

Monday Night How It Works AFG Open Meeting

Date: January 17, 2022 - 7-8pm CST - In person only

Topic: Step 1 - We admitted we were powerless over alcohol - that our lives had become unmanageable.

Al-Anon Speaker: Rick K

Reaching for Personal Freedom - pgs 10-14

For those affected by the disease of alcoholism, Step One can be a daunting task. Because our thinking is often distorted, we can fall prey to the illusion of control. In trying to control the alcoholic's drinking and behavior, our own lives become unmanageable.

I was drowning in a sea of alcoholic craziness. I was hurting and hopeless. However, it was still hard for me to accept the idea of powerlessness.

Step One also helps me love the person and accept alcoholism as a disease. Alcoholism is like a spider web. It is almost invisible, yet it affects anyone who comes in contact with it.

Al-Anon showed me I didn't cause it, I can't control it, and I can't cure it. Basic tools of the program: reading my literature every day, talking to my Sponsor, getting on my knees, attending meetings, taking a walk or a bath, doing the dishes, and repeating the Serenity Prayer or the slogans.

1. Why is it difficult to admit my powerlessness?
2. In what ways does denial hamper my ability to let go of people, places, and situations?
3. In what ways do I continue to struggle with powerlessness?
4. How does Step One help me to let go of misplaced blame and undeserved shame?
5. What tools of the Al-Anon program do I use to find serenity when my life becomes unmanageable?

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