

# The Turning Point

The Big Book Pages 60 - 63

**My Opinions  
are not Facts.**



**All of my Facts  
are Opinions.**

# WHAT I PLAN TO COVER:

1) How Big A Change Did I Decide to Make?

a) Surrender or Abandon

b) Victory or Transcendence

2) Pages 60-63

3) What Does it Mean to Me?

4) Some Practical Tools I Can Use Today.

How Big a Change  
Did I Decide to  
Make?

This program is  
NOT about  
tweaking my life!

Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false. To them, their alcoholic life seems the only normal one. 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, and unless this person can experience an ***entire psychic change*** there is very little hope of his recovery.

On the other hand—and strange as this may seem to those who do not understand—once a *psychic change* has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, *suddenly finds himself* easily able to control his desire for alcohol, the only effort necessary being that required to follow a few simple rules. p. xxix

... the ***personality change*** sufficient to bring about recovery from alcoholism has manifested itself among us in many different forms. p. 567

---

He finally realizes that he has undergone a ***profound alteration*** in his reaction to life; that such a change could hardly have been brought about by himself alone. p. 567

Half measures availed us nothing.  
We stood at the turning point.  
We asked His protection and  
care with complete abandon.

Alcoholics Anonymous, p.59

The word or concept of “abandon”  
is in The Big Book on pages:  
15, 27, 48, 59, 62-64, 72, 86 and 164

# From Victory to Transcendence

## As Bill Sees It

In 1967, Bill Wilson appears to have made a suggested change to the 3<sup>rd</sup> Step Prayer. He even quotes it as coming from the Big Book page 63.

### *Out of Bondage*

At Step Three, many of us said to our Maker, as we understood Him: "God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that my transcendence over them may bear witness to those I would help of Thy power, Thy love, and Thy way of life. May I do Thy will always!"

We thought well before taking this Step, making sure we were ready. Then we could commence to abandon ourselves utterly to Him.

# What is Victory?

- 1) the overcoming of an enemy or antagonist
- 2) achievement of mastery or success in a struggle or endeavor against odds or difficulties

## **This Appears to Contradict:**

And we have ceased fighting anything or anyone— even alcohol.      p84

# What is Transcendence?

- 1) climbing or going beyond
- 2) going beyond a prior form or state of oneself.

# Pages 60 to 63 suggest I make a Decision to go from:

Actor/Director	to	Agent
Manipulator	to	Contributor
Opinionated	to	Humble
Self-Centered	to	God-Centered
Outcome Centered	to	Principle Centered
Source of Power	to	Channel of Power
Fear, self-delusion, self-seeking & self-pity	to	Peace of Mind
Self-serving	to	Doing His Work Well

Pages 60-63

Being convinced, *we were at Step Three*, which is that we decided to turn our will and our life over to God as we understood Him. Just what do we mean by that, and just what do we do?

page 60

The first requirement is that we be convinced that any life run on self-will can hardly be a success. On that basis we are almost always in collision with something or somebody, even though our motives are good.



Most people try to live by self-propulsion.



Each person is like an actor who wants to run the whole show; is forever trying to arrange the lights, the ballet, the scenery and the rest of the players in his own way.



If his arrangements would only stay put, if only people would do as he wished, the show would be great. Everybody, including himself, would be pleased. Life would be wonderful.



In trying to make these arrangements our actor may sometimes be quite virtuous. He may be kind, considerate, patient, generous; even modest and self-sacrificing.



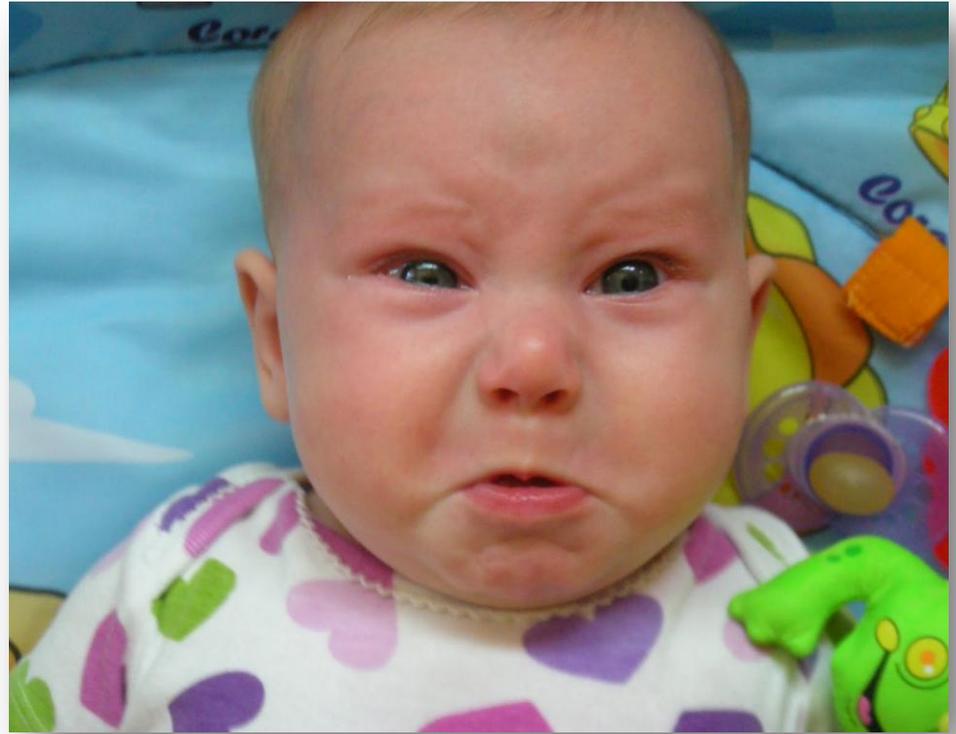
On the other hand, he may be mean, egotistical, selfish and dishonest. But, as with most humans, he is more likely to have varied traits.



