

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

Christine S. Kradjian



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Making Known the Biblical History and Roots of Alcoholics Anonymous Dick B., 2006 One of a kind bibliography research and history resource containing explicit information about author Dick B s 16 years of research 1 Collecting over 25 000 books and materials on the roots of A A 2 Using them in the publication of his 26 titles more than 120 articles and over 30 audio talks 3 Describing where he went for the history where it is located who was interviewed and what it contains 4 It lists titles Dick used in his writing all of the background titles involved in A A s use of the Bible Quiet Time Oxford Group life changing program Anne Smith s Journal Rev Sam Shoemaker s teachings religious literature AAs read the United Christian Endeavor Movement Carl Jung William James William D Silkworth Richard Peabody Emmet Fox and many other New Thought influences 5 It lists all the books in A A founder Dr Bob s library and collections a list found nowhere else 6 It contains manuscripts from archives and libraries and personal collections all over the U S and England 7 There is a huge collection of temperance books and literature described 8 Topical books by A A about A A about alcoholism about spirituality about the Bible religion and clergy 9 Included are records of Dick s notes and interviews 10 Almost this entire collection of materials has been donated to and can now be found and studied at Griffith Library which is part of The Wilson House birthplace of Bill W in East Dorset Vermont Taken together this reference volume and the actual materials in the Griffith Library constitute the largest and most complete record of early A A historical materials in the world today other than the Library of Congress items

Los doce pasos John E. Burns, 2001

Broken William Cope Moyers, Katherine Ketcham, 2007-08-28 Candid shocking and unforgettable Broken is a haunting and clear eyed tale that offers hope for all those wrestling with addiction Unlike some popular memoirs that have fictionalized and romanticized the degradations of drug addiction Broken is a true life tale of recovery that stuns and inspires with virtually every page The eldest son of journalist Bill Moyers William Cope Moyers relates with unforgettable clarity the story of how a young man with every advantage found himself spiraling into a love affair with crack cocaine that led him to the brink of death and how a deep spirituality allowed him to conquer his shame transform his life and dedicate himself to changing America s politics of addiction William Cope Moyers s lucid measured tale of his own plunge into crack addled hell is frightening in its very realism USA Today

Addiction and Spirituality Oliver Morgan, 2012-11-09 Religious and secular counselors from a variety of disciplines share their basic approaches in working with addicted persons and their understandings of the spiritual dimension in treatment and recovery

[Spiritual Surrender's Seven Steps](#) Kevin Everett FitzMaurice, 2020-07-15 Discover the Spiritual System for Surrender How To Understand Surrender How To Surrender to God How To Avoid Spiritual Ego How To Use The Seven Steps for Freedom How To Find Help to Surrender Seven Step System This book presents the seven step system of surrender to God The seven step system is an accurate and reliable map of how surrender to God takes place Map of Surrender You can use the map to prepare yourself for the appearance of the seven steps in situations in which they

do not yet exist within you You can use the map of the seven steps to know if you have surrendered to God or not Become Aware of Surrender Using this map you can become aware of when you are already following the seven steps Yes when you have success and healing the seven steps are already occurring in you Understand Surrender We will first explain the seven steps and then provide additional information toward the goal of complete understanding Further chapters delve deep into some of the individual steps before providing helpful practices for becoming aware of the seven steps in yourself More Help with Surrender Related concepts and issues are also explored in order to provide you with a comprehensive understanding and context for opening yourself up to the seven steps Chapter One This chapter presents the main focus of the book the seven steps to surrender However you will need the information in the chapters that follow in order to understand the seven steps and some of their concepts practices and terms so you ll likely want to return to this chapter later Initially a brief outline of the seven steps is provided followed by a more developed outline and then the same seven steps are presented in two different ways Finally at the end of the chapter you will find a table outlining the seven steps Chapter Two This chapter provides a deeper and more complete understanding of the seven steps of spiritual surrender Each step is explained in greater detail Chapter Three This chapter provides more detailed information about the parts and processes of the seven steps that were only mentioned or briefly covered in the previous two chapters Relevant concepts such as our two awarenesses and two natures are introduced and expanded upon Chapter Four This chapter first provides some more information about the intricate workings of the seven steps then goes deeper into steps two three and six of the seven steps Chapter Five This chapter is about practices that you can use to help bring you closer to experiencing and living in the seven steps

The Language of the Heart Trysh Travis, 2010-01-01 In *The Language of the Heart* Trysh Travis explores the rich cultural history of Alcoholics Anonymous AA and its offshoots and the larger recovery movement that has grown out of them Moving from AA s beginnings in the mid 1930s as a men s fellowship that met in church basements to the thoroughly commercialized addiction treatment centers of today Travis chronicles the development of recovery and examines its relationship to the broad American tradition of self help highlighting the roles that gender mysticism and bibliotherapy have played in that development

