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 fail 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: Admitting powerlessness: Check those strategies that failed to keep you permanently abstinent.

- will power
- resolutions, oaths, promises, contracts
- controlled using, drinking
- harm reduction, substitution strategies
- ill health, sickness
- ominous warnings from a doctor, judge, lawyer, employer
- change of environment, trigger lists, avoiding people, places, things
- counselling, therapy, group therapy, cognitive behavioural therapy (CBT)
- detox, treatment centres, spas, spiritual retreats
- war stories, fear, horror
- relationships, friends, spouse, children, family, sex, pregnancy
- getting a pet (dog, cat)
- church, prayer (faith without works)
- having a sponsor, mentor, life coach, body-guard
- meetings, 90 meetings in 90 days, "meeting makers make it"
- yesterday’s spiritual experience
- self-help books, personal development courses
- recovery knowledge
- Studying the "Big Book"
- intelligence / education
- frothy emotional appeals, interventions, threats, ultimatums
- positive thinking, affirmations, self-talk, gratitude lists
- recovery memes, slogans, poetry: "Yesterday, Today & Tomorrow," "The Man In the Glass "
- guilt, shame, remorse
- good days/bad days
- keeping busy
- money / no money
- memory strategies "remember when," "think, think, think," "play the tape all the way through"
- jail, incarceration
- good reasons to stop, sufficiently strong reasons to stop, consequences
- moral & philosophical convictions, reputation, behavioural modification
- suffering, humiliation
- pitiful, incomprehensible demoralizing experiences
- sobriety time
- exercise, holistic medicine, acupuncture, hypnotism, healthy diet, vitamins, fasts, cleansings

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

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

If, when you honestly want to, you find you cannot quit entirely (Do you honestly want to stop drinking, using or acting out - yes-no? and, based on your log list, have you been able to stay stopped - yes-no?), or if when drinking (using or acting out), you have little control over the amount you take, you are probably alcoholic (addict). (Do you exhibit little control, when drinking, using or acting out - yes-no?) If that be the case, you may be suffering from an illness which only a spiritual experience will conquer. (AA p. 44)

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