

The 1st Step Worksheet

Bear in Mind

Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Step One

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

Question 1: Why are you doing this worksheet?

Question 2: How often have you been unable to avoid binge drinking? (For a male this is 5 drinks in a two hour period and for women 4 drinks in that time)

Question 3: How often have you been drinking heavily? (For men this is 14 drinks week and for females 7 drinks in the same period)

Question 4: Have you ever lied as a result of your drinking?

Question 5: How do you feel when someone suggests you need to cut back on your drinking:

Appreciative	Acknowledging	Neutral	Defensive	Angry
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Question 6: Does drinking change your personality?

No	Yes
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Question 7: How do you feel when you want a drink and can't get one?

Question 8: Have you hurt yourself or someone else because of drinking, either physically or emotionally?

Question 9: Do you lose self-respect or the respect of others because of drinking?

Question 10: Would your life be better without drinking? How? Would your future be better? How?

Conclusion: Do you feel that you are powerless over alcohol and that your life is unmanageable?

