

At its core, essentially, recovery from alcoholism & addiction is about the fact that we have to quit playing God. In other words, we have to surrender the illusion of control. With that in mind, here is a deeper Step 1 exercise for those of us who have already worked the Steps previously & want to have a new experience with Step 1...

Part 1:

In what ways are you still playing God? In other words, how are you still practicing the illusion of control?

Part 2:

What parts of yourself do you not love or not have complete acceptance of?

Part 3:

What do I want? What do I want, REALLY?

What is it that is the fundamental thing that I am after with my life?

What is the meaning of all of the activities and strivings and the struggles?

What after all is my point?

What am I doing with my life?

What are the motives that order my days?

What is the end of my doings? Where am I trying to go?

Where do I put the emphasis and where are my values focused?

For what end do I make sacrifices? Where is my treasure and what do I love most in life?

What do I hate most in life and to what am I true?

Am I REALLY concerned, ultimately, about providing some windbreak against the world around me?

Am I REALLY concerned about the accumulation of economic power, which will give to me a sense of quiet security and tranquility without the threat either of poverty or some other kind of insecurity that can be measured in terms of dollars and cents and things of property? Is this the be-all and end-all of my striving? Or is it something else, perhaps fame or a certain kind of honor so that my name or my memory will be preserved and people will take cognizance of my presence, not because of what I may be in and of myself but because of the kind of image that my life projects on the screen of which other people are looking, is this the thing that I am after?

What is it that I really want?

What is it that is capable of making me bring to bear upon a single end or focus or purpose all of the resources of my life, my thinking, my dreaming, my struggling, so that in the fulfillment of myself this thing will follow.

Whatever it is that I am trying to find, to become, to get hold of?

Is your goal of transcendent significance and on behalf of which you are willing to put all of the resources of your life and mind and spirit that is at your disposal? Then this is the kind of world that yields, that responds to this kind of demand and honors that. Then you become one with the thing that you seek. Growth and development flow automatically, there is a responsive dynamic in the universe that honors the mind and the spirit that together can say one thing and be that. What is it that you want, REALLY? If this can be clear to you then all of the resources of life, even God Himself, honors that which is for you worthy of the complete and utter nerve center of your consent.

Over and over the questions beat in upon the waiting moment, as we listen, floating up through all the jangling echoes of our turbulence, there is a sound of another kind - A deeper note which only the stillness of the heart makes clear.

It moves directly to the core of our being. We wait. Our questions are answered, our spirits refreshed, And we move back into the traffic of our daily round with the peace of the Eternal in our step.

How good it is to center down!

Part 3 is adapted from Meditations of the Heart by Howard Thurman (a black American Christian mystic) - Whenever Martin Luther King, Jr. was arrested, he would bring only one book to read in jail - Jesus and the Disinherited by Howard Thurman.