

# Step One

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Step One - We admitted that we were powerless over our addiction, that our lives had become unmanageable.

It is necessary for addicts to admit that they have the disease of addiction and are powerless over it. Addiction is a physical, mental, and spiritual disease that affects every area of our lives.

Most of us try to stop using on our own without success. We rationalized the mess that we had made of our lives with drugs. The process of the first step helps to rid us of all reservations so we can surrender. Reservations rob us of the benefits of recovery.

We felt miserable without drugs and our lives were unmanageable. This is the second admission that must be made in order to build a strong foundation of recovery. Unmanageability manifests itself in many ways; unemployability, isolation, degradation, and lack of positive relationships. Families are baffled by our actions and sometimes desert or disown us.

We find that we must completely change our old ways of thinking or go back to using. Surrender means we accept our addiction and life the way it is and we become willing to do whatever is necessary to stay clean. Help for addicts begins only when we are able to admit complete defeat.

Step one teaches us that we do not have to use and this is a great freedom for us. We learn to incorporate this step into our daily lives and are rescued from insanity, depravity, and death.

The admission of both powerlessness and an inability to manage our own lives opens the door for a power greater than ourselves to help us. We continue this journey by moving on to Step Two.