

# AA STEP ONE WORKSHEET

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

## POWERLESSNESS LIST:

Reflect on your powerlessness;  
list 6 ways alcohol has affected  
your ability to control your life.

## UNMANAGEABILITY LIST:

Reflect on unmanageability; list 6  
ways alcohol has harmed you, loved  
ones, or your responsibilities.

1

2

3

4

5

6

1

2

3

4

5

6

**BONUS JOURNAL PROMPT:** Spend 10 min. writing about your recovery journey. Include struggles, cravings, clear moments, and victories. It all matters.



**PURPOSE**  
HEALING CENTER

# 12 Step Working Guide

**Tim Spock**

## 12 Step Working Guide:

**The NA Step Working Guides** Fellowship of Narcotics Anonymous, *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 members develop a deeper understanding of the Twelve Steps.

**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 through what is the cycle of the Steps.

**Trauma and the 12 Steps--The Workbook** Jamie Marich, PhD, Stephen Dansiger, PsyD, MFT, 2023-08-29 Your definitive trauma sensitive guide to working the Steps skills for understanding your addiction processing your trauma and navigating your recovery journey the anticipated companion to Trauma and the 12 Steps. This addiction recovery workbook from clinicians Jamie Marich PhD and Stephen Dansiger offers skills to prevent relapse enhance recovery and understand how trauma impacts alcoholism drug dependency and even other types of addictions. Working the Steps for the first time can feel scary and unfamiliar and depending upon the experiences you've had at AA or NA you may question whether the 12 Steps are right for you. Here Marich and Dansiger help you get to the root of your addiction while offering skills and exercises for an inclusive recovery program. Unlike some 12 Step programs this workbook is open to all regardless of your background history identity or spiritual beliefs. It also recognizes that for most of us on recovery or sobriety journeys each Step isn't made to be worked through only once this workbook is designed to support your individual needs whether that's practicing one step on a day to day basis revisiting another at different times throughout your recovery process or using the exercises as part of a yearly check in. The workbook begins with a self care inventory then moves through each of the 12 steps with prompts meditations journaling reflections and body based exercises. The authors also offer coping skills and an open minded approach that acknowledges that your recovery is as unique as you are. One size fits all doesn't apply. Compassionate trauma responsive and grounded in the latest behavioral and neuroscience research this workbook is your go to addiction recovery toolkit.

**We Do What We Want** Keith M.F. Walker, 2025-02-25 There is a method to the madness. It lies in simplicity, accountability and responsibility. Many books have been written in the spirit of we have found the easier softer way for you to get where you want from self proclaimed experts that just like your money We Do What We Want is calling out bullshit. There's nothing easy about this life and that's why after reading dozens of these kinds of books here you are still looking to read another cuz easy don't work. We Do What We Want is an intellectual no bullshit journey to a path to a brighter future. From an authentic been there done that author and cerebral explorer Keith is a new architect leading you forward to take control of

your life Jefferson K Whinery MPT Physical Therapist      Spirituality, Religion, and Peace Education Edward J. Brantmeier,Jing Lin,John P. Miller,2010-06-21 This book explores education for inner and communal peace through spiritual traditions and religions It covers teachings and practices from various traditions emphasizing self discovery skill development and contemplative practices It critiques competition consumerism and materialism promoting peaceful action and cultural awareness      *The Narcotics Anonymous Step Working Guide* William King,2021-09-22 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 members develop a deeper understanding of the Twelve Steps      *Small Press Record of Books in Print* ,1992      Subject Guide to Books in Print ,1993      *Sought through Prayer and Meditation* John Farrell,2013-08-12 A thoughtful exploration of various spiritual disciplines offering guidance to those in recovery who wish to enrich their lives      *Psychodynamic Approaches for Treatment of Drug Abuse and Addiction* David Potik,2020-11-29 This book provides clinicians and students with insights on the use of psychodynamic therapy to treat drug abuse and addiction combining theory with clinical case material The perspectives of analysts such as Abraham Rado Zimmel Tibout Wurmser Khanzian Krystal and McDougall are reviewed alongside original and more recent conceptualizations of drug addiction and recovery based on Kleinian Winnicottian and Kohutian ideas The case material deals with clinical phenomena that characterize working with this complex population such as intense projective identification countertransference difficulties and relapses The theoretical analysis covers a range of concepts such as John Steiner's psychic shelters and Betty Joseph's near death addiction which are yet to be fully explored in the context of addiction Prevalent topics in the addiction field such as the reward system the cycle of change and the 12 step program are also discussed in relation to psychodynamic theory and practice Written by an experienced therapist Psychodynamic Approaches for Treatment of Drug Abuse and Addiction is useful reading for anyone looking to understand how psychodynamic thought is applicable in the treatment of drug abuse and addiction It may also be of some relevance to those working on treating alcohol use disorders and behavioral addictions

**The Drunk Punk Workbook** Tim Spock,2021-02-26 This thick workbook zine is an adaptation of the Alcoholics Anonymous 12 step program for people who are turned off by the religious aspects of AA or who have only experienced the twelve steps through programs forced on them The author's experience of addiction and recovery in prison led him to develop this workbook for anyone who is ready to do the brutal self examination it takes to get and stay sober and he shares his personal experience in the explanation of each step followed by questions for you to reflect and write on at your own pace

North Eastern Reporter ,1997      *The Publishers Weekly* ,1990      A Working Manual of Simple Program Evaluation Techniques for Community Mental Health Centers Arthur D. Little, Inc,1976      Spirituality and Addiction Steven L. Berg,1993      American Builder ,1962      American Builder and Building Age ,1953      *The 12 Steps: A Way Out* Publishing

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