

What are some things that you do to create chaos in your life?

Here are some examples:

- Being chronically late or regularly late
- Overspending
- Worrying
- Controlling
- Fixing
- Agreeing to do/take on too much
- Not saying no when you know you should
- Having weak or unclear boundaries
- Giving advice – knowing what is right for everyone else
- Arguing with a drunk
- Neglecting responsibilities or relationships
- Ignoring physical problems hoping they will go away or fix themselves
- Picking a fight
- Manipulating others
- Trying to control something or someone to get the outcome you desire
- Attempting to make something (or everything) perfect
- Obsessing
- Projecting
- Wallowing in self-pity
- Taking things personally
- Being a Martyr
- Ignoring important tasks like paying bills or taxes
- Lacking self-care such as not getting enough sleep
- Obsessing with doing or being productive
- Judging and placing expectations
- Talking too much without speaking our truth
- Straight up lying or lying by omission
- Disconnection from our bodies
- Being in our head all the time
- Interference
- Passive aggressive behavior (being consciously manipulative, controlling the outcome)
- Criticizing - nagging
- Gossiping - triangulating

Chemically and hormonally, many of us get a surge of adrenaline pumping through our bodies when we engage in these behaviors and we get addicted to that feeling.

Definitions:

ex·cite·ment

Pronunciation: \ɪk-'sɪt-mənt\

1 : something that excites or rouses

2 : the action of exciting : the state of being excited

ad·dic·tion

Pronunciation: \ə-'dɪk-shən, ə-\

1 : the quality or state of being addicted <addiction to reading>

2 : compulsive need for and use of a habit-forming substance (as heroin, nicotine, adrenaline, or alcohol) characterized by tolerance and by well-defined physiological symptoms upon withdrawal; broadly : persistent compulsive use of a substance known by the user to be harmful

3 : anything you cannot quit of your own volition

adren·a·line

Pronunciation: \ə-'dre-nə-lən\

: EPINEPHRINE —often used in nontechnical contexts <the fans were jubilant, raucous, their adrenaline running high — W. P. Kinsella>

epi·neph·rine

Variant(s): also epi-neph-rin \,e-pə-'ne-frən\

1: a colorless crystalline feebly basic sympathomimetic hormone $C_9H_{13}NO_3$ that is the principal blood-pressure raising hormone secreted by the adrenal medulla and is used medicinally especially as a heart stimulant, a vasoconstrictor in controlling hemorrhages of the skin, and a muscle relaxant in bronchial asthma —called also adrenaline.

cor·ti·sol

Pronunciation: \'kɔr-tə-,sɒl, -,zɒl, -,sɔl, -,zɔl\

: a glucocorticoid $C_{21}H_{30}O_5$ produced by the adrenal cortex upon stimulation by ACTH that mediates various metabolic processes (as gluconeogenesis), has anti-inflammatory and immunosuppressive properties, and whose levels in the blood may become elevated in response to physical or psychological stress —called also hydrocortisone

Dop·a·mine

Pronunciation: [doh-puh-meən]

: Dopamine is a type of monoamine neurotransmitter. It's made in your brain and acts as a chemical messenger, communicating messages between nerve cells in your brain and your brain and the rest of your body.

Dopamine is known as the “feel-good” hormone. It gives you a sense of pleasure. It also gives you the motivation to do something when you're feeling pleasure. Dopamine is part of your reward system.

: High levels of dopamine caused by drinking, drugs, gambling, playing video games, or using social media can trigger dopamine's excitatory effects. This “excitement” motivates us to continue the activity, which can eventually lead to addiction.

Emotional Sobriety:

1. A person whose ideals are grounded in a power greater than themselves.

2. A person who relies on God.

Shorthand suggestions:

Step # = S1, S2, S3, etc...

Promise = Ⓟ

Alcohol = Adrenaline = ⓐ

Drug = Adrenaline = ⓐ

Alcoholic = Chaos Creator = CC

Alcoholic(s) = Excitaholic(s) = ⓔ (use either ⒸⒸ or ⓔ as needed for context)

Alcoholics Anonymous = Al-Anon = Al-A

Do I Believe = DIB

Can I See = CIS

Emotional Sobriety = ⓔⓂ

Words for drunk = crazy, spun, spinning, freaking out

Drink = chaos

Drinking = thinking or emotions (as appropriate for the sentence)

i.g. Do I lose control of my thinking after things do not go my way?

Can I control my emotional nature after I have started creating chaos (worrying, controlling, manipulating, etc ...check your list!)?

What happens to me after I put adrenaline in my body

Circle and Triangle/Preface and Forwards

As I look at the circle and triangle I will consider each part. In the unity side the fellowship. If you are a newcomer, you can write 'N/A' (Not Applicable) if it doesn't apply.

1. Unity side (Fellowship/The body) How am I doing with my meetings? _____

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- a. Do I go to enough meetings? _____
 - b. Do I have a home group? _____
 - c. Do I have a commitment at a meeting? _____
 - d. Do I go to too many meetings? _____
 - e. Do I get there early? _____
 - f. Do I welcome new people before or after the meeting? _____
 - g. Do I reach out? _____
 - f. Do I help with set up or set down? _____

2. Recovery side (12 Steps/The mind) How am I doing in the 12 steps? _____

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- a. Am I actively going through the 12 steps? _____
 - b. Am I doing my Step 10? _____
 - c. Am I doing my daily practice of Step 11? _____
 - d. have I finished all the amends on my Step 8 list? _____

3. Service side (Spiritual/The spirit) Am I working with others and carrying the message? _____

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- a. Am I working with others, taking them through the Big Book as I was taken through?

 - b. Have I looked to see if the way I take people through the work is effective and are they staying in the program and working with others? _____
 - c. Am I giving them enough time? Am I explaining the process well? _____
 - d. Do I have a commitment at a hospital or institution? _____

4. The promise is that if action is taken in all three areas I can be whole. What does that mean to me?

5. The first promise is how hundreds have 'recovered'. Am I 'recovered' or am I 'recovering'?

6. In the forward to the first addition it says that we have 'recovered' from a seemingly hopeless state of mind and body. Is that true for me? _____

7. It talks about many do not comprehend that the controller, fixer and chaos creator are very sick people. Do I?

8. In the meeting between Dr. Bob and Bill W. in the Forward to the 2nd Edition, what stood out to you? (Pages XV-XVII):

The First Step

The Big Book of Alcoholics Anonymous does not directly tell us directly how to work the first two steps. In the portion of "How It Works" read at many meetings, we hear "Our description of the Chaos Creator, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas. That we were Chaos Creators and could not manage our own lives, that probably no human power could have relieved us of our addiction to adrenaline, and that God could and would if He were sought." [Pages 58-60]

The sentence which follows is not often read in meetings; "Being convinced, we were at Step Three." Convinced of what? The answer is that we are 'convinced of these three pertinent ideas mentioned above.' And how do we get convinced? We read the description of the Chaos Creator (or Excitaholic), the chapter to the agnostic, and the personal experiences before and after, that are specifically designed to "make clear these three pertinent ideas." The original manuscript read that if we were not convinced, "we ought to reread the book to this point or else throw it away." This is a program of self-diagnosis.

