

Addicts are like drowning men and women. If we don't find some way of keeping our heads above water, we are going to drown. So we look for some kind of power to keep us afloat. We notice some logs floating on the surface. These logs look like they're capable of keeping our heads above water, but when we reach for one of these logs we find that we can only hold on for maybe a day, a week, a month, a year, but at some point, the log fails us as a power and we slip and drown. Logs are best described as "easier softer ways," "middle of the road solutions," and "human aid."

Step One (Part One): Powerlessness: My Log List - my failed strategies for recovery

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|--|---|--|
| <input type="checkbox"/> will power | <input type="checkbox"/> getting a pet (dog, cat) | <input type="checkbox"/> poetry, "Yesterday, Today & Tomorrow", "The Man In the Glass" |
| <input type="checkbox"/> resolutions, oaths, promises, contracts | <input type="checkbox"/> church & prayer (faith without works) | <input type="checkbox"/> jail, incarceration |
| <input type="checkbox"/> controlled using, drinking | <input type="checkbox"/> having a sponsor | <input type="checkbox"/> good reasons to stop |
| <input type="checkbox"/> harm reduction | <input type="checkbox"/> going to meetings | <input type="checkbox"/> consequences |
| <input type="checkbox"/> substitution strategies | <input type="checkbox"/> 90 meetings in 90 days | <input type="checkbox"/> moral & philosophical convictions |
| <input type="checkbox"/> ill health, sickness | <input type="checkbox"/> yesterday's spiritual experience | <input type="checkbox"/> suffering and humiliation |
| <input type="checkbox"/> ominous warnings from a doctor, judge, lawyer, employer | <input type="checkbox"/> behavioural modification | <input type="checkbox"/> pitiful and incomprehensible demoralization |
| <input type="checkbox"/> change of environment | <input type="checkbox"/> self-help books | <input type="checkbox"/> sobriety time |
| <input type="checkbox"/> trigger lists | <input type="checkbox"/> personal development courses | <input type="checkbox"/> holistic medicine, acupuncture, hypnotism |
| <input type="checkbox"/> avoiding people, places, things | <input type="checkbox"/> frothy emotional appeals | <input type="checkbox"/> reading the "Big Book" |
| <input type="checkbox"/> counselling/therapy | <input type="checkbox"/> interventions | <input type="checkbox"/> _____ |
| <input type="checkbox"/> group therapy | <input type="checkbox"/> positive thinking | <input type="checkbox"/> _____ |
| <input type="checkbox"/> detox | <input type="checkbox"/> exercise | <input type="checkbox"/> _____ |
| <input type="checkbox"/> treatment centres | <input type="checkbox"/> guilt, remorse, shame | <input type="checkbox"/> _____ |
| <input type="checkbox"/> spas/retreats | <input type="checkbox"/> good days/bad days | <input type="checkbox"/> _____ |
| <input type="checkbox"/> war stories | <input type="checkbox"/> recovery knowledge | <input type="checkbox"/> _____ |
| <input type="checkbox"/> fear | <input type="checkbox"/> intelligence | <input type="checkbox"/> _____ |
| <input type="checkbox"/> great sex / no sex | <input type="checkbox"/> education | <input type="checkbox"/> _____ |
| <input type="checkbox"/> money / no money | <input type="checkbox"/> reputation | <input type="checkbox"/> _____ |
| <input type="checkbox"/> relationships, friends, spouse, children, family | <input type="checkbox"/> recovery strategies | <input type="checkbox"/> _____ |
| <input type="checkbox"/> pregnancy | <input type="checkbox"/> "remember when," "think, think, think," "play the tape " | <input type="checkbox"/> _____ |

Step One (Part 2) Unmanageability: My Loser List - what I've lost as a result of my addiction

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|--|--|--------------------------------|
| <input type="checkbox"/> time | <input type="checkbox"/> self-esteem | <input type="checkbox"/> _____ |
| <input type="checkbox"/> family | <input type="checkbox"/> self-confidence | <input type="checkbox"/> _____ |
| <input type="checkbox"/> spouse | <input type="checkbox"/> self improvement | <input type="checkbox"/> _____ |
| <input type="checkbox"/> children | <input type="checkbox"/> self control | <input type="checkbox"/> _____ |
| <input type="checkbox"/> friends | <input type="checkbox"/> emotional security | <input type="checkbox"/> _____ |
| <input type="checkbox"/> money | <input type="checkbox"/> responsibility for myself | <input type="checkbox"/> _____ |
| <input type="checkbox"/> home / residence | <input type="checkbox"/> responsibility to others | <input type="checkbox"/> _____ |
| <input type="checkbox"/> health | <input type="checkbox"/> volition & agency | <input type="checkbox"/> _____ |
| <input type="checkbox"/> safety | <input type="checkbox"/> reputation | <input type="checkbox"/> _____ |
| <input type="checkbox"/> hygiene | <input type="checkbox"/> freedom | <input type="checkbox"/> _____ |
| <input type="checkbox"/> opportunities | <input type="checkbox"/> morality | <input type="checkbox"/> _____ |
| <input type="checkbox"/> careers | <input type="checkbox"/> spirituality | <input type="checkbox"/> _____ |
| <input type="checkbox"/> jobs/employment | <input type="checkbox"/> peace of mind | <input type="checkbox"/> _____ |
| <input type="checkbox"/> licence (vehicle, professional) | <input type="checkbox"/> sanity | <input type="checkbox"/> _____ |
| <input type="checkbox"/> education | <input type="checkbox"/> faith / god | <input type="checkbox"/> _____ |
| <input type="checkbox"/> quality of life | <input type="checkbox"/> humanity | <input type="checkbox"/> _____ |
| <input type="checkbox"/> hope | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> intelligence | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> mental acuity | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> family time | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> self-respect | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> respect from others | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |