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"Affirmation without discipline is the beginning of delusion." ~ **Jim Rohn**

"It is far better to grasp the universe as it really is than to persist in delusion, however satisfying and reassuring."
~ **Carl Sagan**

"The belief that one's own view of reality is the only reality is the most dangerous of all delusions."
~ **Paul Watzlawick**

"When all else fails there's always delusion." ☺
~ **Conan O'Brien**

"A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."
~ **Albert Einstein**

Welcome to



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FROM ST. LOUIS, MO

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Delusion One: (The Delusion of Inequality)

- What is the delusion of inequality?
- What is the imposter narrative?
- Count the Cost: What has this delusion cost me throughout my life?
- How will this delusion attempt to dwell in my mind and create doubt, separation, and isolation throughout my earthly life?
 - *“Is he not a victim of the delusion that he can wrest satisfaction and happiness out of this world if he only manages well?”*
~ **P.61—How It Works**
- How do I overcome this delusion? (*Unclog the Channel By Removing the Debris*) (The 12 Steps)
- *“Your strongest muscle and worst enemy is your mind; Train it well.”* ~ **Unknown**
- *“It is easier to act yourself into a new way of thinking, than it is to think yourself into a new way of acting.”*
~ **Spoken by John S. White or F. J. Finch**

Notes:

Delusion Two: (The Delusion That I Am Not an Alcoholic)

- Denial vs. Delusion (Not Synonymous)
- Delusion & Illusion (Synonymous)
- Why do most alcoholics never overcome this delusion?
- *“**MOST OF US** have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this **illusion** is astonishing. Many pursue it into the gates of insanity or death.”*
~ **P.30—More About Alcoholism**
- How do I overcome this delusion? (The 12 Steps)
 - *“We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The **delusion** that we are like other people, or presently may be, has to be smashed.”*
~ **P.30—More About Alcoholism**

Notes:

Delusion Three: (The Delusion of Victimization)

- **The Four Big Pillars of Life:** 1. Birth (fate determines) 2. Illness 3. Aging 4. Death
- *“We went back through our lives. Nothing counted but thoroughness and honesty. When we were finished, we considered it carefully. **The first thing apparent was that this world and its people were often quite wrong. To conclude that others were wrong was as far as most of us ever got.** The usual outcome was that people continued to wrong us and we stayed sore. Sometimes it was remorse and then we were sore at ourselves. But the more we fought and tried to have our own way, the worse matters got. As in war, the victor only ...seemed... to win. Our moments of triumph were short-lived.”*

P.65-66—How It Works

- What has playing the victim cost you and others?
- Most alcoholics drink themselves to death, and it's not their fault, don't let that be you.
- Have you ever seen a happy victim?
- How do I overcome this delusion? (The 12 Steps)

Notes

Delusion Four: (The Delusion of Impossibility)

- How many hearts have your broken and bridges have you burnt?
- How many years have passed by in the crux of your alcoholism?
- Does the idea of reconciling your past seem like an impossible task?
- How big is your (Mountain), ‘Mount Wreckage,’ when you dwell upon it looking massive in the landscape of your life?
- Is your soul smothered and covered with discouragement? (For the sake of this study, we define the soul as including three parts: your mind, will, and emotions.)
- Did you know discouragement is the fuel for this delusion? How long has it held you back?
- How do I overcome this delusion? (The 12 Steps)
- *“We commenced to make many fast friends and a fellowship has grown up among us of which it is a wonderful thing to feel a part. The joy of living we really have, even under pressure and difficulty. I have seen hundreds of families set their feet in the path that really goes somewhere; have seen the most **impossible** domestic situations righted; feuds and bitterness of all sorts wiped out. I have seen men come out of asylums and resume a vital place in the lives of their families and communities. Business and professional men have regained their standing. **There is scarcely any form of trouble and misery which has not been overcome among us.**”*

~ P. 15—Bill's Story

Delusion Five: (The Delusion of Spiritual Disqualification)

- Do you feel spiritually disqualified? Why; Why not?
- How do you identify in the world system, e.g. atheist, agnostic, irreligious, religious, zealot, self-reliant, neutral, or unsure?
 - “*What comes into our minds when we think about God is the most important thing about us.*”
~ **A.W. Tozer** (agree or disagree?)
- How do you define God/Higher Power? Him, Her, non-binary, creation, Spirit, incarnation, people, good orderly direction, A.A., group of drunks, etc.?
- How connected to a Power Greater than Yourself were you when you arrived in A.A.? Where are you today? What are your doubts and questions? Do you possess the urge to know the **TRUTH** about God?
- What is truth? Is truth relative? Is there such a thing as absolute truth? How can you be sure?
- How can we know God exists, is present vs. absent, on leave, dead, or doesn't exist?
- How certain are you of your beliefs? Has the “*idol of certainty*” plagued you throughout your life? How certain are you? What if you're wrong?
- Certainty vs. Confidence
 - “*The phrase “God as we understand him” is perhaps the most important expression to be found in our who A.A. vocabulary.*”
~ **The Best of Bill—Bill Wilson**
- **HOW** do I overcome this delusion? (The 12 Steps); By becoming *honest, open-minded, and willing* = **(HOW)**.

Delusion Six: (The Delusion of No Real Purpose For My Life)

- Have you ever thought/felt why attempt all this work in 12 steps, and for what at the end of the day? Existing only not to drink doesn't sound inviting.
- What purpose do you have in life?
- How did you discover your purpose, or are you still looking?
- What is our primary purpose, group purpose, and our real purpose?
- How are you living a purpose-centered life? Is your life Spirit-centered, or are you still living for your own self-interest?
- How do I overcome this delusion? (The 12 Steps)
 - “*Our real purpose is to fit ourselves to be of maximum service to God and the people about us.*”
~ **P.77—Into Action**
 - “*This painful past may be of infinite value to other families still struggling with their problem. We think each family which has been relieved owes something to those who have not, and when the occasion requires, each member of it should be only too willing to bring former mistakes, no matter how grievous, out of their hiding places. Showing others who suffer how we were given help is the very thing which makes life seem so worth while to us now. Cling to the thought that, in God's hands, the dark past is the greatest possession you ...have -- the... key to life and happiness for others. With it you can avert death and misery for them.*”
~ **P.124—The Family Afterward**