Rebuilding Relationships in Recovery Janice V. Johnson Dowd, LMSW, 2025-03-04 How to heal relationships mend rifts with loved ones and balance the demands of sobriety with the need for family connection An empowering guide for recovering addicts and alcoholics from an author with lived experience and professional expertise In *Rebuilding Relationships in Recovery* Janice V Johnson Dowd shows readers how to repair and enhance their relationships after active addiction With personal insights and professional wisdom Dowd a licensed social worker in recovery explores her own personal journey through alcoholism offering a realistic and transformative guide Centered on nurturing the critical balance between the self healing of your own sobriety journey and building bridges and connections with loved ones Dowd s narrative combines empathetic insights with practical tools The book covers Understanding Addiction s Impact Exploring

how addiction affects family dynamics and the individual's role within them Effective Communication Strategies for opening dialogue and maintaining honest supportive conversations Setting Realistic Expectations Dispelling common misconceptions and establishing attainable goals in recovery and relationship rebuilding Making Amends A step by step guide to acknowledging past harms and initiating the healing process Support Networks Developing and maintaining a support system that encourages sobriety and personal growth Rebuilding Relationships in Recovery is a roadmap to healing and thriving in sobriety offering hope and actionable strategies for those seeking to rebuild trust and deepen their family bonds

1983 Guide to Health Information Resources in Print Christine S. Kradjian, 1983 Intended for health and patient education professionals Over 3000 entries in 150 categories e.g. cancer diabetes and stress that include resources published by health care associations corporations federal and state government agencies and nonprofit organizations Arranged broadly under materials for professionals materials for patients and clients and supplier listings Entries give bibliographical information statement of contents and format No index

This Strange Illness Jared Lobdell, 2004-01-01 This brilliant work both personal and professional in character is a study of alcoholism of a movement aimed at its cure and of an individual participant in this development The author develops an interlinked theory and scientific research program that describe an illness of the mind body and spirit He does so without allowing the assumptions underlying the way we look at one area of illness say the mind to contradict the assumptions underlying the way we look at the human body or for that matter the human spirit That Lobdell carries this project to a successful conclusion makes this a compelling work for everyone in the field of alcohol studies and social pathology Lobdell who has written on a broad range of subjects here argues the originality and importance of recognition of alcoholism as a tripartite illness and of congruent treatment for the three parts He thus accepts a medical view of this vast social problem but also recognizes dimensions within it that go beyond the ordinary limits of medical practice as well as the complexity of its treatment His book is at once an intellectual history of Bill W's vision a short history of alcohol addiction and the culture of that addiction a treatise on the psychological biochemical and spiritual aspects of the illness and its treatment and a scientific research program for the future Norman K Denzin of the University of Illinois has hailed the book as a wonderful story brought to a sophisticated readership and will widely appeal to the recovering population Matthew J Raphael intimate with the subjects as well as the concerns of this book says *This Strange Illness* is an astounding book Jared Lobdell a brilliant polymath traverses a spectrum of disciplines from biogenetics and chaos theory to psychology sociology and theology in search of a sufficiently complex and comprehensive understanding of alcoholism This is the most intellectually rigorous study I have ever seen in the field Jared C Lobdell is author or editor of a dozen books in history and criticism and a number of articles in fields ranging from alcohol studies to systems analysis He has served as a fellow at the Center for Alcoholism and Addiction Studies Brown University His current positions are at Millersville University of Pennsylvania and adjunct professor at Elizabethtown College in Pennsylvania

Reality,

Spirituality and Modern Man David R. Hawkins, MD/PHD,2013-08-01 This is the seventh book in a progressive series based on the revelations of consciousness research It describes in detail how to discern not only truth from falsehood but also the illusion of appearance from the actual core of reality The text explains how to differentiate perception from essence and thereby enables the reader to resolve the ambiguities and classical riddles that have challenged mankind for centuries and baffled the best minds in history While modern technologies have provided a phethora of new toys and conveniences the basic problems of daily existence remain This book provides the tools to survive and regain fundamental autonomy and inner harmony while living with the complexities of the modern world **Alcoholism** P. Golding,2012-12-06 **Understanding Religious Conversion** Lewis Ray Rambo,1993-01-01 Looking at a wide variety of religions this work offers an exploration of religious conversion The phenomena is approached from a variety of disciplines including psychology sociology theology and anthropology **The ^ASoul of Recovery** Christopher D. Ringwald,2002-06-13 Millions of alcoholics and addicts recover through spirituality In *The Soul of Recovery Uncovering the Spiritual Dimension in the Treatment of Addictions* author and journalist Christopher D Ringwald tells how and why they seek and achieve these transformations Ranging as far back as the Washingtonian Total Abstinence Society in 1840 Ringwald illuminates the use of spirituality within a wide range of treatment options from the famous Twelve Step style programs to those tailored to the needs of addicted women Native Americans or homeless teens not ready to quit Focusing on the results rather than the validity of beliefs espoused by these programs he demonstrates how addicts recover through practices such as self examination meditation prayer and reliance on a self defined higher power But the most compelling evidence of spirituality s importance comes from those directly involved in the process Ringwald traveled across the country to visit dozens of programs and interview hundreds of addicts alcoholics counselors family members doctors and scientists Many share moving stories of suffering survival and redemption A homeless man a surgeon a college student a working mother each describes the descent into addiction and how spirituality offered a practical personal means to recovery Ringwald also examines the controversies surrounding faith based treatment and the recovery movement from the conflict between science and spirituality to skepticism about the new age brand of spirituality these programs encourage to constitutional issues over court mandated participation in allegedly religious treatment programs Combining in depth research with powerful personal accounts this fascinating exploration of spirituality will provide a fuller understanding of the nature of addiction and how people overcome it **Primero Dios** Kenneth G. Davis,1994 It is a widespread phenomenon among Hispanics both in the United States and abroad The question is whether this grandparent of the self help movement born among middle class Midwestern Anglophones is truly adaptable and liberating for the Hispanic community **Medical and Health Care Books and Serials in Print** ,1997 **Getting Love Right** Terence T. Gorski,2012-09-11 *IT S NEVER TOO LATE TO LEARN HOW TO LOVE* When you fall in love you may be repeating bad relationship habits that you learned growing up or in a previous unhealthy relationship No matter what your