We compare our experiences to those of the book; the way we thought, felt, and used adrenaline with the experiences of the people described in the book, to see how they match up, this is how we take steps one and two. Relating to the experiences in the book may create a problem for the modern reader. The English of today is significantly different from that of 1939, when this book was first published. If you have ever tried to read Shakespeare, you are perhaps aware of the effect time has upon language. Going through the Big Book in the way described here should help you overcome this language problem, and give you an understanding of the Big Book which is reflected in your own experience. You may begin to see the Big Book in a new light, and perhaps it will have real meaning in your own life today. Much of this workbook consists of statements from the Big Book which have been turned into questions. We found it helpful to view the book in this light rather than as a book of answers; the answers you will find only in your own experience, and within your own heart. For the sake of clarity, some questions are paraphrased rather than directly quoted. If there is something you relate to, describe it, and ask yourself "What was my experience with this?" "Did this happen to me? Did I feel like this?" "Did I think like this?" "Did I give into my addiction to adrenaline and create chaos in my life?"

This is not a homework assignment where we try to get through it as quickly as we can with a minimum effort. If you are really a Chaos Creator/Excitaholic, having an understanding of these steps could mean the difference between life and death.

This guide is written to be used by Chaos Creators/Excitaholics. Some of us thought we were not addicted to excitement or do not intentionally over complicate our lives, and were surprised to discover in the course of this work that we actually are addicted to adrenaline. We ask you only to try to keep an open mind and remember that this is a program of self-diagnosis. Doing the work will reveal your truth.

This guide is not meant to replace the Big Book of Alcoholics Anonymous, it is meant to be used along with it. Read through the book as you answer each question. The authors hope you will find this way of working the steps as enlightening as we have. Because of the difficulty many of us have had in keeping an open mind, we began with this prayer:

The Set Aside Prayer

"God please enable me to set aside everything I think I know about myself, recovery, You and the Twelve Steps; that I might have an open mind and a new experience."

The Doctor's Opinion

Step 1 – Physical craving

Page XXV – 23

1. Why am I interested in the plan of recovery described in this book? Pg. XXV-¶1-L2

2. Do I believe convincing testimony must surely come from a doctor who had experience with the sufferings of adrenaline addiction, controllers, fixers, obsessors and have witnessed their return to emotional sobriety? Would this be helpful to me? Pg. XXV-¶1-L4

3. Am I the type regarded as hopeless? Wants to quit but can't? Pg. XXV-¶3-L3

4. Am I the type with whom every method I tried had failed completely? What have I tried? Pg. XXV-¶5-L2

a. Am I willing to believe this book has a remedy for me? Pg. XXVI-¶1 L3

b. Am I willing to rely absolutely on anything they say about themselves in this book? Pg. XXVI-¶1-L4

“Allergy” Definition: a condition of unusual sensitivity or reaction to thought processes and neurotransmitters, which in like amounts does not affect others and is characterized by systematic disorders.

Note: It's like having an allergic physical reaction to strawberries. I can't eat them without breaking out in a physical itch, nothing to do with the subject I'm thinking about. As with CC-C-F, when I go into a line of thought I break out in an urge to act out or control and fix, and then do so more and more. You will see your experience with the physical powerlessness not in your behavior, but in your lack of control.

5. Do I believe that my body is quite as abnormal as my mind after the first action (acting out, passive aggressive, saying something or avoiding)? Why? Pg. XXVI-¶2-L2

a. Did any explanation I've heard ever satisfy me as to why I could not control my acting out and/or obsessing? What did I hear? What have I told myself? Pg. XXVI-¶2-L7

b. Do I believe these things were true to some extent, in fact, to a considerable extent with me? Pg. XXVI-¶2-L10

c. Do I believe any picture of me which leaves out this physical factor feels incomplete? Explain what the physical factor looks like when you begin to think about controlling or fixing? Pg. XXVI-¶2-L12

d. Does the doctor's theory that I have an allergy (reaction/hypersensitivity) to CC-C-F interest me? Does the explanation about the allergy make good sense? Pg. XXVI-¶3-L4

e. Does the allergy (reaction/hypersensitivity) explain why you lost control and couldn't stop? Pg. XXVI-¶3-L5

6. Do I believe I need to find a Power which can pull me back from the gates of death and that must be a power greater than my own? Explain why? Pg. XXVII-¶6-L9

7. Do I believe that the re-action of CC-C-F (adrenaline) on me is like an allergy and there is a craving for more that occurs after the first obsessive controlling fixing impulse? Explain what that looks like with you? Pg. XXVIII-¶1-L1

a. Can I safely use addictive thinking in any form at all? Pg. XXVIII-¶1-L5

b. Did I form the habit? Pg. XXVIII-¶1-L6

c. Could I break It? Pg. XXVIII-¶1-L7

d. Did I lose my self confidence that anything human could keep me emotionally sober? Pg. XXVIII-¶1-L7

8. Do I believe frothy emotional appeal (like someone begging me to stop) never worked so the message that I better get here in this program to interest and hold me, must have depth and weight more than emotional or intellectual? Pg. XXVIII-¶2-L1

9. Did I CC-C-F because I liked the feeling of Chaos-Creating, controlling and fixing? What was that effect like for me? Pg. XXVIII-¶4-L1

a. Was the effect so great that after a time, even though you knew it was bad for you, you could not tell the true from the false? (Examples: normalizing, meeting that certain person one more time in secret, lying to people we care about, overspending, being chronically late, hiding things hoping not to get caught, trying to fix others, interfering, stealing, manipulating someone or something to get what I want or think I deserved, and then telling myself that it was okay.) Pg. XXVIII-¶4-L2

b. Did my Chaos Creating, Controlling and fixing life seem the only normal one? How? (Examples: The first time I wrecked a car, slept with someone in a relationship other than my own, stole, lost a job due to my attitude or performance, got someone else fired, woke up to a phone call in the middle of the night demanding I come and clean up someone else's "problem"? These instances seem unhealthy and abnormal to me the first time, but by the twentieth time, it's normal.) Pg. XXVIII-¶4-L4

10. Am I restless (uneasy) irritable (easily annoyed) and discontented (never satisfied) until I experience a sense of ease and comfort when I act out or “think”? Pg. XXVIII-¶4-L5

a. When I start to think about controlling, fixing or acting out chaotically to change the way I feel, am I able to stop once I feel the way I want to feel?

11. Do I believe that in recovery I must experience the sense of ease and comfort that I got by creating chaos, controlling and fixing? Pg. XXIX

12. Do I pass through the well-known stages of a spree, emerging remorseful, with the firm resolution to never control/fix/obsess/ruminate addictively again? What happens when I make resolutions not to use thinking about controlling and/or fixing? (Can I pull it off?) Pg. XXIX-¶top-L5

a. Is this repeated over and over? Pg. XXIX-¶top-L7

b. Or do I have other solutions? What? Pg. XXIX-¶top

c. Can I stay stopped on my own? Pg. XXIX-¶2-L3

d. Do I need help? Pg. XXIX-¶2-L3

13. Do I believe that something more than human power is needed to produce the essential psychic change and that is my only answer? Pg. XXIX-¶3-L5

14. When I start “thinking about chaos creating, controlling and/or fixing”, can I mentally control when I’m going to stop “thinking”? Pg. XXIX-¶4-L6

15. Has this craving at any time become more important than all other interests and responsibilities? (Job, family, etc.) Pg. XXIX-¶top-L2

16. Was I always going on the wagon (swearing off) for keeps?

Pg. XXX-¶2-L4

- a. Was I over-remorseful making many resolutions to quit? (Example: If I wasn't remorseful it's the same thing as an controller who is enjoying their manipulating. It doesn't mean they're not a controller, it means they still need their addiction. If you don't feel remorse, it's because you are rationalizing.)

