

# Sunrise Zoom Saturday Morning Beginner's Meeting

## Week 5: The Mental Obsession

*"...when you take alcohol away from an alcoholic, all your left with is the ick..."*  
-Larry G.



*I do not hold with those who believe that alcoholism is entirely a problem of mental control.*

*Big Book – The Doctor's Opinion, p. xxix*

*The idea that some how, someday he (we) will control and enjoy his (our) drinking is the great **obsession** of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death.*



*Big Book – More About Alcoholism, p. 30*



*It took me some time to realize that the 12 steps of AA were designed to help correct these defects of character and so help remove the obsession to drink.*

*Big Book – "It Might Have Been Worse", pp. 355-356*

## Examples from More About Alcoholism – Big Book Ch. 3

**A Man of 30**



Carpet slippers  
and a bottle

**Our Friend Jim**



Whiskey in milk

**The Jaywalker**



Absurd &  
Incomprehensible

**Fred the Accountant**



Self-knowledge  
will cure me