Step One Inventory

We Admitted we were Powerless over our Dependencies – that our lives had become Unmanageable.
We Admitted we were Powerless over the effects of our separation from God—that our lives had become Unmanageable.

If we use stairs as an example, we all know in order to climb the stairs you have to take the first step. We know many like to skip or hop over steps. But each step is designed to Support you and undergird your next step. I've fallen on steps and it didn't feel good. So we want to make sure we have sure footing. This step starts with, Recognizing, Acknowledging, and Confessing, there is a problem, (IJn.1:9;) We confess our Sin to God. But, (Js.5:16;) We confess our Faults (Ungodly patterns of thinking) to one another. We're in the process of learning true Humility.

1. ***Do you have "Trust" issues? Y__ N__. Why? _____***
   _____
2. ***If a person doesn't take the first Step, can they legally take the second, or any other? Y__ N__ Why? _____***
   _____
3. ***What does Powerlessness mean to you? _____***
   _____
4. ***Is it hard for you to Admit Powerlessness? Y__ N__ Why?***
   _____
5. ***What's most challenging with this step? _____***
   _____

<u>The Addictive Cycle</u>:

1. ***Fear, Rejection, Intimidation, Threat, Insecurity, Inadequacy, etc.***
2. ***Pain***
3. ***Reaching out to an addictive agent to salve the pain. i.e. Work, Food, Sex, Alcohol, Drugs, Co-Dependent Relationships.***
4. ***Temporary Anesthesia***
5. ***Negative Consequences***
6. ***Shame and Guilt, which result in more pain or low self-esteem.***