

There is a Solution Part 1 - Physical Craving Page 17 – 23

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

1b. Is the fellowship by itself (just going to meetings) enough for me to stay sober?

Explain. Pg.17-¶2-L16 _____

2. Have I come to believe I suffer from an illness: Physically? Mentally? Spiritually? Pg. 18-¶1-L1

a. Did addiction/alcoholism affect the people around me in a way no other human sickness can?

Who was affected? Pg. 18-¶1-L2 _____

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

a. If I just continue to stay dry, even though things get better, do I believe the surface of my real problem is hardly scratched? _____ Pg. 19-¶2-L1

Why? _____

7. Can I take it or just leave it alone? _____ Pg. 20-P3-L1

a. Can I just quit? Pg. 20-¶3-L4 _____

b. Could I handle my liquor, drugs? 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/them? Pg. 20-¶3-L7 _____

g. if a doctor told me that if I ever drink/drug again it would kill me, could I stay stopped? 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