

12-Step Worksheet with Questions

A Guide to Working the 12 Steps

Updated 5/24/21 by 12steppers.org

To a newcomer, a 12-step program can be overwhelming. You may look at dramatic concepts such as making amends or reaching a spiritual awakening and wonder what that means in practical terms. Your first source for the substantive content of each step should be your sponsor. Do not work the steps without input from them and possibly from the rest of your group as well. The literature specific to your group is also valuable resources in this process.

The process is called "working the steps" for a reason. Each step requires exhaustive mental work alongside practical steps. The 12-steps are designed to help us better understand where our addiction stems from and what we can do about it. This requires a great deal of introspection and soul searching. It is for this reason that focused questions are a crucial element in the equation. If you work the steps, listen to your sponsor, and take your recovery seriously, your life will improve immeasurably. Answering these questions as you reach the appropriate step, will help you along that process.

This is not meant as a comprehensive source of questions relevant to your work on the 12 steps. Instead, we advise that you show the questions to your sponsor and decide together if they are appropriate for you. Answering these questions does not replace the work you do with your sponsor, attending meetings, using official literature, and daily prayer and meditation. Instead, it is meant to complement the traditional elements and assist you as you improve your life by working the steps.

Step 1

Focus of step 1: Step one is built around the realization that our addiction has defeated us. That our attempts to function have failed and that addiction is the cause of this outcome. Therefore, our questions at this stage will focus on how we were defeated, by what our lives look like as a result. These questions will seem dour, and they are. But keep in mind that we are not surveying the wreckage in our lives to feel self-pity. We are preparing to rebuild.

Step 1 Questions

- How did you discover your addiction? Why did you enjoy it initially?

- How did you feel when you had not engaged in an addictive behavior for a while?

Surrender Hazelden

Zhe Xu



Surrender Hazelden:

Reviewing **Surrender Hazelden**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Surrender Hazelden**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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