Pg. XXX-¶2-L5

17. Was I unwilling to admit that I cannot think about controlling or fixing without the addiction?
Why?

Pg. XXX-¶3-L1

- a. Did I plan various ways of managing in an effort to control my "thinking"? Give an example.

Pg. XXX-¶3-L2

- b. Do I believe that after being entirely free from controlling/fixing for a period of time that I could take control/fix without danger? Why?

Pg. XXX-¶3-L4

18. Have I identified my allergy/hypersensitivity to "thinking" as a craving for more once I start "thinking"?

Pg. XXX-¶5-L1

- a. Can I start thinking without developing the phenomenon of craving? What happens when I do?

Pg. XXX-¶5-L2

- b. Do I believe this allergy differentiates me and sets me apart from other people? I'm not like other people when it comes to thinking?

Pg. XXX-¶5-L4

c. Do I believe the only relief to this physical allergy is entire abstinence? (Example: a food addict can recover from food addiction, but can still eat food. Just not obsessively. So I can recover from obsessive thinking, I can still think but I'm just not thinking with the addict mind) Pg. XXX-¶5-L7

d. Can I do that on my own, just not think obsessively? Pg. XXX-¶5-L8

19. Do I feel doomed (when it comes to chaos creating, controlling, fixing and obsessive thinking)? Pg. XXX-P6-L4

20. Was I living to control, fix and/or obsess? What did my day look like? Pg. XXXI-¶2-L6

Consideration:

If I have an emotionally sobriety date that is 10 days or more and I can't produce a sense of ease and comfort powerful enough to keep me from "thinking" or acting out, how is it that I continue to have this sobriety date no matter how I feel?

Bill's Story

Step 1

Page 1 – top of page 9

1st half of Bill's Story

1. Did you control, fix and/or obsess when you were lonely? Did you control, fix and obsess when you were “not” lonely? Pg. 1-¶1

2. Were there things that happened early in your controlling, fixing and obsessing career (ominous warnings) which you failed to heed? List 3: Pg. 1-¶3

3. Did you develop theories about how you would be successful in life, while controlling and fixing? Pg. 2-¶2

4. Did your friends sometimes think you were crazy? Did you? Pg. 3-¶Top

5. Did controlling, fixing and obsessing become more important/serious over time? Pg. 3-¶1-2

a. Did you fight with your spouse and friends? Pg.3-¶2

b. Did you become a loner? Pg. 3-¶2

c. Did you begin to control, fix, obsess in the morning? Pg. 3-¶3

6. Did you start to control and fix to escape from problems, sometimes brought on by the controlling and fixing? Pg. 4-¶1

7. Did you become an unwelcome hanger on at your job, at friends/family, at the meeting? Pg. 5-¶Top

8. Did controlling and fixing, at some point, cease to be a luxury and become a necessity? Explain. (Example: 'I feel like I need to say something.', 'I need to steal their paycheck/cash so they don't spend all their money, I'm just trying to help.', 'I know what's best for you.') Pg. 5-¶1-L1

9. Did I still think I could control the consequences of controlling and fixing? How? Pg. 5-¶1-L9

10. Did life gradually get worse? How? (It's normal to want to improve and make things better, the difference is the compulsion that we can't stop thinking about it.) Pg. 5-¶2-L1

11. Did you feel a sense of impending calamity? Like something bad was always about to happen? Pg. 6-¶1

a. Did you now have to act out to release a bit of pressure to be able to function at all? Pg. 6- ¶1

12. Did you think of suicide? Pg. 6-¶2

a. Did you try mixing controlling and fixing with other addictions so you could function (i.e. controlling, fixing and food addiction)? What did you try? Pg. 6-¶2

13. Can self-knowledge fix me? Why or why not?

Pg. 7-¶2-L9

14. Was I as hopeless as Bill, wanted to stop controlling, fixing and obsessing but couldn't?

Pg. 8-¶1-L5

15. Did you feel loneliness, despair and self-pity?

Pg. 8-¶2

a. Did you ever feel your views about situations were your master?

Pg. 8-¶2

b. Did this (that you had no power) scare you? Were you afraid?

Pg. 8-¶2

c. Did this fear keep you emotionally sober? Or did you control and fix again anyway?

Pg. 8-¶2

(Stop at the first paragraph on page 9)

2nd half of Bill's Story

(Starts at the first paragraph on page 9, "The door opened...")

16. Has your human will failed you? "Did you really decide to start control and fix again or did you just convince yourself it was your decision so you could feel like you were in control"? Pg. 11-¶3

a. Are you ready to admit complete defeat? What meaning does this have for you? Pg. 11-¶3

17. Do you understand that you can choose your own conception of God? That it only has to make sense to you? Pg. 12-¶2

18. Do I believe if I do not work with others, I will surely obsess again? Or live in the delusion that the obsession is necessary. Pg. 13-¶Top-L3

19. Am I willing to abandon myself with the enthusiasm to the idea of helping others to a solution of their problems? Pg. 15-¶1-L1

20. Am I willing to attend meetings frequently so that the newcomer may find the fellowship they seek? Pg. 15-¶2-L14

There is a Solution

Part 1 - Physical Craving

Page 17 – 23

1. Was I as hopeless as Bill (want to quit but can't) Pg. 17 ¶1-L3

a. Is there any other hope for me? In what way? Pg. 17-¶1-L4

b. Is the fellowship by itself (just going to meetings) enough for me to stay emotionally sober?
Explain. Pg. 17-¶2-L16

c. Do I have a way to stay stop Controlling, Fixing and obsessing without help? What are they? Pg. 17-L3-¶2

2. Have I come to believe I suffer from an illness: Physically? Mentally? Spiritually? How does each one affect me? Pg. 18-¶1-L1

a. Did it affect the people around me in a way no other human sickness can? Who was affected? Pg. 18-¶1-L2

b. Was I unable to discuss my situation without lying to my spouse, parents or intimate friends? Pg. 18-¶3-L3

3. When approaching a potential sponsor or step partner, was he/she like me? Pg. 19-top margin

a. Did he/she obviously know what they were talking about? Pg. 19-¶5-L2

b. Does their behavior shout at the new prospect that they are a person with a real answer? (Living the Big Book). Pg. 18-¶5-L2

c. Does he/she have no attitude of Holier than Thou (thinking they are better than anyone else)? Pg. 18-¶5-L5

4. Is the elimination of my controlling/fixing enough, or is this just a beginning? Pg. 19-¶1-L3

a. If I just continue to 'keep it together' even though things get better, do I believe the surface of the problem is hardly scratched? (I'm trying to control the external behavior but the internal condition hasn't changed) Why? Pg. 19-¶2-L1

5. Does my life depend upon my constant thought of others and how I may help meet their needs? As a newcomer what can I do to help? (Check your motives) Pg. 20-¶top-L2

6. Am I curious to discover how and why these people have recovered from a hopeless condition of mind and body? Pg. 20-¶1-L3

7. Can I control/fix or just leave it alone? Pg. 20-P3-L1

a. Can I just quit? Pg. 20-¶3-L4

b. Could I handle my controlling? fixing? Acting out? Pg. 20-¶3-L4

c. Do I have a choice? Pg. 20-¶3-L5

d. Is my willpower weak? Pg. 20-¶3-L5

e. Could I stop if I wanted to? Pg. 20-¶3-L6

f. Could I stop for her/him? When have I? Pg. 20-¶3-L7

8. If the doctor told me that if I ever act out (ie: going into a dangerous situation) again it would kill me, could I stop? Pg. 20-¶3-L8

9. Do I believe the people who can do these things are physically and mentally very different from me? Pg. 20-¶4-L4

The 3 Types of Controller/Fixers/Chaos Creators

THE MODERATE CONTROLLER/FIXER/CHAOS CREATOR

Type 1: The moderate Controller/Fixer/Chaos Creator. We have all known people who would have an argument over dinner and leave it at the table; or after a couple of minutes say something like, “Oh I see your point”, or “Maybe you are right.” There were also people who could make an effortless suggestion and let go of the outcome.

