

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.

1

2

3

4

5

6

UNMANAGEABILITY LIST:

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

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

Aa Step Guide

Anonymous Guest



Aa Step Guide:

Twelve-Step Guide to Using the Alcoholics Anonymous Big Book Herb K.,2004 For members of any twelve step fellowship this book provides a simple and clear guide to the instructions for working the steps as outlined in A A s Big Book It reveals in easy to understand language the process for working each step so that the reader can experience the Twelfth Step promise of a spiritual awakening

A 12 Step Guide - For the Big Book of AA Anonymous Guest,2013-05-25 This guide is in an 8 1/2 x 11 size Working with a Big Book guide can help tremendously when trying to understand what the particular step is asking and even promising To be effective this guide needs to be used alongside your Big Book of Alcoholics Anonymous Not instead of it While this guide may help you to better understand the steps it does not cover many of the other chapters outside of the chapters containing the steps this incredible book contains So be sure to have your own copy of the Big Book of Alcoholics Anonymous so you don't miss out on what it has to offer Perhaps once you see some of the finer points contained in this guide you will want to know more about the other chapters in the Big Book Grab this guide now and get started on a whole new level of understanding the depth of the 12 Steps so you can pass it on to your own people when you are ready to sponsor That was the promise I made to my own mentor who spent so many hours teaching me and patiently showing me the path to exciting sobriety Read the reviews and I think you'll agree this guide will help you in a big way

Understanding the Twelve Steps Terence T. Gorski,1991-04-15 An interpretation and guide to the 12 steps of Alcoholics Anonymous

The Sponsor's 12 Step Manual: a Guide to Teaching and Learning the Program of AA John E,2012-04-29 A Guide to teaching the 12 Steps The Sponsor's 12 Step Manual is an independent approach to delivering the program of AA that will help people learn faster and remember more The manual uses a six point method of teaching to reinforce learning and to increase comprehension and promote awareness of the Steps to its fullest extent The process starts with understanding the language used in the Steps and progresses on to an in depth study of what is in the literature and how it applies to an individual The six levels also cover self reflection and creativity with the final level of each Step looking at how a sponsee may carry the message to a newcomer This is not a stand alone book for it to work you will also need to have access to A A s Big Book and The 12 Steps and 12 Traditions Now available in a NEW WORKBOOK EDITION

Understand and Complete The 12 Steps of Alcoholics Anonymous Anonymous Guest,2020-03-05 Here's a 12 step guide to get you through the Big Book of Alcoholics Anonymous Many great reviews have been left like Penned as a study guide but a truly enlightening walk through the big book Reviewed in the United Kingdom on May 25 2018 Format Verified Purchase Succinct to the point and funny This AA guest is a gifted writer and easily explains the 12 steps in the Big book with integrity and just a few though not irreverent manifestations I used this guide and needed it When the big book was just too heavy going this guide got me through to the end Much gratitude Change your attitude and you can change your life Reviewed in the United Kingdom on July 13 2015 Format Verified Purchase A book all could live by regardless if they are

alcoholic or not Plain English Made sense Thank you for a great read Reviewed in the United Kingdom on August 4 2018
Format Verified Purchase Anyone beginning or struggling with the 12 steps will find this invaluable I have Hope you do too
Thank you Hope you use it to help with the 12 Steps The 12 Steps Unplugged Anonymous,2011-03-31 In this
straightforward and funny guide John R interprets the philosophies and stories of the Big Book for young people Like many
alcoholics and addicts when John R began his recovery at age seventeen he was given a Big Book At first he was reluctant to
wade through the old fashioned language and the stories about people he didn t think he could relate to But over time he
realized that the best way to get sober and to stay sober is to learn from those who have gone before us And so he read
Alcoholics Anonymous and took the first step toward changing his life Today with more than twenty years of sobriety John is
an adolescent chemical dependency counselor showing addicts how the core messages of AA are as powerful and relevant to
them as they have been to the millions of others who have gotten help for addiction over the years With The 12 Steps
Unplugged he makes the Twelve Steps accessible to all of us In this simple and often funny guide he interprets the
philosophies and stories of the Big Book in straightforward language that speaks to regular people John will help you connect
with the basic messages of getting honest with yourself accepting the help of others and finding a relevant spiritual support
Through The 12 Steps Unplugged you ll discover just how universal the AA program really is **The Little Red Book**
Study Guide Bill P.,2011-02-14 This study guide for The Little Red Book gives newcomers to AA the structure needed to live
tthe Twelve Steps Designed as an aid for the study of the Big Book The Little Red Book contains many helpful topics for
discussion meetings Drawing from the practical experience of alcoholics who found peace of mind and contented sobriety by
following a way of spiritual life set forth in Alcoholics Anonymous The Little Red Book can help members quickly develop an
acceptable 24 hour schedule of AA living Based on the many past study guide formats and beginner classes for The Little Red
Book and modeled after Twelve Step instruction programs offered at AA meetings this new study guide provides a solid and
comprehensive study structure for men and women in AA Twelve Step groups and for individuals studying The Little Red
Book on their own While The Little Red Book interprets the Twelve Steps the Guide gives newcomers to AA the structure
needed to live them Twelve Step Facilitation Therapy Manual Joseph Nowinski,Stuart Baker,Kathleen Carroll,1992

Simple But Not Easy Paul H. & Scott N. ,2013-10 From Simple But Not Easy For over seventy years the Big Book of
Alcoholics Anonymous has offered alcoholics a solution to their chronic progressive and fatal illness This solution cannot be
found in fighting or quitting or any other human effort Many people abstain from alcohol for months even years by going to
meetings reciting the steps and exchanging complaints about their lives with other abstinent people For these people not
drinking is their only goal But abstinence is only the beginning of recovery It is the Program of Action particularly Steps 4
through 9 that brings about a spiritual awakening and recovery This small book offers newcomers sponsors and even long
time members of the AA Fellowship a new tool to identify and understand the basic principles of the Big Book Once that

understanding turns to action taking the 12 Steps a spiritual awakening and true recovery can be achieved by anyone

The Little Red Book Study Guide Bill P., Hazelden Foundation, 1998-10-16 Designed as an aid for the study of the book Alcoholics Anonymous The Little Red Book contains many helpful topics for discussion meetings Drawing from the practical experience of alcoholics who found peace of mind and contented sobriety by following a way of spiritual life set forth in Alcoholics Anonymous The Little Red Book can help members quickly develop an acceptable 24 hour schedule of A A living Based on the many past study guide formats and beginner classes for The Little Red Book and modelled after Twelve Step instruction programs offered at A A meetings this new study guide provides a solid and comprehensive study structure for men and women in A A Twelve Step groups and for individuals studying The Little Red Book on their own While The Little Red Book interprets the Twelve Steps the Guide gives newcomers to A A the structure needed to live them

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