

Chapter Two: THERE IS A SOLUTION

(Pages 17 through 29)

For those of us who are powerless, Bill writes a prescription, and called it "There Is A Solution." If we are powerless, then we are in need of a Power that could do for us that which we could not do for ourselves, and we find that in two places. In the Power of the *fellowship*, which helps, supports and directs, and in the Power of the vital *spiritual awakening* that comes as the result of the steps. And, if we can get these into our lives, then that will be enough power to overcome our hopeless state of mind, body and spirit.

We will learn the difference between the Fellowship and the Program. And, we will learn that BOTH are essential to our recovery. That one without the other is a half-measure, and as will learn, half-measures do not avail us half, they avail us nothing!

We will learn that, although we share a common problem, that, in itself, will not produce the Solution. We will learn some very real truths about alcoholism. We will learn that an alcoholic's inability to control the amount he drinks once he has taken the first few drinks (because of the physical allergy), is not the real problem. The real problem centers in the mind, the mental obsession, which tells us we do not have a physical allergy.

But drinking is not the main problem of the chronic alcoholic. Stopping is not the problem. Every alcoholic has stopped many times. The real problem of the chronic alcoholic is that we cannot *stay* stopped. The real alcoholic mind is one that does not have sufficient willpower to manage the decision to stay stopped; that produces the "insidious insanity", the belief in a lie, that leads to the first drink. Lacking willpower to manage a decision to not take the first drink mandates that the hopeless alcoholic find a Higher Power that will remove the need to try to manage a decision to never drink again.

So, is there a Solution? Let's find out.