



The Doctor's Opinion — Part 1

Hey, it's Mike Z. Today we are going to read the doctor's opinion in the A big book.

So let's just jump in

the doctor's opinion. We have Alcoholics Anonymous believe that the reader will be interested in the medical estimate of the plan of recovery described in this book.

Convincing testimony must surely come from the medical men who have had experience with the suffering of our members and have witnessed our return to health. A well known doctor, chief physician at a nationally prominent hospital specializing in alcohol and drug addiction gave Alcoholics Anonymous this letter. By the way, that doctor is so called.

To whom it concerns. I have specialized in the treatment of alcoholism for many years.

In late 1934, I attended a patient who, though he had been a competent businessman of good earning capacity,

Was an alcoholic of a type I had come to regard as hopeless.

In the course of his third treatment, he acquired certain ideas concerning a possible means of recovery. As part of his rehabilitation, he commenced to present his conceptions to other alcoholics, impressing upon them that they must do likewise with still others.

This has become the basis of a rapidly growing fellowship of these men and their families.

This man and over 100 others appear to have recovered.

I personally know scores of cases who are of the type with whom other methods had failed completely.

These facts appear to be of extreme medical importance because of the extraordinary possibilities of rapid growth inherent in this group.

They may mark a new epoch in the annals of alcoholism.

These men may well have a remedy for thousands of such situations.

You may rely absolutely on anything they say about themselves. Very truly yours, William the Silk Worth, M.D.. So

I had some comments. I already showed you, the things I had underlined, but I want to touch on, touch on them.

So, Plan of Recovery described in this book. So we know that the rest of the books got a plan of recovery. I have underlined, the patient, he attended was Bill w. And so the doctor considered Bill w hopeless. I have written there. Is this me I put? Yes. And then I put my initials.

And regarding my drinking. Yeah. Right. I came in and I came in with the gift of desperation, which is, my way is not working, and I can't deny it anymore. So what do you got?

And, you know, AA helped me a lot.

There's no to two questions about that. It did. I'm sober.

I can't, and I won't argue that.

I just don't buy the timidity thing.

So just, you know, for clarity, historical sake, you know, and this third treatment, he acquired certain ideas concerning a possible means of recovery. That was the Oxford six tenants. Six steps, if you will. And then, he thought it was very important to carry the message to others. And then those people carry the message to others, which I'm now doing here.

Right. So almost 100 years later, some bonehead is sitting in a room with a camera. Sharon to who knows who online. So that's my 12 step work in part. I had that initial remember before I mentioned, initializing, paragraphs where I identify with things, that somebody had suggested to me. So I had, basically that previous paragraph initialed.

And the next one, scores of cases were typed from other methods had failed completely. I put my initials, actually. I never went to rehab. I never went to detox. I never saw it. Any other kind of help other than AA. And, you know, so I've been sober for four plus years, but I had been in a before and it didn't stick.

I really hope that it sticks this time. I'm much more diligent about my approach and embrace of this as a way of life. So, so far, so good. But I also just want to point out that at the time, there wasn't recovery Dharma, at the time, there wasn't smart recovery. At the time, there wasn't life ring.

And honestly, there's a whole bunch of, my understanding kind of, you know, very Christian based, overtly Christian based approach is that, you know, work for people. So, you know, is good. Is it the only way? No, I don't think so. It's working for me. And so I'm happy to share that. Moving on. Next page. I have underlined, just the fact that the doctor said, you may rely absolutely on anything they say about themselves.

Now it's just a little, you know, context at the time. Alcoholics were really dismissed right there was so frustrating. There was so maddening. And you drank, to the point that, you know, some of us do, you know, choking back vomit vodka. Because if we don't swallow it, we're gonna, you know, get the shakes and go into the DTS.

Now, personally, I never got to that level, but I've heard that story often in the rooms of AA, and I had my own issues with it. So, I was hopeless, right? I mean, I basically just given up. I would go to, sleep pretty much every night of the week. Drunk and as I'm, you know, blacking out, passing out.

I would actually say the Serenity prayer and please, let me fucking die. And then I'd wake up and start it all again. You know, it's a pretty hopeless, position to be in. And honestly, I can, I can and have been that way in sobriety at moments. So.

A for me has not been the cure all. For some people, it is. Right. I'm jealous of them. It's just not for me. But it has helped me to not have a drink, and, I'm grateful for it.

