

The Explicit "Musts" Found In Anonymous Alcoholics

3rd.

Edition



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THE DOCTOR'S OPINION

1) page xxiii:

As part of his rehabilitation he commenced to present his conceptions to other alcoholics, impressing on them that they must do likewise with still others.

2) page xxiv:

In this statement he confirms what

we who have suffered alcoholic torture must believe -- that the body of the alcoholic is quite as abnormal as his mind.

3) page xxvi:

The message which can interest and hold these alcoholic people must have depth and weight.

4) page xxvi:

In nearly all cases, their ideals must be grounded in a power greater than

themselves, if they are to re-create their lives.

5) page xxvii:

I must stop, but I cannot!

6) page xxvii:

You must help me!

7) page xxvii:

Faced with this problem, if a doctor is honest with himself, he must

**sometimes
feel his own inadequacy.**

8) page xxvii:

**Though the aggregate of recoveries
resulting from psychiatric effort is
considerable, we physicians must
admit we have made little
impression upon the
problem as a whole.**

CHAPTER 1 BILL'S STORY

9) page 10:

**I could almost hear the sound of the
preacher's voice as I sat,
on still Sundays, way over there on
the hillside; there was that proffered
temperance pledge I never signed;
my grandfather's good natured
contempt
of some church folk and their doings;
his insistence that the spheres really
had their own music; but his denial**

of the preacher's right to tell him how he must listen; his fearlessness as he spoke of these things just before he died; these recollections welled up from the past.

10) page 14:

I must turn in all things to the Father of Light who presides over us all.

CHAPTER 2 THERE IS A SOLUTION

11) page 20:

"His will power must be weak."

12) page 29:

Our hope is that many alcoholic men and women, desperately in need will see

these pages, and we believe that it is only by fully disclosing ourselves and

**our problems that they will be persuaded to say, "Yes I am one of them too;
I must have this thing."**

CHAPTER 3 MORE ABOUT ALCOHOLISM

13) page 33:

If we are planning to stop drinking, there must be no reservation of any kind,

nor any lurking notion that someday we will be immune to alcohol.

14) page 43:

His defense must come from a Higher Power.

CHAPTER 4 WE AGNOSTICS

15) page 44:

But after a while we had to face the fact that we must find a spiritual

**basis
of life -- or else.**

CHAPTER 5 HOW IT WORKS

16) page 62:

**Above everything, we alcoholics
must be rid of this selfishness.**

17) page 62:

We must, or it kills us!

18) page 66:

**We saw that these resentments
must be mastered, but how?**

19) page 69:

**Whatever our ideal turns out to be,
we must be willing to grow toward
it.**

20) page 69:

**We must be willing to make amends
where we have done harm, provided
that we do
not bring about still more harm in so
doing.**

CHAPTER 6 INTO ACTION

21) page 73:

We must be entirely honest with somebody if we expect to live long or happily in this world.

22) page 74:

Those of us who belong to a religious denomination which requires confession must, and of course, will want to go to the properly appointed authority whose duty is to receive it.

23) page 74:

The rule is we must be hard on ourself, but always considerate of others.

24) page 75:

But we must not use this as a mere excuse to postpone.

25) page 78:

We must lose our fear of creditors no matter how far we have to go, for we

**are
liable to drink if we are afraid to face
them.**

26) page 79:

We must not shrink at anything.

27) page 80:

**If we obtained permission, have
consulted with others, asked God to
help and
the drastic step is indicated we must
not shrink.**

28) page 81:

**In fairness we must say that she
may understand, but what are we
going to do
about a thing like that?**

29) page 82:

**Certainly he must keep sober, for
there will be no home if he doesn't.**

30) page 83:

We must take the lead.

31) page 83:

We must remember that ten or

twenty years of drunkenness would make a skeptic out of anyone.

32) page 85:

Every day is a day when we must carry the vision of God's will into all of our activities.

33) page 85:

These are the thoughts which must go with us constantly.

34) page 85:

But we must go further and that means more action.

35) page 86:

But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others.

CHAPTER 7 WORKING WITH OTHERS

36) page 89:

To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends -- this is an experience you must not miss.

37) page 90:

The family must decide these things.

38) page 93:

To be vital, faith must be accompanied by self sacrifice and unselfish, constructive action.

