UNMANAGEABLE LIST

In Step One it's important to identify those things that were unmanageable in our life when we were actively using and drinking, and those things that appear to be unmanageable now. First make the list on the left. Think carefully to those times when things felt unmanageable even before you started drinking and using, as a child. Were your parents fighting or moving from home to home? Write down what felt unmanageable as a kid. Then what felt unmanageable during your drinking and using years. Now that that phase of your life is over, and you're not actively in your disease, what things have felt unmanageable since you stopped drinking and using. Add things to the list each day, as they come up, until both the left and right lists are full. Then sign it.

Unmanageable Before I got Clean & Sober	Unmanageable Since I've gotten Clean & Sober

By signing here, I recognize that those things which appear to be unmanageable now are so much better than those things which were unmanageable before, and that most things which appear to be unmanageable feel that way because I'm trying to control outcomes, and it's not working:

(signed) _____