

Discovering Your Beliefs

Alcoholics Anonymous challenges us to discover for ourselves what we believe. We begin by understanding what we know to be true, and build on that foundation of truth.

We know alcoholics in Alcoholics Anonymous are staying sober. Alone, without support or guidance, we were never able to stop drinking alcohol. We understand that with Alcoholics Anonymous sobriety is possible, and build on that foundation of truth.

The Alcoholics Anonymous program of recovery is spiritually powerful and can be used as a Higher Power. Everyone involved in the Alcoholics Anonymous program believes in its power to help them stay sober. This is as true of Alcoholics Anonymous members who believe in God as of those who do not. We all believe the program of Alcoholics Anonymous is the path to lasting sobriety.

Alcoholics Anonymous encourages everyone to discover spirituality for themselves. It never asks that you believe anything you find unbelievable.

Sobriety can be challenging. We emerge from intoxication into a new life of sobriety, and find that we are confused. This is to be expected. We never gave clear thought to what we believe, and years spent as alcoholics have left us unprepared for life without alcohol.

Spiritual principles can appear difficult to understand and impossible to do. For example, who can

know the will of God? It's easy to feel overwhelmed when something seems impossible.

What do we already know that can guide us? We know that it is wrong to harm others. It's clear from the start that God's will is that we do no harm. Sobriety is one way we do no harm to ourselves or to others. Doing what is needed to stay sober and helping others stay sober is doing the will of God.

When we are sincere in our willingness and the motivation for our efforts is honest, we are not taking blind steps into the unknowable. We know our part has been an honest one; we will learn from both successes and mistakes. Sincere willingness and honest effort guide us.

The best way to discover your beliefs is to practice the Alcoholics Anonymous program. To stay sober, it's strongly suggested that you attend meetings, get a sponsor, and read the Big Book. Your beliefs will take shape as you do these things. As we participate in Alcoholics Anonymous, we learn what we believe and our attitudes begin to change.

With our sponsor's help, we learn about our problem and the solution. We no longer face our alcoholism alone. Together with people who have found a solution, we face it with hope and our Higher Power's help. Our belief in the Alcoholics Anonymous solution to our alcoholism grows as we take the twelve steps with our sponsor's guidance. A garden left untended is soon a patch of weeds. Good recovery doesn't just happen. It is always the result of honest effort. A Bill Friend