

Monday Night How It Works AFG Open Meeting

Date: January 23, 2023 - 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: Amy T

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Many of us come to Al-Anon filled with despair and hopelessness. Some of us come to find out how to get another person sober; others grew up in alcoholic homes or left alcoholic partners and no longer living with active drinking. We may not see the impact of having lived alcoholism until we begin to acknowledge that there are familiar difficulties in our present lives and relationships. The first word of the First step illustrates an important concept in Al-Anon recovery; We are not alone.

- a) Once we acknowledge that someone else's drinking has affected our lives, we may want to blame everything on the drinking. We have no idea that we are powerless over alcohol as the alcoholic is.
- b) Not understanding that alcoholism is a disease, many of us tried to take things into our own hands.
- c) In order to take the first step and admit our powerlessness over alcoholism, we need first to understand and accept that alcoholism is a disease.
- d) Alcoholism is a family disease. This means "... the alcoholism of one member affects the whole family and all become sick.
- e) Admitting our powerlessness may be very difficult for us. Step One is the true beginning of our path to recovery.

1. Do I accept that alcoholism is a disease?
2. What means have I used to get what I want and need?
3. How do I feel when the alcoholic refuses to be and do what I want?
How do I respond?
4. How can I let go of others' problems instead of trying to solve them?
5. In what situations do I feel excessive responsibility for other people?
6. How well do I take care of myself?

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