

# Helpful Hints for Man on the Bed

“We are there to share the pain we once felt and the joy in recovery we now feel.” Pamphlet-27

**\*\*We found it helpful before making the 12 Step calls to read page 91 through page 95 in our Big Book \*\***

1. Introduce yourself as a member of the Fellowship of Alcoholic Anonymous and clarify you are **not** affiliated with the hospital, but are a voluntary invited guest at your request.
2. Ask if they have any familiarity with A.A., to gauge the level of experience.
3. Let the new man lead the conversation. If he’s sharing his experience relate to him, focusing on the progression of the disease. If he’s close-mouthed, relate your progressive alcoholic experience from highs to lows, describing your jumping off place or bottom that brought you to A.A.
4. If interested in how we got better, tell them how you got better.
5. If it has not come up already, raise a few points if appropriate:
  - a. Explain what a home group, sponsorship, and that even a man with one day has something to offer the newcomer.
  - b. Emphasize through your own experience, the importance of identification versus contempt prior to investigation, and how honesty, open mindedness and willingness were indispensable to your recovery.
  - c. If the discussion gets to the point of spirituality and God, remember, principles before personalities and that God (or whatever name they choose for a power greater than themselves) is of their own personal conception.
  - d. If they are willing, exchange phone numbers and offer to take them to or arrange to take them to your home group or any meeting they wish to go.