

STEP 1 – WORKSHEET

Answer based on real experiences—not what you think it should be.

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

SECTION 1 – CORE UNDERSTANDING

Step 1 is about honesty and clarity. Most of us tried to control our drinking—making rules, starting over, or blaming circumstances—yet ended up in the same place. Step 1 asks us to look at results, not intentions. It is not weakness. It is recognizing that our way has not been working.

SECTION 2 – POWERLESSNESS

Powerless means once we start drinking, control becomes unreliable. We cannot consistently predict or limit the outcome. If willpower alone worked, it would have worked already.

SECTION 3 – UNMANAGEABILITY

Internal: obsessive thinking, anxiety, guilt, loss of peace.

External: relationships, work, finances, trust.

SECTION 4 – HOW TO WORK STEP 1

Attend meetings. Share honestly. Focus on patterns. Work with a sponsor. Honesty is the foundation.

SECTION 5 – WORKSHEET

A. Attempts to Control Drinking – List 3 real situations from the last 30 days where you tried to control your drinking. Be specific

1) Situation	
What I Intended	
What Actually Happened	
Outcome	

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2) Situation	
What I Intended	
What Actually Happened	
Outcome	

3) Situation	
What I Intended	
What Actually Happened	
Outcome	

B. Evidence of Powerlessness (Last 7 Days – Be Honest)

Times I drank more than planned: _____

Times I could not stop once I started: _____

Times I broke promises: _____

Times I said 'just one' and had more: _____

Days I thought about drinking: _____

Days I felt mentally out of control: _____

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C. Internal Unmanageability (Last 30 Days)

1. Thoughts I could not control:

2. Emotional patterns (check + describe):

☐ Anxiety ☐ Anger ☐ Guilt/Shame ☐ Restlessness ☐ Depression

Example:

3. Obsession with drinking:

Frequency: ☐ Rarely ☐ Sometimes ☐ Daily ☐ Constant

Describe:

4. When I tried NOT to drink, I felt:

☐ Irritable ☐ Restless ☐ Disconnected ☐ Fine (temporarily)

Explain:

D. External Unmanageability

Relationships affected:

Work / responsibilities impacted:

Financial / legal consequences:

STEP 1 SELF-ASSESSMENT SCORE

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On a scale of 1–10, how unmanageable is your life due to alcohol?

Score: _____

1–3 = Mild (still trying to control)

4–6 = Moderate (Clear patterns forming. Some areas of life are affected (relationships, work, finances)

7–8 = High (Frequent loss of control. Consequences are showing up consistently)

9–10 = Severe (Life is clearly unmanageable. Major areas are breaking down or already lost)

F. Reflection: If nothing changes, where will your life be in 6–12 months?

The clearest evidence I am powerless is:

My life is unmanageable because:

SECTION 6 – Q&A

1. What patterns do you see?

2. What does powerless mean to you?

3. How is your thinking unmanageable?

4. What areas are most affected?

5. What did you tell yourself to justify it?

6. Are you willing to accept a new way of life? (Yes / No) Why ?

SECTION 7 – FINAL STATEMENT

Today, I admit I am powerless over alcohol and that my life has become unmanageable. I am willing to seek a new way.