

**Step 1          Group 1          We Admitted we were powerless over alcohol  
that we had lost control of our lives.**

**Step 1 Calles us to:          Honesty**

The 12 Steps of AA are suggestions and guidelines for living a good life.

We're going to start talking about Step 1, Step, 2, and Step 3 for the next several weeks.

- We want to look at how these steps really LOOK in our everyday lives.
- These 3 Steps show us how to build a working relationship with our Higher Power- or God as we understand him.
- **These Steps call us to HONESTY.**

If we are happy with our lives – **WE HAVE NO REASON TO CHANGE!**

But, if we are not happy, are not satisfied, believe that there is more to life then we ask the following questions:

What is the problem with my life?

- Most alcoholics will say- “I don’t have a problem.”
  - o They will keep themselves “blind” by using 3 defenses or excuses to cover up or deny reality:
    - Deny – “I don’t have a problem”
    - Blame – “It’s someone else’s fault that there is trouble”
    - Minimize – “I only drink a little when things are bad”
    - Playing dumb – “Aaaa I don’t know why I...”
  - o What are some things you’re said or thought to explain your use of alcohol/drugs?
    - To you family.....
    - To people at your work.....
    - To friends at a party or social event.....
    - To your partner/spouse...

**Example of favorite excuses used to continue using alcohol or drugs:**

- I only get high to have a good time 9or to loosen up, or for a release, or.....)
- I can drink (or use) and drive.”
- I can stop any time I want to.”
- You’d get high too if you had my problems.”
- Everyone drinks (or smokes pot or crack, or gets high....”
- You can’t get addicted to grass (or beer, or.....”
- “Id know it if I were a drunk...”
- “I can hold my liquor...”
- If I were a drunk, I’d be on skid row (or in jail, etc.”

Other people see you’re behavior and say or think to themselves, “**Yea, RIGHT!**”

**Draw a picture of yourself when you were still making EXCUSES for your substance use/abuse. Then, explain your picture to the group.**

## **Step 1 Group 2**

**We Admitted we were powerless over alcohol  
- that we had lost control of our lives.**

**Step 1 Calls us to:      Honesty**

**So, WHAT is the solution to having our life out of control -  
“unmanageable”?**

- What are the possibilities?
- Is there somewhere I can get help?
- How do other people deal with this problem?

**What can I do to use the solution in my own life?**

- What can I do to “fix” my problems?
  - This is NOT about saying “If only....then my problems will go away.”
  - What are my options? Possibilities?

**Draw a picture of yourself acting on the choices/solutions you decided to use to stop making excuses for your substance use. Share this with the group.**

## Step 1 Group 2

**We Admitted we were powerless over alcohol  
- that we had lost control of our lives.**

**Step 1 Calles us to:      Honesty**

**What does the phrase “being out of control” mean? (group discussion)**

**What does the word PROBLEM mean? (group discussion)**

**What does the word UNMANAGABLE mean? (group discussion)**

**What does it mean to be powerless? (group discussion)**

**How do you know if you are powerless over a substance?**

- **Someone who is powerless will often:**
  - Will often drink or use when no one else is.
  - May drink or use any time of the day or night.
  - Hid the amount consumed or used.
  - Will use a drug of unknown source or quality to get even higher.
  - Will bring their own booze or stash to a party when they know none will be there.
  - Will spend money that is needed for essentials (such as food) on alcohol or drugs.
  - Will continue to drink or use when they're drunk or high.
  - Will put themselves (or others) in danger by driving when high or drunk.
  - Will later deny their foolish or dangerous behavior when they were drinking or high.
  - Will lie to friends and loved ones to protect their drinking or drugging.
  - Will continue to drink or use even though friends and loved ones are asking them to stop because of the harmful consequences.

Step 1, Group 3

**We Admitted we were powerless over alcohol  
- that we had lost control of our lives.**

**Step 1 Calles us to:      Honesty**

Lets wee what we have learned and thought about in terms of HONESTY by mind-mapping this.

**HONESTY**

## Step 1 Group 1 Ticket

Welcomed Sobriety Support Circle this morning and opened meeting with the Serenity Prayer. Introduced discussion/processing topic of Step 1 of the 12 Steps of AA:

**We admitted we were powerless over alcohol – that we had lost control of our lives.**

Talked about our “powerlessness” the call to be “honest” with ourselves and others. Group members shared their memories of being unhappy and dissatisfied with their lives.. talked about the ways in which we defensively deny our reality. With “denial” one can avoid having problems. Though “blaming” we can shift responsibility for our lives to others. Through “Minimizing” we can avoid the full impact of our powerlessness. Good group discussion and sharing.

### **Plan:**

- Continue study of Step 1 of the 12 Steps of AA.
- Continue positive peer support and encouragement for ongoing sobriety.

### **Individual Note:**

Client attentive and willing to engage with peers. Defensiveness low.

## Step 1 Group 2 Ticket

Welcomed Sobriety Support Circle this morning and opened session with the Serenity Prayer. Continued study/processing of Step 1 of the 12 Steps of AA:

**We admitted we were powerless over alcohol – that we had lost control of our lives.**

Today’s focus n powerlessness and loss of control of our personal lives was discussed/processed. Group members shared personal experience and how they came to understand/realize that they had serious problems. Talked about the “solutions” available to them and how these solutions might assist each one to regain management of an out of control life. Good group discussion.

### **Individual Note:**

Client willing to share personal experiences with peers. Able to encourage peers to continue working on their healing process – and not give up.

### **Plan:**

- Continue study of Step 1 of the 12 Steps of AA.
- Continue positive peer support and encouragement for ongoing sobriety.

## Step 1 Group 3 Ticket

Welcomed Sobriety Support Circle this morning and opened session with the Serenity Prayer. Continued study/processing of Step 1 of the 12 Steps of AA:

**We admitted we were powerless over alcohol – that we had lost control of our lives.**

Today's focus was on better understanding what powerlessness might look like in ordinary life. Discussed how at times we really do not "see" ourselves as others might. Talked about the "mask" we assume to cover up our internal realities. Good group sharing and encouragement.

### **Plan:**

- Begin study of Step 2 of the 12 Steps of AA.
- Continue positive peer support and encouragement.

### **Individual Note:**