

### 1<sup>st</sup> Step Unmanageability Assignment:

(1) Meditate on this:

I'm powerless over my will to chose other than my self (ego).

(2) Reading assignment – highlight, consider, ponder, make personal these four passages:

(2a) Read in the Big Book starting with page 44:1 “In the preceding chapters...” and read to page 45:2 ending with “...which will solve your problem.”

(2b) Read in the Big Book starting with page 52:2 “We had to ask ourselves...” and read to the end of that same paragraph.

(2c) Read in the Big Book starting with the last paragraph on page 60 “The first requirement...” and read to page 62:2 ending with “We had to have God's help.”

(2d) Read in the Big Book starting with page 64:3 “...for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically.”

(3) Reflection Questions (give written answers)

- a. What is the biggest difficulty/problem in my life right now?
- b. Am I really willing to go to any length to have this difficulty/problem resolved?
- c. Where am I being dishonest:

With others?

With myself?

- d. What do “powerless” and “unmanageable,” with respect to this problem, really mean to me? How are they different?

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