

*We admitted we were powerless over _____
that our lives had become unmanageable*

What may make Step 1 difficult for MY Type?

Type	Passion	Type	Passion
1	I need to Keep the perfect illusion going	6	My inability to trust prevents surrender
2	I Seek my “self” in others- to be loved. How could someone so giving be an addict?	7	Feels like surrender limits my options and it might not be fun.
3	I seek my “self” in others – to be admired- Isn’t being successful proof that I am not an addict?	8	Surrender implies I’m not in charge. Who else will be in charge?
4	My need to feel intense emotions prevents me from seeing my powerlessness	9	Surrender=stepping into life, I’d rather be numb & comfortable.

5. Knowledge is power. If I know enough I am never powerless.

This is a summary of a potential roadblock in recovery. Try it on for fit....no worries if it doesn't quite fit- there's work ahead 😊