

AA STEP ONE WORKSHEET

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

POWERLESSNESS LIST:

Reflect on your powerlessness; list 6 ways alcohol has affected your ability to control your life.

1

2

3

4

5

6

UNMANAGEABILITY LIST:

Reflect on unmanageability; list 6 ways alcohol has harmed you, loved ones, or your responsibilities.

1

2

3

4

5

6

BONUS JOURNAL PROMPT: Spend 10 min. writing about your recovery journey. Include struggles, cravings, clear moments, and victories. It all matters.



PURPOSE
HEALING CENTER

Aa Step Guide

Arturo Cuomo

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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