

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 to stop

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

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

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