

Please say this prayer once every day for the next week:

Step One Prayer ... to experience powerlessness.

Please God, bring me into this process and give me a fuller realization of my powerlessness and unmanageability, as well as of Your Power and Spirit.

Make it clear that I am fundamentally flawed in body and mind, as well as blocked spiritually. Also, please reveal that You are willing and will do for me what I can't do for myself. I want to surrender to You and this process. But I can't on my own power. You have taken me to a place of willingness and I have been given the willingness to be taken.

This is a gentle but definite process of awakening and awareness. I am willing to be led by Your Spirit – to have Truth revealed about me and about You.

The requirement for this spiritual evolution is complete, unqualified surrender of my self (ego) to You. On my own power this cannot happen. My self (ego) cannot submit. There is a quiet, gentle place where my willingness and Your Grace meet. I am willing to surrender and pray that You take me to that place.

Herb K.

STEP ONE CONSIDERATIONS

Considerations from The Doctor's Opinion respecting the physical craving/allergy:

1. Do I believe the action of alcohol on my body triggers a physical craving?
2. Have I formed a habit for alcohol?
3. Have I found I couldn't break the habit?
4. Did I lose self-confidence about controlling or stopping alcohol?
5. Did I lose reliance upon things human respecting control of alcohol?
6. Did my problems pile up and become astonishingly difficult to solve?
7. Did I lose control, choice or power over alcohol?
8. Does my experience abundantly confirm that when I put alcohol in my body, I can't stop?
9. Do I drink because I like the effect produced by alcohol?

If you answered yes to questions #1, #2, #3, #7, or #8 above, it's likely that you manifest the alcoholic's physical craving to alcohol.

Considerations from Doctors Opinion respecting the spiritual malady:

1. Am I restless, irritable and discontented unless I can again experience the sense of ease and comfort which comes at once by taking a few drinks?
2. Do I believe there is no hope for my recovery unless I can experience an entire psychic change (spiritual awakening)?
3. Do I believe that a spiritual experience is of urgent importance to me? Are spiritual solutions all that remain for me?

Questions respecting the mental obsession:

1. Do I believe that my most powerful desire to stop drinking is of no avail?
2. Am I in a position where life is becoming impossible?
3. Why do I take the first drink knowing what I know?
4. Did you ever have good reason to quit and continued drinking?
5. Is it my experience that when I'm running the show, I have no defense against picking up a drink?

(continued on the back)

CONSIDER YOUR OWN EXPERIENCE: PHYSICAL – MENTAL – SPIRITUAL aspects of alcoholism

PHYSICAL: CRAVING/ALLERGY OF THE BODY. What happens when you put alcohol in your body? Can you safely predict how much you will drink? Give five (5) examples of how the allergy of the body manifested itself in your drinking experience. This may include specific instances when you only wanted to have a couple of drinks but went too far, or patterns of losing control while drinking, such as habitual blacking out or passing out.
MENTAL: OBSESSION OF THE MIND. This applies when alcohol is not in your body. When you make an earnest decision not to drink alcohol again, can you stay stopped? Give five (5) examples of how the mental obsession manifested itself in your drinking. This may include specific instances of giving yourself or someone a firm but unsuccessful promise not to drink, relapse(s) into drinking, or any other failed efforts to stop drinking.
SPIRITUAL: SPIRITUAL MALADY. Stay tuned, you will get an extensive exercise on this aspect of alcoholism next week.

A Big Book "Chapter 1 Bill's Story" exercise:

Are you willing...

- ...to believe in the Spirit of the Universe, who knows neither time nor limitation?
- ...to admit complete defeat?
- ...to believe in a Power greater than yourself? (Nothing more will be required of you to make my beginning.)
- ...to humbly offer yourself to God, as you now understand Him, to do with you as He would?
- ...to place yourself unreservedly under His care and direction?
- ...to ruthlessly face your sins and have Him take them away root and branch?
- ...to test your thinking by the new found God-consciousness within?
- ...to sit quietly when in doubt asking only for direction and strength to meet your problems as God would have you?
- ...to believe in the power of God?
- ...to establish and maintain a new order of things?
- ...to destroy self-centeredness?
- ...to turn in all things to the Father of Light who presides over us all?
- ...to accept these revolutionary and drastic proposals?
- ...to demonstrate these principles in all your affairs?
- ...to perfect and enlarge your spiritual life through work and self-sacrifice to others?
- ...to have God work in you and through you twenty-four hours a day?

There are four short assignments for this week. Please say the Step One Powerlessness Prayer each day and share your answers for the other three exercises with your Big Book Step Sponsor before next Thursday. PLEASE DO NOT WAIT TO DO THESE LAST MINUTE. Give this work each week the priority it deserves – AS IF YOUR LIFE DEPENDS ON IT. You, your friends & your family will be grateful for the actions you are now taking!

For extra copies of this and all exercises from this workshop, please go to www.justloveaudio.com and then click on "free resources", then click on "12 Steps (Recovery)", then scroll down to the bottom and click on "South Orange NJ Big Book 12 Step Workgroup Handouts".

Please do these simple things before we meet again next Thursday. Hope to see you then. Thanks, take it easy & God bless!

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