

Step One: We Admit That We Are Powerless Over Our Addiction And That Our Lives Have Become Unmanageable

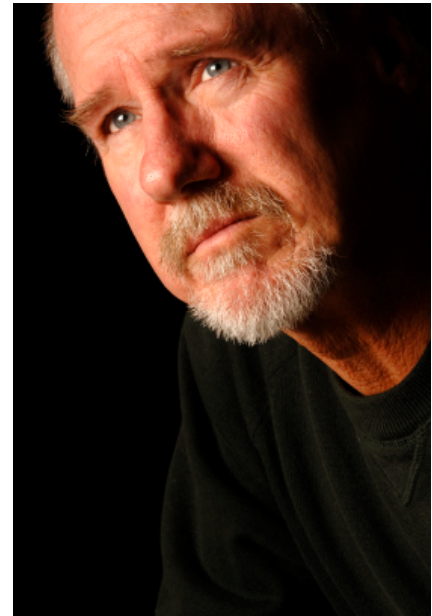
Step One of the Twelve Step Program is about discovering the truth about our relationship with alcohol and drugs. At this stage, we have begun to ask ourselves questions such as:

- Am I a real alcoholic/addict?
- What is a real alcoholic/addict?
- Why can't I just stop?
- What is wrong with me?

These are the types of questions that are answered so masterfully in the Big Book of Alcoholics Anonymous – the book that is the basis of the 12 Step Program.

The way to reveal our personal truth about alcohol or drugs is to go through this book and ask ourselves the questions posed based on our own experiences. In order to take the first step to recovery, we must be honest in answering some very soul-searching questions:

- When I take a drink do I lose power, choice, and control over how many I drink?
- When I am sober and clean and it is in my best interests to stay that way does my mind take me back to a drink or drug?
- How do I feel inside my own skin throughout the day?
- Am I having trouble in personal relationships?
- Am I full of fear?
- Am I prey to misery and depression?
- Can I create a life that is satisfactory to me or am I always needing more?
- Can I be of real help to others?



If we do not come to terms with the honest truth about our addiction, it is likely that our addiction will eventually destroy our quality of life and eventually take our life. In order to change, we must have a revolutionary spiritual experience. The 12 Step Program is designed to lead us on that quest for the revolutionary experience that will save us from our addiction.

Are You Ready to Take the First Step to Addiction Recovery?

In order for the 12 Step Program to work, you must admit that you are an addict. Ask yourself the following 4 critical questions:

- Am I physically powerless once I take the first drink?
- Am I mentally powerless sober?
- **Did my mind take me back to a drink or drug sober?**
- Is my life unmanageable before and after the first drink or drug?

If you answered 'yes' to these questions, then it is time to make a decision about whether you want to live the rest of your life as an addict, or reclaim a life of joy and wholeness. The most difficult part of the 12 Step process is deciding to commit to the saving yourself from addiction.