

Step 1-(pg 30) Concede to our inner most selves that we are alcoholic

pg 44- 2 questions, That is the short form

To truly concede, we need to know more- Important to see these 2 questions in specific experiences

ACTIONS-

- I. Acquire info about the Grave Nature of Alcoholism (same as Bill, Dr. Bob and the rest)
- II. Honestly evaluate our experiences w/what we learned
- III. Come to a conclusion (you either IS or you ISN'T)

VITAL COMPONENTS NEEDED-

1) Experience w/ alcohol and/or drugs

We all came in with this

2) Ability to be honestly w/self, not handicapped by OSUP

Pitiful & Incomprehensible Demoralization beats us into a state of "reasonableness"

Generally the more desperate we are, the more open we become

3) Information about Alcoholism (critical)

Without the info about Alcoholism all we know is we have a problem but never quite sure exactly what the problem is which leads to keep quitting or trying to control our usage and keep failing to do so, never knowing why- cycle continues on and on, over and over.

Example- Dr. Bob.- had to learn the grave nature of alcoholism

12 steps-12 chapters, 4 of 12 chapters (1/3) describes the grave nature

- A) Alcoholic Mind- Mental Illness (why when I honestly want to I find I can't quit entirely)
- Regarding 2(honesty)- (pg 30 with concede) No one likes to admit he is mentally or bodily different, countless vain attempts, the ability to control and enjoy his drink is the great **obsession** (defined) of every **abnormal drinker**. Astonishingly leads to the gates of insanity or death.
 - (pg 24) A form of Insanity characterized by the inability to recall consequences with sufficient force, renders our will power useless- hot stove (no human solution to make us remember)
 - As a result, we can never quit drinking entirely no matter how desperately we want to or how great the necessity (question 1)
- B) Alcoholic Body- Physical Illness
- Allergy characterized by a physical craving beyond our mental control
 - As a result, when drinking, we have little control over the amount we take (question 2) (Spree drinking- can't drink w/o getting drunk)
- C) Grave Nature of Alcoholism Illness (mind and body combined)- (xxviii) Cycle (RID, thinking ease/comfort, succumb, spree, remorseful, firm resolution)
- Powerless over Alcohol- Mind & Body (will power useless mind and body)-
 - even w/ self-knowledge, will power is useless
 - Beyond Human Aid (no human solution)- Mind (p24) & Body (p31)
 - Hopeless Condition- No possibility of a solution

Two Case Studies- Jim the car salesman (p35) & Fred the accountant (p39)

In Common:

- Both had experienced pitiful & incomprehensible demoralization
Jim- Committed to asylum after only a few years of drinking
Fred- Ashamed, in hospital first time for “bad case of the jitters”
- Both had been informed of the grave nature of alcoholism (quite entirely w/self-knowledge)
- Both decided to quit drinking entirely (will power + self-knowledge)
- Both drank again because they had an alcoholic mind, the mental twist/blank spot **that at certain times** prevented them from reflecting **w/sufficient** force on the consequences

FREDS ALCOHOLIC MIND (no defense)- (bot p40) For a time all went well. I had no trouble refusing drinks, and began to wonder if I had been making too hard work of a simple matter.

(Remember p24, at certain times) “For a time all went well” not sure how long, but eventually the time came - (p41) “the thought came to mind that it would be nice to have a couple of cocktails w/dinner, that’s all.” (then cycle- alcoholic spree for several days- emerged remorseful in the hospital with unbearable mental & physical suffering)

(bot 41) not only off guard but made no fight

-His will power w/acquired self-knowledge was rendered useless, no human solution could save him

JIMS ALCOHOLIC MIND (some recollection, needed an excuse)- (pg36) Reflected some, “I vaguely sensed I was not being any too smart, but felt reassured as I was taking the whiskey on a full” (then cycle- alcoholic spree and emerged remorseful back in the asylum)

-If you have some reflection on the consequences, you must have a reason to assure yourself it’s OK, no matter how “insanely trivial” the excuse is.

-His will power w/acquired self-knowledge was rendered useless; no human solution could save him.

