

12x12 – The Twelve Steps

Thoughts on Step One – page 21

"We admitted we were powerless over alcohol—that our lives had become unmanageable."

Who cares to admit complete defeat? (*.. this is a must to complete victory .. in the drinking world, the defeat precedes victory ..*) Yet, the admission of powerlessness is the first step in liberation. (*... Without admission of guilt, without ownership of my actions, I will play the blame game and that never leads to liberty, it always leads to more imprisonment and defeat ...*).

Relation of humility to sobriety (*... Without humility there is no sobriety ... humility is not thinking less about yourself, it is thinking of yourself less ...*).

Mental obsession (*... an obsession is one thought that overrides all other thoughts and/or a thought that does not respond to reason ...*) plus physical allergy. Why must every A.A. hit bottom (*... When I hit bottom, I will look up ... I will know that I need help...*)

Step One – page 21

"We admitted we were powerless over alcohol—that our lives had become unmanageable."

Who cares to admit complete defeat? (*.. this is a must to complete victory .. in the drinking world, the defeat precedes victory ..*) Yet, the admission of powerlessness is the first step in liberation. (*... Without admission of guilt, without ownership of my actions, I will play the blame game and that never leads to liberty, it always leads to more imprisonment and defeat ...*).

Relation of humility to sobriety (*... Without humility there is no sobriety ... humility is not thinking less about yourself, it is thinking of yourself less ...*).

Mental obsession (*... an obsession is one thought that overrides all other thoughts and/or a thought that does not respond to reason ...*) plus physical allergy. Why must every A.A. hit bottom (*... When I hit bottom I will look up ... I will know that I need help...*)?

Step Two – page 25

"Came to believe that a Power greater than ourselves could restore us to sanity."

What can we believe in? A.A. does not demand belief (*... yet, without belief in a power greater than yourself you will never take step 2...*); Twelve Steps are only suggestions (*.. suggestions, which if not followed, will never bring freedom from a seemingly hopeless state of mind and body ...*).

Importance of an open mind. Variety of ways to faith (... *Without faith, works is dead ... without faith or belief in something other than yourself you will always be a drunk or an addict ..*).

Substitution of A.A. as Higher Power. Plight of the disillusioned. Roadblocks of indifference and prejudice (... *trying to substitute anything for a "higher power" who we call God, will produce happy, joyous and free people ... it will only keep a person irritable, restless, and discontent ..*).

Lost faith found in A.A. Problems of intellectuality and self-sufficiency (...*self-sufficiency only brought us isolation which lead to chaos, conflict, confusion and calamity ..*).

Negative and positive thinking. Self-righteousness. Defiance is an outstanding characteristic of alcoholics (... *Defiance is the opposite of surrender ...obedience to God brings blessings and disobedience brings disappointment ...*).

Step Two is a rallying point to **sanity**. Right relation to God (...*a right relationship with God can only be maintained by living in the will of God which is revealed in the Word of God...*)

Sanity -

- Big Book pages 57,70,84
- 12x12 pages 5,33,76,108

Big Book, (page 57) God had restored his **sanity**. (Definition of sanity (p56-57)- When tempted to drink, a great revulsion will rise up within us. Seemingly, we could not drink even if we wanted to. Thus God has restored our **sanity**. If we work the steps of recovery, God provides the ability to think straight automatically and re-moves our mental obsession to drink, and we continue in that state one day at a time.)

Big Book (page 70) We earnestly pray (5TH prayer in step 4) for the right ideal, for guidance in each questionable situation, for **sanity**, and for the strength to do the right thing

Big Book (page 84 - speaking of Step 10) love and tolerance of others is our code. And we have ceased fighting anything or anyone, even alcohol. For by this time **sanity** will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame.

12X12 (page 5) Step Two is a rallying point to sanity. Right relation to God.

12x12 (page 33) "**Sanity**" is defined as "soundness of mind."

12X12 (page 33) God will restore us to **sanity** if we rightly relate ourselves to him.

12X12 (page 76) came to believe that a Power greater than ourselves could restore us to **sanity**.

12X12 (page 108) In Step Eleven we saw that if a Higher Power had restored us to **sanity** and had enabled us to live with some peace of mind in a sorely troubled world, then such a Higher Power was worth knowing better, by as direct contact as possible.