

## Step One Suggested Homework

“I admit I am powerless over alcohol - that my life has become unmanageable”

### STEP ONE

**The following recordings and readings are devoted to Step One which is admitting my central problem - facing and accepting that I am powerless over alcohol or any addictive substance/compulsive behaviour PLUS then connecting the unmanageability of my life originates from that behaviour.**

#### **Getting Organized to do the Homework**

Have your Big Book with you, coloured highlighters and your preference of pen or pencil (I like pencil as I can correct or finish my notes). How you mark up your book is up to you but I choose a colour for regular highlighting, one for Promises (you'll understand later), one for Prayers and one for phrases that I really need to focus on. Don't feel limited by my suggestions. This is your book; add your thoughts or questions for later discussion.

I also have stick on tab arrows (like where you are supposed to sign on a document) so I can easily get to regularly referenced pages. For example, on page 59 the 12 Steps are listed so I have a stick on tab that says “12 Steps”.

#### **Finding the Right Audio Files to Listen to as you mark up your Big Book**

On the Landing page of [www.aaamend.com](http://www.aaamend.com) scroll down to “Resources” and click the “Video Big Book Study No More Relapse Group One” button. This will take you to the You Tube Channel. Click on the playlist for the No More Relapse group.

If you are new to the group or have not worked the Steps before by going line by line through the book Alcoholics Anonymous (also known as the Big Book), please start at the beginning file and listen in order. The first five minute video is an introduction summary of relapse warnings, reminding us why we are doing this work. You will then find each meeting has the page numbers discussed in that meeting. The “Doctor's Opinion” explains the disease of alcoholism; “Bill's Story” is an overview of the whole program from the personal view of the Big Book's author Bill Wilson (look for the similarities in your story, not how you are different than Bill - identify with him).

Now we are ready to get Into Action! Listen to the No More Relapse Audio files that are related to the Step One readings listed below. You will hear me break down the meaning of each paragraph as well as recommend what to highlight and notations to add. Go at your own pace. Each recorded meeting is about 45 minutes. Just listen at your leisure.

Have the Homework Questions handy. Answers will come to you as you listen, so pause and jot them down. As you are marking up your book and doing the homework, just listen for as long as you can focus, pause and then pick up again later. Some

people listen to the recordings as a background audio and then return again later at a time when they can concentrate fully to do more intense note taking.

However you organize it, write down the answers to the questions. These answers form your work on the step with your sponsor (or group discussion at a later meeting).

If all this seems a bit much, I just remind myself how much time I put into my drinking and using (hiding, lying, planning, using, recovering etc.). My own experience is that directing just a fraction of that energy into really WORKING my recovery program truly was the start to the sober life I enjoy today. As the Book says “faith without work is dead”! I get out of my program what I put into it - and despite myself I started to enjoy it. So why not give this an honest try. I pray this program saves your life like it has saved mine, And remember, just email me if you are struggling and I’ll help you get motivated! aaamend.jill@gmail.com

### **STEP ONE READINGS**

1. BIG BOOK, pages 17-43 – Chapter 2 (“There is a Solution”) and Chapter 3 (“More About Alcoholism”)
2. TWELVE AND TWELVE, pages. 21-24 – “Step One”
3. DAILY REFLECTIONS – Readings on “First Step”, “Alcoholism”, “Powerlessness”, and “Unmanageability” – Check Index for page numbers.

### **AUDIOFILES**

### **QUESTIONS**

1. What does it mean to “admit” something?
2. What does the term “powerless over alcohol” mean?
3. What does the term “life has become unmanageable” mean?

### **JOURNALLING**

1. Make a list of specific examples of my powerlessness over alcohol.
2. Make a list of specific examples of how my life has become unmanageable as a result of my powerlessness over alcohol.

“It works if I work it!”