10. Could I give up the drama entirely if I were given a good reason for it? Pg. 20-¶5-L1

11. Can I take it or leave it alone? Controlling? Fixing? Creating Chaos? Excitement? Pg. 20-¶5-L3

12. Am I a moderate Controller? Fixer? Chaos Creator? Have I ever been? Do you know people like this? Who? Pg. 20-end ¶5-L3

THE HARD CONTROLLER/FIXER/CHAOS CREATOR

Type 2: There were those people too, who we created excitement with, who were able to keep up with us. They created chaos as much as we did, used the same tactics we did, but something happened which caused them to stop or moderate on their own. Perhaps they got married, had a child, got hurt, or went back to school. They grew out of it, while we continued to grow into it. Though they may have indulged in excitement or controlled people, places and things as much or more than we did, they are very different from a Real Excitaholic.

13. Did I have the habit badly enough to gradually impair me physically and mentally? Pg. 20-¶6-L2

a. Could it cause me to die a few years before my time? Pg. 21-¶top-L1

b. Could I stay stopped if given a sufficiently strong reason? Give an example.

Ill health? _____

Falling in love? When? _____

Change of environment? When? _____

The warning of a doctor? Pg. 21-¶top-L2 _____

c. If a doctor, employer, judge or probation officer told you stop for good, could you do it? Pg. 21-¶1

d. If you fell in love, and she/he told you to stop for good, could you do it?

e. If you moved to a different place, could you stop forever? Pg. 21-¶1

14. Am I a hard controller? Fixer? Chaos creator? Pg. 21-¶top-L7

a. Does this describe you or do you know people who did stop for reasons like these?
Describe. Page 20-¶6 + Page 21-¶Top

THE REAL CONTROLLER/FIXER/CHAOS CREATOR

15. Did I start off as a moderate Controller? Fixer? Chaos Creator? Excitaholic? Pg. 21-¶1-L1

a. Did I become a continuous hard Controller? Fixer? Chaos Creator? Pg. 21-¶1-L2

16. Did I at some stage of my Controlling/Fixing lose control of the thinking once I started? Pg. 21-¶1-L3

a. Can I stay stopped on my own like the moderate or hard Controller/Fixer/Chaos Creator can? Am I physically a real Controller/Fixer/Chaos Creator? Pg. 21-top margin

b. Were you a real a Dr. Jekyll and My Hyde?

c. Were I seldom crazy? Or was I more less insane all the time? (We are unaware of the hypervigilance of this addiction, we're looking for things to control/fix all the time) Explain:

d. Was the person you became while being obsessive very different from who you were emotionally sober, if so how?

e. Did you have a knack for acting out or over complicating at the worst possible time?

f. Did you go to bed loaded and crazy, and wake up obsessing right where I left off the night before? Or wake up looking for someone/something to control or argue with?

g. Did I stash money, phones, other people's things, food, keep secrets, tell lies, argue, or be defensive so that nobody could really know me?

h. Did you mix controlling people, places, and things with manipulation, over complicating, and obsessive thinking you could feel safe?

i. Does this description roughly sound like you?

17. Why can't I stay stopped?

Pg. 22-¶2-L4

a. What has become of my common sense and will power that I still sometimes display with respect to other matters?

Pg. 22-¶2-L5

18. Does my experience abundantly confirm that once I start to obsess or think about controlling, fixing and/or chaos creating, something happens both in my body and my mind which makes it virtually impossible to stop until I get to that place, it may be 3 hours or 3 days?

Pg. 22-¶4

End of physical craving, beginning of mental obsession.

There is a Solution
Part 2 - The Mental Obsession
Page 23 – 29

Am I mentally powerless over controlling/fixing before I start to obsess?

1. Are these observations about the physical craving important to know but pointless if I just never started obsessing, that sets the terrible cycle in motion?
(CRAVING...OBSESSION/CRAVING...OBSESSION) Pg. 23-¶1-L1

a. Therefore, do I believe the main problem centers in my mind rather than in my body? Pg. 23-¶1-L3

b. Could I always find an excuse to worry/overcomplicate/control/fix? Pg. 23-P1-L7

c. Did this malady of the mind have a real hold on me and was I baffled? Pg. 23-¶2-L6

2. Have I suffered from the obsession that somehow, someday, I will control and enjoy my life? Pg. 23-¶2-L7

3. Do I believe I can assert my power of will to stay stopped forever? Pg. 23-¶3-L5

a. Have I lost mental control over staying stopped? Pg. 23-¶4-L2

4. Will my strongest desire to stop Controlling/Fixing keep me emotionally sober? What have I tried? Pg. 24-¶top-L3

a. Have I lost the power of choice in thinking or did I reach a point where I chose not to think? ...or was there more involved than choice? Pg. 24-¶1-L2

b. Has my so called will power become weak and practically non-existent? Pg. 24-¶1-L3

c. Was I unable at certain times, to bring into my mind with sufficient force, the memory of the suffering and humiliation of even a week or a month ago? Give an example. (Just remembering that I got into a fight never kept me emotionally sober) Pg. 24-¶1-L4

5. Am I without defense against the next impulse to Control or Fix? Pg. 24-¶1-L7

a. Did I ever choose not to, but Control/Fix anyway? Pg. 24-¶1

6. Do I think the consequences that follow after obsession and chaos would stop me? Pg. 24-¶2-L1

a. If I start to think it through when these thoughts occur, are they hazy? Pg. 24-¶2-L3

b. Have I said to myself in a casual way “it won’t hurt me this time?” Pg. 24-¶3-L1

c. ...or perhaps at times I did not think at all? (Reacting without thinking) Pg. 24-¶3-L3

d. Based on your own experience, is there any reason why “I’m not going to say anything” will ever work in the future? Pg. 24

7. Have I asked myself before “how did I ever get started again?” Pg. 24-¶3-L6

8. Do I think anything human can stop that part of me that takes to obsession and compulsion? (Like threats of losing my job or marriage) Pg. 24 ¶4-L3

9. Do I believe that this 12-step process is what's required for me to change and that is my only solution? Explain why. Pg. 25-¶1-L4

a. Have I seen that it really worked in others? Who? Pg. 25-¶1-L4

10. Had I come to believe in the hopelessness and futility of my life as I had been living it? Pg. 25-¶1-L5

a. Was I approached by others in whom the problem had been solved? Who? Pg. 25-¶1-L7

b. Is there anything left for me but to pick up the simple kit of spiritual tools laid at my feet (12- steps)? Pg. 25-¶1-L9

