



Life Boat III Big Book Intensive (*a.k.a.*, “Boot Camp”)

Completion of this Big Book Intensive (*a.k.a.*, “Boot Camp”) is one of the requirements for each Protégé to qualify for a seat in the Lifeboat.

The Boot Camp assignments are in keeping with Big Book (“BB”) instructions found on pp. 94 (bottom), 95 and 96 (in the middle of the pages which states – “If [s]he is really interested ... ask [her] to read this book”). We will discuss elements of these assignments as a group once the Lifeboat is underway. They will also be a good starting place for your first conversations with your new sponsor (or previous sponsor who agrees to work with you).



You Must Put the Food Down NOW! “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.” (p. xxvii)

In order to reserve a seat in Lifeboat III, **each Protégé must be abstinent from Day One of Boot Camp and continue to remain abstinent throughout the Lifeboat.** While “abstinence” means different things to different people, because the Lifeboat is for the “last gaspers,” **Protégés must abstain from all forms of sugar (and artificial sweeteners) and flour in any form for the duration of the Lifeboat.** If you are going to proceed, please understand you must put the food down now, before you begin Boot Camp. In other words, Day One of boot camp, you have put the food down finally and must not pick up as a requirement for Lifeboat III.

Guidelines

If you have decided to proceed, please follow the guidelines below. The boat is filling up quickly, so if you are interested, understand that only the first 25 people who complete the BB Intensive, remain abstinent and agree to the other terms will be in the Lifeboat.

1. The six days of Boot Camp assignments **must be completed within seven consecutive days.**
2. Complete the assignments in the order presented.
3. Listen to AVFY five (5) days a week starting now. If you cannot listen live, please listen to the recorded version within the same day (no bingeing on AVFY!).
4. Discuss your responses to the assignments with your Lifeboat Sponsor.



When you are ready to start, you must **send an email saying you've started Boot Camp to lifeboat164@gmail.com. This will start your seven-day "stopwatch".**

INTRODUCTION

The BB Intensive is not a substitute for getting a sponsor and going through the Big Book. In fact, pp. 94, 95 and 96 all state in one way 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 follow a structured plan for seven 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.

Note: Page references are taken from the AA Big Book, 4th Edition. To make finding specific text easier, we have sometimes added more detail to the page numbers to guide you - (t)=top of the page, (m)=middle, and (b)=bottom.

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

Day 1

1. **Read** the Preface, four Forewords, and The Doctor's Opinion.
Either have your new sponsor or a recovered sponsor read through The Doctor's Opinion with you **after you read it alone.**
2. **Write your food history and share with your sponsor.**

Day 2

1. **Listen** to the AVFY Special Edition with Ruth on 11/22/2012 (found at www.avision4you.info).
2. **Reading assignment:** First read pp. 23, 24, 33, 35, 37, 42 and 92 for references to the mental: twist, blank spot, phenomenon, etc. Think about and focus your writing on your past 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 the mind/body problem (pp. 22(b), 30(m) and 92(t) presents for you? Look up **allergy**, **craving**, and **obsession** in the dictionary before you start writing. (You are focusing on Step 1).
3. **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 obsession.

* 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 3

1. **Read** Bill's Story and There Is a Solution.
2. **Look up** pp. 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.
3. **Write** about the idea of placing yourself "in God's hands" (as opposed to your own).

Day 4

1. **Listen** to the AVFY Special Edition with Don C. on 7/28/2013 (found at www.avision4you.info). Take notes on what he says.
2. **Write:** 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 God's hand. Relaxing? Look at p.68: the top talks of self-

reliance, the next paragraph discusses reliance on God, and at the bottom it says “faith means courage”.

Step 2, “Came to Believe” – Pages 13(b), 57 and 567 tell us the elements (essentials) to recovery and they include “belief”. Page 28 says that “... 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.” Are you **willing** to try?

Day 5

1. **Read** More about Alcoholism and We Agnostics.

Day 6

1. **Listen** to the AVFY Special Edition with Sally A. on 8/18/2013 (found at www.avision4you.info) 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.
2. **Read:** Keeping your relationship with your higher power in mind, read pp. 13, 28, 29, 72, 100 and 164. Highlight the word **relationship** on each of these pages and underline what the book says about a relationship with a higher power. **Read** pp. 64(t), 71 and 72 looking for what the BB says about being blocked (the word ‘obstacles’ is used on p. 72).
Additionally, look at Bill’s Story (pp. 12-16) and the story on pp. 56-57 about how these men were blocked and got unblocked. Note “blotted out by worldly clamors” (pp. 12-13), “obscured by calamity” (p. 55), and “calamities” (p. 56). What happened that led to instant change and his “revulsion” to drinking?
3. **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 higher power.



When you have finished these assignments, if you are still interested in being part of Lifeboat III, send an email to lifboat164@gmail.com to let us know. This will stop your seven-day “stopwatch”.

Then call our Sponsor Coordinator, Rakefet Z. (650.248.1614 PT), to discuss your sponsor situation (whether you have one or need one).

Continue to read one chapter a day through p. 164 in preparation for the Lifeboat. (Like a college course, the professor says, “read these pages and come to class and we will study the material together.”)

We will contact you with further instructions and will assign you a Lifeboat sponsor unless you already have one who is willing to follow the Lifeboat Sponsor Guidelines.

If you are *not* planning to be in the group and have a sponsor, please discuss this assignment with her/him. I do not want to step on the toes of my fellows, and they may have their own thoughts / highlighted paragraphs for you to study.

* * *

Try to believe that your higher power loves you very much and 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!**

In His Service,

Sally A.

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