



“We admitted we were powerless over alcohol – that our lives had become unmanageable.”

Step 1
takethe12.org

**The One Thing I Need To Know About This Step:
Alcohol Isn't My Problem**

Spiritual Principle of the Step:
HONESTY

Reading Assignment:
BB: Pgs. 30-43 / 12&12: Pgs. 21-24

Literature Reference: “Nothing counted but thoroughness and honesty.” (Big Book, Page 65, How It Works)

STEP SUMMARY

When we first walked into the rooms of A.A., we thought our lives were unmanageable because when we drank, we wound up in strange places, with strange people, in strange positions (some of us – literally). How grateful we were when our sponsor, or other caring members of the Fellowship, helped us fully understand what co-founder, Bill W. meant in More About Alcoholism (top of page 35 in the Big Book – 4th Edition) when he said, “So we shall describe some of the mental states that precede a relapse into drinking, for obviously this is the crux of the problem.”

We are grateful that we were helped to understand that our mental states, or our thinking, WAS/IS the crux of our problem. Selfishness/Self-Centeredness! That, we are told, is the root of our troubles (not alcohol). Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we go to the only thing that has proven to provide us the release we seek from these “fleeting forms” – alcohol.

If we ever need proof of our powerlessness over “a seemingly hopeless state of mind and body” (which is one definition of alcoholism), all we have to do is look at the many examples of how our life was unmanageable while drinking – and how it wasn't the alcohol that made our life unmanageable.

Interesting Side Note: Step 1 is the only step that talks about alcohol. The remainder of the Steps share solutions on how to deal with what the REAL problem is – the noise that lives between my left ear and my right ear (more commonly referred to as our defects of character).

MYTHS ABOUT THIS STEP

Powerlessness means you're weak. Admitting powerlessness is a crucial step on the path to freedom and strength. It takes honesty and courage to accept that alcohol has taken over your life.

You have to take this step over and over. Step 1 is the only step we ever take 100% and once taken, we don't have to ever take it again. Once you admit to your inner most self that your'e an alcoholic – you can't “un-admit” that. Once you get completely honest and tell the truth – that truth never changes. Once an alcoholic, always an alcoholic.

INVENTORY

Taking a step displays a willingness to write inventory and allow it to surrender something within us. Write inventory on your most serious shortcomings around the practical application of this step in your life today (“How am I applying the spiritual principle found in this Step to every moment of my life?”).

In Your Personal Relationships: List three (3) examples of how your personal relationships have become unmanageable as a result of your behavior (prior to getting sober – or in sobriety).

Corrective Measure(s)?

At Work: List three (3) examples of how your work relationships have become unmanageable as a result of your behavior (prior to getting sober – or in sobriety).

Corrective Measure(s)?

With God and in A.A.: List three (3) examples of how your relationship with God and my participation in A.A. has become unmanageable as a result of your behavior (since getting sober).

Corrective Measure(s)?

To see the **Checklist** for this Step, visit takethe12.org

What Can I Surrender in this Step?



- 1.) The delusion that in and of myself I have power
- 2.) The belief that alcohol is my problem