11. Do I believe there's anything less for me than a deep and effective spiritual experience which will revolutionize my whole attitude toward life, toward my fellows and toward God's universe? Explain. Pg. 25-¶2-L2

12. Do I believe there is any middle of the road solution for me? Why? (A middle of the road solution is anything that doesn't help me have a deep and effective spiritual experience) Pg. 25-¶3-L1

a. Was I in a position where life was becoming impossible, and I had passed into the region from which there is no return through human aid? “What could any person tell you or do for you that would make you stop Fixing and Obsessing for good and all”? Pg. 25-¶3-L3

b. Do I have any alternatives: But to go on to the bitter end, blotting out the consciousness of my intolerable situation as best I could (acting out in other areas of my life); or to accept spiritual help? Explain. Pg. 25-¶3-L5

13. Do I honestly want to and am I willing to make the effort to accept spiritual help? How will that look? Pg. 25-¶top-L1

14. Do I believe that with a profound knowledge of the inner working of my mind that relapse is unthinkable? Why? Pg. 26-¶1-L11

a. Do I think I can quit forever without spiritual help? Why or why not? Pg. 27-¶1-L2

15. Do I believe I have the mind of a chronic (persistent & reoccurring) Controller? Fixer? Chaos Creator? Pg. 27-¶2-L1

16. Am I a Controller/Fixer/Chaos Creator and do I really want this program? What makes me the real Controller/Fixer/Chaos Creator? Pg. 29-¶3-L6

17. If I am a Controller/Fixer/Chaos Creator, powerless over my thoughts and reactions and never going to regain control, do I have a choice? Explain Pg. 29-¶top

18. How can I admit powerlessness over my reactions, then say I have a choice today, or that I ever did? Pg. 29-¶Top

Consideration:

How is it that I can be emotionally sober if once I start to obsess something happens in both my body and mind that makes it virtually impossible to stop? Pg. 25

More About Controlling, Fixing, Creating Chaos – Part 1

Step 1 - The Mental Obsession

Page 30– 37

Have I been unwilling to admit I'm a real controller, fixer and/or chaos creator?

1. Am I bodily and mentally different from others in how I think and react? Pg. 30-¶1-L3

a. Has my controlling, fixing career been characterized by countless vain attempts to control my behavior? Give a few examples. Pg. 30-¶1-L4

b. Has the idea that somehow, someday I will control and enjoy my adrenaline, been an obsession of mine? Example: That somehow, someday I successfully control other people in a way that won't create troublesome problems. Pg. 30-¶1-L6

c. Was the persistence of this illusion astonishing (that I could control, fix, engage in drama) and did I pursue it into the gates of insanity or death? Pg. 30-¶1-L9

2. Have I learned that I had to fully concede to my innermost self that I am a Controller? Fixer? Adrenaline addict? Pg. 30-¶2-L1

a. Do I believe the delusion that I'm like other people, even now emotionally sober, has to be smashed? How I am different? (Do I avoid, wallow or overthink?) Pg. 30-¶2-L3

3. Have I lost the ability to control my controlling/fixing, the amount I use excitement, or stay stopped? Pg. 30-¶3-L1

a. Do I believe that I will ever recover control? Pg. 30-¶3-L3

b. Have I felt at times I was regaining control? How? Pg. 30-¶3-L3

c. But weren't such intervals – usually brief – inevitably followed by still less control, which led in time to doing things I promised I would never do (incomprehensible demoralization)? Give a few examples. Pg. 30-¶3-L4

d. Am I convinced that I'm in the grip of a progressive illness and over any considerable period I get worse, never better? Think of an example of your progression. Pg.30-¶3-L8

4. Does there appear to be any kind of treatment which will make me like other people? Pg. 30-¶4-L2

5. In some instances, has there been brief recovery? When? Pg. 31-¶top-L2

6. Wasn't it followed always by a still worse relapse? Give an example. Pg. 31-¶top-L3

a. Do I believe there is no such thing as making a normal thinker/reactor out of a controller/fixer? Pg. 31-¶top-L5

7. By every form of denial and experimentation have I tried to prove myself an exception to the rule therefore non-controller / non-fixer / non-excitaholic? Pg. 31-¶1-L2

a. Have I tried hard and long enough to think and behave like other people? Pg. 31-¶1-L8

Which of these methods have you tried to behave and feel like other people?

Here are a few examples:

- Avoiding – not avoiding
- Limiting contact – trying to change the way I communicate
- Trying to say the right things for the effect I want – not speaking at all
- Go to therapists or read spiritual self-help books.
- Creating distraction – trying to control the outcome
- Make comments/suggestions
- Rationalization and justifying

We could increase the list, ad infinitum! (Share your list with your sponsor or step guide. Write some of your own):

8. Do I believe having a long period of emotional sobriety will be powerful enough for me to choose whether I act out again? Pg. 32-L2-L13

9. Do I believe to stop controlling/fixing/drama, there must be no reservation of any kind, nor any lurking notion that someday, somehow, I will be able to manage situations normally? Pg. 33-¶1-L9

10. Do I feel I had gone on controlling/creating adrenaline/fixing years beyond the point where I could quit on my own will power? Pg. 34-¶1-L1

a. Could I leave controlling/fixing alone for one year on my own without a program? Pg. 34-¶1-L4

b. Do I desire to stop entirely? Pg. 34-¶2-L3

c. Can I stay stopped upon a nonspiritual basis, by choice? Pg. 34-¶2-L4

d. Have I lost the power to choose whether I will act out or not? Pg. 34-¶2-L5

e. Was I confused about my utter inability to leave controlling/fixing/acting out alone, no matter how great the necessity or the wish? Pg. 34-¶2-L10

11. Do I believe the mental states that precede a relapse into acting out behavior is the center of my problem? Pg. 35-¶top-L1

12. Do I believe that if I fail to enlarge my spiritual life I will control/fix/create chaos again? Or live like I need to control/fix? Pg. 35-¶3-L5

13. Were there times when all good reasons for not acting out were easily pushed aside in favor of the foolish idea that this time I was going to do handle the situation well? Give an example. Pg. 36-¶3-L6

List below the 10 most insane things you ever did when you were trying to control/fix or causing drama:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

More About Controlling, Fixing, Creating Chaos – Part 2

Step 1 - The Mental Obsession

Page 37– 43

1. Have I suffered from a distorted ability to think straight about my reactions and behavior to see the truth? Pg. 37-¶1-L3
-
-

2. Did my best thinking fail to hold me in check and did my insane idea win out so I acted out or ruminate anyway? Give an example. Pg. 37-¶2-L8
-
-

Go back and review the list of the 10 most insane things you ever did when you were trying to control/fix or causing drama. The most insane thing you ever did is probably not on this list, because you did it being calm. In all likelihood, the most insane thing you did was this: with the things on this list happening when you got upset, you made a decision to control/fix or create drama again, and you made this decision when you were as calm as you are now.

