

## **STEP ONE**

**"We admitted we were powerless over alcohol, that our lives had become unmanageable."**

THIS SERVICE IS NOT INTENDED TO REPLACE HAVING A SPONSOR, IT IS JUST A WAY FOR YOU TO START WORKING YOUR STEPS!!!

**We believe the newcomer can and should learn much more about the ingredients of the First Step from the Big Book.**

These are:

1. Define what alcoholics are: Men and women who have lost the ability to control their drinking (p. 30).
2. What is their "disease" or malady: a three part problem of allergy, obsession, and progression (p. XXIV).
3. How do you identify a real alcoholic (see p. 44 of the Big Book of Alcoholics Anonymous): If when you honestly want to, you can't quit entirely; or if when you start drinking you lose control over the amount you take, you're probably are an alcoholic.
4. The "First Step": We learned we had to fully concede to our innermost self that we were alcoholics (p. 30).
5. What are the four things that don't work for the real alcoholic: (a) Self-knowledge. (b) Willpower. (c) Fear. (d) Any human power (p. 39, 40, 42).
6. At that point, you arrive at the conclusion that there is a total "lack of power" to overcome alcoholism without Divine Help (p. 45).

But there is One that has all power- that One is God. May you find Him now (p.59).

7. Once more: The alcoholic at certain times has no effective mental defense against the first drink. Except in a few rare cases, neither he nor any other human being can provide such a defense. His defense must come from a Higher Power. (p.43)

Many come to the program sick and tired, full of guilt and shame, and not wanting to live that life again; however, they don't necessarily want to do what it takes to stay sober...

## **Suggestions for you in your first 90 days:**

- 1) Get a "Home Group."
- 2) Get a Sponsor.
- 3) Get a Big Book, and start reading it.
- 4) Attend 90 meetings in 90 days.
- 5) Call your Sponsor, every day.
- 6) Make out a list of things to be grateful for, it may be small in the beginning, but if you stick around it will grow.
- 7) Do Service Work.

When you admit you are powerless, and your life is unmanageable to your inner most self, the "I admitted" changes, and now you have become a part of the "We admitted."

**WELCOME HOME!!!**

### Reading & Writing Assignments

Read, Bill's Story pgs. 1 - 16, look for the similarities, the four methods Bill tried to use to stay sober, and failed, and the way the words change from the beginning of his story, to the words used after he begins his journey of sobriety-

ask yourself why this happens???

Read, The Doctors Opinion pgs. XXIII - XXX

Read, There Is A Solution pgs. 17 - 29

Read, More About Alcoholism pgs. 30 - 43

Write, What happened 2 weeks prior to getting help?

Write, Why you feel you are powerless?

Write, Why you feel your life had become unmanageable?