What usually happens? The show doesn't come off very well. He begins to think life doesn't treat him right. He decides to exert himself more. He becomes, on the next occasion, still more demanding or gracious, as the case may be. Still the play does not suit him.



Admitting he may be somewhat at fault, he is sure that other people are more to blame.



He becomes angry, indignant, self-pitying.

What is his basic trouble? Is he not really a self-seeker even when trying to be kind? Is he not a victim of the delusion that he can wrest satisfaction and happiness out of this world if he only manages well?



Is it not evident to all the rest of the players that these are the things he wants? And do not his actions make each of them wish to retaliate, snatching all they can get out of the show?



Is he not, even in his best moments, a producer of confusion rather than harmony?



Our actor is self-centered—ego-centric, as people like to call it nowadays.

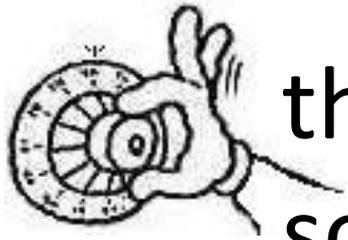


He is like the retired business man who  
lolls in the Florida sunshine in  
the winter complaining of the  
sad state of the nation;



the minister who sighs  
over the sins of the  
twentieth century;

politicians and reformers who  
are sure all would be Utopia if the  
rest of the world would only behave;



the outlaw safe cracker who thinks  
society has wronged him;

and the alcoholic who has  
lost all and is locked up.



Whatever our protestations, are not most of us concerned with ourselves, our resentments, or our self-pity?



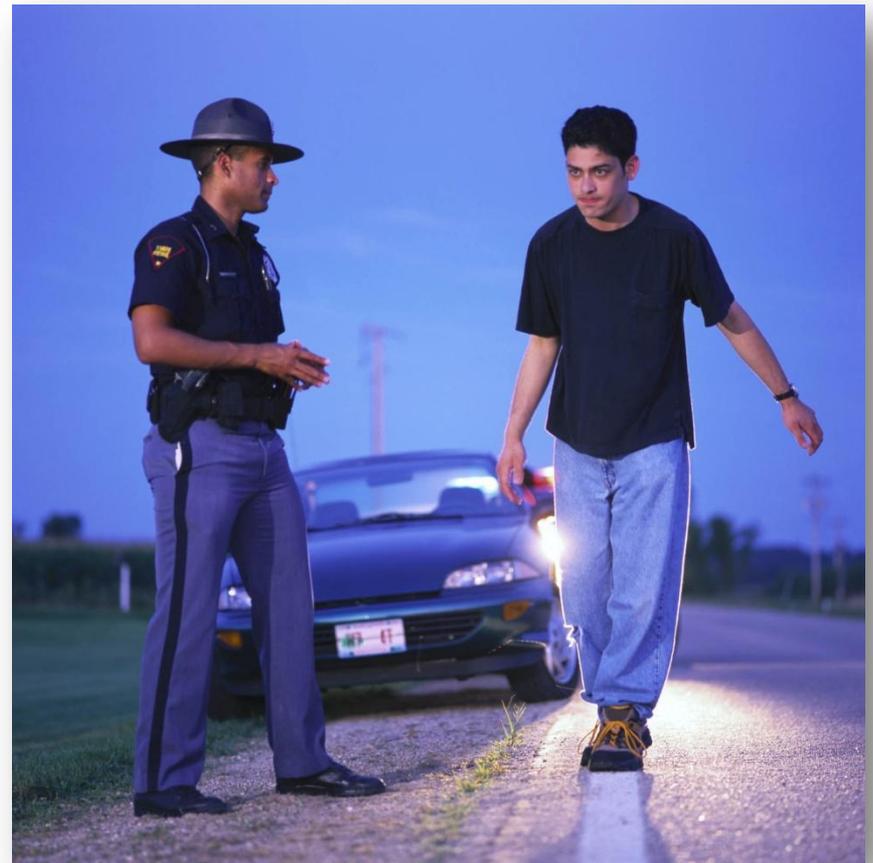
Selfishness—self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate.



