



Section 1 - Understanding the Text of the 1st Step

Read and think about each question in the context of Step 1. Write your answer below each question.

Step 1

"We admitted that we were powerless over our addiction and compulsive acting out, and that our lives had become unmanageable."

Why is the "we" of the program so important?

What do you have to give to the "we" of the program?

How can you be "part of" the program?

How have you been isolating?

How many times is the word "admitted" in (many of) the steps?

Write your own definition of admit.

In the dictionary, look up and write out the definition of admit.

Write your own definition of accept.

In the dictionary, look up and write out the definition of accept.

Why is the word "admitted" important?

What challenges do you have with admitting?

What is the important difference between admitting and accepting

How are you accepting your behavior rather than admitting your behavior?

What does the word "were" mean as used in the 1st Step?

Write your own definition of powerless.

In the dictionary, look up and write out the definition of powerless.

Write your own definition of addiction.

In the dictionary, look up and write out the definition of addiction.

What is "our addiction"? Don't name it - describe it.

What is the disease of addiction?

Write your own definition of compulsive.

In the dictionary, look up and write out the definition of compulsive.

How you were powerless over your addiction when you were acting out?

What are the benefits of admitting your powerlessness over your addiction?

What does "had become" mean in the first step?

Write out your definition of unmanageable.

In the dictionary, look up and write out the definition of unmanageable.

How was your life unmanageable in your addiction?

Who managed your life your life in your addiction?

How is your life unmanageable in your recovery?

Who manages your life your life in your recovery?

Section 2 -Acting Out History, Benefits and Consequences

Think about and list each of your acting out behaviors. For each behavior, indicate its usual frequency, what you usually anticipated its benefits would be, and what you now observe its actual consequences to have been.

The purpose of this section is to help you understand the nature of your addictive acting out, how you lied to yourself about its benefits, and what it actually cost you.

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Section 3 - Powerlessness Over Compulsive Acting Out

Read and think about each question in the context your addiction. Write your answer below each question.

The purpose of this section is to help you understand the extent to which your addictive acting out is compulsive.

3.1. Have you ever tried to stop acting out completely?

Give Examples:	What Were the Results:

3.2. Have you ever tried to control and enjoy lusting by limiting the frequency or duration of specific acting out behaviors?

Give Examples:	What Were the Results:

3.3. Have you ever tried to control and enjoy lusting by changing the nature of specific acting out behaviors or by avoiding certain behaviors? That is, eliminating some forms of acting out while allowing others?

Give Examples:	What Were the Results:

Section 4 - Powerlessness Over the Consequences of Acting Out

Read and think about each question in the context your addiction. Write your answer below each question.

The purpose of this section is to help you understand the extent to which you have become powerless over the consequences of addictive acting out.

4.1. How have you tried to control and enjoy lusting while avoiding the consequences of acting out?

Give Examples:	What Were the Results:

4.2. Have you experienced consequences in your family life from your acting out?

Give Examples:	What Were the Consequences:

4.3. Have you experienced consequences in your physical health from your acting out?

Give Examples:	What Were the Consequences:

4.4. Have you experienced consequences in your emotional life from your acting out?

Give Examples:	What Were the Consequences:

4.5. Have you experienced consequences in your mental health from your acting out?

Give Examples:	What Were the Consequences:

4.6. Have you experienced consequences in your spiritual life from your acting out?

Give Examples:	What Were the Consequences:

4.7. Have you experienced consequences in your relationships from your acting out?

Give Examples:	What Were the Consequences:

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4.8. Have you experienced financial consequences in your life from your acting out?

Give Examples:	What Were the Consequences:

4.9. Have you experienced consequences in your career from your acting out?

Give Examples:	What Were the Consequences:

4.10. Have you experienced legal consequences in your life from your acting out?

Give Examples:	What Were the Consequences:

Section 5 - Unmanageability of Life Because of Acting Out

Read and think about each question in the context your addiction. Write your answer below each question.

The purpose of this section is to help you understand how your life has become unmanageable, as a result of addictive acting out.

- 5.1. What convinces you that you can no longer continue acting out safely?

- 5.2. What was it in your life that was sufficiently unacceptable to you that it forced you to the 12 Step Program?

- 5.3. What crisis other than the one that brought you to the 12 Step Program would have eventually occurred?

- 5.4. How has your acting out impacted your self-esteem, self-image, or self-respect?

- 5.5. Have you ever been very depressed or felt suicidal as a result of your addiction or acting out?

- 5.6. What is it about your acting out that your family and friends object to the most?

- 5.7. Has any verbal or physical abuse happened to you as a result of your addictive acting out?

- 5.8. How does your addiction manifest itself and affect you in ways which are not overtly acting out behaviors?

- 5.9. How has your addiction and acting out behaviors affected you when you are not acting out?

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Section 6 - Conclusions and a Path Forward

Read and think about each question in the context the 1st Step. Write your answer below each question.

The purpose of this section is to help you understand the extent to which you have become powerless over the consequences of addictive behavior.

- 6.1. Why is being clean/sober not enough?

- 6.2. How will you apply the 1st Step in your life?

- 6.3. What part does sponsorship play in the 1st Step?

- 6.4. What does it mean to yield to the 12 Steps as a way of life?

- 6.5. What are the benefits of surrendering your life to the program?