

Step Study Guide

Week No. 4

1. Read Chapter Two and be prepared to discuss how you react to it. Continue to write about how you are powerless over alcohol and begin to consider what you can truly “manage” in your life. As thoughts occur to you about whether you can or cannot manage life, and in particular *your* life, write down your thoughts.
2. What parts of this Chapter can you apply to your life?
3. What is your reaction to the membership of Alcoholics Anonymous?
4. Did your alcoholism “engulf all those lives touched by the sufferers”? (page 18)
5. What was their reaction?
6. Did you see how you could reach another alcoholic? (page 18)
7. Have you been asked the question on page 20, by yourself or others?
8. What were the answers?
9. From your examinations of yourself in the past weeks and your reading of this chapter, are you a “real alcoholic”? (page 21)
10. If not, why not?
11. Did you have control over your alcohol? Did you do absurd, incredible, and tragic things while drinking? Were you a Jekyll and Hyde?
12. Why did we drink the way we did? (page 22)
13. Why do we take that one drink?
14. Why can't we stay “on the water wagon”?

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15. What has become of the common-sense and the willpower that we still sometimes display with respect to other matters?

16. Did you ask yourself these questions?

17. Had you lost the “power of choice” described on page 24?

18. Have you ever said, “what’s the use anyhow?” Or something similar?

There is a solution. (page 25)