

What does the word admitted mean to you? Explain it in your own words?

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Can you write your own explanation of powerless.

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What does unmanageability mean to you?

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Over what, exactly, are you powerless?

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What is a disease?

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What is a mental obsession?

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How has your addiction affected you;

•Physically,

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•Mentally,

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•Spiritually

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•Emotionally?

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What is the phenomenon of craving?

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When do people get cravings and why are they different from the mental obsession to drink?

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How can you get relief from cravings?

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What is your understanding of Step One?

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