

Chapter Three: **MORE ABOUT ALCOHOLISM**  
(pgs. 30-44)

Having laid out the solution in the previous chapter, Bill is probably thinking, "There are some folks who are not going to like this idea of a Spiritual Experience any more than I did. So, I need to tell them just exactly what's going to happen to them if they don't have a Spiritual Experience." So he writes a chapter called *More About Alcoholism*, which, is about one thing and one thing only: the absolute failure of self-will leading to the **insanity** of the first drink.

**Step Two says "We came to believe that a power greater than ourselves could restore us to sanity."** Well if we've got to be *restored* to sanity, that indicates we must, on some level, be insane. And many alcoholics are highly offended when you bring this up. They say "Oh don't tell me I'm insane. Yeah I do some crazy, stupid things when drinking but when I'm sober I'm much like normal people. So, as long as I'm not drinking or drugging, I *have been* restored to sanity."

Well, those crazy, stupid things we do while drunk are caused by a mind that's filled with alcohol - which lowers the inhibitions. And if your head is filled with chemicals that lower your inhibitions - look out - you're going to do some crazy stupid things all right. But, **that's not insanity** -- that's **intoxication** caused by the alcohol itself. So, in order for us to understand this, we had to go back to the dictionary and look up the word "sanity". And we find:

**Sanity = wholeness of mind or the ability to recognize the truth**

If your mind is sane, that means you can see the truth about everything around you. That means you'll make decisions based on the truth and life turns out to be pretty good.

An *insane* mind is one that cannot always see the *truth* about everything around it. And when it comes to alcohol it seems as though we cannot always see the truth.

***We make a decision based upon a lie...  
then we run into the truth...  
and life becomes an absolute living hell.***

So let's look within the mind of us alcoholics just before we take the first drink – when we're *stone cold sober*. Can we or can we not see the truth? If we can recognize the truth, we're sane. If we can't – and we take action based on a lie - we're insane.

Now Bill is going to show us this by a series of examples. He's going to give us the "Man of Thirty". He's going to look at "Jim". He's going to look at the "Jaywalker". And he's going to look at "Fred". And each time we're going to look into their minds to see if they can or cannot see the *truth* about alcohol.

Remember, it's the *LIE* which imprisons us in a Hopeless State of Mind, Body and Spirit. And.....as the saying goes...**the TRUTH** will set us free!