Step 1: An Honest Look

> *"There are things which are within our power, and there are things which are beyond our power."*
>
> Epictetus, Enchiridion 1 (tr. Higginson)

Step 1 is about seeing clearly. Write the facts as a fair witness would. Admitting what has not worked is not weakness; for Epictetus, knowing what is and is not in your power is where freedom begins.

WAYS I TRIED TO CONTROL MY DRINKING	WHAT ACTUALLY HAPPENED

AREA OF MY LIFE	HOW DRINKING HAS MADE IT HARDER TO MANAGE
Health and sleep	
Work or study	
Relationships and family	
Money	
Self-respect	

What I am ready to admit today

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