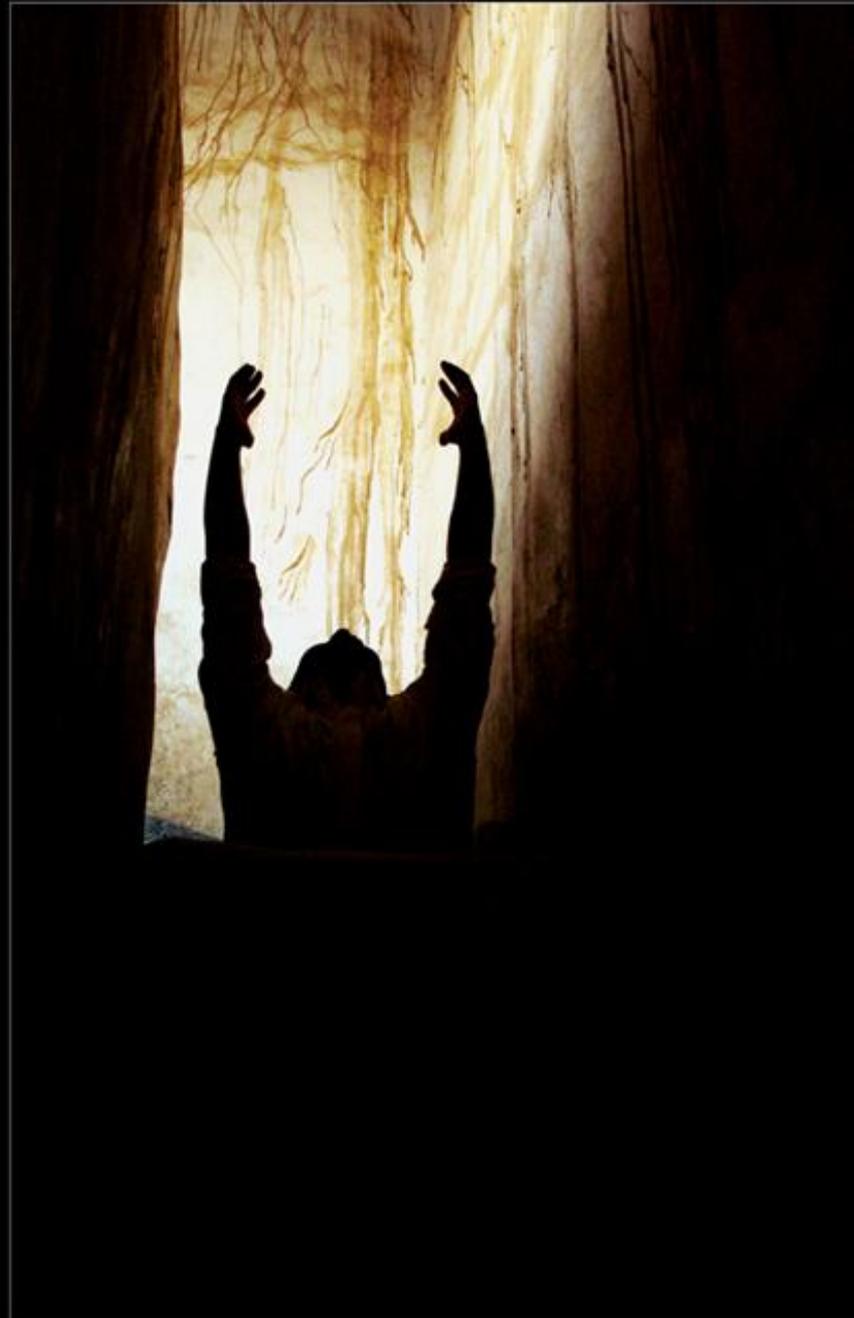
Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt.



So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so.



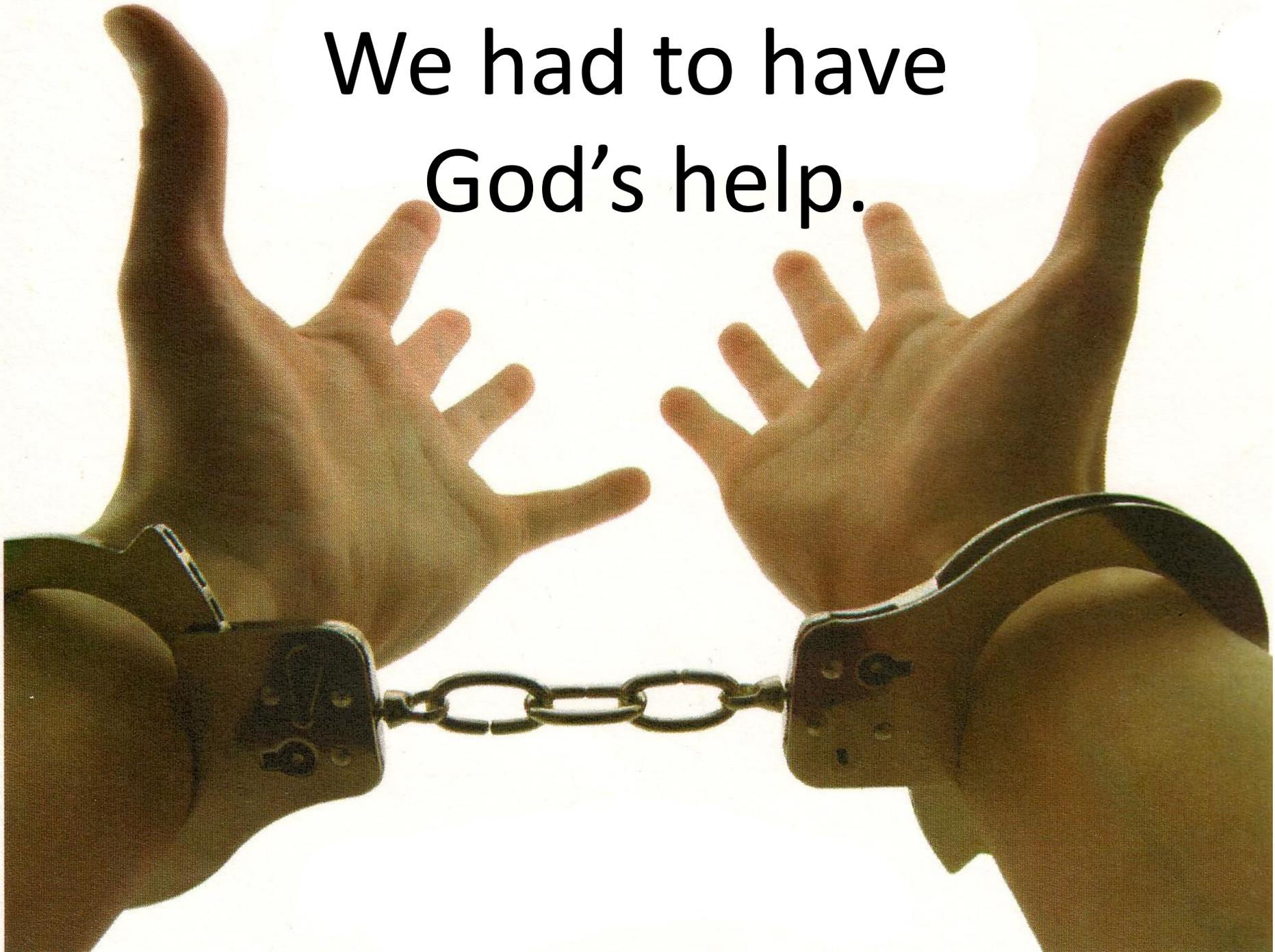
Above everything,  
we alcoholics must  
be rid of this  
selfishness. We must,  
or it kills us! God  
makes that possible.  
And there often  
seems no way of  
entirely getting rid of  
self without His aid.



