

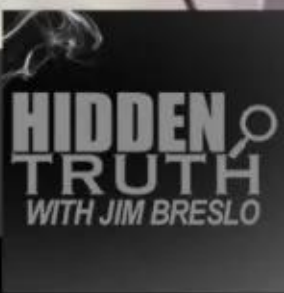


JOE MILLER
AUTHOR OF US OF AA



HIDDEN TRUTH SHOW WITH JIM BRESLO
AA KILLS

AVAILABLE ON ALL PODCAST APPS



1
00:00:04,470 --> 00:00:09,910

[Music]

2
00:00:17,120 --> 00:00:13,850

so so you're saying in college you felt

3
00:00:18,980 --> 00:00:17,130

the Tulsa program worked for you well in

4
00:00:21,920 --> 00:00:18,990

a way I mean what worked for me was

5
00:00:24,170 --> 00:00:21,930

having a community of people friends who

6
00:00:25,550 --> 00:00:24,180

didn't drink either so our whole social

7
00:00:28,130 --> 00:00:25,560

life was around that and that was just

8
00:00:31,640 --> 00:00:28,140

sort of the norm for me but as far as

9
00:00:33,709 --> 00:00:31,650

the steps I be I have to be honest I did

10
00:00:36,680 --> 00:00:33,719

do the steps I did the fourth the fourth

11
00:00:37,910 --> 00:00:36,690

and ninth step real thoroughly I did the

12
00:00:42,410 --> 00:00:37,920

fourth step for a couple of different

13
00:00:43,970 --> 00:00:42,420

ways and and they book big book talks

14
00:00:45,950 --> 00:00:43,980
about how when you complete those steps

15
00:00:47,750 --> 00:00:45,960
you feel all these miraculous changes in

16
00:00:49,759 --> 00:00:47,760
your life and your desire to drink goes

17
00:00:51,290 --> 00:00:49,769
away and your resentments and all that

18
00:00:53,869 --> 00:00:51,300
sort of thing and I had to be honest

19
00:00:55,189 --> 00:00:53,879
when I finished it I felt I felt a sense

20
00:00:57,889 --> 00:00:55,199
of accomplishment that I had done

21
00:00:59,899 --> 00:00:57,899
something you know to get better but I

22
00:01:02,509 --> 00:00:59,909
definitely didn't feel what it said I

23
00:01:05,420 --> 00:01:02,519
didn't feel like the things that I came

24
00:01:06,770 --> 00:01:05,430
up with in this by doing the four-step

25
00:01:08,870 --> 00:01:06,780
the way that it says to do it in the big

26

00:01:11,330 --> 00:01:08,880

book I didn't feel that it really gate

27

00:01:13,730 --> 00:01:11,340

what really created the sort of

28

00:01:16,550 --> 00:01:13,740

spiritual awakening and transformation

29

00:01:18,730 --> 00:01:16,560

that they talk about it sounds like you

30

00:01:21,440 --> 00:01:18,740

could almost describe it as a placebo

31

00:01:23,389 --> 00:01:21,450

kinda yeah I mean it was I think there's

32

00:01:26,209 --> 00:01:23,399

always some positive in taking really

33

00:01:27,950 --> 00:01:26,219

any positive steps toward you know just

34

00:01:29,840 --> 00:01:27,960

doing something makes a difference I

35

00:01:32,240 --> 00:01:29,850

think it helps you mentally but as far

36

00:01:35,480 --> 00:01:32,250

as you know that I'm sure a lot of your

37

00:01:37,789 --> 00:01:35,490

listeners have been are familiar

38

00:01:41,630 --> 00:01:37,799

somewhat with the 12 step with the 12

39

00:01:43,880 --> 00:01:41,640

steps and in the base what is step

40

00:01:45,440 --> 00:01:43,890

number four fourth step is the the

41

00:01:47,630 --> 00:01:45,450

searching and fearless moral inventory

42

00:01:50,120 --> 00:01:47,640

where you sort of assess all the things

43

00:01:52,099 --> 00:01:50,130

that are all your character defects that

44

00:01:54,889 --> 00:01:52,109

lead to you to drink drinking in a

45

00:01:56,359 --> 00:01:54,899

problematic way and that's that's an

46

00:01:59,240 --> 00:01:56,369

interesting one to me your character

47

00:02:01,760 --> 00:01:59,250

defects so it's really self examination

48

00:02:06,620 --> 00:02:01,770

of ways in which you are being less than

49

00:02:08,240 --> 00:02:06,630

a good person to put it simply so yeah I

50

00:02:10,820 --> 00:02:08,250

mean the way that's prescribed in the

51
00:02:12,140 --> 00:02:10,830
big book it's it's very much the way

52
00:02:14,690 --> 00:02:12,150
it's really not the big book it's very

53
00:02:17,420 --> 00:02:14,700
much Bill Wilson's personal inventory so

54
00:02:18,809 --> 00:02:17,430
it comes up as selfish self seeking

55
00:02:20,399 --> 00:02:18,819
dishonest fear

56
