

# Illustrated Steps – How do I know I'm an alcoholic?

## Step One

We admitted we were powerless over alcohol - that our lives had become unmanageable.

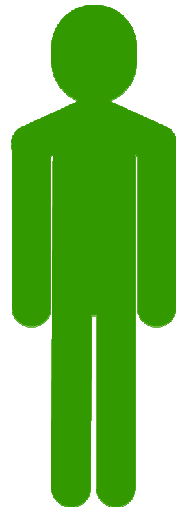
AA describes alcoholism as an illness with two parts:

- **Allergy** - An abnormal reaction to alcohol which means that once I start drinking, I don't want to stop.
- **Obsession** - Irresistible thoughts of drinking which means that, though I have decided not to drink any more, I keep picking up a drink.

## Which one am I?

### Normal drinker

I can always control when and how much I drink.



I don't need to stop drinking.

### Allergy Only

Once I start drinking I don't want to stop. So I've decided not to drink at all.



I can stay sober on my own willpower.

### Allergy and Obsession

Even though I want to stop, I keep picking up again and again.



I'm powerless over alcohol.