Many of us had moral and philosophical convictions galore, but we could not live up to them even though we would have liked to. Neither could we reduce our self-centeredness much by wishing or trying on our own power.



We had to have  
God's help.



This is the how and why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God was going to be our Director.

He is the Principal;  
we are His agents.  
He is the Father, and  
we are His children.



Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.



When we sincerely took such a position, all sorts of remarkable things followed. We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well.

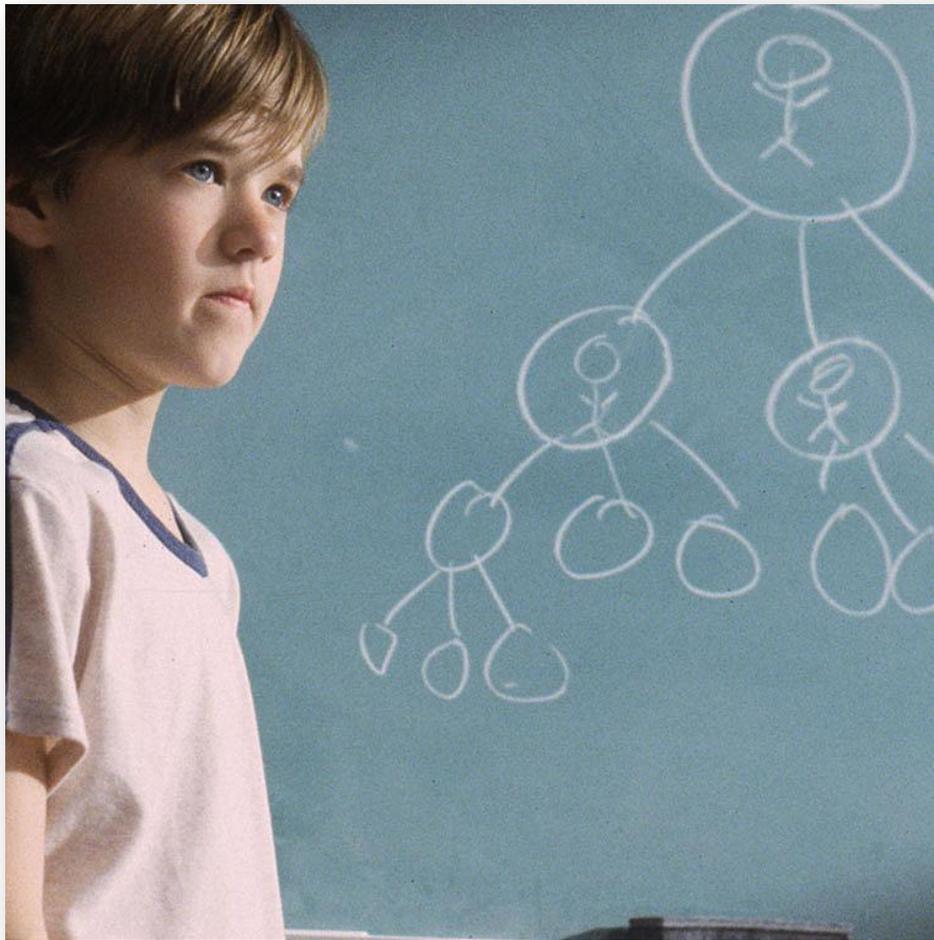


Chop Wood



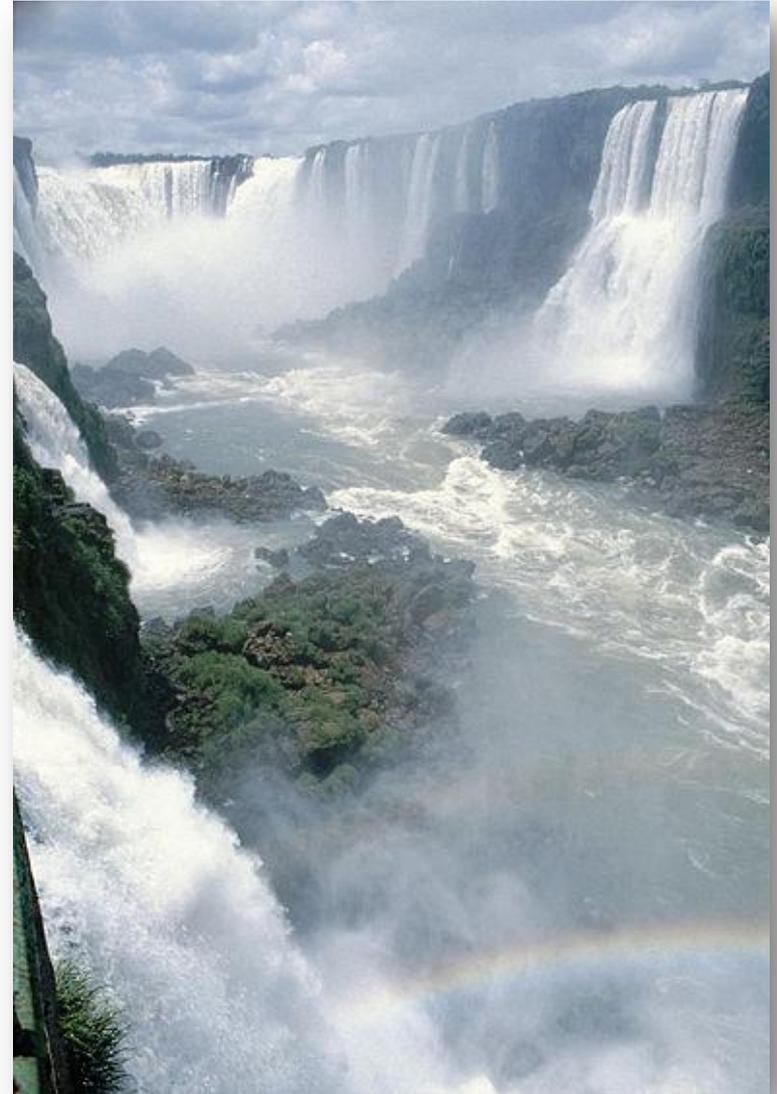
Carry Water

Established on such a footing we became less and less interested in ourselves, our little plans and designs.



More and more we became interested in seeing what we could contribute to life.

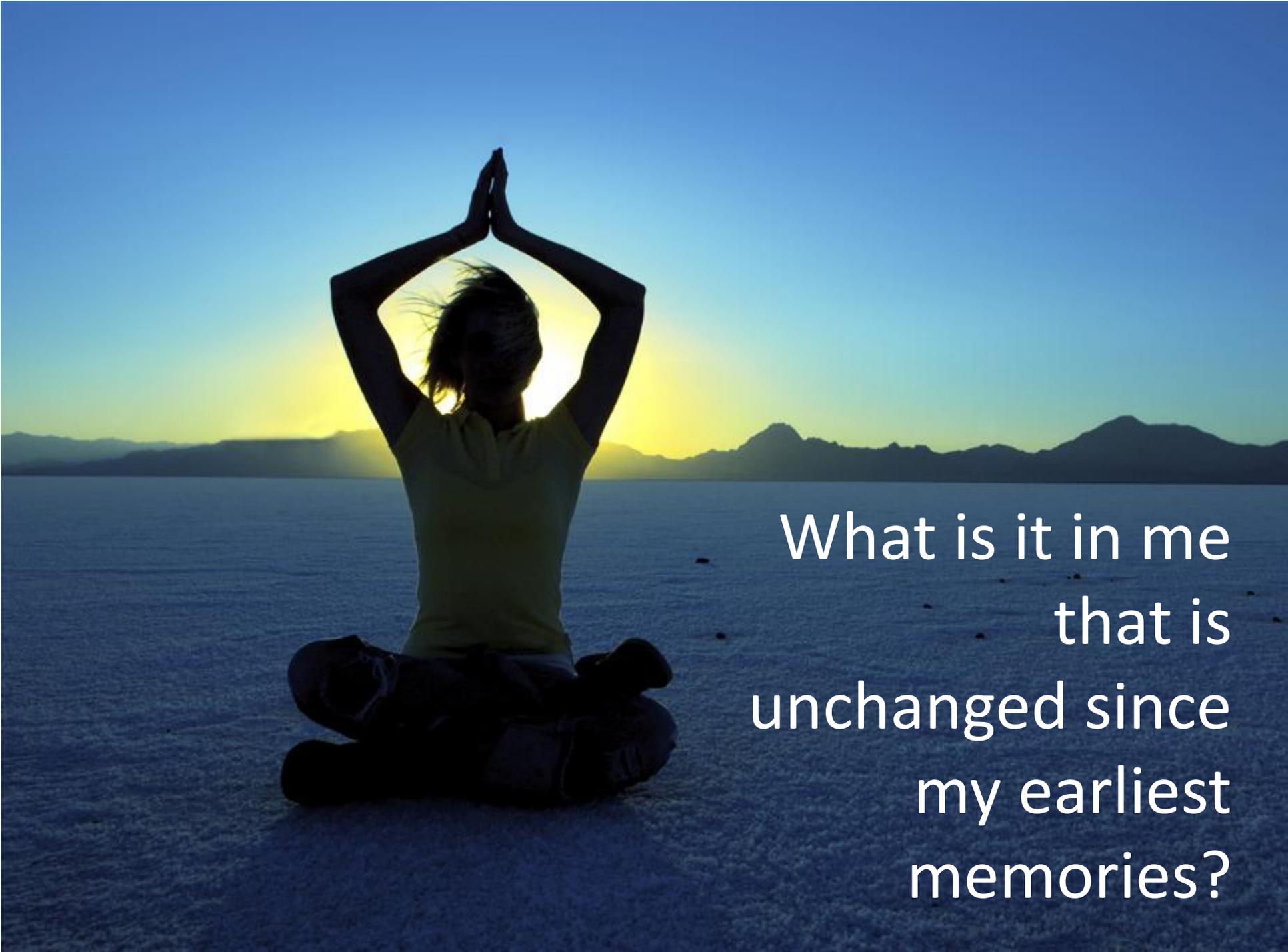
As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter.



