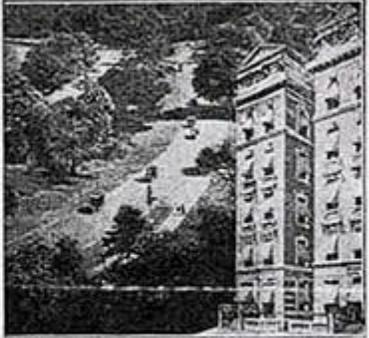


Doctor Silkworth
Director Towns Hospital
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Addiction

CHARLES B. TOWNS HOSPITAL
293 Central Park West New York, New York
For ALCOHOLISM and DRUG ADDICTION

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having an ad-
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invited to write
for Hospital
literature.

This institution has specialized in addictions for over 30 years. Its method of treatment has been fully described in THE JOURNAL A. M. A.; in The Handbook of Therapy, from the A. M. A. Press; and in other scientific literature. The treatment is a regular hospital procedure, and provides a definite means for eliminating the toxic products of alcohol and drugs from the tissues. A complete Department of Physical Therapy, with gymnasium and other facilities for physical rebuilding, is maintained. Operated as an "open" institution. Physicians are not only invited but urged to accompany and stay with their patients.



Located Directly
Across from Central Park

- Treated over 40,000 alcoholics and was considered a world leading expert in his field.

- Published several studies on Alcoholism to the Medical world

Explains the dilemma of a chronic alcoholic

“They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks—drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over”

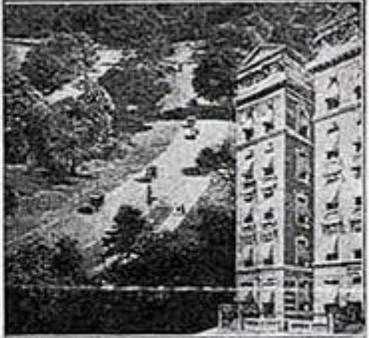


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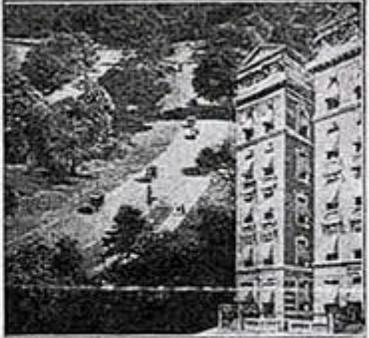


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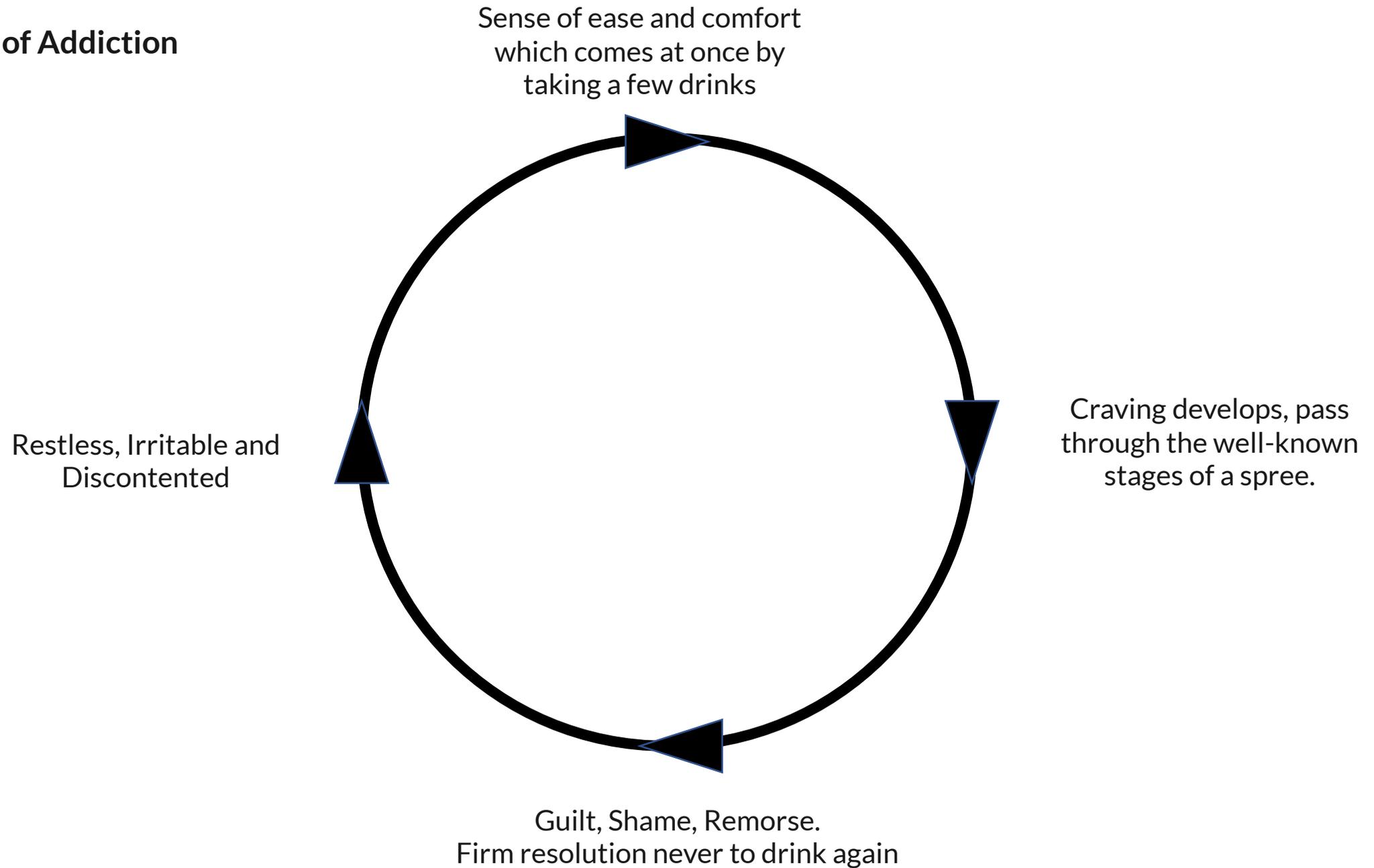
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Cycle of Addiction



