

## **Step One**

This Step is easy to say but hard to apply. I didn't come into Al-Anon thinking I was powerless over alcohol. I remember wanting to pour the alcohol down the drain but not having the courage to do so because of the money that was spent on it. I thought about saying a lot of things, but if there was pushback, I would stop to avoid confrontation. I did, however, know that my life had become unmanageable. I was coping with my life in an unhealthy way.

Once the drinking stopped, I began to see just how unmanageable my life had become. I placed more effort into maintaining the illusion of control than into getting to know myself. I was overfilled with emotions inside but was not able to express them outwardly.

Over time, things have become more manageable. I have learned the difference between my responsibility and that of others. I no longer try to control others' responsibilities. Today, I can freely admit my powerlessness without experiencing any pain. I am grateful for Al-Anon and what I have learned, and I keep revisiting Step One because it helps me stay on track with being true to myself.

*By Theresa B., Florida*

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