Last week we explored the meanings of and our understanding of the main components of the **Law** of **Cause** and **Effect**. This week we’re exploring the wording, meaning, and understanding of Step One.

Our socialization, education, and experience condition our associations and relationship with words. Our initial internal reactions: mental, physical, and emotional offers us valuable information about the conditioned associations and relationships – aka beliefs – that are operating subconsciously, out of our immediate awareness.

Exercise: read each iteration of Step One below and quickly write your immediate reaction(s). Do your best to refrain from analyzing or judging yourself or your reactions. The more honest, raw and authentic you are willing to be, the deeper your experience will be. GO FOR IT 😉

* ALCOHOLICS ANONYMOUS

We admitted we were powerless over alcohol — that our lives had become unmanageable.

Your reaction:

* NARCOTICS ANONYMOUS

We admitted that we were powerless over our addiction, that our lives had become unmanageable.

Your reaction:

* CODEPENDENTS ANONYMOUS

We admitted we were powerless over others - that our lives had become unmanageable.

Your reaction:

* OUR CCSL 2025 “WORKING” STEP ONE:

We admit that we are powerless over the Law of Cause & Effect and trying to control It makes our lives unmanageable.

Your reaction:

Are there commonalities in your reactions statement to statement? If so, what are they?

Did your reactions change as you moved through the exercise? If so, how?

Looking more specifically at individual words/phrases:

* Respond to the following prompts in your own words:
  + What does "**POWERLESS**" mean to me?
  + What does **“POWERLESS OVER”** mean to me?
  + What does an **“UNMANAGEABLE”** life look like to me?
  + What does an **“MANAGEABLE”** life look like to me?

Write your own version(s) of Step One: