

STEP 1 CONSIDERATIONS

Considerations from The Doctor's Opinion respecting the physical craving and allergy:

1. Do I believe the action of alcohol on my body triggers a physical craving?
2. Have I formed a habit for alcohol?
3. Have I found I couldn't break the habit?
4. Did I lose self-confidence about controlling or stopping alcohol?
5. Did I lose reliance upon things human respecting control of alcohol?
6. Did my problems pile up and become astonishingly difficult to solve?
7. Did I lose control, choice or power over alcohol?
8. Does my experience abundantly confirm that when I put alcohol in my body, I can't stop?
9. Do I drink because I like the effect produced by alcohol?

If you answered yes to questions #2 to #8 above, it's likely that you manifest the alcoholic's physical craving to alcohol.

Considerations from Doctors Opinion respecting the spiritual malady:

1. Am I restless, irritable and discontented unless I can again experience the sense of ease and comfort which comes at once by taking a few drinks?
2. Do I believe there is no hope for my recovery unless I can experience an entire psychic change (spiritual awakening)?
3. Do I believe that a spiritual experience is of urgent importance to me? Are spiritual solutions all that remain for me?

Questions respecting the mental obsession:

1. Do I believe that my most powerful desire to stop drinking is of no avail?
2. Am I in a position where life is becoming impossible?
3. Why do I take the first drink knowing what I know?
4. Did you ever have good reason to quit and continued drinking?
5. Is it my experience that when I'm running the show, I have no defense against picking up a drink?