

## BB INTENSIVE (AKA Boot Camp)

The BB Intensive is not a substitute for getting a sponsor and going through the big book. In fact, Pgs. 94 bottom, 95 and 96 all state in one-way shape or another that when working with a new person, we should ask them to “read this book” before we start working with them. And so it seemed best to develop a structured plan (BB Intensive) as a way to help struggling old and new comers to get abstinent and to have a structured plan for three days. This way instead of their head being all about “what will I eat next- how can I control the food” and running like wild animals with only food thoughts (like I did for so many years), they will be busy thinking, “What do I have to do next for the BB Intensive?” And for many, based on the follow up phone calls, it’s been helpful. Let’s get started.

### Day I

1. **Read** the preface, four forwards, and Drs. Opinion.
2. **Listen** to Ruth, November 22<sup>nd</sup> 2012 from special edition meeting (morning). [Www.avision4you.info](http://www.avision4you.info)
3. **Writing assignment:** First read, Pgs. 23, 24, 33, 35, 37, 42, and 92 references to the mental: twist, blank spot, phenomenon, etc. Think about your relationship with food (what has been a sick relationship with food). Are you sure you understand that you have an allergy of the body to certain foods and a mental obsession? Think about what that looks like for you and how does the mind / body problem (bottom of pg. 22 and 92) present for you? Look up allergy, craving, and obsession in the dictionary before you start writing. (You are focusing on step 1).

**Write about:** Your relationship with food and keeping in mind your last binge or bad memory related to a binge, write about how you know you are a real compulsive overeater and what has happened that makes you identify with these pages and helps you know you have this allergy of the body and mental compulsion.

\*Relationship: Connection, association, involvement, dependence, kinship, and alliance, merging of efforts kinship: is such a familiarity that could be by blood or the deepest emotional connection and relationship.

## Day II

1. **Read** Bills Story and there is a solution.
2. **Listen** to Don C. from NY **July of 2013** (He has others). Take notes on what he says. (Www.avision4you.info)
3. **Write** about the following: Look up Pgs. 80, 100, 120 and 124. On these pages you will find the words, "In God's Hands". Highlight these words and underline the sentences around them and pertaining to the thought. Then, imagine yourself crossing Niagara Falls wearing ballet slippers and on a high wire. Scary? Then picture yourself crossing Niagara Falls on a four-foot wide cement platform with fencing on both sides and holding Gods Hand. Relaxing? Look at Pg. 68: the top talks of self-reliance, the next paragraph discusses reliance on God, the bottom talks of "faith means Courage". (Step 2- Are you **willing** to try? "...All of us, whatever our race, creed, or color are the children of a living Creator with whom we may form a relationship upon simple and understandable terms as soon as we are willing and honest enough to try." Pg. 28)

**Write: What does it look like for you to put yourself in Gods' hands?**

## Day III

1. **Read** More about Alcoholism and We Agnostics.
2. **Listen** to August 18 Sally (because so much was spoken about getting unblocked, the use of God letters (which some people find helpful in becoming unblocked) and prayer and meditation. (Www.avision4you.info)
3. **Writing: Read** about your relationship with your higher power with these pages in mind: (highlight the word **relationship** on each of these pages and underline what the book says about a relationship with a higher power: Pgs. 13, 28, 29, 72, 100 and 164.) Read top of 64, 71 and 72 looking for what the BB says about being blocked (the word obstacles is used on pg.72)  
Additionally, look at Bill's story and how he was blocked and got unblocked (Pgs. 12-16) and the story on Pgs. 56-57 and

how this man was blocked and became unblocked. Note worldly clamors/calamities, what happened that led to instant change and his “revulsion” (this reminds me of smelling vomit!) to drinking.

**Write On your relationship with God as it is now. Then, if you are blocked and if you think you know why you are blocked, write about what happened to cause this and why you don't trust your HP.**

**Please limit your writing assignments to one page. Be brief.**

**\*\*When you finish this assignment, if you are interested in being in a Big Book study group such as ‘Life Boat’, please contact Yelena at (904) 476-0125 ASAP for further instructions and to get your name on the email list which will announce the next life boat.**

If you are not planning to be in the group and have a sponsor, please discuss this assignment with him or her. I do not want to step on the toes of my fellows and they may have their own thoughts / highlighted paragraphs for you to look at. If you don't have a sponsor and are planning to be in the group, a sponsor will be assigned to you. She will call you as soon as you finish the above assignment.

This assignment is meant to strengthen your recovery or help you get abstinent. If you are not interested in working within a group setting or cannot because of the timing of doing this study, when you are finished, remember to call in at the end of the AVFY meeting 8:50 Monday through Friday and put your name out there for a BB sponsor if you don't already have one. I would be honored to be part of your network. It takes more than a sponsor to reach the land of recovered. It takes a village and I'm happy to be part of yours! You do not need a sponsor to get abstinent! Remember, “... job or no job, wife or no wife, [sponsor or no sponsor] we simply do not stop drinking so long as we place dependence upon other people ahead of dependence on God” Pg. 98.

**\*\*\*When you finish BB INTENSIVE you will have read through 'We Agnostics'. Please continue to read one chapter a day (picking up after we agnostics left off and reading *How It Works* and then *Into Action*, and then keep going until you finish Pg. 164.)**

If you don't have a food plan, please make an apt. to see a Registered Dietitian or nutritionist or go on line and look up Lisa Merrill and email her. It's not necessary for you to have abstinence before you start this study although it helps to have a few days to get un-fogged from the food. What I mean is, start today!! The assignment will help you get abstinent. **It is however imperative that you stay abstinent as you do this assignment as you cannot work the steps in the food!** ("It is imperative that a man's brain be cleared before he is approached, as he has then a better chance of understanding and accepting what we have to offer. Pg. xxvii) Try to believe that your HP loves you very much and He wants to be in a relationship **with you** (and not see you in a sick relationship with food!) In other words, Your HP wants you recovered more than you want you recovered! Call me when you are finished. We'll talk about what's next.

In His Service,

*Sally A.*

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