Individual Case Study 1 (Fred-raised no defense)

- 1- Sound reason for quitting entirely- consequence involving “Pitiful & Incomprehensible Demoralization”**

What happened to make you decide to quit for good?

- 2- Decided to Quit using Will Power (with or without help of other human solution)**

How hard was it, how did it go and how long did it last?

- 3- Alcoholic Mind- Insanity Experience (at certain times..)**

What happened that lead to the first drink?

- 4- Allergic Spree**

Did you have any control over the amount you drank once you started?

Did you drink more than you intended to?

- 5- Emerged Remorseful**

What happened as a result of the spree that made you feel remorseful?

Individual Case Study 2 (Jim- some recollection, needed an excuse)

- 1- Sound reason for quitting entirely- consequence involving “Pitiful & Incomprehensible Demoralization”**

What happened to make you decide to quit for good?

- 2- Decided to Quit using Will Power**

How hard was it, how did it go and how long did it last?

- 3- Alcoholic Mind- Insanity Experience (at certain times...) some reflection but had an excuse as to what I am going to do differently so I don't get burned this time**

What happened that lead to the first drink?

What excuse did you use to reassure yourself it was going to be OK to drink this time?

- 4- Allergic Spree**

Did you have any control over the amount you drank once you started?

Did you drink more than you intended to?

- 5- Emerged Remorseful**

What happened as a result of the spree that made you feel remorseful?

Individual Case Study 1 (Fred-raised no defense)

1- Sound reason for quitting entirely- consequence involving “Pitiful & Incomprehensible Demoralization”

Self- 15, drunk at creek (black out, spree), arrested, drunk tank-piss/puke, in/out black out tried strangling mom, put in 6 week treatment (piti/incomp demoral? Sound reason to quit entirely?)

2- Decided to Quit using Will Power (limited knowledge from treatment)

Quit for almost a year, like Fred came easy at parties to turn it away

3- Alcoholic Mind- Insanity Experience (at certain times..)

One night at another party, nothing different but started drinking as soon as I was offered a beer- without any thought or reservation whatsoever

4- Allergic Spree

Blacked out

5- Emerged Remorseful

Next morning filled with fear, guilt, shame & remorse, beating head-how could this have happened?

SUMMARY- That was my experience, but with my knowledge of alcoholism, I can now clearly see not only how it happened, but more importantly why it happened- because I’m an alcoholic:

- I desperately wanted to stop
- I can see where “one day” the alcoholic mind created the “blank spot” where I didn’t reflect at all on the consequences
- I can see the spree (black out) that followed because of the allergy and the remorse that followed because of my actions during the spree/black out

Individual Case Study 2 (Jim- some recollection, needed an excuse)

1- Sound reason for quitting entirely- consequence involving “Pitiful & Incomprehensible Demoralization”

Self-early 20’s, marriage failing, decided to quit (again)

2- Decided to Quit using Will Power

Quit for a few months, came fairly easy

3- Alcoholic Mind-Insanity Experience (at certain times...) some reflection but had an excuse as to what I am going to do differently so I don’t get burned this time

Friends wedding, walking in thinking “I am going to drink tonight, but only 2- maybe 3”

My excuse was that I would use will power to only drink 2- maybe 3

which is like saying- Only have hand on stove for 2, maybe 3 seconds

4- Allergic Spree

Drank “a few” and then some, blacked out, knocked wife down on dance floor, hit on bride, 3 friends had to drag me out

5- Emerged Remorseful

Filled with fear, guilt, shame & remorse over what I had done

SUMMARY- That was my experience, but with my knowledge of alcoholism, I can now clearly see not only how it happened, but more importantly why it happened- because I’m an alcoholic:

- I desperately wanted to stop, had good reason (miserable & marriage was failing)
- I can see where I had reflected a little on the danger, so my alcoholic mind now needed excuse explaining “how I won’t get burned this time”
- I can see the spree (black out) that followed because of the allergy
- I can see the consequences, the guilt, shame & remorse that came the next morning after finding out what happened