

FIRST NAME LAST INITIAL

START DATE

GET YOUR BIG BOOK AND SIGN YOUR NAME ON PAGE 58 THIRD PARAGRAPH AND
DATE IT WITH THE START DATE.
IF YOU ARE WILLING TO GO TO ANY LENGTHS.

The Idiots Guide to the Twelve Steps (for Really Smart People)

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Credits to San Diego Big Book Awakening, Lee Ann, Pat & Tyla
for the use of the Circle and Triangle intro page.

Check out the great step downloads at
<http://www.bbaworks.com/downloads>

INTRODUCTION: CIRCLE AND TRIANGLE / PREFACE AND FORWARDS

As I look at the circle and triangle I will consider each part. Am I currently living in each side of the triangle or am I willing to do so, as I work the steps? Consideration: Do I rely only on one side of the triangle while avoiding or ignoring the other parts?

UNITY SIDE (Fellowship/The Body) - How am I doing with my meetings?

- Do I go to enough meetings? _____
- Do I go to too many meetings? _____
- Do I know what a home group means to me? _____
- Do I have a home group? _____
- Do I have a commitment at a meeting? _____
- Do I get there early? _____
- Do I welcome new people before or after the meeting? _____
- Do I reach out? _____
- Do I help with set up or set down? _____

RECOVERY SIDE (12-Steps/The Mind) - How am I doing in my 12 steps?

- Do I have a sponsor I am in regular contact with? _____
- Am I actively going through the 12 steps? _____
- Am I reading Pages 84 to 88? (steps 10 & 11 in Big Book) _____
- Am I doing my daily step 10? _____
- Am I doing a daily practice of 11? _____
- Have I finished all the amends on my 8-step list? _____

SERVICE SIDE (Spiritual/ carrying the message) - How am I working with others? Am

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

Considerations:

Do I believe (DIB) that if action is taken in all three areas I can be whole? What does that mean to me?

DIB this first promise of hope? How many thousands have “recovered” Am I “recovered” or am I “recovering”?

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

The Idiot's Guide to the first Three Steps for Internet, Gaming and Adrenaline Addicts.

ADAPTED FROM:

© Idiots Guide to the First Three Steps for Friends and Families of Alcoholics (Gamer, Internet Addicts/Gamer, Internet Addictss) 2008, 2010, 2012, 2016, 2020 by Billiekai Boughton.: Billiekai@gmail.com

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Context adapted for the experience of those who create unnecessary chaos in their lives and the lives of others.

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 *Gamer, Internet Addict*, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas. That we were *Gamer, Internet Addicts* 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 *Gamer, Internet Addict* (or *Adrenaline*), 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 consequences 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 Gamer, Internet Addict/Gamer, Internet Addicts, having an understanding of these steps could mean the difference between life and death.

This guide is written to be used by *Gamer, Internet Addicts/Gamer, Internet Addicts*. Some of us thought we were not addicted to *Gamer, Internet, Distractions* 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:

2

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.”

What are some things that you do (or avoid doing) to create distraction & consequences in your life?

Make a list of the things that you do here:

Definitions:

ex·cite·ment

Pronunciation: \ɪk-¹sīt-mənt\
Function: *noun*

Date: 1604

1 : something that **excites** or rouses

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

ad·dic·tion

Pronunciation: \ə-¹dɪk-shən, a-\
Function: *noun*

Date: 1599

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-¹dre-nə-lən\
Function: *noun*

Date: 1901

: **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** \ɪe-pə-¹ne-frən\
Function: *noun*

Date: 1901

1: a colorless crystalline feebly basic sympathomimetic hormone C₉H₁₃NO₃ 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: \¹kɔr-tə-₁sɒl, -₁zɒl, -₁sɔ̃l, -₁zɔ̃l\
Function: *noun*

Date: 1951

Etymology: *cortisone* + ¹-*ol*

Date: 1951

: a glucocorticoid C₂₁H₃₀O₅ 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*

Daily Sobriety

Not Acting out or engaging in bottom line behaviors or activities.

Ideals are grounded in a power greater than themselves.

Finding reliance on God.

Tips for transcribing in your book:

- Purchase a large print 4th Edition Big Book (available online and at the Serenity Shop)
- Use a pencil so you can erase mistakes

Shorthand suggestions:

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

Alcohol = gaming, internet, adrenaline rush

Drug = Gaming, internet, adrenaline rush

Alcoholic = Gamer, Internet Addict

Alcoholic(s) = *Addicts*, Gamer, Internet Addictss

Do I Believe = DIB

Can I See = CIS

Words for drunk = trance, lost, engaged in, crazy, spun, spinning, freaking out

Drink = gaming, browsing, trance,

Drinking = Gaming, thinking about gaming, lost in gaming, browsing,

What happens to me after I start the adrenaline rush in my body?

The First Step - Part One the Physical Allergy:

There are three parts to Step One. The first part deals with the physical allergy. This means that after we have given into the first small amount of adrenaline with an obsessive thought, argument (with yourself or someone else), or responded to the rapidly forming knot in the pit of our stomach, we lose control of our emotional sobriety. Many of us have experienced this when we decided we were only manipulating and controlling someone else for their “own good”, and wound up fueling our own addiction. As a Gamer, Internet Addict or Gamer, Internet Addicts, perhaps we decided we were going to meet with a certain person one more time. Vowing this time, “Things are going to be different. This time I will get the outcome I want.” We lied to others we cared for regarding where we were going and what we were doing, “for the weekend.” We fully indulged in our addiction to adrenaline and were amazed when the sun rose the next morning and our lives were crazier than ever!

First Step

The Doctor's Opinion Questions -Page xxiii to Page 1.

The Physical Allergy

1.a.) Am I the type of Gamer, Internet Addict who failed completely with other methods of trying to stay permanently emotionally sober, or trying to control my addiction to Gamer, Internet, Distraction?

—

—

b). What are some of the methods I have tried?

—

—

—

_ Page xxv, Paragraph 5

2. Was I ever told I could not control my emotions because I had some form of a mental disorder?

—

_ Page xxvi, Paragraph 2

3. Does the Doctor's theory that I have an allergy to adrenaline explain why I cannot control how much chaos I create, or not being able to stop the insanity once I start? What are some examples?

—

_ Page xxviii, Paragraph 1

4. a). When I put adrenaline into my body, or start start gaming, distracting, do I have a craving for more? What happens to me?

—

b). Has this craving happened to me with other behaviors? What are they?

—

_ Page xxviii, Paragraph 1

5. a.) Was frothy emotional appeal enough to keep me emotionally sober permanently?
(Like someone begging me to stop).

—

—

b.) If something can keep me emotionally sober, must it have depth and weight? (Do I believe, “Just Say No” or “Just don’t think about it” and “Don’t argue no matter what” is going to have enough depth and weight?)

—

—

_ Page xxviii, Paragraph 2

6. a.) Do I start gaming, distracting for the effect produced by adrenaline?
What are some examples?

—

—

b.) What effect did addiction to adrenaline have on my life? My body? What meaning does chaos creating have for me?

—

—

—

c.) Was the effect so great that after a time, even though I knew it was bad for me, I could not stop and I could not tell the true from the false?

(Examples: 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.)

—

—

—

—

d.) Did my life seem like the only normal one to me?

(For example: The first time I missed work, slept in exhaustion missing commitments, stole, lost a job due to my attitude or performance, ? These instances seem unhealthy and abnormal to me the first time, but by the twentieth time, it's normal.)

—

—

e.) Did I ever experience a sense of familiarity or “sense of ease and comfort” when starting gaming, distracting or when indulging my addiction to adrenaline? Is this still working?

—

—

f) Am I uncomfortable when things are running smoothly?

—

—

g) Do I constantly anticipate problems? Am I always waiting for the other shoe to drop?

—

—

7. a). Have I ever said to myself or someone else, "I must stop," but couldn't?

—

—

b). Have I ever tried to stop, or control the when/where/how I started gaming, distracting in my life or how often I indulged in my addiction?

—

—

c.) What are some of the things I did?

—

—

8. Am I the type of Gamer, Internet Addict with whom the psychological approach; treatment centers, detoxing, counseling, therapy, church/temple, retreats etc. failed? What are some examples?

—

—

_ Page xxix, Paragraph 3

9. Did I only start gaming, distracting or self sabotage when things were going badly, when I was under stress; or did I also invite crises when things were going well?

8

—

—

_ Page xxix, Paragraph 4
Page xxx, Paragraph 1

10. a.) Can I start start gaming, distracting or indulge in the addiction to adrenaline without developing a craving for more? (to test this, try starting an argument and stopping in the middle, or think about something that is disturbing you and then do not obsess over it, find someone that you think needs your help, spend some time with them, and don't give them any advice at all, or don't get involved in a heated debate that is going on right next to you.)