00:02:22,619 --> 00:02:20,409
there's like four different sort of

57
00:02:25,110 --> 00:02:22,629
basic quick or deep flex character

58
00:02:28,050 --> 00:02:25,120
defects that supposedly all people who

59
00:02:30,059 --> 00:02:28,060
suffer from alcoholism have and of

60
00:02:31,709 --> 00:02:30,069
course every person has those things to

61
00:02:33,809 --> 00:02:31,719
a certain degree but I definitely when I

62
00:02:37,530 --> 00:02:33,819
finish it I didn't feel like this was a

63
00:02:40,289 --> 00:02:37,540

real insight into who I was and why why

64

00:02:41,610 --> 00:02:40,299

I drank the way I did but I went along

65

00:02:43,819 --> 00:02:41,620

with it and I you know I went to

66

00:02:47,699 --> 00:02:43,829

meetings and talked up the game you know

67

00:02:50,309 --> 00:02:47,709

in the ninth step is that where you go

68

00:02:52,379 --> 00:02:50,319

around to people and apologize yeah and

69

00:02:54,210 --> 00:02:52,389

make amends and and I made amends for

70

00:02:56,309 --> 00:02:54,220

some that were pretty I mean there were

71

00:02:58,440 --> 00:02:56,319

there are a few things I did in junior

72

00:03:03,390 --> 00:02:58,450

high that I didn't think I had ever

73

00:03:05,640 --> 00:03:03,400

faced up to and I did and and it was I

74

00:03:07,589 --> 00:03:05,650

have to say I mean at the time when I

75

00:03:11,280 --> 00:03:07,599

did it it felt I mean he always feels

76
00:03:13,140 --> 00:03:11,290
sort of a good feeling of accomplishment

77
00:03:15,240 --> 00:03:13,150
when when you do something like that and

78
00:03:17,849 --> 00:03:15,250
but in the long run I don't really think

79
00:03:20,520 --> 00:03:17,859
it changed my life yeah I mean I guess I

80
00:03:22,490 --> 00:03:20,530
would ask as you point out interesting

81
00:03:25,830 --> 00:03:22,500
exercises to go through perhaps

82
00:03:29,789 --> 00:03:25,840
beneficial enlightening clearing of your

83
00:03:32,490 --> 00:03:29,799
conscience perhaps but what in doing

84
00:03:35,219 --> 00:03:32,500
steps 4 & 9 makes you less likely to

85
00:03:38,789 --> 00:03:35,229
drink what is the connection between 4

86
00:03:41,189 --> 00:03:38,799
and 9 and and an addiction alcohol

87
00:03:43,379 --> 00:03:41,199
that's right well for me I don't think

88
00:03:45,210 --> 00:03:43,389

that ultimately there was I mean I don't

89

00:03:47,969 --> 00:03:45,220

think that that was the direction where

90

00:03:50,969 --> 00:03:47,979

is it where is the science that says

91

00:03:53,039 --> 00:03:50,979

that when the brain acknowledges that I

92

00:03:55,110 --> 00:03:53,049

am a selfish person I'm a not a great

93

00:03:56,789 --> 00:03:55,120

person and when the brain goes through

94

00:04:01,140 --> 00:03:56,799

the process of apologizing to people

95

00:04:03,349 --> 00:04:01,150

that somehow the brains addiction to

96

00:04:06,809 --> 00:04:03,359

alcohol goes away where's the science

97

00:04:08,069 --> 00:04:06,819

there there isn't really I mean it's one

98

00:04:11,759 --> 00:04:08,079

of the things I go into my book is that

99

00:04:14,550 --> 00:04:11,769

a a just by nature of what it is and how

100

00:04:17,670 --> 00:04:14,560

it is defies any scientific any true

101
00:04:21,300 --> 00:04:17,680
scientific study of it so they're just

102
00:04:23,279 --> 00:04:21,310
having some study people are all citing

103
00:04:25,800 --> 00:04:23,289
and I've been citing it and I imagine

104
00:04:27,810 --> 00:04:25,810
you dug into this in your research the

105
00:04:30,869 --> 00:04:27,820
the study that shows its effective rate

106
00:04:32,699 --> 00:04:30,879
of only being 5 to 8%

107
00:04:34,889 --> 00:04:32,709
we'll see that that in itself is not

108
00:04:38,850 --> 00:04:34,899
scientific that's completely based on

109
00:04:42,480 --> 00:04:38,860
the AA's own internal surveys which are

110
00:04:43,799 --> 00:04:42,490
not controlled in any way so that's that

111
00:04:45,839 --> 00:04:43,809
just to be clear that's where the five

112
00:04:48,260 --> 00:04:45,849
