

Step 1: Paul Fisher Step Workshop Arch to Freedom

Questions	Your answer – give example from your experience.
1 Did I have an abnormal reaction to alcohol?	
2. Did I crave alcohol when I put alcohol in my body?	
3. Am I restless irritable and discontent, unless I can again experience the sense of ease and comfort which comes at once when taking a few drinks?	
4. Am I willing to consider that unless I experience an entire psychic change there is very little hope of recovery?	
5. Did I come in here to stop drinking or stop suffering?	
6. Can I take or leave alcohol alone?	
7. Was sufficient reason enough for me to stop or moderate – keep me sober?	
8. Have I lost the power of choice in drink?	
9. Is my so-called will power practically non-existent?	
10. Am I unable at certain times to bring into my consciousness with sufficient force the memory of suffering and humiliation of even a week or a month ago?	
11. Am I without defence against the first drink?	
12. Can I choose not to drink?	
12. Am I having trouble with personal relationships?	
13. Can I control my feelings?	
14. Am I a prey to misery & depression?	
15. Am I having trouble making a living?	
16. Am I full of fear?	
17. Am I unhappy?	
18. Do I feel that I can't seem to be of real help to other people?	
19. Can I stop drinking on the basis of self knowledge?	
20. Sit with me myself and I and really consider: Am I willing to concede to my innermost self that I have no power and I need a new manager?	