

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 they are wet and slippery and we can only hold on for maybe a day, a week, a month, a year, but at some point we slip and drown.

Step One (Part One): Powerlessness: My Log List

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|---|---|---|
| <input type="checkbox"/> Will Power | <input type="checkbox"/> Spouse, Children, Family | <input type="checkbox"/> Middle of the Road Solutions |
| <input type="checkbox"/> Firm Resolutions, Oaths, Promises | <input type="checkbox"/> Having a Baby | <input type="checkbox"/> Easier Softer Ways |
| <input type="checkbox"/> Controlled Using, Drinking | <input type="checkbox"/> Being Pregnant | <input type="checkbox"/> Recovery Strategies "Remember When," "Think, Think, Think," "Play the Tape " |
| <input type="checkbox"/> Harm Reduction | <input type="checkbox"/> Church & Prayer | <input type="checkbox"/> Jail, Incarceration |
| <input type="checkbox"/> Substitution Strategies | <input type="checkbox"/> Having a Sponsor | <input type="checkbox"/> Good Reasons to stop |
| <input type="checkbox"/> Ill Health | <input type="checkbox"/> Going to Meetings | <input type="checkbox"/> Consequences |
| <input type="checkbox"/> Warnings—Doctor, Judge, Lawyer, Employer | <input type="checkbox"/> 90 Meetings in 90 Days | <input type="checkbox"/> Moral & Philosophical Convictions |
| <input type="checkbox"/> Change of Environment | <input type="checkbox"/> Yesterday's Spiritual Experience | <input type="checkbox"/> Suffering and Humiliation |
| <input type="checkbox"/> Trigger Lists | <input type="checkbox"/> Behavioural Modification | <input type="checkbox"/> Pitiful and Incomprehensible Demoralization |
| <input type="checkbox"/> Avoiding People, Places, Things | <input type="checkbox"/> Self-Help Books, Courses | <input type="checkbox"/> Sobriety Time |
| <input type="checkbox"/> Counselling/Therapy | <input type="checkbox"/> Frothy Emotional Appeals | <input type="checkbox"/> Hypnotism |
| <input type="checkbox"/> Group Therapy | <input type="checkbox"/> Interventions | <input type="checkbox"/> Accupuncture |
| <input type="checkbox"/> Detox | <input type="checkbox"/> Positive Thinking | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Treatment Centres | <input type="checkbox"/> Excercise | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Spas/Retreats | <input type="checkbox"/> Guilt, Remorse, Shame | <input type="checkbox"/> _____ |
| <input type="checkbox"/> War Stories | <input type="checkbox"/> Good Days/Bad Days | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Fear | <input type="checkbox"/> Recovery Knowledge | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Great Sex / No Sex | <input type="checkbox"/> Intelligence | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Having Money / Having No Money | <input type="checkbox"/> Education | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Relationships | <input type="checkbox"/> Reputation | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> Human Aid | |

Step One (Part 2) Unmanageability: My Loser List

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| <input type="checkbox"/> Time | <input type="checkbox"/> Family Time | <input type="checkbox"/> Health |
| <input type="checkbox"/> Family | <input type="checkbox"/> Self-respect | <input type="checkbox"/> Hygiene |
| <input type="checkbox"/> Spouse | <input type="checkbox"/> Respect from Others | <input type="checkbox"/> Safety |
| <input type="checkbox"/> Children | <input type="checkbox"/> Self-esteem | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Friends | <input type="checkbox"/> Self-Confidence | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Money | <input type="checkbox"/> Self Improvement | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Opportunities | <input type="checkbox"/> Self Control | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Careers | <input type="checkbox"/> Emotional Security | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Jobs/Employment | <input type="checkbox"/> Responsibility | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Drivers's Licence | <input type="checkbox"/> Reputation | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Professional Licence | <input type="checkbox"/> Freedom | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Education | <input type="checkbox"/> Morality | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Hope | <input type="checkbox"/> Spirituality | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Intelligence | <input type="checkbox"/> Peace of Mind | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Mental Acuity | <input type="checkbox"/> Sanity | |