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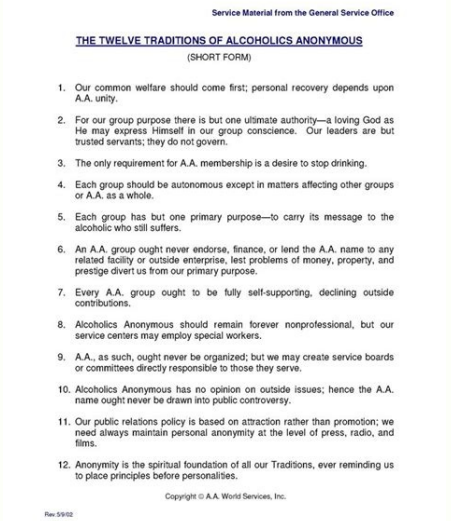
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Alcoholics anonymous step one worksheet

Alcoholics anonymous 10 steps.



What is step 5 in alcoholics anonymous. Alcoholics anonymous ten steps. Aa step 12 steps.

Alcoholics Anonymous is a 12-step program. Each of these steps is simplified by the use of a worksheet. They provide a way of enabling people to consider as much detail as possible in each of these important steps. We provide several worksheets to help people on the path to sobriety and the spiritual awakening necessary to continue to stay sober. These can be a great resource as we move through this recovery program. We provide some worksheets here and will continue to add more. But let's look at the worksheets and their purpose. The steps of Alcoholics Anonymous can be divided into four phases each containing three steps. Phase 1 - Accepting Our Condition This first phase brings us from acknowledging we have a problem with alcohol abuse to the point where we come to understand that there is only one to deal with it. Step 1 - We admitted we were powerless over alcohol—that our lives had become unmanageable. This step is the most critical in moving to a better life. It is the first time we confront the fact that we can't manage our lives. This worksheet explores the why of how we came to this admission and looks at what shows our lives are unmanageable. Step 2 -- Came to believe that a power greater than ourselves could restore us to sanity. This worksheet aims to examine three things and in doing so initiates our conscious contact with God. These are: What our Higher Power is like or would be like if we are agnostic or atheist. What our understanding of sanity is and our perception of its value. Why relying on a higher power is necessary to achieve sanity. Step 3 - Made a decision to turn our will and our lives over to the care of God as we understood Him. During step 2, we became aware of a Higher Power and now we reach out to that Higher Power. This is the beginning of our spiritual experience. The worksheet for this step is a simple invitation to reflection that culminates in confirming the decision we have just made. Phase 2 - Reviewing Our Past Critical to staying sober is the achievement of emotional sobriety. This phase can be terrifying, but the end results are catharsis and freedom from your former self. Step 4 - Made a searching and fearless moral inventory of ourselves. This step takes time, and we often need to conquer hesitation. The worksheet contains multiple sections. These sections deal with: Resentment, Fear, Harm, Sexual Conduct. There is often an overlap between 2 or more of the sections. Step 5 - Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. This is intimidating. We sit down with someone, typically our sponsor, and review what we revealed about ourselves in step 4. This worksheet is simple. It is a list of what we admitted and a space for notes that we can make based on any discussions that arise from the conversation. Step 6 - Were entirely ready to have God remove all these defects of character. The worksheet for this step helps us list our character defects, the effects that these character flaws have and provides the details of the change we expect to happen as we allow God to remove them. The intent of this worksheet is to provide encouragement by letting us have a glimpse of the future as we consign these things to the past. Phase 3 - Correcting Our Ways Now that we have reviewed our past and the problems that affected our drinking and were in turn affected by our alcohol abuse., we move, in this phase, to dealing with these issues. Step 7 - 7. Humbly asked Him to remove our shortcomings. This is similar to the step 5 worksheet. It is a list of each shortcoming that we ask our Higher Power, in faith, to remove. Step - 8 Made a list of all persons we had harmed and became willing to make amends to them all. We can draw on some of the information we set out in the step four worksheet. We list the person and the harm we have done them. People may well appear several times. Step 9 - Made direct amends to such people wherever possible, except when to do so would injure them or others. This sheet expands on the 8th step worksheet. We name the person and give details of the event we need to make amends for. It is critical that we understand what feelings we had and what motivated us to do what we did. It helps us understand ourselves and also enables us to answer the question, "Why?" if the person we are making amends to asks that. The step imposes a condition on making direct amends - except when to do so would injure them or others and we need to decide whether to make direct amends to them based on this possibility. The comments portion of this worksheet allows us to comment on anything such as why they would be harmed by direct amends or things we should say when talking to such people. It is possible that we can use this condition to avoid dealing with the persons we had harmed. For this reason, we need to show this to our sponsor and have our sponsor call us out in possible avoidance. Phase 4 - Maintaining Our Sobriety We have done it and through the difficult last two phases, we have made gigantic strides towards emotional sobriety. Remember the 9th step promises begin and end with a contract if we are painstaking about this phase of our development we will be amazed before we are halfway through. They will materialize if we work for them. But now we deal with the issue of maintaining the victory that, with the help of our higher power, we have achieved over alcohol.

