

12 STEP WORKBOOK

STEP ONE – THE FOUNDATION – DEFEAT

Worksheet for the First Half

"We Admitted We Were Powerless Over (Our Addiction)- ..."¹¹

READ IN PREPARATION:

"Big Book" of Alcoholics Anonymous – from the...

Preface through Page 43

Twelve Steps and Twelve Traditions

Pages 21-24 (*Read 21-22-daily*)

First Half – Suggested work

Complete the following items giving *specific examples for each*, giving dates, times and the people involved. Please write a *paragraph rather than a sentence* for each example of your drinking/addictive behaviour.

- 1) Loss of control because of your using/addictive behaviour, i.e. blackouts, overdoses, bingeing, ruined plans, etc.
- 2) Behaviour of a destructive nature.
- 3) Situations where you put yourself or others in danger and/or had accidents due to your addiction.
- 4) Attempts to control or stop your addiction.
- 5) Substitution of other addictive substances and/or behaviour.
- 6) Broken promises to stop or moderate your drinking/addiction to yourself, family, friends and/or employers.
- 7) Examples of denial of addictions represented in my life.
- 8) What is the three fold nature of your dis-ease and what does that mean to you?
- 9) Do I truly feel hopeless without help? And what does that look like?

12 STEP WORKBOOK

STEP ONE – THE FOUNDATION – DEFEAT

Worksheet for the "Second Half"

"...That Our Lives Had Become Unmanageable." ¹²

READ IN PREPARATION:

"Big Book" of *Alcoholics Anonymous* – Preface through Page 43

Twelve Steps and Twelve Traditions – Pages 21-24 (*Read 21-22-daily*)

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Second Half – Suggested work

Complete the following items giving *specific examples for each*, giving dates, times and the people involved. Please write a *paragraph rather than a sentence* for each example of your ...ism*. We are talking about our ...ism not your wasm.

- 1) The effects of your ...ism* on family, friends and/or employers and other personal relationships.

- 2) Your loss, due to your ...ism*, of relationships, including marriages, partnerships and/or friendships, etc.

- 3) Your loss, due to your ...ism*, of jobs, education, employment, and other opportunities, etc.

- 4) Situations, which have led to breaking the law and/or convictions.

- 5) Physical damage; i.e. Weight gain/loss, illness, broken bones and types of treatment.

- 6) Loss of physical freedom and/or freedom to choose.

- 7) Loss of interest in hobbies, sports, people, social activities, etc.

***...ism =** *trouble controlling emotions, experiencing misery, depression, trouble earning, feelings of uselessness, full of fear, unhappiness and trouble giving or receiving.*