

Powerlessness and Unmanageability

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

Step one is the step that I tend to forget about the most. I admit that I am in fact powerless over alcohol and drugs and that my life is unmanageable.

I am powerless over it because once I take it I can't get enough of it and I never know where it will end. At that point I am insane, and I cannot make a rational decision and stop using in spite of the negative consequences. Today I believe it is a truly insane obsession.

In the past, when the cravings began, I would start using and couldn't stop. Only Lord knows where and when it would end. I used to think that I had a choice in this matter but I've learned since then that I don't. All this is because I'm an alcoholic. I used to say it but I didn't really believe it because I kept on using. I've heard a lot of others say that if I just tried harder, or changed it up somehow, some way I could still keep using. It never did work out. Life just stayed unmanageable and got worse.

Then one time while reading the doctor's opinion I found myself in the words. I cried my eyes out. It broke my heart but that's what it took, and my life has never been the same since. I am ever grateful to become, with the help of you all, re-acquainted with a higher power that today helps me remember where I came from

- *Anonymous* -