

# STEP ONE – NO CHOICE!

We admitted we were powerless over alcohol—that our lives had become unmanageable

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Don't make a project out of working the Steps. Go through your day being the sort of person you would like to be, trying to help someone else, and making sure you don't hurt anyone. And when you get to the end of your day, review the Twelve Steps, and you will find that you have worked all of them.

-- Bill W., speaking at a meeting, Hollywood Legion Fight Arena, 1951



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## STEP ONE

WE ADMITTED WE WERE POWERLESS OVER ALCOHOL — THAT OUR LIVES HAD BECOME UNMANAGEABLE



**BODY** -  
Once I START  
I cannot STOP

**MIND** -  
Once I STOP  
I cannot  
STAY STOPPED

**WILL** -  
My will power just does not work!  
Where and how was I to find a  
Power by which I could live?

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## BODY – MIND - WILL

### Unmanageability (WILL)

- The beds are not made,
- the dishes are not done,
- The kids are crying
- We can't get to work
- We damage our bodies
- We damage relationships
- DEPRESSION
- ANXIETY
- RAGE
- EMOTIONAL all the time!
- We begin to shut down – unable to cope any more

The physical allergy and craving (BODY) created by addiction hijacks the body, ...while the mental obsession and distorted thinking (MIND) hijack the mind.

Willpower alone is not enough to overcome addiction.

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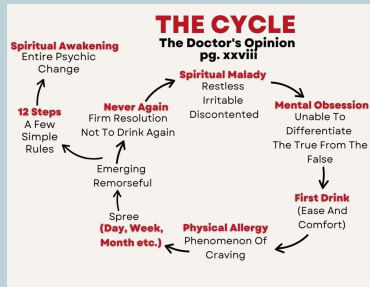
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### CYCLE OF ADDICTION



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### STEP ONE – NO CHOICE?

NO CHOICE – BODY, MIND and WILL is ineffective against addiction. I will lose.

OUR CHOICE is about finding a Power greater than ourselves.

This brings us to STEP TWO

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