

First Step Worksheets

SUGGESTION

"The Steps shall set you free, but first they'll piss you off." (modern, anon.) Don't be surprised if you get **very angry** while working through these worksheets.

Look over page 3 of these worksheets and see if you understand what the First Step is getting at. If you don't understand, fill out the rest of the pages in this guide anyway; you'll be discussing all of this with your sponsor.

Here's your first opportunity in the program to be fearless and honest. You don't have to fill in every blank or write well (in recovery you get no points for grace and style), but work hard to find plenty of examples. Make sure your notes are clear, so that you can understand them later in your recovery, when you may want to review these sheets. People often review their First Step worksheets on their one-year anniversary and notice how far they have come in their understanding of the disease of alcoholism/addiction.

You don't have to show these worksheets to anyone--they are to help **you** understand your personal experience with alcohol or drugs.

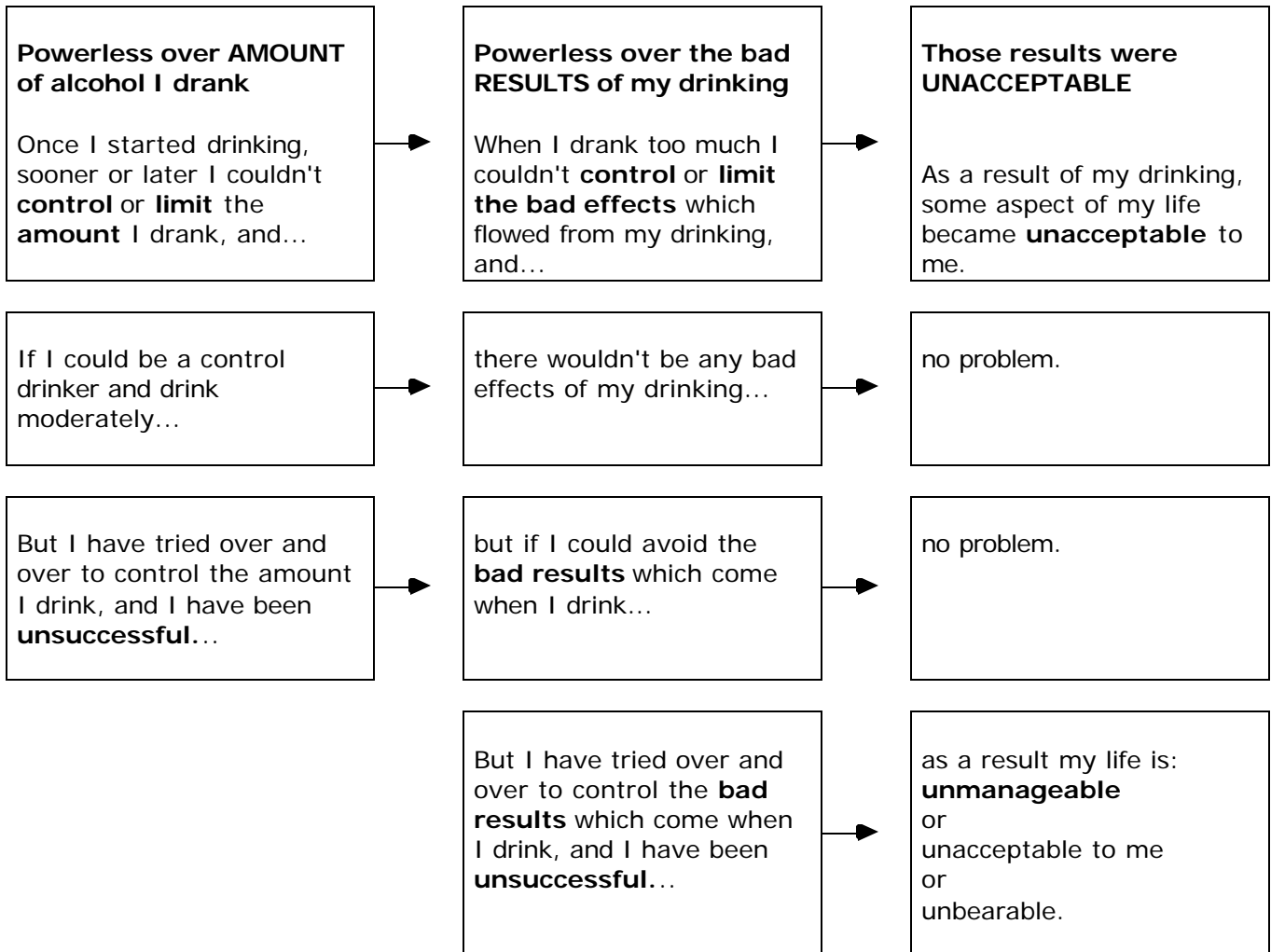
STEP 1

<p><i>We admitted we were powerless over alcohol—</i></p>	➔	<p><i>—that our lives had become unmanageable.</i></p>
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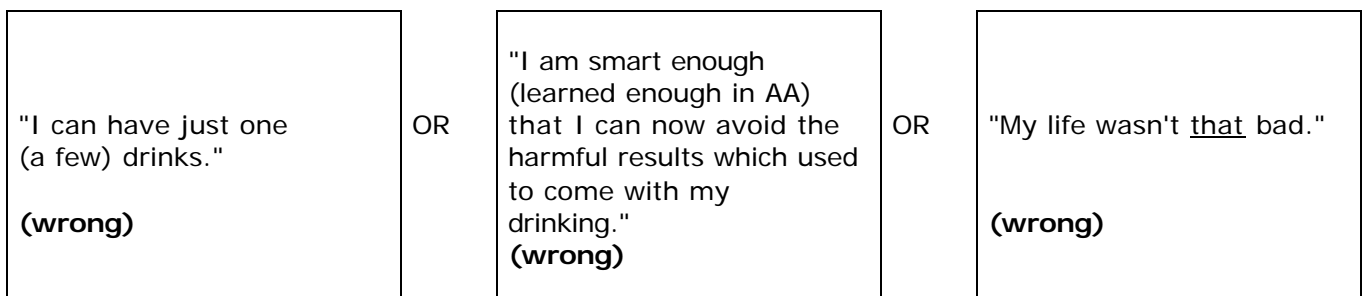
CONCEPT 1

CONCEPT 2

CONCEPT 3



On the way to a slip, I rationalize:



Concept 1: POWERLESSNESS OVER AMOUNT OF ALCOHOL CONSUMED

1.1 Have you ever tried to **stop drinking/drugging** completely? Give examples:

- a. _____
- _____
- b. _____
- _____
- c. _____
- _____
- d. _____
- _____
- e. _____
- _____
- f. _____
- _____
- g. _____
- _____
- h. _____
- _____

What was the result?

- a. _____
- _____
- b. _____
- _____
- c. _____
- _____
- d. _____
- _____
- e. _____
- _____
- f. _____
- _____
- g. _____
- _____
- h. _____
- _____

1.2 Have you ever tried to **limit** or **control** the **amount** of alcohol or drugs you used by **limiting dosage** (for instance, promising yourself or someone else you would have only 2 drinks at a party)? Give examples:

- a. _____
- _____
- b. _____
- _____
- c. _____
- _____
- d. _____
- _____
- e. _____
- _____
- f. _____
- _____
- g. _____
- _____
- h. _____
- _____

What was the result?

- a. _____
- _____
- b. _____
- _____
- c. _____
- _____
- d. _____
- _____
- e. _____
- _____
- f. _____
- _____
- g. _____
- _____
- h. _____
- _____

1.3 Give examples of **how** you tried to **limit** or **control** the **amount** of alcohol or drugs you used by **switching drinks** (for instance, switched from straight liquor to a mixed drink or beer, or switched to a drink you do not like):

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

What was the result?

- a. _____
- b. _____
- c. _____
- d. _____

1.4 Give examples of **how** you tried to **limit** or **control** the **amount** of alcohol or drugs you used by **limiting the time** for drinking/drugging (for instance, decided not to drink before a certain hour in the day):

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

What was the result?

