

Step Zero Exercise – Part 1

“If you have decided you want what we have and are willing to go to any length to get it—then you are ready to take certain steps.” – Alcoholics Anonymous, p. 58

Question 1: Do I want what sober people in AA have?

To answer this first question, I must take an honest look at what I have in my life and compare it to the alternative: the lives of sober men and women in the program. This will be done in the form of a simple inventory. I will look at this list in terms of *qualities of life, emotions, behaviors, people, my position and possessions*. Be *specific* and address each of these terms and any other areas you can think of for the questions on both sides of the list.

Here are some starter questions. Add more if you think of any that will help you answer Question 1.

- What do I have (or did I have) in my life as a practicing alcoholic? Be specific (*qualities of life, emotions, behaviors, people, my position and possessions.*)
- Have I missed out on anything in my life because of my drinking? Be specific (*qualities of life, emotions, behaviors, people, my position and possessions.*)

- What do sober people in AA have that I don't have because of my drinking? Be specific (*qualities of life, emotions, behaviors, people, my position and possessions.*)
- What are sober people free of that I am not free of? Be specific (*qualities of life, emotions, behaviors, people, my position and possessions.*)

Step Zero Exercise – Part 2

“If you have decided you want what we have and are willing to go to any length to get it—then you are ready to take certain steps.” – Alcoholics Anonymous, p. 58

Question 2: Am I willing to go to any length to get it?

The “it” we are talking about is the life we described in the right-hand column under Question 1. To answer this second question, I must look at my willingness. “Willingness” is a word that we all throw around meetings quite freely. But talk is cheap. Our willingness is truly measured *by our actions*. Let's take a look through another simple inventory of **specific actions and excuses**.

Here are some starter questions. Add more if you think of any that will help you answer Question 2.

- What actions have I been **unwilling** to take to stay sober in the past, up until now? We have heard many suggestions in meetings and we have read them in the Big Book. Be specific. *List actions you did not take.*
- What excuses have I made to continue, or to start back up drinking? What lies have I told? *List specific excuses and falsehoods.*

- What actions am I **willing** to do now that I have not been willing to do before? Be specific. *List the things you are willing to do.*
- Is there *anything* that I am not willing to do to get and stay sober this time? Why not? Be specific. *List the things you don't want to do and why you don't want to do them.*