

Remember, "We can do this thing!"

Each new day: (morning and night) Read the Set-aside prayer for one week. Nothing else. Go to your meetings but do the prayer. (Keep an open mind when looking for a home group, and select one that works for you that you can commit to and attend regularly).

"Dear God – set aside everything I think I know, about You, about me, about the Program of Alcoholic's Anonymous and these Steps. Grant me an open mind, and a new experience, about you, about me and the Program of A.A. and these Steps. Thank-you."

Read the preface, forwards to the Second, Third and Fourth Editions. Note that the forward to the First Edition states, "To show other alcoholics precisely how we have recovered is the main purpose of this book." Compare this language with other language on page 29 at the end of Chapter Two where it states further on, clear-cut directions are given showing how we recovered. This is the task that we are about to undertake.

In reading the "Doctor's Opinion" it is exciting to note that Dr. Silkworth came to the medical opinion of Alcoholism not from years of study and research from his lab, but in seeing the plight of countless alcoholics over many years in his little hospital. **An allergy of the body coupled with an obsession of the mind.**

Complete these questions...

1. Were you aware that your illness affected both you body and your mind?
2. Do you believe or can you accept the concept of an 'allergic reaction' to alcohol?
3. What is an allergy?
4. Do you agree with the concept of hospitalization?
5. Have you ever experienced the phenomenon of craving?
6. Did you like the affects produced by alcohol?
7. Did you reach the point where you could not differentiate between the true and the false?
8. Did your alcoholic life seem like a normal one?
9. The Doctor seems to say that a "physic change" must occur – what is a psychic change?
10. Can you accept the fact that alcoholism "has never been, by any treatment with which we are familiar, *been* permanently eradicated"?
11. How were you powerless?
12. Any reservations that you are not completely powerless over alcohol?

Silkworth's use of the Term Psychic change refers literally to the acquisition of a "New Mind" lying outside the realm of a know physical process. One feels that something more than a human power is needed to produce the essential physic change. What was the moral psychology that Dr. Bill refers to? Has this happened in your life?