39) page 95:

After doing that, he must decide for himself whether he wants to go on.

40) page 95:

If he is to find God, the desire must come from within him.

41) page 99:

In many homes this is a difficult thing to do, but it must be done if any results are to be expected.

42) page 99:

But we must try to repair the damage immediately lest we pay the penalty by a spree.

43) page 99:

If their old relationship is to be resumed it must be on a better basis, since the former did not work.

44) page 100:

Both you and the new man must walk day by day in the path of spiritual progress.

45) page 100:

People have said we must not go where liquor is served; [continued]

46) page 101:

we must not have it in our homes;

[continued]

47) page 101:

we must shun our friends who drink;

[continued]

48) page 101:

**we must avoid moving pictures
which show drinking scenes;**

[continued]

49) page 101:

we must not go into bars;

[continued]

50) page 101:

**our friends must hide their bottles if
we go to their houses;[continued]**

51) page 101:

**we mustn't think or be reminded
about alcohol at all.**

CHAPTER 8 TO WIVES

52) page 111:

**Our next thought is that you should
never tell him what he must do**

**about his
drinking.**

53) page 113:

**Wait until repeated stumbling
convinces him he must act, for the
more you hurry
him the longer his recovery will be
delayed.**

54) page 114:

**But sometimes you must start life
anew.**

55) page 115:

**But you must be on guard not to
embarrass or harm your husband.**

56) page 115:

**You will no longer be self-conscious
or feel that you must apologize as
though
your husband were a weak
character.**

57) page 117:

**Often you must carry the burden of
avoiding them or keeping them**

under control.

58) page 118:

Yet you must expect too much.

59) page 120:

Your husband will see at once that he must redouble his spiritual activities if he expects to survive.

CHAPTER 9 THE FAMILY AFTERWARD

60) page 127:

The family must realize that dad, though marvelously improved, is still convalescing.

61) page 127:

But he must see the danger of over-concentration on financial success.

62) page 127:

We know there are difficult wives and families, but the man who is

**getting over
alcoholism must remember he did
much to make them so.**

63) page 130:

**That is where our fellow travelers
are, and that is where our work must
be done.**

64) page 135:

**The others must be convinced of his
new status beyond the shadow of a
doubt.**

CHAPTER 10 TO EMPLOYERS

65) page 141:

**State that you know about his
drinking, and that it must stop.**

66) page 143:

**Though you are providing him with
the best possible medical attention,
he
should understand that he must
undergo a change of heart.**

67) page 144:

When a man is presented with this volume it is best that no one tell him he must abide by its suggestions.

68) page 144:

The man must decide for himself.

69) page 146:

For he knows he must be honest if he would live at all.

CHAPTER 11 A VISION FOR YOU

70) page 152:

"...I know I must get along without liquor, but how can I?..."

71) page 153:

They will approach still other sick ones and fellowships of Alcoholics Anonymous may spring up in each city and hamlet, havens for those who must find a way out.

72) page 154:

There must be many such in this town.

73) page 156:

Both saw that they must keep spiritually active.

74) page 159:

**Though they knew they must help other alcoholics if they would remain sober,
that motive became secondary.**

75) page 164:

God will determine that, so you must remember that your real reliance is always upon Him.

APPENDIX I.....THE A.A. TRADITION

76) page 563:

We alcoholics see that we must work together and hang together, else most of us

will finally die alone.

THE TWELVE TRADITIONS (LONG FORM)

77) page 565:

A.A. must continue to live or most of us will surely die.

APPENDIX II....SPIRITUAL EXPERIENCE

78) page 569:

Yet it is true that our first printing gave many readers the impression that

these personality changes, or religious experiences, must be in the nature of

sudden and spectacular upheavals.

79) page 569:

Though it was not our intention to create such an impression, many

**alcoholics
have nevertheless concluded that in
order to recover they must acquire
an
immediate and overwhelming "God-
consciousness" followed at once by a
vast
change in feeling and outlook.**

APPENDIX III...THE MEDICAL VIEW ON A.A.

**80) page 571:
"...I think our profession must take
appreciative cognizance of this great
therapeutic weapon.**

**81) page 571:
Any therapeutic or philosophic
procedure which can prove a
recovery rate of
50% to 60% must merit our
consideration."**

**82) page 572:
They know that they must never
drink.**

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