“Map of Recovery”
(Working Step #1: Defining *UNMANAGEABLEITY*)

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<th>Name:</th>
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“We had to ask ourselves why we shouldn’t apply to our human problems this same readiness to change our point of view. We were having **trouble with personal relationships**, we couldn’t **control our emotions**, we were a prey to **misery** and **depression**, we couldn’t **make a living**, we had a **feeling of uselessness**, we were **full of fear**, we were **unhappy**, we couldn’t seem to be of real **help to other people**—was not a basic solution of these bedevilments more important than whether we should see newsreels of lunar flight? Of course it was.” AA Big Book, pg. 52.

1. **trouble with personal relationships**

2. we couldn’t **control our emotions**

3. we were a prey to **misery**

4. and **depression**

5. we couldn’t **make a living**

6. we had a **feeling of uselessness**

7. we were **full of fear**

8. we were **unhappy**

9. we couldn’t seem to be of real **help to other people**