

Step One

What type of an alcoholic addict am I?

Overly emotional and remorseful and make many resolutions, but never a decision. They seem to be unable to be honest with themselves.

Plans over and over various ways of hooking-up picking-up using and drinking. They believe changing environment or brand can make the difference that this time will be different.

Believes that after a certain time period they can be free from alcohol and meth without danger.

The manic or anxiety depressive type who believes no one can understand why they are different and don't need to be diligent in taking the steps. They are a special snowflake that can't see the benefits of helping another instead of figuring it out on their own.

Completely normal in all respects, except that once the effect of alcohol or amphetamines enters their body, they can't escape the phenomenon of craving.
Big Book p.xxvi The Doctor's Opinion

*Q. Has my willpower failed me time and time again and I am finally done drinking?
Can I admit to my innermost self that I can't take a shot or a hit no matter what?*

The fact is that most addicts and alcoholics, for reasons, yet obscure, have lost the power of choice in drink and smoking. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink.

Big Book p. 24