My Log & Loser List | My Rap Sheet

My modus operandi (M.O.) as an untreated addict/alcoholic.

Analogy: Addicts are like drowning men and women. *If we don't find some way of keeping our heads above water, we are going to drown. So we look for some kind of power to keep us afloat. We notice there are "logs" floating on the surface. These logs look like they're capable of keeping our heads above water, but when we reach for one of these logs we find that we can only hold on for maybe a day, a week, a month, a year, maybe longer, but at some point, the log fails us as a power and we slip and drown. "Logs" are best described as "easier softer ways," "middle of the road solutions," "half measures" and "human aids."*

MY LOG LIST

powerlessness

Admitting powerlessness. Check the "easier softer ways," "middle of the road solutions," "half measures" and "human aids" that failed to keep you permanently abstinent:

- ☐ will power
- ☐ resolutions, oaths, promises, contracts
- ☐ controlled using, drinking, thinking, behaving
- ☐ harm reduction, substitution strategies (pills only, alcohol only)
- ☐ ill health, sickness
- ☐ ominous warnings from a doctor, judge, lawyer, employer, priest, minister, counsellor
- ☐ change of environment, trigger lists, avoiding people, places, things (new friends, new job, new school, new apartment)
- ☐ counselling, therapy, group therapy, behavioral modification
- ☐ detox, treatment centers, rehab, spas, spiritual retreats
- ☐ war stories, fear, horror
- ☐ relationships, friends, spouse, children, family, sex, pregnancy
- ☐ getting a pet (dog, cat)
- ☐ church, prayer (faith without works)
- ☐ having a sponsor, body-guard, mentor, life coach / recovery coach
- ☐ meetings, 90 meetings in 90 days, "meeting makers make it"
- ☐ yesterday's spiritual experience
- ☐ self-help books, personal development courses, recovery movies
- ☐ recovery knowledge, recovery slogans or memes
- ☐ reading / studying the Big Book
- ☐ intelligence / education
- ☐ frothy emotional appeals, interventions, threats, ultimatums
- ☐ positive thinking, affirmations, self-talk, gratitude lists, recovery tattoos
- ☐ poetry (*Yesterday, Today & Tomorrow*; *The Man In the Glass*), music
- ☐ guilt, shame, remorse
- ☐ good days/bad days
- ☐ keeping busy
- ☐ money / no money
- ☐ memory strategies — "remember when," "think, think, think," "play the tape all the way through"
- ☐ jail, incarceration, detention, arrested
- ☐ good reasons to stop, sufficiently strong reasons to stop, consequences, my log & loser list
- ☐ reputation, moral & philosophical convictions
- ☐ suffering, humiliation, pitiful and incomprehensible demoralization
- ☐ sobriety time, length of sobriety
- ☐ hydrotherapy, exercise, holistic medicine, acupuncture, hypnotism, healthy diet, vitamins, fasts, colon cleansing

MY LOSER LIST

unmanageability

Admitting my life is unmanageable. Check what you've lost due to your inability to stay stopped:

- ☐ time
- ☐ family
- ☐ spouse
- ☐ children
- ☐ friends
- ☐ money
- ☐ home / residence
- ☐ health
- ☐ safety
- ☐ hygiene
- ☐ opportunities
- ☐ careers, jobs, employment
- ☐ license (vehicle, professional)
- ☐ education
- ☐ quality of life
- ☐ hope
- ☐ courage
- ☐ intelligence
- ☐ mental acuity
- ☐ self-respect
- ☐ respect from others
- ☐ self-esteem
- ☐ self-confidence
- ☐ self-improvement
- ☐ self-control
- ☐ emotional security
- ☐ integrity, morality, character
- ☐ responsibility for myself / others
- ☐ volition & agency
- ☐ reputation
- ☐ freedom
- ☐ morality
- ☐ spirituality / God
- ☐ peace of mind
- ☐ sanity
- ☐ faith
- ☐ humanity

* **my life (not yet) — Big Loser!**

THE QUALIFYING QUESTION

We Agnostics, p. 44

> *"If, when you honestly want to, you find you cannot quit entirely, or if when drinking, you have little control over the amount you take, you are probably alcoholic. If that be the case, you may be suffering from an illness which only a spiritual experience will conquer."*

- ☐ *Do you honestly want to stop drinking, using or acting out?* YES / NO
- ☐ *And based on your log list, have you been able to stay stopped?* YES / NO
- ☐ *Do you exhibit little control when drinking, using or acting out?* YES / NO