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

1.5 Have you ever awakened in the morning after drinking/drugging and found that you could not remember some part of the evening? Give examples:

- a. _____
- b. _____
- c. _____

Concept 2: POWERLESSNESS over BAD RESULTS from Drinking/Drugging

2.1 What have you done to try to drink without bad results (for example, to drink only at home, or not to leave the house after starting to drink)

- a. _____
- _____
- b. _____
- _____
- c. _____
- _____
- d. _____
- _____
- e. _____
- _____

What was the result?

- a. _____
- _____
- b. _____
- _____
- c. _____
- _____
- d. _____
- _____
- e. _____
- _____

2.2 What have you done to try to limit or avoid the bad effects of drinking/drugging on your health (for example, take medication for alcohol-related high blood pressure or stomach problems):

- a. _____
- _____
- b. _____
- _____
- c. _____
- _____
- d. _____
- _____
- e. _____
- _____

What was the result?

- a. _____
- _____
- b. _____
- _____
- c. _____
- _____
- d. _____
- _____
- e. _____
- _____

2.3 How else did you try to control the **results of your drinking/drugging**, and were you successful?

- a. _____
- _____
- b. _____
- _____
- c. _____
- _____
- d. _____
- _____
- e. _____
- _____

What was the result?

- a. _____
- _____
- b. _____
- _____
- c. _____
- _____
- d. _____
- _____
- e. _____
- _____

**Concept 3: UNMANAGEABILITY:
THE UNACCEPTABLE RESULTS OF MY DRINKING/DRUGGING**

3.1 What was it in your life that was **unacceptable to you** and brought you to Alcoholics Anonymous?

- a. _____

- b. _____

- c. _____

3.2 What **crisis** other than the one that finally brought you into AA would eventually have occurred?

- a. _____

- b. _____

- c. _____

3.3 How has drinking/drugging affected your **self-esteem, self-image or self-respect**?

- a. _____

- b. _____

- c. _____

3.4 Have you ever gotten into **physical fights** as a result of your drinking/drugging?

- a. _____

- b. _____

- c. _____

3.5 Have you ever **lost a job or a promotion** as a result of your drinking/drugging?

- a. _____

- b. _____

c. _____

3.6 Have you ever **lost a lover or significant friend** as a result of your drinking/drugging?

a. _____

b. _____

c. _____

3.7 Have you been **hospitalized** (regular or psychiatric) as a result of your drinking/drugging?

a. _____

b. _____

c. _____

3.8 Have you been very **depressed** and/or felt life was not worth living (alcohol and other drugs often cause severe depression)? Have you attempted suicide?

a. _____

b. _____

c. _____

3.9 How has drinking/drugging affected your **goals for your life**, and the progress you have made to achieve them?

a. _____

b. _____

c. _____

3.10 How has drinking/drugging affected your **health** (heart, liver, stomach, skin, nervous system [peripheral neuropathy, or tingling/pain/numbness in fingers or toes])?

- a. _____

- b. _____

- c. _____

3.11 Give some examples of your drinking/drugging putting your life or the **lives of others in danger**?

- a. _____

- b. _____

- c. _____

3.12 What is it about your behavior when you drink that your lover/family/friends object to most?

- a. _____

- b. _____

- c. _____

3.13 Has any **physical abuse** happened to you or others as a result of your drinking/drugging?

- a. _____

- b. _____

- c. _____

3.14 How has your drinking/drugging adversely affected you even when you are sober?

- a. _____

- b. _____

- c. _____

4.1 What convinces you that you can no longer use alcohol or drugs safely?

- a. _____

- b. _____

- c. _____

4.2 Are you admitting or accepting? What is the difference between these two things? How are you accepting through your behavior?

- a. _____

- b. _____

- c. _____

4.3 **Are you an alcoholic or chemically dependent person? _____**

4.4 Give 12 reasons why you should continue in the program of Alcoholics Anonymous?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____