Anyway. So they used to basically just, you know, give up on an alcoholics and, and, you know, pray to whatever their divinity was that that person would get sober or, just let them die, or lock them up. And, you know, jails are suck now, but, they were a little worse back then. And, the not wards in particular were even worse, right?

So,

It took a lot for a doctor. To be able to say something worked. It's a big statement for this doctor. You know how doctors are, right? They they they know everything. And they're trained to have that arrogance and that, you know, separation. So it was quite a thing for a doctor to say. Yeah.

You can rely on, anything these people have to say. And just for a historical note, apparently, the doctor didn't want to put his name on this. That's how risky it was for he and his career to put his name on on that opinion. But finally he did. Anyway, let's move on

The physician who, at our request, gave us this letter has been kind enough to enlarge upon his views. In another statement which follows in this statement, he confirms what we have suffered alcoholic torture. Must believe that the body of the alcoholic is quite abnormal, as is his mind. It did not satisfy us to be told we could not control our drinking just because we were maladjusted to life, that we were in full flight from reality or were outright mental defectives.

These things were true to some extent, in fact, to a considerable extent with some of us. But we are sure that our bodies were sick as well, and our belief any picture of the alcoholic which leaves out his physical factor is incomplete. The doctor's theory that we have an allergy to alcohol interest us as laymen, in our opinion, as to its soundness, may of course mean little.

But as a problem drinkers, we can say that his explanation makes good sense. It explains many things for which we cannot otherwise account. Though we work out our solution on the spiritual as well as the altruistic plane, we favor hospitalization for the alcoholic who is very jittery, or Baffert.

more often than not, it is imperative that a man's brain be cleared before he is approached, as he has then a better chance of understanding, accepting what we have to offer.

All right. There was a lot in that. So this is, sort of just a segue, a little cover, a, by Bill, because Bill apparently was not satisfied with what the doctor said.

That first letter. So he wanted another letter. But I had underlined, as you saw, the body of the alcoholic is quite abnormal to his mind. And our believe any picture of the alcoholic which leaves out his physical factor. This physical factor is incomplete. So it's not just, our minds. It's also the physical. Right?

We have an allergy to alcohol. Interest us. You know, I know, as I've said before, you know, I didn't like that idea. Allergy. I'm like, it's not like an allergy. And bob up. I think now in retrospect, the way I responded to alcohol is at least different than the normal people. Normal people don't think, oh, I must have more right?

The first sip tastes like more. That's in my opinion, which really qualifies me the most as being an alcoholic. Normal people don't drink and think I need more. And if you identified with that statement of does the first sip tastes like more, then you're probably an alcoholic. And that is not a normal response to, a substance.

I'd also it's funny how, people rebel at the idea of having an allergy, to alcohol when, we don't have any issue with an allergy to peanut butter or other foods that we put in our body. What? What makes alcohol so special that, it can't possibly cause an allergic reaction? And I. You like the allergy idea or you don't?

It doesn't matter. You're sitting here listening to this video, so something, must be telling you you got a problem and need some help, but, hey, that's for you to decide.

Moving on.

I just had underlined we work out our solution on the spiritual as well as the altruistic claim. All right. And that, you know, that's kind of what the fellowship is, right? We give this away free. We we're happy to help

others for free. We don't charge for this at all. AA does not do that.

Right? Now is not the only organization that's like that. You've got recovery. Dharma. They don't charge to participate. Of course, they're self-supporting as well. So if you've got a couple bucks thrown in the habit, you don't have to. Smart recovery also has, online meetings and in-person meetings that are free as well. Now, I think they do have a paid professional class.

I'm just starting with Smart Recovery, so I don't know how their whole system works, but I know I can go to a smart recovery meeting, you know, ten minutes from now online for free. So, there's something about the nonprofit and the truly no money exchange that I find a lot of value in myself. I really have appreciated the time that my sponsors have given me for no other reason than they're trying to carry the message and give back from what they've received.

That's a very rare thing. You know, you could talk to the priest. They want their money. Yeah. Yeah, yeah. You want to get your kid baptized? It's going to cost you some money. You want to get married in a church that's going to cost you some money? If you want to get married at an AA clubhouse.

Yeah, they'll probably let you do it for free and be happy, too. So

Anyway, moving on to the actual second doctor's opinion.

So we're going to end, there. That's part one of the doctor's opinion. It's pretty long, so there's probably going to be two more. Segments. So that's the end of part one. If you have any comments, please do leave them. Be sure to like and subscribe and I'll see you next time.