

The Fall and the Rise of Alcoholics

We Surrender and Become Teachable

By Rick R.

The disease of Alcoholism is usually misunderstood by the public at large and, sorry to say, often misunderstood by the people who were sent to AA in the past to fulfill a legal requirement. We had such an influx of these cases that the actual message of the original spirit of the program is often watered down and misrepresented. This didn't seem to affect those of us that come to AA defeated and looking for solutions, nearly as much. If your motive for coming to AA is a Desire to Stop Drinking and find a way to live a happy and meaningful life, your chances are very high. If you came here for any other reason, it may take a lot longer. The degree of desperation and surrender seems to set the pace of the recovery process. Most of the alcoholics that I have observed, over the years, have similar track records when it comes to the evolution of this disease in each individual. No two people are identical when it comes to the combination of the mental, emotional, physical, and spiritual issues that we are faced with. When these things start to turn on us as the drinking problems start, that original feeling of conviviality, when drinking, is replaced with guilt, shame and self-loathing when awakening in the morning. The drinking was but a symptom of a real problem which is usually the damage done as the result of living an unprincipled lifestyle. Sooner or later, we run out of excuses and the world starts to close in on us. Left to our own devices, our options are limited, and we Fall to the depth of depression and if we are lucky, we surrender and become teachable. The first thing that is important to learn is that our tolerance for successfully drinking alcohol is gone and, to my knowledge, there has never been a case on record where a person has regained control of his alcohol intake and become a normal drinker. Until we understand and accept this reality, we are unlikely to have success with the program. Self-deception concerning this matter is fruitless. The fact is that we are done drinking successfully, so where do we go from here?

For starters, we may need to recognize is that our Ego has been running the show, up to this point and it doesn't want you to buy into this new approach to life, which suggests that you ought to stop relying on your old ideas and become open to accepting guidance from outside sources i.e., Alcoholics Anonymous. Once that has become a habit, the bad decisions will diminish and you will learn the value of living by sound, proven principles. The healing process is set into motion as each of your faulty (selfish) decisions are replaced by honest (unselfish) principles. If a person recognizes a flaw in his character, owns it, and corrects it, what more can be expected of him? If you take a bad habit and replace it with a good habit, you double your rate of recovery by removing the negative weight from one side of the scale and add the positive buoyancy to the other side of the scale. When you can say, "I've done a lot of things in my life that I'm not proud of, but I'm not ashamed of anything that I've done since I've come to AA." I can assure you all those negative emotions will be replaced by a loving spirit, and you will be lifted, and you will rise above all the superficial thinking of the past. If we do these things without fanfare, the program of Alcoholics Anonymous will guide us in the right direction, and we will Rise-up and be at peace with our-selves and with the world around us.

