

Step 1

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
[Honesty I have a problem!]

POWERLESS

Body (Step 1)

“Physical craving” (xxviii)
~one drink = a drunk ~When I
drink I break out in a binge

The disease:
Taking that first drink =>
Physical Compulsion

UNMANAGEABLE

Mind (Steps 2 - 12)

”Restless irritable and
discontent” (xxviii)

“If I had an alcoholic mind
I would drink again” (41: 2)

“The riddle” (22: 3)
Mental Obsession =>
To take that first drink

ADMIT

~Incorporate into body, mind, soul
“A desperate desire to stop” (7: 2)

Take step 1: Surrender

How can 'I' do it?

WE

“Fellowship – a common solution –a way out” (17: 2, 3)
One alcoholic talking with another