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are at the end of the day the historians of our own personal experience and if these steps do not reflect that experience accurately or completely, no matter how hard it may be, then we do ourselves a disservice. This means that each step should not be rushed. The finish line is getting to the 12th step as well as you can. There is no prize for speed and no prize for being incomplete or evasive. These are all printable step worksheets and as already stated while not all are currently available, we are working to provide a complete set of sheets. These sheets are excellent learning tools when we consider that one of their purposes is to help us learn about ourselves and what needs to change to become sober and stay happily sober. They are provided to help people achieve what they intended when they first started coming to A.A. meetings. The role of the sponsor is crucial here. They have been through the process and are veterans. Better than us, as new entrants to the quest for sobriety, they know the pitfalls that we can encounter at each step and know the results of these steps. Good friends call us out and sometimes we need our sponsor to do that. By recording everything in writing, we give our sponsor an insight into what we are thinking and feeling. If we share these sheets with our sponsors, we make their roles easier and their advice better.

3.4 STEPWORLD CONTINUED

Writing Exercise #2

The decision to turn one's will over to a Higher Power can be very difficult. If you are struggling to do so, these series of exercises and questions below may help you identify why you are struggling to make this decision.

1. Make a list of things, people, and events (etc.) which are keeping you from turning over your life to God.

2. Is holding onto your denial of God more important than changing your life? (Explain)

3. If you could change anything about your life, what would it be?

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STEP 3

That only helps us achieve better outcomes. A final thought here at the end. Once you have completed a worksheet, keep it. There are times when going back over them can remind us how far we have come. They are also a record of our journey. Note: Except where specified all quotes are from the Big Book of Alcoholics Anonymous. The concept behind the 1st step is significant, as addiction can lead to a tendency to hide problems from ourselves and others, pretending that we have control over our actions, while blaming others for the harm we cause. This denialAddicts can spend years showing clear symptoms of out of control behavior without admitting the severity of the problem to themselves or others. It often takes an external shock such as losing a job, imprisonment, or public humiliation to break the hold of denial. More often than not, it is a sense of everything that we hold dear in life, including relationships, careers, and even our sense of self. The problem lies in the idea that we are taught to always remain in control, even when it is at the cost of winning. Acknowledging that we are powerless over our addiction may seem like defeat, but it is only a partial admission of defeat. We are recognizing that our attempts to control our addiction have failed and that we need to find a new path of recovery/The process by which addicts attempt to break the hold a certain substance or behavior has on their lives. This can refer to participation in a wide variety of methods. What they all have in common, is a sense that life is improving and the addict is regaining control. More, which will help us regain control. The process of recovery is a productive one, even though it may initially be painful, as we are letting go of old habits and building new, healthy ones. To let go, we must first admit the depth of our addiction and our inability to control it. This requires us to face our shortcomings and to be honest about the damage that our addiction has caused in our lives. With the support of others who understand our struggles, we can begin the process of rebuilding our lives and overcoming addiction. How to Work Step 1 To acknowledge that you have lost control of your addiction, one effective method is to attend a meeting and openly discuss your struggles. Admit to the group how your attempts to control your addiction have failed and the damage it has caused to your life and loved ones. When you are ready to seriously work on the 12 stepsThe term "12 steps" refers to the core principles of the approach to addiction exemplified by Alcoholics Anonymous and other similar groups. The 12 steps are a set of guidelines designed to help individuals overcome addiction and rebuild their lives. They were created by the founders of Alcoholics A... More, find a reliable sponsorAn individual in a 12-step program requires a sponsor to help them work the steps and hold them accountable for their recovery. The sponsor should be readily available when help is needed. A member with a sponsor is considered to be the sponsee. More who can help guide you through the process. Your sponsor can assist you in two crucial ways: they will be there for you when you feel like you may relapseThe act of returning to the harmful behavior associated with addiction after or during a process of recovery. This often involves a return to general destructive patterns of behavior. More, and they can help you compile a list of the worst behaviors and outcomes associated with your addiction. Honesty is the guiding principle when working on the first step, and it is important to share all details with your sponsor and group, no matter how shameful you may think they are. Don't be afraid to tell your sponsor and group if you are struggling to maintain your recovery or if you have relapsed. As long as you are honest and willing to accept help, you can overcome any obstacle. Questions for Working Step 1 Of The Program Step 1 Worksheet Questions Step one is built around the realization that our addiction has defeated us. That our attempts to function have failed and that addiction is the cause of this outcome. Therefore, our questions at this stage will focus on how we were defeated, by what our lives look like as a result. These questions will seem dumb and they are. But keep in mind that we are not surveying the wreckage in our lives to feel self-pity. We are preparing to rebuild. Step 1 Questions How did you first become aware of your addiction, and what initially drew you to it? How do you feel when you refrain from engaging in addictive behaviors for a period? What specific behaviors does your addiction consist of, which ones do you engage in the most, and why? In what ways has your addiction damaged your most important personal relationships, and how did it do so? Does your addiction make you feel isolated from other people, either internally or externally, and have others noticed this as well? What emotions or feelings typically trigger internal and external cues which when encountered increase the cravings of an addict for the substance or behavior on which they are dependent. This can include a certain smell, place, or person the addict associates with trauma or use. More your engagement in addictive behaviors, and do you use them to mask other issues or problems? How does your behavior impact these feelings? What is the most significant negative outcome of your addiction, and how has it affected your life? How has your addiction impacted your finances, and how have you justified or hidden your spending from others? In what ways have you tried to conceal your addictive behavior from other people, and has it been successful? Have you experienced any physical or mental health issues because of your addiction, and how have you coped with them? Have you ever done something that you did not want to do, but engaged in it anyway because of your addiction? How did this make you feel? Have you ever put yourself in danger because of your addiction, and if so, how did you handle the situation? Did you learn from the experience or repeat it? What is the most embarrassing or humiliating situation that has occurred in your life as a result of your addiction? Have you ever manipulated or exploited other people to fulfill your addiction, and how did you rationalize it to yourself? During what period of your life did you feel the least in control, and was your addiction a contributing factor? How did this experience affect you? How much time have you devoted to your addiction during the worst and most typical periods of your addiction, and how has this affected other areas of your life? Have you ever betrayed someone else due to your addiction, and how did you justify it to yourself? How has your addiction impacted your career, and what measures have you taken to conceal your behavior at work? Have these measures been effective? When did you first realize that you were an addictAn individual with an unhealthy dependence on a substance or behavior. An individual remains an addict even years into recovery and must therefore remain active in recovery. Read more about drug & alcohol addiction & withdrawal at Withdrawal Info. More, and did you feel that your life was unmanageable at that time? In what ways? How step 1 helps us recover Answering these questions will allow us to take stock of how our lives have become unmanageable and the damage we have done to ourselves and others. It shows how previous efforts to manage our addiction have failed. Admitting this failure allows us to prepare for a better path. Read more about step 1 & admitting powerlessness.