3. Do I believe I could stay stopped on the basis of self-knowledge? Pg. 39-¶1-L7
-
-

4. Do I believe that the humiliating experience, plus the knowledge I have acquired, (applying all these things you have learned about yourself and your disease up to this point) will keep me emotionally sober the rest of my life? Self-knowledge will fix me? Pg. 40-¶top-L4
-
-

5. Do I believe that having a controlling/fixing (addict) mind, the time and place will come when by myself, on my own power – I will react and act out again? Pg. 41-¶2-L8
-
-

6. On my own power, though I may raise a fight, will I someday give way to some trivial reason for the ruminating on acting out and engaging in controlling/fixing? Pg. 42-¶top-L1
-
-

- a. Do I believe this problem has me hopelessly defeated? Pg. 42-¶top-L9
-
-

b. Has this process snuffed out the last flicker of conviction that I could do the job myself? “I can keep myself in control?” Pg. 42-¶1-L9

7. Do I believe I will have to throw several lifelong conceptions out of the window to go through this program of action? Give an example. “I can do the job (of recovery) myself” Pg. 42-¶2-L6

8. Do I believe it’s important to discover how spiritual principles will solve ALL my problems, and that this is not just about emotions and acting out? Pg. 42-¶3-L1

a. Is there any doubt in my mind that I’m 100% hopeless, apart from divine help, or is there any other solution for me? What? Pg. 43-¶3-L7

b. Do I believe at certain times I have no effective mental defense against the first thought or reaction? Do I know when that time is? Pg. 43-¶3-L1

c. Do I believe that no human being can provide such a defense? Pg. 43-¶3-L4

d. Must my defense come from a Higher Power other than human? Pg. 43-¶3-L4

e. ...then how can I depend on the group as my Higher Power? Pg. 43-¶3

Consideration:

If I have an emotional sobriety date that is 10 days or more and I have no effective mental defense against the first rumination, how is it that I continue to have this emotional sobriety date no matter what I’ve thought?

We Agnostics
Step 1
...and that our lives had become unmanageable
Page 44, 45 & 52

Unmanageability, untreated addiction, spiritual malady.

This condition exists before and after the first controlling or dramatic action.

1. In the preceding chapters have I learned something about controlling and chaos creating? What is the main thing I must have to be a real controller/fixer/chaos creator? Pg. 44-¶1-L1

2. Have they made clear the differences between the controller/adrenaline addict and the non-controller/non-adrenaline addict? What are the main differences? Pg. 44-¶1-L2

3. When I honestly wanted to did I find I could not quit entirely? Pg. 44-¶1-L4

4. When actively fixing or causing chaos did I have little control over the amount I took after the first controlling or dramatic action? Pg. 44-¶1-L5

5. Am I a controller-fixer? A chaos creator? Or both? Pg. 11-¶1-L7

6. Faced with these two problems, do I believe I'm suffering from an illness which only a spiritual experience will conquer or do I have any other options? List them. Pg. 44-¶1-L7

7. Am I a controller-fixer? (or chaos creator) of the hopeless variety, one who wants to quit but can't? Pg. 44-¶2-L3

8. Have I faced the fact that I must find a spiritual basis of life – or else? Pg. 44-¶3-L5

9. In my case is a mere code of morals or a better philosophy of life sufficient to overcome my addiction to control and/or creating chaos; if they were would I have recovered long ago? Pg. 44-¶4-L1

10. Do I believe knowing the way of thinking and living described in this book will save me? Or do I need to access Power from this 12 Step process to overcome the addiction to control and/or creating chaos? Pg. 44-¶4-L2

11. Have I found that such codes and philosophies did not save me, no matter how much I tried? What have I tried? Pg. 45-¶top-L1

a. Could I wish to think and act right and pull it off? Pg. 45-¶top-L3

b. Did I wish to have a belief system that comforts me? Pg. 45-¶top-L4

c. Did I want these things with all my might but found the needed power wasn't there? Pg. 45-¶top-L5

12. Have my human resources (job, education, everything I bring to the table, etc.), as guided by my will power (my mind), not been sufficient to create the life I want? Did I fail completely? Pg. 45-¶top-L6

13. Is lack of power my problem (dilemma)? Pg. 45-¶1-L1

14. Must I find a power by which I can live?

Pg. 45-¶1-L2

a. Is this obvious? Why?

Pg. 45-¶1-L3

b. Where and how am I to find this Power?

Pg. 45-¶1-L3

The 3rd part of the first step deals with the unmanageability of the spirit. Why is it that no matter what the consequences, we always end up acting out in controlling, fixing and/or chaos creating? Without something to take the place of controlling, fixing and/or chaos creating in our lives, we are doomed. Many of us thought that if we just detach and let it go, life would be wonderful, but we later discovered this was not so. Trying to let it go and not control, fix or create chaos, without working the Steps may feel good for a while, but it's much like peeing in your pants on a really cold day. It feels nice and warm for a while, but when the cold wind blows it is obviously not a long-term solution. We become so restless, irritable and discontent that after a time, we cannot imagine how just a little control, fixing and/or drama could make life any worse, so we do. We need to find a way to experience a sense of ease and comfort without acting out. This spiritual unmanageability is what the other 11 Steps treat. When the spiritual malady is overcome, we straighten out mentally and physically (page 64).

This part of Step 1, unmanageability, is just us on our own power trying to run our lives, whether controlling/creating chaos or trying to recover.

15. Am I willing to change my point of view concerning my human problems as I changed my point of view concerning the obsession and the craving? Maybe the problem is inside rather than outside?

Pg. 52-¶2-L1

a. Are you having trouble with personal relationships? With whom? (Family, Fellowship, Intimate Relationship, Friends, Work)

Pg. 52-¶2-L3

b. Can I control my emotional nature (not my emotions, how I experience the world on the inside)? Pg. 52-¶2-L4

c. Am I prey to misery and depression? When? Pg. 52-¶2-L5

d. Can I make a living satisfying enough to keep me happy or sober? Pg. 52-¶2-L6

e. Do I have a feeling of uselessness? In what way, at home, work? Pg. 52-¶2-L6

f. Am I full of fear? What are you afraid of? Pg. 52-¶2-L7

g. Am I unhappy? In what ways? Pg. 52-¶2-L7

h. Do I seem unable to be of real help to other people? Pg. 52-¶2-L8

i. Is a basic solution for these problems of lack of power, important for me? Pg. 52-¶2-L9

Consideration:

If I have a sobriety date that is 10 days or more and I lack the power to live on the necessary spiritual basis of life, how is it that I continue to have this sobriety date, no matter what forms the spiritual malady is taking?