Cycle of Addiction

Sense of ease and comfort
which comes at once by
taking a few drinks

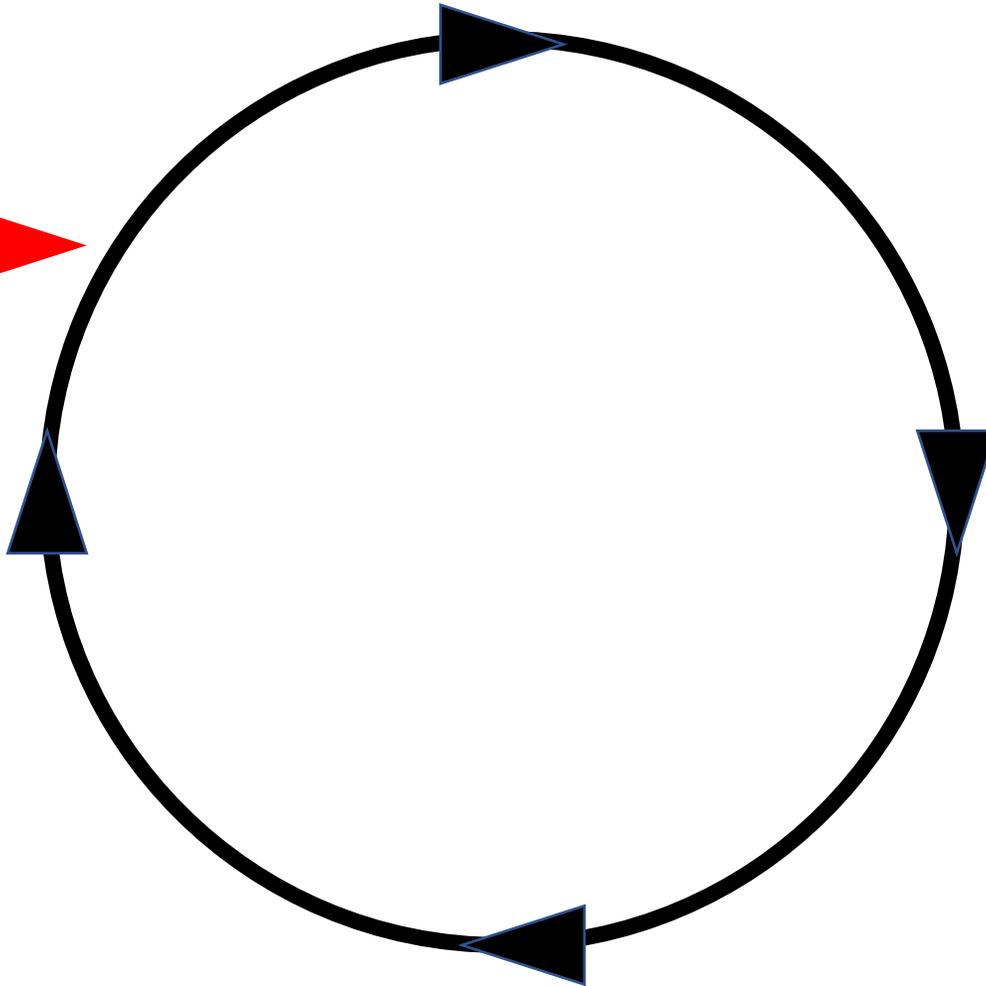
The 12 Steps of AA.



