

“Map of Recovery”
(Working Step #1: Defining UNMANAGEABILITY)

Name:	Date:	Group:
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“We had to ask ourselves why we shouldn’t apply to our human problems this same readiness to change our point of view. We were having **trouble with personal relationships**, we couldn’t **control our emotions**, we were a prey to **misery** and **depression**, we couldn’t **make a living**, we had a **feeling of uselessness**, we were **full of fear**, we were **unhappy**, we couldn’t seem to be of real **help to other people**—was not a basic solution of these bedevilmments more important than whether we should see newsreels of lunar flight? Of course it was.” AA Big Book, pg. 52.

1. trouble with personal relationships
2. we couldn’t control our emotions
3. we were a prey to misery
4. and depression
5. we couldn’t make a living
6. we had a feeling of uselessness
7. we were full of fear
8. we were unhappy
9. we couldn’t seem to be of real help to other people