history Getting Love Right can explain how to build and maintain healthy intimacy including How to recognize if you are in a compulsive apathetic or healthy relationship How to become a person who is capable of healthy intimacy How to choose a healthy partner If you are in a relationship or want to be in one Terence T Gorski will teach you that love isn't just something that happens love is something you can learn

Alcohol Problems in the United States Thomas F McGovern, William White, 2014-03-18 Alcohol Problems in the United States Twenty Years of Treatment Perspective presents an overview of trends in the treatment of alcohol problems over a 20 year period from three vantage points broader treatment perspectives experienced views from the field and personal perspectives Some of the field's foremost experts including Alcoholics Anonymous historian Dr Ernest Kurtz and Dr Robert Sparks who chaired the committee that authored the Institute of Medicine's highly influential study Broadening the Base of Treatment for Alcohol Problems provide practical information on the vital treatment issues you deal with every day By detailing treatment histories of the recent past contributors offer a look at likely future trends that will help keep your treatment methods up to date Treatment topics addressed in Alcohol Problems in the United States Twenty Years of Treatment Perspective include alcoholism as a disease alcohol dependence and mental illness the role of spirituality the growth and decline of treatment programs at the Mayo Clinic and Timberlawn Hospital and the special treatment needs of women youths African Americans Native Americans the Latino community and the incarcerated Alcohol Problems in the United States Twenty Years of Treatment Perspective chronicles the story of alcohol treatment from historical and personal perspectives offering the opportunity to anticipate future trends in the many challenges associated with alcohol problems The book is an essential resource for professional alcoholism counselors social workers psychologists physicians clergy nurses employee assistance professionals and anyone who provides care and service to those struggling with alcohol

Substance Abuse Joyce H. Lowinson, 2005 The premier text on substance abuse and addictive behaviors is now in its updated and expanded Fourth Edition with up to the minute insights from more than 150 experts at the front lines of patient management and research This edition features expanded coverage of the neurobiology of abused substances new pharmacologic therapies for addictions and complete information on club drugs such as Ecstasy New sections focus on addiction in children adolescents adults and the elderly and women's health issues including pregnancy The expanded behavioral addictions section now includes hoarding shopping and computer Internet abuse Includes access to a Companion website that has fully searchable text

The Other Great Depression Richard Lewis, 2009-04-29 At the age of 44 renowned comedian Richard Lewis found himself on a gurney in the ER toxic with alcohol and hallucinating from excess cocaine use The same neuroses and dysfunctions that had been the basis for his successful stage persona and inspired his best material had it seemed turned on him How he got there how he finally got on the road to recovery and how he copes with being Richard Lewis sober on a daily basis are the subjects of this very funny deeply honest inspiring but very untreatable book USA Today called it candid and inspirational A journey through Lewis personal Inferno to eventual salvation

Willpower Roy F. Baumeister, John Tierney, 2011-09-01 One of the world's most esteemed and influential psychologists Roy F Baumeister teams with New York Times science writer John Tierney to reveal the secrets of self control and how to master it Deep and provocative analysis of people's battle with temptation and masterful insights into understanding willpower why we have it why we don't and how to build it A terrific read Ravi Dhar Yale School of Management Director of Center for Customer Insights Pioneering research psychologist Roy F Baumeister collaborates with New York Times science writer John Tierney to revolutionize our understanding of the most coveted human virtue self control Drawing on cutting edge research and the wisdom of real life experts Willpower shares lessons on how to focus our strength resist temptation and redirect our lives It shows readers how to be realistic when setting goals monitor their progress and how to keep faith when they falter By blending practical wisdom with the best of recent research science Willpower makes it clear that whatever we seek from happiness to good health to financial security we won't reach our goals without first learning to harness self control

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