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## The Big Book Is About Me

SOMETIMES, the question arises: "What is the Big Book really about?" With the usual alcoholic contrariness, I can only answer with a question: "Who is the Big Book about?" In dealing with alcoholism and the program of recovery, the book tells us how the first AAs dealt with the major problems engendered by our disease, problems affecting marriage, family, sex, finance, jobs, careers, and finally sanity. Through the Twelve Steps, AAs were enabled to find a new perspective on those areas of self-imposed conflict.

For me, it was simply a question of living or dying. In the course of coming to terms with these problems—in other words, coming to terms with myself—I did not become a marriage counselor, a financial consultant, an efficiency expert, or a psychiatrist. These fields are quite rightly-occupied by trained, experienced, and responsible people who must conform to socially acceptable

standards before they can practice. The Big Book tells me, an alcoholic, how I can use the Twelve Steps to cope with *my* problems and discover who *I* am. The Third Step gave me a perspective from outside myself, an objective viewpoint from which I could see myself as I am, not as I would like to be, and thus helped me to approach what is now the excitement of living.

I am reminded of Thompson's "Hound of Heaven": "I fled Him, down the nights and down the days . . ." He had to chase me, because I was running away fast. I'm thankful that I stopped running in time, long enough to read the Big Book and begin to understand it.

The Big Book is not about social, mental, or medical problems. To my question "Who is the Big Book about?" there is only one answer. The Big Book is about me.

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