

Step 1

Client Questions 1.4

Review Chapter 3 in Alcoholics Anonymous, More About Alcoholism, page 30. Ask someone for help if you need. Identify the different types of powerlessness and unmanageability that this chapter is trying to highlight. Some of these questions were presented to you in the classroom session write the answers out in your own words.

What illusion are we pursuing?

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What delusion has to be smashed?

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What have we lost?

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What are you not going to believe and why?

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List the methods that have been tried to drink like other people.

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How can you diagnose yourself?

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What belief did the man of thirty fall victim to?

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What is particularly true of women?

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What examples of Step 1 are highlighted by Jim's story?

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How does the jay walker story emphasise powerlessness?

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Read Fred's story and write about what he realised when he regained his ability to think.

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Why would Fred have to throw out several lifelong conceptions?

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Finnish reading the chapter, what does it say we have no mental defence against?

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The Doctors Opinion.

What does the chapter say about the allergy?

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What does the term 'a psychic change' mean?

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What effort is required to stay sober?

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What does Dr Silkworth believe that addiction is not entirely a problem of mental control?

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What are the 5 types of alcoholic that the Dr classifies? Which one are you?

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What is the 'only relief' suggested?

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Use the bank of stories supplied and write about the similarities and differences to your own story.

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Write down your plans for attending a fellowship meeting.

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