

AA Step 1 Worksheet



INGRAINED
RECOVERY

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

- 1 What made you finally consider that alcohol or drugs might be controlling your life more than you are?

- 2 When did drinking or using stop being fun and start becoming something you had to do?

- 3 How have your attempts to quit or moderate your use affected your confidence or sense of self?

- 4 What lies have you told yourself to justify continuing your substance use?

- 5 How have your drinking or using habits affected your personal integrity or values?

- 6 Describe a recent moment when you felt completely out of control, either mentally, physically, or emotionally.

- 7 How do you feel when you wake up after a night of using or drinking?

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8 In what ways has addiction disconnected you from the people you care about most?

9 What do you fear will happen if you let go of the idea that you can control this on your own?

10 How has your drinking problem affected the way you handle everyday stress or emotions?

11 Have you ever hurt someone you love while under the influence? How did you handle that afterward?

12 What promises have you made (to yourself or others) about your substance use that you haven't kept?

13 When you think about your future, what role does alcohol or drug use play in that vision?

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- 14 How does admitting powerlessness make you feel? Angry, scared, relieved, hopeless, something else?

- 15 Have you experienced moments of clarity? Brief flashes where you knew your life had become unmanageable? Describe one.

- 16 What parts of your life are most deeply impacted by your addictive behavior right now?

- 17 When you hear the word unmanageable, what pictures, memories, or situations come to mind?

- 18 If you were talking to someone else struggling like you, what would you say about their ability to control it alone?

- 19 How do you define responsibility today? Has your addiction shaped that definition?

- 20 Are you ready to admit you're powerless over alcohol? And if not, what's standing in the way?