We Agnostic Step 2 – Part 1 Page 44 – 51

*Definition of an **ATHIEST**: Denies there is a God.*

*Definition of an **AGNOSTIC**: Does not rely on or know if there is a God that will work in their life.*

1. Am I an atheist or agnostic? Pg. 44-¶2-L1

a. When others mention God, have they reopened a subject which I thought I had neatly evaded or entirely ignored? Pg. 45-¶2-L11

2. Do I have honest doubt and prejudice? List it. Pg. 45-¶3-L11

a. Have I been anti-religious? Pg. 45-¶3-L2

b. Does the word “God” bring up a particular idea of Him which someone had tried to impress upon me during childhood? Pg. 45-¶3-L3

c. Did I reject this particular conception of God? Pg. 45-¶3-L5

3. With that rejection had I abandoned the God idea entirely? Pg. 45-¶3-L7

4. Am I bothered with the thought that faith and dependence upon a Power greater than myself was somewhat weak, even cowardly? Pg. 46-¶top-L1

a. Am I able to lay aside prejudice and express a willingness to believe in a Power greater than myself? Pg. 46-¶1-L3

5. Have I discovered I did not need to consider another's conception of God? Pg. 46-¶2-L1

a. Do I believe my own conception, however inadequate, is sufficient to make a start to affect a contact with God--provided I take the rest of these steps? Pg. 46-¶2-L3

6. Do I have my own conception of God? Pg. 47-¶1-L6

a. Do I believe this is all I needed to commence spiritual growth and to affect my first conscious relation with God? Pg. 47-¶1-L6

2nd Step Consideration:

Do I now believe, or am I even willing to believe that there is a Power greater than myself? (...that can take me beyond where I am?) Pg.47-¶2-L2

7. Do I believe that upon this simple cornerstone "a willingness to believe" a wonderfully, effective spiritual structure can be built? Pg. 47-¶2-L6

8. Did I assume I could not make use of spiritual principles unless I accepted many things on faith which seemed difficult to believe? Pg. 47-¶3-L2

a. Do I believe there is a process here that can take me from a simple willingness, to belief, to faith? Pg. 47-¶3

9. Have I found myself handicapped by stubbornness, sensitiveness, and unreasoning prejudice?

Pg. 48-¶top-L1

a. Faced with adrenaline addiction/codependent destruction (Step 1) have I become as open minded on spiritual matters as I have tried to be on other questions? Pg. 48-¶top-L7

b. In this respect, was the obsession for control/adrenaline/drama the great persuader? Pg. 48-¶top-L9

c. Did it finally beat me into a state of reasonableness? Pg. 48-¶top-L10

10. In the past have I chosen to believe that my human intelligence was the last word? Wasn't that vain of me? Pg. 40-¶1-L5

11. Have I ever given the spiritual side of life a fair hearing? Pg. 50-¶1-L7

12. Do I believe I need to gain access to, and belief in, a power greater than myself? Pg. 50-¶3-L3

a. I may have had belief in, but have I ever had access to, this Power? Pg. 50-¶3-L4

b. Do I believe this Power in my case can accomplish the miraculous, and humanly impossible? Pg. 50-¶3-L4

13. Do I believe I have to not only come to believe in a Power greater than myself but also to take a certain attitude (that we'll look at on page 55 ¶4) toward that Power, and to do certain simple things (the rest of the steps)? Pg. 50-¶4-L2

a. Do I believe I must wholeheartedly meet a few simple requirements (the 12 Steps) to have a revolutionary change in my way of living and thinking? Pg. 50-¶4-L10

14. Am I confused and baffled by my seemingly uselessness of existence? Pg. 51-¶top-L1

a. Leaving aside the drink problem, do I believe my lack of power was the underlying reasons why life was so difficult? Pg. 51-¶top-L2

b. When hundreds of people are able to say that not just a belief in, but that the consciousness of the presence of God is today the most important fact of their lives, does this present a powerful reason why I should have faith? Pg. 51-¶top-L5

We Agnostics
Step 2 – Part 2
Page 51 – 57-top¶

15. In the realm of the spirit, has my mind been restrained by superstition, tradition, and all sorts of fixed ideas that I was raised with? Pg. 51-¶1-L8

16. When I see others solve their problems by a simple reliance upon God do I have to stop doubting the power of God? Name the people you have seen? Pg. 52-¶3-L1

17. In the past have I stuck to the idea that self-sufficiency would solve my problems? Pg. 52-¶4-L5

BEDEVILMENTS. Consider each of the following questions on the next page in two way.

1. First, on each of the following questions, ask yourself “What are my prospects for the future in this area of my life if God is NOTHING, and DOES NOT exist: if all I have is what I’ve had in the past?”
2. Next, go back through these questions and ask yourself “What are my prospects for the future in this area of my life if God is EVERYTHING, and DOES exist.”

a. Are you having trouble in personal relationships?

If God is nothing

If God is everything

b. Can you control your emotional nature?

If God is nothing

If God is everything

c. Are you prey to misery and depression?

If God is nothing

If God is everything

d. Can you make a living?

If God is nothing

If God is everything

e. Do you have a feeling of uselessness?

If God is nothing

If God is everything

f. Are you full of fear?

If God is nothing

If God is everything

g. Are you unhappy?

If God is nothing

If God is everything

h. Do you seem unable to be of real help to other people?

If God is nothing

If God is everything

18. Do you believe these problems are INSIDE rather than OUTSIDE of ourselves? Pg. 52-¶2

19. Arrived at this point, am I squarely confronted with the question of faith? Pg. 53-¶3-L1

20. Do I believe in my own reasoning (my mind)? Pg. 54-¶top-L1

a. Did I have confidence in my ability to think? Wasn't that but a sort of faith? Pg. 54-¶top-L2

b. Have I been faithful to the God of Reason (worshipping my mind)? Pg. 54-¶top-L4

c. Have I discovered that faith had been involved all the time? Pg. 54-¶top-L5

21. Have I worshipped (give examples): Pg. 54-¶1-L1

a. People? _____

b. Things? _____

c. Money? _____

d. Myself? _____

e. Have I worshipped the sunset, the sea or a flower? Pg. 54-¶1-L4

f. Have I loved something or somebody? Pg. 54-¶1-L6

g. How much did these feelings, these loves, these worships, have to do with pure reason?

Pg. 54-¶1-L7

h. In one form or another had I been living by faith and little else?

Pg. 54-¶1-L14

22. Do I believe I have been fooling myself for deep down within every man woman and child is the fundamental idea of God?

Pg. 55-¶2-L1

a. Has this idea been obscured by bad things that happened? By ego? By worship of other things? Give an example.

Pg. 55-¶2-L1

23. Have I seen that faith in some kind of God was a part of my make-up just as much as the feeling I have for a friend?

Pg. 55-¶3-L1

a. Do I believe I will find the Great Reality deep down within me?

Pg. 55-¶3-L5

24. Has the testimony of these people “in the meetings” helped sweep away prejudice? ...enabled me to think honestly?...encouraged me to search diligently within myself?

Pg. 55-¶4-L1

a. Do I believe the consciousness of my belief is sure to come?

Pg. 51-¶top

25. Who am I to say there is no God in a world that shows me there is?

Pg. 56-¶3-L1

26. Do I now believe or am I willing to believe, in a Power greater than myself? (pg. 47)

Pg. 56-¶5-L1

27. Do I believe when I draw near to Him, He will disclose Himself to me?

Pg. 57-¶3-L1

How It Works

Step 3

Page 58 – 63

1. Have I rarely seen a person fail who has thoroughly followed our directions? Pg. 58-¶1-L1

2. Do I believe those who do not recover are people who cannot or will not completely give themselves to this simple program? Do I? Pg.58-¶1-L1

a. Have I seen from page 23-43 where my addiction to controlling, fixing, drama and/or chaos creating is concerned I'm constitutionally incapable of being honest with myself? Pg.58-¶1-L5

3. Have I decided I want what they have and am willing to go to any length to get it? Pg. 58-¶2-L3

a. Am I ready to take these proven Steps? Pg.58-¶2-L5

4. Am I convinced of these 3 pertinent ideas? Pg. 60-¶2-L1

a. That I am, acting out or not, a controller, fixer and/or chaos creator and cannot manage my own life (Step 1)?

b. That probably no human power can relieve my addiction to controlling, fixing and/or chaos creating?

c. That God can and will if He is sought (Step 2)?

d. "Am I convinced of these 3 pertinent ideas?"

