

How It Works – Big Book Reflections

Honesty, commitment, spiritual growth

Printable worksheet · 9 parts

Name _____ Date _____

How it Works

Reflections on the Big Book's foundational principles

0 of 9 answered

About This Worksheet

This worksheet explores key passages from "How It Works" in the Alcoholics Anonymous Big Book. These foundational principles emphasize honesty, commitment, thoroughness, and spiritual growth. By reflecting on these concepts and how they apply to your recovery journey, you deepen your understanding of the program and identify areas for continued growth. Take your time with each question and be as honest as possible with yourself.

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PART 1 OF 9

Following the Path

"Rarely have we seen a person fail who has thoroughly followed our path."

Alcoholics Anonymous Big Book (4th ed.). (2002). Alcoholics Anonymous World Services.

How thoroughly did you follow the path suggested by the program? How open were you to suggestions? Is there room for growth?

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PART 2 OF 9

Giving Yourself Completely

"Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves."

Alcoholics Anonymous Big Book (4th ed.). (2002). Alcoholics Anonymous World Services.

How completely did you give yourself to the program? Were you capable of being honest with yourself?

Consider how fully you committed to the program and your level of self-honesty...

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PART 3 OF 9

Rigorous Honesty

"They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty."

Alcoholics Anonymous Big Book (4th ed.). (2002). Alcoholics Anonymous World Services.

How honest were you in your day to day life? Is there room for growth and how do you plan to work on your honesty with self?

Examine your daily honesty and identify areas for growth...

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PART 4 OF 9

Capacity for Honesty

"There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest."

Alcoholics Anonymous Big Book (4th ed.). (2002). Alcoholics Anonymous World Services.

How have emotional or mental challenges affected your recovery? How has honesty been key in your journey?

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PART 5 OF 9

Willingness for Any Length

"If you have decided, you want what we have and are willing to go to any length to get it — then you are ready to take certain steps."

Alcoholics Anonymous Big Book (4th ed.). (2002). Alcoholics Anonymous World Services.

Are you willing to go to any length to achieve recovery? What does this commitment mean to you?

Describe your level of commitment and what 'any length' means for you...

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PART 6 OF 9

The Easier, Softer Way

"We thought we could find an easier, softer way. But we could not."

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What easier, softer ways did you try? What were the downfalls?

Identify the shortcuts you attempted and what you learned from them...

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PART 7 OF 9

Fearless and Thorough

"We beg of you to be fearless and thorough from the very start."

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Were you fearless and thorough? Did you take Step 4? Did you hold anything back?

Assess your fearlessness and thoroughness in working the steps...

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PART 8 OF 9

Cunning, Baffling, Powerful

"Remember that we deal with alcohol — cunning, baffling, powerful!"

Alcoholics Anonymous Big Book (4th ed.). (2002). Alcoholics Anonymous World Services.

What ways did your disease talk to you? What did it say? Who did you tell? What area is there for growth?

Describe how addiction manifested as cunning, baffling, and powerful in your life...

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PART 9 OF 9

Spiritual Progress

"The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection."

Alcoholics Anonymous Big Book (4th ed.). (2002). Alcoholics Anonymous World Services.

How can you grow spiritually? What does spiritual progress look like for you?

Envision your spiritual growth and what progress means in your recovery...

Additional Notes (Optional)

Any additional reflections or insights from working through these questions...

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