—

—

b.) Did this seem strange to me, that what worked to control or manipulate a person once, may not work again? Was I frustrated when I did not get the outcome I desired? How many more tactics did I have to try before getting what I wanted? Or was just the process of trying to figure out how to manipulate someone exciting enough to fill adrenaline need for me?

—

—

c.) Do I believe the only hope for me is to not start gaming, distracting in the first place?

—

_ Page xxx, Paragraph 5

The First Step Part Two -*The Mental Obsession* Questions:

The second part of Step One deals with the mental obsession. This simply means that no matter how bad it was the last time we thought we knew best, no matter how much we have to lose, no matter how much we want to quit creating problems forever; on our own unaided-will we will always strive to have chaos again by trying to fix, control and manipulate. Bill Wilson compares this to putting your hand on a hot stove over and over again. It is not a matter of “learning our lesson,” if it were, wouldn’t we have learned it long ago? This is the kind of lesson we never learn. We just keep doing it over and over again; until we kill ourselves. Before you move on to the mental obsession, make sure you are absolutely clear on the physical allergy. Remember, this is not about just telling other people what you think they want to hear, it’s about what you really believe is true for you.

1. Did I turn to start gaming, distracting when I was lonely?

—

_ Page 1, Paragraph 1

2. Were there things which happened early in my gaming, internet life that were “ominous warnings,” which I failed to heed? What were they?

—

_ Page 1, Paragraph 3

3. When I was younger, did I think of myself as a leader?

—

_ Page 1, Paragraph 5

4. a). Was I someone driven to succeed?

—

—

b). Did I enjoy some successes early in life?

—

—

c). Did I feel like I had to “prove to the world that I was important?”

—

—

—

d.) Did I start gaming, distracting when I was in school or at work, needing and demanding that I be heard or paid attention to?

10

e.) Did I constantly feel the need to force people to hear me out, feeling like if they would just hear me that I would feel better?

5. a.) Did I develop theories about how I would be successful in life while trying to control people, places, and things?

_ Page 2, Paragraph 2

b.) Am I convinced I know what is best for other people?

6. a). Did my friends sometimes think I was crazy or emotionally unstable?

Page 3, Top Paragraph

7. Did controlling people, places, and things or indulging the drama I created, become more important over time? In what ways?

_ Page 3, Paragraph 1

8. a.) Did the crises I invited become serious during this time? How?

b.) Did I fight with my spouse, friends, parents, siblings, coworkers, or boss?

c.) Did I become a loner? Did I isolate myself?

_ Page 3, Paragraph 2

9. Did I begin to start gaming, distracting or fantasize about a different life first thing in the morning? Would I wake up obsessing or angry with a knot in my stomach?

_ Page 3, Paragraph 3

10. Did I start gaming, distracting to escape from problems, sometimes brought on by the addiction I continued?

_ Page 4, Paragraph 1

11. Did I become an unwelcome hanger on at my job? School? Friends, neighbors or ex-lovers'? My child's school?

_ Page 5, Top Paragraph

12. a.) Did the gaming, excitement, distracting, browsing at some point cease to be a luxury and become a necessity?

_ Page 5, Paragraph 1

13. a.) Did I feel a sense of impending calamity, like something bad is always about to happen?

b.) Did I have to start gaming, distracting to be able to function at all?

_ Page 6, Paragraph 1

14. a.) Has this, or did this, go on for years?

b.) Did I think of suicide to escape?

c.) Did I try taking liquor/drugs/lovers/more work to escape the problems I had created?

d.) Did I lose weight or gain weight? Stop taking care of myself? What did my health and teeth look like? What did my finances look like? Did my addiction to distraction create illness in my body?

e.) Did the stress I created affect how I interacted with my children, coworkers, family, friends, partners, loved ones?

—

—

_ Page 6, Paragraph 2 Page 7, Top Paragraph Page 7, Paragraph 2

15. a). Did I seek help, gain knowledge about myself, learn my adrenaline or “stress” triggers and try to get in touch with my feelings?

—

b). Did this “self knowledge” work, or did I start gaming, distracting again?

—

—

16. a). Do I now realize that self-knowledge did not get me from my addictions? Do I understand that self-knowledge will never keep me permanently sober?

—

—

b). Was I told I would die if I didn’t change? Or that I would kill someone? Go to jail? Be committed to an institution?

—

_ Page 7, Paragraph 3

17. a). Did I feel loneliness, despair, and self-pity?

