

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

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

## *Drug Addiction Recovery Worksheet*

"We admitted we were powerless over alcohol/drugs, that  
our lives had become unmanagable."

### Powerlessness:

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

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

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3. 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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