

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

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

My Loser List: 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"/> self-esteem | <input type="checkbox"/> spirituality / God |
| <input type="checkbox"/> family | <input type="checkbox"/> license (vehicle, professional) | <input type="checkbox"/> self-confidence | <input type="checkbox"/> peace of mind |
| <input type="checkbox"/> spouse | <input type="checkbox"/> education | <input type="checkbox"/> self-improvement | <input type="checkbox"/> sanity |
| <input type="checkbox"/> children | <input type="checkbox"/> quality of life | <input type="checkbox"/> self-control | <input type="checkbox"/> faith |
| <input type="checkbox"/> friends | <input type="checkbox"/> hope | <input type="checkbox"/> emotional security | <input type="checkbox"/> humanity |
| <input type="checkbox"/> money | <input type="checkbox"/> intelligence | <input type="checkbox"/> responsibility for myself | <input type="checkbox"/> _____ |
| <input type="checkbox"/> home / residence | <input type="checkbox"/> mental acuity | <input type="checkbox"/> responsibility to others | <input type="checkbox"/> _____ |
| <input type="checkbox"/> health | <input type="checkbox"/> self-respect | <input type="checkbox"/> volition & agency | <input type="checkbox"/> _____ |
| <input type="checkbox"/> safety | <input type="checkbox"/> respect from others | <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"/> _____ |

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)