

1st Step Summary

TOPICS (DESCRIPTIONS)

Powerlessness - We found ourselves in places we really didn't want to be, and were too scared to move on anywhere else. We 'used' to live and lived to use. Most of us realized, that in our addictions, we were slowly committing suicide, but such cunning enemies of life are narcotics and sedation that we had lost the power to do anything about it. ~~There was~~
I had to be high to be able to go out and get high.

There was no hope in sight, and there was no place to turn.

Bottom - Drugs possessed me, abused me, morally and emotionally robbed me, drugs took it all. I had to admit total defeat in order to reach my bottom. There are high and low bottom cases, but we all go through our own hell ~~of it~~ reaching bottom. ~~It's all~~ It doesn't matter what you used, or how you used it, it's how it affected you inside. I was spiritually, physically, and emotionally bankrupt. You can let your bottom go as far as you want & are spiritually, physically & morally bankrupt.

104
104



[Faint, illegible handwriting in cursive script, likely bleed-through from the reverse side of the page.]



[Faint, illegible handwriting in cursive script, likely bleed-through from the reverse side of the page.]