

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Addiction Recovery

Step One: "We admitted we were powerless over alcohol/drugs, that our lives had become unmanageable."

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

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

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**Give specific examples of the destructive behavior you have caused. Include the behavior toward yourself and others in your life related to your drinking or using.**

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