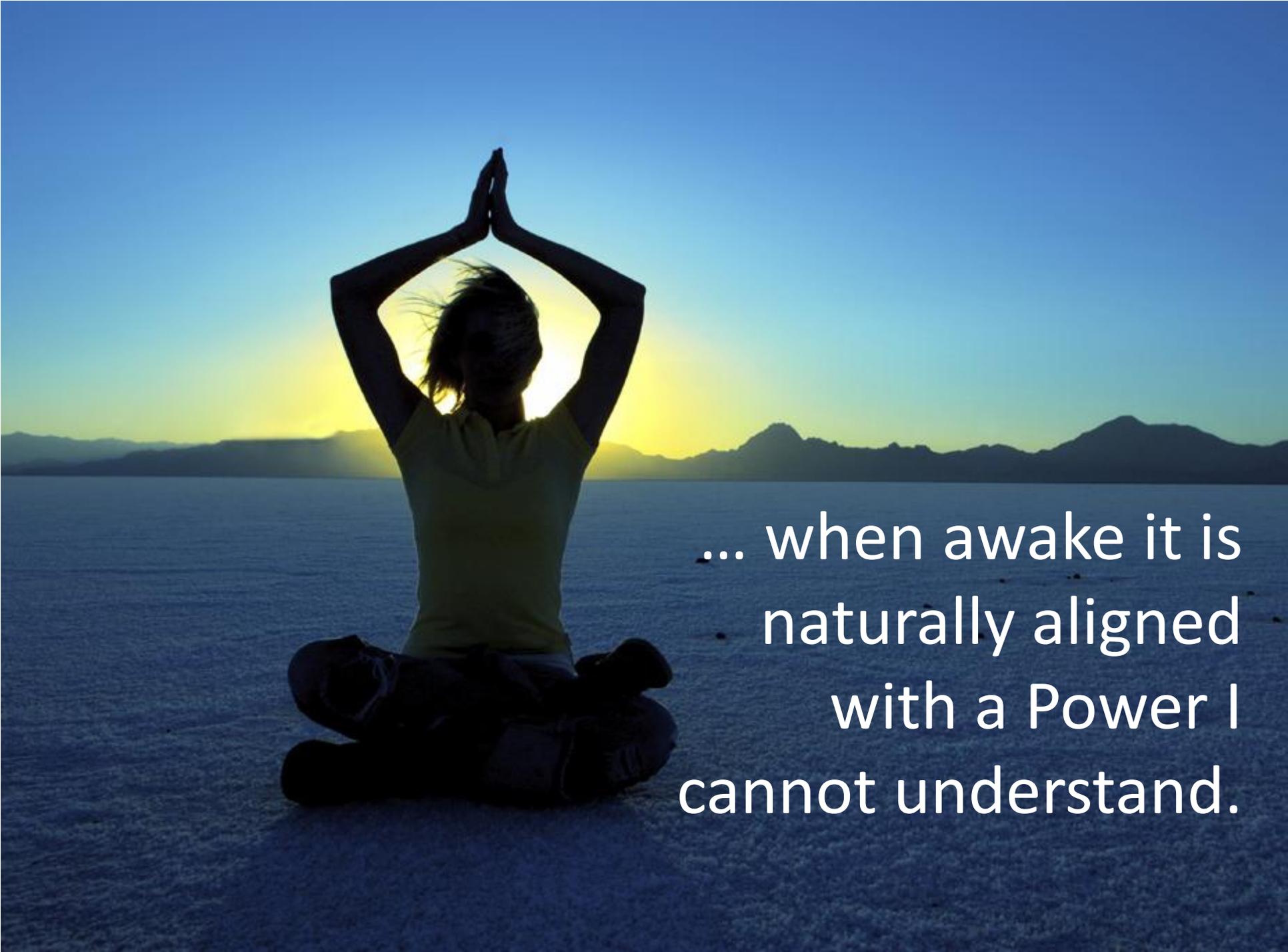


We were reborn.

