

RECAP

Step 1- pg 30

- Test Pg 44
- Denial- pg 30 (form of mental insanity)

Grave Nature:

- Allergy- pg xxviii
- Alcoholic Mind- p24 (Insanity that precedes first drink)
- Beyond Human Aid both Physically & Mentally (bot 24)
- Cycle-
 - Restless, Irritable & Discontent (Miserable)
 - Thinking about the sense of ease and comfort from a few drinks (a few?, Insanity)
 - Succumb to the desire (Insanity- drink)
 - Spree (allergy)
 - Emerge remorseful
 - Firm Resolution

SYMPTOMS

All are Symptoms, not the actual problem-

Alcohol itself is just a symptom of alcoholism pg 64

Problem begins in the cycle- RID (if no RID, there is no thinking of ease and comfort-cycle stops)

Why RID?

How we are living: pg 52

RID is also just a symptom

Quite drinking only increases RID pg 151 (bot) to 152 (Dick re Dandelions)

ROOT OF THE PROBLEM: pg 62

- Selfishness, Self-Centeredness! - Have to have Gods Help (also beyond Human Aid)
- Selfish & Inconsiderate habits- pg 82g (act like this, you get pg 52 RID)
- Spiritually Sick- pg, 64 (bot), when the spiritually malady is overcome then we RECOVER

SOLUTION

- Spiritual Illness- Illness that ONLY Spiritual Experience will conquer pg44
- Code Of Morals- pg 44 (bot) Beyond Human Aid
- Dilemma- Lack of Power
- Where/How to find the Power? The Books Main Object