

HOW IT WORKS

FROM THE 1938 MANUSCRIPT OF THE BOOK
ALCOHOLICS ANONYMOUS

Rarely have we seen a person fail who has thoroughly followed our directions. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault, they seem to have been born that way. They are naturally incapable of grasping and developing a way of life which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it - then you are ready to follow directions.

At some of these you may balk. You may think you can find an easier softer way. We doubt if you can. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold onto our old ideas and the result was nil until we let go absolutely.

Remember that you are dealing with alcohol, cunning, baffling, and powerful. Without help it is too much for you but there is one who has all power, that one is God. You must find him now!

Half measures will avail you nothing. You stand at the turning point. Throw yourself under His protection and care with complete abandonment. Now we think you can take it. Here are the Steps we took, which are suggested as your program of recovery:

1. Admit that we are powerless over alcohol - that our lives have become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care and direction of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely willing that God remove all these defects of character.
7. Humbly on our knees ask Him to remove our shortcomings, holding nothing back.

8. Made a list of all persons we had harmed, and became willing to make complete amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual experience as the result of this course of action, we tried to carry this message to others, especially alcoholics and to practice the principles in all our affairs.

You may exclaim, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the alcoholic, (this the doctors opinion), the chapter to the agnostic (chapter 4), and our personal adventures before and after (Bill's story and More about alcoholism) have been designed to sell you three pertinent ideas:

- A). *That you are alcoholic and could not manage your own life.*
- B). *That probably no human power can relieve your alcoholism.*
- C). *That God can and will.*

If you are not convinced, on these vital issues you ought to reread the book to this point or else throw it away.