—

b.) Did I ever feel that my emotions, stress, or living in crises were my masters?

—

c.) Did this (that I had no power) scare me? Was I afraid?

—

—

d.) Did fear get me, or keep me, sober? Did I start gaming, distracting again anyway?

—

_ Page 8, Paragraph 2

18. a). Has my human will failed me? (Did I really “decide” to start gaming, distracting again, or did I just convince myself that “life” was happening to me so I could feel sorry for myself again? So I could feel like a Martyr? So I could be gaming again?)

—

—

b.) Have I been pronounced incurable? Do I feel unfixable?

—

—

c.) Am I ready to admit complete defeat? What meaning does this have for me?

—

—

_ Page 11, Paragraph 3

19. Do I understand the price of freedom will be the destruction of my self centeredness?

—

_ Page 14, Paragraph 1

20. Where had I been unmindful of others welfare?

—

_ P.9 top paragraph

21. Do I understand the absolute necessity of demonstrating these principles in all my affairs if I want to get and stay clean, current & sober?

—

_ Page 14, Paragraph 6

The Three Types of Gamer, Internet Addicts:

Type 1: The Moderate Gamer, Internet Addict.

We have all known people who would game casually and leave it alone after a time; or after a couple of minutes say something like, "Oh I'm done", or "I'm bored." There were also people who could make an effortless change in behavior.

22. a.) Do I have little trouble letting go of a game or activity if given good reason?

—

b.) Can I start gaming, distracting and then leave it alone?

c.) Does this describe me, or do I know people like this?

_ Page 20, Paragraph 5

Type 2: The Hard Gamer, Internet Addict.

There were those people too, who we created Gamer, Internet, Distraction with, who were able to keep up with us. They started gaming, distracting 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 Gamer, Internet, Distraction or adrenaline, places and things as much or more than we did, they are very different from a Real Gamer, Internet Addicts.

23. a.) If a Doctor, employer, judge or probation officer told me to stop gaming or internet for good, could I do it? Just stop instantly cold turkey?

b.) If I fell in love, and my beloved asked me to stop gaming or internet for good, could I do it?

c.) If I moved to a different place, could I stop gaming or internet?

—

d.) Does this describe you, or do I know people who did stop for reasons like these?

_ Page 20, Paragraph 6 Page 21, Top Paragraph

Type 3: The Real Gamer, Internet Addicts/Gamer, Internet Addict

24. a.) Did I at some stage in my constant use of adrenaline, lose control of my gaming or internet use?

b.) Did I do absurd, incredible, and tragic things while drunk on adrenaline or in the trance of gaming or internet?

—

c.) Was I a real Dr. Jekyll & Mr. Hyde?

d.) Was I seldom mildly gaming or distracted, or was I more or less insane in a gaming trance all the time?

—

e.) Was the person I became When we start gaming, distracting very different from who I was when calm; how so?

f.) Did I become dangerously antisocial when trying to do my gaming or internet?

g.) Did I have a knack for start gaming, distracting and over complicating things at the worst possible time?

h.) Am I incredibly selfish and dishonest where addiction to Gamer, Internet, Distraction and obsessing are involved?

i.) Do I use my gifts to build up a bright future, just to screw it up by start gaming, distracting again?

j.) Do I go to bed crazy, and wake up obsessing right where I left off the night before? Or wake up looking for gaming or internet?

—

k.) 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?

l.) Did I mix gaming or internet, drugs, controlling people, places, and things with manipulation, over complicating, and obsessive thinking?

—

—

m.) Does this description of the Real Gamer, Internet Addicts or Real Gamer, Internet Addict [roughly] sound like me? In what ways?

_ Page 21, Paragraph 1

25. Based on my own experience, have I discovered my own truth, am I a Real Gamer, Internet Addicts? A Real Gamer, Internet Addict? Am I addicted to adrenaline? What does this mean for me?

26. Did I ever decide to quit for good, to not even gaming or internet ever again?

_ Page 5, Paragraph 4

27. a). Did this work? (Deciding to quit for good) or did I become crazy into it again, even though I promised myself I would not?

b). Did I begin to wonder if I was crazy?

_ Page 5, Paragraph 5

28. Were there times when I stayed emotionally sober, abstained, or controlled myself, only to be followed by a worse relapse or gaming hangover? When?

_ Page 5, Paragraph 6
Page 6, Top Paragraph

29. a). Having acknowledged that I cannot control the amount of gaming and internet I use after I start, do I agree that this is all beside the point if I never start it?

