

Step 3

Client Questions 3.4

Read Chapter 5 How it Works **up to** the bottom of page 63. Ask someone for help if you need. Identify what this chapter describes about turning our will over. These questions may help.

Many people do recover if they have what?

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Why do you need to let go of your old ideas?

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How does this chapter describe alcohol? (This could also be addiction.)

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What do half measures achieve?

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What are the ‘Steps we took?’

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What are the three pertinent ideas?

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What is the first requirement?

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What are most of us concerned with?

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If our troubles are of our own making where do they arise from?

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What do we need to quite playing?

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Who should you take this Step with?

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What should we do next?

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Analyse the stories provided about self will and compare them to your own story.
Write about the similarities and the differences.

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