

## RECAP

### STEP 1- Admit we are powerless/life unmanageable

Learned what alcoholic is/the symptoms: Concede **Alcoholic** is to concede/admit **Powerless**

- Allergy- pg xxviii
- Alcoholic Mind- p24 (Insanity that precedes first drink)
- Beyond Human Aid Both Physically & Mentally (bot 24)
- Cycle- RID, Thinking, Succumb (Insanity), Spree (allergy), Emerge Remorseful, Firm Resolution

### Unmanageable Life Symptoms

Begins at RID, How we are living: pg 52 (sober or drinking), (pg 18- top)

Misconception:

- RID/Miserable because of our drinking
- If we quit drinking, we are relieved of the misery

Truth:

- We drink to overcome the misery
- Drinking is our solution to the misery, not the source
- Quite drinking only increases RID pg 151 (bot) to 152 (Dick re Dandelions)

### ROOT OF THE PROBLEM: pg 62

All Symptoms of Alcoholism:

- Powerlessness (mind & Body)
- RID/misery
- Unmanageable life
- Alcohol itself is just a symptom of alcoholism pg 64

Root Cause of Alcoholism:

- Selfishness, Self-Centeredness! (Pg 62) - Have to have Gods Help (also beyond Human Aid)
- Selfish & Inconsiderate habits- (pg 82) (act like this, you get pg 52 RID)
- Code Of Morals- (pg 44-bot) Beyond Human Aid

Summary-Spiritually Sick- pg, 64 (bot), when the spiritually malady is overcome then we RECOVER

### SOLUTION- Overcome the spiritual Malady

- Spiritual Illness- Illness that ONLY Spiritual Experience will conquer (pg 44)
- Dilemma- Lack of Power (pg 45)
- Where/How to find the Power? The Books Main Object

## **Step 2- Came to Believe, Restore to Sanity**

### **Two Parts:**

- 1- Came to Believe there is a Power Greater than myself
- 2- That Power can Restore my Sanity

Start w/ part 2:

Restored to Sanity is to become Recovered (returned to health) and happens once we have a Spiritual Experience

### **What does it mean to be restored to Sanity?**

- Insanity- Problem of the alcoholic centers in the mind, Insanity of the first drink
- God can/will remove our selfishness
- which relieves our RID/Misery
- which eliminates thinking about needing a sense of ease & comfort
- The insanity thought of the first drink never occurs
- God can/will break the cycle

### **Once Recovered-We get far more than just having the insanity of the first drink removed:**

- (Pg 84- bot) We do things to get this way and it says we have to continue doing things (keep in fit spiritual condition) to stay this way- A Way of Living
- Promises (pg 83-bot)
- Rocketed (Pg 25- par1, last sent)
- Great Fact (Pg 25 par 2)

### **How do I come to believe there is a God and that he can/will do this for me?**

- AA- Story- Factual Accounts
- Forward to First: Account of our Experience, no further authentication required
- (pg 84) Promises- they are being fulfilled among us..
- (pg 85) Recovered- That is our experience.
- (pg 18) But the ex-problem drinker
- (pg 25- Par 1, line 4) But we saw that it really works in others (spiritual kit)
- (pg 9, 1<sup>st</sup> par) Bill w/Ebby
- (pg 159) AA Meeting (pass it on- what we did, what we got, let them see it)
- (DO-xxviii-par 2) Frothy Emotional appeal

Next Week we will get into the subject of God in detail (1 chapter of 12, step 2)

and then how we can begin re-creating our lives with this spiritual kit/program AA has to offer.

(12 Chapters- 4 on Step 1, 5 on Step 12, 1 on Step 2- 10 chapters on 3 steps, only 2 for the other 9 steps 3-11)