to eight percent comes from is in there

113
00:04:50,309 --> 00:04:48,270

on a surveys that's correct but that's

114

00:04:53,999 --> 00:04:50,319

but Joe that's shocking hitting up

115

00:04:55,799 --> 00:04:54,009

itself in a zone information as

116

00:04:57,359 --> 00:04:55,809

indicating our success rate is only five

117

00:04:59,999 --> 00:04:57,369

to eight percent this isn't people going

118

00:05:03,029 --> 00:05:00,009

out to slam a a this is a a zone

119

00:05:06,089 --> 00:05:03,039

reporting that's this that's right yeah

120

00:05:08,879 --> 00:05:06,099

I mean the argument that they there was

121

00:05:12,449 --> 00:05:08,889

one paper quote-unquote paper produced

122

00:05:14,790 --> 00:05:12,459

by a member of AAA that had no real

123

00:05:16,649 --> 00:05:14,800

scientific or graduate really even

124

00:05:19,230 --> 00:05:16,659

graduate level experience for them aware

125

00:05:21,419 --> 00:05:19,240

of who who explained that these numbers

126

00:05:23,939 --> 00:05:21,429

are not accurate because the the

127

00:05:26,489 --> 00:05:23,949

ninety-five percent who leave don't

128

00:05:28,499 --> 00:05:26,499

actually work the program that in order

129

00:05:30,179 --> 00:05:28,509

for it to work you have to go to 90

130

00:05:33,509 --> 00:05:30,189

meetings in 90 days you got to get a

131

00:05:36,269 --> 00:05:33,519

sponsor works if you work the program

132

00:05:37,589 --> 00:05:36,279

that's right that's which I know if

133

00:05:39,659 --> 00:05:37,599

you've heard one of my intros on this

134

00:05:41,879 --> 00:05:39,669

but that's basically you saying it works

135

00:05:44,159 --> 00:05:41,889

if it works that's no I mean the whole

136

00:05:45,359 --> 00:05:44,169

point is wait a minute you've got them

137

00:05:47,279 --> 00:05:45,369

you've got people that come in your

138

00:05:49,649 --> 00:05:47,289

front door with a desire to quit

139

00:05:51,869 --> 00:05:49,659

otherwise they wouldn't be there or some

140

00:05:53,939 --> 00:05:51,879

inclination to quit so you've got a

141

00:05:56,219 --> 00:05:53,949

captured audience walking in the front

142

00:06:00,059 --> 00:05:56,229

door looking for treatment for this

143

00:06:01,980 --> 00:06:00,069

problem that they have bottom line is of

144

00:06:04,559 --> 00:06:01,990

those at the percentage that come in how

145

00:06:06,329 --> 00:06:04,569

many are leaving with the problem with

146

00:06:08,459 --> 00:06:06,339

the issue cured and that's the five to

147

00:06:11,249 --> 00:06:08,469

eight percent number that that's what

148

00:06:14,069 --> 00:06:11,259

they come up with yeah yeah now are you

149

00:06:19,230 --> 00:06:14,079

have you seen any other figures as far

150

00:06:22,109 --> 00:06:19,240

as there's one not not about

151
00:06:26,249 --> 00:06:22,119
specifically real AAA there was a big

152
00:06:30,209 --> 00:06:26,259
study called project match and late not

153
00:06:33,329 --> 00:06:30,219
in the 90s 2000s that purported to study

154
00:06:36,059 --> 00:06:33,339
AAA in comparison to cognitive

155
00:06:37,210 --> 00:06:36,069
behavioral therapy and another may be

156
00:06:39,340 --> 00:06:37,220
another

157
00:06:42,910 --> 00:06:39,350
a former treatment but that itself

158
00:06:46,360 --> 00:06:42,920
wasn't AAA they can't study a a because

159
00:06:48,820 --> 00:06:46,370
a is in some ways it's an anarchist ik

160
00:06:51,010 --> 00:06:48,830
group you know the way that works with

161
00:06:53,350 --> 00:06:51,020
anonymity there's no leader there's just

162
00:06:55,240 --> 00:06:53,360
no way to pin it down and have a control

163
00:06:58,090 --> 00:06:55,250

group next to that so what that study

164

00:07:00,340 --> 00:06:58,100

did was they used an approximation of a

165

00:07:02,350 --> 00:07:00,350

a which was really therapy using the

166

00:07:05,760 --> 00:07:02,360

12-step principles and what they found

167

00:07:07,750 --> 00:07:05,770

was that it was about equally successful

168

00:07:11,300 --> 00:07:07,760

compared to the other control groups