

1. What does the word admitted mean to you? Explain it in your own words?

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2. Can you write your own explanation of powerless.

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3. What does unmanageability mean to you?

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4. Over what, exactly, are you powerless?

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5. What is a disease?

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6. What is a mental obsession?

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7. How has your addiction affected you;

•Physically,

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•Mentally,

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•Spiritually

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•Emotionally?

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9. What is the phenomenon of craving?

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10. When do people get cravings and why are they different from the mental obsession to drink?

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11. How can you get relief from cravings?

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12. What is your understanding of Step 1?

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13. Have you ever tried to stop drinking / drugging completely? Give examples:

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14. Describe a time when you wanted to control your drinking / drugging, how successful were you? What went wrong? i.e. promising to only have two drinks at a party.

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15. Give an example of a time when you avoided people that weren't drinking / drugging, or you hid your drinking / drugging from them.

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16. Chose a time in your life that was unmanageable, e.g. missed appointments or constant lateness and write about it.

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17. Do you think you have enough information about addiction and recovery to get your behaviour under control?

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18. Do you think it's OK to keep drugs or paraphernalia around?

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19. What convinces you that you can't use drink or drugs anymore?

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20. Did you take drugs or drink to change or stop your feelings?

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21. How is acceptance of addiction necessary for your recovery?

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22. Can you begin recovery without surrendering?

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23. Have you made peace with the fact that you're an addict?

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24. Do you know it's time to move on?

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25. Do you think that clean time makes you able to use?

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26. What do you behave like when you are obsessed with something?

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27. In what ways do you behave compulsively?

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28. Have you given false reasons for your behaviour? What have they been?

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29. Have you blamed other people for your behaviour?

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30. Do you manipulate people to maintain your addiction?

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31. Do you accept that you will never regain control, even after a long period of abstinence?

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