

2017 AWAAY Conference

Step One

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

Tools from the basic text for working step one:

“We learned that we had to concede to our innermost selves that we were alcoholics. ***This is the first step in recovery.***” – Page 30, *Alcoholics Anonymous*

“We believe, and so suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy; ***that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker.***” – XXVIII, Alcoholics Anonymous (*The Doctor’s Opinion*) *Fourth Edition*

- Have I fully conceded to my innermost self that I am an alcoholic? (Reference Page 30, *Alcoholics Anonymous*)
- Do I know that no real alcoholic *ever* regains control? (Reference Page 30, *Alcoholics Anonymous*)
- If, when drinking, do you have little control over of the amount you take? (Page 44, *Alcoholics Anonymous*)

Step Two

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

Questions from the basic text for working step two:

“Do I now believe, or am I even willing to believe, that there is a Power greater than myself?”

- Do you believe?
- Are you willing to believe?
- What is our choice to be?

“When we became alcoholics, crushed by a self-imposed crisis we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is, or He isn’t. What was our choice to be?” – Page 53, *Alcoholics Anonymous*

Step Three

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

Tools from the basic text for working step three:

Being convinced of the following, we knew we were at step three:

- (a) That we were alcoholic and could not manage our own lives.
- (b) That probably no human power could have relieved our alcoholism.
- (c) That God could and would if He were sought. (Page 63, *Basic Text*)

“The first requirement is that we be convinced that any life run on self-will can hardly be a success.” – Page 60, *Alcoholics Anonymous*

- What is your concept of a Higher Power? (Reference Page 45, *Alcoholics Anonymous*)

Further basic text reading for working Step Three:

Third-Step Promises (from the basic text, page 63) “When we sincerely took such a position, all sorts of remarkable things followed. We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well. Established on such a footing we became interested in seeing what we could contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn.”