

## STEP 1 (12 & 12)

### Problem:Powerless

Admit Defeat  
Complete Defeat  
Personal Powerlessness  
Bankruptcy  
Absolute Humiliation  
Utter Defeat  
Devastating Weakness  
Victim Of Mental Obsession(no amount of human will power can break)  
Self Confidence Toward Alcohol TOTAL Liability  
No Conquest By The Unaided Will  
Unpalatable Truth  
Hopeless  
Desperate  
Literal Hell  
Unmanageable  
Fatal Progression  
Fatal Nature  
Dying  
Merciless Obsession  
Tyrant Alcohol  
Destroy Ourselves  
Truly Awful To Admit We Have Warped Our Minds  
We Were Out Of Control  
Fatal Nature Of Our Situation  
Become As Open-Minded To Conviction & As Willing To Listen As The Dying Can Be