

Sunrise Zoom Saturday Morning Beginner's Meeting

Week 8: The Dilemma & The Choice

The Dilemma

Can't NOT Drink

"The fact is that most alcoholics for reasons yet obscure, have lost the power of choice in drink...we are without defense against the first drink."

Big Book, There Is A Solution (p. 24)

Can't Drink

(HAVOC)

"We are equally positive that once he takes any alcohol whatever into his system, something happens, both in the bodily and mental sense, which makes it virtually impossible for him to stop."

Big Book, There Is A Solution (p. 22)

**WHEEL OF
MISFORTUNE**



The Choice

"We saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it."

Big Book, There Is A Solution (p. 25)

"When I am willing to do the right thing, I am rewarded with an inner peace no amount of liquor could ever provide. When I am unwilling to do the right thing. I become restless, irritable, and discontent. It is always my choice. Through the Twelve Steps, I have been granted the gift of choice. I am no longer at the mercy of a disease that tells me the only answer is to drink."

Big Book, "My Chance To Live" (p. 317)