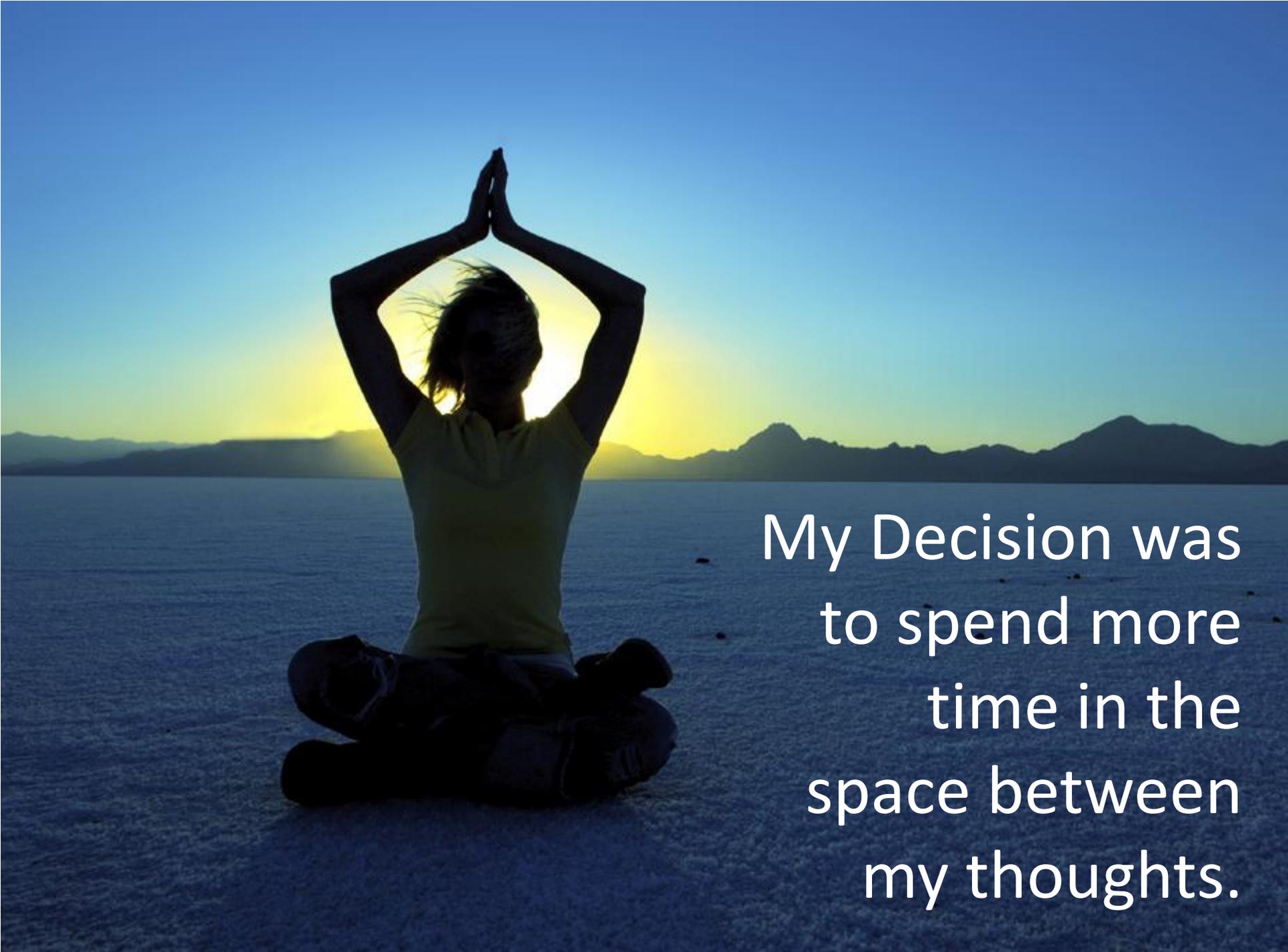
What Does it  
Mean to Me?



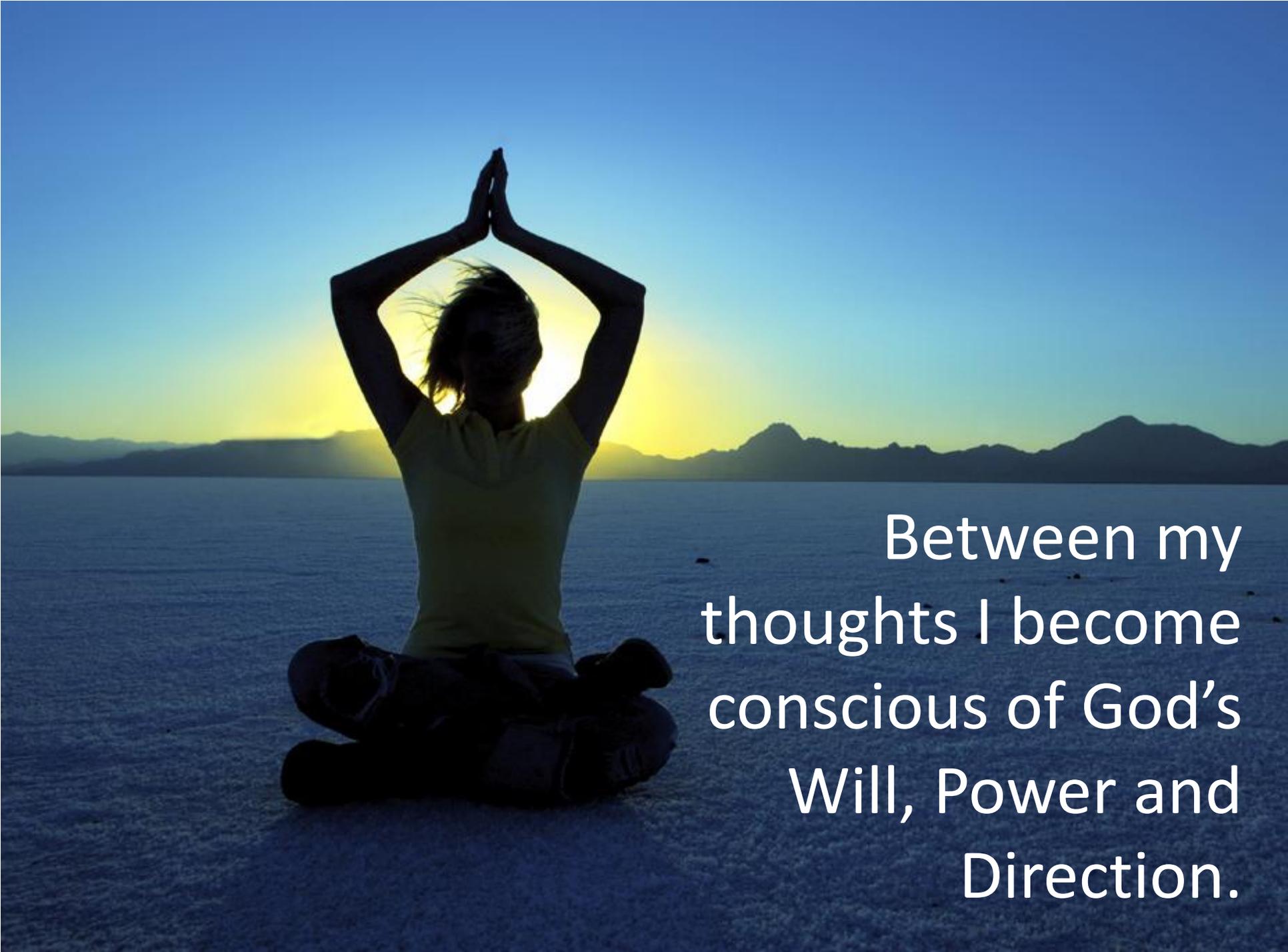
What is it in me  
that is  
unchanged since  
my earliest  
memories?



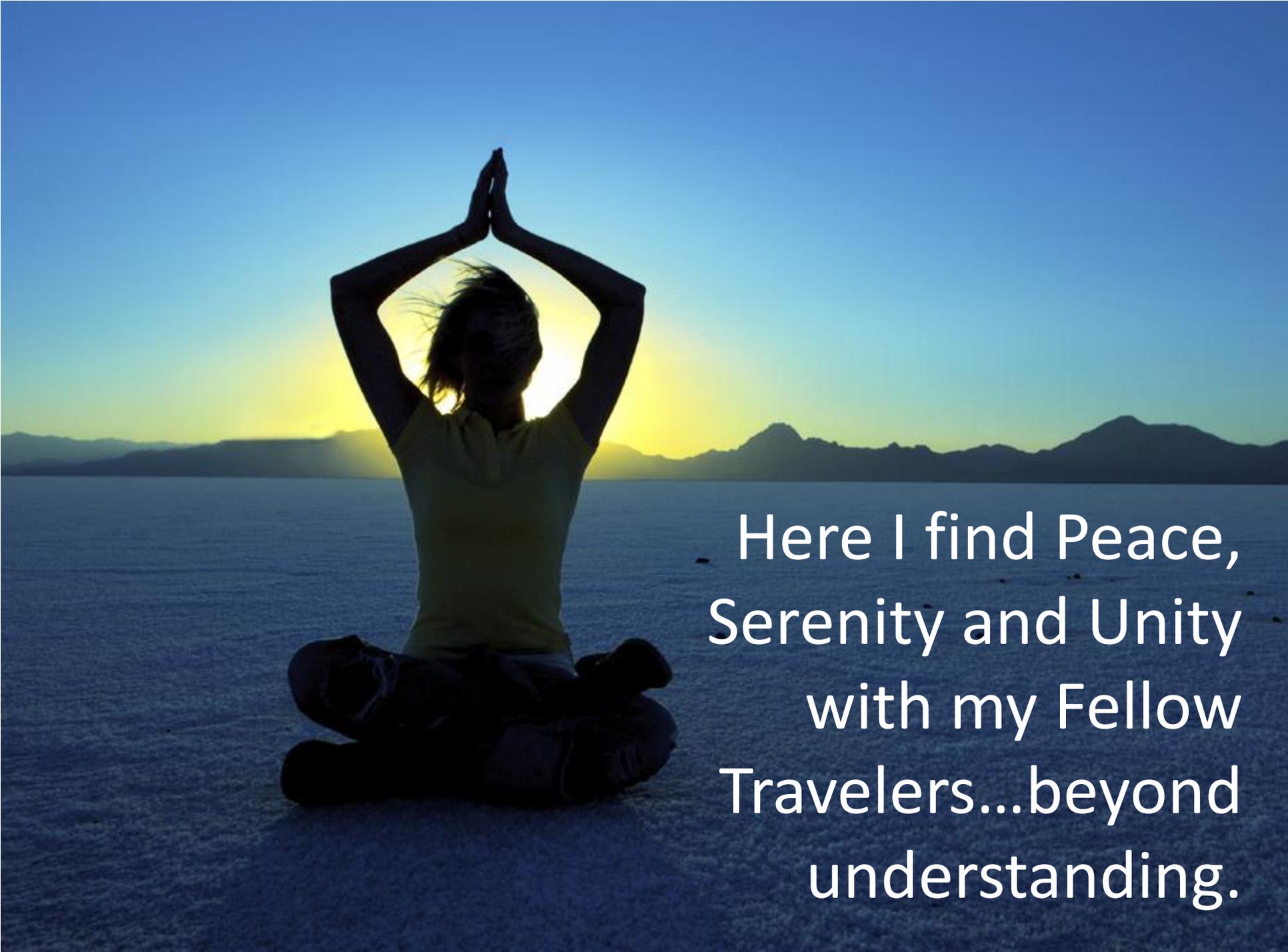
... when awake it is  
naturally aligned  
with a Power I  
cannot understand.



My Decision was  
to spend more  
time in the  
space between  
my thoughts.



Between my  
thoughts I become  
conscious of God's  
Will, Power and  
Direction.



Here I find Peace,  
Serenity and Unity  
with my Fellow  
Travelers...beyond  
understanding.

What are some the Spiritual Tools I have learned to use on a daily basis as a result of Step 3?



Thoroughly take  
Responsibility where  
I am given the  
Authority



If I don't have the  
Authority I am Free  
from the  
Responsibility

Focus on a Design  
for Living that  
really works  
“Process”



Rather than trying to  
arrange Life to suit  
myself.

“Outcomes”

Sanity is a Sense of Proportion...



... In Alignment with Universal Principles



# SEEK & RELY ON GOD!

God could and would ...  
... if He were sought.



*That's all Folks!*