

First Assignment Often Missed Answers

7. Nothing.
8. 75% recovered when all we had was the Big Book.
11. **Physically Powerless** because 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.
12. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, **with a firm resolution not to drink again. This is repeated over and over.** This is the “unmanageability” chronic alcoholism.
13. Unless this person can experience an **entire psychic change** there is very little hope of his recovery.
15. We of ALCOHOLICS ANONYMOUS, know **thousands** of men and women who were once just as hopeless as Bill. **Nearly all have recovered.** They have solved the drink problem. If we do what Bill did, we will get what Bill got.

The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined. **Meetings do not produce recovery.**

The tremendous fact for every one of us is that we have discovered a **common solution.** We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer from alcoholism. **We recover by the Steps we take.**
16. We feel that elimination of our drinking is but a beginning. **A much more important demonstration of our principles** lies before us in our respective homes, occupations and affairs
18. The main problem of the alcoholic centers **in his mind**, rather than in his body.
19. *We are unable, at certain times, to bring into our consciousness with sufficient force the memory of **the suffering and humiliation of even a week or a month ago. We are without defense against the first drink.***
20. The great fact is just this, and nothing less: That we have had **deep and effective**

spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves.

22. We learned that we had to fully concede to our innermost selves that we were alcoholics. **Total surrender to the hopelessness of alcoholism**
23. This is the **first step** in recovery.
24. a. Once he started, he had no control whatever. At age 30, he was physically **powerless over alcohol**, but his life was **manageable** where alcohol was concerned.
 - b. Alcoholism is **patient**. For 25 years, he had no problem with drinking.
 - c. At age 55 the **insidious insanity** of alcoholism seduced him into taking a drink. Alcoholism is **permanent**.
 - d. Now, he still could no longer control the amount he drank but worse, he couldn't manage his decision to not take the first drink. **His life had become unmanageable**. He was powerless over alcohol both mentally and physically. His life had become **unmanageable** where alcohol was concerned. Alcoholism is **progressive**.
 - e. Though a robust man at retirement, he went to pieces quickly and was dead within four years. Alcoholism is **lethal. It is deadly!**
29. "Quite as important was the discovery that spiritual principles would solve **all** my problems."
33. **Lack of power**, that was our dilemma. We had to find a power by which we could live, and it had to be a *Power greater than ourselves*. Obviously. But where and how were we to find this Power?
34. Well, that's exactly what this book is about. Its main object is to enable you to find **a Power greater than yourself which will solve your problem**.
35. Do I now believe, or am I even willing to believe, that there is a Power greater than myself?"
36. As soon as a man can say that he does believe, or is willing to believe, we

emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.

37. We found the Great Reality **deep down within us**. In the last analysis it is only there that He may be found. It was so with us.
39. Here are the **steps we took**, which are suggested as a program of recovery:
43. When I know I have a **hopeless** case of alcoholism and have the hope this Program might work for me too.
44. We found it very desirable to take this spiritual step with an **understanding Person**. (Your Sponsor would be the ideal person.)
45. This was only a beginning, though if honestly and humbly made, **an effect, some times a very great one**, was felt at once.
46. Next we launched out on a course of **vigorous action**.
(Meetings are important but we recover by the Steps we take, not the meetings we make.)
47. **At once!**
48. Pages 64 through 70.
49. Five – (Now you find them)
51. The truth! (The truth will set you free but until it does, it'll beat you damn brains out!)
52. Here are a few of them.

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 less and less interested in ourselves, our little plans and designs. More and more 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.

But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die.

We cannot be helpful to all people, but at least God will show us how to take a kindly and tolerant view of each and every one.

Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity.