

## 12 Step Worksheet Questions

### STEP 1

We admitted we were powerless over alcohol that our lives had become unmanageable.

*The first time I took a drink I knew it wasn't for me. Every time I drank I got drunk and I got sick. It made me forget. It made me suffer. With the help of others I finally surrendered.*

#### QUESTIONS

1. How did alcohol control you?  
How and when did you really feel powerless over alcohol?  
When did you feel powerless over someone or something?
2. Who or what in your life is making you feel different and causing you stress to-day?  
Who do you feel is controlling you now?  
What situations, feelings, or realities have you been running from, denying, or avoiding?
3. What would you have to face in your own life if you stopped trying to control someone or something?  
What might happen if you stopped allowing someone or something to control you?
4. What in your life is unmanageable?  
What is your current condition in these areas: emotions, finances, spirituality, physical health, career?  
What are you doing for fun, pleasure and enjoyment?
5. What is the current state of your relationships with these people: family, friends, co-workers.  
Do you have any relationships, or are you feeling alone and isolated?
6. What is causing you to be resentful?  
Is there anyone you want to say something to? If so, why can't you say it?
7. What particular incident helped you to begin attending A.A. meetings?  
If attending for a time, what issue has been plaguing you most recently?  
When was the last time you did something loving and nurturing for yourself?  
Is there someone in your life that you feel is causing you misery?  
Do you feel that if he or she behaved differently, you would be happy?

### STEP 2

Came to believe that a Power greater than ourselves could restore us to sanity.

*I came to realize I could not do it alone. I was very weak. I asked for help. Somehow I asked others and God to help me.*

#### QUESTIONS

1. What are the activities that bring you hope and help you believe things are okay and will be okay?
  - a) Going to meetings?
  - b) Talking with other alcoholics?
  - c) Reading recovery material?
2. Name those who have helped you to believe the most in your future.
3. How have your ideas changed about what it means to be restored to sanity?  
Have your expectations about recovery changed?  
What do you expect from recovery now that is different from what you expected when you first stopped drinking?
4. For now, how do you define a Power greater than yourself?  
Do you believe that Power cares about you?
5. What is a reasonable plan of self-care for you to help you continue to believe that recovery can, and will, work for you?
6. What has been done for others in recovery that you would like to happen for yourself?  
Do you believe this is possible?
7. Make a list of the areas in your life where you would like to be restored.  
Your goals will be more effective if they center around restoring your own life rather than someone else's.

### STEP 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

*I continued to believe in God. That God did not love me. How could God love me? I was doing so much to incur God's wrath and so little to deserve God's love. Now I believe God loves me no matter what.  
God is LOVE.*