

# Chapter 3 More About Alcoholism

We learned that we had to fully concede to our innermost selves that we were alcoholic. This is the first step in recovery.  
The delusion that we are like other people or presently may be, has to be smashed. Pg. 30

Example	Lie/ Delusion/Insanity	Decision/Action	Outcome
A Man of Thirty (pg32)	His long period of sobriety and self discipline had qualified him to drink as other men	Out came his carpet slippers and a bottle	He went to pieces quickly and was dead within four years
Jim the Car Salesman (pg 35)	He could drink whiskey (on a full stomach) if only he mixed it with milk	Ordered the whiskey and poured it in the milk, the experiment went so well he ordered more	One more journey to the asylum for Jim, and the mental and physical suffering drinking always caused him
The Jaywalker (pg 37)	Thinks he can skip in front of fast moving vehicles	Continues his conduct despite being injured (sometimes slightly, sometimes seriously) over the years	Shuts himself up in an asylum hoping to mend his ways, but the day he gets out he races in front of a fire engine which breaks his back
Fred the Accountant (pg 39)	It would be nice to have a couple of cocktails with dinner at the end of a perfect day	Ordered a cocktail with his meal, then another. Decided a highball would be fine before going to bed	Knows little of where he went or what he said and did, then came the hospital and the unbearable mental and physical suffering

Once More: The alcoholic at certain times has no effective mental defense against the first drink. Except in a few rare cases, neither he nor any human being can provide such a defense. His Defense MUST come from a Higher Power. Pg. 43.