

# MAKING A START IN ALCOHOLICS ANONYMOUS



## A GUIDE FOR THE BEGINNER

*(Please note that this guide for beginners' leaflet  
has been reprinted from a pamphlet produced  
by  
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### **YOU'VE MADE A START**

So, you have made a decision. You've said to yourself "I'm one, I'm an alcoholic; I'm powerless over alcohol and my life has become unmanageable. I can't stop drinking

and I want help.” You have discovered, as it says in the Big Book, that alcohol is cunning, baffling and powerful.

In order to stop drinking and stay stopped there are a few simple principles that are suggested you apply to your life; these principles are AA's programme of recovery. They can work for you effectively as they have worked for others. Here are some suggestions which we feel may be of help to you on your path of recovery.

### **LIVE LIFE ONE DAY AT A TIME**

Alcoholics Anonymous is a “one day at a time” way of living. We break life into small pieces that we can handle. We stay sober one day at a time, or when necessary, one hour at a time. We do our jobs one task at a time; we clean up our past one mess at a time. And we try to turn our will and our lives over to the care of a Higher Power as we understand the Power.

### **GO TO MEETINGS**

All over the country, every day of the year, afternoons, mornings, evenings there is help in the form of meetings for you and for every alcoholic who wants help.

### **GET A SPONSOR**

Some members will tell you that they got sober without the support of a sponsor; that may be so, but experience has shown that you will have a better chance with a sponsor. As you progress in sobriety you will probably find that your sponsor plays a vital part in your recovery.

Your sponsor will listen to you and offer suggestions; will tell you what worked for him or her; point out trouble spots and help you decide what to do about them.

Your sponsor will help you and guide you along the path of recover, while leaving the decisions up to you.

Sponsors cannot solve all your problems, but they can help you to face them with honesty and courage. They can help you to discover how to deal with them by adopting the philosophy contained in our Twelve Step Programme.

Your sponsor will lead you through the Twelve Step Programme and you to can recover from alcoholism.

### **HAVE A HOPE GROUP**

Visit as many groups as you can and absorb various points of view. Eventually you will find a Group and a Meeting where you feel comfortable and at home and you can come to regard this as your “home group.”

### **USE THE PHONE**

At your first meeting you will be offered phone numbers. Grab them, commit them to memory or write them down, above all, use *them*. If you feel like a drink pick up the phone first when you feel down phone someone if you feel lonely talk to someone. You won't be bothering them; they'll be glad you called. “*Whatever happens don't drink*” Right. But almost as important “*keep in touch!*”

### **READ THE BOOKS**

As soon as you can, we suggest that you read these important books, which will explain you the programme of recovery, our history and Traditions, and offer the experience of literally millions of members who have discovered how to live without alcohol.

“ALCHOLICS ANONYMOUS”

(also known as “The Big Book”)

“12 STEPS & 12 TRADITIONS”

“LIVING SOBER”

“AA COMES OF AGE”

“PASS IT ON”

“DR BOB AND THE GOOD OLD TIMERS”

“THE LANGUAGE OF THE HEART”

These books are conference approved literature. We suggest that you re-read them and re-read them again! Many of us begin a “quiet time” by reading a chapter from one of them.

Other books and literature are available and can be found at meetings; they can be helpful to you as you learn to live sober.

### **BE A PART OF IT ALL**

So now you’ve made a start. If you are like most of us, you will find that these suggestions will help you on the way to comfortable and happy sobriety.

Remember you are never alone if you use the tools Alcoholics Anonymous has to offer you. The programme of Alcoholics Anonymous provides support and guidance to all alcoholics who reach out for help.

Our very survival requires that we carry the message to the alcoholic who stills suffers. We need you. Please, join us, participate, and become part of our programme of recovery.