

Step One - "The Foundation of Freedom"

Your Sponsor's Companion Packet

1 A Warm Welcome from Your Sponsor

Hey there! If you're holding this sheet, you've already taken the first brave step toward a new way of living. Step One is not a "failure" statement; it's the solid ground we stand on before we start building a house of recovery. Think of it as the "map" that tells us where we are so we can chart a safe route forward.

2 Core Concept - Powerlessness & Unmanageability

"We admitted we were powerless over alcohol—that our lives had become unmanageable."

The Big Book spells this out plainly (see *Bill's Story*, pp. 1-16; *There Is A Solution*, pp. 17-29; *More About Alcoholism*, pp. 30-43). Read those three chapters, looking especially for:

- **Powerlessness** - the obsessive craving that makes "just one drink" feel impossible to stop.
- **Unmanageability** - the chaos that spreads into relationships, work, money, and inner peace.

The 12-Step "12x12" (Step One essay, pp. 21-24) also emphasizes the "bottom" concept. When you recognize that you can't control the drinking, the door to a solution opens.

3 What to Do This Week

| Action | Why it Helps | Suggested Time |
|---|--|---------------------|
| Read the three Big-Book sections listed above. | Gives you a mirror to see your own story. | 30 min each day |
| Write a one-sentence admission (e.g., "I am powerless over alcohol and my life is unmanageable."). | Turns the abstract into a concrete, personal truth. | Tonight |
| Talk it through with me (or another trusted member). | Sharing makes the admission less lonely and more real. | When you feel ready |
| Reflect on | Helps you see the "chaos" | One sitting, 10 min |

| | | |
|--|---------------------|--|
| unmanageability: list 3 areas of life that feel out of control (relationships, finances, emotions, etc.). | the Step points to. | |
|--|---------------------|--|

4 Tradition One - "Our common welfare should come first; personal recovery depends upon A.A. unity."

Your personal honesty fuels the group's health. When you admit powerlessness, you also acknowledge that you need the fellowship. That's the "I-and-We" link. Keep this in mind: the more open we are, the safer the room becomes for everyone.

5 Reflection & Integration (Your Personal Worksheet)

1. **Big-Book Check:** How does the book define the "problem" of the alcoholic? Is it just drinking, or something deeper?
2. **Bottom Talk:** Describe the moment (or series of moments) that made you realize you were "bottomed-out."
3. **Primer Questionnaire Tie-in:** Re-read your answers to the original questionnaire. Where do you see clear evidence of powerlessness and unmanageability?
4. **The Million-Dollar Question:** After today's reading, can you say, "I am an alcoholic," without reservation? Write down any hesitations and bring them to our next chat.

(Feel free to jot these on the back of this page or in a notebook you'll keep for the steps.)

6 Suggested Follow-Up Reading

| Source | Pages / Sections | What to Highlight |
|---|------------------|---|
| Big Book - "More About Alcoholism" | pp. 30-43 | The paragraph on "unsuccessful attempts" (p. 31) |
| 12x12 - Step One Essay | pp. 21-24 | The paragraph on "raising the bottom" |
| 12x12 - Tradition One Essay | pp. 129-131 | The line about "common welfare" and the link between personal recovery and unity. |

Use a highlighter or a sticky note to mark the sentences that speak to you most.

7 Moving Toward Step Two

Step One gave us the foundation; now we have a space to invite something bigger. Over the next week, pay attention to any flicker of curiosity about a "Powerful Other" - it might be the word "God," "higher power," "the group," or simply "the possibility of change." When you notice it, write a quick note ("I felt a spark when...") and we'll explore it together in Step Two.

8 Quick-Help FAQ

| Question | Short Answer |
|--|---|
| Do I have to believe in a deity? | No. "Higher Power" means whatever you find spiritually supportive. |
| What if I can't admit I'm an alcoholic? | Keep reading, keep talking. The admission often arrives in small, honest moments. |
| Is it okay to feel scared? | Absolutely. Fear is a sign you're confronting the unknown - a good thing. |

9 Final Encouragement

You are not alone in this. Every line you read, every sentence you write, and every conversation you have is a step toward freedom. Celebrate the courage it took to open this packet; that courage will keep growing as we move forward, together.

-Your Sponsor