

Name: _____

Date: _____

Step 1 Worksheet

Step One: “We admitted we were powerless over alcohol/drugs, that our lives had become unmanageable.”

Powerlessness:

1. Preoccupation – Describe how you worry or think about drinking or using.

2. List all attempts you have made to quit or control your drinking and using.

3. Give specific examples of the destructive behavior you have caused. Include the behavior toward yourself and others in your life related to your drinking or using.
