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 w your ability to control your life.

UNMANAGEABILITY LIST:

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

- 2
- 3
- 4
- 6

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



<u>Aa Step Guide</u>

Anonymous

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 81 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

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

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

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needed to live them 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 Big Book of Alcoholics Anonymous (Including 12 Steps, Guides and Prayers) Bill W., 2015-12-19 This is the Original Big Book of Alcoholics Anonymous 1st Edition The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism This book describes how the founders Bill Smith and Dr Bob recovered from alcoholism through Spiritual Principles This Edition is Equipped with a Twelve Step Guide Prayer Section to help other addictions as well Including Marijuana Drug addiction as well as Overeating Gambling and Sex Addictions The Original Stories Include THE UNBELIEVER THE EUROPEAN DRINKER A FEMININE VICTORY A BUSINESS MAN S RECOVERY A DIFFERENT SLANT TRAVELER EDITOR SCHOLAR THE BACKSLIDER HOME BREWEMEISTER THE SEVEN MONTH SLIP MY WIFE AND I A WARD OF THE PROBATE COURT RIDING THE RODS THE SALESMAN FIRED AGAIN THE FEARFUL ONE TRUTH FREED ME SMILE WITH ME AT ME A CLOSE SHAVE EDUCATED AGNOSTIC ANOTHER PRODIGAL STORY THE CAR SMASHER HINDSIGHT ON HIS WAY AN ALCOHOLICS WIFE AN ARTISTS CONCEPT THE ROLLING STONE

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- 1. Understanding the eBook Aa Step Guide
 - The Rise of Digital Reading Aa Step Guide
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Aa Step Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Aa Step Guide
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Aa Step Guide
 - Personalized Recommendations
 - Aa Step Guide User Reviews and Ratings

- Aa Step Guide and Bestseller Lists
- 5. Accessing Aa Step Guide Free and Paid eBooks
 - Aa Step Guide Public Domain eBooks
 - Aa Step Guide eBook Subscription Services
 - Aa Step Guide Budget-Friendly Options
- 6. Navigating Aa Step Guide eBook Formats
 - o ePub, PDF, MOBI, and More
 - Aa Step Guide Compatibility with Devices
 - Aa Step Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Aa Step Guide
 - Highlighting and Note-Taking Aa Step Guide
 - Interactive Elements Aa Step Guide
- 8. Staying Engaged with Aa Step Guide
 - o Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Aa Step Guide
- 9. Balancing eBooks and Physical Books Aa Step Guide
 - Benefits of a Digital Library
 - o Creating a Diverse Reading Collection Aa Step Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Aa Step Guide
 - Setting Reading Goals Aa Step Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Aa Step Guide
 - $\circ\,$ Fact-Checking eBook Content of Aa Step Guide
 - Distinguishing Credible Sources

- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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