

## ***My Log and Loser List***

**Analogy:** 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 there are "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, maybe longer, but at some point, the logs fails us as a power and we slip and drown. "Logs" are best described as "easier softer ways," "middle of the road solutions," "half measures" and "human aids."

**My Log List:** Step One: Admitting powerlessness: Check those strategies that failed to keep you permanently abstinent.

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|--|--|---|
| <input type="checkbox"/> will power  | <input type="checkbox"/> having a sponsor  | <input type="checkbox"/> memory strategies  |
| <input type="checkbox"/> resolutions, oaths, promises, contracts                               | <input type="checkbox"/> going to meetings, 90 meetings in 90 days, "meeting makers make it" | <input type="checkbox"/> "remember when," "think, think, think," "play the tape all the way through"                    |
| <input type="checkbox"/> controlled using, drinking  | <input type="checkbox"/> yesterday's spiritual experience                                    | <input type="checkbox"/> jail, incarceration  |
| <input type="checkbox"/> harm reduction, substitution strategies                               | <input type="checkbox"/> self-help books, personal development courses                       | <input type="checkbox"/> good reasons to stop, sufficiently strong reasons to stop, consequences                        |
| <input type="checkbox"/> ill health, sickness  | <input type="checkbox"/> recovery knowledge  | <input type="checkbox"/> moral & philosophical convictions, reputation, behavioural modification                        |
| <input type="checkbox"/> ominous warnings from a doctor, judge, lawyer, employer               | <input type="checkbox"/> "Big Book" reading / studying                                       | <input type="checkbox"/> suffering, humiliation, pitiful and incomprehensible demoralization                            |
| <input type="checkbox"/> change of environment, trigger lists, avoiding people, places, things | <input type="checkbox"/> intelligence / education  | <input type="checkbox"/> sobriety time  |
| <input type="checkbox"/> counselling, therapy, group therapy                                   | <input type="checkbox"/> frothy emotional appeals, interventions, threats, ultimatums        | <input type="checkbox"/> holistic medicine, acupuncture, hypnotism, healthy diet, vitamins, fasts, cleansings, exercise |
| <input type="checkbox"/> detox, treatment centres, spas, spiritual retreats                    | <input type="checkbox"/> positive thinking, affirmations, self-talk                          | <input type="checkbox"/> _____  |
| <input type="checkbox"/> war stories, fear, horror   | <input type="checkbox"/> poetry: "Yesterday, Today & Tomorrow," "The Man In the Glass"       | <input type="checkbox"/> _____  |
| <input type="checkbox"/> relationships, friends, spouse, children, family, sex, pregnancy      | <input type="checkbox"/> guilt, shame, remorse   | <input type="checkbox"/> _____  |
| <input type="checkbox"/> getting a pet (dog, cat)  | <input type="checkbox"/> good days/bad days  | <input type="checkbox"/> _____  |
| <input type="checkbox"/> church, prayer (faith without works)                                  | <input type="checkbox"/> keeping busy  | <input type="checkbox"/> _____  |

**My Loser List:** Step One: Admitting life is unmanageable. Check what you've lost as a result of your inability to stay stopped.

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