

Step 1 Worksheets

Honesty

POWERLESSNESS over AMOUNT of Alcohol or Drugs Consumed

Have you ever tried to stop drinking/drugging completely? Give examples:

Have you ever tried to limit or control the amount of alcohol or drugs you used by limiting dosage (for instance, promising yourself or someone else you would have only 2 drinks at a party)? Give examples:

Give examples of how you tried to limit or control the amount of alcohol or drugs you used by switching drinks (for instance, switched from straight liquor to a mixed drink or beer, or switched to a drink you do not like):

Give examples of how you tried to limit or control the amount of alcohol or drugs you used by limiting the time for drinking/drugging (for instance, decided not to drink before a certain hour in the day):

Have you ever awakened in the morning after drinking/drugging and found that you could not remember some part of the day before? Give examples:

POWERLESSNESS over BAD RESULTS from Drinking/Drugging

What have you done to try to drink or use drugs without bad results (for example, to drink only at home, or not to leave the house after starting to drink)

What have you done to try to limit or avoid the bad effects of drinking/drugging on your health (for example, take medication for alcohol-related high blood pressure or stomach problems):

How else did you try to control the results of your drinking/drugging, and were you successful?

UNMANAGEABILITY: THE UNACCEPTABLE RESULTS OF MY DRINKING/DRUGGING

What was it in your life that was unacceptable to you and brought you to treatment or recovery?

What crisis other than the one that finally brought you into treatment or recovery would eventually have occurred?

How has drinking/drugging affected your self-esteem, self-image or self-respect?

Have you ever gotten into physical fights as a result of your drinking/drugging?

Have you ever lost a job or a promotion as a result of your drinking/drugging?

Have you ever lost a lover or significant friend as a result of your drinking/drugging?

Have you been hospitalized (regular or psychiatric) as a result of your drinking/drugging?

Have you been very depressed and/or felt life was not worth living (alcohol and other drugs often cause severe depression)? Have you attempted suicide?

How has drinking/drugging affected your goals for your life, and the progress you have made to achieve them?

How has drinking/drugging affected your health (heart, liver, stomach, skin, nervous system [peripheral neuropathy, or tingling/pain/numbness in fingers or toes]?)

Give some examples of your drinking/drugging putting your life or the lives of others in danger?

What is it about your behavior when you drink or use drugs that your lover/family/friends object to most?

Has any physical abuse happened to you or others as a result of your drinking/drugging?

How has your drinking/drugging adversely affected you even when you are sober?

CONCLUSIONS

What convinces you that you can no longer use alcohol or drugs safely?

Are you admitting or accepting? What is the difference between these two things? How are you accepting through your behavior?

Are you an alcoholic or chemically dependent person? _____

Give 15 reasons why you should continue the path of recovery?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____