

Dr. Bob and The Good Oldtimers

(January 2018, VSB Website Resources Sub-Committee: The readings are from the AA 'Big Book', 3rd Edition and/or the 'Twelve Steps and Twelve Traditions'. "D & R" mean discuss and reflect. Quotes from AA material have been updated to reflect alcohol, as written. OA only has permission to change the wording to "compulsive overeater" in OA Steps and OA Traditions. In one's private reading and writing, one can substitute the words "food" and "compulsive overeater" for "alcohol" and "alcoholism.")

(D) = Dr. Bob and the Good Oldtimers

(BB) = The Big Book, 3rd Edition

1. Read: **(D)** Forward to page 12.

How may Dr. Bob's parents have influenced his development of alcoholism?
Relate this to your parent's attitudes.

2. Read: **(D)** pp. 13-23 **(BB)** pp. 544-545

What early signs of Dr. Bob's disease are discussed in these pages? What early signs of compulsive overeating can you report from your childhood?

3. Read: **(D)** pp. 24-34 **(BB)** pp. XXVI-XXVII

The progression of Dr. Bob's disease can be seen in this chapter. What phobias and dual addiction is discussed. Where can we see his self-deception? Has your disease progressed? How?

4. Read: **(D)** pp. 35-44

What "kind" of compulsive overeater are you? What tricks did you use to hide your substance?

5. Read: **(D)** pp. 45-52 **(BB)** p. 324

What were the qualities in Dr. Bob's personality that others saw in him?
What is unique about we compulsive people?

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6. Read: **(D)** pp. 53-60

What are the “four absolutes”? Are they pertinent today? What role did Henrietta play?

7. Read: **(D)** pp. 63-69 **(BB)** pp. 14-15

List the magic ingredients, found on page 68, which ignited the spark of our fellowship. Why did the meeting between Bill and Bob work so well?

8. Read: **(D)** pp. 70-75

Faith without works is dead.

- a. What did service do for Bill and Bob? How can service help your recover?
- b. Bill felt we must live in the real world and “leave the liquor on the sideboard.” What is your opinion? Why?

9. Read: **(D)** pp. 76-83 **(BB)** pp. 290-291

Bob and Bill stopped “wasting” time on Eddie and found Bill D. to help. Why is our H.O.W. principle of “three slips” a positive discipline for the baby as well as the sponsor?

10. Read: **(D)** pp. 84-89

The early Oxford Group talked about giving up “sins.” How do you feel about self-pity, fear, and worry today?

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11. Read: **(D)** pp. 90-100

Dr. Bob always emphasized the illness part of our disease (see p. XXIV in the BB). Doc said that Ernie never really “jelled”. What did he mean? Do you know members who never seem to “jell”?

12. Read: **(D)** pp. 101-107

What “musts” were in the old AA program? What musts do you need in your program today? (See p. XVI in the BB)

13. Read: **(D)** pp. 108-115 **(BB)** pp. 480-481

Identification with each other is how we spread the message. What can we say to a fellow suffering compulsive overeater to give them hope?

14. Read: **(D)** pp. 116-121

How do you feel about Dr. Bob’s quote, “I haven’t got any time or strength to waster on this unless you’re serious about it”?

15. Read: **(D)** pp. 122-127

How was the first real expression of AA’s group conscious shown? How did Bill W. and Dr. Bob balance each other?

16. Read: **(D)** pp. 127-136

What is your feeling about this quote, “commercialization of this movement must at all hazards be avoided”?

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17. Read: **(D)** pp. 137-147

What was the “attraction” seen at the meeting on page 145? Was the phone used in the early days?

18. Read: **(D)** pp. 148-155

All members do have an intense loyalty to each other. Why must we accept that groups in different parts of the country do things in a different way?

19. Read: **(D)** pp. 156-162

What is a fundamental difference between AA’s and the Oxford Group?

20. Read: **(D)** pp. 163-170

With pain, there is a gain. When AA finally had to break from the Oxford Group, why was it a difficult time?

21. Read: **(D)** pp. 171-179

“It was a person-to-person system, and it worked.” Explain why this is a program of attraction and not promotion.

22. Read: **(D)** pp. 180-185 **(BB)** pp. 77-78

Why did Archie T. go back to Detroit?

23. Read: **(D)** pp. 185-199 **(BB)** p. 96

What did Sister Ignatia contribute to the program?

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24. Read: **(D)** pp. 200-206 **(BB)** pp. 45-47

What two spiritual concepts showed a type of genius displayed by AA?

25. Read: **(D)** pp. 207-211

What did the Cleveland pioneers prove to Bill Wilson?

26. Read: **(D)** pp. 212-219

The split with the Oxford Group had been a long time coming. What does this teach us?

27. Read: **(D)** pp. 220-230 **(BB)** p. 560

Discuss the following: "There are two kinds of people to watch in OA, those who make it and those who don't." Why?

28. Read: **(D)** pp. 231-238

What was the wives' (spouses') role in the early AA days?

29. Read: **(D)** pp. 239-250

Women, Blacks, Hispanics, and the handicapped were originally not welcome in AA. Why did the attitude of the groups change?

30. Read: **(D)** pp. 251-260 **(BB)** pp. XVI-XVII

Alcohol or food is a great "leveler" of those of us afflicted with this disease. So is our fellowship. Division of groups caused some resentments. Why?

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31. Read: **(D)** pp. 261-269

What were Dr. Bob's feelings on the 11th Tradition and anonymity?

32. Read: **(D)** pp. 270-278 **(BB)** p. 89

What were the qualities Dr. Bob's peers saw in his recovering personality?

33. Read: **(D)** pp. 279-285

What does Dr. Bob mean when he says "Easy Does It"?

34. Read: **(D)** pp. 286-291 **(BB)** p. XXVIII

What did Dr. Bob mean when he said, "The first one [bite] will get you!"?

35. Read: **(D)** pp. 292-304 **(BB)** p. 133

What did Dr. Bob mean when he said, "If you can't be happy in this program, there isn't much use in being in it."?

36. Read: **(D)** pp. 306-309

How can one achieve peace of mind, according to Dr. Bob?

37. Read: **(D)** pp. 309-315

What were Dr. Bob's feelings on spiritual "healing"?

38. Read: **(D)** pp. 316-326

What were Dr. Bob's reactions to Anne's death?

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39. Read: **(D)** pp. 327-335

When Dr. Bob was so ill at the end of his life, why didn't he "stay home from meetings and conserve his strength."?

40. Read: **(D)** pp. 336-344

What is Dr. Bob's legacy to us? (Keep it Simple Stupid or K.I.S.S.)