

Name: _____

Worksheet

Step One: "We admitted we were powerless over alcohol/drugs, that outlives had become unmanagable."

Powerlessness:

1. Preoccupation - Describe how you worry or think about drinking or using.

2. List all attempts you have made to quit or control your drinking and using.

3. Give specific examples of the destructive behavior you have cause. include the behavior toward yourself and others in your life related to your drinking or using.