The Twelve Steps of Alcoholics Anonymous

Step One

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

Step Two

Came to believe that a power greater than ourselves could restore us to sanity

Step Three

Made a decision to turn our will and our lives over to the care of god as we understood him

Step Four

Made a searching fearless moral inventory of ourselves

Step Five

Admitted to god to ourselves and to another human being the exact nature of our wrongs

Step Six

Were entirely ready to have god remove all these defects of character

Step Seven

Humbly asked him to remove our short comings

Step Eight

Made a list of all persons we have harmed and became willing to make amends to them all

Step Nine

Made direct amends to such people whenever possible except when to do so would injure them or others

Step Ten

Continue to take personal inventory and when we were wrong promptly admit it

Step Eleven

Sort through prayer and meditation to improve our conscience contact with god as we understood him. Preying only of knowledge of his will for us and the power to carry that out.

Step twelve

Having had a spiritual awakening as a result of these steps, we tried to carry the message to the alcoholic and to practice these principals in all our affairs.

Many of us have exclaimed what an order I cannot go through with it! Do not be discouraged. No one amongst us has been able to maintain anything like these principals. We are not saints. The point is, that we are willing to grow along spiritual line. The principal we have set down are guidelines to progress. We claim spiritual progress rather than spiritual perfection.

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This takes place through daily reflection and constant self-evaluation. That is the hallmark of the worksheets of this phase. Step 10 - Continued to take personal inventory, and when we were wrong, promptly admitted it. This worksheet contains two tables to help us reflect on the fears as well as the emotions and defects of the day. Step 11 - Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. This is a simple journal, really. It provides space to record the thoughts and feelings that come to us in our times of prayer and meditation. Step 12 - Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs. This too is a journal.

STEP 8

Make a list of the persons being harmed, and myself by _____ by _____

STEP 9

Make amends wherever necessary and how will you make the amends? I'll make amends to myself by _____ and to _____ by _____

STEP 10

Review the above steps to be sure that nothing has been overlooked, or, if the same things occurred, from other times during the day. Taking personal inventory. I now _____

STEP 11

Take a moment for prayer or meditation, asking God for knowledge of His will for me so as to make a change by _____

STEP 12

How can your understanding and spiritual awakening assist you in dealing with your problem? I will stay consistent in practicing these principles by _____

GOOD POINT

a) Today I _____ about (something I did) _____

b) It is a good thing (why it was good for me) _____

c) (How I felt) _____ about _____

d) I felt _____ about _____

e) In _____ (how I acted in the past under these conditions - changes) _____

f) How did you feel we was (qualities) _____

g) (How I feel now) I feel _____ about _____

h) If I keep (doing my change) _____

i) I will (achieve something) _____

j) I give myself credit for (what I have accomplished) _____

GOALS (3 or more to be accomplished within the next day - 24 to 36 hours)

1. I will _____

2. I will _____

3. I will _____

BLESSING

(A prayer to my higher power expressing my thankfulness.)

How have we carried the message and to whom?

BIG BOOK GOALS		
Table of Contents		
GOAL 1	GOAL 2	GOAL 3
Identify the Problem	Define the Solution	Action Necessary for Recovery
Doctor's Opinion Chapter 1 - Bill's Story	Chapter 2 - There is a Solution Chapter 3 - More About Alcoholism Chapter 4 - The Agony	Chapter 5 - How to Work Chapter 6 - Love Is Key Chapter 7 - Working With Others
STEP 1	STEP 2	STEP 3
POWERLESS	POWER	HOW TO FIND POWER

How can we carry the message? Using The Sheets The key to each step of this simple program is being completely honest. The Big Book places honesty as being the most important part of our ability to achieve and sustain recovery. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. It reinforces this when it says There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest. As a result, for each step, there can be no evasion of any fact. In practical terms, any time we try and duck the reality of how we were when we were drinking is a lie to ourselves and a barrier to a better life. We

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 result 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 STEPWORK 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?

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 can eventually lead to losing everything 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 recoveryThe 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 dour, 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 triggerInternal 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.