—

—

b). Therefore, is it obvious to me then, that the main problem centers in my mind rather than in my body?

—

_ Page 23, Paragraph 1

30. Have I tried to assert my will power to stay stopped? How did that work out?

—

_ Page 23, Paragraph 3

31. Am I powerless over whether I will start? Have I lost control over staying stopped?

—

_ Page 23, Paragraph 4 Page 24, Top Paragraph

32. a) In the past, before I started, did the knowledge of what might happen stop me?

—

—

b). Based on my own experience, is there any reason why “thinking through the next game or distraction through”, will ever work in the future?”

—

_ Page 24, Paragraph 2

33. a) Do I believe that a wholesale psychic change would be a miracle for me?

—

—

b) Do I believe anything less than a miracle (a spiritual experience) will save me?

—

_ Page 25, Paragraph 2

34. Do I have any choice but to die a Gamer, Internet Addict's death or accept spiritual help?

—

—

_ Page 25, Paragraph 3

35). a) In the past, have I been unwilling to admit I am a Real Gamer, Internet Addicts ? (Meaning that I could not control the amount and stay stopped for good on my own power.)

—

—

36. Do I have any reservations, or any lurking notion that someday I might be able to control myself normally on my own will?

—

—

37. Did I read the "Jaywalker story" and, if I apply it to my gaming or internet/adrenaline, does it fit exactly?

—

_ Page 33, Paragraph 1

38. Do I believe I could stay stopped on the basis of self-knowledge, applying all these things I have learned about myself and my disease up to this point?

—

_ Page 39, Paragraph 1

39. Is it obvious to me that without spiritual help; the time and place WILL come and I WILL start gaming or internet, NO MATTER HOW MUCH I WANT TO STAY SOBER TODAY?

—

_ Page 41, Paragraph 2 Page 42, Top Paragraph

The First Step Part Three -*The Unmanageability of the Spirit*

We Agnostics Questions -Pages 44-52

The third 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 starting gaming, distracting? Without something to take the place of the adrenaline rush in our lives, we are doomed. Many of us thought that if we could just stay away from games, life would be wonderful; but we later discovered this was not so. Abstinence from electronics, 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 obviously is not a long term solution. We become so "restless, irritable, and discontent" that after a time, we cannot imagine how starting gaming, distracting could make us feel any worse, and so we do. We must somehow find a way to "experience a sense of ease and comfort" WITHOUT gaming, distracting. This "spiritual unmanageability" is what the other eleven steps treat. "When the spiritual malady is overcome, we straighten out mentally and physically." [page 64] This part of Step One, unmanageability, has nothing to do with God, just us on our own power trying to run on our own will.

40. a) Am I having trouble with personal relationships? With whom?

—

—

b) Can I control my emotional nature? How?

—

—

c.) Am I prey to misery and depression? When?

—

—

d.) Can I make a living? Even if I can, am I satisfied with it?

—

—

e.) Do I have a feeling of uselessness? In what way, at home, work?

—

—

f.) Am I full of fear? What am I really afraid of?

—

—

—

—

g.) Am I unhappy? With what?

—

—

—

—

h.) Do I seem unable to be of real help to other people? In what way?

—

—

—

—

i.) Is a basic solution to these things more important than anything in the world around me?

—

_ Page 52, Paragraph 2

Summary the First Step:

If you are really a Gamer, Internet Addict the only solution to the physical allergy is to never start. We cannot however apply this solution because of the mental obsession, which always leads us back to searching for what we can get through adrenaline, no matter how dangerous that may be. Rather than give us hope, the First Step is designed to utterly destroy whatever hope we may have left that we can stay emotionally sober without spiritual help. It means that for us, the war on Gamer, Internet, Distraction and adrenaline is over, and we lost. This is called surrender. In a very real way, the other eleven steps do the same thing for us slowly what the Gamer, Internet, Distraction did quickly; they give us a sense of ease and comfort, remove our loneliness and make room for the Sunlight of the Spirit. Once we have a spiritual awakening as the result of working these steps, the mental obsession is removed. The Twelve Steps are a recipe for a spiritual experience.

What Does Surrender Mean?

The 12 Steps as Ego Deflating Devices, excerpts of a letter from Psychiatrist Dr. Harry Tiebout M.D.

