

# 12-Step Worksheet with Questions

## A Guide to Working the 12 Steps

To a newcomer, a 12-step program can be overwhelming. You may look at dramatic concepts such as making amends or reaching a spiritual awakening and wonder what that means in practical terms. Your first source for the substantive content of each step should be your sponsor. Do not work the steps without input from them and possibly from the rest of your group as well. The literature specific to your group is also valuable resources in this process.

The process is called "working the steps" for a reason. Each step requires exhaustive mental work alongside practical steps. The 12-steps are designed to help us better understand where our addiction stems from and what we can do about it. This requires a great deal of introspection and soul searching. It is for this reason that focused questions are a crucial element in the equation. If you work the steps, listen to your sponsor, and take your recovery seriously, your life will improve immeasurably. Answering these questions as you reach the appropriate step, will help you along that process.

This is not meant as a comprehensive source of questions relevant to your work on the 12 steps. Instead, we advise that you show the questions to your sponsor and decide together if they are appropriate for you. Answering these questions does not replace the work you do with your sponsor, attending meetings, using official literature, and daily prayer and meditation. Instead, it is meant to complement the traditional elements and assist you as you improve your life by working the steps.

### Step 1

**Focus of step 1:** Step one is built around the realization that our addiction has defeated us. That our attempts to function have failed and that addiction is the cause of this outcome. Therefore, our questions at this stage will focus on how we were defeated, by what our lives look like as a result. These questions will seem dour, and they are. But keep in mind that we are not surveying the wreckage in our lives to feel self-pity. We are preparing to rebuild.

### Step 1 Questions

How did you discover your addiction? Why did you enjoy it initially?

How did you feel when you had not engaged in an addictive behavior for a while?

List all the types of behavior of which your addiction consisted. Which did you do most often and why?

Did your addiction damage your most important personal relations? How did it do so?

Does your addiction isolate you from other people? Is it an internal feeling of isolation, or have the people in your life noticed it too?

Were there any feelings that you hid about engagement in addictive behavior? Were you trying to mask them? How did your behavior alter or influence those feelings?

What is the most regrettable outcome of your addiction?

How did your addiction affect your finances? How did you rationalize your spending? Did you have to hide the damage from other people?

# 12 Step Working Guide

**SA Adler**



## 12 Step Working Guide:

The Narcotics Anonymous Step Working Guides, 1998-01-01 Narcotics Anonymous Step Working Guides are meant to be used by NA members at any stage of recovery whether it s the first time through the steps or whether they have been a guiding force for many years This book is intentionally written to be relevant to newcomers and to help more experienced memebers develop a deeper understanding of the Twelve Steps The NA Step Working Guides Fellowship of Narcotics Anonymous, **The Universal 12-Step Workbook** Dr. KJ Foster, 2025-08-11 The Universal 12 Step Workbook A Guide to Growth and Healing Unhealthy Habits is a transformative tool designed for anyone seeking meaningful change whether recovering from addiction anxiety compulsive behaviors codependency or other life disrupting patterns Rooted in the proven framework of the 12 Steps this workbook expands their spiritual and psychological wisdom into a flexible inclusive approach that resonates with diverse beliefs and experiences Written by Dr KJ Foster a mental health expert and recovery educator this guide reimagines the 12 Steps for modern growth and self discovery It is ideal for those who may feel disconnected from traditional 12 step language or are looking for a more holistic non dogmatic path to healing Each step includes five adapted versions Original Universal Spiritual Secular Psychological Wellness Based and Empowerment Focused allowing the reader to choose the version that speaks most personally to their journey Packed with reflection prompts practical exercises journaling pages and spiritual insights this workbook helps readers develop self awareness strengthen resilience and establish healthier habits of mind body and spirit Whether used independently or alongside a group program or therapist The Universal 12 Step Workbook offers a compassionate empowering path to healing This is more than a workbook it s a companion for those ready to live with greater intention integrity and inner peace Deep Soul Cleansing-12 Step Workbook Jamie M, 2008-04-01 If you have been looking for the perfect inventory workbook here it is This is the companion to Deep Soul Cleansing contains room for some 300 resentments Several sex problems money and work issues and harm done to others This workbook has suggested readings and writing for all 12 Steps It is also used with our sponsees to move quickly and efficiently though what is the cycle of the Steps **A Skeptic's Guide to the 12 Steps** Phillip Z., Z. Phillip, 1990-10-01 How many of us have felt like Phillip Z He has a staunch belief in the Twelve Steps yet struggles with the concept of a Higher Power In A Skeptic s Guide to the 12 Steps the author investigates each of the Twelve Steps to gain a deeper understanding of a higher power He examines what may seem like unsettling concepts to us including surrendering one s will and life to God and he encourages us to understand the spiritual journey of recovery despite our skepticism Gangsters Anonymous 12 Step Workbook Gangsters Anonymous Fellowship Approved, Beyond Belief: Agnostic Musings for 12 Step Life Joe C., 2023-11-27 Finally a daily reflection book for atheists freethinkers and everyone Welcome to the tenth anniversary 3rd printing 2023 version of this well loved contemporary recovery aid for people with process or substance use disorder Written by a secular person in recovery clean and sober since disco 365 quotes include pop culture

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