

Step One Worksheet

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

If you already believe you are powerless over alcohol and that your life without a program was unmanageable, this exercise will be pretty easy. I just want you to convince *me*.

Maybe you're not so sure. Maybe you believe you're powerless over alcohol, but not other substances. Or maybe you think you could drink safely, but are powerless over certain other drugs. Maybe you're just not sure that you're powerless, in general. Maybe you agree that you're powerless but you think your life was still manageable.

Well, however you feel, the process is the same: write examples of your powerlessness and unmanageability below. If you have particularly vivid or extreme examples, list those first. But even if you think your examples are boring or obvious, write them anyway and see if your perspective changes once it's all down on paper.

POWERLESSNESS

Provide at least 5 examples of your **powerlessness**.

If you're having trouble, consider the following:

- Did you ever drink/use on a day you planned not to?
 - Did you ever drink/use more than you intended?
 - Did you break other rules you set for yourself?
 - Have you ever thought "I don't want to do this" just before taking a drink or a drug, yet still been unable to stop?
 - Did you ever try to quit before? How'd it go?
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UNMANAGEABILITY

Provide at least 5 examples of your life's **unmanageability**.

If you're having trouble, consider the following:

- Did your use affect your work?
 - Did your use affect your finances negatively?
 - Did your use affect your relationships with friends, partners, or family members?
 - Did your use affect your health or physical appearance?
 - Did your use affect your legal or residential status?
 - Were there any other negative consequences of your use?
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