

Am I Living In The Problem Or The Solution?

Pursuing self-will
Inner unmanageability
Living in the problem
Headed toward a drink
Uncomfortable inner experience
Untreated alcoholism, drinking or not
Insanity of alcoholism, drinking or not

First Step signs of unmanageability
Trying to just not drink
Selfish, self-centered, & fearful life
Continued Bondage
Big Book, page 52

I was having trouble with personal
relationships

I could not control my emotional natures

I was a prey to misery

I was a prey to depression

I can't make a decent life

I had a feeling of uselessness

I was full of fear

I was unhappy

I couldn't seem to be of real help to
others

This is the unmanageability that will
lead me back to drinking, and then I will
again realize that alcohol does for me
what I can't do for myself

Pursuing God's Will
Peace of mind, serenity
Living in the solution
Moving away from a drink
Comfortable inner experience
Recovered from the mental obsession
Restored to sanity (which means seeing
the truth about alcohol)

Ninth Step Promises
At least nine Steps (32 pages) of work
Spiritual, altruistic, & honest life
Unlimited Freedom
Big Book, page 83

I will lose interest in selfish things and
gain interest in my fellows

Self-seeking will slip away

I am going to know a new freedom and a
new happiness

I will know peace

My whole attitude and outlook upon life
will change

That feeling of uselessness and self-pity
will disappear

Fear of people and of economic
insecurity will leave me

I will comprehend the word serenity

I will see how my experience can benefit
others

I will suddenly realize that God is doing
for me what I can't do for myself