

## First Step

### 1st Paragraph:

K.- I've been using drugs for so long; I put myself in obsession, a pattern of using, and no matter how hard I tried, like if I wanted to stop, I couldn't, and I had to go through a whole lot of pain, and a whole lot of trouble, before I could really have a desire to beat the obsession that I had within myself.

A.- So many ~~years~~ years of abusing, denying that I had a problem, and then, BINGO !!! Like, I had to face up to it.

G.- What I'm reading about is complete defeat, that was something I couldn't admit, that I screwed up with a certain drug, and I took too much once, and it was pretty tough. Once I got that, I had a chance, but I went for a couple years seeking all kinds of help. I couldn't admit it, and it just crept up on me, and in some other way, if I wasn't bad in this thing, and if I was handling it at the time, and something else I wasn't (handling), and I stopped doing it, the thing I was doing would just take over, and I was powerless over everything.

D.- I didn't come in this program on my own, and it took me a few more years before I knew I needed help. I had to go through what I went through, to get where I am.

### 2nd Paragraph:

A.- If you said this paragraph to someone on the street, they'd just look at you in astonishment, 'cause it just blew everything that I was trying to get, trying to achieve with drugs and alcohol, all that utopia and stuff, they just tore it all apart, and then they put that positive thing in there; but now you can come out of it and it's over with, but now you can start growing from it. So they ripped you apart (your ego), and then they try to put it back together again... you know, for somebody just coming in off the street.

S.- Yeah, I just remember the powerlessness that I felt using drugs. As ~~it~~ it says, it was calling me, to a bar, to a party, to walk down the street, you gotta get loaded. Before you go to get loaded, you gotta get loaded. I never felt like a human being, I never felt like I was able to make a mistake, to be o.k. with myself. That last sentence tells me that it's o.k.; I got a chance to become a human being, to start all over again.

K.- I always wanted to get high, and when I got high, I'd get into trouble and things just kept getting worse, the situation at home, the situation at work, were getting worse, I still had this obsession to get high, even though I knew this was what was causing the problems. That's when I knew that I was a goner, there was no stopping myself. So that's when my bankruptcy was complete, I didn't want to go on living, I had a death wish, and it scared the hell out of me.

G.- We couldn't even take care of ourselves, drugs grabbed us so hard. I couldn't even get a driver's license, making 120.00 a week, couldn't even give my parents 15 bucks for rent, drugs took it all, the stealing, and all that. I couldn't even take care

Q(cont.)- I couldn't even take care of myself, I had pants with holes in it. Clothes that were 6 years old, I looked like a real mess, like a kid who didn't have any parents; that's where I was at, drugs were my parents. It led me into a hospital with a straight-jacket, where about 15 people have to take care of you. That's where I wound up.

P.- The bankruptcy, morally and emotionally bankrupt, it totally anesthetized my feelings to the point where I just didn't, I couldn't, feel it anymore, and that's where drugs took me; I had no values whatsoever left. And that, to me, was utter bankruptcy

M.- I was sober for some time before I started working the steps, and the first step... I remember going through a lot of crap, like the cops, I was ripping off the houses, sober, dry, whatever. After I hit my knees hard, it really helped me, I got a lot of spirituality, and that's when I knew I had hit my bottom, it was going nowhere fast, end up in jail, sober. I found out. I had this thing, for me, it wasn't for me, I guess.

### 3rd Paragraph:

P.- That says, like, you've hit the bottom, It's like the slide has stopped, with the admission of complete defeat, You've stopped ~~it~~ right there. That's when the only way to go now is up. The positive things start happening, You're able to stop. You're no longer with the desire to get high. That's when you want to get sober.

A.- I came into the program, I heard that step being read and talked about; for myself, it was hope, that's the hope they were talking about. I admitted to someone, finally, 'cause I kept it all in and stuff. I admitted to my wife, in fits of insanity, that I couldn't do it myself, and that's the hope. The obsession's still there, but there's a hope that it's going to end, and that it's O.K.

K.- The bedrock that they talk about, for me, when I first got sober, was the knowledge from experience, what'd happened to me, if I went out and got high, where I was going to wind up, how my life was going to turn out. It's like, drinking nitro-glycerin, sooner or later you blow up, and I knew that. And in the beginning, the only thing that kept me sober was just plain old fear... fear of a .357 Magnum, that's what it was.

### 4th Paragraph:

D.-When we admit that we're powerless over drugs, we know we can't do ~~it~~ anymore about it, so we start looking for somebody who can, which happens to be a 'higher power'.

G.- To admit my powerlessness, it got so bad to a point where I couldn't take anymore pain, self-punishment, and what I was promised, to me, better than anything in the world, was that that pain wouldn't get any worse, and it might not get any better, It might stay that way but it's not gonna get any worse than it's been over the last few years, and that's when my foundation started. 'Cause I was just so torn up inside, I just couldn't take anymore pain, and that's where I got started.

5th paragraph:

- I know that no real happiness can come when I have that doubt, of maybe I can get loaded again, maybe I'm not through, there's one more fling out there, whatever. When it comes down to it, when I ~~was~~ knew I was done, that there's no more fun and games, the party's over, that's when I felt like I had a chance, there was some hope, then I got strength.

- Once I knew that no way was it going to get better, that it was just going to get worse 'cause I got sober once, then I went out and got high, and I seen it get worse, I seen things happen to me that I heard people talking about at meetings, things that I never thought would happen to me. I used to hear in school, see in movies, about people dying, people getting shot, then you see it on T.V., and to me that was a bunch of bullshit, I didn't believe that. I even heard that somebody got killed that was in the rehab before I went in, and they'd left, and I still didn't believe it could happen to me. Once I realized it was going to get worse, it gave me a stronger will to stay sober.

- I had to get to the point where I realized that my will power wasn't going to pull me through anymore. I'd used my will power a lot, I had a strong will power, and a lot of times I knew when I'd gotten really bad with drinking and drugs, I could say, 'o.k., I have to get my act together now', and just by sheer will power alone, just go straight for awhile, and get my head together, and do it. It had to be to the point where that wasn't working anymore, I just couldn't do it. Until then, it had just been my own strength that got me through, but at that point, I knew my own strength just wasn't enough.

- It stresses the importance that, I can't go out and have a good time. There's been times in my sobriety where that feeling has come in, that thought, it's known as obsession, and when times keep going rough, in the beginning, these things keep happening to me. During these times when I've felt like it was better than living through this, and I was really in the pits, there was no happiness in my life at all, and the longer I stayed in it, the worse it got. And until, again, I had to retake step #1, I had to reaffirm that I am powerless, and I had to go to meetings and hear people talking about it. The pain and agony that is out there, really, today, I keep finding out that today is better than the best day, it may be my worst day today, but it's better than the best day when I was using.

- I really had to hold on by the skin of my teeth, with blind faith, and believe what anybody told me, I had to believe it, just to keep sober, to help me get through those first few months. For such a long time, I did it my way, my way, and I ended up getting high again, after some time sober.

- I was just thinking about how I did get sober, that being my first step. When I realized I had a problem, even before I stopped, at that point I couldn't accept what they're talking about, the total defeat, 'cause for some reason, it's just really hard to accept complete defeat, it feels so powerless, and I'd have arguments with other people, my parents, I'd say I could stop anytime I wanted to. And I remember the day I finally went for help, I was just sitting around, and I said, I just can't try anymore. And I think, partly, I was too scared to just give up on myself totally, it was to the point where I was just going to give in to myself totally, like suicide, or I had to get something. I couldn't do it myself, and I accepted that. Since then, a lot of times I have to redo it, retake the first step.