

Step One

We admitted we were powerless over alcohol, that our lives had become unmanageable.

- *Alcoholics Anonymous*

The first step in recovery is to look inside ourselves. Turning inward is the beginning of becoming more truthful with ourselves. Honesty is essential because addictions thrive on dishonesty: we have become accustomed to hiding from our true feelings and values.

- Stephanie Covington, Ph.D., *A Woman's Way Through the Twelve Steps*

We admitted we were powerless over life - people, situations, circumstances, and substances - and that our lives and our minds were unmanageable when we tried to control any part of it.

- Rosemary Ellsworth Brown, Ph.D., *Addiction Is the Symptom: Heal the Cause and Prevent Relapse with 12 Steps that Really Work*

- You