12 step programs, still very much in its infancy, was celebrating a third or fourth anniversary of one of the groups. The speaker immediately preceding me told in detail of the efforts of his local group -- which consisted of two women -- to get him to straighten up and become its third member. After several months of vain efforts on their part and repeated nose dives on his, the speaker went on to say: "Finally, I got cut down to size and have been emotionally sober ever since," a matter of some two or three years. When my turn came to speak, I used his phrase "cut down to size" as a text around which to weave my remarks. Before long, out of the corner of my eye, I became conscious of a disconcerting stare. It was coming from the previous speaker. It was perfectly clear: He was utterly amazed that he had said anything which made sense to a psychiatrist. The incident showed that two people, one approaching the matter clinically and the other relying on his own intuitive report of what had happened to him, both came up with exactly the same observation: the need for ego reduction. *It is common knowledge that a return of the full-fledged ego can happen at any time.*

Years of emotional sobriety are no insurance against its resurgence. No 12 Step, regardless of their veteran status, can ever relax their guard against a reviving ego.

The function of surrender in 12 steps is now clear. It produces that stop by causing the individual to say, "I quit. I give up on my headstrong ways. I've learned my lesson." Very often for the first time in that individual's adult career, she has encountered the necessary discipline that halts her in her headlong pace. Actually, she is lucky to have within her the capacity to surrender. It is that which differentiates her from the wild animals. And this happens because we can surrender and truly feel, **"Thy will, not mine, be done."** Unfortunately, that ego will return unless the individual learns to accept a disciplined way of life, which means the tendency toward ego comeback is permanently checked. This is not news to 12 Step members. They have learned that a single surrender is not enough. Under the wise leadership of the 12 Step founders the need for continued endeavor to maintain that miracle has been steadily stressed. The Twelve Steps urge repeated inventories, not just one, and the Twelfth Step is in itself a routine reminder that one must work at preserving emotional sobriety. Moreover, it is referred to as Twelfth Step work -- which is exactly what it is. By that time, the miracle is for the other person." -Dr. Harry M. Tiebout, M.D.

Step Two

Step Two We Agnostics Questions/Pages 44-55

List the 10 most insane things I ever did When we start gaming, distracting:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

The Twelve Promises of gaming, distracting.

Many of us searched for years for the answer to the question of “Why did I start?” Some of us found it the last place I ever thought to look: In the Big Book of Alcoholics Anonymous. We did have to rephrase a few lines though. (Thanks to Dan S. for the idea.)

If we are painstaking about starting gaming, distracting, we will be amazed before we are half way through. When we start gaming, distracting, we are going to know a new freedom and a new happiness. When we start gaming, distracting we will not regret the past nor wish to shut the door on it. When we start gaming, distracting, we will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, When we start gaming, distracting, we will see how our experience can benefit others. When we start gaming, distracting, that feeling of uselessness and self-pity will disappear. When we start gaming, distracting, we will lose interest in selfish things and gain interest in our fellows. When we start gaming, distracting, Self-seeking will slip away. When we start gaming, distracting, our whole attitude and outlook upon life will change. When creating chaos, fear of people and of economic insecurity will leave us. When we start gaming, distracting, we will intuitively know how to handle situations which used to baffle us. We will suddenly realize that chaos was doing for us what we could not do for ourselves. The problem with these promises was that in the end, they became lies. We had to seek a new Higher Power!

1. Do I have any other alternative besides being doomed to a miserable death (spiritual or physical) or living on a spiritual basis?

—

— Page 44, Paragraph 2

2. Have I faced the fact that I must find a spiritual basis of life - or else?

—

— Page 44, Paragraph 3

3. a) Is a mere code of morals or a better philosophy of life sufficient to overcome my adrenaline addiction?

22

—

—

b.) If it was, why didn't I stop long ago?

—

_ Page 44, Paragraph 4 Page 45, Top Paragraph

4. a.) Have I ever wished to be morally or philosophically comforted?

—

—

b.) Have I ever willed these things with all my might?

—

—

c.) Did I find that the needed power wasn't there?

—

—

d.) Have I found that such codes and philosophies did not save me no matter how hard I tried?

—

_ Page 45, Top Paragraph

5. a.) Is lack of power my dilemma?

—

—

b.) Do I have to find a Power by which I can live?

—

—

c.) Does it have to be a Power greater than me? Is this obvious?

—

_ Page 45, Paragraph 1

6. a.) When God is mentioned, has a subject been reopened which I thought I had neatly evaded or entirely ignored?

—

—

b.) Does the word God bring up a particular idea which someone tried to impress upon me during childhood?

—

c.) Did I reject this idea of God and did I then think I had abandoned the God idea entirely?

—

d.) Was I bothered with the thought that faith and dependence upon a power greater than myself was somewhat weak and even cowardly?

—

_ Page 45, Paragraph 3 Page 46, Top Paragraph

7. Have I discovered that I do not need to consider another's conception of God? That I can create my own conception?

—

_ Page 46, Paragraph 2

8. a.) Do I have my own conception of God?

—

—

b.) Do I agree this is all I need to commence spiritual growth and to effect my first conscious relationship with God?

—

_ Page 47, Paragraph 1

The “Second Step Question”

9. a.) Do I now believe or am I even willing to believe, that there is a power greater than myself?

—

—

b.) Why?

—

_ Page 47, Paragraph 2

10. a.) Has even casual reference to spiritual things made me bristle with antagonism?

—

—

b.) Do I agree this thinking has to be abandoned?

—

_ Page 48, Top Paragraph

11. Do I believe in many things for which there is good evidence, but no perfect proof?

24

—

—

_ Page 48, Paragraph 3

12. a.) Did I believe I already knew everything I needed to know about living life?

—

—

b.) Wasn't this rather egotistical of me?

—

_ Page 49, Paragraph 1

13. a.) Did I use the shortcomings of a few as a basis to condemn them all?

—

b.) Did I criticize them for being intolerant, while being intolerant of them myself?

—

_ Page 50, Paragraph 1

14. In the past, have I stuck to the idea that self-sufficiency would solve my problems?

—

_ Page 52, Paragraph 4

15. Faced with the First Step; a self-imposed crisis I cannot evade, am I now willing to fearlessly face the proposition that either God is everything or God is nothing?

—

_ Page 53, Paragraph 2

Consider each of the following questions on the next page over the course of 2 days.

1. Day One: on each of the following questions, ask myself “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 to deal with these things?”

- Assert that every thought you have and everything you lay eyes on had nothing to do with God or any kind of Divine Influence.
- Observe how you feel as a result and record your answers below.

2. Day Two: go back through these questions and ask myself “What are my prospects for the future in this area of my life if God is everything, and does exist; and have God’s power will deal with them?”

- Assert that every thought you have and everything you lay eyes on had everything to do with God or Divine Influence.
- Observe how you feel as a result and record your answers below.

a.) Am I having trouble with personal relationships?

If God is nothing?

—

—

If God is everything?

—

—

b.) Can I control my emotional nature?

If God is nothing?

—

—

If God is everything?

—

—

c). Am I prey to misery and depression?

If God is nothing

—

—

If God is everything

—

—

d.) Can I make a living?

26

If God is nothing

—

—

If God is everything

—

—

e.) Do I have a feeling of uselessness?

If God is nothing

—

—

If God is everything

—

—

f.) Am I full of fear?

If God is nothing

—

—

If God is everything

—

—

g.) Am I unhappy?

If God is nothing

—

—

If God is everything

—

—

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

If God is nothing

—

—

If God is everything

—

—

16. Do I believe the answer to these problems is inside rather than outside of myself?

—

17. a.) Have my ideas been working as far as solving the problems listed above?

—

b.) Do I believe the God idea might, am I willing to try?

—

_ Page 52, Paragraph 3

18. Do I agree God either is or isn't? What is my choice to be?

—

_ Page 53, Paragraph 2

19. Do I agree, that deep down within every man, woman, and child is the fundamental idea of God?

—

_ Page 55, Paragraph 2

20. a.) Am I willing to search fearlessly within my own heart to find God, am I willing to believe God is there?

—

—

b.) Do I agree that it is only there that God can be found?

—

_ Page 55, Paragraph 3

Go back and review the list of the 10 most insane things you ever did when you were gaming, distracting, which you made at the beginning of this step. The most insane thing you ever did is probably not on this list, because you did it while you were emotionally sober. In all likelihood the most insane thing you ever did was this: with the things on this list happening when you started gaming again, you made a decision to do it again; and you made this decision when you were as emotionally sober as you are right now.*

*Credit to Joe H. of Santa Monica, CA for this wisdom.

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.

.) 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 Gamer, Internet Addicts 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 Gamer, Internet Addicts, 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.

Step Three

Step Three How it works: Questions - Pages 58-63

1. Have the description of the Gamer, Internet Addicts, the chapter "To the Agnostic" and my personal adventures before and after made clear these three pertinent ideas?

a.) That I am a Gamer, Internet Addict and cannot manage my own life?

