

## WHAT WAS I THINKING?

“We learned that we had to concede to **our innermost selves** that we were alcoholics. This is the first step in recovery.” (Big Book pg. 30) What does that mean to me? I thought I was doing it when I admitted that I was an alcoholic but I soon learned better.

With my tail between my legs I showed up at the doors of AA wanting the pain to stop and I thought that I was addressing the problem of alcoholism. As I look back on it now, I realize that I was only dealing with the surface issues and not the root causes of my problems. Even so, it was a beginning. It took quite awhile for me to understand the importance of looking at the deeper flaws in my value system and to address them at that level. When I began to do this, I started to change the surface issues that are caused by those character flaws.

At a meeting recently, I heard a young man share that “ alcohol wasn’t his problem, that alcohol was the treatment for his problem until it stopped working, then he had to stop drinking and learn to deal with those deeper problems if he were to get any relief at all. I found that to be very insightful for someone his age and time in the program.

I believe that if I want to live a full and happy life, I must examine my innermost motives for what I do, for that is the source of my problems. If my motives are honest, unselfish, and based on sound principles, and if I am strong enough to do what is right in each of these actions, I become more at peace with myself and I have fewer regrets. It all starts with my faulty thinking. I don't want to give the impression that it will be easy. Faulty thinking is likened to the insanity we hear about when we continue to do the same over and over expecting different results.

As it often happens, alcoholics resist complete surrendering until they have come to the point where they have lost more than they were willing to lose, or they are about to lose something they are unwilling to lose. Now they have to decide what form the rest of their life shall take In AA we sometimes hear the term, “THE GIFT OF DESPERATION”. Painful as it sounds, the veterans of AA know the importance of reaching bottom if we have any chance of practicing the rest of the program at the level of our innermost selves for that is where our problems lie, and that is also where real solutions lie. If I don’t understand this about myself, I will keep repeating the mistakes of the past and probably waste much of the precious time God gave me. The more I pursue this line of thinking the more I free myself from that fear and ego driven

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