

# Step One

## 1) HOW TO TAKE IT (Suggestions)

- a) Take this step with your sponsor, another member of A.A or an understanding friend.
- b) Read each question out loud to the person of your choice. Mark or check off in the Yes or No box

## REMEMBER TO DO IT OUT LOUD!!

- c) If you are convinced of the attached questions, you will be feeling comfortable with this step and should move on to the next step.

## 2) WHAT SHOULD I DO IF I'M NOT CONVINCED?

(Some suggestions are as follows)

- a) Let your sponsor know of your problem. Review the step with him or her. Pin point the part of the step you are having problems with. Be honest with yourself!
- b) Go back to the previous step. Perhaps the problem is there. Prior to step one, I had to be willing to go to any length. Am I sincere?
- c) Read and re-read the chapter that carries the main thrust on step 1, namely "More about alcoholism – Pages 30-43" (Read 100 times if necessary).
- d) Go to as many meetings as possible. Hearing and listening for words that will help convince you.

# Step One

What I am convinced of when I say "I'm powerless over alcohol - my life had become unmanageable"

1) I'm Convinced-	That I have <u>lost the ability to control</u> my drinking; Once I take my <u>first drink</u> 'most times I can't predict ahead of time exactly how many drinks I will have before I quit; I <u>can't guarantee</u> my behaviour after the first drink	<input type="checkbox"/> Yes  <input type="checkbox"/> No
2) I'm Convinced-	That I have <u>lost the power to choose</u> whether I will drink or not; I <u>can't stop</u> from starting to drink <u>on my own</u>	<input type="checkbox"/> Yes  <input type="checkbox"/> No
3) I'm Convinced-	I have an illness or disease; <u>I'm sick</u> spiritually, Mentally and physically, but <u>I can get well</u> a) <u>Spiritually</u> sick means excessive thought of self; Self-centred; Self-will run riot) b) <u>Mentally</u> sick means the thought or idea I will somehow, someday <u>control</u> and <u>enjoy</u> my drinking. (This obsession drives me back to the first drink). c) <u>Physically sick</u> means I'm allergic to alcohol; A craving for more develops with each drink	<input type="checkbox"/> Yes  <input type="checkbox"/> No

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4) I'm Convinced-	<u>My illness is progressive</u> if I continue to drink; <u>It always gets worse</u> over any considerable period of time; <u>Never better.</u>	<input type="checkbox"/> Yes  <input type="checkbox"/> No
5) I'm Convinced-	My illness can only end in insanity or premature death <u>if I continue to drink</u> (Like cancer, it's a consumer of mind and body)	<input type="checkbox"/> Yes  <input type="checkbox"/> No
6) I'm Convinced-	My Illness is <u>incurable</u> , but it can be arrested by complete abstinence from alcohol of any type.(Once an alcoholic-always an alcoholic).	<input type="checkbox"/> Yes  <input type="checkbox"/> No
7) I'm Convinced-	I have <u>to stop</u> from taking the <u>first drink</u> - one is too many and twenty is not enough.	<input type="checkbox"/> Yes  <input type="checkbox"/> No
8) I'm Convinced-	That I can't stop drinking on the basis of self knowledge alone. <u>My own will power can't</u> keep me sober on a <u>continuing basis.</u>	<input type="checkbox"/> Yes  <input type="checkbox"/> No

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9) I'm Convinced-	That I can <u>never drink</u> alcohol <u>safely</u> again. Each and every day I <u>must</u> have the <u>thought</u> and <u>feeling</u> that I don't want to drink again.	<input type="checkbox"/> Yes <input type="checkbox"/> No
10) I'm Convinced-	.That I <u>want to stop</u> , not just quit drinking. I only have to <u>stop drinking one day at a time</u> . (Just for today).	<input type="checkbox"/> Yes <input type="checkbox"/> No
11) I'm Convinced-	That despite any length of sobriety I can achieve such as I week, I month, 6 months, I year, 5 years, 10 or 20 years; <u>if i pick up the</u> <u>first drink again</u> , I would, in a short time, be in the same or worse condition than I was when I quit drinking the last time.	<input type="checkbox"/> Yes <input type="checkbox"/> No
12) I'm Convinced-	That i can only be <u>defeated by an attitude</u> of Intolerance or belligerent denial. (Closed mind).	<input type="checkbox"/> Yes <input type="checkbox"/> No
13) I'm Convinced-	That willingness, honesty and open mindness are the <u>essentials of recovery</u> These are <u>indispensable</u> .	<input type="checkbox"/> Yes <input type="checkbox"/> No

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14) I'm Convinced-	That I would remain in everlasting ignorance if I was to have <u>contempt</u> for the <u>complete program of recovery before I investigated</u> .	<input type="checkbox"/> Yes <input type="checkbox"/> No
15) I'm Convinced-	That alcohol is the <u>major unmanageable</u> thing in my life - <u>Without alcohol</u> I have a fighting chance with my personal relationships, my emotions, my feelings of uselessness' my fears and my unhappiness.	<input type="checkbox"/> Yes <input type="checkbox"/> No
16) I'm Convinced-	Of the <u>reality of my condition</u> ; Not the way I think it is or the way I would like it to be. The <u>reality</u> is that I am <u>powerless</u> over alcohol – I can't guarantee my behaviour <u>after the first drink</u>  The <u>medical word</u> for a person who has this condition of mind and body is <u>alcoholic</u>	<input type="checkbox"/> Yes <input type="checkbox"/> No