5. Am I convinced that my life run on self-will can hardly be a success? Pg. 60-¶4-L1

a. What does a successful life look like to me?

b. On that basis, running my life on my will am I almost always in collision with something or somebody even though my motives are good?

c. Am I like the actor who want to run the whole show? Pg. 60-¶4-L6

6. When life doesn't treat me right do I decide to exert myself more? Pg. 61-¶1-L2

a. Do I become still more demanding or gracious, whatever I need to do to get what I want? Pg. 61-¶1-L3

b. Admitting I may be somewhat at fault, am I sure that other people are more to blame? Pg. 61-¶1-L6

7. Am I really a self-seeker even when trying to be kind?

a. Have I been a victim of the delusion that I can wrestle (force) satisfaction and happiness out of this world if I only I manage well? Pg. 61-¶1-L10

b. Am I even in my best moments, a producer of confusion rather than harmony? Pg. 61-¶1-L16

8. Am I self-centered? (Think of myself too often) Pg. 61-¶2-L1

a. Do I believe selfishness and self-centeredness is the root of my troubles? Pg. 62-¶1-L1

9. Am I driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity? Pg. 62-¶1-L2

10. Have I found at some time in the past I have made decisions based on self which later placed me in a position to be hurt? (This gets proven in Step 4) Pg. 62-¶1-L6

11. Do I believe my troubles are basically of my own making? They arise out of myself? Pg. 62-¶2-L1

a. Am I an extreme example of self-will run riot even though I don't think so? Pg. 62-¶2-L3

12. Do I believe above everything, I must be rid of selfishness or it will kill me? Pg. 62-¶2-L4

a. Do I believe God makes that possible? Pg. 62-¶2-L6

b. Do I believe there is no way of entirely getting rid of self without His aid? Pg. 62-¶2-L7

13. Do I have to have God's help? Pg. 62-¶2-L12

14. Do I have to decide to quit playing God? Pg. 62-¶3-L2

15. Did playing God work? Pg. 62-¶3-L2

The Big Book gives us 3 aspects of a relationship with God for consideration:

16. **DIRECTOR / ACTOR:** “A director runs the show; an actor listens to direction”

- Have I failed in directing my life on my own power?
- Am I ready to make the decision that hereafter God will direct my life?

17. **PRINCIPAL / AGENT:** “An agent represents who the Principal (or Employer) would have them be”

- Have I failed to be the person I would have me be? And failed to make others the way I need them to be?
- Am I ready to make the decision that hereafter I will represent what God would have me be?

18. **FATHER / CHILD:** “A Child trusts their Father can provide what they’re incapable of doing on their own”

- On my own, have I failed to provide what I need to be ok?
- Am I ready to make the decision that hereafter I will trust that God will provide what I need?

19. Do I believe that these ideas are good and that this concept will be the keystone of the new and triumphant arch through which I will pass to freedom?

Pg. 62-¶3-L6

Consideration:

Step 2 talked about my conception “my old ideas of God”. The 3rd Step is my decision to grow towards a new concept “a new idea” of a God reliant way to live.

The following is taken from the Big Book, and phrased in the first person. Read this out loud to someone each day for a week, and then decide if:

a.) It applies to you.

b.) You are ready to quit living like this.

c.) You are ready to accept living on Gods terms.

The first requirement for Step Three is that I be convinced that my life run on self-will can hardly be a success. On that basis I am almost always in collision with something or somebody, even though my motives are good. I try to live by self-propulsion. I am like an actor who wants to run the whole show; I am forever trying to arrange the lights, the ballet, the scenery and the rest of the players in my own way. If my arrangements would only stay put, if only people would do as I wished, the show would be great. Everybody, including myself, would be pleased. Life would be wonderful. In trying to make these arrangements I may sometimes be quite virtuous. I may be kind, considerate, patient, generous; even modest and self-sacrificing. On the other hand, I may be mean, egotistical, selfish and dishonest. But, as with most humans, I am more likely to have varied traits.

What usually happens? The show doesn't come off very well. I begin to think life doesn't treat me right. I decide to exert myself more. I become, on the next occasion, still more demanding or gracious, as the case may be. Still the play does not suit me. Admitting I may be somewhat at fault, I am sure that other people are more to blame. I become angry, indignant, self-pitying. What is my basic trouble? Am I not really a self-seeker even when trying to be kind? Am I not a victim of the delusion that I can wrest satisfaction and happiness out of this world if I only manage well? Is it not evident to all the rest of the players that these are the things I want? And do not my actions make each of them wish to retaliate, snatching all they can get out of the show? Am I not, even in my best moments, a producer of confusion rather than harmony?

I am self-centered - ego-centric, as people like to call it nowadays. I am like the retired businessman who lolls in the Florida sunshine in the winter complaining of the sad state of the nation; the minister who sighs over the sins of the twentieth century; politicians and reformers who are sure all would be Utopia if the rest of the world would only behave; the outlaw safe cracker who thinks society has wronged him; and the Excitaholic who has lost all and is locked up in a psych ward. Whatever my protestations, am I not concerned with myself, my resentments, and my self-pity?

Selfishness - self-centeredness! That, I think, is the root of my troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, I step on the toes of my fellows and they retaliate. Sometimes they hurt me, seemingly without provocation, but I invariably find that at some time in the past I have made decisions based on self, which later placed me in a position to be hurt.

So my troubles, I think, are basically of my own making. They arise out of myself, and I am an extreme example of self-will run riot, though I usually don't think so. Above everything, I, as an Excitaholic, must be rid of this selfishness. I must, or it will kill me! God makes that possible. And there often seems no way of entirely getting rid of self without God's aid. I had moral and philosophical convictions galore, but I could not live up to them even though I would have liked to. Neither could I reduce my self-centeredness much by wishing or trying on my own power. I have to have God's help.

This is the how and the why of it. First of all, I have to quit playing God. It didn't work. Next, I will decide that hereafter in this drama of life, God is going to be my Director. He is the Principal; I am His agent. He is the Father, and I am His child. Most Good ideas are simple, and this concept

was the keystone of the new and triumphant arch through which I will pass to freedom.

When I sincerely took such a position, all sorts of remarkable things followed. I have a new Employer. Being all powerful, He will provide what I need, if I keep close to Him and perform His work well. Established on such a footing I'll become less and less interested myself, my little plans and designs. More and more, I will become interested in seeing what I can contribute to life. As I feel new power flow in, as I enjoy peace of mind, as I discover I can face life successfully, as I become conscious of His presence, I begin to lose my fear of today, tomorrow or the hereafter. I will be reborn.

I am now at Step Three. I said to my Maker, as I understood Him: "God, I offer myself to Thee — to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!"

I thought well before taking this step making sure I was ready; that I could at last abandon myself utterly to God. I'll find it very desirable to take this spiritual step with an understanding person, such as another member of program that has done this work or a spiritual advisor. But it is better to meet God alone than with one who might misunderstand. The wording was, of course, quite optional so long as I expressed the idea, voicing it without reservation. This was only a beginning, though if honestly and humbly made, an effect, sometimes a very great one, will be felt at once.