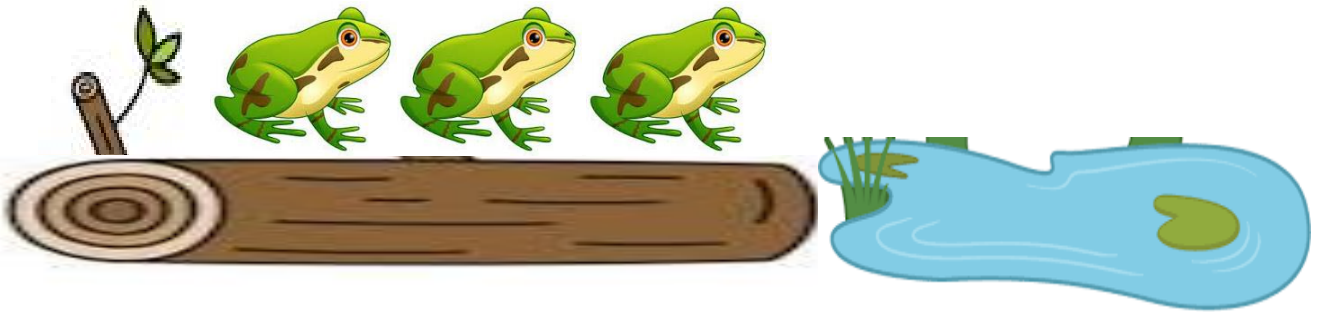


# Sunrise Zoom Saturday Morning Beginner's (Just for Today)

## Week 13: The Ultimate Decision(s)



## Decisions, decisions



“We are equally positive that once we take any alcohol whatsoever into our systems, something happens, both in the bodily and mental sense, which makes it virtually impossible for us to stop.” ~ Big Book – page 22

**Step  
1**

➔ **HONESTY:** *Am I an alcoholic?*

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“...go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other, to accept spiritual help.” ~ Big Book – page 25

**Step  
2**

➔ **OPEN-MINDEDNESS:** *Can I believe?*

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“If you have decided you want what we have and are willing to go to any length to get it – then you are ready to take certain steps.” ~ Big Book – page 58

**Step  
3**

➔ **WILLINGNESS:** *Will I complete the steps?*