

THERE'S A SOLUTION (Part 1)

(PAGES 17-22)

We looked at the admission of powerlessness over alcohol "physically" up thru the doctor's opinion.

That if I never take another drink I will never experience the physical craving.

Up to page 23 we are looking at 2 things:

1. Why am I powerless over alcohol after I take the first drink?
2. And the issue of control. Can I control the amount I take once I start.

We looked at Bill's Story

1. Do I Think, Drink and Feel like Bill?

There's a Solution: **STEP 1 is the FOUNDATION**

1. First paragraph describes the "fellowship" It is the POWERFUL CEMENT THAT BINDS US
 - a. What do we find in the fellowship? Is the fellowship ALONE enough to keep me sober?
 - b. They tell me that what I am going to find in the fellowship is just one element...this powerful cement.
2. STEP 1 is the FOUNDATION...the powerful cement that binds us
 - a. That we have discovered a common solution.
 - b. What if you walked in to a meeting of AA and all you can do is identify with the way they drank but they had no answer for you. Just a nifty place to share your drunk stories?
 - c. Page 18 talks about this disease being an illness. Do I believe this?

3. SQUIGGLY LINES 4th paragraph (page 18) describes SPONSORSHIP. The book doesn't use the word 'sponsor' but the book describes one. 5TH paragraph describes how to find a sponsor.
4. Top of page 19 - really helps me understand the first step. I thought that "I admit that I'm powerless over alcohol and that's why my life is unmanageable". My life is unmanageable...that's why I drink. Until I saw that the elimination of my drinking was just a beginning.
5. Next paragraph says if I keep on going by 'just not drinking" that I've only scratched the surface. If you remove the alcohol, you have to replace it with something.
6. Look at the 3 different drinkers page 20-21
 - a. Describe yourself with (1) alcohol, and (2) drugs
7. (Page 22, 2nd paragraph). BEHAVIOR. This by no means a description because I may not have always behaved this way. I need to look at my internal condition when I drink/use/control.

What about the housewife who never got the DUI, never lost her home, or her family, but still Thinks, Drinks and Feels like me.

- a. We all have different behavior and circumstances. Some have been to jail, some have not. Some have lost jobs, some didn't.
 - b. OUR CIRCUMSTANCES ARE A RESULT OF...but DO NOT QUALIFY ME TO BE THE 'REAL ALCOHOLIC'.
8. Does my experience abundantly confirm that once I put alcohol/drugs in my system, something happens and I loose complete and total control?
 9. IF I CAN ANSWER THE PHYSICAL QUESTION, I AM READY TO MOVE ON TO THE MENTAL.