

Step Study Guide

Week No. 5

1. Read Chapter Three (“More About Alcoholism”) and write down your reaction. Discuss how it applies to your life.
2. Did you have “the great obsession”? (page 30)
3. Has your writing in your book listed those things you attempted to do to control your use of alcohol and your failures?
4. Did you have a reservation of any kind, or any lurking notion that you will someday be immune to alcohol? (page 33)
5. Can you identify with the mental states that precede a relapse into drinking?
6. Do you understand that these mental states are the crux of the problem? (page 35)
7. Do you understand why an actual or potential alcoholic will be absolutely unable to stop drinking on the basis of self-knowledge? (page 39)

Note: The Doctor’s reaction to alcoholism on page 43. Also note the solution at the bottom of page 43.