Restless, Irritable and
Discontented

Craving develops, pass
through the well-known
stages of a spree.

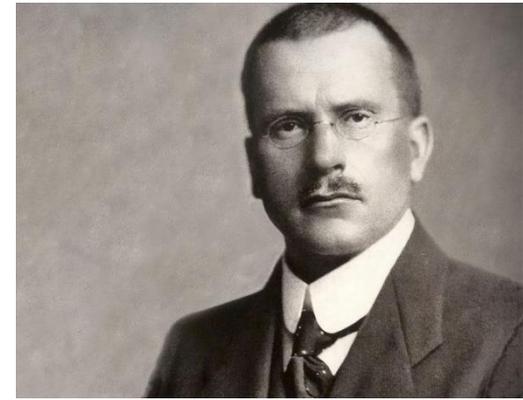
Guilt, Shame, Remorse.
Firm resolution never to drink again





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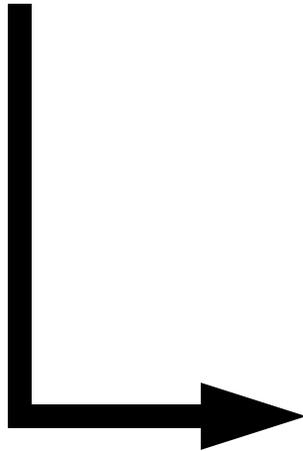


Rowland Hazard iii



Pass down
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Bill Wilson
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Rowland Hazard III

- Born into one of the most prominent families in the Rhode Island textile industry.
- He had proved himself to be highly successful at university and later in business, when it came to alcohol, he had little or no control.
- Family sent him to Europe to be treated by Carl Jung. After several months of therapy, he left Europe only to drink on the passage back. He returned to Dr Jung and asked him point blank why he could not recover.

This prognosis so shook Rowland that he sought out the Oxford Group, a Christian movement prominent in the first half of the twentieth century. The Group was dedicated to the vigorous pursuit of personal change.



Professor Carl Jung
Swiss psychiatrist and psychoanalyst

“You have the mind of a chronic alcoholic. I have never seen one single case recover”

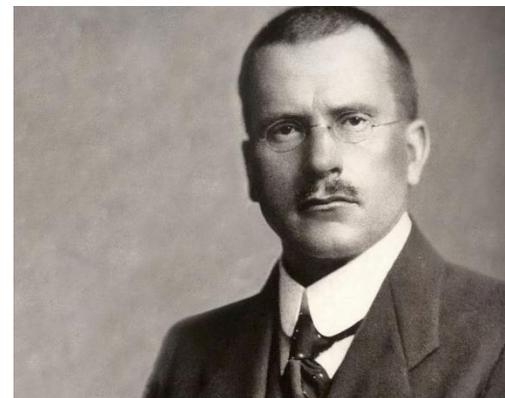
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They appear to be in the nature of huge emotional displacements and rearrangements. Ideas, emotions, and attitudes which were once the guiding forces of the lives of these men are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate them.”



