

1st Step Worksheet

Everything I Hate About My Life	Everything I Did To Change It Strategy Coping Skills Survival Skills	Results Of My Attempts To Change It
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
5. _____	5. _____	5. _____
6. _____	6. _____	6. _____
7. _____	7. _____	7. _____
8. _____	8. _____	8. _____
9. _____	9. _____	9. _____
10. _____	10. _____	10. _____
11. _____	11. _____	11. _____
12. _____	12. _____	12. _____
13. _____	13. _____	13. _____
14. _____	14. _____	14. _____
15. _____	15. _____	15. _____
16. _____	16. _____	16. _____
17. _____	17. _____	17. _____
18. _____	18. _____	18. _____

The Purpose of the Inventory is PROVE TO YOU in your own words that you are powerless.

THERE IS NOTHING I CAN DO IN MY OWN POWER TO FIX MYSELF

**If you think that you still have the choices of deciding if you are going to act out or not
you still have not accepted that your are powerless.**

This sheet is my attempt to capture the thoughts and strategies I have heard on SLAA phone meetings.