

Unmanageability is a state of consciousness that exists within myself that I generate because I run my life on self-will.

Alcoholic thinking is a state of mind that exists just before I pick up.

1. no choice - pg42
  2. self knowledge - pg 26
  3. suddenly - pg 36
  4. Fred-no cloud in the sky - pg39
  5. Jay Walker pg38
  6. no mental defense pg43
  7. deliberately pg37
  8. strange mental blank spots, no willpower pg42
- all use self-will.