

Example: Basic Text Step Study Questions with Answers

Each of the Basic Text Step Study Questions are derived from a sentence in Chapter 4, 'How It Works' in our Basic Text. Studying the Steps with these questions means finding the sentence where the question came from. In a group or class setting, the facilitator has one person read a paragraph. Then the facilitator asks that person the questions for the paragraph. This person looks for and reads back the sentence the question was derived from, which is the answer. Yes or no responses are not sufficient, only the full sentence(s) answering the question is valid. With this method the student learns the lines in the book. The next person reads the next paragraph and so on. When studying one-on-one, read the Step section with each person reading alternate paragraphs. The sponsee or student then has a homework assignment to write each question and then write the sentence answering the question. At a second appointment, go through the homework. In the program, when working together as Stepwork, additional perspectives may be added. In long distance situations via postal mail, telephone or internet, have the respondee read the Step section, than have them write each question followed with the full sentence answering the question. Here are questions from the first six paragraphs from Step One. With each question is the sentence from which the question came, annotated from the Line Numbered Basic Text. For instance, Step One, paragraph 1, question 1 is answered with line 3 (L3) from the Step One section.

BASIC TEXT STEP STUDY QUESTIONS

STEP ONE: "We admitted that we were powerless over our addiction, that our lives had become unmanageable."

Paragraph 1. 1. Does it matter what or how much we used and why?

It doesn't matter what or how much we used.

2. Could anyone have convinced us that we were addicts?

No one could convince us that we were addicts.

It is an admission that we have to make for ourselves.

3. When some of us have doubts about using what can we do?

When some of us have doubts, we ask ourselves this question:

—Can I control my use of any form of
mind or mood- altering chemicals?

Paragraph 2. 1. Is control possible for a using addict? If so, for how long?

Most addicts will see that control is impossible the moment
it is suggested.

Whatever the outcome, we find that we cannot control our
using for any length of time.

Paragraph 3. 1. What is meant when we say we had absolutely no choice?

The inability to stop using, even with the greatest willpower
and the most sincere desire, is what we mean when we
say,—We have absolutely no choice.

2. *When do we get a choice?*

However, we do have a choice after we stop trying to justify our using.

Paragraph 4. 1. Were we willing when we first came into the Fellowship?

We didn't stumble into this Fellowship brimming with love, honesty, open-mindedness or willingness.

2. *When did we become willing?*

We reached a point where we could no longer continue using because of physical, mental, and spiritual pain.

When we were beaten, we became willing.

Paragraph 5. 1. Was our inability to control our usage of drugs the disease of addiction? Explain.

Our inability to control our usage of drugs is a symptom of the disease of addiction.

We are powerless not only over drugs, but over our addiction as well.

We need to admit this fact in order to recover.

2. *What part of our lives does active addiction affect? _*

Addiction is a physical, mental and spiritual disease that affects every area of our lives.

3. *What were the three types of pain that caused us to become willing? physical, mental and spiritual disease*

Paragraph 6. 1. What is the physical aspect of our disease?

The physical aspect of our disease is the compulsive use of drugs: the inability to stop using once we have started.

2. *What is the mental aspect of our disease?*

The mental aspect of our disease is the obsession, or overpowering desire to use, even when we are destroying our lives.

3. *What is the spiritual aspect of our disease?*

The spiritual part of our disease is our total self-centeredness.

4. *What are the eleven results of our disease?*

Denial, substitution, rationalization, justification, distrust of others, guilt, embarrassment, dereliction, degradation, isolation, and loss of control are all results of our disease.

5. *Our disease is what (3 things)?*

Our disease is progressive, incurable and fatal.