

Chapter Two: **THERE IS A SOLUTION**

(Pages 17 through 29)

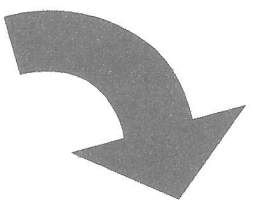
For those of us who are powerless, "Spiritually disconnected" and suffering from a sort of "*Connectile Dysfunction*", Bill writes a prescription, in "There Is A Solution." If we are powerless, then we are in need of a Power that could do for us that which we could not do for ourselves, and we're told we can access that in two places. In the Power of the *fellowship*, which helps, supports and directs, and in the vital *spiritual awakening* that comes as the result of the steps – which changes us. On the first page of this chapter, Bill points out that *FELLOWSHIP* ("*having shared in a common peril*") **and** *STEPS* (our "*common solution*") are the two elements of the "*powerful cement*" which binds our recovery. That one without the other is a half-measure – and as we all know, half-measures avail us nothing (that each "*in itself would never have held us together*"). Accordingly, we're then told, if we can get BOTH Fellowship and Steps into our lives, then we can recover from this hopeless state of mind, body and spirit (see back of page).

We will learn that, although we share a common problem, that, in itself, will not produce the Solution. We will learn some very real truths about alcoholism. We will learn that an alcoholic's inability to control the amount he drinks once he begins drinking (because of the physical allergy), is not the real problem. The real problem centers in the mind, the mental obsession, which tells us we do not have a physical allergy.

We'll see that drinking is not the main problem of the chronic alcoholic. Stopping is not the problem. Every alcoholic has stopped many times. The real problem of the chronic alcoholic is that we cannot *stay* stopped. The real alcoholic's mind is one that does not have sufficient willpower to manage the decision to stay stopped; that produces the "insidious insanity", the belief in a lie that leads to the first drink. Bill once neatly summarized that the obsession of the mind compels us to drink – and the allergy of the body condemns us to die. Being "defenseless against the first drink", mandates that the hopeless alcoholic find a Higher Power that will make it possible for us to never drink again.

So, what exactly is the Solution? Let's find out.

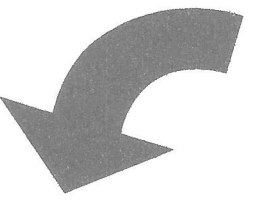
the Hopeless state of Mind, Body & Spirit



COMMON PERIL

COMMON SOLUTION

= "the powerful cement
which binds us"



*the Spiritual Experience
Prought about by the
Program of Action*