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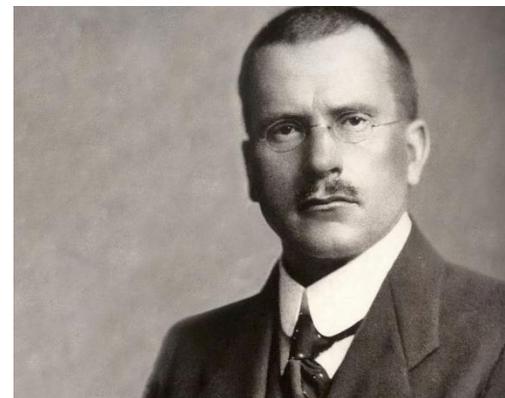
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**“Is there no exception?”
He asked the Doctor**

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Rowland Hazard III

- Rowland decided to develop his spiritual life in the Oxford group meetings in Vermont.
- Rowland appeared at the court hearing and appealed to the magistrate to release Ebby to his and the Oxford groups care



Ebby Thatcher

- Was about to be committed for alcoholic insanity after multiple court appearances due to alcoholic related behavior.
- Ebby was an old acquaintance of Bill W's and in turn passed the Oxford group message to him at three months sober



Bill Wilson

- Having just been released from Towns hospital for the third time was at home getting drunk again.
- He listened to Ebby's solution, and used it along with the information from Dr Silkworth to get sober after his fourth stay at Towns hospital



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Bill Wilson

- Travelled to Akron Ohio as part of a business deal.
- Sought out other alcoholics while there as a way of keeping sober.
- Got put in touch with Dr Bob Smith



Dr Bob Smith

- Was about to lose his practice due to chronic Alcoholism
- Was also attending Oxford group meetings in Akron Ohio, but to no avail
- Upon hearing Bill's message, sobered up.



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- Together they sobered up dozens of other alcoholics, Improving and adjusting their approach and message.
 - One Alcoholic talking to another.
- Detailing first the dilemma of Alcoholism, then showing the Alcoholic the solution.
 - On April 10th 1939 the Book “Alcoholics Anonymous” was published after 100 Alcoholics had achieved sobriety.
 - The Book is where AA gets its name and is the instruction manual for achieving sobriety via the 12 steps contained within.



Dr Bob Smith

The 12 steps of Alcoholics Anonymous

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
5. Were entirely ready to have God remove all these defects of character.
6. Humbly asked Him to remove our shortcomings.
7. Made a list of all persons we had harmed and became willing to make amends to them all.
8. Made direct amends to such people wherever possible, except when to do so would injure them or others.
9. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

= Admit there is a problem, ask for help

= Do inventory on behavior, understand our character faults, make amends where possible and change our ways.

= Continuous introspection.

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

- Bill Wilson

P. 17 Twelve Steps and Twelve Traditions

January 30, 1961

Mr. William G. Wilson
Alcoholics Anonymous
Box 459 Grand Central Station
New York 17, N.Y.
=====

Dear Mr. Wilson,
your letter has been very welcome indeed.
I had no news from Roland H. anymore and often wondered what has been his fate. Our conversation which he has adequately reported to you had an aspect of which he did not know. The reason ~~was~~, that I could not tell him everything, *was that* those days I had to be exceedingly careful of what I said. I had found out that I was misunderstood in every possible way. Thus I was very careful when I talked to Roland H. But what I really thought about, was the result of many experiences with men of his kind.
His craving for alcohol was the equivalent on a low level of the spiritual thirst of our being for wholeness, expressed in mediaeval language: the union with God.¹⁾

How could one formulate such an insight in a language that is not misunderstood in our days?

The only right and legitimate way to such an experience is, that it happens to you in reality and it can only happen to you when you walk on a path, which leads you to higher understanding. You might be led to that goal by an act of grace or through a personal and honest contact with friends, ~~or~~ through a higher education of the mind beyond the confines of mere rationalism. I see from your letter that Roland H. has chosen the second way, which was, under the circumstances, obviously the best one.

I am strongly convinced that the evil principle prevailing in this world, leads the unrecognized spiritual need into perdition, if it is not counteracted either by ~~a~~ real religious insight or by the protective wall of human community. An ordinary man, not protected by an action from above and isolated in society cannot resist the power of evil, which is called very aptly the Devil. But the use of such words arouse so many mistakes that one can only keep aloof from them as much as possible.

These are the reasons why I could not give a full and sufficient explanation to Roland H. but I am risking it with you, because I conclude from your very decent and honest letter, that you have acquired a point of view above the misleading platitudes, one usually hears about alcoholism.

You see, Alcohol in Latin is "spiritus" and you use the same word for the highest religious experience as well as for the most depraving poison. The helpful formula therefore is: spiritus contra spiritum.

Thanking you again for your kind letter

I remain

yours sincerely

C.G. Jung.

¹⁾ "As the hart panteth after the water brooks, so panteth my soul after thee, O God." (Psalm 42,1)