

Bill W.'s Failed Attempts at Sobriety Prior to AA

1) Will Power

Big Book Page 5:1 - Nevertheless, I still thought I could control the situation...

Page 5:5 - Where had been my high resolve?

Page 5:5 - Renewing my resolve, I tried again.

Page 6:0 - ...I told myself I would manage better next time...

2) Promises

Page 5:4 - ...I had written lots of sweet promises, but my wife happily observed that this time I meant business.

3) Suicide

Page 6:1 - Should I kill myself? No not now.

4) Geographical Changes

Page 6:2 - There were flights from city to country and back, as my wife and I sought escape.

5) Self-knowledge

Page 7:2 - Understanding myself now, I fared forth in high hope...Surely this was the answer self- knowledge. But it was not...

6) Doctor's & Hospitals

Page 6:2 - A doctor came with a heavy sedative. Next day found me drinking both gin and sedative.

Page 7:1 - My brother-in-law is a physician, and through his kindness and that of my mother I was placed in a nationally-known hospital for the mental and physical rehabilitation of alcoholics.

7) Fear

Page 7:4 - My weary and despairing wife was informed that it would all end with heart failure during delirium tremens, or I would develop a wet brain, perhaps within a year. We would soon have to give me over to the undertaker of the asylum. They did not need to tell me. I knew, and almost welcomed the idea.

Page 8:2 - Fear sobered me for a bit. Then came the insidious insanity of that first drink...