

Illustrated Steps – Alcoholic checklist

4. Signs that I've found hope in Alcoholics Anonymous.

- Coming to a second AA meeting.
- Being inspired by AA members.
- Feeling better after a meeting.
- Noticing the benefits of not drinking.
- Feeling uplifted by AA.
- Getting honest with myself.
- Committing to regular meetings.
- Reading the Big Book.
- Being open to suggestions heard in AA.
- Committing to 30 in 30 / 60 in 60 / 90 in 90.
- Helping out at meetings.
- Joining a home group.
- Encouraging other newcomers.
- Getting a sponsor.
- Enjoying seeing other people recover.
- Trying to be honest with others.
- Feeling hopeful.
- Believing recovery is possible.
- Returning to AA after a lapse.
- Laughing with other alcoholics.
- Appreciating the wisdom heard in the rooms.
- Sharing my story.
- Laughing at the ridiculous things we thought while drinking.
- Referring to drinking as something I did in the past.
- Looking forward to a better, sober life.
- Trying to have an open mind.
- Putting aside prejudice about spiritual ideas.
- Contemplating my own spiritual values.
- Thinking about my own conception of a power greater than me.
- Letting go of old ideas.
- Coming to believe in a power greater than myself.
- Making a commitment to a spiritual life (Step Three).

Illustrated Steps – Alcoholic checklist

1. Signs that I don't drink normally, that I get a craving for more.

- Getting drunk when I don't intend to.
- Drinking more than the people around me.
- Unable to leave a glass with some still left in it.
- Once I start drinking, worrying there won't be enough.
- Drinking faster than those around me.
- Last to leave the pub or party.
- Drinking more when I get home after being out drinking.
- Promising not to drink too much but getting drunk anyway.
- Feeling panicky if the grog runs out.
- Spending all the money I have on alcohol.
- Worrying about where to find/buy more alcohol.
- Forgetting to eat while drinking.
- Continuing to drink after throwing up.
- Continuing to drink and missing the last bus/train/tram home.
- Missing an important event because I'm drunk.
- Forgetting about other commitments after starting to drink.
- Using any possible means to open a bottle without a corkscrew.
- Drinking an expensive bottle that was kept aside for a special occasion.
- Trying to drink spilled alcohol.
- Drinking other people's dregs.
- Stealing other people's drinks.
- Borrowing money or using up all my credit to buy more alcohol.
- Begging for money to buy more alcohol.
- Flirting with someone to get them to buy me a drink.
- Doing something immoral, illegal or dangerous to get more alcohol.
- Not caring about anything else apart from drinking.
- Having to keep a large stash of grog.
- Leaving young kids alone to go and get more grog.
- Driving drunk to get more.
- Drinking things that are not meant to be drunk (metho, perfume).
- Drinking to blackout.
- Drinking until I pass out.

Illustrated Steps – Alcoholic checklist

2. Signs I knew my drinking was abnormal and didn't want others to know.

- Not drinking when I know there won't be enough.
- Not drinking when I know my drinking will look out of place.
- Not going to places/functions where I'll have to restrict my drinking.
- Not going in shouts because other people don't drink fast enough.
- Secretly sneaking extra drinks.
- Eating mints or lozenges to conceal the smell.
- Drinking from coffee cups to hide the fact that it's alcohol.
- Having a hidden stash of grog.
- Fearing that others will notice how much I'm drinking.
- Offering to go to the bar to get the drinks so I can get an extra one.
- Fortifying my drinks (adding vodka to beer) so no one will know.
- Drinking at sleazy bars where my drinking won't be questioned.
- Lying about where I've been and what I've been doing.
- Lying about how much I've drunk.
- Denying that I've been drinking.
- Using excuses (real or imagined) to drink.
- Hiding bottles.
- Hiding empties.
- Making excuses to go to the supermarket when really I'm after more grog.
- Creating an argument so I can leave to go and drink.
- Putting empties in the neighbour's bin.
- Shopping at different bottle shops to hide the amount I'm drinking.
- Making up stories to tell the shop assistant about why I buy so much grog.
- Justifying my excessive drinking.
- Blaming other people for my drinking.
- Telling myself I could stop if I wanted.
- Telling a sob story to justify my drinking.
- Acting 'offended' if someone questions my drinking.
- Lying to myself about how much I drink.
- Feeling guilt and remorse about my drinking.
- Drinking alone.
- Making promises to stop.

Illustrated Steps – Alcoholic checklist

3. Signs that I've lost the choice in drinking, that I'm powerless over alcohol.

- Promising to have an alcohol free day but drinking anyway.
- Promising to only drink on weekends but failing.
- Resolving not to drink until a particular date but failing.
- Promising to give up 'tomorrow' but never doing it.
- Walking/driving into the pub/bottle shop without thinking (on 'autopilot').
- Picking up a drink to celebrate a period of sobriety.
- Drinking on medications which shouldn't be mixed with alcohol.
- Drinking when told not to by a doctor/health professional.
- Drinking while pregnant.
- Thinking - "this time will be different".
- Promising not to have a drink but giving in to "just one".
- Using excuses to drink.
- Inventing excuses to drink.
- Losing the argument with myself about whether to drink or not.
- Drinking for no reason.
- Deciding to quit and going on a binge in preparation.
- Continuing to drink despite threats of job loss.
- Continuing to drink knowing it will lead to marriage breakdown.
- Continuing to drink despite the threat of financial ruin.
- Drinking knowing it will re-trigger a serious health problem.
- Continuing to drink knowing I am hurting my loved ones.
- Continuing to drink knowing my children will be taken away.
- Continuing to drink knowing it is killing me.
- Going into rehab multiple times.
- Coming straight out of hospital/detox and drinking.
- Forgetting about the consequences of drinking.
- Relapsing when I'm happy.
- Forgetting the suffering drinking caused me and the people around me.
- Picking up a drink even though I know life is better without it.
- Seeking help by going to AA.
- Relapsing after making a commitment to AA and sobriety.
- Drinking again with the full knowledge of my alcoholic condition.