—

—

b.) That probably no human power can relieve my addiction to adrenaline or chaos?

—

—

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

—

_ Page 60, Paragraph 2

2. a.) Am I convinced that my life, run on my own will, can hardly be a success? (The first Requirement for Step Three).

—

—

b.) Am I convinced that my romances, finances, friendships, marriage, career, my life, run on my will, can hardly be a success?

__ Page 60, Paragraph 4

3. 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?

–

_ Page 60, Paragraph 4

4. a.) Have I tried to live by self-propulsion?

–

–

b.) Am I like an actor who wants to run the whole show, am I forever trying to arrange the lights, the ballet, the scenery, and the rest of the players in my own way?

–

_ Page 60, Paragraph 4

5. a.) When life doesn't treat me right, do I decide to exert myself more?

–

b.) Admitting I may be somewhat at fault, am I sure that other people are more to blame?

_ Page 61, Paragraph 6.

6. Am I not really a self-seeker even when trying to be kind?

_ Page 61, Paragraph 1

7. Have I been a victim of the delusion that I can wrest satisfaction and happiness out of this world if I could only get life arranged to suit myself?

–

_ Page 61, Paragraph 1

8. Am I not, even in my best moments, a producer of confusion rather than harmony?

_ Page 61, Paragraph

9. Do I believe selfishness and self-centeredness is the root of my troubles?

–

_ Page 62, Paragraph 1

10. Am I driven by a hundred forms of fear, self-delusion, self-seeking and self-pity?

—
—

_ Page 62, Paragraph 1

11. Have I found that at sometime in the past, I have made decisions based on self, which later placed me in the position to be hurt?

—

_ Page 62, Paragraph 1

12. a.) Do I believe my troubles are basically of my own making, and they arise out of me?

—

—

b.) Am I an example of “self-will run riot?”

—

—

c.) If my problems are of my own making, why is this good news?

—

_ Page 62, Paragraph 2

13. a.) Do I believe, above everything, I must be rid of this selfishness or it will kill me?

—

—

b.) Do I agree I cannot do this on my own will?

—

_ Page 62, Paragraph 2

14. a.) Have I had moral and philosophical convictions galore?

—

—

b.) Could I live up to them, even though I would have liked to?

c.) Can I reduce my self-centeredness by wishing or trying on my own power?

d.) Do I have to have God's help?

_ Page 62, Paragraph 2

15. a.) Do I have to quit playing God?

b.) Does playing God work for me?

_ Page 62, Paragraph 3

16. Do I agree that from now on in this drama of life, God's role is going to be the Director; my role is going to be an actor in God's play?

_ Page 62, Paragraph 3

17. Am I willing to trust that God will provide what I need, *if I keep close to Him and perform His work well?*

_ Page 63, Paragraph 1

18. a.) Have I really thought about what this means before taking this step, am I sure I am ready?

b.) Am I at last willing to abandon myself utterly to God as I understand God?

_ Page 63, Paragraph 2

7day reading actor, producer, lights...

19. Does this description fit you? How?

—

—

—

20. a.) Am I convinced that my life, job, relationships, marriage, friendships and everything else in my life run on self will is going to be a failure?

—

—

—

b.) What meaning does this have in my life today?

—

—

—

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.

21. Are you willing to follow up this decision with the action required of you in Steps Four through Nine? If you are ready, do the Third Step Prayer (Page 63)

—

—

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!"

Summary of Step Three:

There is an old proverb from India which illustrates the point of the Third Step well. Two men were walking down an unpaved road, they were barefoot. The road was covered with small rocks which hurt their bare feet when they stepped on them. One of the men said to the other, "This journey would be much easier on our feet if this road was paved with leather." The wiser of the two men replied, "Yes, this is true, but we could get the same effect by wearing a pair of shoes."

Gamer, Internet Addicts's wish to pave the road with leather so they don't need to wear shoes. The Twelve Steps are designed to become our shoes. The Steps help us change to fit into the world as it is, rather than continuing to try to get the world to change so we can be happy.

The following joke illustrates the rest of Step Three:

Question: Three bullfrogs are sitting on a log. One bullfrog makes a decision to jump in the pond. How many are left?

Answer: Three. The bullfrog only made a decision, he hasn't done anything yet. The way we implement the decision we made in Step Three is to complete Steps Four through Nine.