

1st STEP WORKSHEET

We admitted we were powerless over alcohol (*or whatever substance or behavior*) – that our lives had become unmanageable.

(Alcoholics Anonymous, Alcoholics Anonymous World Services, Inc.)

- List the circumstances when you have tried, and failed, to control alcohol (*or whatever substance or behavior*):

Substance or Behavior	Circumstance

Attach page if necessary.

- How has your life become unmanageable due to alcohol (*or whatever substance or behavior*)?

Finances	Relationships	Friends	Physical Health
Mental Health	Spirituality	Weight	Accomplishment
Career/Job	Kindness	Forgiveness	Integrity
Honesty	Accurate Thought	Gratitude	Responsibility
Other?			

3. What power do you have over alcohol (*or whatever substance or behavior*)?

4. How do you feel about your life being unmanageable due to alcohol (*or whatever substance or behavior*)?

- | | | | |
|-------------|------------|---------------|------------|
| Angry | Afraid | Joyous | Passionate |
| Loving | Ashamed | Guilty | Resentful |
| Overwhelmed | Threatened | Hurt | Pitiful |
| Sad | Hopeful | Compassionate | Wanting |
| Embarrassed | Humble | Regretful | Remorseful |
| Other? | | | |

5. How would your life be different if you did not have the unmanageability of alcohol (*or whatever substance or behavior*) in it?

6. Write a statement of how you are powerless over alcohol (*or whatever substance or behavior*), and how it has made your life unmanageable.